**Life Cycles**

**Wellness, Health, and Illness**

**Policy**

***Values***

*Physical spiritual, Reconciliation*

*emotional, mental Humanness*

*social wellness Wholistic approach*

*Illness prevention Reverence*

*Care for ill members Prudence*

*Adequate and reasonable Consultation*

*care Communication*

*Personal and communal Stewardship*

*responsibility*

A major grounding for participation in the mission of unity and reconciliation is each member’s reconciliation with her own humanity. This involves a wholistic approach to health and illness and the development of attitudes and lifestyles conducive to wellness. The well-being of the congregation is influenced by the health of each individual member and by health interrelation dynamics among all members.

A sister enters into medical treatments with an awareness of the need to balance her individual rights and those of the congregation. Since health care services ultimately require the financial resources of the congregation, a sister consults her Area Councilor before initiating treatments wherein extraordinary costs are to be incurred (e.g. Ophthalmology, Audiology, Mental Health Services and Dentistry).

The right to privacy regarding one’s health and confidentiality in the process of illness management is basic. The right to privacy does not eliminate the sister’s preference to share information. When health issues affect the lives of others (e.g. local communities) these members may need to be consulted or informed.

**Procedures**

All members of the congregation are encouraged:

* To schedule regular physical examinations with a primary care physician and to undergo routine screenings (e.g. mammogram, pap smear, colorectal exam) at intervals appropriate to their age and health. The services of a specialist are engaged on the primary care physician’s recommendation and after consultation with a Congregational Health Care Coordinator.
* To maintain information regarding primary care provider, current medications, allergies, and medical conditions in a way that such may be easily available in care of an emergency.
* To balance life’s daily commitments with regular physical exercise, leisure, and vacation.
* To avail themselves of annual retreat, opportunities for renewal, and spiritual direction.
* To respond to a personally recognized need or the referral of another for mental health therapy or counseling after consultation with one’s Area Councilor and Health Care Coordinator. A competent therapist/counselor will be chosen by mutual agreement between the Sister and Area Councilor. Specific treatment plans and time lines will be developed by the Sister and therapist and periodically reviewed by the Health Care Coordinator.