

CATALOG



 **HealthyLife**[®]
Well-Being Programs

WELLWAREHOUSE[™]

Well-Being Products

*The American
Institute for
Preventive
Medicine helps
organizations
create a thriving,
happy, healthy
place to work.*



Enhancing Population Health

HealthyLife® Division

Well-Being Programs

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The AIPM Advantage:

- **39 Years of Experience:** Since 1983, we have provided high quality services and products to all types of organizations.
- **URAC Accreditation:** We were one of the first five companies to be URAC Accredited for Comprehensive Wellness.
- **Proven Return on Investment:** Many independent studies of our services have demonstrated significant reductions in health care costs and absenteeism.
- **Medically Reviewed:** All of our products go through an extensive clinical review process.
- **Award Winning:** Our programs and products have received national awards, including those from the National Health Information Awards Program, Centers for Disease Control and Prevention, and U.S. Department of Health and Human Services.
- **Customization Options:** We offer many customization options, including developing a custom product to fit your needs.



HealthyLife.com/blog



facebook @American Institute For Preventive Medicine
 twitter @AIPMhealthylife
 linkedin @American Institute For Preventive Medicine
 instagram @aipm_healthylife

Brokers, TPA's & Wellness Consultants:
 You can offer our products and services to your clients!

Prices listed are subject to change without notice.

HealthLife® Division:

Well-being Programs

*Our programs,
grounded in the latest
behavior change
science, produce
tangible results. We can
design and implement
a complete wellness
program or provide
individual components
to enhance what you
are currently doing.*



Total Health™ Program

A Comprehensive, Cost-Effective, Wellness Solution

The Total Health™ Program is designed for organizations that are serious about improving the health of their population. It is unique in its ability to engage both low risk and high risk participants in one results-based, best-practice program. Best of all, this program is great for any sized organization!

The CALMER² Model to Health Management

	Bronze	Silver	Gold
Communication			
Program launch materials	✓	✓	✓
Wellness Newsletter (8-page)* & Mobile App		✓	✓
Wellness Posters & Handouts			✓
Assessment			
Health Risk Assessment (HRA)	✓	✓	✓
Biometric Screenings (Optional)			
Lifestyle Enhancement			
HealthyLife® Portal	✓	✓	✓
HealthyLife® Coaching - unlimited in-bound calls	✓	✓	✓
HealthyLife® Coaching - (1) post-HRA out-bound call		✓	✓
HealthyLife® Challenges			✓
HealthyLife® Coaching - proactive out-bound calls			✓
Medical Self-Care			
Healthier at Home® Self-Care* Online & Mobile App	✓	✓	✓
Nurse Advise Line			✓
Education			
HealthyLearn® Library	✓	✓	✓
Reports & Rewards			
One-Click, Real Time Reports	✓	✓	✓
Incentive Management			✓

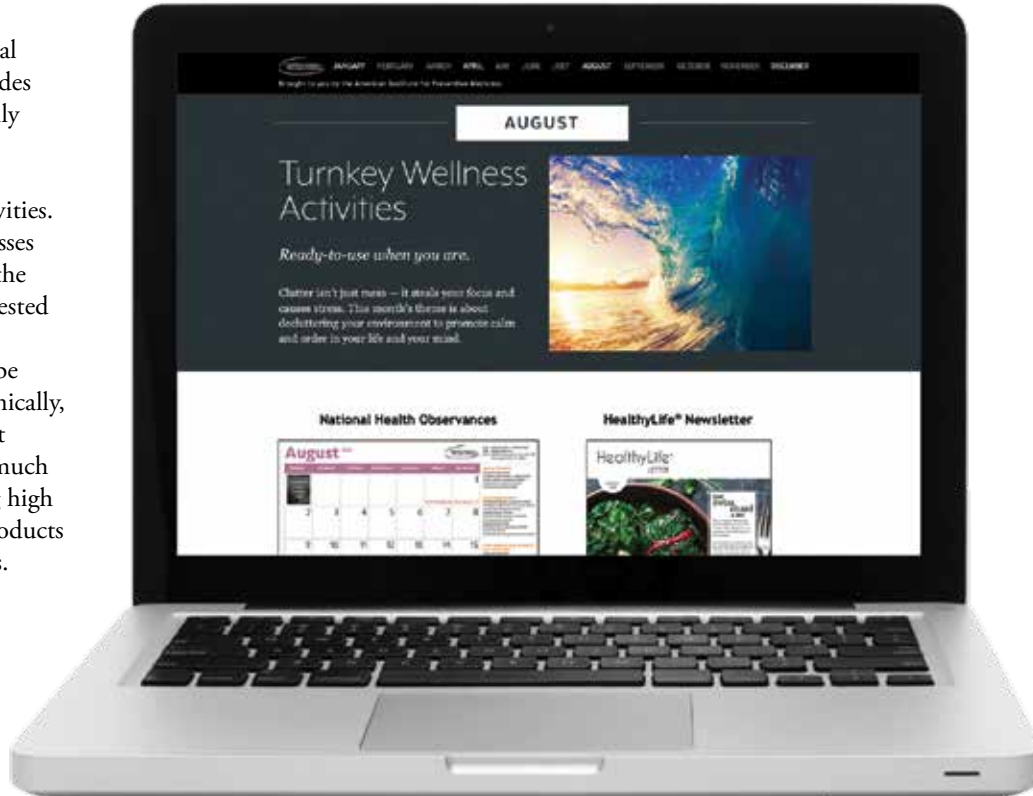
* Printed versions available for newsletter and Healthier at Home® self-care books.

Call for details and pricing.

Wellness Manager Monthly™

Your wellness job just got easier.

An incredible digital resource that provides a complete, monthly themed well-being communication campaign and activities. Each month addresses a new topic using the resources and suggested timeline below. Each product can be distributed electronically, in print, or both. It makes your work much easier by providing high quality wellness products for your employees.



Monthly Products Include:

- HealthyLife® Newsletter
- Posters
- National Health Observances
- HealthyLife® Handouts
- PowerPoint Presentation
- Wellness Activities
- Fuel Up with Fruit
- Coach's Corner
- Health Video

Suggested Distribution Schedule:

Resource	Time Table
Monthly Health Observance Calendar	Read 2 Weeks Before Month
Wellness Newsletter	Distribute 1st Day of Month
Healthy Handouts	Distribute Weekly
Wellness Activities	Distribute 2nd Week
Wellness Activity Posters	Distribute 2nd Week
Powerpoint Slides (also .jpg files)	Distribute 3rd Week
Featured Fruit	Distribute 3rd Week
Coach's Corner	Distribute 4th Week
Health Video	Distribute 4th Week

Call for details and pricing.

Health Portal

FINALLY! A platform as unique as your organization.



Technology should simplify your life, not make it more complicated. The HealthyLife® portal makes bringing your wellness program online a breeze. We can extend as much or as little administrative functionality as you are comfortable with. Oh, and your employees, they will love it.

**Customization
is our middle
name. If you can
dream it, we
can build it!**

FEATURES INCLUDE:

- HRA
- Physician Forms
- Biometrics
- Health Challenges
- Incentives
- Health Library
- Appointment Scheduling
- Event Calendar
- Fitbit & Device Integration
- Social Media

YOUR OWN APP

Just like the portal, the coinciding mobile app is customized for your organization. Your branding, content, and programs are also available on the go!

Call for details and pricing.

**SCHEDULE
A DEMO!**

HealthyLife.com/demo-request

Health Challenges

Engage employees with the most entertaining wellness initiative around – **themed health challenges.**

Choose from 48 CHALLENGE OPTIONS!
Or create your very own custom challenge!



ALL CHALLENGES HAVE A MOBILE APP!



Challenges can be team or individual. You pick the dates. We take care of all I.T. work.

TOPICS INCLUDE:

- Physical Fitness
- Weight Loss
- Tobacco Cessation
- Stress Management
- Flu Prevention
- Nutrition
- Cardiovascular Health
- Dental Health
- Cancer Awareness
- Bone Health
- Brain Fitness
- Global Sustainability
- Sleep Enhancement
- Shift Work
- Financial Wellness



Health Assessments

Which one is best for your organization?



HealthyLife® Assessment

This Health Risk Assessment is simple for your participants to complete, but complex in its underlying branching logic. Answers to the questions create a remarkably accurate final report tying behaviors to risks, and providing unique recommendations for improvement. From the employer standpoint, our HRA can be customized in ways that are like no other tool of its kind. You have the ability to add or remove questions and even customize the information delivered in the reports.

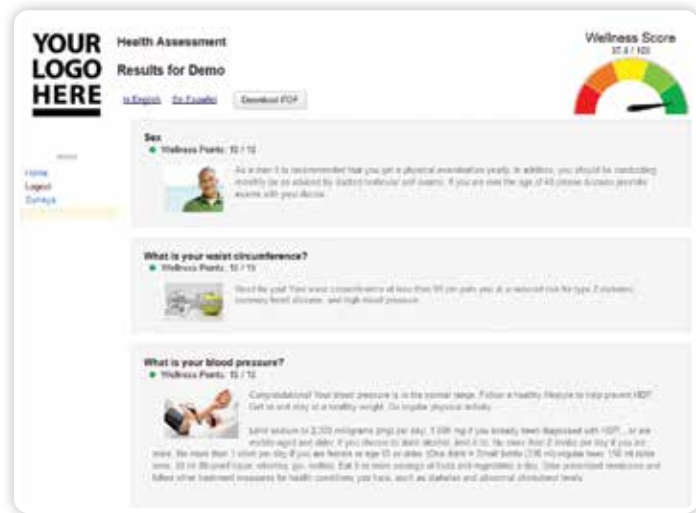
- Create your own health risk assessments, surveys, questionnaires
- Branch logic and weighted risk formulas
- Drive individuals to appropriate programs based on risk stratification
- Links to biometric data
- Upload previously captured HRA data
- Cohort support for multi-year comparisons
- Real-time reporting for user and administrators

2 formats available:

Paper #2740

Online #2741

Also available in Spanish



Actionable HRA™

Quick, affordable, actionable.

This is a different approach to the traditional HRA. Each question is well thought out and tied to a specific action item. The goal is not only to assess health, but motivate change with easy action steps. It takes much less time to complete than a formal HRA, vastly increasing participation rates. Customization options are plentiful:

- Add logos
- Add images
- Add content
- Add links to existing resources
- Add unlimited number of questions
- Customize Individual Report

#2740z

Available in both English and Spanish.

Assessments	Quantity	Paper HRA (2740)	Online HRA (2741)	Actionable HRA (2740z)
	1-9	\$16.45	----	----
	10-99	\$14.45	----	\$2.99
	100+	Call	Call	Call

Health Coaching

Participants are given unlimited access to their health coach.



ACA COMPLIANCE

Our health coaching can be offered as a reasonable alternative.

Our coaching combines two approaches to achieve better outcomes. Our coaches are trained in both motivational interviewing and behavior modification to maximize results. This unique combination allows our coaches to engage participants at a higher rate than using one technique by itself.

WHAT MAKES AIPM HEALTH COACHING UNIQUE?

- Dedicated account management
- Online, telephonic, and onsite enrollment options
- Complete marketing package
- Unlimited inbound coaching
- 24/7 inbound coaching
- Participant kit
- Communication materials
- Access to HealthyLearn® Library

More than
90%
of individuals ask to
speak with an
**AIPM Health
Coach**

Call for details and pricing.

Tobacco & Nicotine Cessation

Despite the education available, tobacco use continues to be a major public health and workplace issue. The bottom line is quitting isn't easy, and we understand that. The QuitWell™ program has been helping people quit tobacco, and stay quit, for over 35 years.

ACA COMPLIANCE

QuitWell® can be offered as a reasonable alternative to your tobacco surcharge.

HealthyLife® QuitWell™

The Tobacco Cessation Program That Works!

A positive, proven approach to breaking the smoking/tobacco habit. QuitWell™ is a highly effective, multiple-treatment program that teaches the necessary skills to achieve abstinence from smoking permanently. It's helped over 1 million people quit.

QuitWell™ is different because the program never actually ends. The behavior change techniques can be employed for a lifetime and that's why our quit rates remain high, even years down the road.

QuitWell™ is the absolute easiest program for you to implement, that's because we've already taken care of all the details:

- 1) Dedicated enrollment website & phone number
- 2) Participant kit and shipping to individual homes
- 3) Marketing materials customized with your logo
- 4) Seven scheduled calls
- 5) Unlimited inbound calling
- 6) Health Library available to participants

Available in the following formats:

- Telephonic Coaching
- Group Classes
- Self-Help Kit
- Webinar
- Online



Call for details and pricing.

HealthyLife® QuitWell™ Online

#1343



HealthyLife® QuitWell™ Emergency Pack



The ideal tool for the person trying to quit. The pack contains oral and manual substitutes and a wallet card with 58 Urge Tamers™. #1350

Smokeless® Emergency Pack	Quantity	(#1350)
	1-9	\$3.79
	10-99	\$2.49
	100+	Call

Stress Management

What if there was a proven, cost effective way to help employees manage their stress?

Systematic Stress Management™

The Proven Way to Relax and Increase Productivity

Allows you to reduce your own level of stress by helping your employees manage theirs. Just imagine the increased productivity and reduced absenteeism from a less stressed workforce.

Using the proven methodology found in our other health coaching programs, Systematic Stress Management™ allows employees to regain control of their lives and finally, learn to live with a healthy amount of stress.

Available in the following formats:

- Telephonic Coaching
- Group Classes
- Self-Help Kit
- Webinar
- Online

Call for details and pricing.



Systematic Stress Management™ Online

#1565

40% of US workers report their job is very or extremely stressful.
(NIOSH, 2015)

Systematic Stress Management™	Individual Components			
	Quantity	Relaxation CD (1562) Price/CD	Biofeedback Cards (1563) Price/Card	Workbook (1540W) Price/Book
	1-24	\$9.95	\$1.79	\$11.95
	25-49	\$8.95	\$1.59	\$9.95
	50+	Call	Call	Call

Call for imprinting options.

Weight Loss & Nutrition

ACA COMPLIANCE

HealthyLife® Weigh can be offered as a reasonable alternative to your biometric surcharge.

2 Totally New Programs to Meet Your Needs

Millions of Americans are overweight or obese. Although the problem is similar across populations, the ways in which the HealthyLife® Weigh and DIET FREE Programs help individuals lose weight are like no other. Each program teaches behavior change and lifestyle strategies to ensure a healthier lifestyle for not only the individual but their entire family.



HealthyLife® Weigh

Gain Control for Good

Gain control, lose weight, and improve health habits for good with HealthyLife® Weigh. Powerful behavior modification techniques, easy eating plans and tailored exercise regimens are all part of this versatile, effective weight loss program. Talk to our toll-free counselors any time. They'll answer your questions and keep you motivated.

Available in the following formats:

- Telephonic Coaching
- Group Classes
- Self-Help Kit
- Webinar
- Online

Call for details and pricing.

HealthyLife® Weigh	Individual Components			
	Quantity	Workbook Alone (3640W)	Menus & Recipes (3640M)	Record Book (3640R)
	1-24	\$12.95	\$4.95	\$4.25
	25-49	\$10.95	\$4.69	\$4.10
	50+	Call	Call	Call

Call for imprinting options.

Weight Loss & Nutrition



DIET FREE

A Totally New Approach to Weight Loss and Nutrition

Your employees will be motivated... entertained... and changed forever. DIET FREE is:

- A highly inspirational 10-week nutrition and exercise lifestyle program.
- Centered around ten 30-minute weekly “movies” featuring dietitian/comedian Zonya Foco, RD.
- The video seminars can be viewed in live class formats that you lead or viewed individually via web portal.
- Turn-key to promote and facilitate.

Available in the following formats:

- Telephonic Coaching
- Group Seminar
- Self-Help Kit
- Online

Call for details and pricing.



Lickety-Split Meals

For Health-Conscious People On The Go!

Eat smart and lose weight with this 400-page “countertop coach” cookbook which includes:

- 175 nutritious versions of family favorites
- Meals made in 1, 5, 15 and 30 minutes
- Built-in easel for cooking-at-a-glance
- Easy step-by-step recipe layout
- Motivating educational tips throughout
- Nutrition information for every recipe
- Complete shopping list and menu planner

COOKBOOK	Quantity	Lickety-Split Meals
	1	\$24.95
	16	\$14.97
	17+	Call

Sleep Enhancement

Wake Up to What Poor Sleep Costs Your Company

- 60 percent of American adults report having problems with sleep.
- The risk for diabetes, heart disease, stroke, obesity, and other health problems increases with sleep deprivation.
- Fatigued workers are 70% more likely to have an accident at work.
- Sleep deprivation costs U.S. companies more than \$63 billion each year, which equates to \$2,280 per sleep-deprived employee each year.

(Source: Harvard Medical School).

HealthyLife® SleepWell®

A Program to Enhance Sleep

SleepWell® is a structured program designed to prevent and minimize issues with poor sleep. It teaches individuals how to modify factors that may damage sleep and reduce daytime energy, focus, and productivity. Participants will learn how to develop healthy lifestyle habits, create an environment conducive to quality sleep, and manage daily stress. Guidelines are based on the latest research on sleep enhancement and cognitive behavioral therapy strategies.

SleepWell® also addresses shift workers, as these individuals face unique challenges to a traditional sleep schedule.

Available in the following formats:

- Telephonic Coaching
- Group Classes
- Self-Help Kit
- Webinar
- Online



Call for details and pricing.

Health Library

All of the content you'd expect delivered on a site so user friendly you may never go anywhere else for health information.

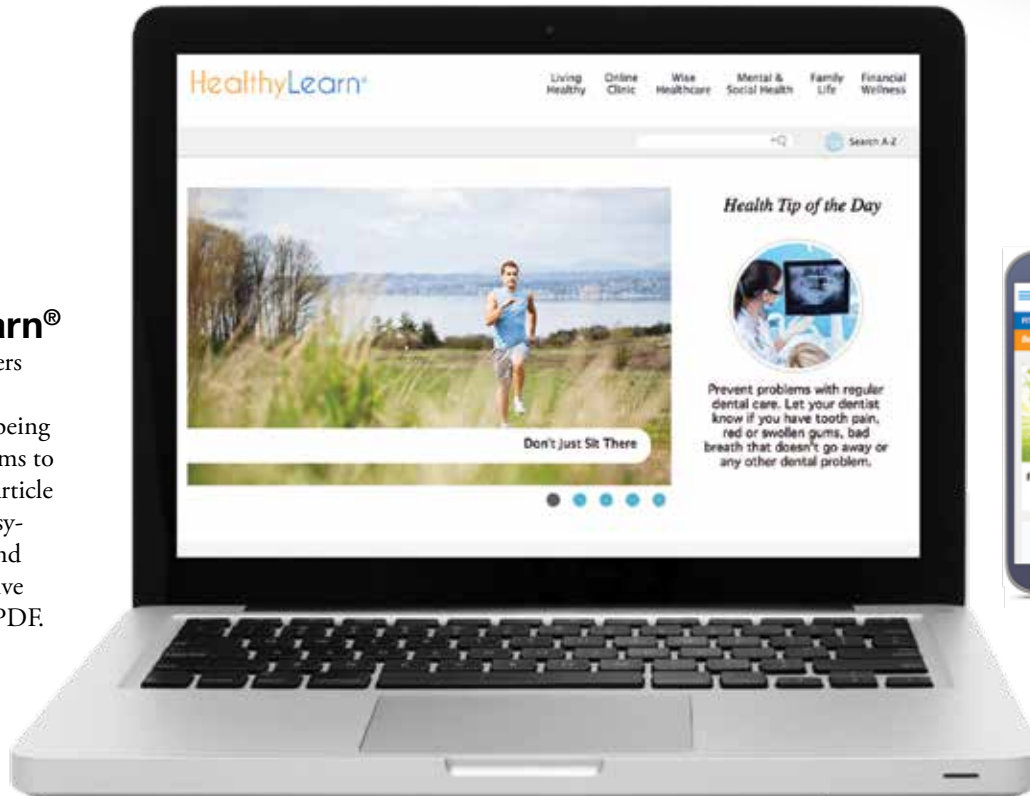
It's Like Having a Well-Being Communication Department on Your Desktop

3 Versions Available:

- Employees/Members
- College Students
- Wellness Managers/HR/Coaches/Nurses

HealthyLearn®

HealthyLearn® covers over 2,000 health topics, with more being added. It never seems to overwhelm. Each article is laid out in an easy-to-follow format and includes an attractive print-on-demand PDF.



Call for details and pricing.

2 Ways to Use:

- Allow everyone to access the Well-Being Hub
- HR staff, wellness coordinators, coaches, nurses, etc. can print or email the content with the Communication Engine™ feature.

2 Delivery Options:

- Hosted website. Leave all the IT work to us. We will provide you with a link to post on your website. Numerous branding options are available.
- Add to your website. We can easily incorporate the HealthyLearn® into your existing portal.

HealthyLearn® Includes:

- Online Clinic
- Symptom Checker
- Ask the Coach
- A to Z Encyclopedia
- Living Healthy
- Rotating Health Tip-of-the-Day
- Health News
- Family Life
- Women's & Men's Health
- Mental Health
- Safety
- Wellness & Disease Management
- Pain Management
- Tobacco Cessation program
- Stress Management program
- Weight Loss & Nutrition program
- Sleep Enhancement Program
- Health Trackers
- Health Posters
- Health Videos
- Health Risk Assessment (optional)
- Monthly Newsletter (optional)



Benefits of HealthyLearn®:

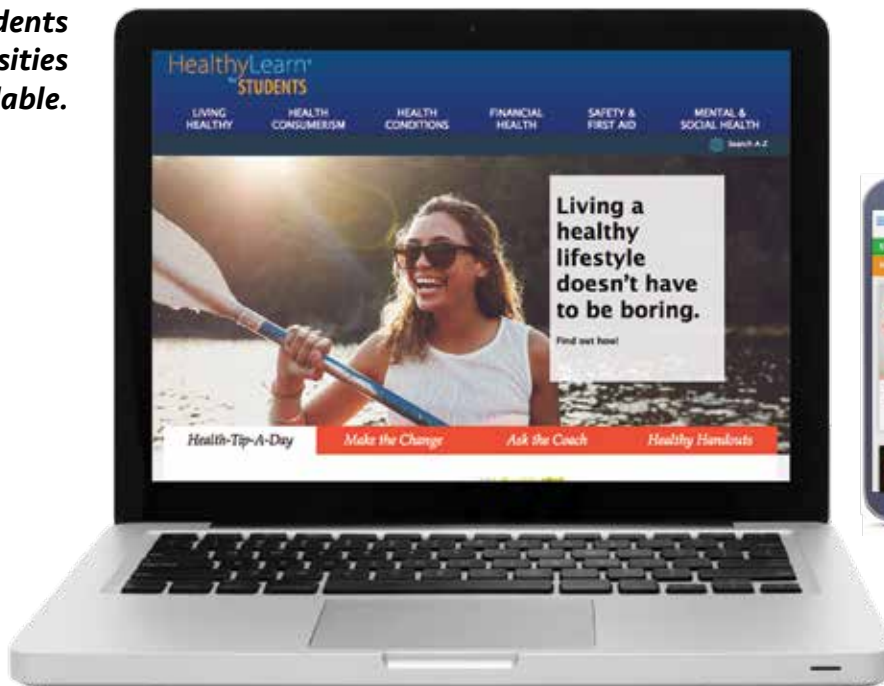
- *Well-Being Focus* – Addresses healthy living, financial wellness, emotional health, family life, medical conditions, medical care, safety, and first aid.
- *Online Clinic* – Helps people know when to contact the doctor or ER versus using self-care at home.
- *Comprehensive* – Over 1500 health topics with more being added.
- *Healthy People 2020* – Helps meet the objectives.
- *Mobile Accessibility* – For smart phone use.
- *Attractive Layout* – Provides easy navigation.
- *Branding* – The portal and every article has your name and logo.
- *Unique Print on Demand* – Download content with graphics and illustrations for attractive “take homes” or emails.
- *Ask the Coach Feature* – Responses within 24 hours make the Hub interactive.
- *Fresh and Relevant Content* – New content on your website will peak people’s interest.
- *Real-time analytics* – Know what people are accessing.
- *Complete promotional campaign* – Increases engagement.
- *Custom company-specific information* – Add or remove content.
- *IT Support* – Implementation is seamless.

HealthyLearn® for Students for Colleges & Universities also available.

3 Levels to Choose From

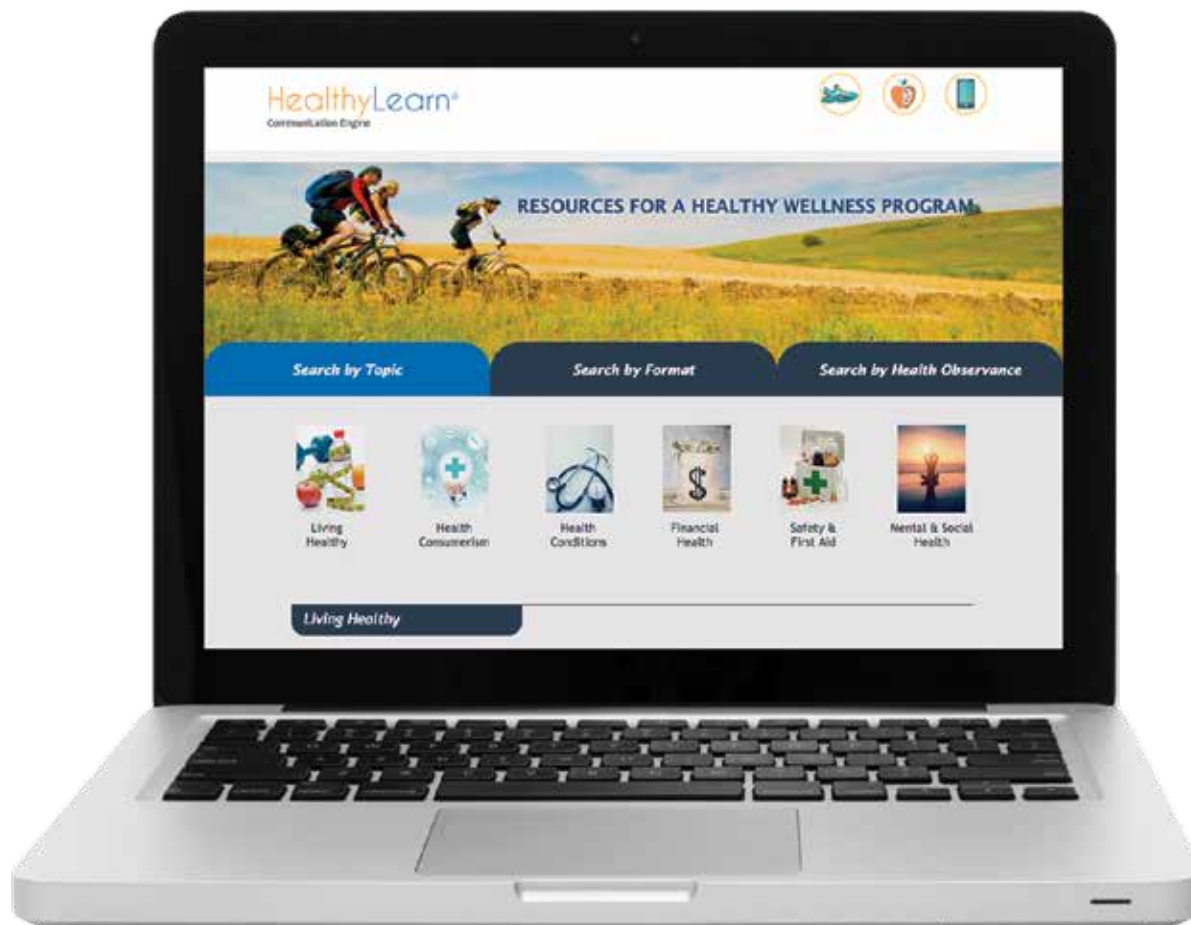
HealthyLearn®	Silver
	Library Alone
	Gold
	Library + 8 page Newsletter or HRA
	Platinum
	Library + 8 page Newsletter and HRA

Call for details and pricing.



OnDemand Communications

For HR & Wellness Managers



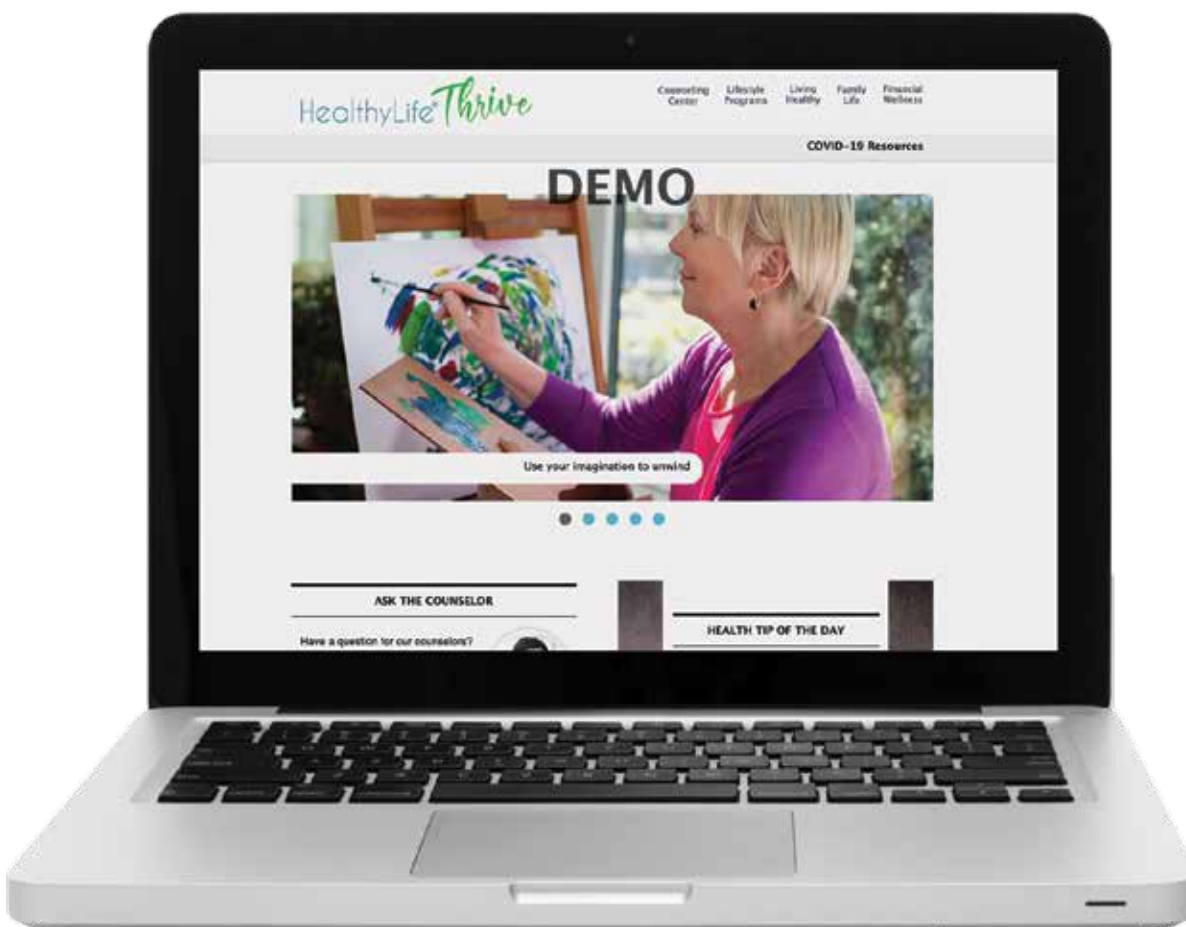
HealthyLearn® Communication Engine

It's Like Having a Wellness Communication Department on Your Desktop

Designed for HR, wellness managers, coaches, nurses, etc. Access content by topic, product type, and national health observances. Drive content to your population by emailing or printing articles.

See page 16 for more information.

Mental & Emotional Wellbeing



HealthyLife® Thrive

Nearly half of Americans report the pandemic has harmed their mental health, according to the Kaiser Family Foundation. Even with the incredible impact so far, the total toll of the pandemic on mental health remains to be seen.

HealthyLife® Thrive addresses the most pertinent issues facing employees and their families right now: mental, emotional, social, and financial wellbeing. Through a very intuitive user interface, employees have access to articles and videos that educate, motivate, and lead to actionable next steps that enhance overall wellbeing.

Features Include:

- Interactive “Ask the Counselor”
- Mental Health Triage
- Stress Management & Resilience Program
- Sleep Enhancement Program
- Financial Wellbeing
- Over 500 Mental Health Topics

Call for details and pricing.

Onsite Worksite Well-Being Coordinator



Let us place one of our Onsite Wellness Coordinators at your company to provide a comprehensive well-being program. They can be there full-time or part-time, depending on your needs.

Some of the roles of the Onsite Coordinator are as follows:

- Assesses the needs, culture, management, and employee concerns of the worksite to develop a delivery plan and implementation schedule.
- Coordinate program promotion including development and distribution of engagement materials.
- Responsible for the day-to-day delivery of established programs.
- Work with client's management team and, if applicable, union representatives to obtain their commitment to and active support of the well-being program and its activities.
- Establish a network of wellness ambassadors throughout the company
- Plan, coordinate, and conduct management and employee orientations.
- Plan, coordinate, and administer health screenings (if applicable).
- Develop and facilitate educational programs such as courses, health fairs, lunch & learns, "stop-by" tables, special events and other on-site programming.
- Coach employees on various health issues.
- Provide monthly reports to the Client on activity, evaluation, and future plans.
- Monitor expenditures to assure spending is within budget.

Call for details and pricing.

Virtual Wellness Visit



The HealthyLife® Virtual Visit is a meeting between a certified health coach and participant to discuss current health status and develop a wellness roadmap for the future.

The coach will work with available data to facilitate the conversation. This can include health assessment results, physician form, or previous biometric data, however, none of those are necessary to conduct the visit.

Program Highlights:

- 20-30 minute video call or telephonic call
- Participant schedules a time of their choice
- Focus is on goal setting and health improvement
- Coaches are trained to connect participants to existing wellness resources
- Can be offered with other AIPM programs or as a standalone

Lunch & Learns

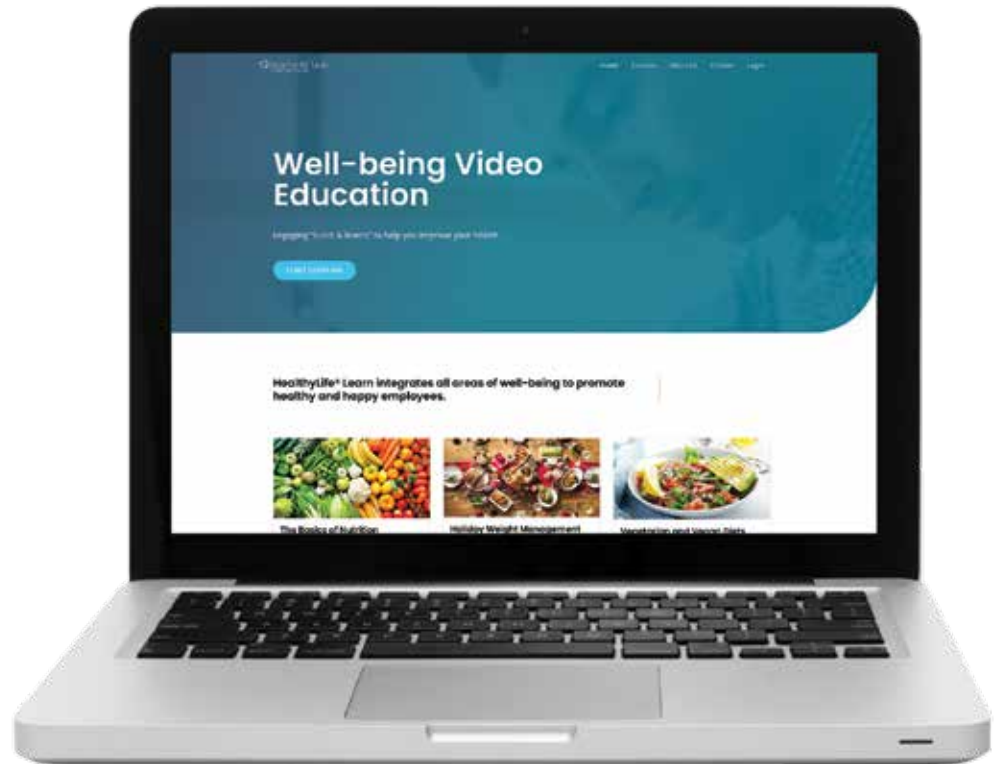
Available Live or OnDemand!

HealthyLife® Learn

Nowadays employees are working from many locations and with flexible schedules. Planning for live events can be difficult. Allow us to help with pre-recorded on-demand courses. Each one is broken down into easy-to-digest chapters with quick follow up quizzes to ensure quality education. Reporting on successful participation is included.

THE SITE CONTAINS 20 COURSES IN THE FOLLOWING CATEGORIES:

- Nutrition
- Fitness
- Meditation
- Emotional Health
- Heart Health
- Yoga
- Holistic Wellbeing
- Mental Health
- Ergonomics
- Stress Management
- General Health
- Social Well-being



Call for details and pricing.

Demo: HealthyLifeLearn.com

Lunch & Learns

Available Live or OnDemand!

HealthyLife® Live

Live lunch and learns delivered just for your group by one of our health experts. Topics include areas of nutrition, behavior modification, disease management and physical activity.

EACH SESSION INCLUDES:

- Program communication / marketing
- Participant handouts
- Slide deck
- Webinar recording
- Participation report

AVAILABLE TOPICS:

Meal-Prep: Participants learn how to make deliciously healthy meals ahead of time and on a budget!

Better Sleep: Learn practical ways to train their brains for better sleep.

Re-Think Your Drink: Learn the effects that beverages have on blood glucose levels and ways to improve levels and waistline.

Cart Smart: This presentation will cover the essential steps for a healthy and successful weight management program. Can include a smoothie demonstration with samples for an additional fee.

Mindful Meditation: Learn what mindfulness is and how to use it in everyday life.

Pre-Diabetes, A Cue to Action: Teaches how different food groups lower, maintain, and/or spike blood sugar levels, and the effects of high blood sugar levels.

Natural Elements: Use the natural elements, which surround us every day, to fit in a great workout. The session will include a 15-minute outdoor movement session.



Art Therapy: A therapeutic activity that creates a sense of identity, reduces guilt, facilitates impulse control and expands participants ability to deal with daily stressors in life.

What's your Health IQ?: Participants will learn key components to live a longer and healthier life.

Understanding Your Cholesterol: Successfully lower bad and raise good cholesterol. Participants will learn about conventional and alternative treatments.

Stress Busters: Learn seven very effective 5-minute stress-busting tips.

Eat This, Not That: In this healthy trivia game format, a series of food products will be compared.

Power Meals: Build a power breakfast, power lunch and a power dinner that will improve energy levels and overall health.

Office Fitness: Practice using exercise bands during the class and learn tips for moving more while in the office.

Aging and Your Health: This class will provide valuable information on how one can maintain their physical health and live life to the fullest, whatever their age.

Sugar Busters: Slash sugar, how to do a “sugar detox” and cooking/baking tips using healthier versions of sugar.

Jog Your Memory: Explore ways to maintain memory and healthy brain function.

A Lifestyle, Not a Diet: Covers nutrition information including defining portion size, reading a food label, healthy tips for cooking and exercise.

Restore and Relax: Learn the many benefits yoga can offer.

Happy, Healthy Heart: Learn the best exercises and foods to have a healthy heart and learn what screenings you should be getting to know your heart health status.

The Weight is Over: Strategies for weight loss, the role of nutrition, physical activity and behavior modification techniques.

Call for details and pricing.

Virtual Fitness & Yoga

HealthyLife® + ZoomCrew™

HealthyLife® has partnered with ZoomCrew™ to bring you the greatest in virtual fitness and yoga.

WE HAVE TWO DELIVERY OPTIONS:

- **Dedicated class:** You choose a class type, date and time, and we deliver a custom class for your population. This is delivered via Zoom and can also be recorded for future viewing or for people that may be unavailable at the scheduled time.
- **Bulk memberships:** Your population has access to a full schedule of live classes offered each day. This option also gives members access to our online video library of pre-recorded workouts. Volume pricing available



AVAILABLE CLASSES:

- Fitness
 - Total Body Strength
 - Stretch & Strength
 - On the Ball
 - Interval Mix
 - Cardio Dance & Conditioning
 - Sit & Get Fit
 - Triple Treat
- Pilates & Barre
 - Pilates Blend
 - Barre Blend
 - Mat Pilates
- Yoga
 - ZC Vinyasa
 - ZC Yoga Flow
 - ZC Yoga Fusion
 - ZC Healthy Backs & Meditation
 - ZC Gentle Flow
 - ZC Mini Vini
 - ZC Better Backs
 - ZC Chair Yoga
 - ZC Yoga at the Wall
- 30 Minute Classes
 - Core Blast
 - Upper Body Blast
 - Interval Cardio & Hoop
 - Pilates Stretch
 - Sun Salutations
 - Kick Box & Strength
- 45 Minute Classes
 - Interval Hoop
 - Roll & Recovery
 - Butts & Guts
 - Cardio Blast

Call for details and pricing.

WellWarehouse™ Division:

Well-being Products

Our award-winning products educate, motivate, and most importantly, change behavior. They are packaged in novel ways to enhance engagement and keep your program fresh.

WELLWAREHOUSE™

Calendars

Provide a Daily Dose of Health®

Wall Calendars

Make every office or home a center of well-being with an attractive wall calendar that your employees use year-round. Provides action steps on how to be both happy and healthy and includes national health observances. Easy to add your logo or a special message. Size: 8-1/2" x 11". #4704

UNLIMITED CUSTOMIZATION OPTIONS:

- Name, logo & message
- Special dates throughout
- Front and inside covers
- Photos of employees
- Completely new calendar - let us develop one from scratch.

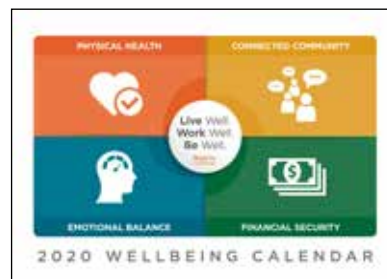
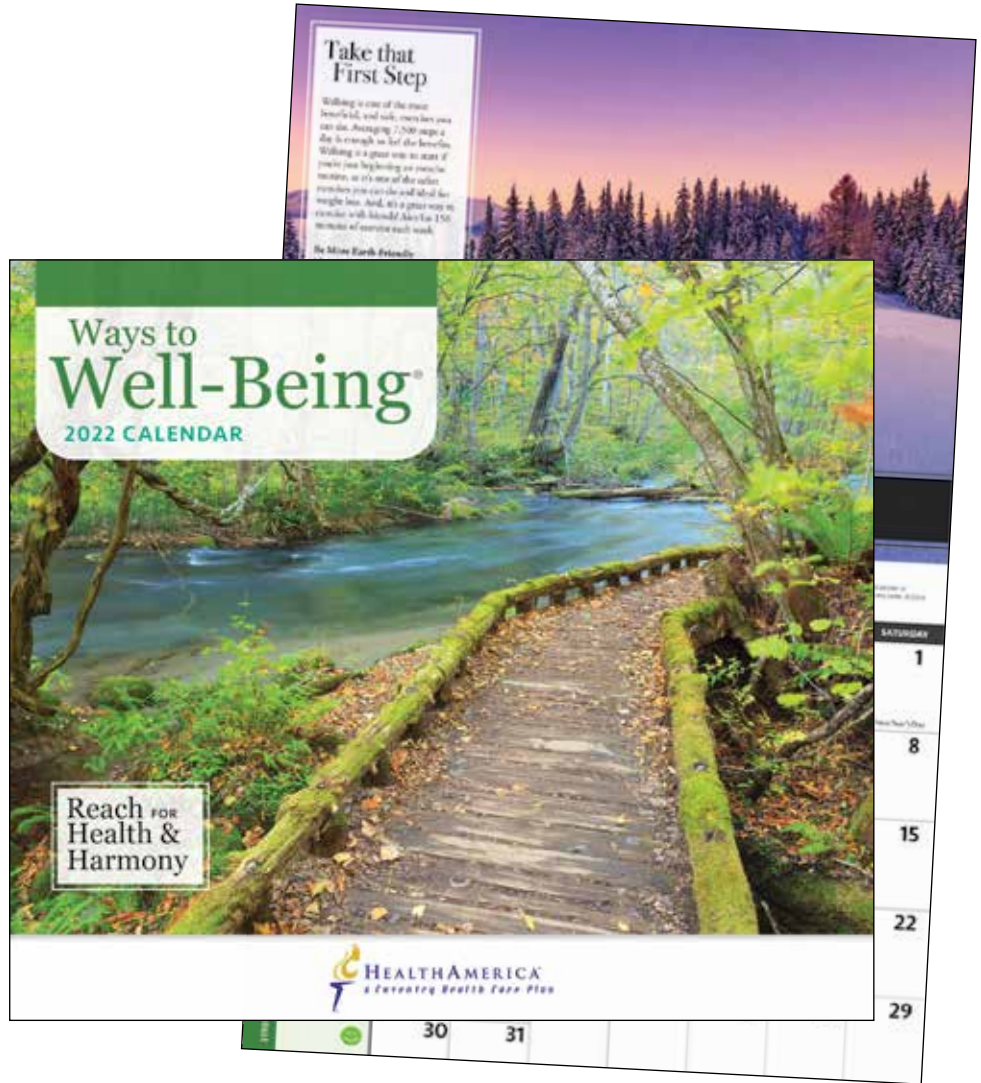


Pocket Calendars

Take your wellness program with you wherever you go! Plan daily activities, record medical information, and keep care provider contact information close at hand. Fits easily into a pocket or purse. Protect your calendar with optional vinyl sleeve. Size: 3-3/4" x 6-1/2". #4705

FREE:

Receive the HealthMails® ToolKit with your calendars.



Custom Calendars

Let us develop your own unique custom calendar in 3 easy steps!

Visit: www.healthylife.com/CustomCalendar

Step 1: Select the monthly topics.

Step 2: Select the photos or send us your own.

Step 3: Select the dates you want to customize.

Call for discounts on early orders.

Calendars	Quantity	Wall Calendar (4704)	Pocket Calendar (4705)
	1-9	\$6.75	\$3.25
10-99	\$5.49	\$2.19	
100+	Call	Call	

Call for imprinting options.

Newsletters

Inform, inspire, and motivate with beautiful newsletters.

Each issue features readable and practical articles on self-care, healthy eating, staying fit, and family wellness. Our printed full-color newsletters can be bulk shipped or delivered directly to homes. Also available in an interactive digital format that can be emailed or posted on your company website.

REGULAR FEATURES INCLUDE:

- Self-Care Corner – How to take better care of yourself.
- Medical Updates – Communicating better with your provider.
- Health Tips – Helpful health information.
- Eating Healthy – Weight loss and nutrition.
- Featured Recipe – Prepare a healthy meal.
- Be Fit – How to exercise safely.
- Family Life – Enhancing health at home.
- Work Life – Enhancing wellness at work.
- Success Over Stress – Managing stress for better health.

3 formats available:

Paper | Electronic | Mobile

3 sizes available:

2 pages | 4 pages | 8 pages

Electronic & mobile formats include audio and video clips.

CUSTOMIZATION OPTIONS:

- Logo
- Masthead
- Custom articles
- Totally custom newsletter



Completely custom newsletter



Custom Masthead

Newsletters	Quantity	e-letter version			paper version		
		2 page (3003e)	4 page (3004e)	8 page (3005e)	2 page (3003p)	4 page (3004p)	8 page (3005p)
	10-49	\$29	\$39	\$47	\$63	\$79	\$89
	50-99	\$27	\$37	\$44	\$49	\$56	\$66
	100+	Call	Call	Call	Call	Call	Call

Call for imprinting options.

Studies show that over **95%** of all wellness program members are interested in receiving regular information on wellness topics.

Magazines

Mental & Emotional Wellbeing Magazine

HealthyLife® Thrive Magazine

Addresses the most pertinent issues facing employees and their families right now: mental, emotional, social, and financial wellbeing. With a beautiful magazine layout, employees have access to timely articles and interactive activities that educate, motivate, and lead to actionable steps to enhance overall wellbeing.

2 formats available:
Paper | Electronic



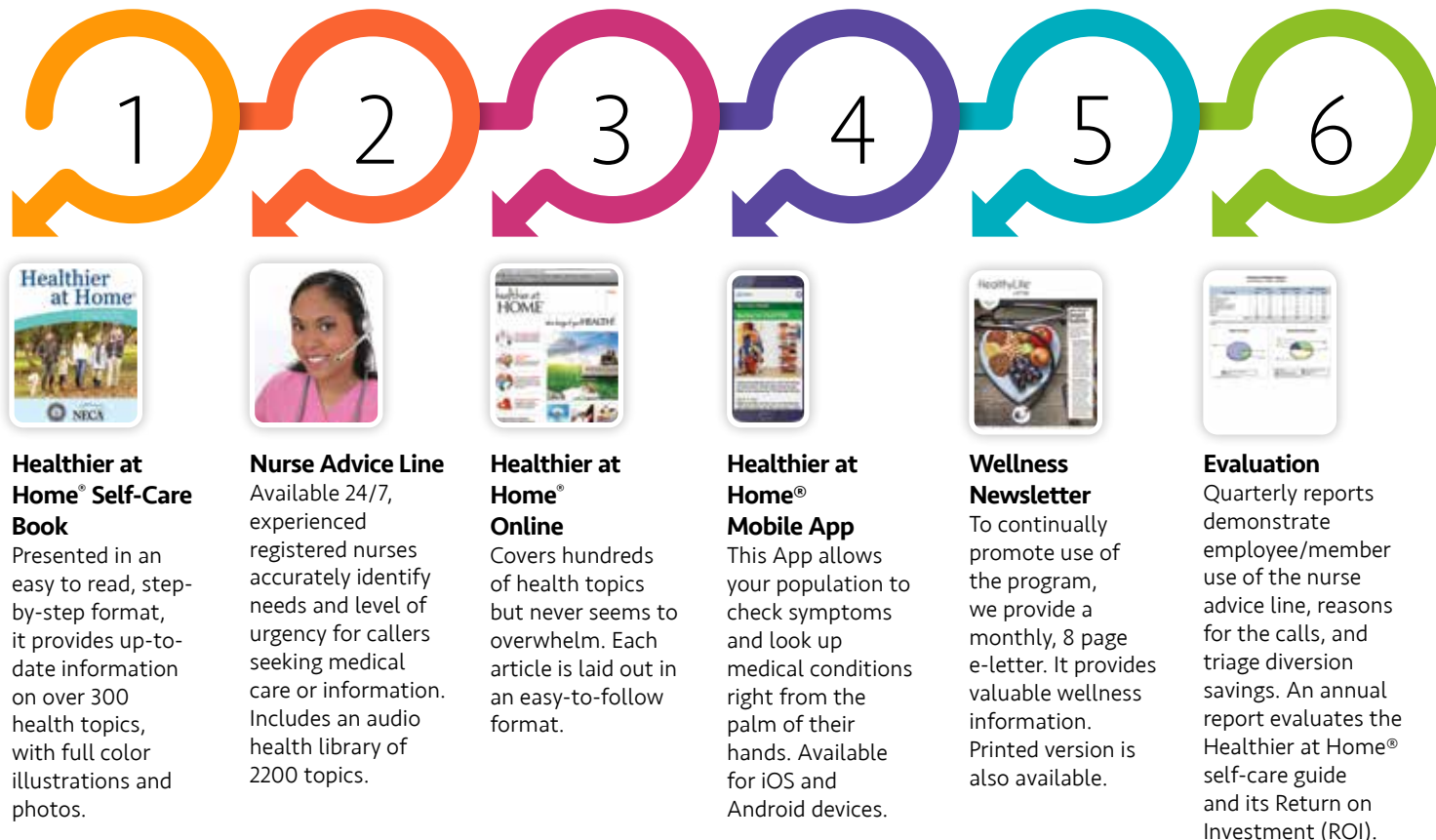
Magazines	Quantity	e-letter version (3008z)	paper version (3008)
	1-9	\$2.49	\$4.95
	10-99	\$1.89	\$3.79
	100+	Call	Call

Call for imprinting options.

Medical Self-Care

A higher R.O.I. than any wellness intervention because it helps employees avoid unnecessary doctor and E.R. visits.

29 independent studies have documented an average **SAVINGS of \$112.37** per employee in only 9 months.



Healthier at Home® Medical Self-Care Program

Guaranteed to Reduce Costs

A wellness program without medical self-care is simply missing the boat. Why? Because empowering employees to make better health care decisions isn't just going to save the company money, it's going to save the employee money, and potentially their life.

The Healthier at Home® Medical Self-Care Program consists of a number of components that effectively help employees/members make better health care decisions.

Since your employees access health information in different ways, the program consists of print, telephonic, and online information.

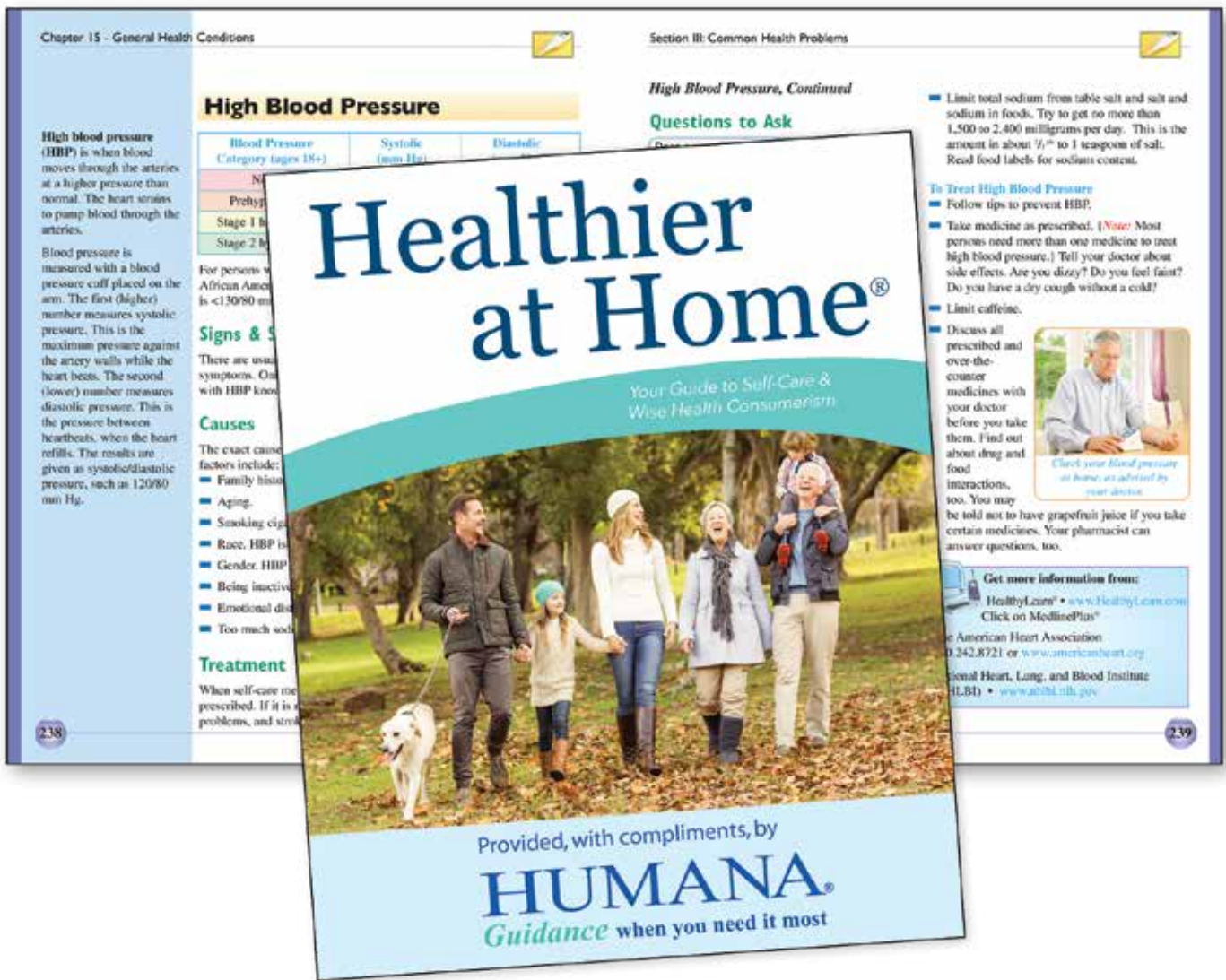
PROGRAM COMPONENTS:

- Healthier at Home® Self-Care Book
- 24/7 Nurse Advice Line
- Healthier at Home® Online
- Healthier at Home® App
- Wellness Newsletter
- Promotional Campaign
- Evaluation

Healthier at Home® Program	Number	Complete Program PEPM ^{1, 3}	Nurseline Alone PEPM ^{2, 3}
	10-99	\$4.99	\$1.04
100-499	\$3.44	\$.89	
500+	Call	Call	

¹ Pricing includes welcome kit, imprinted self-care book, imprinted newsletters and use of the nurseline by employees' entire household. Shipping and handling of materials is extra.
² Nurseline alone pricing includes the welcome kit and health information library and use by employees' entire household.
³ One time setup fee is \$500.

Self-Care Books



Healthier at Home®

- Has set the standard for self-care guides
- Trusted by millions of families and thousands of organizations
- Easy to read, non-technical, step-by-step instruction
- AIPM's most complete guide with over 300 topics and 325 illustrations and photos
- Full color throughout
- 416 pages

#2189



"Our employees' feedback on the Health at Home® books has been extremely positive. Thanks for such a great guide."

Margaret Hubbard, RN,
COHN-S, Sara Lee,
Martinsville, VA

Healthier at Home® Online

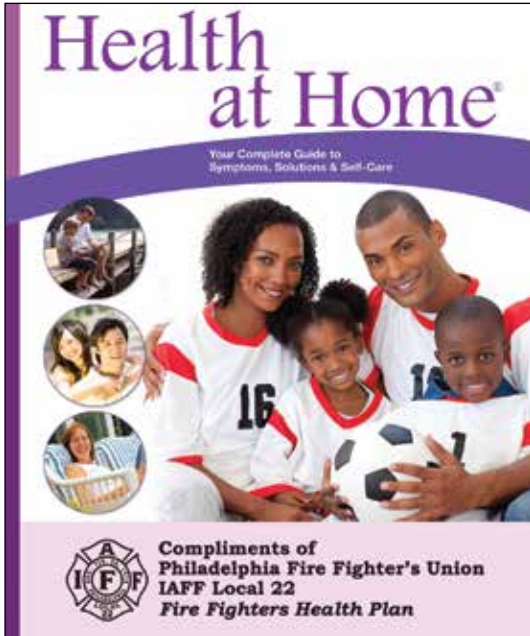
Available for desktop, tablets, and mobile phones. #2168

Family Health	Quantity	Healthier at Home® (2189)
	1-9	\$21.95
	10-99	\$9.59
	100+	Call

Call for imprinting options.

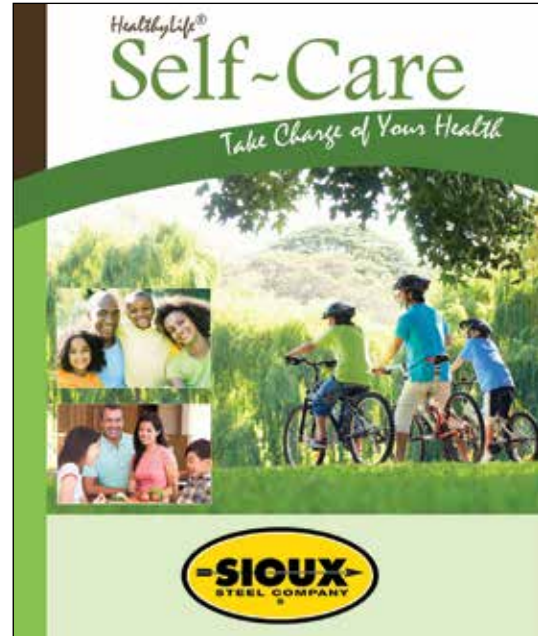
Self-Care Books

All books are available electronically.



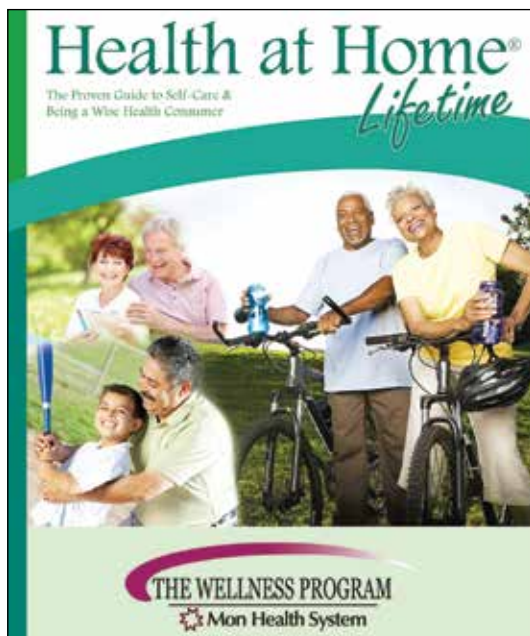
Health at Home®

- Cost conscious alternative to Healthier at Home®
 - Over 250 health care topics
 - 2 color inside
 - 384 pages
- #2172



HealthyLife® Self-Care

- Compact & lightweight for travel or handy reference
 - Easy to follow advice for the 50 most common health problems
 - Full color throughout
 - 5th grade reading level
 - 96 pages
- #2145



Health at Home® Lifetime

Self-Care & Wise Health Consumerism for Mature Adults
Help seniors, retirees and Medicare recipients live fuller, healthier lives with the most comprehensive seniors' self-care guide available. Full color, 200+ illustrations. Large print. 432 pages. #2183

"We have been truly pleased with the content and easy-to-use format of Health at Home®. These guides are extremely valuable resources for our community residents to equip them with the tools and skills needed to make wiser health care decisions."

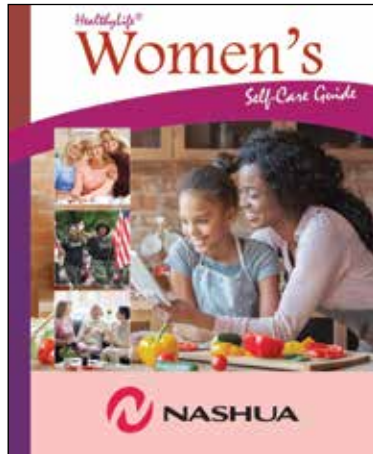
Shannon Owens,
Director of Community Health Alliance,
United Way of Greenville County, SC

Family Health	Quantity	Health at Home® (2172)	Self-Care (2145)	Health at Home® Lifetime (2183)
	1-9	\$19.95	\$7.09	\$9.95
	10-99	\$8.49	\$5.59	\$9.59
	100+	Call	Call	Call

Call for imprinting options.

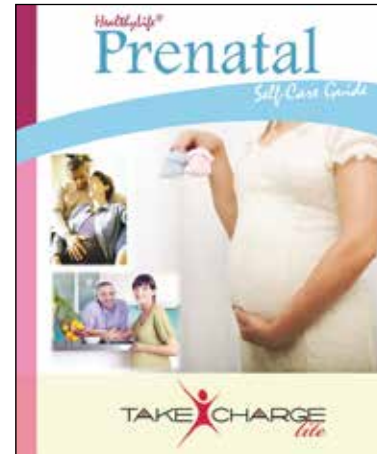
Targeted Self-Care Books

All books are available electronically.



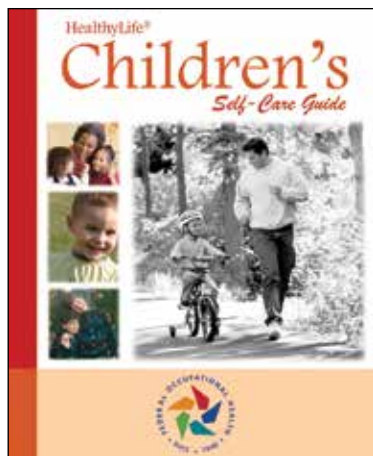
Women's Self-Care Guide

Covers breast cancer, eating disorders, fibroids, menopause, PMS, osteoporosis, urinary tract infections, and more.
80 pages. #2151



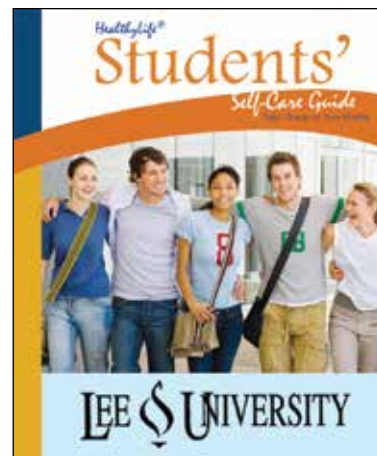
Prenatal Self-Care Guide

Addresses common problems pregnant women experience. Helps determine when to use self-care and when to seek medical attention. 96 pages. #2161



Children's Self-Care Guide

A Parent's Answer Book
Allows parents to quickly identify 26 common health problems and follow a treatment plan. 88 pages. #2148

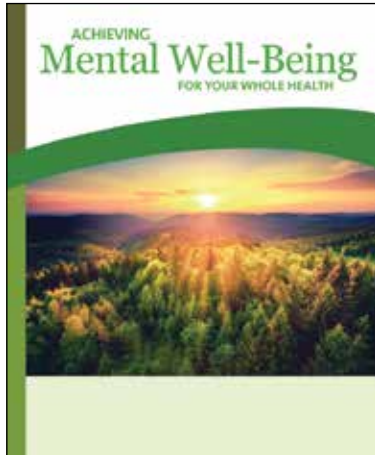


Students' Self-Care Guide

Take Charge of Your Health
Addresses common health problems faced by students age 14-24, including safety and lifestyle issues. Adaptable for faith-based schools.
96 pages. #2186

Targeted Self-Care Books

All books are available electronically.



Achieving Mental Well-Being

For Your Whole Health

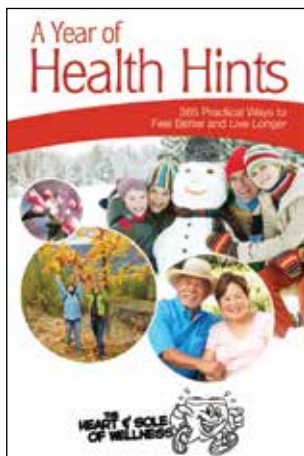
Identify symptoms and determine the best course of treatment for common mental health issues including anger, fears, depression, and stress. 96 pages. #2147



Manage Your Pain

A practical resource for effectively relieving and controlling pain. Addresses the most common types and causes of pain.

- Helps you identify and describe your pain
 - Learn when pain requires medical care
 - Know when pain can be managed with self-care
- 64 pages, #2146



A Year of Health Hints

365 Ways to Feel Better and Live Longer

Offers a smart stay-healthy tip a day on diverse topics such as how to lose weight, manage stress, stay fit, travel safely, and be a wise health care consumer. Engaging and easy to read. 374 pages. Only available electronically or as a custom order. #2840

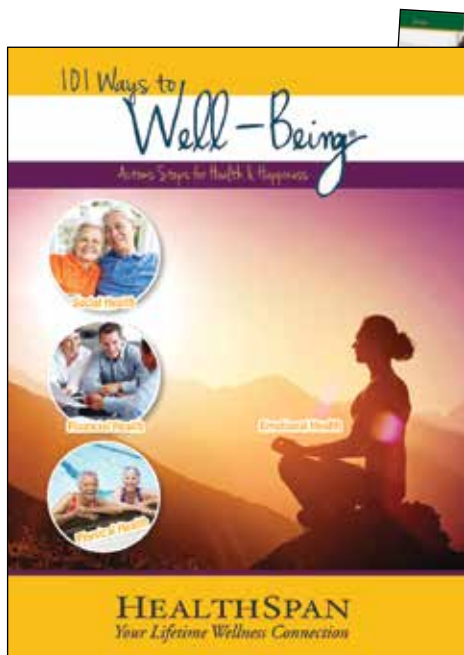
Targeted Self-Care Books	Women's Guide (2151) Prenatal Guide (2161) Children's Guide (2148) Pain Management (2146) Students' Self-Care (2186) Mental Well-Being (2147)	
	Quantity	
	1-9	\$7.09
	10-99	\$5.59
	100+	Call

Call for imprinting options.

101 Ways to Well-Being®

Move from Wellness to Well-Being

All books are available electronically.



Your employees will love this uniquely styled book that contains 101 topics in a newsletter-styled format. Each one-page article presents just the right amount of information on important ways to live well. It could become your most popular coffee-table book. Available both in print (Size: 8.5" x 11", 112 pages) and electronically (with video & audio clips.) #2192

TOPICS INCLUDE:

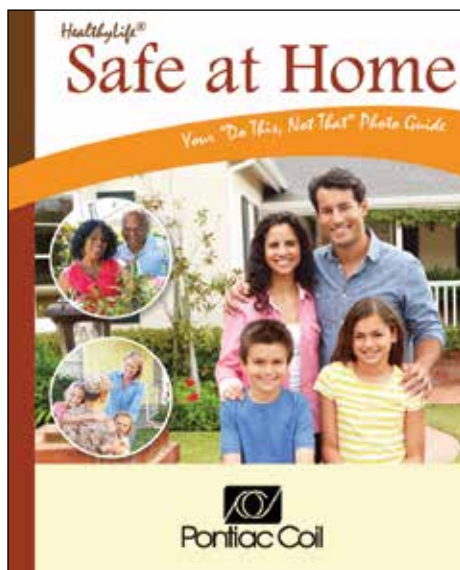
- Fitness
- Healthy Eating
- Weight Control
- Emotional Health
- Social Health
- Community Health
- Stress Management
- Safety
- Substance Use & Abuse
- Fiscal Health
- Illness Prevention

Well-Being	Quantity	Ways to Well-Being® (2192)
	1-9	\$10.95
10-99	\$9.95	
100+	Call	

Call for imprinting options.

Safe at Home™

Your "Do This, Not That" Picture Guide



A picture is worth a thousand words. See and read ways to keep you and your family safe in your home. This 64-page guide provides tips to prevent the most common injuries in the home. #2193

TOPICS INCLUDE:

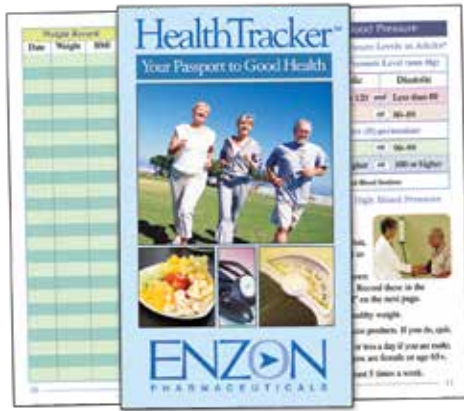
- Falls Prevention
- Fires & Burns Prevention
- Poison Prevention
- Choking & Suffocation Prevention
- Drowning Prevention
- Medication Safety
- Child Safety
- Home Security

Safe at Home	Quantity	Safe at Home (2193)
	1-9	\$7.99
10-99	\$6.59	
100+	Call	

Call for imprinting options.

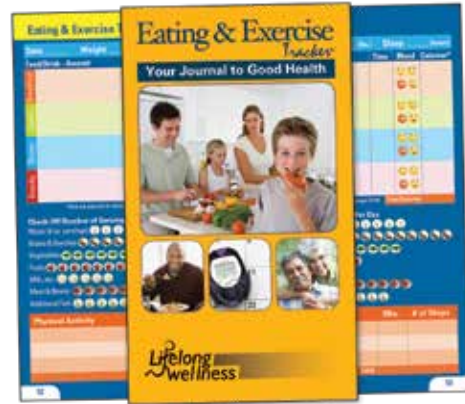
HealthTrackers®

Stay on track with these pocket-sized booklets. (Size: 3-3/4" x 6-1/2")



HealthTracker®

Track, evaluate and improve vital areas of health with a convenient pocket-sized booklet. 48 pages. #2202



Eating & Exercise Tracker®

List and learn how much you eat and exercise. Practicing portion control and being more active can make it easier to achieve weight loss goals and improve health habits. 64 pages. #2207



WalkWell™ Tracker

Employees can begin and maintain a walking program for good health. Provides an easy way to track walking steps or distance, health goals, and weight for 52 weeks. 48 pages. #2206



Being a Wise Consumer™

Know your patient rights, save money and take the mystery out of hospital stays, medical procedures, medications, communicating with providers, and more. 48 pages. #2142



HealthySavings™

Help employees save money and become wiser health care consumers. 101 tips to save hundreds of dollars a year on doctor visits, medications, surgery, eye and dental care, and much more. 48 pages. #2205



ER Do's & Don'ts/First Aid WiseGuide®

Teaches consumers when and how to use the emergency room. Flip it over for a handy first aid guide. 48 pages. #4600

Trackers ^{1,2}	Quantity		
	1-9	\$4.95	Tracker®
	10-99	\$3.79	Lucite
	100+	Call	Display: \$39 each

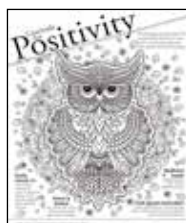
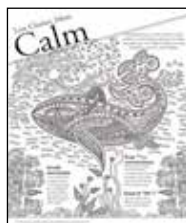
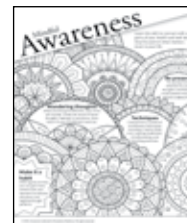
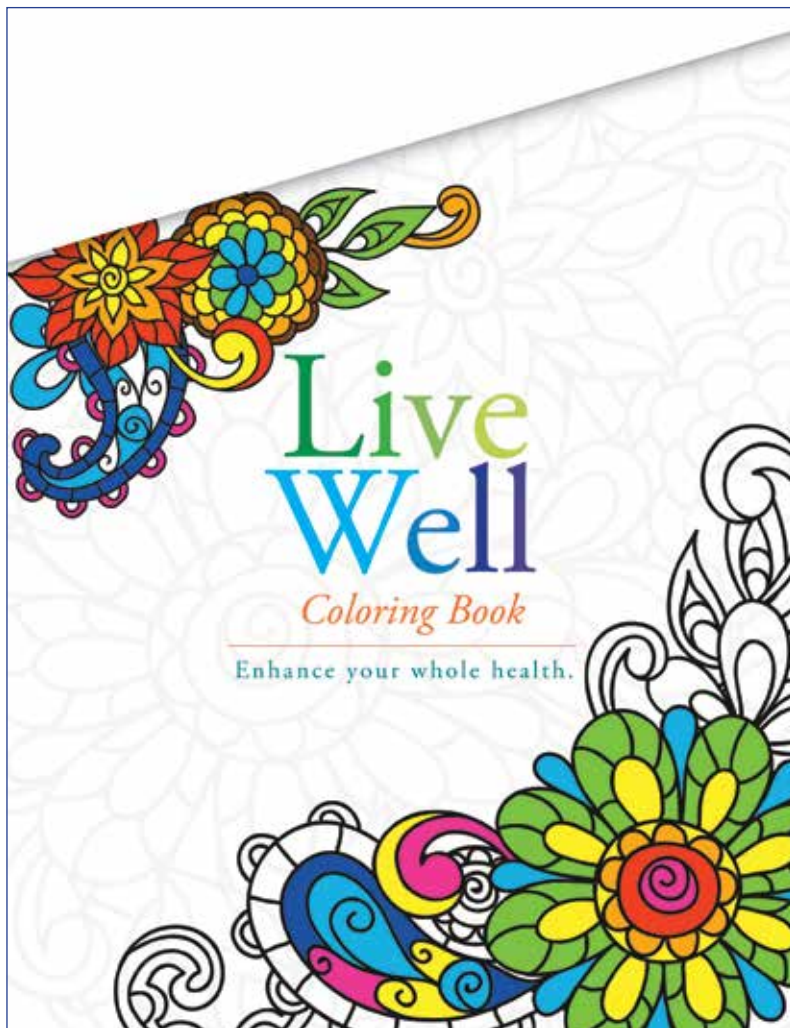
¹ Add \$.08/copy for vinyl sleeve.

² Add \$.05/copy for sleeve assembly.

Call for imprinting options.

Coloring Book

Enhance your whole health.



Live Well Coloring Book

Learn about whole health and healthy living while coloring. Benefits include:

- Learning by interacting with the book
- Relieve stress, while coloring
- Have fun!
- Use your creativity
- Great for all ages.
- 12 coloring pages

#2198

Live Well	Quantity	
	1-9	\$4.95
	10-99	\$3.79
	100+	Call

Permafold® Guides

Your first source for health education, in a format that lasts.

WHAT IS A PERMAFOLD®?

Permafolds® are 12-panel health guides printed on durable material to last a lifetime. Permafolds® are kept and shared with the family, giving repeated exposure to your name and logo.

ACCURATE AND UP-TO-DATE

Each Permafold® is reviewed by prominent physicians, health professionals, and the senior advisory board of the American Institute for Preventive Medicine.

APPROPRIATE READING LEVEL

Permafolds® are written at a simplified reading level with large print and color photographs. Information is presented in a bulleted, easy-to-read format. They appeal to people from all walks of life.

CUSTOMIZATION OPTIONS

Display your name, logo, and other information prominently. We can also develop a custom Permafold® to meet your needs.

COMPLETE FULFILLMENT

Direct mail to employee's homes. We'll handle everything: cover letters and envelopes, assembly and bulk mail by zip code for the best postal rate.

SPANISH TITLES

A number of Permafolds® are available in Spanish, with more to come.



Just right amount of information

Culturally diverse photos



Free access to additional health topics

PERMAFOLD® - WELLNESS TOPICS

#4361

#4390

#4357

#4364 available in Spanish

#4373

#4371

#4355 available in Spanish

#4374

#4376

#4375 available in Spanish

#4377 available in Spanish

#4389

PERMAFOLD® - DISEASE MANAGEMENT TOPICS

Alexion Brothers Health System Wellness Program

Arthritis

What You Need to Know

Permafold® Topics

1. Types of Arthritis
2. How It Is Diagnosed
3. Self-Care
4. Medical Care
5. Reasons to Call Your Doctor
6. Reasons to Get Immediate Care

#4353

Good things come from Sysco

Asthma

What You Need to Know

Permafold® Topics

1. What is Asthma?
2. Symptoms
3. Causes & Risk Factors
4. Diagnosis
5. Asthma Attack Triggers
6. Reasons to Call Doctor
7. Reasons to Get Medical Care Fast
8. Treatment

#4362 available in Spanish

Back Care

What You Need to Know

Permafold® Topics

1. Causes of Back Pain
2. Prevention
3. Back Exercises
4. Treatment for Low Back Pain
5. Reasons to Get Medical Care

#4379

life steps

COPD

What You Need to Know

Permafold® Topics

1. What is COPD?
2. Causes
3. Signs & Symptoms
4. Diagnosis
5. Prevention
6. Reasons to Call Your Health Care Provider
7. Reasons to Get Emergency Care
8. Treatment
9. Self-Care

#4391

moloney+oneill insurance. benefits. financial. life.

Depression

Permafold®

Topics

1. What is Depression?
2. Types & Symptoms
3. Causes
4. Treatment
5. Self-Care
6. Reasons to Call Doctor or Health Care Provider
7. Reasons to Get Immediate Care

#4347

Diabetes

What You Need to Know

Permafold® Topics

1. What is Diabetes?
2. Types
3. Signs & Symptoms
4. Risk Factors
5. Medical Care
6. Self-Care
7. Health Problems Related to Diabetes
8. Diabetic Emergencies

#4365 available in Spanish

LivingWell in COPPELL

Headaches

What You Need to Know

Permafold® Topics

1. Causes
2. Types
3. Prevention
4. Treatment
5. Reasons to Call Medical Care Fast
6. Reasons to Call Doctor or Health Care Provider
7. Work with Your Health Care Provider

#4367

FBE

Heart Failure

What You Need to Know

Permafold® Topics

1. What is Heart Failure?
2. Causes
3. Signs & Symptoms
4. Diagnosis
5. Prevention
6. Treatment
7. Call Health Care Provider For
8. Get Immediate Care For

#4380 available in Spanish

SCOTTSDALE HEALTHCARE

Heart Health

What You Need to Know

Permafold® Topics

1. Risk Factors
2. Exercise
3. Eat Right
4. Deal with Stress
5. Other Heart Health Tips
6. Heart Conditions
7. Heart Attack Warning Signs

#4368 available in Spanish

HOMEDICS

High Blood Pressure

What You Need to Know

Permafold® Topics

1. What is High Blood Pressure?
2. Causes & Risk Factors
3. Signs & Symptoms
4. Diagnosis
5. Health Problems Related to HBP
6. Prevention & Self-Care
7. Medical Treatment
8. Reasons to Call Doctor or Health Care Provider

#4369

MetroNational

Major Illness Warning Signs

What You Need to Know

Permafold® Topics

1. Prevention Tips
2. Cancer Warning Signs
3. Diabetes Warning Signs
4. Heart Attack Warning Signs
5. Lung Warning Signs
6. Stroke Warning Signs
7. Tests & Exams

#4343

BUNGE LIVING

Osteoporosis

What You Need to Know

Permafold® Topics

1. What is Osteoporosis?
2. Signs & Symptoms
3. Causes & Risk Factors
4. Diagnosis
5. Medical Care
6. Reasons to Contact Doctor/Provider
7. Self-Care / Prevention

#4341 printed on paper only

WeCare

Pregnancy

Permafold®

Topics

1. Prenatal Care
2. Pregnancy Safety Tips
3. Exercise Safety
4. Eat Smart
5. Manage Common Complaints
6. Reasons to Contact Your Provider

#4378

MISSISSIPPI LIME

Preventing Cancer

What You Need to Know

Permafold® Topics

1. What is Cancer?
2. Causes & Risk Factors
3. Lower Your Risk
4. Screening Tests
5. Warning Signs & Symptoms
6. Treatment

#4392

MESSA

Prostate Health

What You Need to Know

Permafold® Topics

1. Prostate Gland & Prostate Problems
2. Causes & Risk Factors
3. Signs & Symptoms
4. Diagnosis
5. Screening Tests
6. Treatment for Prostate Cancer
7. Self-Care
8. What Tests & Exams

#4393

PERMAFOLD® – SELF-CARE TOPICS



#4348



#4388



#4349



#4354 available in Spanish



#4344 available in Spanish



#4345



#4350



#4385



#4351 available in Spanish



#4342



Lucite Display
Display your Permafolds® in this attractive holder (holds 6 titles). \$39
#4397

Permafold® Station
Order 500 or more Permafolds® and receive one Lucite display for free.

“Over the course of 20 years, we have purchased both standard products as well as worked hand in hand with AIPM in creating custom products to address particular needs. In each engagement, AIPM exceeded our expectations in product content, quality, and effectiveness as witnessed by numerous times we receive unsolicited positive comments from our members!!!”

– Randy Stoughton, President,
Compass Rose Benefits Group; Herndon, VA

Permafolds®	Quantity	Plastic or Cardstock	Paper	Sampler
	1-9	\$1.99	Must order in quantity.	Receive all 36 Permafold® topics for only \$36.
	10-49	\$1.79		
	50-499	\$1.49	Call for details.	
	500+	Call		#4340

Call for imprinting options. Spanish titles are printed on glossy paper in 2 colors. Call for pricing.

Infofold® Brochures

WHAT IS A INFOFOLD®?

Infofolds® are 8-panel health guides printed on glossy paper. Each Infofold® is reviewed by prominent physicians, health professionals, and the senior advisory board of the American Institute for Preventive Medicine.

APPROPRIATE READING LEVEL

Infofolds® are written at a simplified reading level with large print and color photographs. Information is presented in a bulleted, easy-to-read format. They appeal to people from all walks of life.

CUSTOMIZATION OPTIONS

Display your name, logo, and other information prominently. We can also develop a custom Infofold® to meet your needs.

COMPLETE FULFILLMENT

Direct mail to employee's homes. We'll handle everything: cover letters and envelopes, assembly and bulk mail by zip code for the best postal rate.



#4001



#4002



#4003



#4004

Infofolds®	Quantity	Paper
	1-9	\$1.09
	10-49	\$.99
	50-499	\$.79
	500+	Call

Call for imprinting options.

Posters & TakeAways™

POSTERS

Engage employees and create visibility for your wellness program with bold, eye-catching, and quick-to-read posters. Perfect for lunch rooms, lounges, water coolers and hallways. Each one corresponds to a national health observance. Poster frames also available.

TAKEAWAYS™

Reinforce your message with a corresponding TakeAway™ flyer for employees to take and display at their work station or at home for the whole family to see. 8.5” x 11.”

ELECTRONIC

License PDF files of the posters for use in emails or on websites.

On the Road Series (Poster Size: 13” x 19”)



Poster: #4903
TakeAway: #5215



Poster: #4900
TakeAway: #5216



Poster: #4901
TakeAway: #5217



Poster: #4902
TakeAway: #5218



Poster: #4904
TakeAway: #5219



Poster: #4905
TakeAway: #5220



Poster: #4906
TakeAway: #5221



Poster: #4910
TakeAway: #5222



Poster: #4907
TakeAway: #5223



Poster: #4908
TakeAway: #5224



Poster: #4909
TakeAway: #5225



Poster: #4911
TakeAway: #5227

- ON THE ROAD TO**
 Better Nutrition
 Better Relationships
 Better Fitness
 Better Sleep
 Better Planning
 Better Aging
 Better Breathing
 Better Mental Health
 Better Disease Prevention
 Better Community Service
 Better Heart Health
 Better Health Care

Posters & TakeAways™	Quantity	Poster Frame: \$39 each TakeAway™ Holder: \$19 each		Electronic TakeAways™
		Set of 12 Posters*	Individual Posters	
	1-9	\$109	\$10.95	\$0.24
	10-49	\$99	\$9.95	\$0.20
	50-99	\$89	\$8.95	\$0.18
	100+	Call	Call	Call

*Customization & imprints also available. Call for details.

Posters & TakeAways™

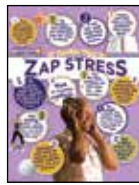
Wellthier by the Dozen™ Series (Poster Size: 18" x 24")



Poster: #5026 | TakeAway: #5126



Poster: #5030
TakeAway: #5130



Poster: #5025
TakeAway: #5125



Poster: #5028
TakeAway: #5128



Poster: #5027
TakeAway: #5127



Poster: #5033
TakeAway: #5133



Poster: #5032
TakeAway: #5132



Poster: #5022
TakeAway: #5122



Poster: #5024
TakeAway: #5124



Poster: #5029
TakeAway: #5129



Poster: #5031
TakeAway: #5131



Poster: #5023
TakeAway: #5123

WELLTHIER BY THE DOZEN™ SERIES

- Manage Weight
- Control Blood Pressure
- Fitness
- Cold & Flu Defense
- Color Your Diet
- Dental
- Diabetes
- Stress
- Healthy Holidays
- Portion Control
- Cholesterol
- Eye Health

HealthyLife® Series (Poster Size: 18" x 24")



Poster: #5019 | TakeAway: #5119



Poster: #5013
TakeAway: #5113



Poster: #5015
TakeAway: #5115



Poster: #5021
TakeAway: #5121



Poster: #5014
TakeAway: #5114



Poster: #5011
TakeAway: #5111



Poster: #5020
TakeAway: #5120



Poster: #5010
TakeAway: #5110



Poster: #5012
TakeAway: #5112



Poster: #5017
TakeAway: #5117



Poster: #5018
TakeAway: #5118



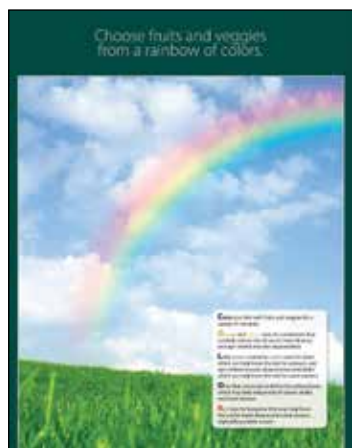
Poster: #5016
TakeAway: #5116

HEALTHYLIFE® SERIES

- Weight Control
- Be Physically Active
- Eat for Good Health
- Manage Stress
- Healthy Sleep Habits
- Home Safety Checklist
- Healthy Travel Checklist
- Get Needed Vaccines
- Control Your Cholesterol
- Be Tobacco-Free
- Control Your Blood Sugar
- Use Alcohol Wisely

Posters & TakeAways™

Inspirational Series (Poster Size: 13" x 19")



Poster: #5035 | TakeAway: #5145



Poster: #5034
TakeAway: #5144



Poster: #5040
TakeAway: #5149



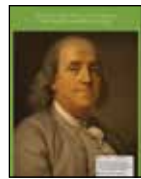
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TakeAway: #5146



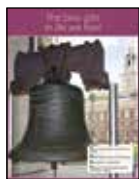
Poster: #5038
TakeAway: #5147



Poster: #5037
TakeAway: #5143



Poster: #5042
TakeAway: #5151



Poster: #5045
TakeAway: #5154



Poster: #5039
TakeAway: #5148



Poster: #5043
TakeAway: #5152



Poster: #5041
TakeAway: #5150



Poster: #5044
TakeAway: #5153

INSPIRATIONAL SERIES

- Time Management
- Fruits & Veggies
- Healthy Food Choices
- Stress Relief
- Blood Pressure
- Fitness
- Safe Travel
- Healthy Lifestyle
- Healthy Sleep
- Mental Health
- Preventing Diabetes
- Family Health

Healthy Living Series (Poster Size: 13" x 19")



Poster: #5046 | TakeAway: #5155



Poster: #5047
TakeAway: #5156



Poster: #5048
TakeAway: #5157



Poster: #5049
TakeAway: #5158



Poster: #5050
TakeAway: #5159



Poster: #5051
TakeAway: #5160



Poster: #5052
TakeAway: #5161



Poster: #5053
TakeAway: #5162



Poster: #5054
TakeAway: #5163



Poster: #5055
TakeAway: #5164



Poster: #5056
TakeAway: #5165



Poster: #5057
TakeAway: #5166

HEALTHY LIVING SERIES

- Be Involved in Your Health Care
- Strive for a Healthy Weight
- Eat Wisely
- Limit Alcohol
- Be Physically Active
- Be Safe
- Control Diabetes
- Get a Flu Vaccine
- Protect Yourself from Hepatitis C
- Screening Tests
- Be Tobacco Free
- Manage Stress

Posters & TakeAways™

This or That Series (Poster Size: 13" x 19")



Poster: #5061 | TakeAway: #5167



Poster: #5062
TakeAway: #5168



Poster: #5063
TakeAway: #5169



Poster: #5064
TakeAway: #5170



Poster: #5065
TakeAway: #5171



Poster: #5066
TakeAway: #5172



Poster: #5067
TakeAway: #5173



Poster: #5068
TakeAway: #5174



Poster: #5069
TakeAway: #5175



Poster: #5070
TakeAway: #5176



Poster: #5071
TakeAway: #5177



Poster: #5072
TakeAway: #5178

THIS OR THAT SERIES

Walk or Run
Mediterranean or Paleo
Peanut or Almond
Resistance or Cardio
Transcendental or Mindfulness
Supplements or Supper
Conventional or Organic
Vegetarian or Vegan
Sweetener or Sugar
Frozen or Fresh
Nic or No
Drugs or Therapy

Safety Series (Poster Size: 13" x 19")



Poster: #5073 | TakeAway: #5179



Poster: #5074
TakeAway: #5180



Poster: #5075
TakeAway: #5181



Poster: #5076
TakeAway: #5182



Poster: #5077
TakeAway: #5183



Poster: #5078
TakeAway: #5184



Poster: #5079
TakeAway: #5185



Poster: #5080
TakeAway: #5186



Poster: #5081
TakeAway: #5187



Poster: #5082
TakeAway: #5188



Poster: #5083
TakeAway: #5189



Poster: #5084
TakeAway: #5190

SAFETY SERIES

Medication Safety
Weight Loss Safety
Food Safety
Child Safety
Sports Safety
Driving Safety
Sun Safety
Travel Safety
Work Safety
Flu Protection Safety
Home Safety
Holiday Safety

Posters & TakeAways™

Ways to Wellness Series (Poster Size: 13" x 19")



Poster: #5085 | TakeAway: #5191



Poster: #5086
TakeAway: #5192



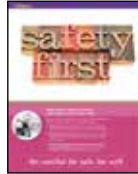
Poster: #5087
TakeAway: #5193



Poster: #5088
TakeAway: #5194



Poster: #5089
TakeAway: #5195



Poster: #5090
TakeAway: #5196



Poster: #5091
TakeAway: #5197



Poster: #5092
TakeAway: #5198



Poster: #5093
TakeAway: #5199



Poster: #5094
TakeAway: #5200



Poster: #5095
TakeAway: #5201



Poster: #5096
TakeAway: #5202

WAYS TO WELLNESS SERIES

What Are Your Goals?
How to Lose Weight
Eat Smart
Drink More Water
Get Fit
Smile, Laugh, Enjoy
Spread the Word – Vaccines
Health Care
Follow Me
Quit Smoking
Just Relax

Vitality Series (Poster Size: 13" x 19")



Poster: #5097 | TakeAway: #5203



Poster: #5098
TakeAway: #5204



Poster: #5099
TakeAway: #5205



Poster: #5100
TakeAway: #5206



Poster: #5101
TakeAway: #5207



Poster: #5102
TakeAway: #5208



Poster: #5103
TakeAway: #5209



Poster: #5104
TakeAway: #5210



Poster: #5105
TakeAway: #5211



Poster: #5106
TakeAway: #5212



Poster: #5107
TakeAway: #5213



Poster: #5108
TakeAway: #5214

VITALITY SERIES

Control Portions
Keep Your Blood Pressure in Check
Bone Up on Calcium & Vitamin D
Salt Can Shake Up Your Health
Deal with Bullies
Take Steps to Prevent Skin Cancer
Pick & Pack a Healthy Lunch
It's Wise to Immunize
Stretch to Ease Stress
Is it Cold or the Flu
Avoid Secondhand Smoke
Drink Responsibly

Posters & TakeAways™

Whole Health (Poster Size: 13" x 19")



Poster: #4936 | TakeAway: #5251



Poster: #4937
TakeAway: #5252



Poster: #4938
TakeAway: #5253



Poster: #4939
TakeAway: #5254



Poster: #4940
TakeAway: #5255



Poster: #4941
TakeAway: #5256



Poster: #4942
TakeAway: #5257



Poster: #4943
TakeAway: #5258



Poster: #4944
TakeAway: #5259



Poster: #4945
TakeAway: #5260



Poster: #4946
TakeAway: #5261



Poster: #4947
TakeAway: #5262

WHOLE HEALTH SERIES

- Big-Picture Health
- Mindful Awareness
- Mindful Eating
- The Mind is Made for Healing
- Find Your Ways to Move
- Relationships that Nurture
- Recharge with Sleep
- Less Clutter, More Calm
- Health Screenings
- Grow & Connect Your Spirit
- Gratitude for Positivity
- Digital Detox



Poster: #4924 | TakeAway: #5239



Poster: #4925
TakeAway: #5240



Poster: #4926
TakeAway: #5241



Poster: #4927
TakeAway: #5242



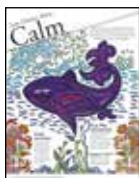
Poster: #4928
TakeAway: #5243



Poster: #4929
TakeAway: #5244



Poster: #4930
TakeAway: #5245



Poster: #4931
TakeAway: #5246



Poster: #4932
TakeAway: #5247



Poster: #4933
TakeAway: #5248



Poster: #4934
TakeAway: #5249



Poster: #4935
TakeAway: #5250

Posters & TakeAways™

Grow Stronger (Poster Size: 13" x 19")



Poster: #4912 | TakeAway: #5227



Poster: #4913
TakeAway: #5228



Poster: #4914
TakeAway: #5229



Poster: #4915
TakeAway: #5230



Poster: #4916
TakeAway: #5231



Poster: #4917
TakeAway: #5232



Poster: #4918
TakeAway: #5233



Poster: #4919
TakeAway: #5234



Poster: #4920
TakeAway: #5235



Poster: #4921
TakeAway: #5236



Poster: #4922
TakeAway: #5237



Poster: #4923
TakeAway: #5238

GROW STRONGER SERIES

- Be Winter Active
- Be Smart with Medications
- Fuel Up with Breakfast
- Prevent Falls
- Take a Break for Health
- Stay Sun Safe
- Drink More Water
- Keep Track
- Avoid Food Poisoning when Eating Out
- Reduce Risk for Type 2 Diabetes
- Quit Tobacco
- Digitally-Aware

Nourish Your Life (Poster Size: 13" x 19")



Poster: #4948 | TakeAway: #5263



Poster: #4949
TakeAway: #5264



Poster: #4950
TakeAway: #5265



Poster: #4951
TakeAway: #5266



Poster: #4952
TakeAway: #5267



Poster: #4953
TakeAway: #5268



Poster: #4954
TakeAway: #5269



Poster: #4955
TakeAway: #5270



Poster: #4956
TakeAway: #5271



Poster: #4957
TakeAway: #5272



Poster: #4958
TakeAway: #5273



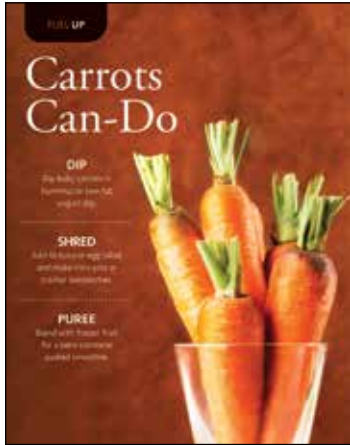
Poster: #4959
TakeAway: #5274

NOURISH YOUR LIFE SERIES

- (Re)solutions Tuneup
- Immunity-Boosting Foods
- Salty Soup Shake Up
- Carb Quality Counts
- Good For You Fats
- So Delicious Berries
- Added Sugars Go Easy
- Salad Build it Better
- Connect with Meals
- Nutritious Nuggets
- Plant-Based Eating
- Adventures in Food

Posters & TakeAways™

Fuel Up (Poster Size: 13" x 19")



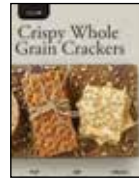
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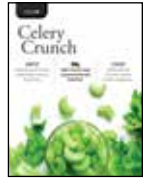
Poster: #4961
TakeAway: #5276



Poster: #4962
TakeAway: #5277



Poster: #4963
TakeAway: #5278



Poster: #4964
TakeAway: #5279



Poster: #4965
TakeAway: #5280



Poster: #4966
TakeAway: #5281



Poster: #4967
TakeAway: #5282



Poster: #4968
TakeAway: #5283



Poster: #4969
TakeAway: #5284



Poster: #4970
TakeAway: #5285



Poster: #4971
TakeAway: #5286

FUEL UP SERIES

Carrots Can-Do
Pass the Popcorn
Awesome Almonds
Crispy Whole Grain Crackers
Celery Crunch
Pretzels Your Way
Bell Pepper Perfection
Peanut Butter Boost
Greek Yogurt Anytime
Wholesome Oats
Cauliflower Creations
Wonderful Walnuts

Fuel Up with Fruit (Poster Size: 13" x 19")



Poster: #4972 | TakeAway: #5287



Poster: #4973
TakeAway: #5288



Poster: #4974
TakeAway: #5289



Poster: #4975
TakeAway: #5290



Poster: #4976
TakeAway: #5291



Poster: #4977
TakeAway: #5292



Poster: #4978
TakeAway: #5293



Poster: #4979
TakeAway: #5294



Poster: #4980
TakeAway: #5295

FUEL UP WITH FRUIT SERIES

Enjoy Watermelon
Perfectly Prepared Plums
Get Your Apple On
Pears, Please!
Delicious Dates
Add Some Sun with Citrus
Pineapple Sunshine
Portable Perfection Bananas
Just Peachy
Mango Magic
Make Mine Kiwi
Beautiful Blueberry
Strawberries, a Summertime Classic
Terrific Tomatoes
Apricots for All
Great Grapes
Cheer for Cherries
Pomegranate, Please



Poster: #4981
TakeAway: #5296



Poster: #4982
TakeAway: #5297



Poster: #4983
TakeAway: #5298



Poster: #4984
TakeAway: #5299



Poster: #4985
TakeAway: #5300



Poster: #4986
TakeAway: #5301



Poster: #4987
TakeAway: #5302



Poster: #4988
TakeAway: #5303



Poster: #4989
TakeAway: #5304

Posters & TakeAways™

Be Kind to Your Mind (Poster Size: 13" x 19")



Poster: #4990 | TakeAway: #5305



Poster: #4991
TakeAway: #5306



Poster: #4992
TakeAway: #5307



Poster: #4993
TakeAway: #5308



Poster: #4994
TakeAway: #5309



Poster: #4995
TakeAway: #5310



Poster: #4996
TakeAway: #5311



Poster: #4997
TakeAway: #5312



Poster: #4998
TakeAway: #5313



Poster: #4999
TakeAway: #5314



Poster: #5001
TakeAway: #5315



Poster: #5002
TakeAway: #5316

BE KIND TO YOUR MIND SERIES

Mental Health: A Vital Asset
 Cure for Winter Blues
 5 Real-Time Stress Busters
 Practice Positivity
 Dealing with Depression
 Practice Mindfulness
 Building Resilience
 Dealing with Anxiety
 Helping Others Helps You, Too
 Pets Boost Mental Health
 Gift of Time
 Strengthen Connections

HealthyLife® Handouts

Posters, Flyers & Articles to Enhance Employee Health

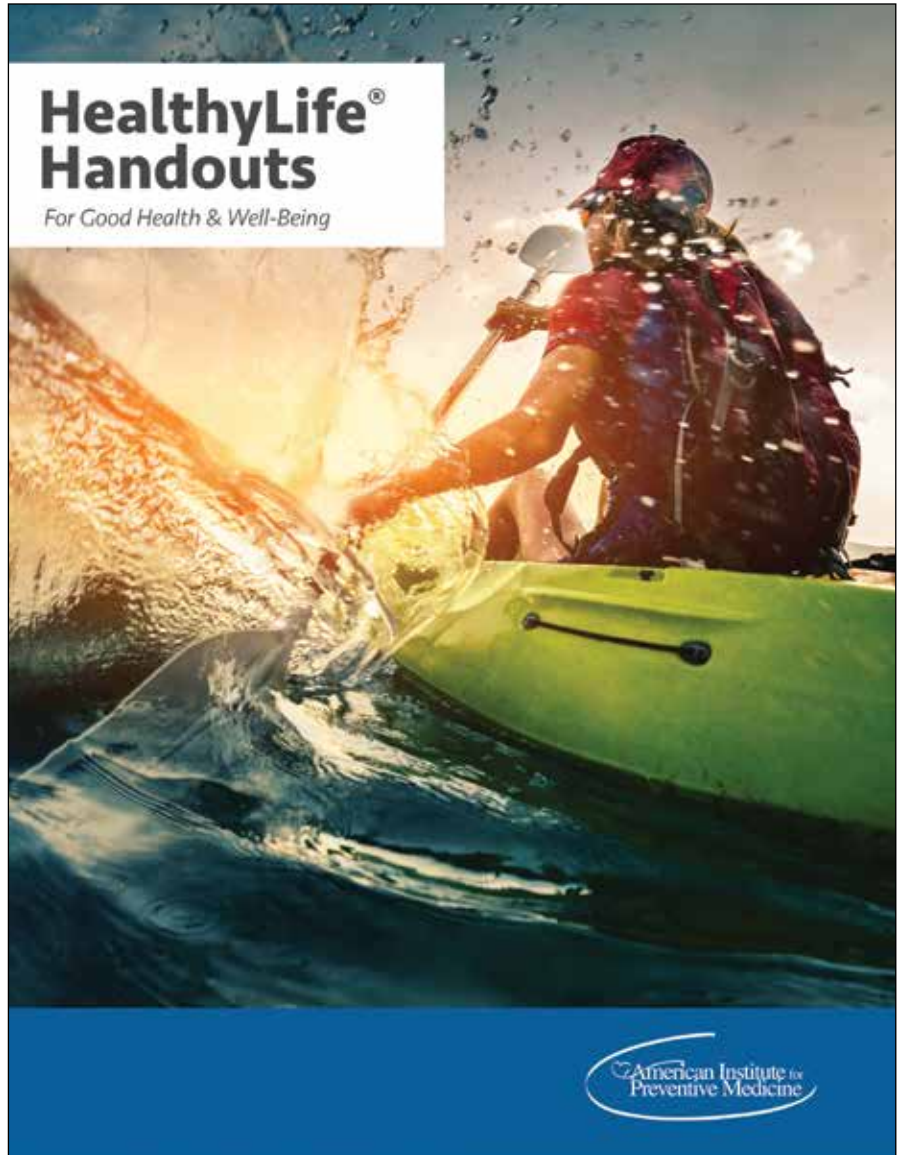
Now you can license a series of attractive and informative handouts to enhance your health promotion activities and motivate employees/members to make behavior changes. The content can also be used in your internal communications.

There are over 180 handouts covering the following topics:

- Be Involved in Your Health Care
- Be Physically Active
- Manage Stress
- Be Safe
- Eat Wisely
- Strive for Healthy Weight
- Limit Alcohol
- Screenings & Immunizations
- Tobacco
- Prevent & Manage Health Problems
- Cold & Flu

#2168Lz

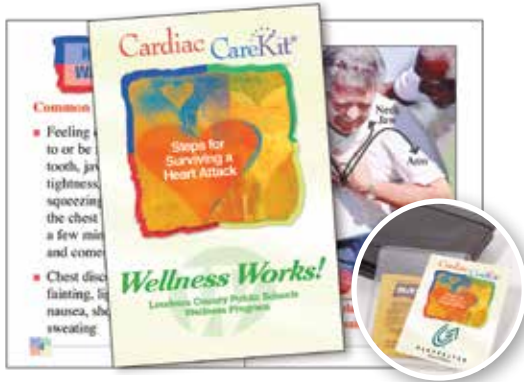
Only \$999 per location/year



CareKits®

Big wellness value in a small package.

Each CareKit® contains a credit card size booklet & accompanying product(s). All housed in a 2 pocket vinyl sleeve. 24 pages. Size: 2-1/8" x 3-3/8".



Cardiac CareKit®

What can you do to survive a heart attack? Consult the Cardiac CareKit® for warning signs, action steps, CPR instructions and more. Also includes aspirin. #4500



First Aid CareKit®

Be prepared for accidents with a guide to basic first aid. Includes adhesive bandages and an antiseptic towelette. #4501



Cold & Flu CareKit®

Determine which illness you have, how to treat it, and how to prevent it in the future. Includes acetaminophen. #4503



Healthy Travel CareKit®

Handle jet lag, motion sickness and other travel issues like a pro. Includes a moist towelette and adhesive bandages. #4502



Stress CareKit®

Stay calm and in control. Stress CareKit® provides practical ideas to identify stressors and manage stress. Includes a thought zapper to eliminate negative, self-defeating thoughts. #4507

HealthTrackKit™

Record weight, BMI, blood pressure, cholesterol, mammograms and other health tests, plus family history, medications and doctor visits, in one convenient place. #4505



CareKits®	Quantity	Kits	Booklet Only HealthTrackKit™	CareKit® Lucite Display: \$39 each
	1-9	\$3.29	\$1.39	
	10-99	\$1.99	\$1.29	
	100+	Call	Call	

Call for imprinting options. Add \$.15 for CareKit® assembly. For Cardiac CareKits®: Subtract \$.08/CareKit® for no aspirin.

Be Well Cards®

Deal Yourself a Healthy Hand



Perhaps the most entertaining and motivational wellness product ever! Each playing card in this regulation deck includes a different wellness activity and health tip.

Don't gamble with your health! Draw a card a day for 52 days of healthy fun.
#4400

EACH SUIT ADDRESSES A DIFFERENT WELLNESS TOPIC:

- Spades - Stress
- Hearts - Fitness
- Clubs - Lifestyle
- Diamonds - Nutrition

**Great for
WELLNESS
CHALLENGES
OR
INCENTIVES**

Be Well Cards®	Quantity	
	1-9	\$9.95
	10-99	\$7.99
	100+	Call

INKformation® Pens

The Most Unique Wellness Product Ever!

Each INKformation® Pen has a banner that scrolls out producing valuable wellness information at the tip of your fingers – available when it's needed the most.

CHOOSE FROM 5 INKFORMATION® PENS:

- Weight Control (#6302)
- Nutrition (#6304)
- Fitness (#6303)
- Well-Being (#6300)
- Stress Management (#6301)

Or let us design a custom INKformation® pen for you.



Healthy Eating
20 TIPS

- 1 Eat 5-9 fruits and vegetables a day. Fill half of your plate with fruits and vegetables.
- 2 Make fruit your everyday dessert.
- 3 Choose whole-grain breads and cereals, such as whole-wheat bread and brown rice.
- 4 Aim to get 20-35 grams of dietary fiber a day.
- 5 Have 2-3 servings of nonfat or low-fat milk, yogurt, or cheese daily.
- 6 Eat fish 2-3 times a week.
- 7 Go lean with protein.
- 8 Have meatless meals at least one day a week.
- 9 Choose water and unsweetened beverages instead of sugary drinks.
- 10 Read "Nutrition Facts" on food labels to guide your choices.

Healthy Eating
INKformation



Manage Weight
20 TIPS

- 1 Move more. Eat less.
- 2 Step up your physical activity.
- 3 Plan exercises in your daily and weekly schedules.
- 4 Keep an eating and physical activity log.
- 5 Eat regular meals.
- 6 Include a healthy breakfast every day.
- 7 Shop for foods after you have eaten, not when you're hungry.
- 8 Drink water before meals. Have 5-8 glasses a day.
- 9 Get at least 6-7 hours of sleep per night.
- 10 Learn emotional eating triggers and avoid them.

Manage Weight
INKformation



Get Active
20 TIPS

- 1 Sit less. Move more.
- 2 Limit TV and computer time.
- 3 Walk in place, stretch, or ride a stationary bike when watching TV.
- 4 Use your TV for exercise videos and Wii Fitness.
- 5 Skip the stairs, instead of the elevator, for as many flights up and down as you can.
- 6 Choose activities you enjoy and look forward to doing.
- 7 Set a goal that you are able to achieve.
- 8 Make your goal action-specific, such as "I will plan to walk 30 minutes a day, 4-5 days a week."
- 9 Invest in a good pair of shoes designed for the activity you've chosen.
- 10 Plan your activities into your daily and weekly schedules.

Get Active
INKformation



Well-Being
20 TIPS

- 1 Wash your hands often.
- 2 Maintain a healthy weight. Lose weight if you are overweight. Losing even 5-7% has health benefits.
- 3 Eat a healthy diet.
- 4 Do regular physical activity.
- 5 Get enough sleep and rest.
- 6 If you use tobacco, get help to quit.
- 7 Avoid secondhand smoke.
- 8 Brush your teeth twice a day. Floss daily.
- 9 Get regular health screenings.
- 10 Get a yearly flu shot and other recommended vaccines.

Well-Being
INKformation



Manage Stress
20 TIPS

- 1 Count to 10 before you do or say something that could make matters worse.
- 2 Take a deep breath through your nose. Exhale through pursed lips.
- 3 Reach up as high as you can with both hands. Hold for 5 seconds.
- 4 Clear your hands over your head. Bend your elbows. Stretch from side to side.
- 5 Roll your head in gentle circles.
- 6 Take a 5-10 minute walk.
- 7 Picture a relaxing scene in your mind.
- 8 Whistle a happy tune.
- 9 Phone or text a friend.
- 10 Look at a picture that makes you smile.

Manage Stress
INKformation


INKformation®	Quantity	
	1-9	\$1.99
	10-99	\$1.79
	100+	Call

Call for imprinting options.

Shower Cards

Punch Out. Hang this card on a doorknob, mirror, etc. (This card is waterproof.)

JAN FEB MAR
APR MAY JUN
JUL AUG SEP
OCT NOV DEC



Women's Center


Breast Awareness & Breast Self-Exam (BSE)

Breast awareness is knowing how your breasts normally look and feel and checking for changes. You can do this while you shower or get dressed. A breast self-exam (BSE) is a step-by-step method to examine your breasts. Beginning at age 20, ask your healthcare provider about the benefits and limitations of doing a BSE. If you choose to do a BSE, use the steps given below. At your next health exam, show your healthcare provider how you do a BSE.

BSE Steps


Examine your breasts during times of the month when they are not normally tender or swollen. For example, if you menstruate, the best time may be within 3 days after your period stops.

1. Lie down. Place a pillow under your right shoulder and put your right hand behind your head.



2. Move the pads of your left hand's 3 middle fingers, held flat, in small, circular motions as you start to feel your right breast tissue.

3. Use this circular motion in an up and down pattern as you check the entire breast area. This includes the area from as high up as your collarbone to as low as the ribs below your breast; and from your right side (imagine a line straight down from under your arm) across the breast to the middle of your chest bone.




Over

#2133

Do a TSE monthly or as advised by your health care provider.

Punch Out. Hang in Shower or Other Visible Spot.


JAN FEB MAR
APR MAY JUN
JUL AUG SEP
OCT NOV DEC



Testicular Self-Exam (TSE)


Do a TSE after a warm bath or shower. This relaxes the scrotum, allows the testicles to drop down, and makes it easier to find anything unusual. Doing a TSE is easy and takes only a few minutes.

1. Stand in front of a mirror. Look for any swelling on the skin of the scrotum.



2. Examine each testicle with both hands. Place the index and middle fingers underneath the testicle and the thumbs on top. Gently roll one then the other testicle between the thumbs and fingers. One testicle may be larger. This is normal. Examine for any lumps (usually painless and about the size of a pea ^{size}) on each testicle.

3. Find the epididymis (the comma-shaped cord behind the testicle). This may be tender to the touch. Examine it for lumps.



4. Examine the vas deferens (the tubelike structure at the back of each testicle) for lumps.

Over

#2134

Breast & Testicular Self-Exam Shower Cards

Easy to read and understand. Printed on plastic, our shower cards are popular giveaways at health fairs and other wellness events.

Shower Cards	Quantity	BSE Shower Card (2133) TSE Shower Card (2134)
	1-9	\$1.99
10-99	\$1.49	
100+	Call	

Call for imprinting options.

HealthyLife® Communication Campaign

Available
electronically
or print!

The easiest way to deliver quality wellness communications each and every month.



Each month your employees receive the following:

- 1) Posters (18"x24" or 11"x17")
- 2) TakeAway (8.5"x11")
- 3) Newsletters (8-pages)
- 4) Videos (2-3 minutes)

Use our recommended monthly topics or pick your own.

January.....	Weight Control	July.....	Control Cholesterol
February.....	Manage Stress	August.....	Get Active
March.....	Dental Health	September.....	Healthy Eating
April.....	Nutrition	October.....	Healthy Sleep
May.....	Portion Control	November.....	Cold & Flu Defense
June.....	Financial Wellness	December.....	Healthy Holidays

HealthyLife® Communication Campaign	Quantity	Paper* (pepm)	Electronic (pepm)
	50-99	\$1.52	\$0.98
	100+	Call	Call

* Includes 1 set of posters for every 250 employees

HealthShelf™

Turn Any Space Into a Wellness Center



Nutrition HealthShelf™

- 25 Healthy Eating Permafolds®
- 25 Weight Control Permafolds®
- 25 HealthyLife® Weigh Books
- 25 Healthy Eating Picture of Health™ Magnets
- 100 products plus display
- #4410

- HealthShelf™ starter kits include 25 copies each of 4 different products
- 100 total products at a tremendous savings
- Ideal for health fairs, reference libraries, wellness displays
- Kits may include Permafolds®, Trackers®, Magnets, Booklets, Shower Cards, CareKits®, or CareCards™

CHOOSE FROM THESE TOPIC AREAS:

- Asthma (#4419)
- Diabetes (#4418)
- First Aid (#4416)
- Heart Health (#4411)
- Men's Health (#4415)
- Nutrition (#4410)
- Safety (#4417)
- Stress (#4412)
- Wise Consumer (#4413)
- Women's Health (#4414)

Or, let us custom develop a HealthShelf™ for you.

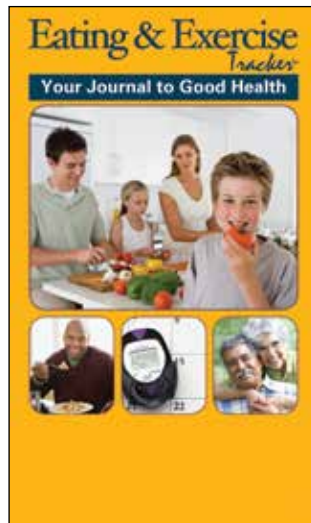
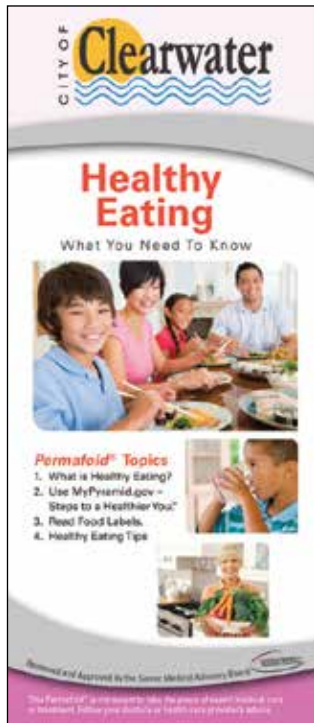


HealthShelf™ (100 products) - \$139*
 Double the Shelf (200 products) - \$259*

* To imprint on the HealthShelf™ products, add \$35 to the single shelf or \$70 when you double the shelf.

BeWell ToolKits™

A Set of Handy Wellness Tools



Sample: Nutrition Toolkit

- Healthy Eating Permafold®
- Eating & Exercise Tracker
- Menus & Recipes Booklet

Combine our best selling products to form a BeWell ToolKit™ and save 60%

**CHOOSE FROM 12 TOPIC AREAS:
(Call for product details.)**

- Nutrition (#4420)
- Fitness (#4423)
- Stress (#4426)
- Women's (#4429)
- Men's (#4421)
- Cold & Flu (#4424)
- First Aid (#4427)
- Wise Consumer (#4430)
- Safety (#4422)
- Heart Health (#4425)
- Diabetes (#4428)
- Asthma (#4431)

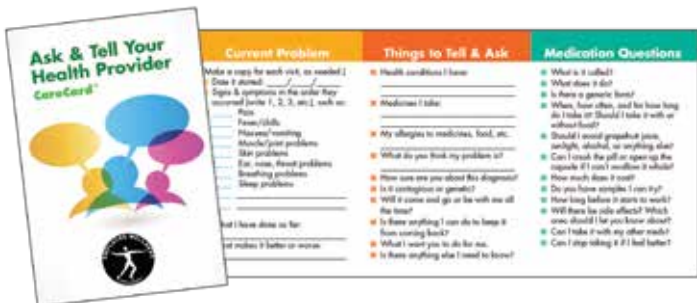
Be Well ToolKits™	Quantity	
	1-9	\$5.99
	10-99	\$4.79
	100+	Call

*Add the appropriate refrigerator magnet to each ToolKit for only \$1.00 more (see above).

CareCards™

Doctor Q & A CareCard™

Get the most out of your doctor visits with this key questions checklist. Helps you accurately describe your symptoms – the biggest single factor in correct diagnosis. Size: 2⁵/₁₆" x 3³/₈". #6201



Medication & Medical ID CareCard™

Record all prescription and OTC drug information in one convenient place. Helps identify medical conditions and drug allergies. Perfect to take to the doctor's office. Size: 2⁵/₁₆" x 3³/₈". #6202



Magnets

Health Screening Magnet

A chart of common health tests that reminds employees to get regular preventive care. Guidelines can be customized for your organization. Size: 3¹/₂" x 8¹/₂". #2196



Emergency Magnet

This refrigerator magnet could save a life. Makes emergency phone numbers easy to find. Size: 2¹/₂" x 3¹/₂". #2170



Picture Frame Magnets (3 magnets in 1)

An every-day reminder of wellness information and advice that doubles as a frame for personal photos or notes. Size: 5³/₄" x 7³/₄".

TOPICS INCLUDE:

- Asthma (#4403)
- COPD (#4402)
- Diabetes (#4407)
- First Aid (#4404)
- Healthy Eating (#4405)
- Heart Health (#4408)
- Stress (#4406)



CareCards™ 1,2	Quantity	
	1-9	\$0.99
	10-99	\$0.79
	100+	Call

Call for imprinting options.

¹ Deduct \$.08/copy if plastic sleeve is not desired.

² Add \$.05/copy for sleeve assembly.

Magnets	Quantity	Health Screening	Emergency	Picture Frame
	250-499	\$2.29	\$0.79	\$2.99
	500+	Call	Call	Call

Call for imprinting options.

Health Videos

Innovative e-product that engages employees



CareToon™ Videos

The whimsical animated adventures of Wellness Wizard and Hypochondri-Cat educate, motivate, and entertain your employees. Lighthearted 90-second clips address wellness topics including nutrition, fitness, tobacco cessation, stress management, weight loss and more. These practical and personal messages become memorable.

Post them on your website, send them in your email campaigns, or share them at meetings and health fairs. They'll enhance the impact of your wellness program for just pennies a day. Customize your CareToons™ with special messages, announcements or your company's logo. #3007z

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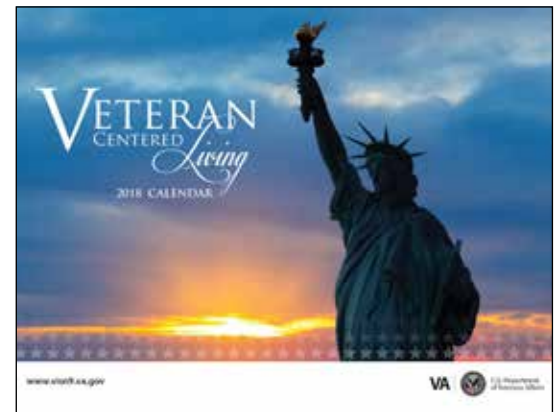
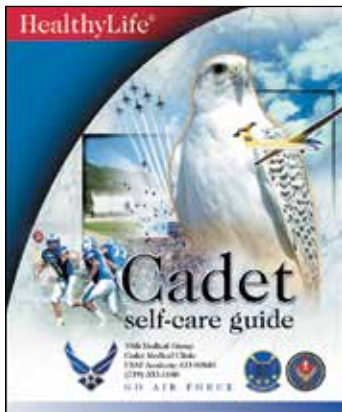
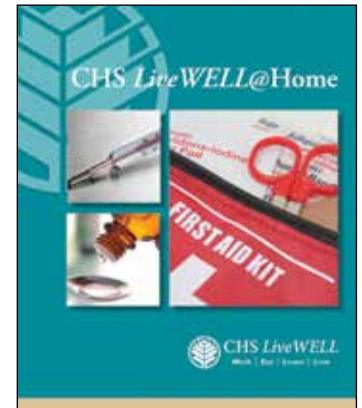
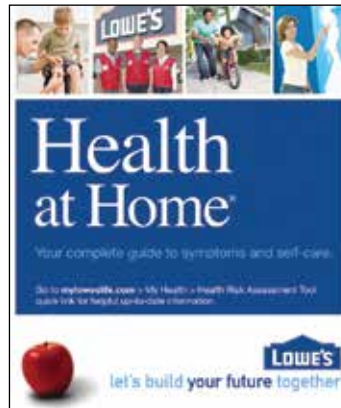
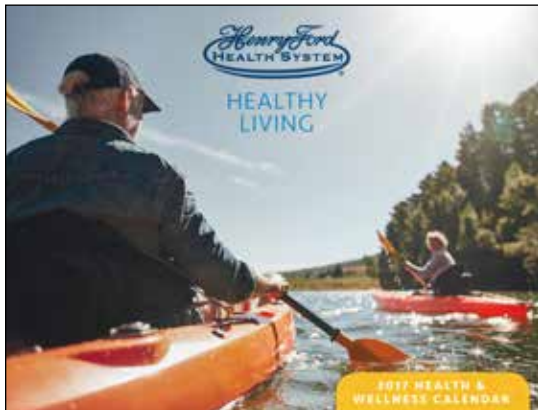
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	11-26	\$125
	27-51	\$110
	52+	\$95

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Compass Rose Benefits Group, Reston, VA

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- Reduce Health Care Costs
- Reduce Absenteeism & Presenteeism
- Increase Productivity & Morale
- Increase Visibility

Ways to Use AIPM Products & Services

- ACA Compliance
- Wellness Programs
- Disease Management Programs
- Wellness Challenges
- Incentives & Rewards
- Health Fairs
- Website
- Information Displays
- Direct Mail Campaigns
- Lunch & Learns