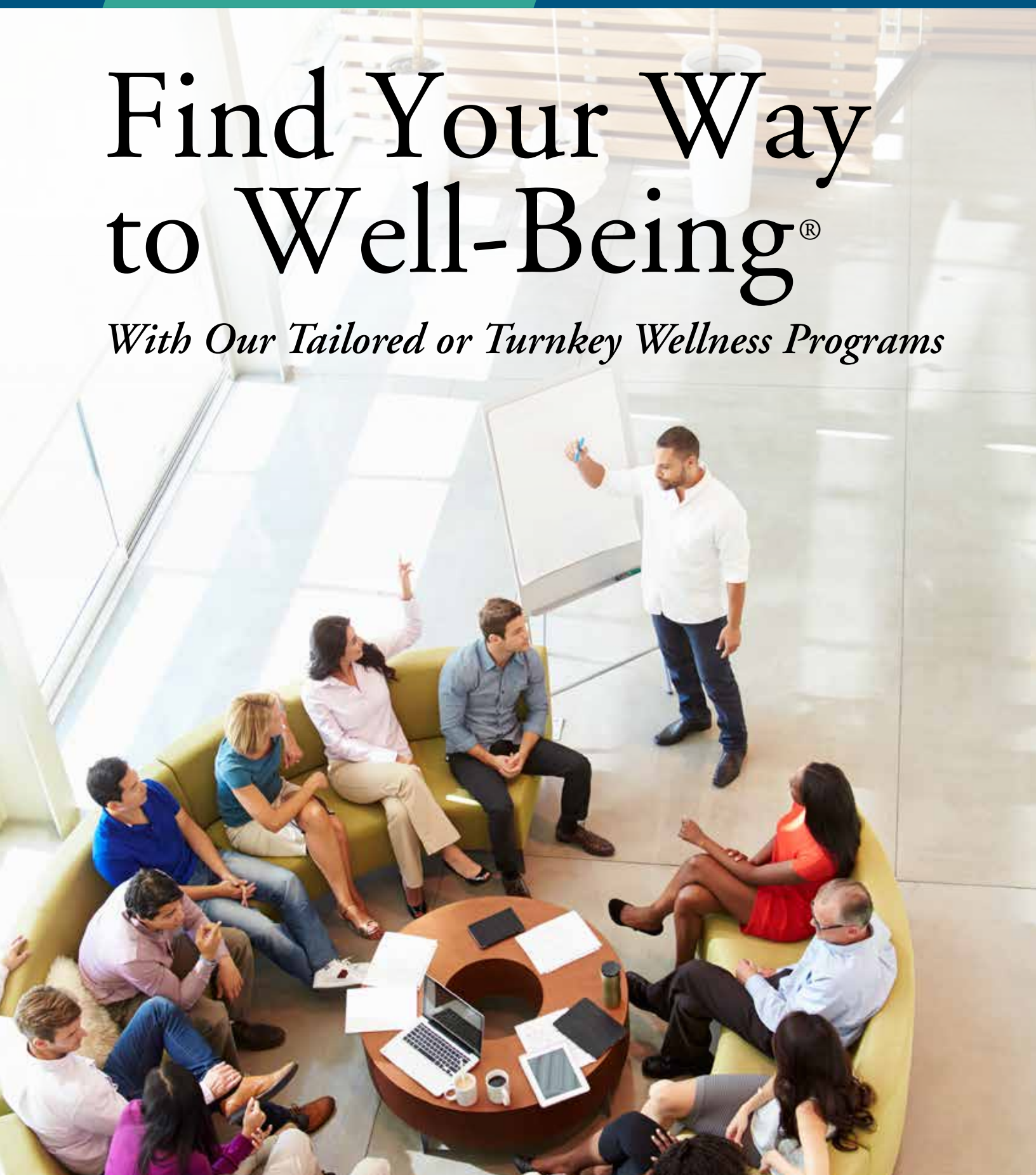


Find Your Way to Well-Being[®]

With Our Tailored or Turnkey Wellness Programs





The AIPM Advantage

- For 35 years, we have provided high quality products and services to all types of organizations.
- We were one of the first five companies to be URAC Accredited for Comprehensive Wellness.
- We work with over 13,000 companies, hospitals, unions, and government agencies.
- Proven Return on Investment: Many independent studies of our services have demonstrated significant reductions in health care costs and absenteeism.
- All of our products go through an extensive clinical review process.
- Our 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.
- Invited member of the U.S. government's "Healthy People 2000, 2010 and 2020" projects.
- Low Cost: AIPM products and services are very economical.
- We offer many customization options, including developing a totally new product from scratch.

The CALMER² Program

We have identified 7 key areas that should be included in your effort to create a culture of health. It's called the CALMER² program. It is designed for organizations that are serious about improving the health of their employees/members. It has the unique ability to engage both low and high risk participants in one results based, best practice program.

- **C**ommunication- newsletters, calendars, posters, emails, flyers
- **A**ssessment- health risk assessments, biometric screenings
- **L**ifestyle Enhancement- health coaching, health portal, tobacco cessation, weight loss and nutrition, stress management, sleep enhancement
- **E**ducation - products packaged in novel ways - HealthTrackers®, BeWell Cards®, CareKits®, CareToons™
- **M**edical Self-Care- for families, women, children, adolescents, seniors, pregnancy, mental health
- **R**ewards- incentive management, payroll deductions, gifts & prizes, fulfillment
- **R**eporting- standard and custom reports; one-click, real time

Wellness from Start to Finish

The American Institute for Preventive Medicine is uniquely positioned to be the only wellness provider you need. From assessment to evaluation, for over 34 years, we have developed the most complete suite of health offerings. Just as no two populations are the same, no two wellness programs should be the same either. Let our experienced wellness consultants help you design a program that will be effective for your population.

Two Divisions, *One Mission:*



Enhancing Population Health

HealthyLife® Division

Health Management Programs

Our programs are grounded in the latest behavior change science. They are structured to produce tangible results and are ACA compliant.

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.

HealthyLife® Division

Health Management Programs

Health Portal

A platform as unique as your organization.

- Health Assessments
- Challenges
- Incentive Management
- Learning Modules



Onsite Well-Being Coordinator

Enhance your program with a full or part-time professional.

Well-Being Hub

HealthyLearn® covers over 1,500 health topics with more being added. Has a unique print-on-demand feature. Two ways to use:

- Allow everyone to access
- Wellness/benefit managers, etc. can print or email content



Health Coaching Programs

- Risk Stratification
- Tobacco Cessation
- Weight Loss & Nutrition
- Stress Management
- Sleep Enhancement
- Health Improvement



Mobile App

Deliver the health content you want in the most user-friendly wellness app ever created.



Total Health Program™

Our turnkey Total Health program keep costs low and empowers your employees to live healthier lives. There are 3 levels to meet your needs and budget. Or, we can design a complete custom program tailed to your organization.

	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®* 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.

WellWarehouse Division

Well-Being Products



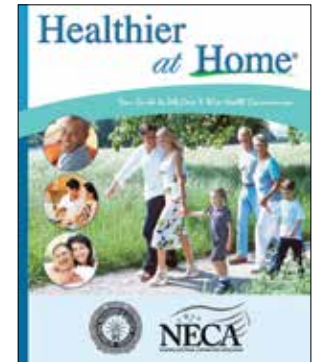
Newsletters

Wellness communication on autopilot.



Calendars

365 days of good health.



Medical Self Care Guides

The most cost effective wellness strategy. Period.



Additional Products

- Brochures
- Booklets
- Be Well Cards
- Posters
- Scroll Pens
- Health Trackers
- Communication Campaign



Custom Products

We are the custom product experts.



ENHANCING HEALTH SINCE 1983!

248.539.1800 • www.HealthyLife.com • aipm@healthylife.com