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

**HealthyLife® Division**

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**WellWarehouse™ Division**

**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.

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

Prices listed are subject to change without notice.

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

3

healthylife.com/blog

aipm@healthylife.com

HealthyLife.com 800.345.2476
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

<table>
<thead>
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<th></th>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
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<tbody>
<tr>
<td><strong>Communication</strong></td>
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<tr>
<td>Program launch materials</td>
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<tr>
<td><strong>Assessment</strong></td>
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<td>Health Risk Assessment (HRA)</td>
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<tr>
<td>Biometric Screenings (Optional)</td>
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<tr>
<td><strong>Lifestyle Enhancement</strong></td>
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<tr>
<td>HealthyLife® Portal</td>
<td>✔</td>
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<tr>
<td>HealthyLife® Coaching - unlimited in-bound calls</td>
<td>✔</td>
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<tr>
<td>HealthyLife® Coaching - (1) post-HRA out-bound call</td>
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<tr>
<td>HealthyLife® Challenges</td>
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<tr>
<td>HealthyLife® Coaching - proactive out-bound calls</td>
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<td><strong>Medical Self-Care</strong></td>
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<td>Healthier at Home® Self-Care* Online &amp; Mobile App</td>
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<td>✔</td>
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</tr>
<tr>
<td>Nurse Advise Line</td>
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<tr>
<td><strong>Education</strong></td>
<td></td>
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</tr>
<tr>
<td>HealthyLearn® Library</td>
<td>✔</td>
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<td>✔</td>
</tr>
<tr>
<td><strong>Reports &amp; Rewards</strong></td>
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<tr>
<td>One-Click, Real Time Reports</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Incentive Management</td>
<td></td>
<td></td>
<td>✔</td>
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</tbody>
</table>

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

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Call for details and pricing.
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:**

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

Call for details and pricing.
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.

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

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

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

ALL CHALLENGES HAVE A MOBILE APP!
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.
Health Coaching

Participants are given unlimited access to their health coach.

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.

ACA COMPLIANCE

Our health coaching can be offered as a reasonable alternative.

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.

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

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.

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

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

HealthyLife.com
800.345.2476

HealthyLife.com
800.345.2476

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

Quant. | Price
--- | ---
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.

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

<table>
<thead>
<tr>
<th>Systematic Stress Management™ Online</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity</td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
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</tr>
<tr>
<td>25-49</td>
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<tr>
<td>50+</td>
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</table>

Call for imprinting options.
Weight Loss & Nutrition

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.

<table>
<thead>
<tr>
<th>HealthyLife® Weigh</th>
<th>Individual Components</th>
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<tr>
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<td>25-49</td>
<td>$10.95</td>
</tr>
<tr>
<td>50+</td>
<td>Call</td>
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</tbody>
</table>

Call for imprinting options.
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

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<th>Quantity</th>
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<tr>
<td>1</td>
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<td>16</td>
<td>$14.97</td>
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<tr>
<td>17+</td>
<td>Call</td>
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</table>
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

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.

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)

Call for details and pricing.
**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 smartphone 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.
- **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.
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- **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

<table>
<thead>
<tr>
<th>Level</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silver</td>
<td>Library Alone</td>
</tr>
<tr>
<td>Gold</td>
<td>Library + 8 page Newsletter or HRA</td>
</tr>
<tr>
<td>Platinum</td>
<td>Library + 8 page Newsletter and HRA</td>
</tr>
</tbody>
</table>

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.
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.
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.

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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

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

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Call for imprinting options.
BestLife® 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

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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.

Healthy 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 Healthy 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:

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

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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.

HealthyLife.com
800.345.2476

aipm@healthylife.com
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
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

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Call for imprinting options.
Targeted Self-Care Books

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

All books are available electronically.
Targeted Self-Care Books

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

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Call for imprinting options.
101 Ways to Well-Being®

Move from Wellness to Well-Being

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

-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
**HealthTrackers®**

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

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**HealthTracker®**

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

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**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

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**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

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**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

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**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

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**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

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aipm@healthylife.com

HealthyLife.com 800.345.2476
Live Well Coloring Book

Enhance your whole health.

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

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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.
**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

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Call for imprinting options.

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

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Call for imprinting options.
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”)

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*Customization & imprints also available. Call for details.

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™

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

- **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”)

- **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**

aipm@healthylife.com
HealthyLife.com
800.345.2476

Poster: #5026 | TakeAway: #5126
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Poster: #5028 | TakeAway: #5128
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Poster: #5043 | TakeAway: #5143
Poster: #5044 | TakeAway: #5144
Poster: #5045 | TakeAway: #5145
Poster: #5046 | TakeAway: #5146
Poster: #5047 | TakeAway: #5147
Poster: #5048 | TakeAway: #5148
Poster: #5049 | TakeAway: #5149
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Poster: #5115 | TakeAway: #6115
Poster: #5116 | TakeAway: #6116
Poster: #5117 | TakeAway: #6117
Poster: #5118 | TakeAway: #6118
Poster: #5119 | TakeAway: #6119
Posters & TakeAways™

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

- Poster: #5034  |  TakeAway: #5144
- 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: #5048  |  TakeAway: #5155
- Poster: #5047  |  TakeAway: #5156
- Poster: #5049  |  TakeAway: #5158
- 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
This or That Series (Poster Size: 13” x 19”)

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”)

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”)

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”)

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
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
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Poster: #4946  |  TakeAway: #5261
Poster: #4947  |  TakeAway: #5262

Poster: #4924  |  TakeAway: #5239
Poster: #4925  |  TakeAway: #5240
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Poster: #4932  |  TakeAway: #5247
Poster: #4933  |  TakeAway: #5248
Poster: #4934  |  TakeAway: #5249
Poster: #4935  |  TakeAway: #5250

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
Posters & TakeAways™

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

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”)

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”)

**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”)**

**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
Posters & TakeAways™

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

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

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

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

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aipm@healthylife.com HealthyLife.com 800.345.2476
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.

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Call for imprinting options.
Shower Cards

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.

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Call for imprinting options.
HealthyLife®
Communication Campaign

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

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<th>HealthyLife® Communication Campaign</th>
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* Includes 1 set of posters for every 250 employees
• 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.

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™ (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)

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*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: 2 5/16” x 3 3/8”. #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: 2 5/16” x 3 3/8”. #6202

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**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: 3 1/2” x 8 1/2”. #2196

**Emergency Magnet**
This refrigerator magnet could save a life. Makes emergency phone numbers easy to find. Size: 2 1/2” x 3 1/2”. #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: 5 3/4” x 7 3/4”.

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

---

Call for imprinting options.

1 Deduct $.08/copy if plastic sleeve is not desired.
2 Add $.05/copy for sleeve assembly.
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

VIEW SAMPLES AT
WWW.HEALTHYLIFE.COM/CARETOONS
$150/video/year

Zonya Health Videos
As one of America’s leading nutritionists and a motivating professional speaker, Zonya’s messages build positive changes for weight, diabetes, cholesterol, and stress management.

Pick and choose from 100 available titles.

VIEW SAMPLES AT
WWW.HEALTHYLIFE.COM/ZONYA

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Custom Products

Print. Online. Mobile.

Our 36 years of experience has given us the privilege to be a part of many great custom projects.

We can bring your ideas to life on any topic and in any of the following formats:
• Printed
• Electronic / Web
• Mobile

Contact us today to discuss your custom project.

“AIPM exceeded our expectations in product content, quality, and effectiveness as witnessed by the numerous times we receive unsolicited positive comments from our members!”

— Randy Stoughton, President; Compass Rose Benefits Group, Reston, VA

“By changing the Health at Home® icons to encourage people to call our nurse advice line, use of the service has increased. Your staff’s willingness to accommodate our special needs made the project an easy one.”

— Lucy Gilles-Khour, Manager, Health Promotion, St. Mary’s Health Works, Madison, WI
Wellness on a Shoestring

Over 350 No Cost or Low Cost Activities & Resources

WELLNESS ON A SHOESTRING
Over 350 No Cost / Low Cost Worksite Wellness Activities & Resources

Written by Don R. Powell, Ph.D and the Americas Institute for Preventive Medicine

Make your budget go further with our creative guide to inexpensive activities, ideas and resources to enhance your worksite wellness program. #3006z

Only $39 per copy
All inquiries and return mail to:
American Institute for Preventive Medicine
30445 Northwestern Hwy., Suite 350
Farmington Hills, MI  48334-3107

phone:  800.345.2476
        248.539.1800
fax:    248.539.1808
email:  aipm@healthylife.com
website: www.HealthyLife.com

FREE Resources

Intergenerational Wellness White Paper
Visit www.HealthyLife.com

Health & Economic Implications of Worksite Wellness White Paper
Visit www.HealthyLife.com

Medical Self-Care Savings White Paper
Visit www.HealthyLife.com

Wellness Wizard Report
Email your number of employees to aipm@healthylife.com.

Self Care R.O.I. Analysis
Email your number of employees to aipm@healthylife.com.

Follow us to good health!

HealthyLife.com/blog

Benefits of AIPM
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

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