Health Management & Wellness Catalog

2006 Edition

An Apple A Day Isn’t Enough!

Saving Employees Lives! Reducing Employers Costs!

American Institute for Preventive Medicine

An Apple A Day Isn’t Enough!
Family Health

The President and CEO of the American Institute for Preventive Medicine (AIPM) is Dr. Don R. Powell. For over 2 decades, the Institute has been dedicated to helping people improve the quality of their lives through award winning wellness programs and publications. AIPM works with over 11,500 hospitals, MCOs, corporations, unions, schools and government agencies throughout the world including over half of the Fortune 500 companies and 41 BlueCross BlueShield Plans. AIPM is an invited member of the United States Government’s “Healthy People 2010” project which has set the nation’s health goals for the decade. The Institute has also been honored by a number of leading health organizations including:

- Centers for Disease Control and Prevention
- President’s Council on Physical Fitness and Sports
- Department of Health and Human Services
- United States Jaycees
- Governor’s Council on Health and Fitness
- Allstate Insurance Company
- Association for Worksite Health Promotion
- National Health Information Awards

HealthyLife® Self-Care Guide

Take Charge of Your Health

Addresses over 40 of the most common health problems that, according to the National Center for Health Statistics, account for the vast majority of acute care visits to physicians. 96 pages. 5th grade reading level. Full color. #2145

Online version, see page 10.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Self-Care (2145)</th>
<th>Health at Home® (2172)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Blank</td>
<td>Imprint</td>
</tr>
<tr>
<td>1-9</td>
<td>$ 5.95</td>
<td>—</td>
</tr>
<tr>
<td>10-99</td>
<td>$ 4.59</td>
<td>—</td>
</tr>
<tr>
<td>100-499</td>
<td>$ 4.09</td>
<td>$ 4.39*</td>
</tr>
<tr>
<td>500-999</td>
<td>$ 3.99</td>
<td>$ 4.29*</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.

Over 5 million copies sold.

Over 2 million copies sold.

Health at Home®

Your Complete Guide to Symptoms, Solutions, & Self-Care

A slightly smaller version of Healthier at Home®. Addresses over 250 topics in an easy-to-read flowchart format. 384 pages. 2 color. #2172

Online version, see page 10.

Spanish edition #2187

Reduces the 55% of E.R. visits & 25% of Doctor visits that are unnecessary.
New Edition! Healthier at Home®

The Proven Guide to Self-Care & Being a Wise Health Consumer

Help lower health care costs with the best self-care guide on the market. Presented in an easy-to-read, step-by-step format, this reference provides up-to-date information on over 300 health topics. It instantly turns your bookshelf into a health information center. You can become the head of your family’s medical team. Full color text. #2189

Custom, faith-based edition available in quantity.

Online version, see page 10.

Our largest family guide
6th grade reading level • 416 pages
319 Illustrations & Photos

Features of Healthier at Home® and our other Family Self-Care Guides:

• Reviewed and approved by the American Academy of Family Physicians Foundation
• Most up-to-date editions
• Appropriate reading levels
• Accompanying online software
• Free online self-care workshop
• Self-Care incentive program
• Self-Care promotional package
• Unlimited customization options

Studies on AIPM Self-Care Guides

<table>
<thead>
<tr>
<th>Organization</th>
<th>Year</th>
<th># of People</th>
<th># of Months</th>
<th>Documented Cost Savings</th>
<th>Research</th>
<th>R.O.I.*</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Way</td>
<td>2005</td>
<td>4,819</td>
<td>6</td>
<td>$49.47</td>
<td>$125.96</td>
<td>15.53</td>
</tr>
<tr>
<td>United Way</td>
<td>2005</td>
<td>1,360</td>
<td>6</td>
<td>46.57</td>
<td>33.59</td>
<td>13.87</td>
</tr>
<tr>
<td>Whatcom County</td>
<td>2005</td>
<td>95</td>
<td>6</td>
<td>3.47</td>
<td>8.06</td>
<td>1.27</td>
</tr>
<tr>
<td>United Teachers New Orleans</td>
<td>2004</td>
<td>130</td>
<td>12</td>
<td>17.35</td>
<td>72.00</td>
<td>4.17</td>
</tr>
<tr>
<td>Teamsters Local 436-Actives</td>
<td>2003</td>
<td>91</td>
<td>12</td>
<td>28.41</td>
<td>90.99</td>
<td>17:1</td>
</tr>
<tr>
<td>Teamsters Local 436-Retirees</td>
<td>2003</td>
<td>47</td>
<td>12</td>
<td>17.55</td>
<td>61.28</td>
<td>3.50</td>
</tr>
<tr>
<td>Bloomington Hospital</td>
<td>2001</td>
<td>139</td>
<td>12</td>
<td>28.65</td>
<td>69.01</td>
<td>2.41</td>
</tr>
<tr>
<td>Bloomington Hospital</td>
<td>2000</td>
<td>627</td>
<td>12</td>
<td>25.53</td>
<td>42.49</td>
<td>1.64</td>
</tr>
<tr>
<td>Bloomington Hospital</td>
<td>1999</td>
<td>625</td>
<td>12</td>
<td>27.19</td>
<td>63.36</td>
<td>1.91</td>
</tr>
<tr>
<td>Dean Health Plan</td>
<td>1999</td>
<td>756</td>
<td>12</td>
<td>44.07</td>
<td>15.50</td>
<td>2.87</td>
</tr>
<tr>
<td>Lewis-Gale Clinic</td>
<td>1997</td>
<td>327</td>
<td>12</td>
<td>57.79</td>
<td>72.23</td>
<td>1.52</td>
</tr>
<tr>
<td>Health Net</td>
<td>1996</td>
<td>165</td>
<td>6</td>
<td>17.88</td>
<td>16.97</td>
<td>1.07</td>
</tr>
<tr>
<td>Western Southern Life</td>
<td>1996</td>
<td>167</td>
<td>6</td>
<td>17.00</td>
<td>40.61</td>
<td>2.39</td>
</tr>
<tr>
<td>Lewis-Gale Clinic</td>
<td>1997</td>
<td>79</td>
<td>5</td>
<td>25.97</td>
<td>12.19</td>
<td>2.11</td>
</tr>
<tr>
<td>Capital Blue Cross</td>
<td>1995</td>
<td>371</td>
<td>12</td>
<td>26.01</td>
<td>13.05</td>
<td>1.98</td>
</tr>
<tr>
<td>Capital Blue Cross</td>
<td>1995</td>
<td>938</td>
<td>12</td>
<td>16.45</td>
<td>5.22</td>
<td>2.24</td>
</tr>
<tr>
<td>Indian Industries</td>
<td>1995</td>
<td>197</td>
<td>6</td>
<td>8.88</td>
<td>66.45</td>
<td>1.31</td>
</tr>
<tr>
<td>Florida Hospital</td>
<td>1994</td>
<td>801</td>
<td>5</td>
<td>18.26</td>
<td>57.81</td>
<td>1.33</td>
</tr>
<tr>
<td>Average Totals</td>
<td></td>
<td></td>
<td></td>
<td>670</td>
<td>26.47</td>
<td>44.94</td>
</tr>
</tbody>
</table>

*Return-On-Investment - The number of dollars saved for every dollar spent on the publication

Features:

• Informative Illustrations
• Clear Indexing
• Right Amount of Information
• Appropriate Reading Level
• Online version, see page 10.

Documented Savings of $71.42 per person in 9 months.

“Absolutely Free! Self-Care ROI analysis for your company. Contact us.”

The Healthier at Home® books have been a huge success. One employee wrote: I just had to tell you what a great book Healthier at Home® is. It came in quite handy during Hurricane Wilma.”

-- Marilyn Hamachek R.N., BSN
Collier County Government

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Blank</th>
<th>Imprint</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-9</td>
<td>$21.95</td>
<td></td>
</tr>
<tr>
<td>10-99</td>
<td>$ 8.69</td>
<td></td>
</tr>
<tr>
<td>100-499</td>
<td>$  8.19</td>
<td>$ 8.49*</td>
</tr>
<tr>
<td>500-999</td>
<td>$  7.44</td>
<td>$ 7.74*</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.

Publishations are 7 1/8 x 9."
Seniors’ Health

Health at Home® Lifetime
The Proven Guide to Self-Care & Being a Wise Health Consumer for Those 50+
Perfect for Medicare recipients and retirees. This is the most comprehensive seniors’ self-care book. Printed in full color, it contains over 200 illustrations and photographs. Extra large print. 432 pages. 280+ topics. 7¼” x 9”. #2183
Online version, see page 10.

Seniors’ Permafold®
“Coffee Proof” Plastic for the Price of Paper
This guide offers people 50 years of age and better a positive way to improve their health. It addresses everyday health problems. Extra large print. See pages 14-17 for pricing. #4350

Seniors’ Self-Care Guide Approved by CMS
This guide addresses everyday health problems as well as the prevention, detection, and treatment for many chronic conditions. A study conducted by Wellspan Health demonstrated an average savings of $57.49 per subscriber in one year. 128 pages. Extra large print. 7¼” x 9”. #2150

Our smaller seniors’ guide. 40+ topics.

“"The HealthyLife® Self-Care Guides were a real hit. They showed how much we truly care about the health and well-being of our municipal employees.”
-- Lisa M. Battaglia, M.S. Ed., CHES
Health / Wellness and EAP Consultant
North Carolina League of Municipalities

---

<table>
<thead>
<tr>
<th>Health at Home® Lifetime (2183) Due to weight, call for shipping charges.</th>
<th>Senior’s Self-Care Guide (2150)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quantity</strong></td>
<td><strong>Blank</strong></td>
</tr>
<tr>
<td>1-9</td>
<td>$21.95</td>
</tr>
<tr>
<td>10-99</td>
<td>$8.69</td>
</tr>
<tr>
<td>100-499</td>
<td>$8.19</td>
</tr>
<tr>
<td>500-999</td>
<td>$7.44</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.
&Deduct $.08/copy if plastic sleeve is not desired.
&Add $.05/copy for insertion into sleeve.
Women’s & Men’s Health

Women’s Self-Care Guide
*Answers for Women*
Breast cancer, eating disorders, fibroids, menopause, PMS, osteoporosis and urinary tract infections are among the 25 conditions covered in this guide. 80 pages. #2151
Spanish edition #2173
Online version, see page 10.

New Edition!

Prenatal Self-Care Guide
*Plan for a Healthy Baby*
This booklet addresses the most common problems of pregnancy. It helps determine which require medical attention and which can be self-treated. Valuable information about your pregnancy is also presented. Simplified reading level. 96 pages. #2161

New Edition!

Men’s Manual
*Answers for Men*
An easy-to-use guide for disease prevention and staying well. It covers over 20 topics including hair loss, prostate problems, testicular cancer, depression, sports injuries, and sexual concerns. 32 pages. #2201

New Edition!

Permafolds®
*“Coffee Proof” Plastic for the Price of Paper*
12 panel health guides. See pages 14-17 for pricing.

Systematic Stress Management™ Workbook
Learn to manage stress with this key component of the Systematic Stress Management™ program. You’ll learn to stop negative thinking, regain control of your time, and work more effectively with others. 144 pages. See page 20 for pricing. #1540W

HealthyLife® Weigh Workbook
Losing weight doesn’t have to be difficult. The HealthyLife® Weigh Workbook teaches you powerful behavior modification techniques, easy eating plans and an individually tailored exercise program. In addition, you’ll improve your health habits and lower your cholesterol. See page 18 for pricing. 240 pages. #3640W

Breast & Testicular Self-Exam Shower Cards
Popular give-aways at health fairs and other events are Breast Self-Exam (BSE) and Testicular Self-Exam (TSE) Shower Cards. See page 12 for pricing.

Quantity | Blank Imprint | Blank Imprint |
---------|---------------|---------------|
1-9      | $ 5.95        | $ 4.25        |
10-99    | $ 4.59        | $ 3.29        |
100-499  | $ 4.09 $ 4.39*| $ 2.39 $ 2.69*|
500-999  | $ 3.99 $ 4.29*| $ 2.19 $ 2.49*|
1000+    | Call Call     | Call Call     |

*Imprint is on a clear mylar sticker for quantities up to 999.
Students’ Self-Care Guide

Focuses on Issues Unique to Students

This guide addresses adolescents in the 14-24 age group. Topics cover common health problems, safety and lifestyle issues. 96 pages. #2186

Adaptable for faith-based schools

Online version, see page 10.

Minding Your Mental Health

The Only Behavioral Health Self-Care Guide

Students can review common mental health issues and determine the best course for treatment. Drinking, stress, depression, and relationships are among the topics covered. 96 pages. #2147

Online version, see page 10.

College Health Permafolds®

“Coffee Proof” Plastic for the Price of Paper

12 panel health guides. See pages 14-17 for pricing.

Children’s Self-Care Guide

A Parent’s Answer Book

Parents can quickly identify 26 health problems and follow a plan for treatment. A study by Florida Hospital showed an $89.98/family savings in 5 months. 88 pages. #2148

Online version, see page 10.

“Minding Your Mental Health is invaluable. It takes the mystery and confusion out of getting the help that is needed.”

-- Randall L. Wolthuis, Ph.D., Director Boene Counseling Center, Calvin College

“We have been using the Children’s Self-Care Guide for the past 6 years. It’s given out to all our new parents and they rave about it. Our doctors like it as well because it helps their patients make more informed choices.”

-- Kathleen Jones

Family Medicine Center, Poudre Valley Health System

Children’s Permafold®

“Coffee Proof” Plastic for the Price of Paper

Parents can quickly determine children’s health problems and follow a plan of action. See pages 14-17 for more information. #4348

“Imprint is on a clear mylar sticker for quantities up to 999. Publications are 7⅛” x 9.”

**Imprint is on a clear mylar sticker for quantities up to 999. Publications are 7⅛” x 9.”
Emergency Room / First Aid WiseGuide®
(2 Booklets in 1)
The first half of this passport size booklet teaches consumers when and how to use the emergency room. Flipping it over reveals a first aid guide covering many topics. The WiseGuide® totals 48 pages and is housed in a vinyl cover. 3½ x 6½. #4600

First Aid Permafold®
Printed on Plastic for the Price of Paper
Whether it’s for chest pain, poisoning, bleeding or broken bones, this guide will become an important part of your home pharmacy. See pages 14-17 for more information. #4349

First Aid CareKit®
Always Be Prepared
Accidents happen, but now you can always be prepared. Carry handy information on what to do for the most common first aid concerns. For more information, see page 11. #4501

Self-Care Workshops
Workshops to teach people how to use and get every benefit from our self-care guides.

Self-Care Instructor Guides - PowerPoint presentations for up to 1 hour of workshop content. $89/guide.

Healthier at Home #2176
Health at Home Lifetime #2175L
Self-Care and You #2155
Health at Home #2175

Free Online Workshops
Call for details.
Mental Health

**Minding Your Mental Health**
*The Only Behavioral Health Self-Care Guide*

Readers can review common mental health issues and determine the best course for treatment. Anger, phobias, depression, and anxiety are among the topics covered. 96 pages. #2147

Online version, see page 10.

“Minding Your Mental Health proves to be a comprehensive guide that is wonderfully readable and rich in resources.”

-- Janis Edwards, LISW
Mercy Behavioral Clinic

**Take Charge!**
*Handling a Crisis and Moving Forward*

Provides just the right amount of information to effectively address the many concerns people have today. It helps one to be prepared for any kind of disaster, be it a hurricane, terrorist attack, fire, or flood. 32 pages. Full color. #2203

**Systematic Stress Management™**
*The Proven Way to Relax and Increase Productivity*

The program identifies stressful experiences and presents hundreds of effective responses. Available in group or self-help format. For details and pricing, see page 20.

---

**Mental Health Permafolds®**
*“Coffee Proof” Plastic for the Price of Paper*

12 panel health guides.

See pages 14-17 for pricing.

---

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Minding Your Mental Health (2147)</th>
<th>Take Charge! (2203)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Blank $5.95</td>
<td>Imprint $4.25</td>
</tr>
<tr>
<td></td>
<td>Imprint $4.59</td>
<td>Blank $3.29</td>
</tr>
<tr>
<td>1-9</td>
<td>$4.09</td>
<td>$2.39</td>
</tr>
<tr>
<td>10-99</td>
<td>$3.99</td>
<td>$2.19</td>
</tr>
<tr>
<td>100-499</td>
<td>$3.99</td>
<td>$2.49</td>
</tr>
<tr>
<td>500-999</td>
<td>$3.99</td>
<td>$2.49</td>
</tr>
<tr>
<td>1000+</td>
<td>Call Call Call Call</td>
<td></td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.
Wise Health Consumerism

Teaching employees / members to become wiser health care consumers and make better decisions enhances their health while significantly reducing medical and prescription drug costs for your company.

PharmAssist CareKit®
Increase Generic Use
Consists of your organization’s own drug formulary with generic equivalents along with information about medication use, compliance and safety. It’s housed in a plastic sleeve that can also hold a health ID card. The benefit is that it increases generic utilization and formulary compliance at the point of service, i.e., doctor’s office. Size: 2¼ x 3½ #4504

Note: PharmAssist can also be printed as a medication and generic education tool without your drug formulary. Call for details & pricing.

A study conducted by the PBM of a federal government health plan showed that in one year, the PharmAssist CareKit® increased generic use by 2.5% amongst active members and 2% amongst retirees. The plan realized a 7.7:1 Return on Investment.

Being a Wise Consumer HealthTracker™
This booklet takes the mystery out of communicating with providers and clearly describes hospital stays, patients’ rights, tests, medications, advanced directives, medical procedures and more. See page 13 for pricing. #2142

E.R. / First Aid WiseGuide®
The first half of this passport size booklet teaches consumers when and how to use the emergency room. Flipping it over reveals a first aid guide covering many topics. The WiseGuide® totals 48 pages and is housed in a vinyl cover. See page 7 for pricing. 3¼ x 6½. #4600

Wise Consumer PermaFolds®
“Coffee Proof” Plastic for the Price of Paper
12 panel health guides. See pages 14-17 for pricing.

Health Tip-A-Day Products

A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer
This best selling book is written in an easy to read, tip-a-day format. It offers stay-healthy ideas on such diverse topics as how to lose weight, manage stress, prevent home accidents, exercise wisely, travel safely, and have a happier, healthier sex life. Helps readers make their health last a lifetime. 374 pages. #2840

Online version, see page 10.

A Year of Health Hints Duplication License
Allows you to reproduce the content in the book for print materials, including newsletters, paycheck stuffers, handouts, workbooks, etc. License fee: $499.00/year. #2867

HealthTip CopyWrites™
Give your employees a health tip-a-day. These reproducible materials are the easy, low cost way to provide health information. Contains 610 novel and illustrated, 2-3 sentence mini-tips. 122 pages with 5 tips per page. License Fee: $249.00. #3768.

Online version, see page 10.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Blank</th>
<th>Imprint</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-9</td>
<td>$17.95</td>
<td></td>
</tr>
<tr>
<td>10-99</td>
<td>$ 7.49</td>
<td></td>
</tr>
<tr>
<td>100-499</td>
<td>$ 7.09</td>
<td>$ 7.39*</td>
</tr>
<tr>
<td>500-999</td>
<td>$ 6.39</td>
<td>$ 6.69*</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker.
Online Products

Call to view Demo Site and for pricing.

Software programs for use on websites, intranets, networks, and single workstations. Used by hospitals and MCOs and other organizations to enhance the content on their websites. Proven to increase patient/subscriber hits. Companies use the software to electronically transmit valuable health information to employees. The material can also be used for a rotating health-tip-a-day website message or e-mail.

**New! Healthier at Home® Online**
Interactive software based on the best-selling book, Health at Home®. Over 200 health topics along with wellness and wise consumer information. #2168

**Health at Home® Lifetime Online**
A symptom and treatment guide with practical ideas for preventing and treating hundreds of health conditions faced by seniors. #2168A

**Women’s Self-Care Online**
A symptom and treatment self-care guide that addresses 25 of the most common women’s health problems. #2168B

**Children’s Self-Care Online**
A symptom and treatment guide that addresses 26 of the most common children’s health issues. #2168C

**New Edition! Students’ Self-Care Online**
This guide reaches adolescents in the 14-24 age group. It addresses scores of topics covering the areas of common health problems, safety and lifestyle issues. Perfect addition to a university’s website. #2168D

**A Year of Health Hints Online**
Based upon the award winning book, A Year of Health Hints. The information is presented in an easy-to-read, tip-a-day format. #2867

**HealthTips™ Online**
This software contains 580 novel, 2-3 sentence mini-tips from the nationally syndicated HealthTips newspaper column. #3768

**Smokeless® Online**
Works for smokers who want to quit or who simply want to cut down. No one method works for all smokers, so Smokeless® presents hundreds of techniques and concepts. The program has helped over 1 million smokers to quit. #1343

**Systematic Stress Management™ Online**
Identifies stressful experiences and hundreds of effective responses. Topics include understanding stress, biofeedback training and relaxation, thinking differently, Type A & B behavior patterns, work stress, time management, and communication. #1565

**Minding Your Mental Health Online**
Identifies common mental health issues and determines the best course for treatment. Anger, phobias, depression, and anxiety are among the topics covered. #2168E
Low Cost Products that Attract Attention!

Now you can put “wellness in the wallet” of your employees/subscribers with our CareKits®. These credit card size products consist of the following:

- Attractive, educational booklet
- Your name & logo prominently displayed
- Vinyl sleeve

- **Cardiac CareKit®**
  - **Steps for Surviving a Heart Attack**
  - Photo of a person holding their chest, possibly experiencing heart pain. The text describes warning signs such as pain in the arm, neck, jaw, or back. Includes pressure or heaviness in the chest, discomfort with activity or discomfort with rest, nausea, light-headedness, cold sweats, or a feeling of doom.

- **First Aid CareKit®**
  - **Always Be Prepared**
  - Photo of a person holding a first aid kit. The text describes how to handle emergencies and includes instructions on what to do for the most common first aid concerns. Includes adhesive bandages and an antiseptic towelette. Size: 2 5/16 x 3 3/8 #4501

- **Cold & Flu CareKit®**
  - **Surviving the Season**
  - Photo of a person with a thermometer. The text describes how to handle common cold and flu symptoms. Includes acetaminophen tablets. Size: 2 5/16 x 3 3/8 #4503

- **PharmAssist CareKit®**
  - **Increase Generic Use**
  - Photo of a person with a pill bottle. The text describes how to encourage the use of generics. See page 9 for details. Size: 2 5/16 x 3 3/8 #4504

- **Travel CareKit®**
  - **Making Travel Easy, Healthy, and Safe**
  - Photo of a person using a travel guide. The text describes how to handle travel-related issues such as jet lag, motion sickness, ear pops, etc. Includes a moist towelette and adhesive bandages. Size: 2 5/16 x 3 3/8 #4502

Imprint is on a clear mylar sticker. Add $.15 for CareKit assembly. For Cardiac CareKits: Subtract $.06/CareKit for generic aspirin to replace Bayer or subtract $.08/CareKit for no aspirin. CareKits are also available pre-assembled in Lucite Racks for $39 each.

For more information, visit www.HealthyLife.com or call 800.345.2476.
Health Screening Magnet
Meet Hedis requirements with this “chart of common health tests” magnet. The guidelines can be customized for your organization. Magnet size: 5¼” x 7¼”. #2196

Breast and Testicular Self-Exam Shower Cards
We offer totally new Breast Self-Exam (BSE) and Testicular Self-Exam (TSE) Shower Cards that are easy to understand, which increase the likelihood of their being used. They are printed on a new type of plastic that is 100% recyclable and lightweight. Each card has 12 monthly punchout reminders. BSE #2133. TSE #2134

Permafolds
“Coffee Proof” Plastic for the Price of Paper
12 panel health guides. Excellent health fair giveaways. See pages 14-17 for all 32 topics and pricing.

Get Well Cards
Perhaps the Most Unique, Fun, Educational, and Motivating Wellness Product on the Planet!

These playing cards present both a wellness activity and health tip to provide a daily dose of good health. They can also be used as a regular card deck.

Each day, the participant shuffles the deck, turns over the top card, and follows the activity that is described. Over the course of 52 days, they’ll engage in a variety of activities while having fun at the same time. #4400

45% of adults are not up to date with their screenings.
Health Trackers™ are housed in a durable vinyl cover.

New Edition! Being a Wise Consumer Tracker™
Informed consumers are better, more cost-conscious consumers. This booklet takes the mystery out of communicating with providers and clearly describes hospital stays, patients’ rights, tests, medications, advanced directives, medical procedures and more. Considered the best health consumer booklet. 48 pages. 3¾” x 6½”. #2142

“The HealthTracker™ is an excellent, concise tool for helping employees take charge of their health.”

-- Tammy Griffin
Manager, Employee Health
Central Michigan University

HealthTracker™
Your Passport to Good Health
These pocket-sized booklets provide a convenient way for employees / members / retirees to evaluate and keep track of vital areas of health. 48 pages. 3¾” x 6½”. #2202

<table>
<thead>
<tr>
<th>Quantity</th>
<th>HealthTrackers™</th>
<th>Wise Consumer™</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Blank</td>
<td>Imprint</td>
</tr>
<tr>
<td>1-9</td>
<td>$3.95</td>
<td>$3.95</td>
</tr>
<tr>
<td>10-99</td>
<td>$3.29</td>
<td>$3.29</td>
</tr>
<tr>
<td>100-499</td>
<td>$2.29</td>
<td>$2.59*</td>
</tr>
<tr>
<td>500-999</td>
<td>$2.09</td>
<td>$2.39*</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.

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

Add $.05/copy for insertion into sleeve.

More Books

Alternative Medicine
This guide explains what your doctor would do to treat common medical problems and then gives a range of alternative therapies for you to try. You’ll also find out how alternative therapies work and what to expect from a practitioner. Full color. 114 pages. #2184

<table>
<thead>
<tr>
<th></th>
<th>Alternative Medicine (2184)</th>
<th>Best Sports Cliches (5001)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Blank Imprint</td>
<td>Blank Imprint</td>
</tr>
<tr>
<td>1-9</td>
<td>$10.95</td>
<td>$14.95</td>
</tr>
<tr>
<td>10-99</td>
<td>$7.95</td>
<td>$9.95</td>
</tr>
<tr>
<td>100-499</td>
<td>$6.95 $7.25*</td>
<td>$7.95 $8.25*</td>
</tr>
<tr>
<td>500-999</td>
<td>$6.45 $6.75*</td>
<td>$6.95 $7.25*</td>
</tr>
<tr>
<td>1000+</td>
<td>Call Call</td>
<td>Call Call</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker for quantities up to 999.

Best Sports Cliches Ever
We’re Taking Them One at a Time
Everybody uses cliches. That’s because they always seem to fit. Whether your employees are avid sports fans or casual ones or know someone who is, this fun book will have them smiling and laughing. 192 pages. #5001

“It’s a homerun!” -- Sports Illustrated

“This book shows some leather.” -- ESPN

“Dr. Cliché really brought his “A” game.” -- ESPN’s Cold Pizza

“If you want a fun conversation piece around the house, you have to pick up Best Sports Cliches Ever.” -- FOX News

A Great Incentive Gift. Featured in Sports Illustrated and on ESPN!

www.HealthyLife.com Call 800.345.2476 13
**What is a Permafold?**
Permafolds® are 12 panel health guides printed on a special plastic that will last a lifetime. Their high quality, user friendly format and rich look ensures they will be kept and shared with the entire family. This gives repeated exposure for your name and logo. Fits easily into a pocket or purse and can be mailed in a business envelope.

**Accurate and Up-to-Date**
Each Permafold™ goes through an extensive review process conducted by prominent physicians and health professionals and the senior medical advisory board of the American Institute for Preventive Medicine.

**Appropriate Reading Level**
Permafolds® are written at a simplified reading level with big typeface and color photographs. “Just the right amount” of information is presented in a bulleted, easy-to-read format. They appeal to people from diverse backgrounds.

**Customization Options**
Your name, logo, and other information is prominently displayed at the top. We can also develop a custom Permafold® to meet your unique needs.

**Complete Fulfillment**
We are experts in direct mailing to homes. We can print cover letters and envelopes, insert, and bulk mail by zip code so you get the best postal rate.

**Spanish Titles**
There are presently a number of Permafolds® available in Spanish with more to come.
Disease Management Topics

**Arthritis**

- Topics:
  - 1. What is Arthritis?
  - 2. Signs & Symptoms
  - 3. Treatment
  - 4. Exercise
  - 5. Diet & Nutrition
  - 6. Support & Resources

**Asthma**

- Topics:
  - 1. What is Asthma?
  - 2. Signs & Symptoms
  - 3. Treatment
  - 4. Preventing Triggers
  - 5. Medications

**Back Care**

- Topics:
  - 1. Causes of Back Pain
  - 2. Prevention
  - 3. Exercise
  - 4. Sleep Tips

**Depression**

- Topics:
  - 1. What is Depression?
  - 2. Symptoms
  - 3. Treatment

**Headaches**

- Topics:
  - 1. Causes
  - 2. Prevention
  - 3. Management

**Heart Failure**

- Topics:
  - 1. What is Heart Failure?
  - 2. Causes
  - 3. Treatment

**Heart Health**

- Topics:
  - 1. Risk Factors
  - 2. Exercise

**Major Illness Warning Signs**

- Topics:
  - 1. Heart Attack
  - 2. Stroke

**Peptic Ulcer**

- Topics:
  - 1. Diet & Nutrition
  - 2. Medications

**Pregnancy**

- Topics:
  - 1. Pregnancy
  - 2. Maternity

**Permafolds**

- “Coffee Proof” Plastic for the Price of Paper

---

Permafolds®

“The health education products and services provided by AIPM have been very beneficial to our UAW members and their families.”

-- Kenneth Young; Coordinator, Benefits Joint Insurance Committee UAW Daimler Chrysler
We can also print these topics for you:

- Postpartum Depression
- Hearing Protection
- Asthma Trigger Diary
- Health Fraud
- Cold & Flu
- Healthy University Call for details.

<table>
<thead>
<tr>
<th>Plastic Permafolds®</th>
<th>Paper Permafolds®</th>
<th>Permafold® Sampler</th>
<th>Brochure Rack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity</td>
<td>Blank</td>
<td>Imprint</td>
<td>Blank</td>
</tr>
<tr>
<td>1-9</td>
<td>$ 2.75</td>
<td>$ 1.19</td>
<td>$ 1.99</td>
</tr>
<tr>
<td>10-49</td>
<td>$ 2.19</td>
<td>$ .99</td>
<td>$ .79</td>
</tr>
<tr>
<td>50-999</td>
<td>$ 1.79</td>
<td>$ .69</td>
<td>$ .99</td>
</tr>
<tr>
<td>500-999</td>
<td>$ 1.49</td>
<td>$ 1.79*</td>
<td>$ .69</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
<td>Call</td>
<td>Call for available titles</td>
</tr>
</tbody>
</table>

*Imprint is on a clear mylar sticker. Spanish titles are printed on glossy paper in 2 colors.
Wellness Programs

Offer our lifestyle change programs as an instructor-led seminar or in a self-help format, and see how intervention with support improves your employee's/subscriber's lives. Train your own instructor to lead a class or let each participant use a self-help kit or an online version for an individual learning experience. Either way, toll-free counseling can complete and maintain a fully realized lifestyle change. We have three programs, HealthyLife® Weigh, Smokeless®, and Systematic Stress Management™, all of which have proven results for workforces and families.

Weight Control & Nutrition

HealthyLife® Weigh

_gain control for good_

HealthyLife® Weigh uses powerful behavior modification, easy eating plans, and individually tailored exercise to guide participants to lose weight and improve health habits. This 2004 version offers all these tools to gain control for good. Instructors enjoy using HealthyLife® Weigh due to its versatility. The self-help kit motivates weight loss even for those who prefer to tailor the lessons to their personal schedule. Plus, it is easy to talk with our toll-free counselors anytime for help with questions about weight loss or nutrition.

---

“We recently purchased 400 HealthyLife® Weigh kits and have received lots of positive feedback already. It’s a great program.”

-- Kelly Thurston
SLC Wellness Coordinator

---

Group Program. A member of your staff can be trained to lead a group. Group participants receive a cassette tape, workbook, weight loss aids, and unlimited toll-free counseling with a registered dietitian. Group Program Kits #3640

Guided Self-Help. Participants receive a kit with cassette tapes or CDs, workbook, weight loss aids, and unlimited toll-free counseling with a registered dietitian. Ideal for people who want to lose weight on their own, have busy schedules, or work at remote locations. Guided Self-Help Kits #3641

Telephonic Health Coaching. We provide outbound telephone calls by a HealthyLife® Weigh Coach. These calls, over a 1 year period, will reinforce the materials in a Self-Help Kit, help the participant set and reach goals and problem solve. Call for details and pricing. #3642

HealthyLife® Weigh Workbook

Purchase the HealthyLife® Weigh Workbook by itself. You’ll lose weight, eat better, and save money. 240 pages. #3640W.

---

**Weight & Nutrition Permafolds®**

“Coffee Proof” Plastic for the Price of Paper

12 panel health guides. See pages 14-17 for pricing.

---

<table>
<thead>
<tr>
<th>HealthyLife® Weigh</th>
<th>HealthyLife® Weigh Workbook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Kits (3640)</td>
<td>Workbook (3640W)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Group Kits Price/Kit</th>
<th>Self-Help Kits Price/Kit</th>
<th>Workbook Price/Kit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-24</td>
<td>$54</td>
<td>$59</td>
<td>$12.95</td>
</tr>
<tr>
<td>25-49</td>
<td>$49</td>
<td>$54</td>
<td>$10.95</td>
</tr>
<tr>
<td>50-99</td>
<td>$44</td>
<td>$49</td>
<td>$9.95</td>
</tr>
<tr>
<td>100-249</td>
<td>$39</td>
<td>$44</td>
<td>$8.95</td>
</tr>
<tr>
<td>250+</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>

---

#4377 #4371 #4373
Smokeless® - Group Program. This approach presents a combination of behavior modification procedures and copyrighted techniques to help smokers with their addiction. The group program addresses cigarette smoking from a number of perspectives: sociological, psychological, behavioral and physiological. All are important factors in working through the process of change. Group participants receive booklets, a relaxation cassette tape or CD, quitting aids, and toll-free counseling. Training is available for your staff to become a certified Smokeless® instructor. Call for information.

Group Kit #1340
Spanish version #1353
Online version, see page 10.

Smokeless® - Guided Self-Help. Ninety percent of smokers quit on their own, and the Guided Self-Help Smokeless® kit effectively leads the smoker through the process. This step-by-step program includes instructional CDs/cassette tapes, booklets, custom case, quitting aids, and toll-free counseling. It works both for smokers who want to quit and those who want to control their smoking. Guided Self-Help #1341

Telephonic Health Coaching. We can provide outbound telephone calls by a Smokeless® Coach. These calls, over a 1 year period, will reinforce the materials in a Self-Help Kit, help the participant set and reach goals and problem solve. Call for details and pricing. #1344

--- Jana Currie, M.Ed., CFT
Personal Wellness Coach
Certified Fitness Trainer

“Smokeless® offers valuable information, appropriate tools, and successful techniques to help a smoker quit and remain smoke-free..”

Tobacco Cessation Permafold®
“Coffee Proof” Plastic for the Price of Paper
12 panel health guides. See pages 14-17 for pricing. #4375

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Group Kits Price/Kit</th>
<th>Self-Help Kits Price/Kit</th>
<th>Group Kits Spanish Price/Kit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-24</td>
<td>$54</td>
<td>$59</td>
<td>$22</td>
</tr>
<tr>
<td>25-49</td>
<td>$49</td>
<td>$54</td>
<td>$20</td>
</tr>
<tr>
<td>50-99</td>
<td>$44</td>
<td>$49</td>
<td>$17</td>
</tr>
<tr>
<td>100-249</td>
<td>$39</td>
<td>$44</td>
<td>$15</td>
</tr>
<tr>
<td>250+</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>
Wellness Programs

Stress Management

Systematic Stress Management™
*The Proven Way to Relax and Increase Productivity*

Stop stress in its tracks. Whether you conduct a seminar, lunch and learn or multiple sessions, your participants will realize they can stop negative thinking, regain control of their time, and work more effectively with others. The result will be increased productivity and greater personal peace. Topics also include A and B behavior patterns and communication skills. Whole workplaces as well as whole families benefit from Systematic Stress Management.

**Group Program.** A member of your staff can be trained to lead a group. Group participants receive a booklet, a relaxation cassette tape or CD, biofeedback card and a wrist zapper. Group Kit #1540.

**Self-Help.** For the person who works well in a self-directed program or whose schedule doesn’t permit participation in a group class. Comes with a workbook, two cassette tapes or CD, biofeedback card, wrist zapper, attractively packaged. Self-Help Kit #1541.

**Telephonic Health Coaching.** Outbound telephone calls are provided by a Systematic Stress Coach. These calls, over a 1 year period, will reinforce the materials in a Self-Help Kit, help the participant set and reach goals and problem solve. Call for details and pricing. #1565

Online version, see page 10.

**Systematic Stress Management™ Workbook**
Purchase the Systematic Stress Workbook by itself. You’ll manage stress while saving money. 144 pages. #1540W

---

**Success Over Stress Audiocassette Kit**

In 2 audiotapes, Dr. Don R. Powell presents the key techniques and concepts from Systematic Stress Management™. The first tape summarizes the program’s educational content while the second one presents 4 relaxation exercises. Call for more details. #1564

**CD / Relaxation Tape**

This popular tape presents a series of six professionally recorded relaxation techniques. Considered by many to be the best stress management tape ever produced. #1562

**Biofeedback Card**

Indicates one’s stress levels through finger temperature and teaches relaxation techniques. Size: 2” x 3½”. #1563

**Success Over Stress Permafold®**

“Coffee Proof” Plastic for the Price of Paper

12 panel health guides. See pages 14-17 for pricing. #4376

---

“Working with AIPM we have found your materials to be accurate, timely, attractive and up-to-date. They are easy for our members to read and therefore, have been well received by them.”

-- Frances B. DeHart
Health Management Manager; HealthFirst

---

<table>
<thead>
<tr>
<th></th>
<th>Group Kits* (1540)</th>
<th>Self-Help Kits (1541)</th>
<th>Success Over Stress (1564)</th>
<th>Relaxation CD/Tape (1562)</th>
<th>Biofeedback Cards (1563)</th>
<th>Workbook (1540W)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Price</strong></td>
<td><strong>Kit</strong></td>
<td><strong>Kit</strong></td>
<td><strong>Price</strong></td>
<td><strong>Price</strong></td>
<td><strong>Price</strong></td>
<td><strong>Price</strong></td>
</tr>
<tr>
<td>1-24</td>
<td>$24.95</td>
<td>$29.95</td>
<td>$24.95</td>
<td>$29.95</td>
<td>$24.95</td>
<td>$29.95</td>
</tr>
<tr>
<td>25-49</td>
<td>$22.95</td>
<td>$27.95</td>
<td>$22.95</td>
<td>$27.95</td>
<td>$22.95</td>
<td>$27.95</td>
</tr>
<tr>
<td>50-99</td>
<td>$21.95</td>
<td>$26.95</td>
<td>$21.95</td>
<td>$26.95</td>
<td>$21.95</td>
<td>$26.95</td>
</tr>
<tr>
<td>100-249</td>
<td>$19.95</td>
<td>$24.95</td>
<td>$19.95</td>
<td>$24.95</td>
<td>$19.95</td>
<td>$24.95</td>
</tr>
<tr>
<td>250+</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
<td>Call</td>
</tr>
</tbody>
</table>

*Custom case available for $5 extra.
Lifestyle Health Coaching

Our coaching utilizes the philosophy that building on a person’s strengths, rather than focusing on what’s wrong with them, will produce a greater likelihood of behavior change. Beginning with an HRA to identify the at risk members of your population, our lifestyle health coaches will help employees set goals and reach desired behavior changes. Our personalized coaching covers diverse needs ranging from smoking cessation, weight management and stress management to nutrition counseling and blood pressure control. Call for details.

Chronic Disease Management

Our wellness coaches/case managers help people adopt a healthier lifestyle and/or manage a chronic condition with disease management tools. Call for details.

Nurse Advice Line

Available 24 hours a day, 7 days a week, the AIPM telephonic nurse advice service provides a unique system to effectively route the caller to needed health information. Experienced registered nurses utilize an assessment system that accurately identifies needs and level of urgency for callers seeking medical care or information. Also includes an audio health library of 500 topics. Call for details.

Personal Health Assessment (PHA)

The PHA is a confidential, easy-to-read questionnaire and printout designed to assess an individual’s health status. Answers to health and lifestyle questions are analyzed and compiled into an Individual Wellness Report which scores and ranks the employee’s current good habits as well as their health risks. The report suggests preventive procedures and lifestyle changes to improve the individual’s score and reduce their risks. A graphic group summary report is also available.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Paper &amp; Pencil HRA (2740)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-9</td>
<td>$12.95</td>
</tr>
<tr>
<td>10-99</td>
<td>$10.95</td>
</tr>
<tr>
<td>100-499</td>
<td>$8.95</td>
</tr>
<tr>
<td>500-999</td>
<td>$8.45</td>
</tr>
<tr>
<td>1000+</td>
<td>Call</td>
</tr>
</tbody>
</table>

Newsletters & Calendars

We offer the most effective and enjoyable employee health newsletters and calendars available including a perpetual desktop one. Written in an easy-to-read, upbeat, understandable style that employees and their families appreciate. Any newsletter or calendar can be easily personalized with your own articles and company information! Two color and full color versions are available. Call for details.
Design Your Own Product

There are many customization options available on our products, including cover imprint, custom inside and outside covers, additional pages/topics, center insert, extra panel, etc. You can select from over 1,000 self-care and wellness topics in our database to develop a book, booklet, brochure, CareKit, or Get Well Card that meets your unique needs or we can develop a product from scratch. Our product development and graphic design departments can do it all.

Cover Imprint & Inside Covers

Custom Covers & Center Inserts

Custom Publications & Languages

Total Health™ Program

Priced As Low As $7.00/family/year

A complete, effective, year long wellness communication program for the entire family

Total Health™ provides your employees and their families with a full year of wellness products and services. They all work together to reinforce the bottom line – to make your company a healthy one and reduce costs. Best of all, it’s effective, affordable, and tailored to meet your needs. You can choose from 3 levels of comprehensiveness and cost – Bronze, Silver, and Gold. Call for details and pricing.

<table>
<thead>
<tr>
<th>Month</th>
<th>Bronze Level</th>
<th>Silver Level</th>
<th>Gold Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>HRA and Summary Report</td>
<td>HRA and Summary Report</td>
<td>HRA and Summary Report</td>
</tr>
<tr>
<td>2</td>
<td>HealthyLife Self-Care®</td>
<td>Health at Home®</td>
<td>Healthier at Home™</td>
</tr>
<tr>
<td>3</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>4</td>
<td>Newsletter</td>
<td>Wise ConsumerTracker</td>
<td>Wise ConsumerTracker</td>
</tr>
<tr>
<td>5</td>
<td>Wise ConsumerTracker</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>6</td>
<td>Permafold®</td>
<td>Newsletter</td>
<td>Permafold®</td>
</tr>
<tr>
<td>7</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>8</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>9</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>CareKit®</td>
</tr>
<tr>
<td>10</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>11</td>
<td>Newsletter</td>
<td>Newsletter</td>
<td>Newsletter</td>
</tr>
<tr>
<td>12</td>
<td>Health Tip of the Day</td>
<td>A Year of Health Hints</td>
<td>Healthier at Home®</td>
</tr>
<tr>
<td>Online</td>
<td>A Year of Health Hints</td>
<td>Healthier at Home®</td>
<td>A Year of Health Hints</td>
</tr>
</tbody>
</table>

1 Optional product • All products can be interchanged.
Order Form

Our Clients

Corporations: Anheuser-Busch • AT&T • Citibank • DaimlerChrysler • Dow Chemical • DuPont • ExxonMobil • Ford • General Electric • General Motors • Honeywell • Intel • Lockheed Martin • Lowe’s • Merck • Nabisco Foods • PETSMART • Pfizer • Proctor & Gamble • Texas Instruments • Union Pacific Railroad • Weyerhaeuser

Insurance: Aetna • BlueCross BlueShield • Cigna • Hartford Insurance • Massachusetts Mutual • Nationwide Insurance • New York Life • Penn National Insurance • Wausau Insurance

MCOs: Blue Care Network • Dean Health Plan • Fallon Community Health • HealthNet • Humana • Kaiser Permanente • MCare • MAMSI • Oxford Health Plans • Qual Choice • United Health Care

Hospitals: Baptist Hospital • Baylor Medical Center • Beaumont Hospital • Fairview Health System • Florida Hospital • Good Samaritan Hospital • Henry Ford Health System • Memorial Hospital • Mercy Hospital • Orlando Regional MC • Providence Hospital • Swedish American

Education: Boston College • George Washington • Johns Hopkins • Ohio State University • Princeton University • Skidmore College • University of Arkansas • University of Colorado • University of Miami

Unions: American Institute of Architects • Bricklayers • Carpenters • Cement Masons • Construction • CSEA • CWA • Denver Fire & Police • Heat & Frost • Electrical Workers • Laborers Fund • Machinists • Maine Education Association • Minnesota Timber Producers • Ohio Police & Fire • Operating Engineers • Plumbers & Pipefitters • Sheet Metal Workers • UAW • UFCW

Government: Government Employees Health Association • CIA • Department of Health & Human Services • Federal Reserve Bank • FEMA • House of Representatives • IRS • Pentagon • U.S. Air Force • U.S. Army • U.S. Customs Service • U.S. Navy • Department of Veterans Affairs • City of Bloomington, IL • City of Conroe, TX • City of Irving, TX • City of Milwaukee, WI • City of Savannah, GA • County of Rocklyn, NY • State of Maine • State of Michigan • State of Oklahoma • State of West Virginia

Among Others

Available under GSA Federal Supply Schedule
Contract No. GS-02F-0195N

American Institute for Preventive Medicine
30445 Northwestern Hwy., Suite 350
Farmington Hills, MI 48334-3102

Order Form

Ship To

Name/Title: __________________________
Company: __________________________
Street Address: _______________________
City/State/Zip: ________________________
Telephone: __________________ Fax:_____
Email: ______________________________
Order Date: __________________ Need By Date:__________________
Indicate if Bill To is different: ____________________________________
Authorized Signature: _______________________________________

Method of Payment

☐ I’ve enclosed check #________________ payable to
American Institute for Preventive Medicine (AIPM)

☐ Purchase Order __________________ attached.

☐ Please charge to the following credit card:
 multicastcard ☐ Visa ☐ American Express

Credit Card #

VCode ____________________________ Visa/MC: 3 digits located at far right on back of card

Expiration Date

/ / 

Cardholder’s Signature

Billing to approved organizations only! Call to obtain credit.
Terms are net 30 days. Orders under $100 must be prepaid.

Order Info

Priority Code: ________________________ (See numbers on mailing label)

Customization: A customized imprint is available. There is a one-time set-up charge of $49. All imprint pricing for 1 color black. Please send camera-ready art “to size” to avoid additional charges.

Overruns/Underruns: Limited to plus or minus 5% on imprinted materials.

Delivery: Please allow 4 – 6 weeks after approved artwork for imprinted materials and 2 – 3 weeks for blank materials. Faster delivery, including overnight shipping, is available.

Prices: Subject to change without notice.

Guarantee

If for any reason you are not satisfied with a non-imprinted product, return it in original condition within 30 days for a full refund. No questions asked!

Order Subtotal

Sales Tax 6% (Michigan only)
Shipping and Handling 9% ($6 min.)
(15% outside continental U.S.)
TOTAL $ (U.S. Funds)

Available under GSA Federal Supply Schedule
Contract No. GS-02F-0195N

Thank you for your order!

www.HealthyLife.com Call 800.345.2476
Helping Organizations:
* Reduce Health Care Costs
* Reduce Absenteeism & Presenteeism
* Increase Productivity & Morale
* Increase Visibility

Ways Organizations Use AIPM Materials:
* Health Fairs
* Wellness Programs
* Incentives & Rewards
* Direct Mail Campaigns
* Fundraising
* Information Racks
* Web site
* Lunch & Learns
* Community Events

Contact us to receive a free 2006 Wellness Activity Planner!

American Institute for Preventive Medicine
30445 Northwestern Hwy., Suite 350
Farmington Hills, Michigan 48334-3102

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

Available under GSA
Federal Supply Schedule
Contract No. GS-02F-0195N

All inquiries and return mail to:
American Institute for Preventive Medicine
30445 Northwestern Hwy., Suite 350
Farmington Hills, Michigan 48334-3102

PRSRT STD
US POSTAGE
PAID
PERMIT NO. 100
SIDNEY, OH