

# Healthy Living Guidelines™ Streaming Video



## Comprehensive

This powerful online video intervention takes participants step-by-step through their health screening and Personal Wellness Profile™ results. In 12 brief chapters, the 90-minute presentation helps your participants understand their major health risks (such as heart disease, cancer, diabetes, osteoporosis, and obesity) with practical, specific, and achievable recommendations on how to improve their health.

## Critical

Reviewing health assessment results – while they're still fresh in each participant's mind – is an excellent way to engage a person's interest in health and wellness. If you skip this important step, you'll miss a prime opportunity to educate participants about their specific health risks and get their commitment to continue in the program into the Intervention stage.

Using a one-on-one health coach is really the ideal way to walk employees through their assessment results, help them set personal goals, develop action plans, and increase their motivation. But from a dollars-and-cents perspective, this isn't always an option. That's where the Healthy Living Guidelines™ streaming video can help.

## The Healthy Living Guidelines™ streaming video:

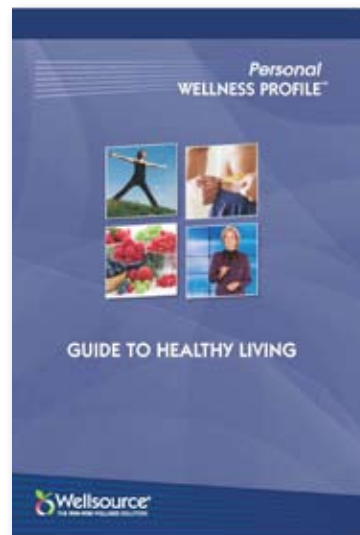
- Reviews the Personal Wellness Profile™ assessment results one by one
- Discusses existing health risks in a clear, thorough, and direct way
- Explains how a participant can find critical information within the report
- Discusses specific biometric scores to help participants understand their risk
- Presents scientifically sound data that supports healthy behavior modifications
- Recommends ways to reduce individual health risks and ultimately boost overall health

## Free Booklet with the Online Video

The Guide to Healthy Living booklet – an adjunct to the video – is an excellent print resource, available for free as a PDF download. Just like the video, it speaks directly to participants to help them clearly understand their personal report and make a real commitment to achieving a healthier lifestyle.

## Healthy Living Guideline™ Streaming Video Chapters

- Introduction
- Cardiovascular Health
- Cancer Prevention
- Preventing Diabetes
- Healthy Bones
- Eating Well
- Physical Activity
- Good Mental Health
- Practice Safety
- Healthy Weight
- Substance Abuse
- The Next Step



To learn more visit us online at [www.whsusa.com](http://www.whsusa.com)