

# Online Wellness Center™

## Health & Wellness Library



The Online Wellness Center™ is an NCQA-certified, comprehensive health improvement website where your participants can learn to:

- Make positive lifestyle changes
- Improve their health and quality of life
- Prevent disease
- Manage chronic health problems

The attractive design, relevant topics, and interactive nature of the Online Wellness Center™ foster rapid learning. Repeat visits are encouraged with up-to-date content and monthly features.

### Unique Characteristics

- All content is based on a proven behavioral change model and integrates with other Wellsource Health Solutions assessments and tools.
- All articles focus on how to achieve optimal health, rather than on the risk of death.
- Content is written in easy-to-understand language.

### Content

- Monthly features based on a 12-month editorial calendar
- Interactive health assessments
- Keyword search ability
- Organized into multiple Health Centers for users' convenience
- Questions with answers from medical experts

### Interactive Health Tools

- Quizzes
- Health Calculators
- Health Assessments

## Health Centers

### Wellness Center

- Alcohol & Drug Abuse
- Fitness
- Nutrition
- Safety
- Sports Medicine
- Stop Smoking
- Weight Management
- Worksite Wellness

### Disease Prevention Center

- Arthritis Management & Prevention
- Asthma & Allergy Management
- Blood Pressure Management
- Cancer Prevention
- Common Health Problems
- Diabetes Control & Prevention
- Eye Health
- Heart Health
- Infectious Diseases
- Stroke Prevention & Recovery

### Mind & Spirit Center

- Dependencies
- Emotional Health & Stress Management
- Parenting & Family Life
- Relationships & Social Support
- Spiritual Health
- News Center
- Complementary Health Center
- Ask a Health Professional Articles

### Scientific Foundation

A team of health promotion specialists including doctors, health educators, mental health professionals, nutritionists, and public health professionals are involved in developing Wellsource® products.

Recommendations for risk reduction and health enhancement are drawn from established guidelines of leading health organizations and government agencies.

### Resources Center

- Assessments & Quizzes
- eHealth Study
- Handouts
- Health Challenges™

### Personal Health Center

- Children's Health
- Chronic Health Problems
- Men's Health
- Senior Health
- Sexual Health
- Teen Health
- Women's Health

