



Online WELLNESS CENTER™

by Wellsource, Inc.

Encourage healthy lifestyle choices.

The Wellsource® Online Wellness Center™ is your **one-stop source for health, wellness, and disease prevention information** – delivered straight into employees' homes or offices via your corporate website or intranet.

The Wellness Center™ informs and motivates your employees to make choices that can improve all aspects of their lives. More than simply relaying information, the Online Wellness Center™ teaches people how to stay well – before expensive health problems occur. It also teaches how simple life choices can make a tremendous and positive impact on a person's health. When employees are healthy, everyone wins – individuals, families, coworkers, employers, even the community at large.

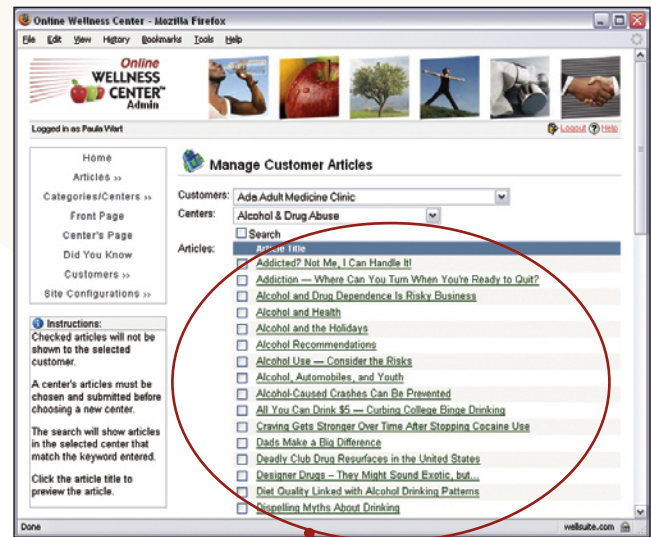
Reliable

All information comes from recognized sources, including government agencies and peer-reviewed journals, and is rigorously and regularly reviewed. Its attractive design, relevant topics, and interactive nature promote rapid learning. The Online Wellness Center™ accepts no endorsements or advertisements of any kind, so articles are always balanced and straightforward.

Flexible

The site can be adapted as a community marketing tool or a value-added resource to promote your organization's own services. You can easily brand and customize the Online Wellness Center™ to integrate with your existing website by:

- Displaying your organization's banner in the top header
- Selecting from unlimited color choices for menus and headers
- Adding links and messages in the footer area
- Disabling any center or article you choose



Choose or disable articles

Comprehensive

Hundreds of relevant, easy-to-understand articles are conveniently organized into 32 health centers – covering topics as diverse as smoking cessation, nutrition, parenting, infectious diseases, heart disease, and complementary health. Users can search for articles on a specific topic by entering a word or a phrase.

Up-to-date

Each month, the website changes to include new feature articles, health updates, and the ever-changing *Did You Know?* health facts – **enticements that bring employees back to the site often**. When new features are displayed, we send you an eNewsletter which you can personalize and send on to your employees – with your own added messaging.

Interactive

The easy-to-navigate home page offers **quick access to interactive quizzes, health calculators, and the Ask a Health Professional service**. A link to this service is found at the end of each article page. One click sends an email directly to Online Wellness Center™ health professionals, who quickly answer your employees' health-related questions.

HEALTHY employees are
PRODUCTIVE employees.



Branding

Use the top header area for your organization's logo and message.

Search engine

Use key words or phrases to search through hundreds of articles using advanced search features.

Tools

Find quizzes, health calculators, and other interactive health and fitness tools.

Menu color

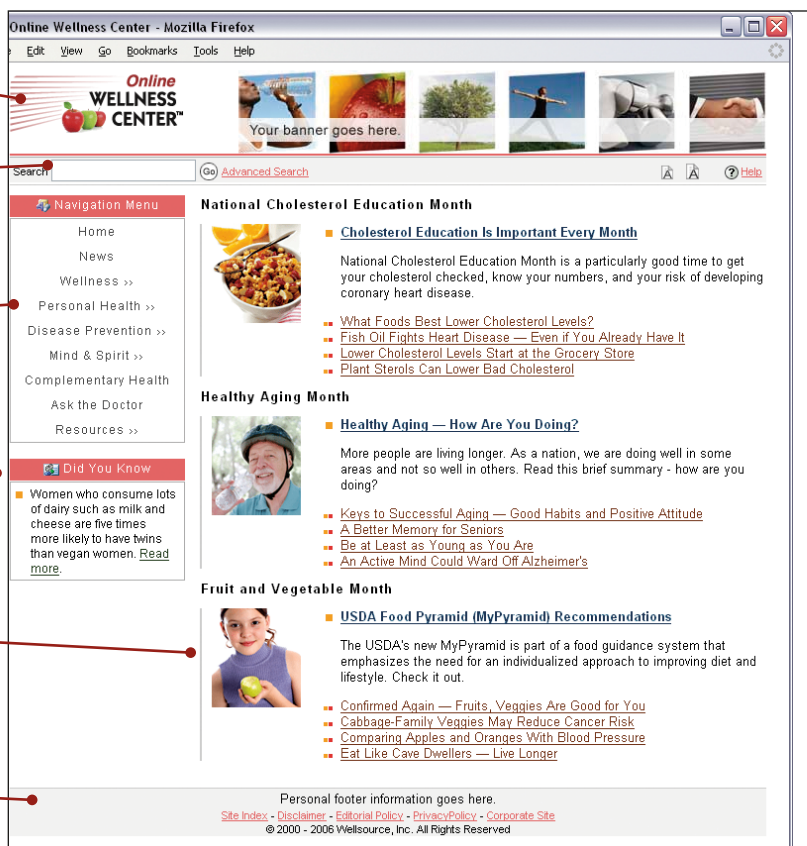
Customize with an unlimited color palette.

Articles of interest

Keeps users interested with updated articles and rotating new health facts.

Branding

Use footer area for additional branding, banners, links or special promotions.



Health Centers

Wellness

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

Personal Health

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

Disease Prevention

- Heart Health
- Infectious Diseases
- Blood Pressure Management
- Cancer Treatment & Prevention

- Eye Health
- Common Health Problems
- Diabetes Control & Prevention
- Stroke Prevention & Recovery
- Asthma & Allergy Management
- Arthritis Management & Prevention

Mind & Spirit

- Dependencies
- Emotional Health & Stress Management
- Parenting & Family Life
- Relationships & Social Support
- Spiritual Health

Resources

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

Complementary Health Center

News Center

Scientific Foundation

A team of health promotion specialists including doctors, health educators, mental health professionals, and nutritionists 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.



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