

WellAssured® Guides to Better Health

A Follow-up Publication Series

WellAssured® Guides to Better Health are an intervention series developed by Wellspring, Inc. and designed to be used as a post-assessment follow-up program for individual self-study or group classes. These Guides provide your wellness program participants with accurate information and recommendations for health enhancement. Each WellAssured® Guide includes practical information on risk reduction and health improvement through informative, easy-to-follow steps that involve the participant in making responsible, healthy personal choices.

The 24- to 36-page **WellAssured® Guides** reflect the most current research in disease prevention, self care, and health promotion. Each Guide focuses on a specific health improvement area, includes readiness-to-change models, and offers recommendations from leading health organizations. From smoking, weight management, and stress to disease-specific conditions such as arthritis and diabetes, there are nearly 20 titles to choose from (see complete list on reverse side). Current Guides are regularly updated and new Guides are under development.

WellAssured® Guides can easily be used for self-study or in a group class setting to provide an effective post-assessment intervention for any wellness program. Once a health risk assessment has been completed and the individual's health risk determined, the Guides can target specific health needs. The individual becomes involved in an educational process that encourages and rewards him or her for adopting positive lifestyle behaviors.

A comprehensive Instructor's Manual is available for each **WellAssured® Guide** title. The manuals provide everything you need to provide instructional classes and individual guidance. Each Instructor's Manual includes client contact materials, course outlines, multiple handouts, and PowerPoint® presentation slides that accompany word-for-word instructional materials for eight one-hour classes.



Topics include:

Quit Smoking

Improving Fitness

Weight Management

Managing Cholesterol Levels

Managing Stress

Managing High Blood Pressure

Better Nutrition

Senior Living

Living With Diabetes

Living With Asthma

Managing Back Pain

Preventing Cancer

Women's Health

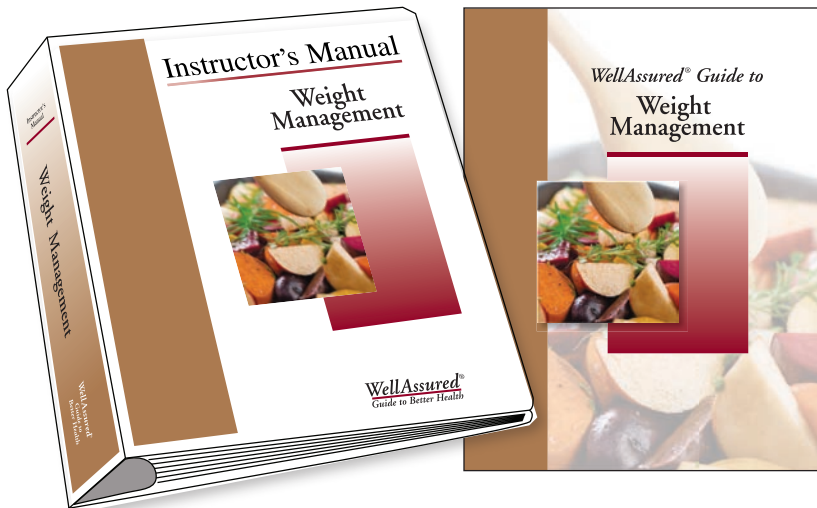
A Healthy Heart

Living Well With Arthritis

Healthy Living

Living With Allergies

Overcoming Depression and Anxiety



How can the WellAssured® Guides be used most effectively?

- **Handouts**—Make Guides available to individuals at medical clinics, doctor's offices, or community health centers. Each person can pursue the particular health goals at a self-determined pace.
- **Mail out**—Send Guides to those who request specific assistance or those known to be at high risk.
- **Small group instruction**—Use WellAssured® Guides for step-by-step instruction in small group settings. Eight hours of instructional materials, handouts, slides, and interactive content are included with the Instructor's Manual.
- **One-to-one counseling**—The Guides provide support, information, and reference materials to go along with individual instruction or health counseling. Nurses, public health professionals, social workers, or doctors can make effective use of the Guides for one-to-one counseling.
- **Whatever works best for you**—The Guides are comprehensive, flexible, easy to use, and you'll find a hundred ways to use them to keep your clients and patients healthy.

Scientific Foundation

A team of health promotion specialists including doctors, health educators, mental health professionals, nutritionists, and public health professionals has developed the **WellAssured® Guides and Instructor's Manuals**. Recommendations for risk reduction and health enhancement are drawn from the established guidelines of leading health organizations and publications in the United States.



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