



# Wellsource®

THE **WIN-WIN** WELLNESS SOLUTION



**Your wellness package is waiting.  
Introducing the WellSuite® System.**

# The WellSuite® System

## Essential Wellness Components In One Convenient Package

We've combined the essential components of a successful wellness program in one convenient package – the WellSuite® System – an integrated, comprehensive, online suite of products that will give you measurable results at an affordable price.

### Brand it. Customize It. Configure It.

**Your Look** – Brand the portal to your organization's colors, logo, and messaging.

**Your Tools** – Enable and disable features you want your population to see, such as calendar, wellness news, messaging, and announcements. In fact you can change everything from the health tools to the welcome message to fit your corporate culture.

**Your Customer** – Managing more than one client? No problem. The WellSuite portal is configurable by group and subgroup, so each of your clients can have it their way.



**Wellsource**  
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INSURANCE RECIPES RESOURCES

Welcome tanyak rekcelk! Text size A A A Logout | Help

**Home**

**MY HEALTH TOOLS**

- GetFit Adventures™
- Health Activity Tracker™
- Healthy Living Guidelines™
- Online Interventions
- Online Wellness Center™
- Online WellNotes®
- Personal Wellness Profile™

**MY ACCOUNT**

**COMPANY INFORMATION**

Contact Wellsource, Inc. to make this dynamic portal part of your wellness program.  
503-856-7446  
www.wellsource.com

**WELCOME**

Welcome to the first step in making a difference for a healthier you. By completing these easy-to-use health assessments and tracking your health progress, you will learn more about yourself and your health.

For assistance in using WellSuite®, please refer to Help. If you need more assistance, please contact your health administrator.

**WELLNESS SCORE**

Your wellness score: **80**

Latest assessment on 17-Feb-2010 3:09 PM  
Wellness Score: 80/100

**DAILY TO DO LIST**

1. Be active 30-60 minutes
2. Choose low-calorie foods
3. Eat 4-5 cups of fruits and veggies
4. Eat 3+ servings of whole grains
5. Watch portion sizes
6. Get 7-8 hours of sleep
7. Stay positive!

**ANNOUNCEMENTS (2)** **MESSAGES (1)**

17-Feb-2010  
5K Run/Walk Next Month

17-Feb-2010  
Blood Tests Next Week

[View All Announcements](#)

**HEALTH NEWS**

Good Friends Are Good for Your Health

Friendship can help reduce your risk of heart attack and depression, help you sleep better, lower your blood pressure, and help you live longer. People who work together and are friends are more productive than work groups where friendship is not involved. Developing good friendships is worth it for your mental and physical health.

[Get the Full Story](#)

**FEBRUARY 2010**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Portal Features

### My Health Tools

Provide access to all 6 components of a successful wellness program.

### My Account

Change account information and view health stats.

### Announcements & Messages

Provide information about events and communicate with participants.

### Health News

Displays a new story every week to help keep your population informed.

### Wellness Score

Show each participant their most recent health score every time they access the portal.

### Daily To Do List

Remind participants of things they can do to maintain a healthy lifestyle.

### Calendar

Use this interactive calendar to keep participants up-to-date on your wellness events.



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[www.wellsource.com](http://www.wellsource.com)

[well@wellsource.com](mailto:well@wellsource.com)

800.533.9355