

Introducing a New Concept of Health and Wellness Education!



***Improve Health and Enhance Productivity!***

# Lifestyle Management

Behavior Change Guides



Expert Research | Engaging Design | Easily Understood



# Employees Read Them...

# Lifestyle Management Guides



## 1 Best Topics

Our guides contain timely information to help your employees stay healthy, manage disease, and become better healthcare consumers. 23 titles are now available.



## 2 Best Content

Our content is medically-sound and, at the same time, easy-to-understand. Using expert research, each guide has useful information guaranteed to provide your employees with only the most reliable content.



## 3 Best Design

Each guide is beautiful full-color. By combining health information, each message across.



### #518 Aging Well In Your 20s and 30s

The challenges for the twenty- and thirty-somethings require the use of multiple skills and knowledge. Developing your personal wellness through body, mind, and spirit will pave the way for you to navigate your personal pathway to health and happiness.

### #519 How To Enjoy Health In Your 40s

A discussion of the many new challenges and opportunities. Includes balancing work and family responsibilities, keeping your health as you age, and planning for your later years in life. In the midst of these challenges it's important to make your health a priority. By finding ways to improve your health, you can reduce, delay and possibly even reverse the effects of aging.

### #520 Mind-Body Activities For Daily Life

While exercising and training the body is great, exercising and training the mind at the same time can help you reach your full potential. There are many great mind-body activities that promote well-being in your busy life. Including these activities in your day-to-day routine can provide you with a new level of energy for even the most stressful of days.

### #521 Eating Healthy While Eating Out

Over the last few decades, the concept of "dining out" has undergone a dramatic change. People are eating meals away from home on a more regular basis and the health of Americans has been impacted by this trend. Restaurants decide what items are available on the menu, but you, the consumer, have the final say in what food you would like to have on your plate.

### #522 How To Lose Weight The Healthy Way

Do you want to achieve happiness and health? You may be able to achieve both with some simple and easy changes to your lifestyle. Healthfully losing weight is a great way to improve your health and quality of life, if you are overweight. Losing weight will help you achieve both physical and mental health because mind and body are interlinked.

### #523 Positive Ways For Managing Stress

Stress happens in our relationships, jobs, families, and life events. However, stress is something we can work to manage and overcome. Ponder the personal benefits of leading a stress-free life—you are more productive, reflective and you just plain feel better. This brochure provides a discussion of strategies on how to better manage stress.

### #501 Promoting Medical Consumerism

Avoid unproductive trips to a healthcare provider by managing the visit with confidence. Learn how to prevent medical errors and determine what can be learned from a health risk appraisal. Charts are also available that allow preventative screenings and medications to be tracked and documented.

### #502 Living With Asthma

Asthma is a disease that affects breathing airways in and out of the lungs. Information is provided that indicates the causes of asthma and asthma attacks. Diagnosis symptoms of this disease (which affects nearly 15 million American adults and children) and treatment options are provided.

### #503 Managing Weight

Overweight and obesity are considered by many health experts to be the #1 health problem. Find out what has made overweight and obesity such a large problem and determine your current weight status by utilizing the Body Mass Index table which is included. Learn how to choose the right foods, in the correct portion sizes, that will enable you to achieve or maintain a healthy weight.

### #504 Getting Physically Active

Provides information on the benefits of regular physical activity and examples of how activities can be interwoven into daily life. Describes the important role physical activity plays in reducing risk factors associated with various health conditions. Provides tips for exercise preparation and safety as well as reaching your target heart rate.

### #505 Living Tobacco Free

Many ex-smokers say that quitting was the hardest thing they ever did. A checklist is included which allows individuals to determine their level of nicotine dependence and the triggers which create the urge to smoke. Helpful information on the steps to begin a cessation program are included. Additionally, daily tips for sticking with a cessation program are listed.

### #506 Coping With Stress

Long term stress is bad for your health. Find out what stress is, what causes it, and its symptoms. Most importantly, learn various skills for managing stress at home and at work via physical activity, relaxation, appropriate sleeping techniques, and simplification of life.

# Companies Love Them!

# Guides Are Now Available!



## Best Price

We're committed to making our guides available at prices that won't break your budget.



## Best Value

The challenge for any wellness program is to get the best materials at the most reasonable prices. We think these guides will accomplish exactly that.



### #507 Dealing With Depression

Depression impacts nearly one in ten individuals. Learn the symptoms and various types of depression as well as the many causes of depression for women, men, children, and the elderly. Find out what types of medical and alternative treatments are available and the role of friends and family in treatment.

### #508 Managing High Blood Pressure BEST SELLER

Nearly 1 in 3 adults have high blood pressure. Learn the blood pressure readings that depict normal versus high blood pressure and the causes of high blood pressure. Many treatments are discussed and information is shared that allows individuals to learn how to live with high blood pressure. A special Questions & Answers section is also included that will lead to a better understanding of this condition.

### #509 Managing Cholesterol BEST SELLER

20% of American adults have high blood cholesterol. Find out what cholesterol is and why it is such a serious medical condition. The causes of cholesterol are outlined as well as a helpful chart that will help you identify if you are at risk. Treatment options and tips for managing cholesterol are included with a section that also describes the medications that can also be of assistance.

### #510 Preventing Diabetes

Determine if you are at risk for diabetes and what you can do to control diabetes if it affects you, a friend, or family member. Symptoms of diabetes are included (to assist the estimated 5 million Americans that have diabetes but don't know it) along with 50 great ideas to prevent this condition. The role of diet and exercise are also addressed as they impact controlling or contracting diabetic conditions.

### #511 Managing Fatigue

Insomnia is the primary cause of the fatigue that results from the lack of appropriate sleep. Unfortunately, most of us are impacted by this condition at some point during our lives. Learn how to conquer insomnia through simplistic lifestyle changes. A helpful quiz is included that allows individuals to assess their sleeping knowledge.

### #512 Relieving Aches & Pains

Learn about back pain; headaches; abdominal pain; and how to manage pain. Determine when to provide home treatment and when to seek medical attention. Preventative techniques are also discussed.

### #513 Caring For Common Conditions

Learn about colds/flu; sore throat; coughs; fevers; and nausea/vomiting. Determine when to provide home treatment and when to seek medical attention. Preventative techniques are also discussed.

### #514 Caring For Common Conditions II

Learn about ear infections; respiratory conditions; urinary track infections; eye/vision problems. Determine when to provide home treatment and when to seek medical attention. Preventative techniques are also discussed.

### #515 Managing Chronic Conditions

Learn about cholesterol; high blood pressure; heart disease; diabetes; arthritis; cancer; and asthma. Determine when to provide home treatment and when to seek medical attention. Preventative techniques are also discussed.

### #516 Responding To Medical Emergencies

There are 15 signs of serious medical conditions. Learn these and you will know when to call 911 for help and what to do before help arrives. Also, learn proper techniques for CPR, Rescue Breathing, and Abdominal Thrusts (for choking). Finally, assemble your First Aid Kit and create your Emergency Action Plan.

### #517 Managing Emergency Conditions

Learn about chest pain; burns; head injuries; bites/stings; heat related illness; and cuts/scrapes/punctures. Determine when to provide home treatment and when to seek medical attention.

## A Special Bonus For You!

Order 150+ Guides receive a free WELCOA's Buyer's Guide edition of Absolute Advantage. The Buyer's Guide showcases the field's leading providers of products and



services as well as presenting you with tips and strategies for maximizing your buying experiences.

