

PROVIDE VITAL INFORMATION

Our library of **3,000** behavior-changing videos covering over **200** topics is the worlds largest. Wellness and prevention videos cover topics such as stress, dieting, exercise, nutrition, smoking cessation, sleep disorders and depression. Disease and condition management videos cover topics such as obesity, diabetes, cholesterol, high blood pressure, heart disease, cancer and Alzheimer's.

CHANGE BEHAVIORS

The power and ability of video to positively change behavior has been proven. Research has shown that video delivery of wellness and medical information **cuts learning time by almost 50% and increases retention by 24%** over reading text information.



MAXIMIZE WELLNESS

Seventy percent of illness is preventable yet 95% of health expenditures are spent on diagnosing and treating disease. An employee's behavior shapes his or her future. Employees can view the web-based videos at their **desk**, at **home** or **anywhere** they have internet access. Or, videos can be placed on your **website, intranet, LMS, health portal or on kiosks** throughout your company. Your site can be branded specifically for your organization.

Multiple Uses

- 24/7 self-search reference tool
- Link videos to HRA results
- Increase participation at screenings
- Send an email health tip of the week
- Hold lunch 'n learns meetings
- Include links in monthly e-newsletters
- Show a continuous loop in your gym and breakroom
- Provide videos for health coaches to email employees based on their individual needs.

Measureable Results

The videos can be provided on a turnkey platform that includes quizzes. Hold employees accountable. Track results, understanding and retention. Reward employees who engage in your wellness initiative.

Accurate, Unbiased Information

The evidence-based videos (3-7 minutes long) are continually updated. Content is NOT influenced by advertisers or sponsors. Videos are written by doctors who are specialists in their fields.

Savings

Reduce health care costs, absenteeism, presenteeism and increase productivity.

