

Wellsource® Spanish Language Resources

By LifeLong Health® a division of Wellsource, Inc., 15431 SE 82nd Drive, Clackamas, Oregon 97015



The LifeLong Health® product line includes five Spanish-language resources:

- Health Assessments with Lifestyle Presentations – *self-scored & computer scored*
- Lifestyle Education with Lifestyle Assessment – *8-week series*
- Health Testing & Wellness Equipment – *pedometers, analyzers, monitors* – See website

See the website for additional information on each program or item.

¿Qué tan saludable es su modo de vida?

A self-scored assessment and introduction to a healthy lifestyle. Studying 750,000 people in four population studies showed that 12 health practices significantly predict health and longevity. The C PowerPoint® scoring guide and lifestyle presentation is in Spanish. The Manual has ideas and help in English, speaker notes in Spanish and in English. The Spanish-language self-scoring assessment can be printed from the CD.

Manual, CD, & 100 Self-scoring Questionnaires: \$125.00 Additional Questionnaires \$25/100

Prácticas para la salud y longevidad

A computer scored assessment with lifestyle education. This longevity program is popular at Health Fairs and Malls. It's fun and easy to use. Health age may not equal actual age. Seven health practices directly affect longevity. Screen in English. Output in Spanish. Version 2.5.3 enables screen translation. Exportable database. Interactive software. CD has Spanish promotional material, software output, and lifestyle presentation in PowerPoint® format. Complete manual.

Manual & CD: \$215.00 100 Questionnaires & Reports \$35/100

Su perfil individual de estrés

A computer scored assessment with lifestyle education for Fairs and pre- and post-testing Stress Seminars. Shows source of stress, calculates a summary stress score and scores six stress indicators. Based on National Center for Health Statistics research. Screen in English can be translated. Output in Spanish. Exportable database. Interactive software. CD includes Spanish promotional material, software output, and presentation in PowerPoint®. Complete manual.

Manual & CD: \$215.00 100 Questionnaires & Reports \$35/100

Reduciendo el riesgo de cardiopatía coronaria

A computer scored assessment with lifestyle education. Provides a coronary risk rating with self-reported data or with laboratory data. Algorithm based on the latest guidelines. Easy-to-understand double-sided report in Spanish may be printed from the CD. Personalized output is in Spanish. The screen is in English but may be translated, version 2.5.3. Exportable database. CD has promotional material, software, and presentation in PowerPoint® format. Complete Manual.

Manual & CD: \$215.00 100 Questionnaires & Reports \$35/100

Ocho semanas hacia la salud integral™

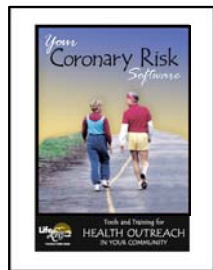
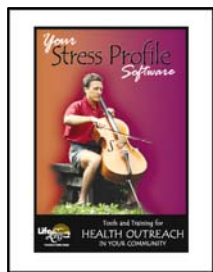
A lifestyle change program with self-scored assessment. Ocho Semanas hacia la Salud Integral™ promotes a healthy lifestyle for a lifetime. Practical research outcomes, self-monitored progress to log in a participant guide, and group support promote lasting, informed behaviors. Ready-to-use in homes or large groups. The **Participant Workbooks** are in Spanish. **Manual:** speaker notes for each slide are in Spanish or English (choose one). Weekly plans are in English. **CD:** certificates, promotional materials, and eight PowerPoint® presentations in Spanish—over 240 graphics.

Instructor's Manual, CD, and 1 Participant Workbook: \$300.00

Participant Workbooks – 20 @ \$5.45 each: \$109.00

Participant Workbooks – 60 @ \$4.45 each: \$267.00

Participant Workbooks – 100 @ \$3.75 each: \$375.00



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