

Price List & Order Form

CUSTOMER INFORMATION:	
Name _____ Phone # _____	Date Ordered _____
Organization _____	Date Shipped _____
Street Address _____	Invoice # _____
City, State, Zip _____	Account # _____
Email _____ <input type="checkbox"/> Email MHC Newsletter	Special Instructions: _____
SHIP TO: (If Different) <input type="checkbox"/> Residence <input type="checkbox"/> Business	
Organization _____	
Street Address _____	
City, State, Zip _____	
PAYMENT INFORMATION:	
Orders must be prepaid. These forms of payment are accepted in U.S. Currency:	
<input type="checkbox"/> Check (payable to Wellsorce) <input type="checkbox"/> Cash <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> AmEx <input type="checkbox"/> Discover <input type="checkbox"/> Approved PO#	
Card No. _____ Exp. Date _____	Requested Shipping: UPS USPS
Signature _____	Ground Next Day 2 Day 3 Day

LifeLong Health® - a division of Wellsorce, Inc.

Item#	Description - Prices subject to change without notice	Price	Qty	Total
Lifestyle Change Series		US\$		
FFL-NB	Fitness for Life™ 10-wk program. Coordinator's Guide & CD PPT	325.00		
WTM-NB	LifeLong Weight Management™ 10-wk program. Coordinator's Guide & CD PPT	325.00		
EWW-NB	Eight Weeks to Wellness™ 8-wk program. Coordinator's Guide & CD PPT	325.00		
OSS-NB	Ocho Semanas hacia la Salud™ 8-wk program. Coordinator's Guide & CD PPT	300.00		
WAG018	Eight Weeks to Wellness™ English - 40 page Participant Guide *	6.95		
WAG018SP	Ocho Semanas hacia la Salud™ Spanish - 32 page Participant Guide *	6.45		

* Volume discounts available on Eight Weeks to Wellness Participant Guides - See WAG pricing on back.

Online Wellness Programs

CLUBWELL	ClubWell™ - Annual subscription Special Introductory Price	45.95		
GETFIT	GetFit Adventures™ - Annual subscription (Group discounts available)	19.95		

Books

BK-FFE	Mayo Clinic Fitness for Everybody: Dahm & Smith, Editors, 2005, 358 pages	22.95		
BK-HWE	Mayo Clinic Healthy Weight for Everybody: Hensrud, Editor, 2005, 319 pages	22.95		
TV-CB	Tastefully Vegan, Creative Vegetarian Cooking: Spiral-bound, 294 pages	22.95		
BK-HWH-010	Healthwise Handbook - A Self-Care Guide: D. Kemper, MPH, 354 pages	14.95		

Community Health Surveys & Profiles

	Language	Price	Qty	Total
HHL-NB	How Healthy is Your Lifestyle? - Manual, CD, & 100 self-scoring forms	E 125.00		
HHL-FM	How Healthy is Your Lifestyle? - 100 self-scoring forms	E 25.00		
HHL-SNB	¿Qué tan saludable es su modo de vida? - Manual, CD, & 100 forms	S 125.00		
HH-FSP	¿Qué tan saludable es su modo de vida? - 100 self-scoring forms	S 25.00		
HFI-NB	Healthy Foods Index - Instructor's Manual, CD & 100 self-scoring forms	E 125.00		
HFI-FM	Healthy Foods Index - 100 self-scoring forms	E 25.00		
HSI-NB	HealthStyle Index - Instructor's Manual, CD & 100 self-scoring forms	E 125.00		
HSI-FM	HealthStyle Index - 100 self-scoring forms	E 25.00		
YHA-NB	Your Health Age - Manual, CD:Software v2.5.0, PPT	E & S 215.00		
YHA-E/SFM	Your Health Age - Forms (100 questionnaires + 100 reports)*	E & S 35.00		
YSP-NB	Your Stress Profile - Manual, CD:Software v2.5.0, PPT	E & S 215.00		
YSP-E/SFM	Your Stress Profile - Forms (100 questionnaires + 100 reports)*	E & S 35.00		
YCR-NB	Your Coronary Risk - Manual, CD:Software v2.5.3, PPT	E & S 215.00		
YCR-E/SFM	Your Coronary Risk - Forms (100 questionnaires + 100 reports)*	E & S 35.00		

*Please call for volume discounts.

Returns are by authorization only within 30 days of purchase.

SHIPPING - Call for cost	Subtotal: page 1	
We will calculate shipping. Costs depends on weight, need, carrier, and zip code.	Subtotal: page 2	
Generally, we use UPS, USPS, Priority Mail, Global Priority, or DHL.	Tax (CA, FL, WA)	
	Shipping / Handling	
	Total	

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LifeLong Health® - a division of Wellsource, Inc.					
Item#	Description - <i>Prices subject to change without notice</i>	Price	Qty	Total	
Health & Fitness Testing Equipment			US\$		
BFA-AM	Body Fat Analyzer - Omron: Athlete mode, 9-person memory	45.00			
ABP-MO	Blood Pressure/Pulse Monitor - Omron: Fits arms 9"-17" circ., 5 yr warranty	79.00			
HRM-MO	Heart Rate Monitor - Omron: High and low alerts, Monitor, Transceiver, Clock	55.00			
SGT-H	Grip Strength Tester - Smedley III: Analog, Hard Carry-case, Worksheet	195.00			
PED-105	Pedometer HJ-105 - Omron: Steps, Calories, Miles	12.00			
PED-150	Pedometer HJ-150 - Omron: Steps, Time, 7-day history	15.00			
PED-151	Pedometer HJ-151 - Omron: Steps, Distance, Calories, Time, 7-day history	20.00			
The Prevention Series® A Seminar Series - Manual, CD: PPT, 100 Self-Scoring Assessments					
PS-CD-CA	Preventing Cancer - 118 slides	125.00			
PS-CD-OS	Preventing Osteoporosis - 59 slides	125.00			
PS-CD-DE	Understanding Depression - 32 slides	125.00			
PS-CD-DM	Preventing Diabetes - 87 slides	125.00			
PS-CD-HD	Preventing Heart Disease - 82 slides	125.00			
PS-CD-BP	Achieving a Lower Blood Pressure - 50 slides	125.00			
PS-CD-HE	Achieving Healthy Eating - 120 slides	125.00			
PVS-SET	Prevention Series Set Special Value - All 7 Titles	450.00			
The WellAssured® Series from Wellsource, Inc.					
Participant Guides: \$6.95 ea 20 @ \$119 (5.95 ea) 60 @ \$291 (4.85 ea) 100 @ \$410 (4.10 ea) 500 @ \$1775 (3.55 ea)					
Instructor's Manual includes: CD PPT, Handouts, 1 Guide - \$235.00					
<i>Note: Manual is FREE with minimum purchase of 500 single title guides!</i>					
		Manual	WAG		
		Qty	Qty	Cost	Total
WAG001	Quit Smoking - 24 pages				
WAG002	Improving Fitness - 28 pages				
WAG003	Weight Management - 36 pages				
WAG004	Managing Cholesterol - 24 pages				
WAG005	Stress Management & Emotional Wellbeing - 28 pages				
WAG006	Managing High Blood Pressure - 24 pages				
WAG007	Better Nutrition - 28 pages				
WAG008	Senior Living - 32 pages				
WAG010	Living with Diabetes - 32 pages				
WAG013	Cancer Prevention, Identification, & Management - 24 pages				
WAG014	Women's Health - 32 pages				
WAG015	A Healthy Heart - 28 pages				
WAG021	Healthy Living - 36 pages				
WAG018	Eight Weeks to Wellness™ - English - 40 pages				
WAG018SP	Ocho Semanas hacia la Salud™ - Spanish - 32 pages (Special price - \$6.45 ea)				
WAG100	WellAssured Guide Sample Pack - (All 14 titles listed above) - \$95.00				
DVDs			Price	Qty	Total
EWV-NBD	Eight Weeks to Wellness™ - Coordinator's Guide for DVDs, CD, 1 8WW workbook	125.00			
EWV-DVD	Eight Weeks to Wellness™ Presentations on 8 DVDs: Healthy Carbs, Healthy Fats, Healthy Lifestyle, Healthy Weight, Mind-Body Connections, Stress, Prev Health Checks, Activity	150.00			
HLS-PD	Preventing Diabetes - DVD presentation. Some materials are online.	19.95			
HLS-BHH	Building Heart Health - DVD presentation. Some materials are online.	19.95			
WSDVD105	PWP Healthy Living Guidelines™ - DVD & Guide	29.95			
Health Age Plus™ & Healthy Eating Guidelines					
HAP-SO	Health Age Plus™ - Assessment Software & Support Packs for 100 participants* * Special Church Price for Community Outreach (\$800 Discount)	1795.00 995.00			
AHP-214	Health Age Plus Support Pack - (100 questionnaires + 100 reports + 100 report covers)	180.00			
HEG-100	Healthy Eating Guidelines - 100 Brochures: Healthy Food Pyramid - Tri-fold	59.95			
FPM-100	Healthy Eating Guidelines - 100 Posters: 8.5x11	45.00			
Subtotal: page 2					