

Quit Smoking

Many people have quit smoking. You can quit, too! The 28-page WellAssured® Guide to Quit Smoking helps individuals successfully create and implement a personal smoking cessation plan. Participants learn about the physical symptoms of nicotine addiction and ten things to do when cravings occur. They also learn how better nutrition and exercise can help recovery efforts.

Questionnaires help tobacco users examine their reasons for smoking and their motivations for quitting. A personal goal worksheet and pocket survival kit provide daily support for staying smoke-free.

Contents

1. *Getting Started Stopping.* An overview of the “quit smoking process.”
2. *What to Do First.* Developing a personal plan for quitting.
3. *Making the Choices.* Nutrition and exercise impact a recovering smoker.
4. *The Human Factor.* The decision to quit smoking impacts relationships.
5. *Follow Through.* A look at the participant’s smoke-free future.

Instructor’s Manual Includes:

- ♦ Phone scripts & contact protocols - 26 pages
- ♦ Curriculum and plans for a corporate setting - 10 pages
- ♦ Speaker Notes for each slide. Handouts (vary per topic)
- ♦ A CD with handouts and one PowerPoint® presentation of 30 - 50 graphics

System requirements for PowerPoint® presentations:

Microsoft Windows 95 or higher

A PowerPoint® viewer is included on the disk - *No additional software is needed*
An LCD or character projector is needed for viewing presentations in a large group

Topics in the WellAssured® Series:

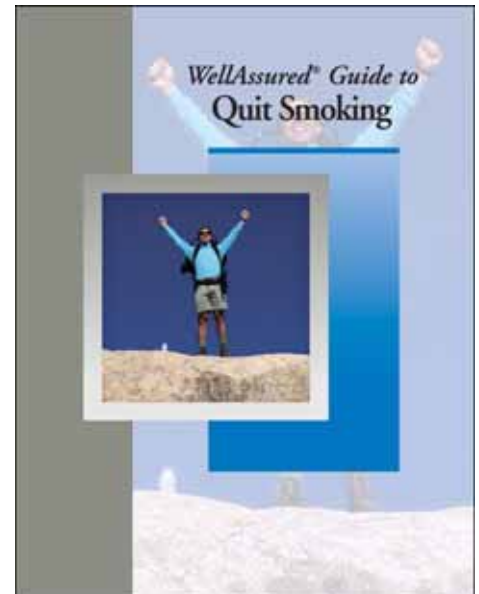
Quit Smoking	Living with Asthma
Improving Fitness	Managing Back Pain
Weight Management	Healthy Heart
Managing Cholesterol Levels	Women’s Health
Managing High Blood Pressure	Healthy Living
Better Nutrition	Living Well with Arthritis
Senior Living	Living with Allergies
Living with Diabetes	Stress Management & Emotional Wellbeing
Preventing Cancer	

About Wellsource, Inc.

Wellsource, Inc. is a leader in corporate health management and prevention systems, including health risk assessments. Wellsource offers a portfolio of wellness tools to help corporations and large organizations develop successful health management systems, including intervention, progress tracking, and cost-benefit outcomes.

The LifeLong Health® product line offered by Wellsource is designed for community outreach. It includes health assessment software, presentation resources, print materials, and training seminars to prepare volunteer health leaders to be effective lifestyle improvement facilitators in their community. Each resource is based on population research and offers commonsense, applicable recommendations.

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Participant Guide: WAG-001
Instructor’s Manual: WAG-001-I

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Improving Fitness

The human body is designed for activity! The 28-page WellAssured® Guide to Improving Fitness helps people create a personal fitness plan that includes sensible precautions.

The Guide advises how to make a fitness program safe, regular, and challenging. Readers learn how exercise can help maintain and strengthen the body, particularly the heart and respiratory systems, and combat chronic diseases. The Guide includes a special section on sports nutrition and a log with tips for integrating fitness activities into work and social life.

Contents

1. *Getting Started.* An overview of health and fitness principles.
2. *What to Do.* How to develop a personal action plan for improving fitness.
3. *Nutrition.* A look at the body's nutritional needs.
4. *The Human Factor.* How relationships affect fitness.
5. *Life Long Fitness.* Imagine a fit future.

Instructor's Manual Includes:

- ♦ Phone scripts & contact protocols - 26 pages
- ♦ Curriculum and plans for a corporate setting - 10 pages
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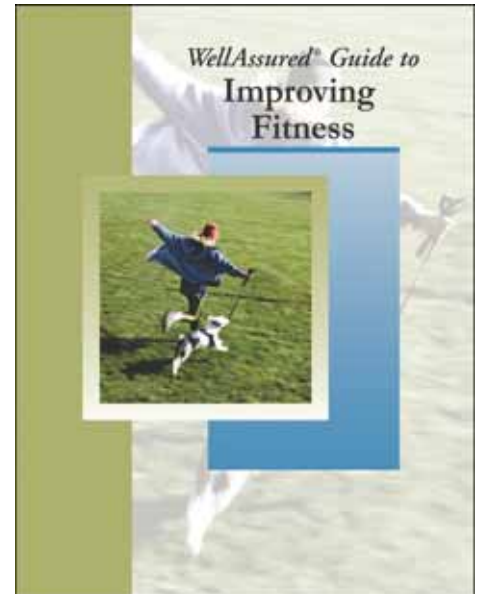
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Participant Guide: WAG-002
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Weight Management

Losing weight is America's number one New Year's resolution, but how many people actually reach their goal? Success is possible! The 36-page WellAssured® Guide to Weight Management teaches a realistic, systematic, "take charge" approach to weight management. You will learn the eight factors that scientific research associates with increased weight. Readers are introduced to concrete strategies for reducing fat in their diets, increasing physical activity, coping with stress, and creating support systems. The guide includes an eating-pattern questionnaire and logs for keeping track of physical activity, diet, and weight loss.

Contents

1. *Healthy Weight.*
2. *Weight Loss Goals.*
3. *Lifestyle Changes.*
4. *Active Lifestyle.*
5. *Good Nutrition.*
6. *Monitoring Progress.*
7. *Coping with Stress.*
8. *Support Systems.*
9. *Eating Cues and Triggers.*
10. *Long-Term Change.*

Instructor's Manual Includes:

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- ♦ Curriculum and plans for a corporate setting - 10 pages
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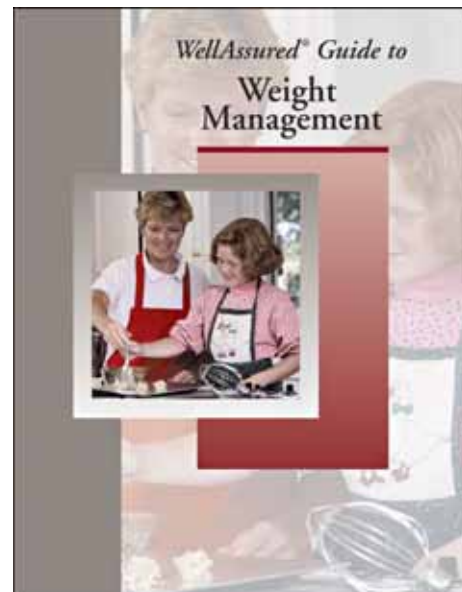
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| Improving Fitness | Managing Back Pain |
| Weight Management | Healthy Heart |
| Managing Cholesterol Levels | Women's Health |
| Managing High Blood Pressure | Healthy Living |
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Participant Guide: WAG-003
Instructor's Manual: WAG-003-I

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Managing Cholesterol

Most disease and death associated with atherosclerosis, a disease process involving clogged arteries, could be prevented by controlling or reducing blood cholesterol levels and by avoiding other known risks such as smoking and high blood pressure. The 24-page WellAssured® Guide to Managing Cholesterol Levels explains HDL (good) and LDL (bad) blood cholesterol, controllable and uncontrollable risks, the risks associated with high LDL and low HDL levels, and ways to increase HDL and lower LDL cholesterol. Participants can use the guide's 12-week cholesterol reduction and weight loss record to improve their health. Commonsense nutrition is included.

Contents

1. *Getting Started.* An explanation of cholesterol and its impact on the body.
2. *What to Do.* How to develop an action plan for managing cholesterol levels.
3. *Maintenance, Support, and Lifelong Wellness.* How stress and relationships can influence long-term success, with tips for staying healthy.

Instructor's Manual Includes:

- ◆ Phone scripts & contact protocols - 26 pages
- ◆ Curriculum and plans for a corporate setting - 10 pages
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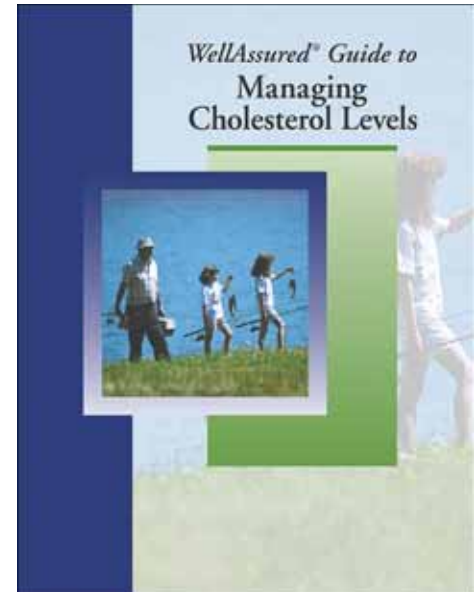
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Participant Guide: WAG-004
Instructor's Manual: WAG-004-I

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Emotional Wellbeing

Everyone experiences stress, anxiety, and occasional feelings of depression. Some folks experience seasonal affective disorder or the ups and downs of bipolar disorder. When a person feels overwhelmed and debilitated and cannot live a normal, productive life, then stress, anxiety, and depression pose serious health risks.

The 32-page WellAssured® Guide to Stress Management and Emotional Wellbeing is a practical resource on ways to reduce the long-term results of stress, coping strategies for various types of anxiety, and what you can do and treatments for bipolar disorder and other types of depression.

Contents

1. *What is Stress?* Symptoms, and how to reduce stress.
2. *What is Anxiety?* Coping strategies for various types of anxiety.
3. *What is Depression?* What you can do and what to get help with.
4. *Diet & Exercise.* Healthy habits that impact emotional wellbeing.
5. *Human Factors.* 50 ways to relax.

Instructor's Manual Includes:

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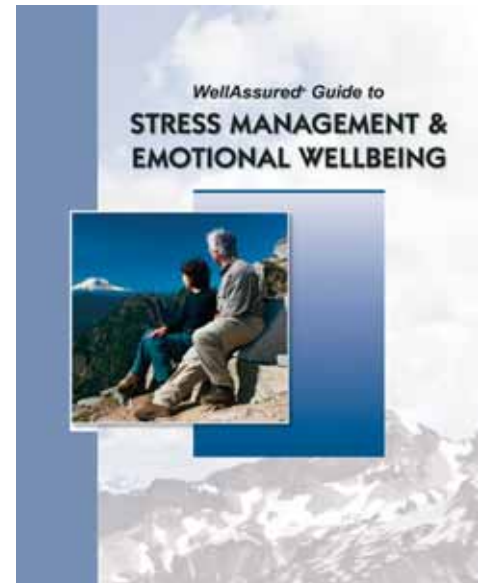
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Participant Guide: WAG-005
Instructor's Manual: WAG-005-I

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High Blood Pressure

The 24-page WellAssured® Guide to Managing High Blood Pressure describes risk factors for high blood pressure and outlines eight steps for risk reduction, including smoking cessation, exercise, stress reduction, healthy diet, reducing sodium intake, and using medication wisely.. It also addresses common misconceptions about blood pressure.

Sample menus are included, as is a physical activity log to help participants track progress. With a proper approach including healthy relationships among family, friends, and work associates, nearly everyone can lower his/her high blood pressure.

Contents

1. *What is Blood Pressure?*
2. *The Risks of High Blood Pressure.*
3. *Eight Steps to Lowering High Blood Pressure.*
4. *The Human Factors.*

Instructor's Manual Includes:

- ♦ Phone scripts & contact protocols - 26 pages
- ♦ Curriculum and plans for a corporate setting - 10 pages
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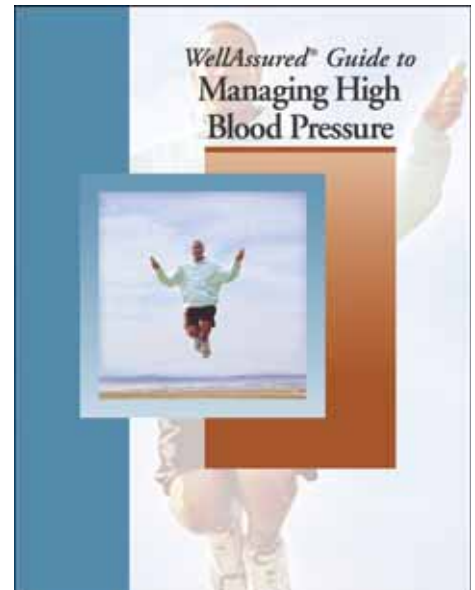
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Participant Guide: WAG-006
Instructor's Manual: WAG-006-I

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Better Nutrition

Getting value from food is the crux of good nutrition. The 28-page WellAssured® Guide to Better Nutrition offers practical information showing how to incorporate healthful eating into everyday living. The guide provides detailed dietary guidelines and recommendations for improving eating habits without making huge sacrifices.

The Guide also identifies the health risks associated with poor nutrition, such as heart disease, hypertension, cancer, stroke, and diabetes. Included are sample menus and recipes, a daily food-intake form, a physical activity log, and a chart showing the fat, fiber, and calories of common foods.

Contents

1. *Nutritional Basics*. Whole food with its myriad of nutrition factors is vital to the immune system and to six of the ten most common causes of death.
2. *USDA Recommendations*. Seven guidelines that can improve health.
3. *Human Factors*. Tips for successful behavioral change.

Instructor's Manual Includes:

- ♦ Phone scripts & contact protocols - 26 pages
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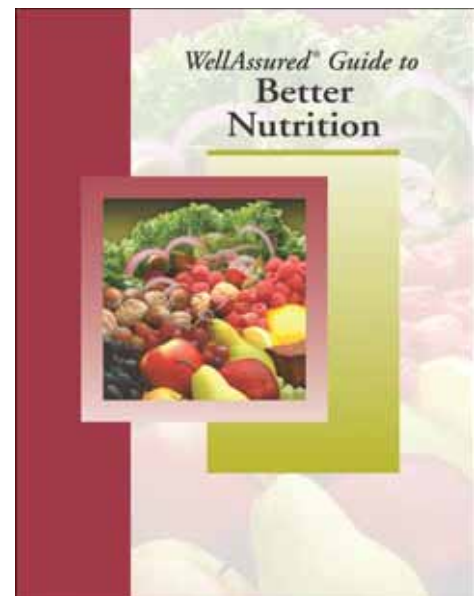
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Participant Guide: WAG-007
Instructor's Manual: WAG-007-I

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Senior Living

Twenty-four ways to increase, improve, and extend enjoyment in life are highlighted in the 32-page WellAssured® Guide to Senior Living. Topics include physical activity, nutrition, financial health, medical care, weight, mental challenge, coping with loss and grief, caring for parents and grandchildren, sexuality, living alone, planning for the future, sharing life experiences, sleep, social involvement, relaxation and enjoyment, smoking, drinking, change, pain, osteoporosis, chronic disease, spirituality, quality of life, and positive thinking. The anti-aging formula of research includes a large dose of activity and sufficient healthy food.

Contents

1. Keeping active physically, socially, and mentally.
2. Eating the "right stuff".
3. Maintaining social and emotional balance.
4. Avoiding damaging substances of all kinds.
5. Practicing regular medical and preventive care.

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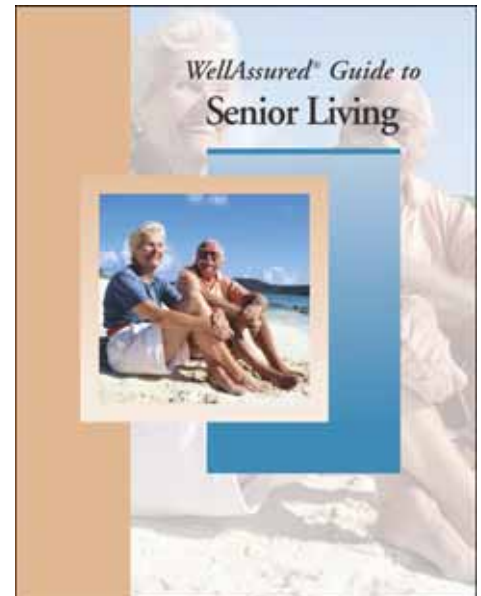
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Participant Guide: WAG-008
Instructor's Manual: WAG-008-I

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Living With Diabetes

Diabetes is one of the fastest growing and most costly diseases in the U.S., can lead to many complications, and is among the leading causes of death in the U.S. More than 16 million Americans have diabetes and 625,000 more are diagnosed each year.

The good news is that type 2 diabetes is up to 90% preventable even in those with a family history of diabetes. For people with diabetes, with symptoms of diabetes, or diagnosed “at risk” for diabetes, this 32-page WellAssured® Guide to Living with Diabetes can help reduce the risk of developing diabetes or delay its progression. The Guide is practical.

Contents

1. *What is Diabetes?* Type I and Type II diabetes, gestational diabetes, and high and low blood sugars.
2. *Managing Diabetes.* Self care, Professional medical care, Reducing risks.
3. *Diet and Physical Activity.* Key points in successful management.
4. *Healthy Relationships.* Important people in your life.

Instructor’s Manual Includes:

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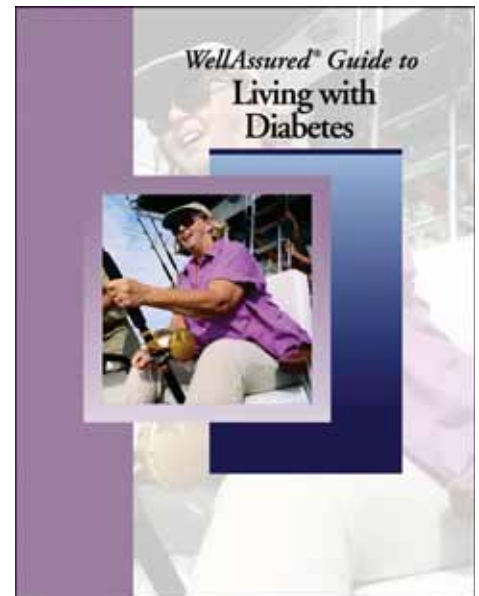
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Participant Guide: WAG-010
Instructor’s Manual: WAG-010-I

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Living With Asthma

No one knows why some children and adults develop asthma and others don't, but 13 million people in the U.S. including 4.8 million people under the age of 18 have asthma.

The 20-page WellAssured® Guide to Living With Asthma can alert you to household and other triggers and help reduce health risks associated with asthma.

Contents

1. *Living with Asthma: the Basics.* Triggers of an asthma attack and how to reduce your health risks.
2. *What to Do.* How to manage your asthma, including special considerations for children and the elderly.
3. *Diet and Exercise.* How to strengthen your body, especially your lungs and circulatory system.
4. *Healthy Relationships.* Focusing on your life choices and your family, friends, and relationships at work.

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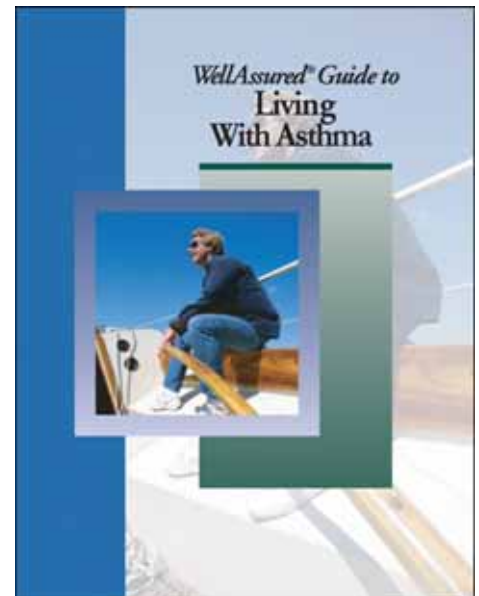
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Participant Guide: WAG-011
Instructor's Manual: WAG-011-I

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Managing Back Pain

Back pain results in more costs to businesses than heart disease. Whether the pain is acute or chronic, back pain is the leading cause of work disability. Most Americans experience serious back pain once or more in their lifetime. What causes back pain? What can reduce it? What strengthens a person's back? The 24-page WellAssured® Guide to Managing Back Pain answers these questions and helps you make and carry out a plan to strengthen your back.

Three keys to back mechanics are shown. Although not a substitute for professional medical care, lifestyle changes can improve well-being and support medical treatment.

Contents

1. *Back to Basics.* What makes a person at risk, and key points to remember.
2. *What to Do.* Three keys to back mechanics: position, muscles, demands.
3. *Lifestyle Adjustments.* Physical activity, specific exercises, and nutrition.
4. *Human Factors.* Aspects of life with back pain and with a pain-free future.

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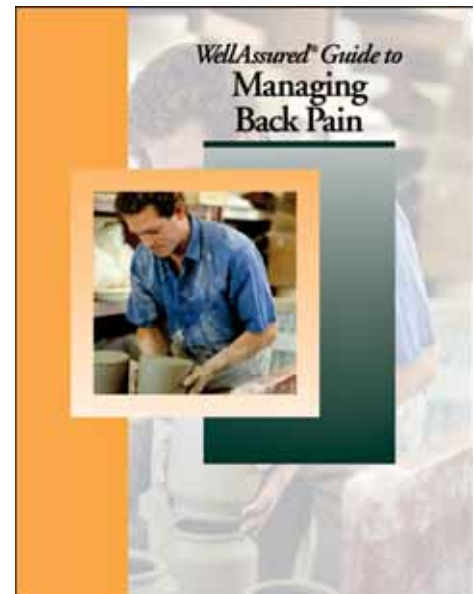
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The LifeLong Health® product line offered by Wellsource is designed for community outreach. It includes health assessment software, presentation resources, print materials, and training seminars to prepare volunteer health leaders to be effective lifestyle improvement facilitators in their community. Each resource is based on population research and offers commonsense, applicable recommendations.

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Participant Guide: WAG-012
Instructor's Manual: WAG-012-I

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Preventing Cancer

A healthy lifestyle can reduce cancer risk by as much as 60 percent. The 24-page WellAssured® Guide to Preventing Cancer offers hope and detailed information for improving overall health and reducing cancer risks. Currently, one in four Americans dies from cancer. This guide offers common sense recommendations for physical activities, developing good eating habits, quitting smoking, managing weight, coping with stress, and more. It also offers suggestions on how to make and maintain healthy lifestyle changes.

Contents

1. *Cancer Facts and Figures*. An overview of cancer risks and recommendations for reducing them.
2. *The Process of Cancer Prevention*. How to develop a personal action plan for improving lifestyle habits.
3. *The Human Factors*. A look at the personal aspects of cancer, including family, friends, and work relationships.

Instructor's Manual Includes:

- ♦ Phone scripts & contact protocols - 26 pages
- ♦ Curriculum and plans for a corporate setting - 10 pages
- ♦ Speaker Notes for each slide. Handouts (vary per topic)
- ♦ A CD with handouts and one PowerPoint® presentation of 30 - 50 graphics

System requirements for PowerPoint® presentations:

Microsoft Windows 95 or higher

A PowerPoint® viewer is included on the disk - *No additional software is needed*
An LCD or character projector is needed for viewing presentations in a large group

Topics in the WellAssured® Series:

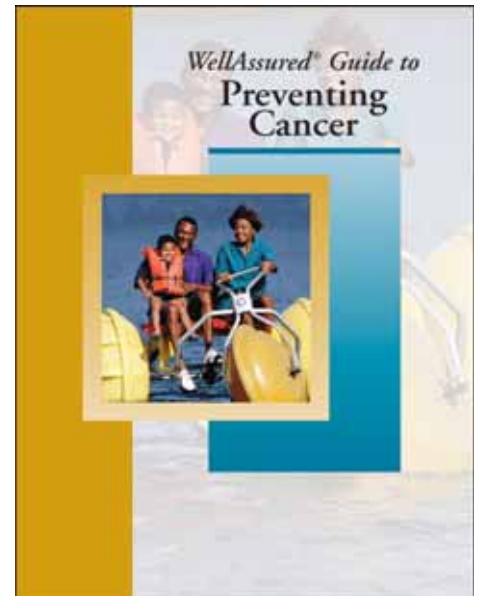
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Improving Fitness	Managing Back Pain
Weight Management	Healthy Heart
Managing Cholesterol Levels	Women's Health
Managing High Blood Pressure	Healthy Living
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Living with Diabetes	Stress Management & Emotional Wellbeing
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Participant Guide: WAG-013
Instructor's Manual: WAG-013-I

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Women's Health

Women, on average, live longer than men. Women are more social and less violent than many men. Women commit fewer crimes than men. And women are more likely than men to have osteoporosis, become overweight, and be a victim of domestic violence.

Even though general health recommendations are similar for men and for women, there are numerous social and health concerns that are primarily of concern to women, as indicated below.

The 32-page WellAssured® Guide to Women's Health focuses on the areas of health that are unique to women.

Contents

1. Heart Health
2. Emotional Health
3. Physical Health
4. Cancer Prevention
5. Gender Health Issues
6. Substance Abuse
7. Medical Health
8. Domestic Violence
9. The Process of Behavioral Change

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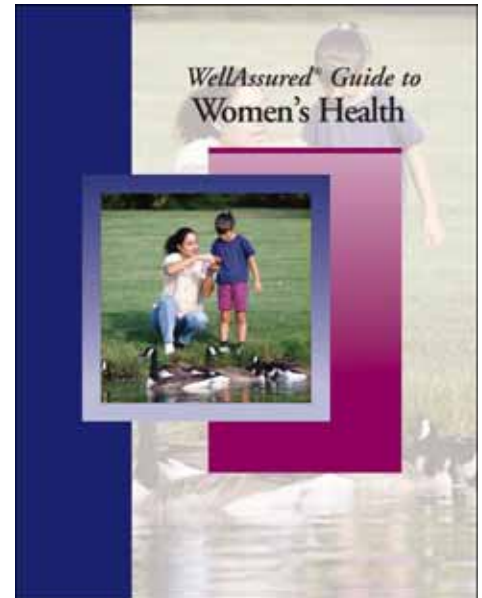
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| Quit Smoking | Living with Asthma |
| Improving Fitness | Managing Back Pain |
| Weight Management | Healthy Heart |
| Managing Cholesterol Levels | Women's Health |
| Managing High Blood Pressure | Healthy Living |
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Participant Guide: WAG-014
Instructor's Manual: WAG-014-I

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A Healthy Heart

Most heart damage can be prevented. A healthy heart pumps about 2,000 gallons of blood every day. Most people don't think about their heart until something goes wrong, but there are actions an individual can take to strengthen the cardiovascular system and lower health risks.

The 28-page WellAssured® Guide to a Healthy Heart offers practical, concrete suggestions on how to create a positive lifestyle by setting realistic personal goals. Interactive worksheets help the reader set goals and track progress toward reaching them.

Contents

1. *What is a Healthy Heart?* An introduction to the heart's capability and function and to heart disease.
2. *Seven Steps to a Healthy Heart.* How to develop an action plan for improving your heart health through positive lifestyle changes.
3. *Healthy Relationships.* How your family, friends, and job can impact your heart's action and your health.

Instructor's Manual Includes:

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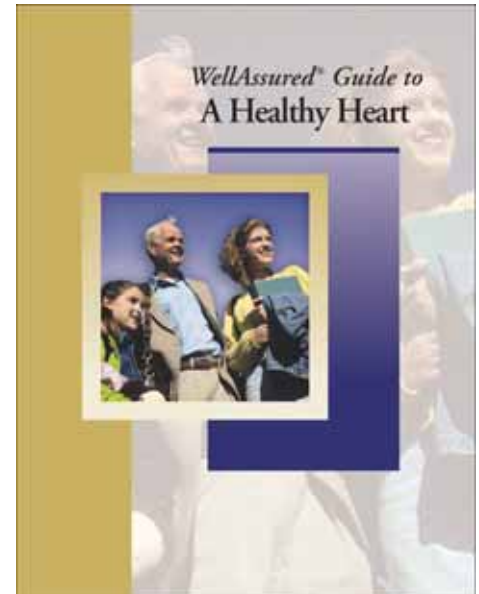
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Participant Guide: WAG-015
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Living Well with Arthritis

More than 38 million Americans live with connective tissue diseases or joint inflammations of which the most common is osteoarthritis affecting the cartilage of joints. More women than men suffer with arthritis, yet arthritis need not lead to a life of pain and severe physical limitations. In most cases, how to manage pain and maintain near-normal activity is known. The cause and the cure of arthritis remain to be demonstrated.

The 24-page WellAssured® Guide to Living Well with Arthritis helps the reader understand the various types of arthritis, manage chronic and acute pain, and provide several kinds of self-help treatment.

Contents

- | | |
|---------------------------------|----------------------------------|
| 1. <i>What is Arthritis?</i> | 6. <i>Fibromyalgia Syndrome</i> |
| 2. <i>Osteoarthritis</i> | 7. <i>Bursitis</i> |
| 3. <i>Rheumatoid Arthritis.</i> | 8. <i>Pain Management</i> |
| 4. <i>Gout</i> | 9. <i>Weight Management</i> |
| 5. <i>Lupus</i> | 10. <i>Physical Activity Log</i> |

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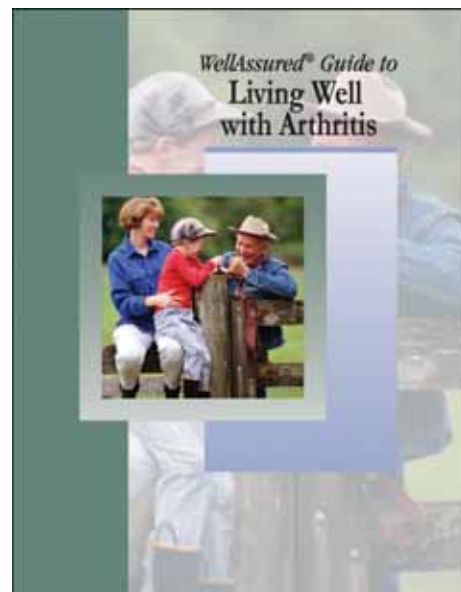
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Participant Guide: WAG-017
Instructor's Manual: WAG-017-I

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Healthy Living

The 36-page WellAssured® Guide to Healthy Living looks at many aspects of health and what practical steps a person needs to take to maintain health. The Guide explains health risks and provides a place to keep records of changes. Over time, small steps of improvement add up to large health gains. The best approach to healthy living is to make as many good health choices as you can, starting now. This is an excellent general guide to help increase motivation.

Contents

- | | |
|-----------------------|--|
| 1. Heart Health. | 8. Vision, Dental, & Hearing. |
| 2. Blood Pressure. | 9. Avoiding and Overcoming Dependencies. |
| 3. Physical Activity. | 10. Emotional and Social Health. |
| 4. Nutrition. | 11. Men's Health. |
| 5. Weight Management. | 12. Women's Health. |
| 6. Chronic Diseases. | 13. Aging and Longevity. |
| 7. Cancer Prevention. | 14. Home Safety. |

Instructor's Manual Includes:

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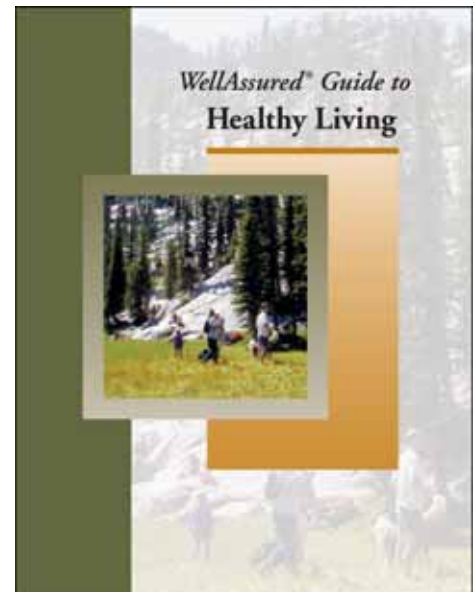
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Participant Guide: WAG-021
Instructor's Manual: WAG-021-I

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Living with Allergies

Fifty million Americans suffer from some form of allergy and the numbers are increasing. Hypersensitivities are overreactions that can be set off by plants and their products, foods, chemicals, insect and animal products, air-borne materials, and more. Some allergies can be life-threatening, yet removing a person from all exposure is virtually impossible.

The 20-page WellAssured® Guide to Living with Allergies provides practical self-help suggestions for implementing solutions that can help a person function, stay motivated, and minimize their allergies.

Contents

1. What causes allergies?
2. Signs and symptoms of allergies
3. Dangers and risks
4. A short glossary of allergy terms
5. Common myths about allergies
6. Treating allergies
7. Self-help management of allergies.
8. Managing allergies when traveling
9. The process of behavioral change
10. Stages and processes of change

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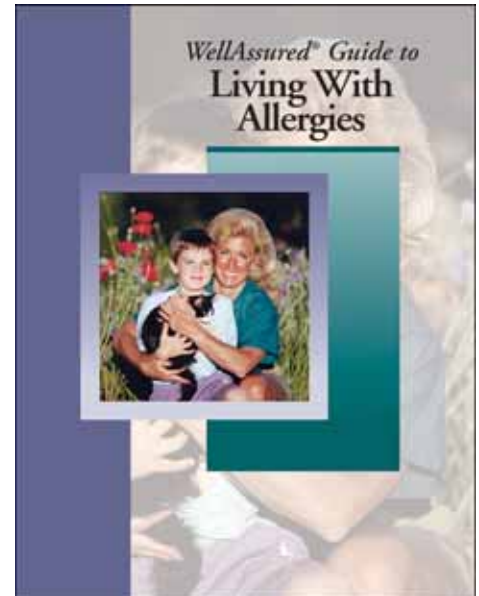
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Participant Guide: WAG-022
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Sample Pack of Guides

The WellAssured® Guides are award-winning 8.5 x 11 inch booklets written for the public and targeting 18 health areas. Each Guide is from 20 to 36 pages, easy to read, well-illustrated in color, and written by a team of health professionals.

Recommendations for risk reduction and health enhancement are drawn from the established guidelines of leading health organizations.

WellAssured® Guides are suitable for self-study and one-on-one counseling. Each Participant Guide reflects current research and includes practical advice on risk reduction and health improvement. Because topics differ, each Guide differs in layout, but all are updated regularly in keeping with new guidelines and research. Guides are available individually, in packs of 20, or in cases of 60 or 100.

The Sample Pack of 18 current titles is an effective, easy to read, illustrated resource with the latest population research-based health information.

Instructor Manuals are available for each topic in the series.

Instructor's Manual Includes:

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Sample Pack of
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