

Your Health Age - La Edad de Su Salud

Your Health Age (La Edad de Su Salud) is a computerized health assessment and teaching tool. It is based on a longevity study of county residents who were monitored more than nine years, and the seven health practices found to impact longevity. The assessment, recommendations, Speaker Notes, and follow-up PowerPoint presentations in *English and Spanish* emphasize the seven health practices.

The software calculates “health age” based on a participant’s lifestyle and contrasts it with chronological age. The interactive on-screen report and the printed report offer personalized wellness recommendations. Each can be customized. Identify your organization, phone number, website, or a follow-up event. Promotional materials can be printed from the CD. A group report summarizes participant data. The presentation can also be used as 7-10 minute Health Nuggets. *All Spanish forms can be printed from the CD.*

Topics:

- ◆ Smoking status
- ◆ Consumption of alcohol
- ◆ Physical activity
- ◆ Daily breakfast
- ◆ Sleep habits
- ◆ Body weight
- ◆ Snacking habits

Each Package includes:

- ◆ Software program to enter info, compute, print reports, create group report
- ◆ Interactive program on-screen questionnaire and report - no paper required
- ◆ User Manual: instructions, speaker notes, ideas, promotional materials
- ◆ PowerPoint® presentation supports research and report

System requirements:

Microsoft Windows 95 or higher

To view or print slides: viewer included - *no additional software needed*

LCD projector is needed to show the presentation to large groups

A printing device to print personalized reports

Titles in the Community Health Assessment Series:

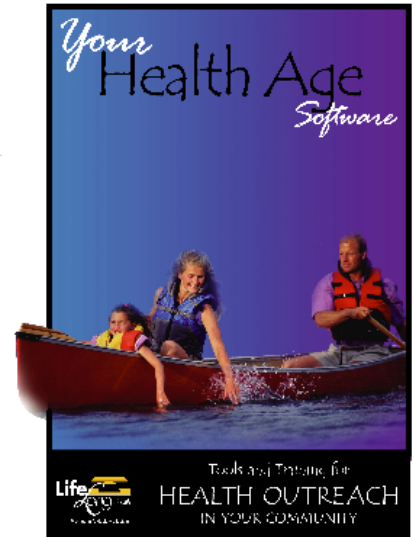
- ◆ Your Health Age (La edad de su salud)
- ◆ How Healthy is Your Lifestyle?
- ◆ Your Stress Profile (Su perfil de estrés)
- ◆ ¿Qué tan saludable es su modo de vida?
- ◆ Your Coronary Risk (Su riesgo de cardiopatía)
- ◆ Healthy Foods Index

About LifeLong Health

LifeLong Health is a registered product line of health resources for community outreach offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Manual and CD: AS2010
100 Questionnaires & 100 Reports: AS2011

English and Spanish!
Can be fully translated

For information or to order, call

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