

Healthx Product - Wellness Solutions

My Personal Health Suite

(Powered by Alere, Healthwise, and HealthDay)

Offered at a fraction of the price of other comparable products, Healthx Wellness Solutions enables employers to provide the wellness programs that employees want.

The Personal Health Suite comes with:

- Health Risk Assessment
- Personal Health Record
- Healthy Living Programs
- Preventive Reminders
- Daily Health News Feeds
- Monthly Seminars
- Plus much more!

Something for Everyone

- Women's Health
- Men's Health
- 50-Plus Health
- Children's Health
- Home Care
- Prenatal Care

Medical Resources

- Medical Encyclopedia
- Surgeries
- Handling Healthcare
- Medical Procedures
- Home Care
- Webcasts
- Medication Research
- Chronic Care



Looking for that perfect portal experience to drive engagement? Healthx Wellness Solutions is a step in the right direction! Find out more at www.healthx.com.

Food and Nutrition Tools

- Food Finder
- Food Log
- Healthy Recipes
- Sandwich Maker
- Menus
- Diabetes Diet Tips

Fitness and Sport Tools

- Virtual Trainer
- Exercise Routines
- Fitness Programs
- Exercise Log

Benefits of My Personal Health Suite

- Low price ensures ROI and wide adoption
- Increases client retention
- Reduces healthcare costs
- Differentiates you from competitors
- Helps you provide additional value to employees

Healthy Living Programs are the Key to Lifestyle Changes

Health Risk Assessments (HRAs) are great tools, but action is needed to produce behavioral change. What do employees do after they take the HRA? With the Healthx wellness program, employees begin the six-week Healthy Living Programs (HLPs) included in the Personal Health Suite to make lasting lifestyle

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Healthx develops and manages the most widely adopted online portals and applications for the healthcare and human resources markets.

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These programs engage employees by utilizing tailored content, communications, tutorials, assignments, emails, and fitness and nutrition logs to help them make continuing changes for their health. HLPs are a cost-effective way for employers to control healthcare costs and assist employees in living healthier, more productive lives.

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The Following Healthy Living Programs Are Included:

- Cancer-Fighting Program
- Diabetes-Fighting Program
- Your Healthy Living Program
- Get-In-Shape Program
- Healthier Diet Program
- Healthy Aging Program
- Healthy Heart Program
- Smoke-Free Program
- Easy Start Program
- Weight Loss Program
- Healthy Kids Program
- Stress Relief Program
- Healthy Seniors Program

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