



My Personal Health Suite

Powered by Alere, Healthwise, and HealthDay

Imagine being able to offer **ALL THIS** for as little as **FIFTEEN CENTS pepm!***

Offered at a fraction of the price of other comparable products, the Healthx Personal Health Suite enables payers to provide the wellness suite employers want at a price everyone can afford.

The Personal Health Suite comes with:

- Health Risk Assessment
- Personal Health Record
- Healthy Living Programs
- Preventive Reminders
- Daily Health News Feeds
- Monthly Seminars
- 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
- Chronic Care
- Medication Research

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 Insures ROI and Wide Adoption
- Increased Client Retention
- Reduced Healthcare Costs
- Differentiates You From Competitors
- Helps You Provide Additional Value

Healthy Living Programs are the Key to Lifestyle Changes

Health Risk Assessments are great tools, but action is needed to produce behavior change. What do employees do after they take the HRA? They start the six-week Healthy Living Programs (HLPs) included in the Personal Health Suite and begin to make lifestyle changes. These programs engage employees using tailored content, communications, tutorials, assignments, emails, and fitness and nutrition logs to help them make *lasting changes* in their lives. The HLPs are a cost effective way to help employees live healthier, more productive lives and help employers control healthcare costs.

The following Healthy Living Programs are included:

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

*15 cents pepm based on total number of lives.



Healthx confidential