

**S**ir Francis Bacon almost had it right. Back in 1597 he wrote, “Knowledge itself is power.” At Wellsource, we believe actionable knowledge is power.

Knowledge is powerful only if it motivates a person to take action *and* provides a way for them to do it. That’s why we demand more from our self-management tools than a simple sharing of knowledge. We require them to be engaging, informative, inspiring, and actionable.

Empower your population to make healthy choices with the WellSuite® IV Health Shelf® interactive health education and self-management tool. Health Shelf inspires individuals to incorporate healthy habits into their daily activities – habits that will positively impact the physical, emotional, and social aspects of their lives. It perfectly augments our WellSuite® IV Health Risk Assessment, and is accessed through the WellSuite® IV application.

Health Shelf is filled with articles, quizzes, self-assessments, how-to guides, trackers, challenges, and recipes for healthy meals. These tools motivate action that can maintain health, prevent disease, and reduce the risk of existing health problems. This in turn creates healthier populations, which reduces the cost of care.

Participants can easily browse our Health Shelf library for topics that interest them the most. Every bit of its scientifically sound information and advice is written at a respectful and engaging fourth grade health literacy level, making Health Shelf an easy-to-understand resource.

## WellSuite® IV Health Shelf®

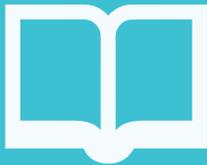


Health Shelf features 250 articles on 16 topics – plus healthy, easy recipes!

Health Shelf meets the requirements for NCQA WHP 7 and PHM 4, Elements F through K for self-management tools. Designed and developed by Wellsource, Health Shelf reflects our commitment to incorporating the latest evidence-based research into all of our wellness tools.

# WellSuite® IV Health Shelf®

When people are healthy, everyone wins – individuals, families, co-workers, employers, and the community at large. And that, indeed, is a powerful thing.



Health Shelf provides content for 16 health topics:

- Healthy Weight Management
- Smoking Cessation
- Physical Activity
- Healthy Eating
- Stress Management
- Responsible Alcohol Use
- Emotional Well-Being
- Safety
- Addiction Cessation
- Diabetes Prevention
- Cancer Prevention
- Heart Health
- Senior Living
- Self-Care Activities
- Sleep Habits
- Preventive Exams and Vaccines

Health Shelf content inspires individuals to make new and healthy choices every day – choices that can have a permanent and positive impact on every aspect of their lives.

Health Shelf is available online, over the phone, and in paper format. It is currently available in English and Spanish and can be customized for other languages upon request.



Health Shelf® is a companion to our WellSuite® IV Health Risk Assessment.

Motivating

Interactive

Actionable

Easy to Understand



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 **Wellsource**®  
POPULATION HEALTH STARTS HERE<sup>SM</sup>