

American Institute for Preventive Medicine



The American Institute for Preventive Medicine (AIPM) supports the development of health promotion, medical self-care and disease management programs, and publishes a variety of materials on health-related topics.

Some of the many AIPM publications available include:

- **Healthier at Home: The Proven Guide to Self-Care and Wise Health Consumerism** This easy-to-read reference offers step-by-step guidelines for taking care of minor health issues at home. More than 300 health topics and hundreds of helpful illustrations.
- **A Year of Health Hints: 365 Ways to Feel Better and Live Longer** This easy-to-read book offers a daily health tip, with ideas for how to lose weight, manage stress, prevent home accidents, exercise wisely, travel safely, and have a happier, healthier sex life.
- **Get Well Cards** These unique playing cards feature wellness activities and health tips for a

fun way to increase health awareness. They can also be used as a regular deck of cards.

- **HealthShelf** A Lucite display case acts as an information center for a health fair or permanent reference site. Fill with AIPM booklets, health trackers, brochures, cards and more. Choose from common health topics including first aid, heart health, nutrition, women's health, men's health, diabetes, asthma and stress.
- **HealthyLife Letter** Available in printed or electronic formats, this newsletter features inspiring articles on current health topics to motivate healthy lifestyle choices.

For more information or to place an order, call 248-539-1800, or toll-free 800-345-2476, or visit www.healthylife.com to see more products. Mention "ODS Client" and receive 10 percent off your order.

Health Edco

Health Edco provides inventive and fun health education tools for educators and organizations interested in promoting wellness. Realistic 3-D models give people hands-on experience with specific health topics and provide a visual understanding of why good health habits matter. Health Edco offers hundreds of products to use with employees to promote wellness. Here's a sampling:

- **Fat Chunks** Made with a realistic substance that feels like actual fat, these one- and five-pound models show viewers what fat looks like inside the body. This product is a great add-on to a nutrition or weight management program.
- **Visualize Your Portion Size Kit** Some people have difficulty understanding how much food is appropriate to eat in one sitting. This fun, interactive kit comes with colorful 3-D models to help people visualize portion size by relating common serving amounts to everyday objects. Model representations include:
 - A deck of cards/steak as three ounces of cooked, lean meat
 - A baseball/orange as a medium fruit
 - CD/pancake as one ounce of grains



To learn more about Health Edco and its products, visit www.healthedco.com. To place an order or ask questions, please call toll-free 800-299-3366, ext. 295. Mention "ODS Coupon" and receive 10 percent off your order.



Creative ideas for your wellness program

Providing information in a variety of ways is key to engaging employees and inspiring them to take charge of their own health.

To help facilitate your wellness program, ODS recommends using a range of materials with your employees — both written and hands-on interactive tools. We partner with two organizations offering outstanding products and services to help you create a successful wellness program.

Inspire healthy employees

Make health education fun and informative using interactive, hands-on tools, videos, games and more. Supplement your wellness program with a variety of engaging tools and materials offered by ODS partners. See details inside.

Healthy people make a healthy business

Employees are an organization's greatest asset. Their good health directly affects the health of the business. That's why employee health education and wellness programs are an integral part of any good business plan.

Wellness programs can vary greatly. You can:

- Provide written information on diet and nutrition, exercise, and cold and flu prevention.
- Offer employee health fairs to share information, provide demonstrations and offer services such as blood pressure checks or spine analysis.
- Set up interactive workshops focused on specific health topics such as weight management, heart disease or depression.

Your goal should be to provide helpful information in an engaging way, so that employees are inspired to make good lifestyle choices and improve their health and well-being.

Contact ODS today for help designing or reinvigorating your organization's wellness program.

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www.odscompanies.com

Insurance products provided by ODS Health Plan, Inc.

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Enhance your wellness program



Interactive tools offer a fun way to engage employees and promote good health throughout your organization.