

Wellness Education Foundation



Well Care Network Member Manual

Welcome!

Congratulations on becoming a Member of the Wellness Education Foundation Well Care Program offered by Wellness Education Foundation Inc. The Wellness Education Foundation is a health and wellness company designed to educate you and your family, our Members, in achieving and maintaining good health and improved wellness. The IRS has designated the WEF as a 501-c-3 non profit. In fact, a ***Wellness Education Foundation Membership positions you and your family to live a longer, happier and more productive life.***

This is a Membership Program and NOT an Insurance Program

A Wellness Education Foundation Membership helps you and your family assess the behavioral and lifestyle risks that impact your health and provides tools and programs for improvement. Your Membership provides access to Wellness Education Foundation's Health Coaches, an opportunity for you and your family to receive face-to-face assistance with understanding and addressing risk factors. Wellness Education Foundation's powerful Internet tools, telephonic counseling and telephonic support services are available 24 hours a day, 7 days a week. Your Wellness Education Foundation Membership also provides significant discounts on health and wellness services, products and programs.

Please recognize that your Wellness Education Foundation Membership is designed to help you obtain and maintain a state of wellness. In most cases, the wellness services made available through your Wellness Education Foundation Membership (as opposed to the "medical model") offer more desirable solutions for addressing many health issues including weight loss, improved fitness, allergies, pain, high cholesterol, stress reduction, improved nutrition, and overall health and wellness. Wellness Education Foundation provides you with the information, tools, support, and access you need to always make the best decisions for your health and wellness.

Many of our Members have found the services available through Wellness Education Foundation offer the following advantages:

- *less invasive*
- *less costly*
- *fewer side effects*
- *more personal*
- *treatment of the whole person rather than just the symptoms*

We are so committed to your health that we will pay you \$100 for using our Program! Please refer to page 20 of your Membership Guide to learn how. Also, please note that we have a very generous referral program described on page 5. If you have any questions or concerns, don't hesitate to contact Wellness Education Foundation Healthcare Membership Service via e-mail at

Info@Wellnesseducationfoundation.org

or call us toll free at 1-800-287-9488

Sincerely,

David E. Wade, DC, CCSP

President & Chief Executive Officer

Table of Contents

Empowering people to excel!



We are passionately dedicated to empowering people like yourself to master life's challenges. Everyone has his/her own unique needs. It is our belief that as individuals are empowered to master their life challenges, whether utilizing on-line information and tools, telephonic coaching, or community resources, they will excel

<i>WELCOME</i>	<i>1</i>
<i>TABLE OF CONTENTS</i>	<i>2</i>
<i>MEMBER QUICK REFERENCE.....</i>	<i>3</i>
<i>WHO IS WELLNESS EDUCATION FOUNDATION</i>	<i>4</i>
<i>MEMBERSHIP FEATURES.....</i>	<i>5</i>
<i>HEALTH RISK ASSESSMENT & REVIEW.....</i>	<i>6</i>
<i>HEALTH COACHING</i>	<i>9</i>
<i>INTERNET TOOLS</i>	<i>10</i>
<i>WEIGHT LOSS AND FITNESS</i>	<i>17</i>
<i>DISCOUNTED HEALTH SCREENINGS</i>	<i>18</i>
<i>DISCOUNTED VITAMINS AND SUPPLEMENTS</i>	<i>20</i>
<i>BED BOSS</i>	<i>21</i>
<i>PERSONAL WELLNESS CHECKLIST AND \$100 PRIZE</i>	<i>22</i>

Member Quick Reference

Call the **WELLNESS EDUCATION FOUNDATION at (800-287-9488)** 24 hours a day/7 days a week to contact Wellness Education Foundation Member Services for any of the following:

Difficulty logging on to take your HRA or onto the Wellness Education Foundation Internet Tools.

Identify or schedule an appointment with a local Wellness Coach in your area for your bio-metrics, Health Risk Review, or Complementary Wellness Assessment/Consultation.

General questions about your Wellness Education Foundation Membership. To **nominate a health and wellness provider** to participate in the Wellness Education Foundation Program.

Order/inquire about **discounted vitamins and supplements**, Memory Foam Mattresses from theBEDBOSS.com (Wellness Education Foundation Members receive a 35%+ discount off retail pricing), or Weight Loss Products.

For information about **discounted fitness center memberships**.

Call the Wellness Education Foundation

1. Go to **www.WellnessEducationFoundation.org**
2. Log on to the **Online Wellness Center** using your email log as your user name and your last name as your password.

Accessing the online tools available through Wellness Education Foundation

Important Phone Numbers/ Contact List

1-800-287-9488 **Wellness Education Foundation National Office**
256-241-6112 **WIDENET WEBSITE HOST**

WWW.LABCORP.COM FOR Laboratory work (Living Well For Life Contract)

Who is the Wellness Education Foundation?

Wellness Education Foundation, an innovator in the field of wellness and Preventive programming has a history of assisting employees and individuals access to health improvement programs dating back to the 1990's.

Wellness Education Foundation is the national leader in its field and is at the forefront of several emerging trends in healthcare:

- our society's increased interest in ***health and wellness*** to avoid sickness and disease;
- the movement away from tedious and restrictive policies to ***Consumer Directed Healthcare*** whereby educated and empowered individuals make their own decisions;
- increased utilization of ***complementary and alternative*** healthcare providers and services;
- an emphasis on the use of ***local Certified Wellness Coaches*** to assist individuals in their health improvement;
- ***personal control*** of one's health through lifestyle and behavior management; and
- ***programs for the entire family.***

Wellness Education Foundation Well Care program provides you and your family a comprehensive package of health and wellness services including:

- ***assessments*** of behavioral and lifestyle risk factors that could compromise your health;
- ***intervention*** to assist you and your family in taking action and making health improvements through Certified Wellness Education Foundation Wellness Coaches, other health and wellness providers, and innovative Internet programming;
- ***education*** to provide you with the knowledge to optimize your health and wellness;
- ***access and discounts*** to a network of health and wellness providers, services, and products.

The Wellness Education Foundation is a national governing body (NGB) and provided Certification for Wellness Coaches.

Corporate Contact Information:

Wellness Education Foundation, Inc.

620 Quintard Dr. Suite 201

Phone: 800-287-9488

Fax: 256-237-6007

Email: admin@WellnessEducationFoundation.org

Web site: www.wellnesseducationfoundation.org.

Wellness Education Foundation Healthcare Member Features

Wellness Education Foundation Members have access to a variety of benefits for you and your family including:

1. Personalized Wellness plans for **you and your family (1.)!**
2. **Discounted Access** to wellness providers, products, and services. Wellness Education Foundation Members save on vitamins and supplements, Weight Loss Products and Memory Foam Mattresses from www.thebedboss.com, fitness products, fitness centers, and lab testing including Cholesterol, Glucose, Men's Profiles, and Women's Profiles.
3. A **FREE (2.)** Health Risk Assessment (HRA) resulting in a comprehensive **Personal Wellness Profile** that outlines your health risks and offers some introductory ideas for improvement. Each time that you take the HRA, your report will illustrate the change over time.
4. A **FREE** Health Risk Review with one of our Wellness Coaches to review your Personal Wellness Profile.
5. Access to our **Online Wellness Center** that includes powerful Internet Tools—our Electronic Personal Health Improvement Tool, SELF HELP WORKS and the Wellness Education Foundation Online Wellness Center.
6. Opportunities to attend health and wellness classes and presentations by Wellness Education Foundation providers.
7. A **FREE** Health & Wellness Newsletter conveniently emailed to you each month with discounts, special promotions, and interesting articles.
8. The opportunity to participate in an optional, fee-based **Wellness Coaching Program** to assist in improving your health.
9. Discounts on Health Care Services from your Participating WEF Well Care Professional Member

Referral Program

Did you know with Wellness Education Foundation's Referral Program that you can get paid for helping others improve their health?

- **refer a health and wellness provider** and get paid \$50 when they join our program.
- **refer someone who joins as an individual member** and get paid \$32 when they join.
- **refer a company** and get paid \$100 when they sign up.

Contact Wellness Education Foundation Member Services for more information on how you can make money while helping others.

(1.) Most Wellness Education Foundation Features are also applicable to dependents.

(2.) Free HRA per year for Member and spouse – there are 42 different Health Risk Assessments

Health Risk Assessment and Review

What you need to know about Health Risk Assessments

Health Risk Assessments (HRAs) are the cornerstone of any wellness program. The HRA provides a quantifiable assessment of your current health conditions as well as behavioral and lifestyle risks that impact your health. Your HRA is a single report with all of your health information that allows you to track improvements over time.

A certain amount of bio-metric data (height, weight, blood pressure, body fat percentage, posture score, and pulse) is included with the HRA at no cost if you schedule an appointment with a Wellness Education Foundation Participating Health Care Professional or Certified Wellness Coach.

Additional clinical data is available for an additional charge including laboratory (blood testing) services for common items like Cholesterol and Glucose as well as comprehensive profiles.

Know your numbers - get your Wellness Score!

Your HRA provides a quantifiable assessment of your current health conditions and risks. The comprehensive Health Risk Manager for your Personal Wellness Profile generated from your HRA presents information on your health status that will help you understand and improve your health over time. Find out your Wellness Score - what lifestyle risks you have are based on your self reported lifestyle - as well as your Wellness Scores and Risk Factors. This and other useful information will help you start your journey to health and wellness. Knowing your numbers is the first step to healthier living!

Watch your health improve over time!

Your Wellness Education Foundation HRA tracks your improvements over time. This is one of the most popular aspects of the Wellness Education Foundation HRA, as the information presented on your Personal Wellness Profile will display improvements from year to year.

Get your Health Risk Assessment - it's important!

Please do not overlook the importance of getting a Health Risk Assessment annually. Not only will you receive an in-depth Personal Wellness Profile full of information about your health status, you will also enjoy a no cost Health Risk Review with one of our Certified Wellness Coaches. This review will help you better understand your health risks and the importance of improvement.

Schedule your Health Risk Review

Once you have completed your Health Risk Assessment, schedule your personal Health Risk Review with a Wellness Education Foundation Wellness Coach. Call 800-287-9488 and a Member Service Representative will help you find a Wellness Education Foundation Certified Wellness Coach near you or, if you receive your Wellness Education Foundation Membership through your employer, contact your organization's Human Resources' Representative.

How to take your HRA

Log on to the Online Wellness Center via Wellness Education Foundation's web site (www.wellnesseducationfoundation.org.) You will be asked to enter your User Name (your email) and Password. Your User Name is your email address, your Password is your first name.

Click SUBMIT. This will take you to the Member Home Page (**Online Wellness Center**).

1. Read the disclaimer and click I Agree, if you agree.
2. Enter your user name (e mail) and your last name in all CAPS.
3. Enter the information and click "Generate Report" when finished. If the assessment's key data points have been entered correctly the screen will once again prompt to "Generate Report." Click the button and view the report. You may print the report using your Internet Browser's PRINT button.
4. If an assessment has already been entered and viewed, you will be presented with the option to either view the report again or edit it.

Once you have completed the HRA, you can generate your report and schedule your complementary appointment with a Wellness Education Foundation certified Health Coach for your Health Risk Review.

See page 9 on how to schedule your Health Risk Review.

Please Note: The Health Risk Review is a tremendous opportunity to have professional assistance in reviewing your Personal Wellness Profile. This ensures that you understand the behavioral and lifestyle risks that impact your health and wellness, as well as the importance of making improvements.

You may elect to participate in additional personalized, fee-based Health Coaching to closely assist you in setting goals and support you in making improvements.

See page 9 for more information on Wellness Education Foundation's Health Coaching Program.

HRA Cost

As a Member, you receive one FREE online HRA for you and your spouse per year. If you would prefer to take a written HRA, they are available for a reduced cost of only \$25. Contact Wellness Education Foundation's Member Services to order.

Health Risk Review Cost

Members receive one FREE Health Risk Review with each HRA.

How to schedule your Health Risk Review

Once you have taken your Health Risk Assessment

If you receive your Wellness Education Foundation Membership through your employer, schedule your Health Risk Review with your Internal Champion or Human Resources Representative.

If your Wellness Education Foundation Membership is **not** employer-based, please contact your local Wellness Education Foundation Wellness Coach directly or contact Wellness Education Foundation Member Services for assistance.

What happens at the Health Risk Review?

Wellness Education Foundation's complimentary annual Health Risk Review is one of the most popular components of the Wellness Education Foundation Membership. This allows a Member to schedule a no-cost office visit with a Wellness Education Foundation Certified Health Coach to review their HRA.*

At the Health Risk Review, the Wellness Education Foundation Certified Wellness Coach reviews the results of your Health Risk Assessment with you to ensure you understand the behavioral and lifestyle risks that impact your health and wellness, and the importance of improvement. The Wellness Coach will outline the tools that your Wellness Education Foundation Membership provides and suggest those that might be most beneficial to you including:

Internet Tools for self-directed intervention

(See page 10 for more information.)

Access to the Wellness Education Foundation Network of health and wellness providers

During the Health Risk Review, the Wellness Education Foundation Health Coach will introduce his/her services and offer an explanation of how they can further assist you in taking steps towards a healthier lifestyle. Additional sessions can be scheduled with the Wellness Coach, if needed, on a fee basis.

Don't hesitate to contact Wellness Education Foundation's Member Services with questions or concerns!

* If a Wellness Coach is not available near you, the Health Risk Review will be conducted telephonically.

Health Coaching

Are you ready to improve one or more areas of your health but need some Assistance? If so, you should consider Wellness Education Foundation's Health Coaching Program. It includes one-on-one sessions beginning with the creation of a written Health Improvement Plan and identifying your personal wellness vision during your first visit. During subsequent sessions, your coach will assist you in overcoming obstacles while concurrently supporting you and holding you accountable.

Health Coaching is available for the following topics:

The Health Coaching Program is an optional, fee-based component of your Wellness Education Foundation Membership. However, many Wellness Education Foundation Members will pay for Health Coaching through their Flexible Spending Account (FSA) and recognize significant income tax savings. Members may also spread the payments out over a period of time. Some employers may reimburse part or all of the costs upon completion of the program.

While participating in Health Coaching requires an investment of time and financial resources, your improved health and quality of life is definitely worth it! The three month Health Coaching program is \$450.00 including weekly visits with your Health Coach during the first month and once a month thereafter. 0% interest financing is available (subject to credit approval).

To learn more about Health Coaching, please contact Wellness Education Foundation Healthcare's Member Services or visit with your local Wellness Education Foundation Certified Health Coach.

- Weight Management
- Managing Back Pain
- Effective Parenting
- Living Well With Arthritis
- Healthy Pregnancy
- A Healthy Heart
- Quit Smoking
- Living With Asthma
- Healthy Living
- Better Nutrition
- Senior Living
- Women's Health
- Overcoming Dependencies
- Managing Congestive Heart Failure
- Managing Cholesterol Levels
- Managing High Blood Pressure
- Living With Allergies
- Living With Diabetes
- Preventing Cancer
- Improving Fitness
- Managing Stress
- Overcoming Depression & Anxiety

Internet Resources

Your Well Care Membership with the Wellness Education Foundation provides you several Internet Resources for education and intervention including a monthly health and wellness newsletter, an on-line provider directory, Wellness Education Foundation's electronic SELF HELP WORKS Health Improvement Tool, and Wellness Education Foundation ONLINE WELLNESS CENTER

Living Lean - Weight Management Program

How does the program work?

While other programs and products generally provide short-term, band-aid solutions, Living Lean treats the root emotional causes of your addictive behavior. This method, called structural cognitive [training](#), teaches and helps you practice how to make rational rather than emotional decisions about eating.



Why Living Lean is different

Your 12-session program is delivered entirely via the Internet. You are taught the principles of the program with engaging multimedia movies and highly interactive feedback. Learn how to become an ex-muncher, without feeling deprived, without missing your main munches and without feeling irritable.

You only need one button to use the course. Everything else - your schedule, your emails, and the feedback - are automated and simple to use. The program is customized to you. It guides, reinforces, and even cajoles you. Custom emails, personalized feedback, and your custom calendar help assure that you succeed.

Living Free - Smoking Cessation Program

How does the program work?

While other programs and products generally provide short-term, band-aid solutions, Living Free treats the root emotional causes of your addictive behavior. This method, called structural cognitive [training](#), teaches and helps you practice how to make rational rather than emotional decisions about smoking.



Why Living Free is different

Your 10-session program is delivered entirely via the Internet. You are taught the principles of the program with engaging multimedia movies and highly interactive feedback. Learn how to become an ex-smoker, without feeling deprived, without missing your cigarettes and without feeling irritable.

You only need one button to use the course. Everything else - your schedule, your emails, and the feedback - are automated and simple to use. The program is customized to you. It guides, reinforces, and even cajoles you. Custom emails, personalized feedback, and your custom calendar help assure that you succeed.



Living Fit - 90-Day Walking Program

Why?

Because you deserve it!

How It Works

Habits and patterns rule. Most of what we do on a daily basis is a function of habit and that is both good and bad. Some of our habits are productive and some do not provide well-being. Three common features of all habits is that once a habit is established it is easy to do, becomes automatic and is hard to break.

The **purpose** is for exercise to become a regular part of your life and for it to be an activity that you eagerly anticipate.

ASSESS YOUR HEALTH



Health Risk Assessments (HRA's)

The WEF's **Health Risk Assessments** include comprehensive health and wellness tools that give expert health and wellness recommendations based on easy-to-use interactive questionnaires. The interactive **Assessment Manager™** engine uses reactive logic to intelligently guide users through a series of questions that evaluate their health and lifestyle and provide custom results and recommendations. Related links also allow users to find out more about the topic and their personalized results. Users can also return to review and track their results over time.

Each assessment meets rigorous editorial standards to provide members with accurate and trustworthy health and wellness information.

- [Disease-Specific Assessments](#)
- [Life/Work Style Assessments](#)
- [Conditions/Symptoms Assessments](#)
- [Profiles](#)

ASSESS YOUR HEALTH

Disease-Specific Health Risk Assessments

- Bladder Cancer
- Breast Cancer
- Cervical Cancer
- Cognitive Decline
- Colon Cancer
- Diabetes
- Heart Disease
- Kidney Cancer
- Leukemia
- Lung Cancer
- Melanoma
- Non-Hodgkin's Lymphoma
- Osteoporosis
- Ovarian Cancer
- Prostate Cancer
- Stomach Cancer
- Stroke
- Uterine Cancer

Life/Work Style Assessments

- [Career Burnout](#)
- [Eating Behavior](#)
- [Fitness Assessment](#)
- [Fitness Quotient](#)
- [H.E.A.R.T.](#)
- [Stress Style](#)
- [Movement Awareness](#)
- [Stress Management](#)
- [Work Addiction](#)

Conditions/Symptoms Assessments

[Depression Consultation](#)

[Menopause](#)

[Depression Screen](#)

[Pain and Limitations](#)

[Emotional Health](#)

[Post-Traumatic Stress](#)

[Insomnia](#)

Profiles

[Ayurvedic Profile](#)

[General Health](#)

[Cancer Prevention Grade](#)

[Preventive Care](#)

[Chinese Elemental Profile](#)

[Tibetan Medicine Profile](#)

[Enneagram Profile](#)

[Total Health Grade](#)

Wellness Education Foundation ONLINE WELLNESS CENTER
Wellness Education Foundation ONLINE WELLNESS CENTER provides
convenient 24-hour Internet access for help with:



[Disease & Condition Fact Sheets](#)



[Disease & Condition Info Centers](#)



[Procedures & Tests](#)



[Health & Wellness Centers](#)



[Natural & Alternative Treatments](#)



[Medications](#)



Interactive Tools



Medical News and Research



Medical Dictionary



Tobacco & Smoking Center

3. Choose the Wellness Education Foundation HEALTH & WELLNESS option from the left column of links.

Your user name and pass code are strictly confidential and your choice. Your identity will never be revealed.

To Access your Wellness Portal Go to your Health Care Provider's Web Page and Hit the link for **Wellness Program**.

If you have difficulty with this link go to

<http://wef.convergencehealth.com>

YOUR USER NAME: Your email Address

YOUR PASSWORD: Your first name

Weight Loss & Fitness

DISCOUNTED HEALTH CLUB MEMBERSHIPS

Wellness Education Foundation Members have access to a nationwide network of fitness centers with significant discounts available in most cases.

To locate (or nominate) a health club/fitness center in your area, email info@WellnessEducationFoundation.org or call Member Services @ 800-287-9488 WELLNESS EDUCATION FOUNDATION.

FITNESS EQUIPMENT

Wellness Education Foundation Healthcare Members have access to a great selection of discounted fitness equipment ranging from the top of the line new equipment to reliable and very affordable pre-owned equipment. **Wellness Education Foundation Members receive 10% off !**

Go to [www. Onlinewellness.org](http://www.Onlinewellness.org) to our STORE for your selection.

Contact Abbsolute Fitness at 866-446-4001 ext. 207 for more information.

WEIGHT LOSS PROGRAM

There are thousands of weight loss programs, foods, and dietary supplements on the market today but most only target one specific aspect of weight management. Thus, most weight-loss programs fail. However, the proprietary **Wellness Education Foundation Weight Loss Program** approaches weight loss from a synergistic, whole body approach that includes all the components to ensure your success: a Wellness Coach to support you and hold you accountable, 24/7 internet support, a personalized exercise and nutrition program, on-line reporting of your fitness and nutrition goals and activities, proper nutrition and supplementation, and incentives for participation.

Based upon this balanced approach, the Wellness Education Foundation Weight Loss Program is a long term approach that provides results and increases your ability to achieve physical goals for the rest of your life. In fact, we are so confident that you'll lose weight that we'll offer you a **100% money back guarantee** if it doesn't work*!

METABOLIQ Optimizes, Vitalizes, Stabilizes - Resets & Re-Charge Your Metabolism.

The Wellness Education Foundation Weight Loss Program is available either in a one-on-one or group basis. Please email info@WellnessEducationFoundation.org for a Program Fact Sheet and enrollment form or ask your Human Resource Department about holding group classes at your employer.

**Please see Program Fact Sheet for details of the Program and guarantee.*

Discounted Health Screenings

Do you know your numbers? It can be the difference between life and death! Fortunately, Wellness Education Foundation Members have access to steeply discounted health screenings and receive a FREE consultation with their Wellness Education Foundation Wellness Coach to review the results and discuss intervention strategies.

Cholesterol & Glucose Profile

What? Includes Glucose (diabetes test) along with total Cholesterol, HDL Cholesterol, LDL Cholesterol, triglycerides, and VLDL.

Why? Important to know because high glucose can cause damage to your eyes, kidneys, nerves and blood vessels while high cholesterol is the principal risk factor for coronary artery disease.

Who should have?

1. Anyone overweight or without a balanced diet.
2. Everyone starting at age 35.
3. If you smoke, have diabetes, or a family history of heart disease.
4. Everyone with a personal or family history of high cholesterol.

How much?*: \$19.95 for Wellness Education Foundation Members / \$29.95 for others **Men's Health Checkup & Cancer Screening What?** Comprehensive test includes CBC, Thyroid Profile with TSH, Lipid Profile, Liver Profile, Kidney Panel, Minerals and Bone, Fluids, and Electrolytes.

Why? Prostate cancer can be caught early and this test checks all of your body's major systems. Many diseases can go unchecked for years and not produce symptoms until it is too late.

Who should have?

1. All men, regardless of age, with a personal history of cancer, high blood pressure, or high cholesterol.
2. Men who are overweight, without a balanced diet, or with a family history of cancer, high blood pressure, or high cholesterol.

How much?*: \$119.95 for Wellness Education Foundation Members / \$169.95 for others

Discounted Health Screenings are continued on the next page.

Discounted Health Screenings (continued)

Women's Health Checkup & Cancer Screening

What? Comprehensive test includes CBC, Thyroid Profile with TSH, Lipid Profile, Liver Profile, Kidney Panel, Minerals and Bone, Fluids and Electrolytes, C-Reactive Protein, Cholesterol, Glucose, and Estrogen.

Why? Checks the health of your body's major systems. Many diseases go unchecked for years and not produce symptoms until it is too late to prevent them from becoming serious. It tests your liver, kidneys, thyroid, blood, immune, and cardiovascular systems. Additionally, total estrogens may be used to evaluate for ovarian cancer.

Who should have?

1. All women, regardless of age, with a personal history of cancer, high blood pressure, or high cholesterol.
2. Women who are overweight, without a balanced diet, or with a family history of cancer, high blood pressure, or high cholesterol.

How much?*: \$119.95 for Wellness Education Foundation Members / \$169.95 for others

Optional Health Screens

PSA for early detection of prostate cancer. Recommended for all men 30+.
Discounted Pricing*: \$39.00 for Wellness Education Foundation Members/\$44.00 for others

H. Pylori for testing of stomach, indigestion, ulcer, and other gastric issues.
Discounted Pricing*: \$25.00 for Wellness Education Foundation Members/\$29.00 for others

TSH for determining thyroid function which is especially important for those seeking to lose weight or are struggling to lose weight.
Discounted Pricing*: \$34.00 for Wellness Education Foundation Members/\$39.00 for others

C-Reactive Protein tests for inflammatory disease, infections, and heart disease.
Discounted Pricing*: \$34.00 for Wellness Education Foundation Members/\$39.00 for others

CBC (Complete Blood Count) detects anemia, oxygen use, leukemia, infection, cell count, platelet count, iron deficiencies, and nutritional disease.
Discounted Pricing*: \$15.00 for Wellness Education Foundation Members/\$19.00 for others

- Plus \$10.00 phlebotomy fee per person. Only one "draw fee" per person regardless of how many tests/screens. Pricing subject to change, call/email to verify.

How to access your services

1. Email info@WellnessEducationFoundation.org or call 800-287-9488 Wellness EDUCATION FOUNDATION to request a Health Screening Order Form.
2. Submit the completed Form (as instructed on the Form) and you'll receive a requisition form and instructions for the closest draw station.
3. Within a week of your test, you'll be contacted to schedule a complementary consultation to review your results and discuss next steps, as warranted.

Discounted Vitamins & Supplements

Wellness Education Foundation Members have discounted access to the best vitamins and supplements available. Some of the most popular products include:

MERCOLA Wellness Products

Qivana Core Wellness A comprehensive dietary supplement of important antioxidants and phytonutrients, vitamins, minerals, and other metabolic cofactors that help promote longevity and wellness, vigor and vitality. These products are **guaranteed to improve your health**--contact Wellness Education Foundation Member Services for details.

Based upon the results of your Health Risk Assessment, your Health Coach may recommend supplementation to specifically address your demonstrated risk factors. In fact, nutritional deficiencies are a significant contributing factor to many health issues. Wellness Education Foundation's discounted product line includes applications for the following:

Stress Heart Health Weight Loss
Fatigue High Cholesterol Detoxification
Immune Support Cancer Prevention Osteoporosis
Memory Loss Digestive Health Men's Health
Weight Loss

To learn more about these great products, log-on to the Wellness Education Foundation Online tools at www.onlinewellness.org and click on the link ONLINE STORE for discounted vitamins and supplements, call Member Services @ 800-287-9488 or email us at info@WellnessEducationFoundation.org.

Wellness Education Foundation Members Receive a 10% discount off retail prices and can save even more through our Automatic Delivery Program.

BED BOSS MEMORY FOAM MATTRESS

What is Memory Foam?

Memory Foam allows every square inch of the body to be supported and reduces skin pressure as a result. It enables natural movement at night by absorbing energy during transfer of movement. Memory foam molds to the body and has the ability to conform to the body's shape and then return to its natural shape.

TheBedBoss Visco Memory Foam allows every square inch of the body to be supported and reduces skin and joint pressure as a result while enabling natural movement at night by absorbing energy during transfer of movement. Our special formulas maximize weight distribution, reducing pressure points on the body. This spreads your weight evenly completely removing pressure points.

New formulas from 2nd generation memory foam keep it from retaining more heat. The density- (weight measurement of the substance in each square foot) can be a measure of quality, but medium to slow recovery time is the best description for maximum support.

Using More fillers and chemicals may increase the density of memory foam, but our semi-breathable / slow recovery 3-4lb. and 4-5lb. Visco-Elastic foam from thebedboss doesn't use those chemicals because they would harm the environment. Besides taking away from our "green" story, they really don't provide any additional support.

Now available in our product line are Castor Bean Oil, Bamboo-Infused Memory Foam, with up to 45% Natural Bamboo fiber and Aloe-Vera treated fabrics. These are all components that make theBedBoss' manufacturing First-Class.

Benefits

Memory Foam improves the circulation of blood and oxygen allowing it to flow freely through the body, thusly eliminating tossing and turning. Studies have shown the more oxygen rich content in the blood, the stronger your immune system will be. So, with memory foam, the body receives more rest in less time, providing higher quality sleep.

The 2 most common benefits of quality sleep are (a) improving one's mental performance/memory and (b) increasing one's physical stamina

Memory Foam reduces allergens significantly more than other sleeping surfaces. The close proximity of memory foam cells prevent humidity (causing mold) or breeding of dust mites.

Genuine Memory Foam lasts 2-3x longer than innerspring mattresses.

www.thebedboss.com insert your discount code "WEF1" upon check out for your Well Care discount.

Personal Wellness Checklist & \$100 Prize

The hardest part of getting involved with your wellness program can be getting started. To get a jump start and assist you in getting the most out of your wellness program, take the time to mark the milestones of your journey to better health and wellbeing using the checklist below.

In fact, if you complete all the activities below within your first membership year, check off each one and fax this form with a cover letter attesting that you did to Wellness Education Foundation 256-237-6007 and we will mail you \$100 and, if you allow us to, list you on our Wellness Education Foundation Wellness Champion Hall of Fame on our website!

1. Subject to verification, of course; Have your Health Coach collect your biometrics including:
 - Height and weight
 - Blood pressure and body fat percentage
 - Resting pulse
 - Body defense score (antioxidant level)
2. Have your Cholesterol and Glucose checked using Wellness Education Foundation's discounted health screenings.
3. Take your Health Risk Assessment (HRA)
4. Meet with your Wellness Coach for your Health Risk Review (HRR)
If you have three or more Risk Factors, enroll in the Health Coaching Program
5. Enroll in Wellness Education Foundation's Automatic Delivery Program for your supplementation needs
 - Core Wellness for your core antioxidants and general nutritional needs
 - Other supplementation based upon your body's needs
6. Log on to Wellness Education Foundation's Wellness Program
 - Develop a Living Lean Program
 - Develop a Living Free Program (if you smoke)
 - Develop a Living Well Program
 - Log on to Wellness Education Foundation Online Wellness Program
7. Complete a NEXT STEPS PLAN with your Wellness Coach
8. Attend a Health Presentation conducted by a Health Coach
9. Access the Wellness Education Foundation Wellness Coach Complimentary Wellness Examination
10. Order a mattress from www.thebedboss.com

www.WellnessEducationFoundation.org.