

# WellnessSuite™

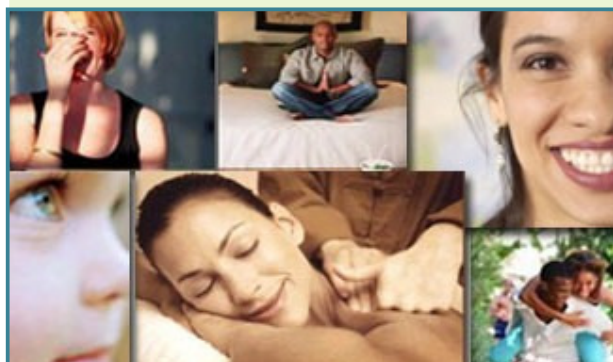


My Healthy Lifestyle® e-Health & Wellness portal delivers access to valuable health care savings and select effective bundled wellness solutions. The WellnessSuite™ is designed specifically for Employers and delivers problem specific focused action plan components necessary for the success your Wellness Initiative and ROI.

*Simple to Implement \* Centrally Administered \* Professionally Managed*

## WellnessSuite™ Benefits Include:

- e-Health & Wellness Portal delivers Health Care Savings
- On-Line Fitness Training System delivers a powerful interactive tool
- Fitness Centers -Save up to 60%
- Branded Healthy Eating Programs
- On-Line Wellness & Self Help Programs offer the most sought after assistance for Employees
- 90 Day Walking Program
- e-Health Coaching
- On-Line Membership Enrollment
- Health Information
- Wellness Education
- On-Line Community
- Health Forums
- Calendars
- Site Search Tools
- Centrally Administered
- Program Support
- Professionally Managed



## Program Overview Specifications

Pricing	Details
Free Trial <i>No Obligation</i>	30 Days [Group Only]
\$4.00 PEPM	Employer Sponsored
\$7.95 PEPM	Employee Paid [Voluntary]
Program	WellnessSuite™
Enroll by 20th	1st of Next Month
Eligibility	Required
Billing	Monthly

**National Health Services**  
**800-628-5407**