

HEALTH TIPS

UNDER THE WEATHER?
Resting will help you get well.
Listen to your body and practice self-care.



Food is NOT Love
Are you really hungry? Or do you just need a hug?

WEEKLY WELL TIPS

Market your wellness culture frequently with inspiring well-being messages that get attention. Delivering frequent messages that are:

- Concise
- Memorable
- Action Oriented

"Relevant and simple messages to make health a priority!"

Enough wellness messages to send one per week for a year!

Combine words and images for meaningful messages that create positive mindset. 3 Sets of 52 Tips

Pricing

1 Set: \$365 (52 tips/1 year)

2 Sets: ~~\$730~~ discounted rate: \$650 (104 tips/2 years) - reflects over 10% discount

3 Sets: ~~\$1095~~ discounted: \$875 (156 tips/3 years) - reflects 20% discount

Personalization Options: Add your logo to individual tip images for \$295 per set

Delivery Options

- JPG files delivered via thumb drive or file transfer - no cost
- Bulk email delivery to individuals - call for pricing

How To Utilize:

Post images on websites, social media, email, include in posters/flyers, newsletters or add to any communication.

IP ENGAGEMENT INTEGRATION

Choose tips to add to your Healthy Perspectives Digest, add to your online wellness portal, use as ongoing tips to peak interest and engagement in wellness challenges.