

# Engage your **at-risk employees** with online interventions that **raise productivity** and **reduce absenteeism** and **health claims**

- Address all 6 lifestyles that drive most chronic disease
- Industry-leading completion and efficacy rates
- Use as a stand-alone or to improve coaching efficiency
- User-friendly, confidential, 24/7 convenience - employees love them!



tobacco • food/obesity/DPP • diabetes • alcohol • inactivity • stress • sleep

The trusted choice of health plans and providers...leading wellness vendors...and corporations large and small... for over a decade.

Find out why...

[www.selfhelpworks.com/demo/discoverwellness/overview](http://www.selfhelpworks.com/demo/discoverwellness/overview)



# The SelfHelpWorks Interventions

 livinglean®	Weight management, nutrition, DPP
 livingfree®	Tobacco cessation
 livingsmart™	Alcohol management
 livingeasy™	Stress management and resiliency
 livingfit™	12-week walking/exercise program
 livingwell™	Diabetes management
 livingwellrested™	Sleep improvement

## The SelfHelpWorks Difference

### Proprietary Cognitive Approach

Behavior change begins in the mind, not the body. Our evidence-based cognitive approach addresses the root cause of unhealthy behaviors by changing the cognitive response to 'trigger' substances and situations.

#### The result is:

- A shift in mindset
- Lasting behavior change
- Improved quality of life

### Simulates Live Personal Coaching

Your members/employees enjoy a highly engaging, convenient and confidential 24/7 pre-recorded 'live' video coaching experience that produces genuine results.

#### Your organization delivers expert coaching:

- Engaging and effective
- 100% consistent quality
- Seamlessly scalable
- Lowest cost per successful intervention

### Easy to Implement, No Hidden Costs

Implement quickly and easily across multiple locations. Integrates into our award winning wellness portal powered by CoreHealth Technologies.

#### Included at no additional cost:

- Detailed reporting
  - White labeling options
  - Marketing collateral
  - Live user support
- (Additional customizations available)

# Sample Studies

## Comparison of 60,000+ Annual Health Risk Assessments

A large wellness program provider compared the 'before-and-after' annual HRA's of 60,000+ participants who took at least one program. Results were as follows:

Stress	47%	Reported lower stress levels
Exercise	77%	Increased their daily activity <sup>1</sup>
Tobacco	33%	Quit smoking
Weight	53%	Lowered their BMI by more than 5% <sup>2</sup>
Alcohol	52%	Reduced their drinking

<sup>1</sup> Refers to those initially considered 'inactive'

<sup>2</sup> 62% who were obese lowered their BMI (average 12% reduction)

## LivingFree<sup>®</sup> Smoking Cessation Randomized Trial San Diego State University



For additional studies, please visit  
[www.selfhelpworks.com](http://www.selfhelpworks.com)

# Why SelfHelpWorks?

- **Lasting results** - proprietary evidence-based cognitive training approach
- Personalized 'live' coaching experience - at a fraction of the price of telephonic coaching
- Standardized & consistent - delivers a high-quality user experience every time
- Engaging, confidential and convenient - can be accessed anywhere, anytime
- **96% of participants would recommend the interventions to others**
- Effective 'Reasonable Alternative' standard
- Seamlessly scalable - easily reach remote or multiple locations
- **Lowest cost per successful intervention**

"This investment is more than justified ... healthy and focused employees are productive and functional employees ... and it is estimated that we saved \$1.6 million in provider costs in the first year of implementation."

**Olin Clemons, Director of HR, Texas Department of Human Services**

"I noticed a change in my thinking the first week. I have recommended the course to friends, family, co-workers, anyone who will listen. I am even being featured in my employer's wellness spotlight for losing 20 lbs."

**Stephanie A.**

It's impossible to grasp the uniqueness of SelfHelpWorks online cognitive interventions without a personal experience.

Contact us now or watch our online demo

**Contact@DiscoverWell.net**



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