

Health & Wellness Information DELIVERED DIGITALLY

Available Anytime, Anywhere. With a Library Card.

Expand Your Health & Wellness Collection Cost-Effectively, Increase Patron Access, and Augment Health Programs

ConnectWell is an "all-in-one" digital health and wellness information resource that is science based and designed for a consumer audience to engage people in their health and well-being

- Continuously updated to include new medical insights, treatments, and standards of care
  – Reduces obsolescence enabling library to narrow print collection and optimize budget
- Available to library patrons 24/7 on phones, tablets, and computers through library website
  – Subscription includes unlimited annual usage and site access on library devices
- Site is free of advertising and untraceable browsing history protects patron privacy
- Subscription includes a variety of health programs for staff and patrons

Support health literacy and improve community health and well-being

All content is individually crafted with the end user in mind:

- Information sourced from the most trusted health institutions provides the latest standard-of-care guidelines and scientific findings on health, wellness, disease management, and nutrition
- Incorporates Mayo Clinic's Health Information to access its world-renowned content that integrates into our dynamic platform
- Written for a wide audience with multi-language capability and full of engaging language and visuals
- Complex medical information and care guidelines are transformed into easy-to-understand segments
- Keywords enable end users to easily search for information based on their health conditions, health goals, and food preferences
- Wellness Initiatives provide a holistic approach to the adoption of healthy lifestyle practices
- Videos from Mayo Clinic and University of California experts

Health Information Library
Health conditions, disease topics, and preventive health from A to Z

Wellness Initiatives
Wellness education and resources to help users adopt healthy lifestyle practices

Healthy Recipe Collection
Healthy recipes that are tasty, easy, and made from fresh, healthy ingredients

Health Information Library

The library includes thousands of articles and hundreds of videos that cover a wide range of health conditions, preventive healthcare, and age-related topics.

- Incorporates Mayo Clinic's Health Information to access its world-renowned content.
- Standards of Care are guidelines sourced from trusted health institutions — ensuring that end users have access to the most up-to-date recommendations in the areas of cancer screening, vaccines, and diagnosis and treatment of chronic diseases.
- Articles are updated routinely to stay current and new content is added regularly.





Wellness Initiatives

Designed with ConnectWell's Scientific Advisory Board, Wellness Initiatives help people adopt habits that are fundamental to a healthy lifestyle.

- Each Wellness Initiative includes a complete set of articles, videos, and tools that incorporate current science-based practices.
- Engaging graphics show people how to put the practices into daily living.
- Informative UCTV videos provide expertise on the why of health and wellness.
- Tools support people in their adoption of healthy habits and track progress.

Healthy Recipe Collection

The Healthy Recipe Collection promotes better living through healthier eating. Recipes are tasty and incorporate updated nutrition science.

- Recipes focus on using whole foods, healthy cooking methods, and are easy to make.
- Recipe introductions have been crafted to spark interest to view the full recipe.
- Each recipe incorporates nutrition education by highlighting the health benefits of the hero ingredient and food-sourcing options.
- Nutrition facts are included as well as options that accommodate food preferences and dietary restrictions.



ConnectWell's Programs Build Community and Social Support at the Library

Subscription includes:

- Programs that support launch, library staff training, marketing communications, and ongoing engagement with patrons.
- Ready-made programs for library staff to implement as part of monthly health and wellness events.
- Multi-week Wellness Challenges designed for group delivery that include a full set of communications, lesson plans, and facilitation guides.
- Direct-to-patron virtual health programs delivered by ConnectWell for libraries to incorporate as part of monthly health and wellness events.

Additional Food-Related Program Options: ConnectWell's *Cooking is Fundamental* and *Food as Medicine* Programs integrate content from ConnectWell's health condition, lifestyle, and healthy recipe collections to promote nutrition and culinary literacy, and disease prevention.



ConnectWell's digital resource and program elements form a robust offering that scales health literacy and puts healthy lifestyle practices into action.

www.connectwell.health
For more information, send request to info@connectwell.health