



## 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 regularly to include the latest standard-of-care guidelines.



## 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.
- 12 distinct Food as Medicine Programs that combine content from ConnectWell's health condition, lifestyle, and healthy recipe collections.
- Direct-to-patron virtual health programs delivered by ConnectWell for libraries to incorporate as part of monthly health and wellness events.



**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](http://www.connectwell.health)

For more information, send request to [info@connectwell.health](mailto:info@connectwell.health)