MAYO CLINIC POSITIVELY IMPACTS LIVES
by connecting people and populations with reliable resources designed to help them get—and stay—healthy.

Our wellness content is developed with all ages and life stages in mind, and it covers a variety of topics:

- Healthy Eating
- Healthy Weight
- Stress and Resilience
- Fitness
- Sleep
- Tobacco Cessation
CONTENT THAT EDUCATES, ENGAGES AND EMPOWERS

- Articles
- Healthy Habits Tips
- Photos & Illustrations
- Motivational Moments
- Health Q&A
- Recipes
- Expert Advice
- Videos

The Mayo Clinic Wellness Assessment is a brief questionnaire that focuses on six key areas of wellness including Health Eating, Stress and Resilience, Sleep, Healthy Weight, Fitness, and Tobacco Cessation.

Users receive immediate, actionable, and personalized results.

To see a demonstration and learn more, contact us at

800.430.9699

MayoClinicGBS@mayo.edu  |  GBS.MayoClinic.org