

MAYO CLINIC WELLNESS CONTENT

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

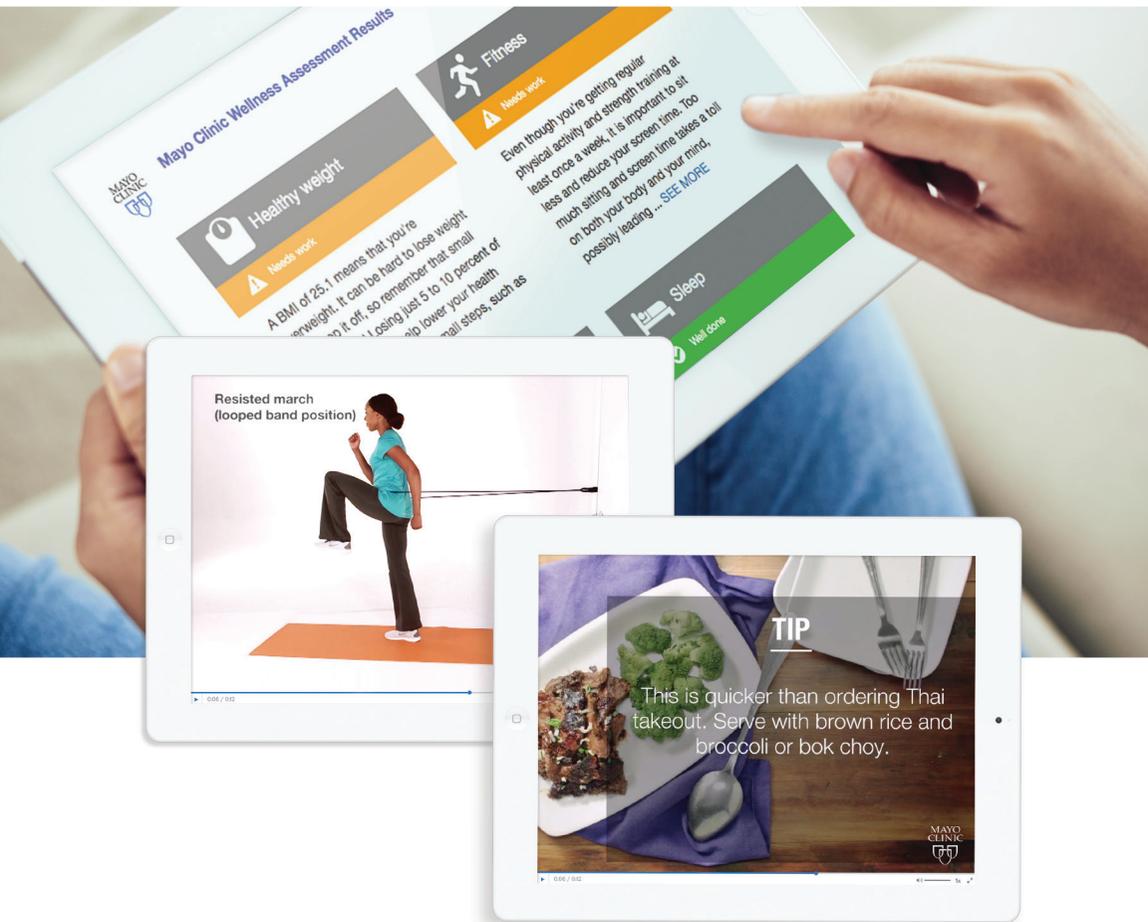
 Tobacco Cessation

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

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