EMPOWERING PEOPLE AT EVERY STAGE OF THE HEALTH CONTINUUM THROUGH SOLUTIONS FOR:

• Healthy Living
• Health Information
• Health Guidance
• Health Plan Management

BECAUSE BETTER HEALTH looks good on everyone
ASK MAYO CLINIC
• Online symptom assessment powered by triage algorithms used in the Mayo Clinic practice
• Support for health care decision-making leveraging registered nurses and Mayo Clinic protocols

MAYO CLINIC HEALTH INFORMATION LIBRARY
• Consumer health library with more than 4,000 health topics
• Clinical knowledge delivered via HL7® Infobutton

MAYO CLINIC RESILIENCE
• Evidence-based program rooted in cutting-edge science and proven to decrease stress, enhance resilience, and decrease burnout
• Action-oriented, highly engaging and scalable program delivered on-site and digitally

MAYO CLINIC HEALTH PUBLICATIONS
• Monthly consumer health newsletter in print and online

MAYO CLINIC DIET
• Engaging and effective digital program rooted in behavioral science to help people achieve and maintain a healthy weight
• Features user-friendly trackers, newsletters, recipes, videos, fitness guides and more

HEALTH PLAN MANAGEMENT
• Third-party administration, pharmacy benefit services, consumer-directed health plan options, reimbursement accounts and benefit design consultation
• Integrated case management to protect member health and reduce avoidable high-cost claims

MAYO CLINIC EXECUTIVE HEALTH PROGRAM
• Comprehensive, compressed physical exams for the busy executive
• Preventive screening tests, cardiovascular evaluation and lifestyle assessment

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