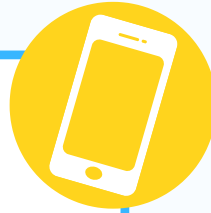


THE CWH Taking Charge Program

ABOUT TAKING CHARGE

Taking Charge is a smartphone-based wellness program for working adults. The goal of the *Taking Charge* program is to reduce health risks and improve overall health and wellness.

Taking Charge is self-administered and is appropriate for anyone looking to make positive health changes and maintain a healthy lifestyle.



WHY TAKING CHARGE

- *Taking Charge* is scalable and can be accessed at times convenient to employees' schedules
- The mobility of *Taking Charge* allows easy access on a mobile device
- It is a useful tool for repeated use, goal setting, and reinforcement of learning
- It 'speaks' to the needs of many employees

TAKINGCHARGE!

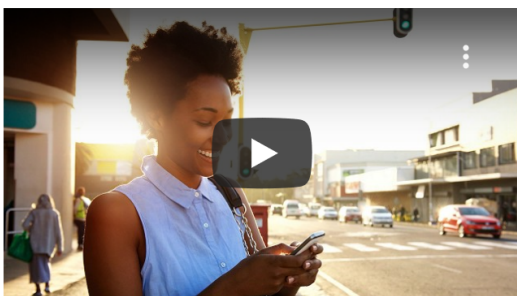
Positive choices for a healthy lifestyle



Welcome

This program is for anyone interested in being healthy and motivated to stay that way. You are part of a growing number of people who are using technology to help live life to its fullest.

Play the video below for an introduction to TakingCharge.



Swipe your screen to move to the next page.

Questions about TakingCharge can be sent to takingcharge@isagroup.com.

IMPORTANT COMPONENTS OF TAKING CHARGE

- *Taking Charge* increases knowledge to care for overall health
- *Taking Charge* raises motivation and self-efficacy in performing positive health behaviors
- *Taking Charge* delivers skill-building exercises to help make positive health changes





**Change Your Response:
Progressive Relaxation**

One way to change your response to a stressor is to practice deep relaxation. Deep relaxation is a way to counter your body's physiological response to stress. It helps you stay focused, and can provide relief from headaches, backaches, or other discomforts caused by chronic tension.

Progressive muscle relaxation is a particular technique for achieving deep relaxation that involves tensing and relaxing different muscle groups while observing the different sensations you feel.



Here is a twelve-minute progressive muscle relaxation exercise you can follow along with.

TAKING CHARGE MODULES

Taking Charge provides users with the knowledge and skills to maintain a healthy lifestyle. This multifaceted program includes the following modules and interactive tools:

- Healthy Eating
- Physical Activity
- Sleep
- Managing Stress
- Alcohol and Health
- Goal Setting Tool
- Health Diary Tool
- Health Messages*
- Responsible Drinking Notifier*



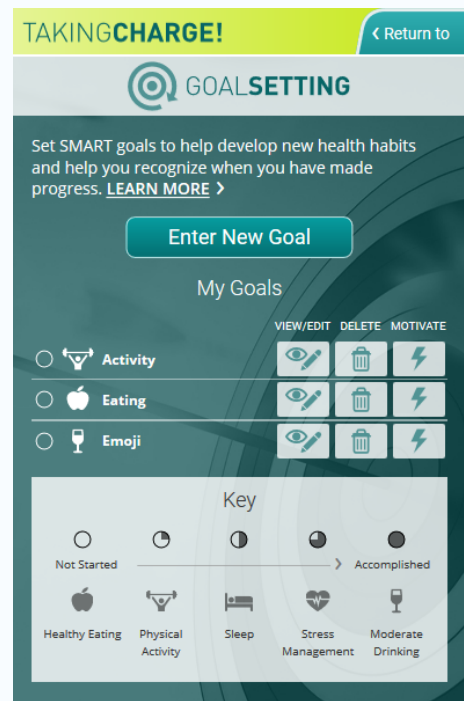
*Requires additional investment for usage.

TAKING CHARGE INVESTMENT

At the Center for Workforce Health (CWH), we believe in building a healthier workforce through evidence-based practices and customization. Therefore, the exact investment in *Taking Charge* is dependent on individual company needs and projected number of users. Your investment in the program provides your workforce with unlimited access to the *Taking Charge* program. Additional program features and tailoring are available at an additional investment (contact us for more details).

Example of Taking Charge investment.

No. of Users	Annual Investment	Monthly Investment
100	\$2,400	\$200
200	\$3,400	\$283
300	\$4,400	\$362
400	\$4,900	\$408



INTERESTED IN TRYING OUT THE TAKING CHARGE PROGRAM? CONTACT US!

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ABOUT THE CENTER FOR WORKFORCE HEALTH

CWH is the action arm of the ISA Group, providing innovative health solutions to organizations throughout the U.S. and Canada.

For more than 40 years, the ISA Group has been a leader in behavioral health research and in workplace health promotion. ISA's work has been published in leading scientific journals, informed significant federal legislation, and contributed to fundamental improvements in organizations.

