

CoreHealth Network Partner



AVIDON HEALTH



selfhelpworks

SelfHelpWorks, by Avidon Health, utilizes an evidence-based cognitive behavioral training process derived from cognitive behavioral therapy (CBT) to create lasting behavioral change.

SelfHelpWorks' HD videos and PersonalCoach™ software work in harmony to deliver an engaging, personalized "live" coaching experience. The shift in mindset needed to change behavior very

seldom takes place by reading a book or article or by watching an educational video. With the SelfHelpWorks user experience, it does. This was verified by a large third-party wellness program provider who experienced 33%-53% successful intervention rates on clients who completed the course.

HEALTH COACHING AND COGNITIVE INTERVENTION

Behavior Change on Steroids

The process is designed to break down the dis-empowering beliefs, thoughts and resulting emotions at the root of detrimental behavior patterns; and replace them with empowering cognitive responses that elicit permanent behavior change without the use of willpower. Participants can log on privately and conveniently 24/7 using an Internet-enabled computer, tablet or smartphone.

Cognitive Behavioral Training Interventions for:

- Tobacco cessation
- Obesity and unhealthy eating
- Diabetes management
- Insomnia
- Inactivity
- Stress
- Alcohol abuse

Cognitive training courses

livingfree®



Quit smoking for good

12 Sessions 3 and a half weeks

livinglean®



Lose weight without willpower

14 Sessions 6 weeks

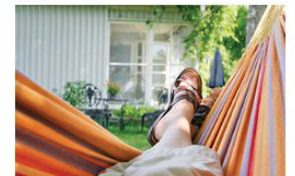
livingfit®



Learn to love exercise

12 Sessions 12 weeks

livingeasy®



Reduce stress

8 Sessions 2 weeks

Integration Type: Single Sign On to external portal

*Additional set-up and licensing fees will apply for Network Partner Integrations

Simple to Sophisticated, based on you.

www.corehealth.global | 1.866.396.2673



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corehealth
TECHNOLOGIES
Inspire. Ignite. Revolutionize. Well-Being.