

**TopHealth kicks off 2010 with more value than ever!** In addition to your **print** or **paperless TopHealth** newsletter, additional articles, cool tools, quizzes and a healthy recipe are online monthly in the new **Well Connections Online Supplement**.

## TOPHEALTH BENEFITS

**Timely** topics ... reliable, up-to-date, physician-reviewed information

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**Meaningful** and **actionable**

**Engaging** graphics

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**Commitment** to excellent customer service and support

## A WELLNESS PROGRAM MADE EASY WITH PERSONAL BEST

The **TopHealth Manager** program planning guide is a free monthly e-zine just for you. **TopHealth Manager** provides a preview PDF of your upcoming issue, plus a promotional flyer you can print and post for your readers. It also presents health promotion themes and tips for worksite activities supported by each issue of **TopHealth**.

In addition to TOPHEALTH®, Personal Best® publishes companion newsletters that help employees live better, including PERSONAL BEST HEALTHLINES®, BODY BULLETIN®, TOPDOLLAR®, TOPPERFORMANCE®, TOPSAFETY™ and SHIFTWORKER™.

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### JANUARY

**Well Connections :** Weight control

How to make lasting changes ... cervical changes ... birth defects prevention ... the truth behind belly fat ... reducing salt and sugar with herbs and spices

### FEBRUARY

**Well Connections :** Healthy, healthy heart

Heart health ... eating well on a budget ... great grains and how to cook them ... dehydration ... emotional eating

### MARCH

**Well Connections :** Nutrition, no more dieting

Benefits of seeds ... toothaches ... medication wisdom ... multiple sclerosis primer ... tai chi

### APRIL

**Well Connections :** Cancer awareness

Probiotics ... meningitis ... bone health ... cutting down on drinking ... interval training

### MAY

**Well Connections :** Women's health spotlight

Gardening and allergies ... walking workouts ... healthy communication ... mothers as models of health ... sleep

### JUNE

**Well Connections:** Men's health spotlight

Top health habits that can save your life ... posture and health conditions ... preventing common injuries ... summer diet busters ... brown bag lunches

### JULY

**Well Connections:** Ergonomics

Sneaking in vegetables ... recovering after surgery ... changing gene expression ... premenstrual syndrome ... resiliency

### AUGUST

**Well Connections:** Eye health and safety

When weight loss measures fail ... immunizations ... cataracts ... 10-minute workout ... food and mood

### SEPTEMBER

**Well Connections:** Fitness and exercise

Yoga basics ... enjoying healthy berries ... thinking young ... drug-free pain relief ... secrets of super healthy people

### OCTOBER

**Well Connections :** Substance abuse, mental health

Soups: a dieter's delight ... protein from plants ... medication side effects ... taking care of your liver ... avoiding medical tests you don't need

### NOVEMBER

**Well Connections :** Real-world stress control

Balance your life ... aid for eczema ... seizures ... upside of stress ... diabetes

### DECEMBER

**Well Connections :** Best of health

Comfort foods redux ... self-care for colds and flu ... preventing holiday weight gain

*Please note:* We reserve the right to change editorial topics as developments warrant.