



Mix & match
Multiples of 100 pieces per side



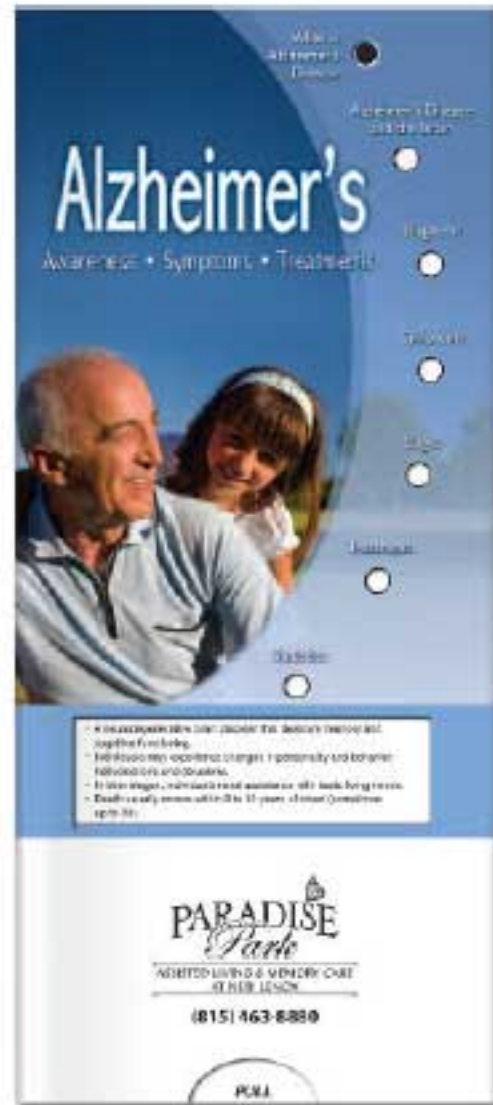
Reverse side

 **#2021 Pocket Slider**
Interactive slide chart

Senior's Health & Safety - Make the most of your golden years by discovering the benefits of exercise, healthy eating, safety tips and more.

250	500	1,000	2,500	5,000	
\$.69	.66	.62	.57	.51	SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

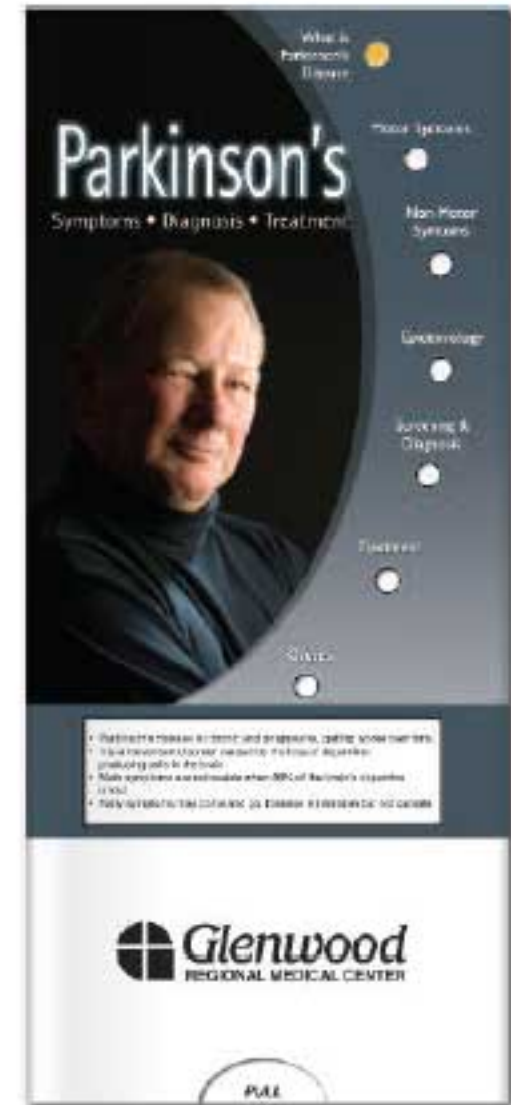


 **#2064 Pocket Slider**
Interactive slide chart

Alzheimer's - Alzheimer's disease strikes every 72 seconds. Learn the symptoms, risk factors, and causes. Plus important information on reducing risks for the disease and tips for caregivers.

250	500	1,000	2,500	5,000	
\$.69	.66	.62	.57	.51	SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



 **#2065 Pocket Slider**
Interactive slide chart

Parkinson's - More than 1.5 million Americans suffer from Parkinson's disease. Discover the risk factors, symptoms and treatment options. Plus how to cope with and manage Parkinson's and where to get help.

250	500	1,000	2,500	5,000	
\$.69	.66	.62	.57	.51	SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



Back cover

 **#4504 Planner**
16-page full color

Blood Sugar Journal - A must have for any diabetic. Record your blood sugars throughout the day - whether at home or on the go.

250	500	1,000	2,500	5,000	
\$1.09	1.02	.98	.92	.84	SC

Set Up: \$35(G). Product Size: 3-7/16" x 2-1/2".
Imprint: 2-1/16" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



Sample pages



 **#7009 Key Point**
Folds to credit-card size

Senior's Health Organizer - Keep track of your health. Follow your doctor's appointments, medications, medical conditions and allergies. Great tips on staying healthy, too.

300	500	1,000	2,500	5,000	
\$.47	.36	.33	.30	.28	SC

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8".
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
Key Points ship flat.
See imprint colors on page 62.



POSTER These important safety tips will help you avoid accidents and injuries:

- Use nightlights throughout your house and keep a lamp near your bed that you can turn on before getting up.
- Beware of falling objects. Store heavy items at waist level in cooler handling.
- Use a non-slip mat in your bathtub or shower and have a grab bar installed.
- Carry a cell phone for emergencies.
- Remove any phone or electrical cords that cross areas where you might walk.
- Light up dark rooms and stairs.
- Set your water heater to "low" (about 120°) so you will not accidentally scald yourself.
- Keep household cleaners and other chemicals in a safe place.
- Keep medications in properly marked containers. Re-fill regularly to ensure proper dosage.
- Make sure rooms stay neat and uncluttered. Clean up spills immediately to avoid falls.
- Beware of telephone fraud targeting seniors - do not give anyone your credit card or bank account number over the phone unless you have verified the call.
- Keep emergency phone numbers by the telephone or put them on your speed dial.
- Make sure your address is marked outside your home in large, clear numbers and that the area is well lit to direct emergency assistance.
- If you live alone, set up a telephone "check-in" routine with family or friends.

Jordan Valley HOSPITAL
801-561-8868
jordanvalleyhospital.com

#6015 Post Up Just peel and stick!

Medical Alert - In an emergency, medical information can be life-saving. Record your doctors, allergies, medical conditions and emergency contact information.

250	500	1,000	2,500	5,000
\$.51	.47	.44	.41	.38 5C

Set Up: \$35(G). Product Size: 3-7/8" x 8-3/4". Imprint: 2-1/2" x 1-3/8". Production: 10 days. See imprint colors on page 62.

Medical Alert

Name: _____ Sex: _____
 Address: _____ Phone: _____
 Doctor: _____ Street Type: _____
 ZIP: _____ Religion: _____
 Insurance: _____ Policy #: _____
 Medication: _____ Medication #: _____

EMERGENCY CONTACTS

Name: _____ Phone: _____
 Name: _____ Phone: _____

MEDICAL CONDITIONS

MEDICATIONS

Special Conditions and Notes: _____

We're there because we care
Emergency Medical Services
CARVER EMS



#6007 Post Up Just peel and stick!

Safety Tips for Seniors - A gentle reminder of the many ways to stay safe at home with tips about nightlights, phone cords and medications.

250	500	1,000	2,500	5,000
\$.51	.47	.44	.41	.38 5C

Set Up: \$35(G). Product Size: 3-7/8" x 8-3/4". Imprint: 2-1/2" x 1-3/8". Production: 10 days. See imprint colors on page 62.

Chuckles for Your Health **NEW**

Seniors One-liners

Screen Questions

You know you're getting old when...

- The coffee pot runs over the stove.
- You have a cane and the neighbor's dog won't bark.
- You like to "munch" on water for extra hydration with a "chug".
- The walking DVD you bought from a "Healthy Living" store.
- Having body "massaging" done on the back by a "massage therapist".
- Being taken to the bank to get the "old" out of your face.

Questions to Consider

- Do you need a cane or walker and how often do you use them?
- Are you wearing your seat belt in the car?
- Are you taking any medications?
- Do you have any chronic health conditions?
- Do you have any vision or hearing problems?
- Do you have any dental issues?
- Do you have any cognitive or memory issues?
- Do you have any social or emotional issues?

Home Care Services
1-877-640-0922

Reverse side

#BM8016 Bookmark Informative bookmark

Seniors One-liners - Chuckles for your Health: Humorous observations about life for older adults. Laughter is the best medicine!

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30 5C

Set Up: \$35(G). Product Size: 2-3/4" x 8". Imprint: 2-1/4" x 1-1/8". Production: 10 days. See imprint colors on page 62.

BETTER BOOKS

NEW

Health Organizer & Med-Tracker

METROPLEX HEALTH SYSTEM
SOUTHWESTERN HEALTHCARE
Wellness - 254.519.8202 - mplex.org



Sample pages

Mix & match Multiple of 100 pieces per title



Back cover imprint

Available in Spanish See Pg. 59

MED-TRACKER
ID Card Holder & Record Keeper

#4501 Planner 24-page full color Available in Spanish

Med-Tracker - Keep your important healthcare and insurance cards together along with other health information.

250	500	1,000	2,500	5,000
\$1.09	1.02	.98	.92	.84 5C

Set Up: \$35(G). Product Size: 3-7/16" x 2-1/2". Imprint: 2-1/16" x 1-1/8". Production: 10 days. See imprint colors on page 62.





Staying Active & Healthy for Seniors

NEW

Staying Active & Healthy for Seniors

Staying Mentally Active

Staying Active Physically

Staying Healthy

BROOKDALE® SENIOR LIVING

Reverse side

#BM8015 Bookmark
Informative bookmark

Staying Active & Healthy for Seniors - Advice on staying active mentally and keeping healthy physically, especially for older adults.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30

Set Up: \$35(G). Product Size: 2-3/4" x 8"
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

HEALTH STATS & RECORD KEEPER

**Blood Pressure
BLOOD GLUCOSE
Blood Cholesterol
Thyroid WEIGHT**

#7060 Key Point
Folds to credit-card size

Health Stats & Record Keeper - Ease the confusion and lessen the anxiety of your doctor visits with this easy to use Key Point. Track your blood glucose, blood sugar, and cholesterol over a series of several doctor visits.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8"
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
Key Points ship flat.
See imprint colors on page 62.



BETTER BOOKS

Good Health Guide for Seniors

Includes:
Medication Record Keeper
& Blood Pressure Log

MobileMed
Your Health. Your Place.
315-437-1693

#9555 Better Book
36-page pocket health guide

Good Health Guide for Seniors - A healthy living guide for exercise, nutrition and general health. Includes record keeping sections for medication and blood pressure.

250	500	1,000	2,500	5,000
\$1.19	1.14	1.09	.99	.94

Clear Vinyl Book Cover: Add \$.25(G) each.
Set Up: \$35(G). Product Size: 3-3/4" x 6"
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Mix & match
Multiples of 100 pieces per title

KEYPoints

MEDICATION Record Keeper

PERSONAL INFORMATION

NAME: _____

ADDRESS: _____

PHONE: _____

EMERGENCY CONTACT: _____

PHYSICIAN: _____

PHARMACY: _____

INSURANCE: _____

DATE: _____

#7023 Key Point
Folds to credit-card size

Medication Record Keeper - What medicines are you taking? Track your medications including dosage, schedule and diagnosis. Record your prescription numbers, too.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8"
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
Key Points ship flat.
See imprint colors on page 62.

KEYPoints

MEDICATION Record Keeper

KEYPoints

Blood Pressure Guide & Record Keeper

Available in Spanish
See Pg. 59

#7005 Key Point
Folds to credit-card size
Available in Spanish

Blood Pressure Guide & Record Keeper - Understand your blood pressure and it's easier to control. Plus tips on healthy eating and stress.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8"
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
Key Points ship flat.
See imprint colors on page 62.

KEYPoints

Blood Pressure Guide & Record Keeper