



Available in Spanish
See Pg.59

WOMEN'S HEALTH

1. Keep a healthy woman's weight a healthy diet plan
2. Discuss possible of your medical care. Use a healthy lifestyle and take preventative measures to ensure your well-being
3. Take control of your health. Educate yourself by reading and taking exams and spreading concerns
4. Never hesitate to receive your services

BETTER CARE HEALTH SYSTEM
Mary Coleman
Mammography Center
209.966.8666

PULL

#2026 Pocket Slider
Interactive slide chart
Available in Spanish

Women's Health - Live a healthier lifestyle with information on nutrition, menstruation, heart health and cancer prevention.

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.

NEW BETTER BOOKS

Women's Health Organizer

BodyMind
BodyMind Massage Therapy
San Jose, CA • 408.277.5000
www.bodymindmassage.com

#9558 Better Book
36-page health organizer & guide

Women's Health Organizer - This booklet provides a convenient place to organize all your important health records.

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

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.

NEW

2011 Women's Pocket Calendar and Health Guide

WOMEN'S CARE GROUP
LISTENING TO YOU. CARING FOR YOU. CLOSE TO YOU.
865-546-1642

Sample pages

#9500 Pocket Calendar
36-page pocket calendar & health guide

Women's - A year of important information on women's health plus room for notes and appointments.

250	500	1,000	2,500	5,000
\$1.04	1.00	.93	.88	.83 SC

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

Double Sided
Bookmarks

NEW

Understanding Blood Pressure

The Heart Group
717-397-5484
www.theheartgroup.com

Blood Pressure

Blood pressure measures the force of blood against the walls of your arteries when it flows through your body. Blood pressure is highest during heartbeats and lowest when the heart is at rest. High blood pressure is a major risk factor for heart disease, stroke, kidney disease, and other health problems.

Category	Normal	High	Very High
Diastolic	< 80	80-89	90 or higher
Systolic	< 120	120-139	140 or higher

Revised 1/2008

#BM8009 Bookmark
Informative bookmark

Understanding Blood Pressure - Explains blood pressure, its effect on the body and how to understand the results of your test.

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

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.

Edgar & JoAnne Jones
Women's Health
guide & record keeper

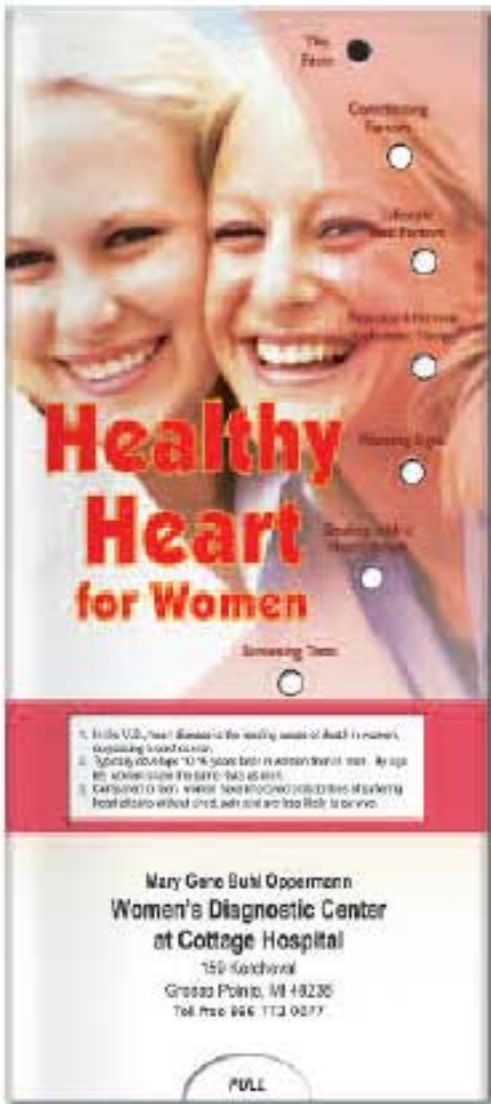
#7107 Key Point
Folds to credit-card size

Women's Health - Learn about important health issues and keep track of your family health history, tests, exams and inoculations.

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.

Women's Health guide & record keeper



Mix & match
Multiples of 100 pieces per title



#2059 Pocket Slider
Interactive slide chart

Healthy Heart For Women - Heart disease is the number one cause of death in women. Learn how to maintain a healthy lifestyle with news on blood pressure, cholesterol and healthy heart tips.

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

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.



#2068 Pocket Slider
Interactive slide chart

Cervical Cancer - Learn warning signs and symptoms of cervical cancer plus types of the disease, risk factors and treatment options. Includes information on new options for prevention and where to get help.

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

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.

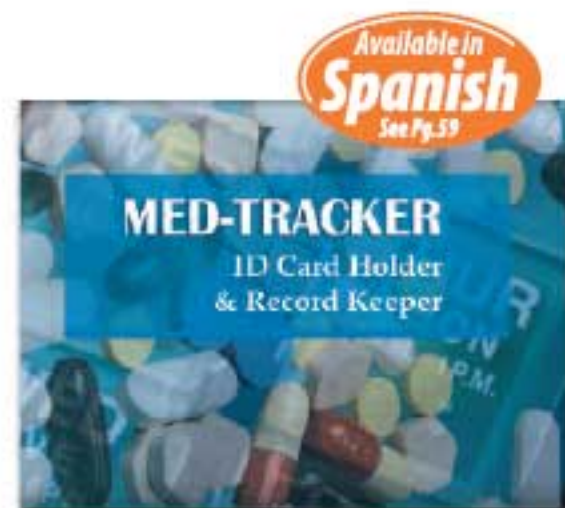


#2047 Pocket Slider
Interactive slide chart

Osteoporosis - Important information on what women can do to prevent and treat this disease, including symptoms, risk factors and causes.

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

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.



Available in Spanish
See Pg. 59

#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.



Back cover imprint



Sample pages

#9560 Better Book
36-page health organizer and guide

Health Organizer & Med-Tracker - Keep track of your medications, their dosage and schedule as well as other important medical information in this full-size book.

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

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.





#2051 Pocket Slider
Interactive slide chart

Domestic Violence - Understand and learn about this growing issue of abuse against women and children.

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

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.



#2054 Pocket Slider
Interactive slide chart

Sexual Harassment - Learn what to do, your rights and legal options for this growing problem.

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

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.



Mix & match
Multiples of 100 pieces per title

#7058 Key Point
Folds to credit-card size

Sexual Harassment - Know how to protect yourself, your rights and how to prevent sexual harassment in today's fast paced society.

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

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.



#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 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.



Back cover



Sample pages



Back cover imprint



#4503 Planner
24-page full color

Women's Health - Everything you need to keep track of your important medical information, insurance ID cards and medication records.

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.