

# Prioritize Wellness

Prioritize Wellness is a value-added benefit that exists as a multifaceted health and wellness resource. We provide extensive nutrition, fitness, stress management, sleep wellness, and supplementation information. Members can access our wellness articles fitness video archive, personalized healthy meal guide generator, relaxing sleep wellness sounds, 20+ high-value wellness brand discounts, wellness assessments, an alternative medicine practitioner finder, and more. Our goal is to improve the lives of members by making wellness affordable, and by helping them learn how to live a healthy life, by focusing on disease prevention and health promotion.

A part of our mission as Prioritize Wellness has been to make wellness accessible and affordable. That's why we have partnered with like-minded brands to bring our members high-value discounts to lower the cost of wellness related goods and services.

## *Some of our partners include:*

- *Early Well*
- *Smart Buy Glasses*
- *Audicus*
- *Daily Burn*
- *Fresh Meal Plan*
- *BackJoy*
- *TheFeed*
- *Botanic Choice*
- *And More!*

## **Grocery Guide Generator**

To help our members live a healthy lifestyle, we provide a grocery list generator that gives guidance according to an individual's unique way of eating. Our quiz recognizes if a member has certain restrictions, such as allergy to dairy, or if they prefer to eat plant based protein instead of meat.

Once a member takes the quiz, they will be able to download a mobile friendly and printable PDF guide that helps make grocery shopping a more positive experience.

## **Alternative Medicine Practitioner Finder**

Prioritize Wellness is proud to partner with Dao Cloud to provide access to an alternative medicine practitioner database. Find a wellness provider in your area and receive a free consultation to see if the practitioner is right for you. Find verified naturopathic doctors, chiropractors, acupuncturists, massage therapists, nutritionists and more with Dao Cloud + Prioritize Wellness.

## **Wellness Assessment Quizzes**

The Prioritize Wellness assessment quizzes will help members assess their level of health through a series of questions designed with our members in mind. Assessment results provide practical steps as to how members can move forward.

