



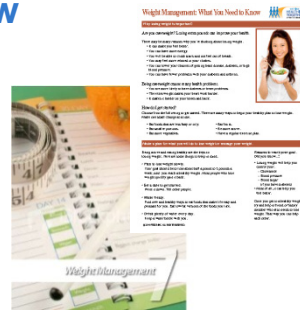
GETTING HEALTHIER TOGETHER (GHT)

Background and Purpose

Getting Healthier Together (GHT) is a Pfizer-owned, customizable program used to help support individuals and family members make positive changes in their health behaviors and reduce the risk for developing heart disease (CV), stroke and diabetes (DM).

Program Components and Flow

- Facilitator guide
 - Patient educational brochure
 - Train-the-trainer video
 - Patient video
 - Evaluation form
- (Available in English and Spanish)



Health Risk Topics

- | | |
|--------------------------|-------------------------|
| 1: Depression | 7: Medication Adherence |
| 2: Health Risk Reduction | 8: Pain |
| 3: High Blood Pressure | 9: Physical Activity |
| 4: High Blood Sugar | 10: Stress Management |
| 5: High Cholesterol | 11: Weight Management |
| 6: Healthy Eating | |

Each Module

- Covers basic information on benefits of lifestyle change and CV and DM risk reduction
- Can be customized by topic and length
- Includes additional content (longer session) to provide reinforcement, but supports the same learning objectives as basic content using interactive learning techniques

Benefits

- Offering for employers, health plans, and medical groups
- Modular, low health literacy content
- Interactive and experiential training approach

Learn More

- For more information about what GHT has to offer, please contact your Pfizer Account Team Representative today.

