

# Burnalong's Health Enhancement Program

EXPANDING YOUR HEALTH JOURNEY



## FLOURISH YOUR HEALTH ESTEEM JOURNEY

### Why our program is beneficial to you:

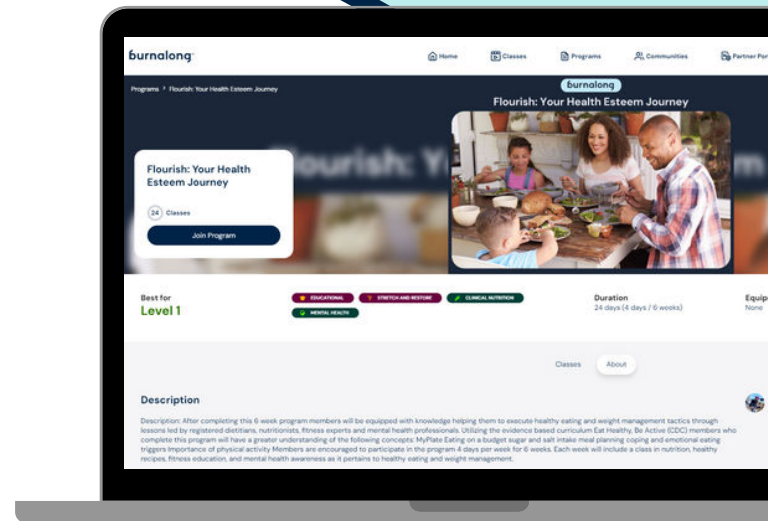
- cost-effective
- reduces hospital admissions & avoidable readmissions
- reduce health care claims
- reduce progression of chronic diseases

### How our program helps your members:

- improves disease knowledge
- supports better treatment adherence
- increased self efficacy & empowerment
- strengthens quality of care

### Members that participate are more likely to:

- receive routine lab work
- adhere to collaboration of care between providers
- seek medication adherence support



Burnalong features over 50,000 classes led by 7,500 experienced instructors across various categories such as cardio, mindfulness, chronic condition self-management, financial wellness, and more.

**Interested in discovering how our healthy living program can benefit your population?**

Contact us at

[info@burnalong.com](mailto:info@burnalong.com)