

OPTIMAL HEALTH UNIVERSITY™

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Empower Your Health. Empower Your Life.

Power Questions for May 2018

Use Power Questions to spark interest in *Optimal Health University™*. Once a patient is interested, ask him or her to take copies of *Optimal Health University™* to friends, family and co-workers. Assure patients that by sharing *OHU™* with others, they can make a profound difference in their friends' lives — and help create a healthier world!

OHU™ Power Tip of the Month: Each spring many people take up running or jogging (outside or on treadmills) . Contact local running clubs and organizations and offer to host a mini-workshop on preventing running injuries before an upcoming meeting or event. Take advantage of the free PowerPoint® presentation provided on this topic to ensure a professional presentation. And, distribute this month's handout, *Running Injuries*, which is packed with research-based prevention strategies.



Have you ordered your FREE OHU PowerPoint® Presentations and Implementation Manual yet?

The OHU handouts are a key component of the OHU theme-a-week patient education system. This system is proven to boost new patient volume and retention by inspiring patients to refer others.

To get the most out of your OHU subscription, we offer a variety of free tools aimed at allowing your office to succeed through theme-a-week marketing. These tools include PowerPoint® presentations on one highlighted topic each month, documentation forms and a winning implementation manual.

If you have not yet taken advantage of any of these success-building tools, please e-mail info@preventicare.com or call 1-831-313-0335 today!

Week One

April 29 - May 5

OHU™: *Eight Ways to Boost Your Immune System*

Power Questions:

- ✓ Are any of your family members always getting sick?
- ✓ Name two co-workers who need to boost their immune system to avoid frequent illness.
- ✓ This week's *Optimal Health University* topic is on easy steps to a strong immune system. Who do you know who would be interested in this research?

Week Two

May 5 - 12

OHU™: *"Good" and "Bad" Fats*

Power Questions:

- ✓ Did you know that some dietary fats are actually good for you?
- ✓ Name two of your co-workers who need to learn more about nutrition.
- ✓ Do you have friends who are interested in nutrition? (Yes) What are their names? We have some fascinating nutrition research for them!
- ✓ Trivia Question: Name two sources of "good" fats and two sources of "bad" fats. (Possible Answers: "Good" fat sources include olive oil, salmon, nuts and avocados. "Bad" fat sources include fried foods, red meat and commercial baked goods. See text of this week's handout for other correct responses.)

Week Three

May 13 - 19

OHU™: *Breathe Your Way to Wellness*

Power Questions:

- ✓ Did you know that simple breathing exercises can ward off a variety of ailments?
- ✓ Who do you know who is interested in incorporating stress reduction techniques into their life?

Week Four

May 20 - 26

OHU™: *Optimists Are Healthier*

Power Questions:

- ✓ Do you see the glass half full or half empty?
- ✓ Which of your co-workers is interested in the effects of positive thinking on health?
- ✓ This week's *Optimal Health University*™ outlines research showing that optimists lead healthier lives and live longer than pessimists. Who do you know who would find this research interesting?

Weeks Five

May 27 - June 2

OHU™: *Running Injuries*

Highlighted OHU Topic of the Month. (See PowerTip of the Month suggestion.) Request your free PowerPoint® presentation on this topic by e-mailing info@preventicare.com.

Power Questions:

- ✓ Name two friends of yours who run or jog for exercise.
- ✓ Who do you know who has sustained an injury due to running or jogging?
- ✓ Which member of your family wants to start running or jogging?