

On-line Material Price List

Add science-based health content to your website. Our on-line materials can be posted directly on your website for a nominal annual fee. Incorporating our materials is as easy as adding a javascript link. We host the materials to open in a new window from a link on your site (similar to how the materials open on this site). You will have full control into how your users get to the materials, and your users never have to leave your website.

Self-Paced Classes

- ✓ T'ai Chi for Health and Wellness\$250 / year
- ✓ Four Steps to Managing Your Stress\$250 / year
- ✓ Healthy Weight Management\$250 / year
- ✓ Healthy Aging: A Guide to Living Well Over Forty\$250 / year

Health Assessments

- ✓ Stanford Health and Lifestyle Assessment (2004, 9 sections, approx 60 questions) n/a*
- ✓ The Stanford Healthy People Survey (2001, 11 sections, approx 80 questions) n/a*
- ✓ Cardiovascular Risk Assessment for Women (2002, 19 questions)\$100 / year
- ✓ Are You at Risk for Type 2 Diabetes (2002, 12 questions)\$100 / year
- ✓ Readiness for Change Assessment (2000, 11 questions)\$100 / year

Streaming Videos

- ✓ Breast Cancer Awareness and Prevention, SPRC Lecture Series - Marcia Stefanick (1999, 22 min.) ..\$100 / year
- ✓ A Change of Heart (1984, 27 min.)\$100 / year
- ✓ Healthy Aging, SPRC Lecture Series - Joyce Hanna (1999, 25 min.).....\$100 / year
- ✓ Heart Disease, SPRC Lecture Series - Jack Farquhar (1999, 25 min.)\$100 / year
- ✓ Images of HIV / AIDS Around the World (1994, 25 min.)\$100 / year
- ✓ Preventing and Managing Back Pain (1999, 27 min.)\$100 / year
- ✓ Preventing and Managing Stress (1999, 27 min.)\$100 / year
- ✓ That's Life (1989, 24 min.)\$100 / year
- ✓ The Optimal Diet for Overall Health, SPRC Lecture Series - Christopher Gardner (1999, 24 min.)\$100 / year
- ✓ Understanding Menopause, SPRC Lecture Series - Marcia Stefanick (1999, 23 min.)\$100 / year

Printable Health Kits

- ✓ The Jogging Kit (English or French).....\$100 / year
- ✓ The Nutrition Kit\$100 / year
- ✓ Quit Smoking Kit\$100 / year
- ✓ The Stress Management Kit\$100 / year
- ✓ The Walking Kit (English, Spanish, Chinese, or Vietnamese).....\$100 / year
- ✓ The Weight Kit\$100 / year

Health Tools

- ✓ Recipes for Your Hearts Delight\$100 / year
- ✓ Living Well with Your Computer\$100 / year

* Contact Jerrie Thurman (650) 725-4406 for information about how to license starred assessments.