



Open Source Wellness

Health, Powered by Connection

Preventing and reversing chronic disease through a clinically-proven, low-cost, behavior change program.



MOVE
fun, engaging,
and playful
physical activity



NOURISH
healthy, practical
and sustainable
meals



CONNECT
authentic,
uplifting
peer support



BE
stress reduction,
cultivating
mindfulness

THE PROBLEM

1. Spending for chronic illness accounts for nearly 86% of our national healthcare spending, a staggering \$2.32 trillion of the annual \$2.7 trillion.
2. The most effective ways to prevent and treat chronic disease are behavioral – diet, exercise, stress reduction.
3. Behavioral “prescriptions” like “Exercise more!” or “Reduce your stress!” are ineffective without behavioral support for making sustained lifestyle changes.

THE OPEN SOURCE WELLNESS SOLUTION: THE BEHAVIORAL PHARMACY

Building on the work of Dean Ornish, the Diabetes Prevention Program, and AHA’s Microclinics, we offer a *radically affordable, transdiagnostic, proven* approach to addressing *depression, obesity, heart disease, and diabetes*.

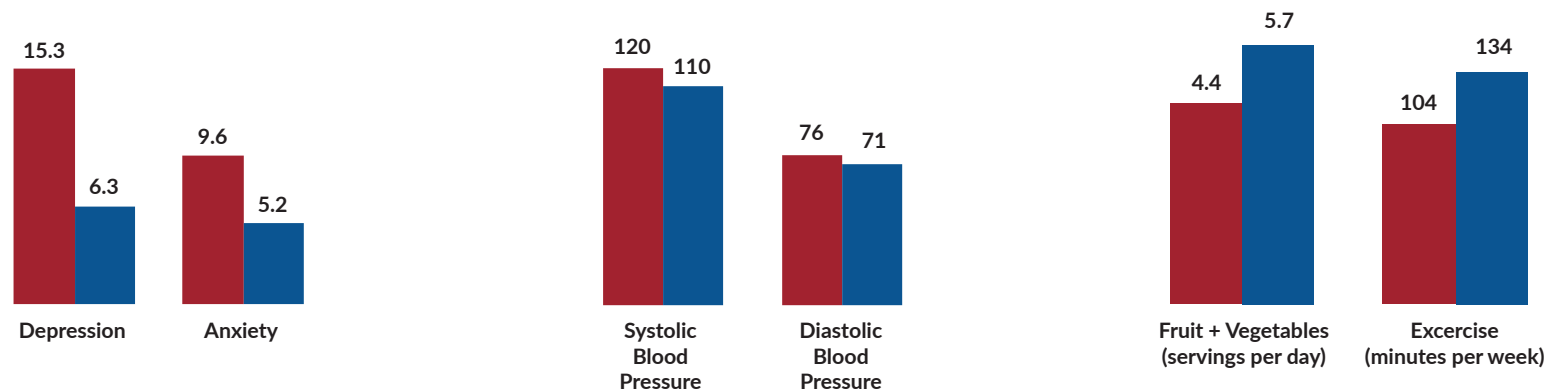
FOUR IMPLEMENTATION MODELS

1. **Clinical:** Workflow-integrated, electronic medical record-integrated, on-site at clinics and hospital campuses.
2. **Community-based:** Open-access, accepts ‘prescriptions’ from multiple healthcare systems.
3. **Housing-based:** Animates low-income housing as a platform for health and wellbeing.
4. **Corporate:** Keynotes, workshops, and series’ to up-level engagement, resilience, and wellbeing for employees and teams.

OUTCOMES

Physical, psychological, and behavioral health improvements

■ Before Treatment ■ After Treatment



Research indicates a remarkable \$6 return on every \$1 invested in preventative practices such as exercise, diet, stress reduction, healthy habits and peer support. Investing in Open Source Wellness can support cost management, deepen community development, and promote human flourishing.

THE TEAM

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