



Health & Wellness

Reliable Content. Innovative Delivery.

Welcome to QuickSeries Publishing

QuickSeries® has delivered credible, easy-to-read content on thousands of relevant topics for over 25 years. Our team of knowledgeable writers presents the most current information on a broad range of valuable subjects, including health and wellness, home and work life, security and government affairs, and disaster and emergency preparedness.

Our unique winning formula is guided by two crucial principles:

1. To offer a vast library of topics with content written in a clear and understandable way
2. To provide content on multiple innovative platforms that are best suited to your audience

From our original pocket guides to our eGuides and fully integrated app platform, we ensure seamless, affordable delivery of content that is guaranteed to make your program a success.



Wellness

Encourage others to take the right steps to improve their health and well-being, such as engaging in regular exercise, getting enough sleep, eating well, and more.



Mental Health

Offer important information and the support resources needed to battle and overcome a mental health crisis.



Physical Health

Provide the right tools to help others take care of their bodies and overall health with critical information on maintaining or improving physical wellness.



Helping You Build Successful Programs!

QuickSeries is committed to a holistic approach to health, taking into account the interdependence of the physical, mental, and emotional aspects of a person's life. We recognize the importance of self-care, mindfulness, and personal growth in maintaining a healthy and fulfilling life. To that end, we provide health care professionals, caregivers, and patients with important information to enhance programs and promote well-being. In collaboration with our esteemed partners, we ensure that all content is accurate and reflects the most current information, guaranteeing that your product of choice perfectly complements your wellness program.

Whether you want to provide nutrition and fitness advice, mental health resources, or pain management information, QuickSeries has an appropriate title – on the perfect platform – to meet your needs.



Our Accreditation Resource Partners

Along with our team of talented, experienced writers and editors, we partner with various respected associations within different industries to write, review, and validate our content. Once the content has been approved, we add their logo to the guide as a seal of approval – reassuring you that the information is accurate and credible.



www.diabetes.org



www.americanheadachesociety.org



www.rainn.org



www.icisf.org

Total Solutions for 360-Degree Outreach

We recognize your need to communicate your message to the community in an engaging and efficient manner. So, we've created a unique 360-Degree Total Solution that develops your outreach program and instantly delivers your message to varying audiences within your community.

Our 360-Degree Total Solution is centered around content and includes a mix of print and digital products. Program managers can use the dynamic QuickConnect app platform to easily add and replace content that meets their specific communication needs at the time.

Our goal is to make delivering your message simple and straightforward.



Ask Us About Personalization and Customization.

Don't see the title you're looking for? Want to personalize your own topic?

Our team of experts can tailor any topic or format to fit your individual needs and branding.

Want to use your own content?

Not a problem – we can easily customize your text into any of our available formats.

Personalization

Choose a topic and modify the content and covers, or simply add your logo and brand colors.

Customization

Provide us with your content or ideas and we will research, write, and design a product in any of our available formats.

Reliable Content. Innovative Delivery.

Our team of knowledgeable writers, editors, and field specialists write and edit the topics in our vast library, integrating just the right amount of information for readers. The content is then packaged into various innovative formats that best communicate your program to your target audience, ensuring a successful outreach program.



Pocket Guides

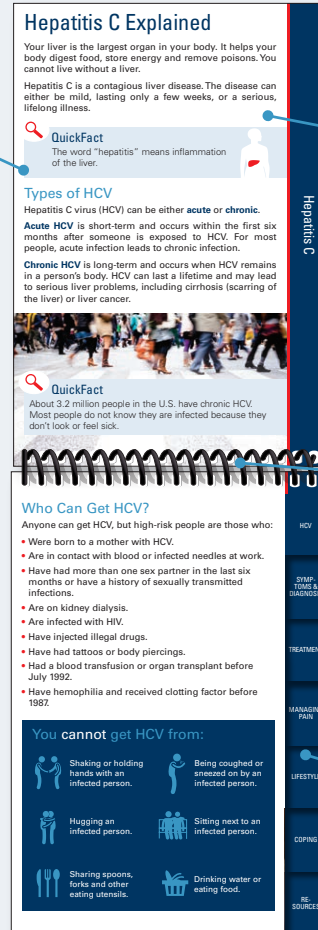
Featuring durable lamination and heavy-duty spiral binding, our pocket guides deliver a long-lasting reference experience in the field, office, or classroom.

- To-the-point content and simple messaging in a convenient tabbed format
- Perfect for the field or classroom
- Durable and water-resistant

Complex Subjects Made Easy



Personalized Hotstamp Zone



Reader-Friendly Content

Durable Construction

Conveniently Tabbed

Program Outreach

A successful communication strategy needs to be multifaceted, using a variety of tools to highlight your message.

QuickSeries offers a suite of outreach and educational products designed to capture the reader's attention and deliver your message.



Wallet Cards

- Creative tools that promote topic awareness and information referral
- Ideal bookmarks
- Easily fold to fit into your wallet



Pamphlets

- To-the-point, informative content that expands information on outreach programs
- Modern, engaging design
- Available in various sizes

Spread your message through a variety of tools that work best for your audience and meet your budget.



eGuides

QuickSeries eGuides offer a unique and dynamic reading experience. Your users interact with content through a variety of built-in features, including menus, checklists, forms, bookmarks, and note-taking capabilities.

- Information is always readily available
- Interactive content, news, and alerts
- Innovative and engaging designs
- Exclusively available to our app clients

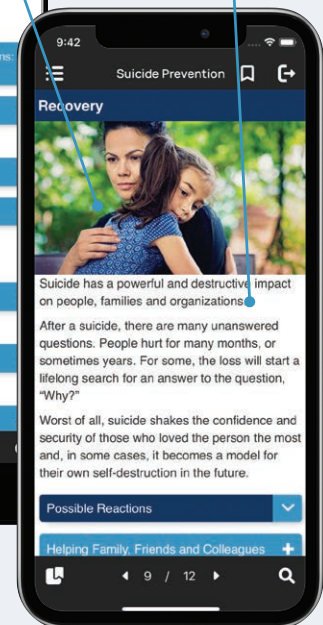
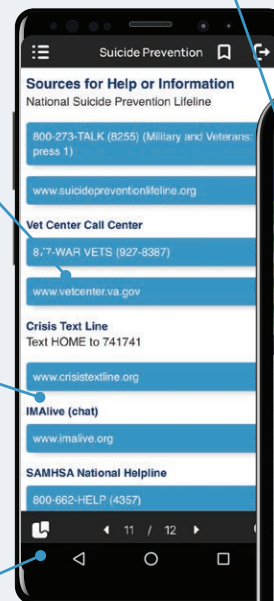
100%
Mobile

Auto-dial,
Email, and
Web
Connect

Every
Pocket Guide
Is Available
in eGuide
Format

Not Your
Typical
Book

New Text
for Full
Customization



Magnets

- Valuable custom tool that helps increase your program visibility
- Useful visual reminder of your cause or message
- Durable product with modern, eye-catching design



Calendars

- Reliable content and optimized design deliver important information in a themed format
- Relevant monthly topics
- Durable paper stock



Posters

- Attractive double-sided design that helps create topic awareness
- Durable and water-resistant
- Available in an assortment of sizes



Message Cards

- Practical promotional tools for events, services, or causes
- Ideal handouts
- Compact size perfect for mailing



Pocket Cards

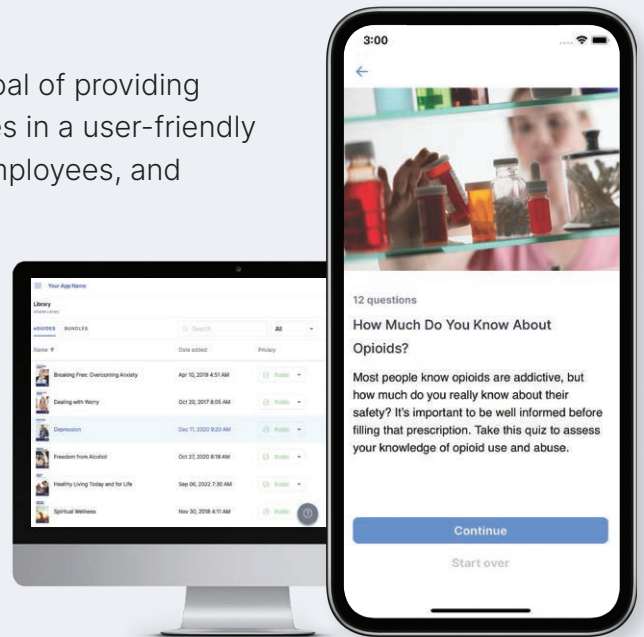
- Easily fold to fit in your pocket or purse
- Double-sided design allows for more in-depth information without adding bulk

QuickConnect Apps

The QuickConnect app platform was designed with the goal of providing essential information to community members' smartphones in a user-friendly and efficient manner. By utilizing our platform, citizens, employees, and families can easily access the information they need to lead safer and healthier lives.

Our **administrative portal** allows for quick and easy updates to be made from any location, while the personalized **Workspaces** ensure that users can access location or department-specific content with ease.

Additionally, our platform only requires one app store approval, regardless of the number of Workspaces created, streamlining the process for app management.



Modules & Features

Resources & Mapping

Deliver immediate in-app access to a variety of relevant resources.

Alerts & Safety Check

Keep users informed of imminent/ongoing emergencies and prepare staff with practice drills. Use geo-targeted push notifications to alert users in specific locations.

PDF Library

Create your own personal library by uploading PDFs with need-to-know info.

Forms & Reporting

Allow users to send reports from their devices to the administrative portal.

eGuide Library

Easily access and browse your personal library of interactive QuickSeries eGuides. Provide your users with a code that will either restrict or grant them access to specific eGuides.

News

Create informative news articles and push them out to all your users at once.

Push Notifications

Convey messages, offers, and other information to users. In News and Alerts modules, use geo-targeted notifications to alert users in specific locations.

Maps

Guide residents to safety with evacuation routes, and provide information on shelters, hospitals, and police/fire stations.

Make Your Plan

Encourage users to prepare for any emergency with information and tools.

Authoring Tool CMS

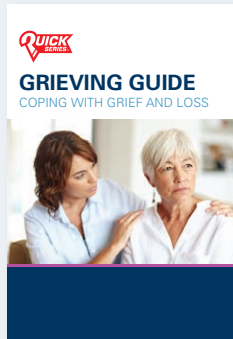
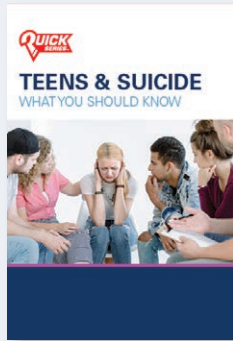
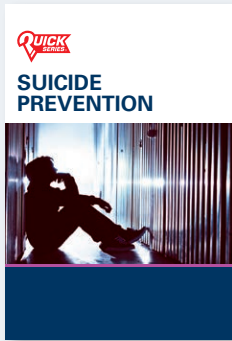
We encourage our clients to create and publish fresh content for their users. Transform simple documents into visually appealing and interactive eDocs.

Read more about our QuickConnect app platform on our website:

www.quickseries.com/app-solutions



Mental Health

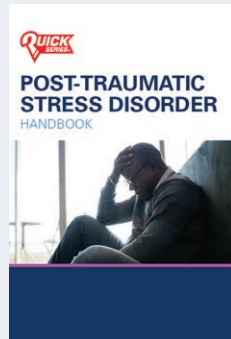
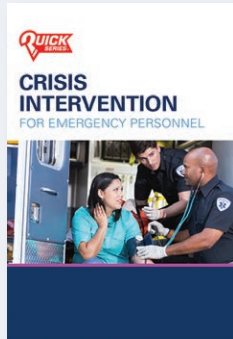
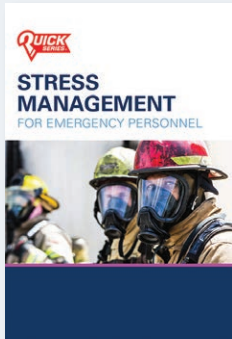


- Get the proper information and support you need to help you through a mental health crisis.
- Learn about various mental health issues so you can help guide and support a loved one in crisis.
- Feel strengthened during turmoil and gain control of your emotions with useful strategies and exercises.
- Use essential checklists, information, and resources to care for your mental health and get the help you need.

* Licensed by the International Critical Incident Stress Foundation (ICISF)



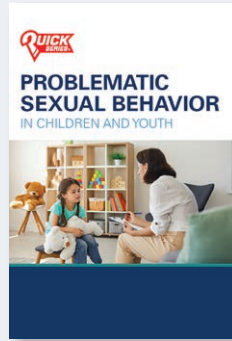
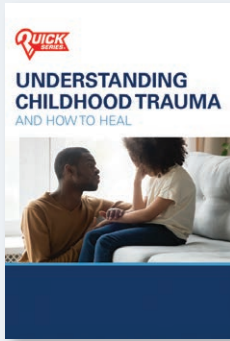
Stress Management



- Learn basic tips to cope with and recover from stressful situations you face on a daily basis.
- Know how to deal with people in states of emotional turmoil with easy-to-follow crisis intervention protocols.
- Manage your own reactions to stress and crisis so you can better help others cope.
- Use important techniques, strategies, checklists, and resources to be more resilient to mental stress and get the information you need to recover.

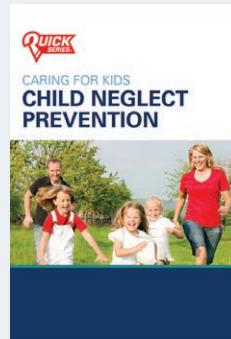
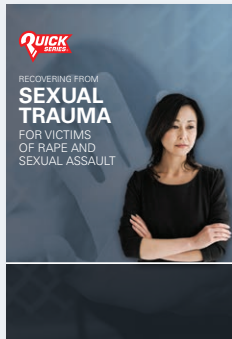
* Licensed by the International Critical Incident Stress Foundation (ICISF)

Childhood Behavior



- Address many of the questions and concerns that parents and other adults that care for/work with children have about sexual behavior in children.
- Help parents, caregivers, and educators understand the impact of childhood trauma and provide the right support to help children.

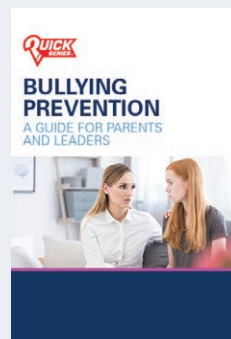
Domestic & Sexual Abuse

RAINN


- Arm victims of domestic or sexual abuse with essential information to get the assistance and support they need.
- Help victims – or help yourself – by understanding risk factors, warning signs, recovery tips, military response, and reporting options.
- Stop domestic or sexual abuse before it happens by learning how to spot dangerous situations and how to safely intervene.
- Use helpful checklists, examples, recommendations, and resources to help a victim (or yourself) escape or recover from a violent situation.

* Licensed by the Rape, Abuse & Incest National Network (RAINN)

Bullying



- Protect yourself and your children from the threat of bullying by learning essential prevention tools and techniques to end the bullying problem.
- Coach your children on how to deal with all forms of bullying, including cyberbullying and psychological bullying.
- Use valuable checklists, quizzes, and resources to understand bullying, resolve bullying incidents, or prevent the threat.

Sober Living



Program Outreach

 Pocket Cards



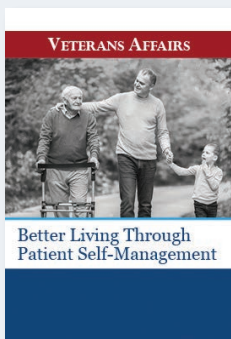
 Wallet Cards



- Eliminate alcohol, tobacco, or drugs from your life with a wealth of information, ideas, and suggestions on how to deal with these issues.
- Use helpful tools to assess your usage, learn how to quit, and prevent relapse.
- Learn how to talk to children about drugs and alcohol or deal with the consequences of secondhand drinking.
- Get useful resources for treatment, support, and additional information.



Patients & Caregivers



- Know how to live your best life possible – whether you're a patient or caregiver – with helpful wellness information and resources.
- Use the tools provided to deal with the emotional and physical effects of chronic illness and develop an action plan.
- Apply essential lists, information, and resources so you can better manage your daily life.

Tobacco-Free Life



Program Outreach



Pamphlet



Wallet Cards

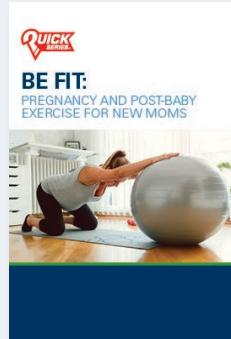
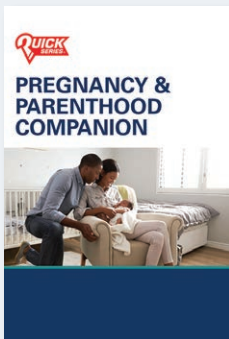


Message Card



- Take charge of your health by learning how to transition to a tobacco-free life.
- Learn about smoking dangers, harmful effects, COPD symptoms, and more critical information.
- Follow effective tips and exercises for quitting and preventing relapse.
- Help teens choose a tobacco-free life with relatable examples, self-quizzes, and useful resources.

Expecting Baby

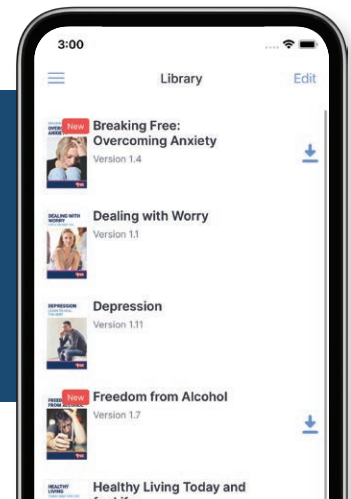


- Ease the stress and worry of pregnancy with helpful guidance on a variety of pregnancy- and birth-related topics.
- Follow helpful advice on coping with common pregnancy complaints, managing body changes, knowing when to call your doctor, and creating a birth plan.
- Ensure a healthy pregnancy by learning about critical lifestyle, diet, and fitness recommendations.
- Use helpful checklists, diagrams, and resources for support and comfort on this journey.

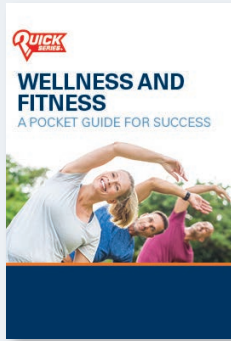


Access Vital Info – Anytime, Anywhere!

Our QuickConnect app and portal is a convenient tool for communities, facilities, and workplaces to communicate essential wellness information. It can be customized to your specific requirements – any content can be turned into an app – you can choose from a variety of eGuide titles to create a personalized library, along with over 25 interactive features for a complete user experience.

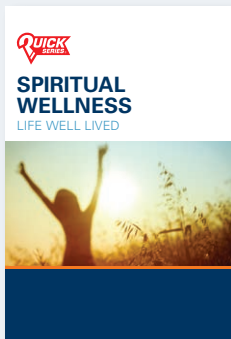
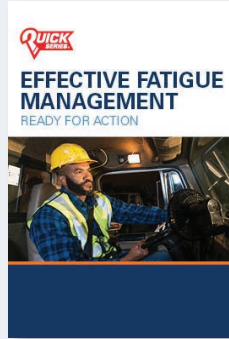


Everyday Healthy Living



- Follow everyday healthy living advice that will help you thrive – from physical activity and nutritional guidelines to motivational tips and more.
- Enhance your overall fitness, endurance, and quality of life with essential wellness strategies and resources.
- Use helpful assessment questionnaires, checklists, and worksheets to design a program and track your progress.

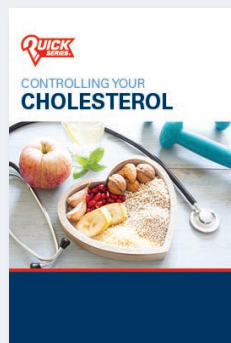
Mind & Soul



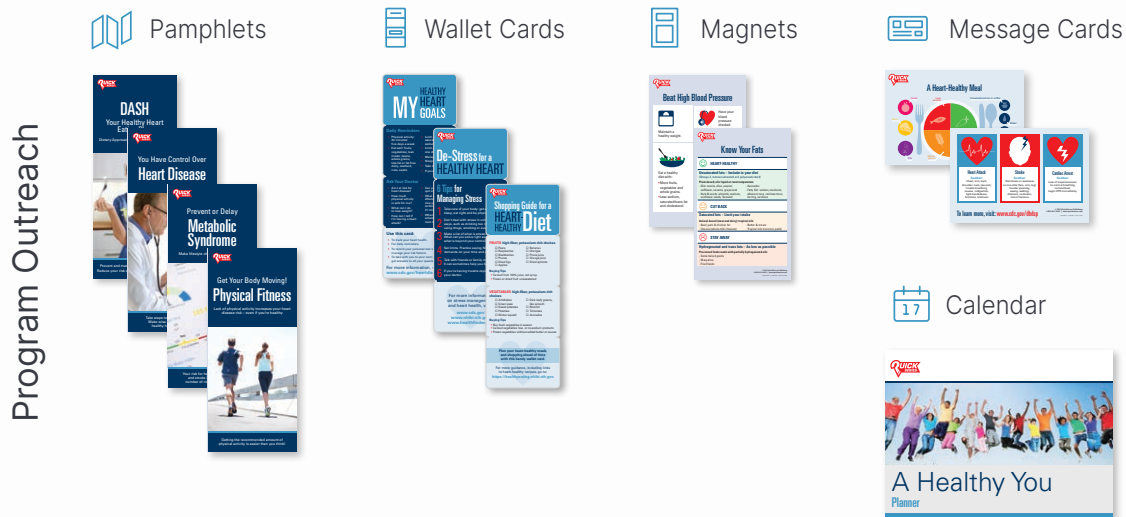
- Maintain your mental and spiritual wellness by following effective techniques and strategies to calm the mind, manage anger, or control fatigue.
- Practice valuable exercises that will help you enhance and maintain your emotional well-being.
- Learn how to control emotions such as anger and worry before they control you with helpful tips, checklists, self-assessments, and resources for help.



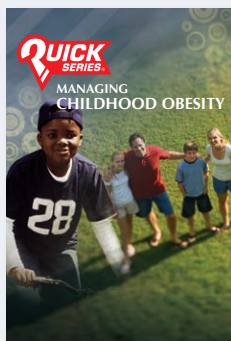
Heart Health



- Learn how to make simple lifestyle changes that can significantly reduce your risk of high blood pressure, high cholesterol, or heart attack.
- Know the risk factors and warning signs of an unhealthy heart so you can get timely treatment.
- Follow useful guidelines on eating well, maintaining a healthy weight, and following a physical fitness routine.

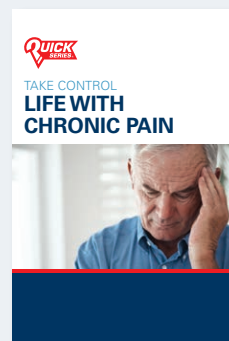
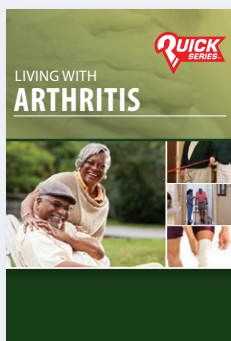
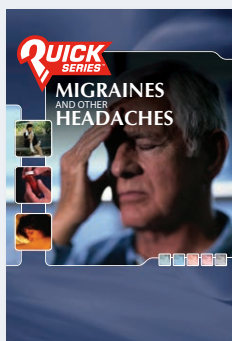


Nutrition & Weight



- Learn about important behavioral strategies for safe, effective weight loss and weight maintenance.
- Know what you can do as a parent or educator to help curb obesity in children.
- Follow healthy eating guidelines, exercise recommendations, and lifestyle strategies that encourage you to reach your goal.
- Use helpful charts, diagrams, checklists, and resources to guide you through your weight management journey.

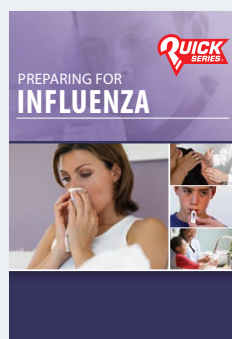
Pain Management



- Take control of your pain by learning about the types of treatments and medications available.
- Alleviate pain with helpful exercises and self-care strategies.
- Make sure you're getting the right treatment for your specific pain so you can enjoy a better quality of life.

* Licensed by the American Headache Society (AHS)

Diseases & Epidemics



Program Outreach



Pamphlets

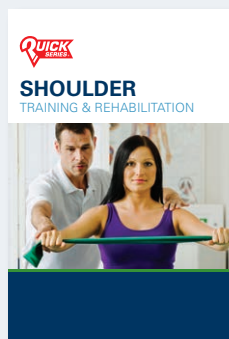
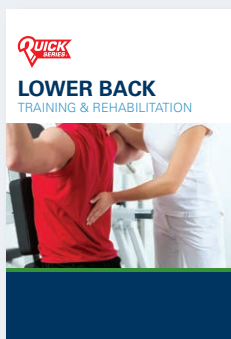
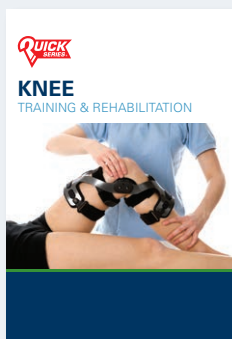


Wallet Cards



- Get the latest information on and learn how to protect yourself from some of today's most prevalent illnesses.
- Learn about risk factors, symptoms, treatment, and prevention strategies.
- Use helpful checklists, charts, and resources to ensure you're in optimal health.

Prevention & Rehabilitation



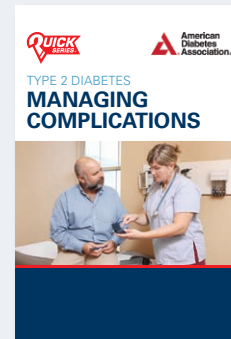
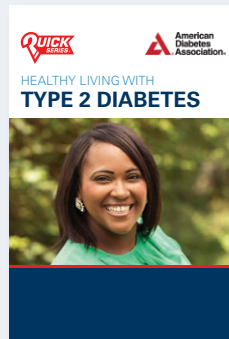
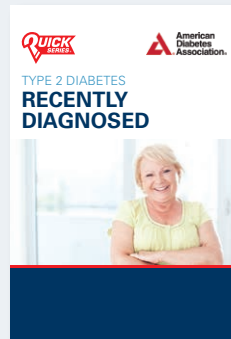
- Complement your rehabilitation program with effective exercises and techniques to strengthen your knee, lower back, or shoulder following an injury.
- Learn the basics of injury management and prevention to reduce your chances of getting hurt.
- Increase your flexibility, strength, and stamina by practicing easy-to-follow illustrated exercises.

Infectious Diseases



- Arm yourself with the latest infectious disease information so you can take charge of your health.
- Know how to protect yourself from common infectious disease and how to prevent the spread.
- Learn about current management guidelines, treatment options, and coping tips.
- Use the valuable lists and resources for additional information and support.

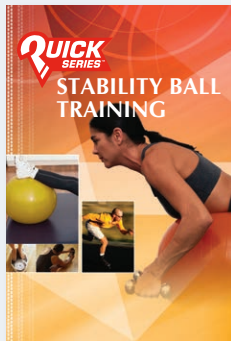
Diabetes



- Make the right lifestyle choices so you can manage or prevent diabetes and live a long and healthy life.
- Learn about diabetes treatments, lifestyle changes, diabetes complications, stress management, and different tips for children and seniors.
- Use helpful tips, tests, and resources to take charge of your health.

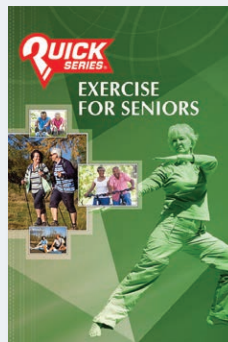
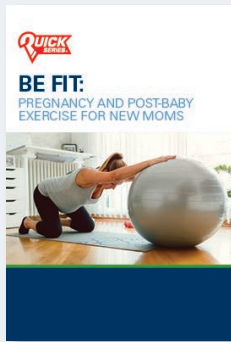
* Licensed by the American Diabetes Association (ADA)

Fitness & Training



- Get the health, fitness, and training recommendations necessary for building and maintaining an effective workout regimen.
- Design your own training program with helpful step-by-step procedures and illustrated exercises.
- Use tips to set personal workout goals, stay motivated, and see results.

Fitness for Specialized Groups



- Get the health, fitness, and training recommendations needed for different groups with specialized needs – from children to pregnant women to seniors.
- Learn about training safety guidelines so you can reap the benefits of exercise without injury.
- Design your own training program with helpful step-by-step instructions and easy-to-follow illustrations.

Workplace Wellness



- Manage your physical and emotional wellness in the workplace so you can perform at your best.
- Apply effective tips, information, and exercises to improve your everyday work life.
- Use helpful lists and resources to keep your mind and body in check and have a positive impact on your organization.

Ask About Our Other Topics:

Security &
Preparedness



Education



Work Life &
Safety



For a **free** sample or **more** information on how QuickSeries can help you make your program a success, contact us:



1-800-361-4653



info@quickseries.com



www.quickseries.com



© 2023 QuickSeries Publishing