



## FOR IMMEDIATE RELEASE

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### **ADVANTAGEHEALTH CORPORATION IS PLEASED TO ANNOUNCE ITS CONTINUED PARTNERSHIP WITH HEALTHMEDIA, INC.**

**Bloomington, MN – May, 2005.** AdvantageHealth Corporation announces its continued partnership with HealthMedia, Inc. to offer their tailored behavioral support programs along with its other comprehensive service offerings. HealthMedia's comprehensive suite of tailored health products support health promotion, disease management and other health initiatives that help employers target the nation's top health risks their employees face. HealthMedia's tailored behavioral support programs include:

- Nourish® - a nutrition intervention
- Relax® - a stress management intervention
- Care® for your Back – a preventative maintenance and care solution for your back
- Breathe® and BreatheAdvantage™ - a smoking cessation intervention and comprehensive smoking cessation solution
- Balance® and BalanceAdvantage™ - a weight management/physical activity intervention and comprehensive weight management solution
- HealthMedia® Care™ for Your Health – creating “expert patients” to better manage chronic conditions

Each of HealthMedia's programs are available on-line to add a high-reach, affordable and effective component to AdvantageHealth's scope of health promotion services. AdvantageHealth Corporation is pleased that HealthMedia, Inc. sees the value and benefit of worksite health promotion programs and that they hold themselves to only creating highly successful programs.

HealthMedia, Inc. is a technology and health management company that builds and delivers individualized, one-to-one solutions. They have created successful programs for many conditions and disease states. For more information on HealthMedia, visit [www.healthmedia.com](http://www.healthmedia.com).

AdvantageHealth Corporation provides award-winning programs and services ranging from yoga classes and wellness seminars to staffed fitness centers and disease management interventions. AdvantageHealth aims to provide organizations ways to contain healthcare costs, reduce absenteeism and improve employee productivity and morale. For more information about AdvantageHealth Corporation, visit [www.advantagehealth.com](http://www.advantagehealth.com).