

Lasting LifestylesSM

helps you or
a loved one to...

- ▶ live life as fully and independently as possible
- ▶ self-manage chronic conditions and wellness activities
- ▶ embrace wellness not sickness
- ▶ be a part of a community

Simply put,
Lasting LifestylesSM
is designed
to help you...

...*Be* INFORMED

...*Be* CONNECTED

...*Be* EMPOWERED



Simple to use
...easy to get started



Using our web site is simple. All you need is a computer and a broadband connection to the internet.* You don't have to be an experienced computer or internet user to take advantage of Lasting LifestylesSM. We provide in one place, tools and information that are easy to access and

use. So, don't let a lack of experience with computers or the internet turn you away.

* If you choose to use our video conferencing feature you will also need a web camera and headset/microphone. Our vital signs monitoring feature requires a computer-enabled blood pressure monitor, scale or glucometer that can be separately purchased. We provide the details on what to purchase.



JOIN today and be a part
of a growing virtual
community of support!

Lasting LifestylesSM is a web service developed
and owned by VieBridge, Inc.
To learn more visit: www.lastinglifestyles.net

©2007 All rights reserved.



An innovative community
internet service for persons
with chronic conditions
and disabilities, along with
those who care for them.



ENRICH YOUR LIFE WITH...



Don't be in the dark about your situation

We help you become more knowledgeable about your own or a loved one's health and how to live with chronic conditions or disabilities with minimal disruption. We do this by providing:

- Convenient access to professionals on-line, when you need it.
- Disease education and resource centers with tips and guides.
- Extensive articles and links.
- A comprehensive video library on health, wellness and care giving topics plus a wholeness approach to your daily living tasks.
- Special information about what informal caregivers are doing to be successful.



Overcome your isolation with our support

It's so easy to become isolated when you have restricted mobility or your care giving tasks take away your free time or leave you too tired to get out of the house. We can help you stay connected to family, friends and local professionals.

Lasting Lifestyles has:

- Email.
- Video chats and video conferencing.
- Regular chat rooms.
- Discussion forums.
- Community picture galleries.
- Member interests directory to find others with the same interests.
- Interactive games and more.

Get in control of your situation



Through **Lasting Lifestyles** you get immediate access to a broad range of tools to help you better self-manage your chronic condition...disability...or help a loved one to self-manage. We provide tools for:

- Assessing your risks.
- Medications management.
- Nutrition, diet and weight management.
- Fitness and exercise.
- Self-monitoring your vital signs or those of a loved one.
- Setting goals and tracking progress.
- Easing the tasks of daily living like shopping.
- Keeping your health records.
- Communicating with your doctor.

If you are a caregiver, don't let the stresses of care giving wear you out. Learn what you can do to give your very best to a loved one while taking care of yourself. Whether you are a hands-on caregiver, a working caregiver or a long-distance caregiver, we have a way to help you.

A Community Service ...not just another web site

Lasting Lifestyles is not just another anonymous web service. It is an empowering community of support sponsored by agencies who strive to serve your needs and provide you access to local expertise and information on the services available within your area. We combine community level resources with access to national information on wellness, chronic conditions and informal care giving. **Lasting Lifestyles** is an approach combining the best of both worlds.

Perhaps more importantly... you gain access to people in your community who are having the same experiences. **Lasting Lifestyles** creates a special space where you can feel connected and supported... A virtual community within your community and one at a distance.

Bringing you a Multi-media Experience ...not just words

Lasting Lifestyles uses video content to make learning about managing chronic conditions and disabilities both interesting and informative. **Lasting Lifestyles** video interviews are produced using professionals whom you can contact for more information and additional support. These interviews may also be broadcast on your local public access TV channels.



Janet Corbally in an interview with Neurosurgeon, Ron Alterman, MD, discussing the diagnosis and treatment of dystonia.