

UNLEASH YOUR STRENGTHS FOR OPTIMAL HEALTH AND FLOURISHING



Engage in a Revolutionary Approach to Wellness

Asset Health and VIA Institute on Character have joined forces to transform the way we approach wellness, wellbeing, and flourishing programs. By integrating character strengths into a comprehensive, whole-person approach, we empower individuals to unlock their true potential and take charge of their own health and happiness. By focusing on and leveraging positive character traits, we can address stress, burnout, and disengagement in the workplace.

Flipping the Health Care Paradigm

- Conventional health care and wellness programs have a risk-based orientation to health. This risk-based approach, which targets physical deficits, remains very important but is only part of the solution. The VIA Character Strengths assessment complements existing health assessments, by identifying the best in people, and providing a more meaningful experience.
- Understanding and applying strengths can lead to greater levels of confidence, improved relationships, resilience, and more.

Bringing Deeper Personalization to Wellness

Asset Health provides a comprehensive wellbeing hub that is accessible from all devices and provides easy access to personalized wellness tools and resources. By integrating the VIA Character Strengths Survey into wellness programming, this personalization becomes even deeper and more impactful.

Empowering a Culture of Wellbeing and Flourishing

Collaboration between Asset Health and VIA Institute on Character supports individuals on their journey to thrive – moving beyond wellness to wellbeing and flourishing. VIA has brought the science of character strengths to the world: Over 27 million people have discovered their strengths through the VIA Character Strengths Survey. Now, we are excited to take the next step and bring character strengths into employee wellbeing programs.

Help Your Employees Discover Their Strengths and Transform Their Life!



Asset Health delivers results-focused, fully integrated, end-to-end wellness services and technologies that power the health of the whole person, building cultures of wellbeing.

Learn More

To learn more or see a demo, contact **Robert Wilson** at **248-822-7286** or **RWilson@assethealth.com**.

This flier is for informational purposes only and does not constitute medical advice. Consult a healthcare professional for personalized guidance.

Asset Health®

VIA INSTITUTE ON CHARACTER