

BROKER BLAST

July 2020

Are You in The Know With KPI Insider?

[KPI Insider](#) is a member destination website with tons of engaging content, useful health information and even member discounts, like our current [Back to School promotion](#) for Vision Essentials where members can score 2 for \$99 glasses or BOGO 50% off.

With spending more time at home and practicing social distancing we know it can be difficult to stay motivated and make healthy decisions. There's no better time to take advantage of our [free online classes](#) to help members better manage their health from the comfort of their own home, including:

- **Nutrition for weight control:** Learn about how to select healthy food choices, tips and tricks for grocery shopping, recipes, setting S.M.A.R.T goals, and more.
- **Nutrition for cholesterol control:** This online course will teach members more about lifestyle management of cholesterol, how to improve their numbers, healthy food choices to reduce cholesterol, and more.
- **Pre-Diabetes education:** Learn the basics of what pre-diabetes is, how to pick the right food, ways to prevent diabetes, as well as setting S.M.A.R.T goals.

This is just a small sample of what's available at [KPI Insider](#). Share this information with your groups so their members can take advantage of these valuable resources.