

FOR IMMEDIATE RELEASE

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HealthCentral Announces Winners of Its Live Bold, Live Now Photo Contest

Three Participants are Rewarded and Recognized for Sharing Their Stories and Collecting Votes to Stamp Out Stigmas Related to Their Conditions

August 21, 2014 – [NEW YORK, NY] HealthCentral (www.HealthCentral.com), the flagship condition management and health site from Remedy Health Media, proudly announced today the winners of its Live Bold, Live Now Photo Contest. After receiving more than 60 inspirational stories and thousands of votes, first place went to Sarah Bramblette battling Lipedema. Gabe Howard, who was diagnosed with bipolar and anxiety disorders took 2nd place and Alanna Wong, who's living with Kleine-Levin Syndrome (KLS) received 3rd place.

Sarah Bramblette was diagnosed with an advanced stage of Lipedema which includes the onset of secondary Lymphedema. "On the surface, society sees me as morbidly obese; however, my weight is due to Lipedema which is a congenital medical condition that causes the abnormal accumulation of adipose tissue in my hips, legs and arms," says Bramblette. She's been living with a stigma that her condition is self-inflicted and is due to poor lifestyle choices, but Bramblette works hard to manage her condition and maintain her overall health every day. She is an advocate for healthcare and insurance coverage and has a goal of becoming an aquatic fitness instructor to teach classes for other Lipedema and Lymphedema patients.

The contest is a part of HealthCentral's *Live Bold, Live Now Empowerment Initiative*, a series of multimedia stories about real people who persevere and thrive, despite the adversities of a significant health challenge. The contest participants were encouraged to upload a photo representing an accomplishment, include a descriptive caption, and share their story using the #LiveBold contest hashtag.

"We'd like to thank all of the participants who shared their inspirational personal stories with us and the HealthCentral community. Every share, comment and online interaction is helping us increase awareness and break down health stigmas," said Randy Rieland, Digital Editorial Director, HealthCentral. "We are all in this together and plan to continue the dialogue well beyond this contest."

You can learn more about the three winners and view additional contest submissions at www.HealthCentral.com/LiveBoldPhotoContest.

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About HealthCentral

HealthCentral from Remedy Health Media is the leading condition management health site that provides real support from real experts. To inspire health, HealthCentral features expert advice and extraordinary stories of hope and perseverance. HealthCentral's newest initiative *Live Bold, Live Now* engages through highly compelling multimedia storytelling that emotionally connects with health-seekers and encourages them to find ways to overcome their condition and live boldly. At HealthCentral, visitors can discover new information about their condition, connect with others going through similar health challenges, ask our experts questions and much more. To learn more about HealthCentral, please visit www.HealthCentral.com.

About Remedy Health Media

Remedy Health Media (Remedy) is a leading health information and technology company that helps millions of patients and caregivers live healthier and more fulfilled lives. Remedy strives to improve consumer health engagement and outcomes through the development of authentic communities of health information seekers who can interact and learn from relatable physician, pharmacist, public health and patient experts. Remedy currently helps over 200 million health consumers annually through various digital, mobile and point of care information products and technologies. To learn more about Remedy, please visit www.RemedyHealthMedia.com.