



# VITAL SIGNS

HOSTED BY JEN GAUDET

# MEDIA KIT

## ABOUT THE SHOW

*Broadcasting every Tuesday at 18:00 CT  
on NowMedia*

- A wellness-focused show where health, empowerment, and intentional living come together.
- Explores physical, emotional, and spiritual vitality through real conversations with doctors, healers, and thought leaders.
- Offers holistic perspectives for navigating diagnoses, stress, and personal health challenges.
- Delivers practical insights and inspiring stories that awaken personal responsibility for well-being.





# ABOUT *THE HOST*

## JEN GAUDET

- Jen Gaudet is an international best-selling author, life strategist, and speaker empowering high-impact individuals to elevate their health, life, and business.
- Brings 19 years of experience in sports medicine physical therapy, working with elite collegiate, professional, and Olympic athletes.
- Integrates human performance, mindset, and stress management to drive sustainable personal and professional growth.
- Passionate about creating ripple effects that empower leaders, families, and communities to take charge of their health and lives.







# ABOUT NOWMEDIA TELEVISION



## 1. The Premier Bilingual Television Network in the U.S.

NowMedia is the premier and first bilingual television network in the United States, broadcasting **24/7 English and Spanish content simultaneously** across the U.S. and Mexico.

With a unique cross-border presence, NowMedia connects millions of bilingual viewers with exclusive programming tailored to entrepreneurs, innovators, and decision-makers.

## 2. Nationwide Broadcast and Digital Distribution

NowMedia broadcasts **over-the-air in Texas, Louisiana, and Florida**, and is available **nationwide in the U.S. and Mexico through Roku and Apple TV**.

This unmatched distribution network gives your brand expansive visibility, reaching audiences wherever they consume content — from traditional broadcast to cutting-edge streaming platforms.



## 3. Strategic Syndication and Audio Expansion

NowMedia proudly partners with **premium syndicated networks such as iHeart Radio, XM Radio, and Pandora**, with **audio versions of our shows available across all major podcasting platforms**.

These partnerships extend your reach, ensuring your message resonates through every medium — TV, streaming, and on-the-go audio.





# ABOUT NOWMEDIA TELEVISION



## 4. Extensive Video on Demand Library and Continuous Exposure

NowMedia maintains a **vast catalog of Video on Demand (VOD)** content available on **Roku and Apple TV**, keeping your interviews and appearances accessible long after they air.

This sustained visibility builds long-term brand recognition and positions your business as an authority within the bilingual marketplace.

## 5. Accessible Anytime, Anywhere, on Any Device

NowMedia has its own **dedicated iOS app**, with **Android, Fire TV, and Google TV apps launching soon** — making **NowMedia's broadcast and content available anywhere, anytime, on any device.**

Whether at home, on the go, or on your favorite screen, NowMedia keeps your audience connected to your message 24/7.





# WHY YOU SHOULD DO THIS?



## 1. Connect with High-Impact Entrepreneurs

NowMedia gives you direct access to a powerful bilingual audience of business owners, decision-makers, and innovators who are actively looking for new ideas, strategies, and partners to grow their ventures.



## 2. Own and Leverage Your Media Content

Gain full access to broadcast-quality interviews with no usage restrictions—perfect for repurposing across your website, social media, marketing campaigns, and client outreach to maximize your brand visibility.



## 3. Establish Your Authority on Television

Being featured on NowMedia positions you as a trusted authority in your field, elevates your professional credibility, and builds lasting trust



## 4. Amplify Your Brand Across Platforms

Our amplification team ensures your message reaches beyond TV—your interviews are available on-demand across Roku, Apple TV, Amazon, and more, giving you continuous exposure and strong long-term brand impact.





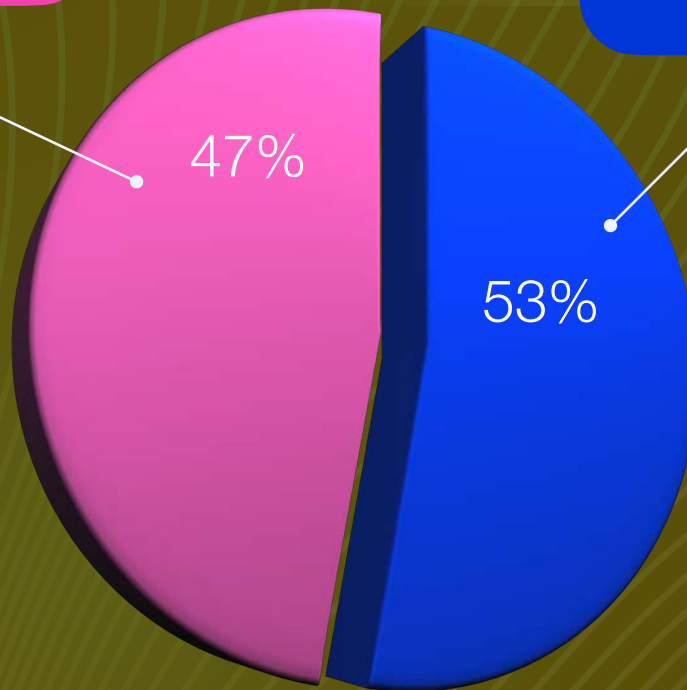


# AUDIENCE DEMOGRAPHICS

## Gender

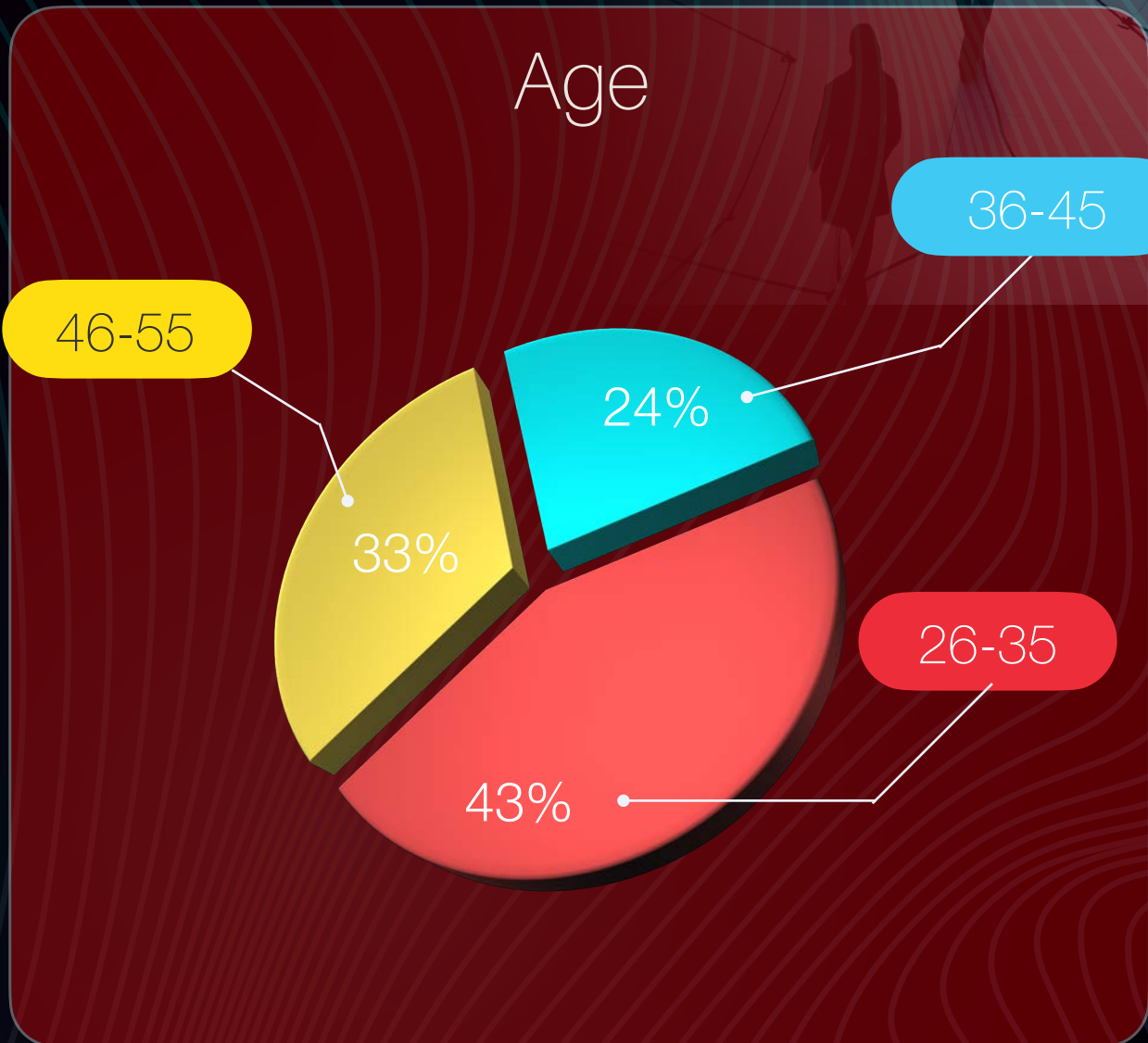
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Male





# AUDIENCE DEMOGRAPHICS

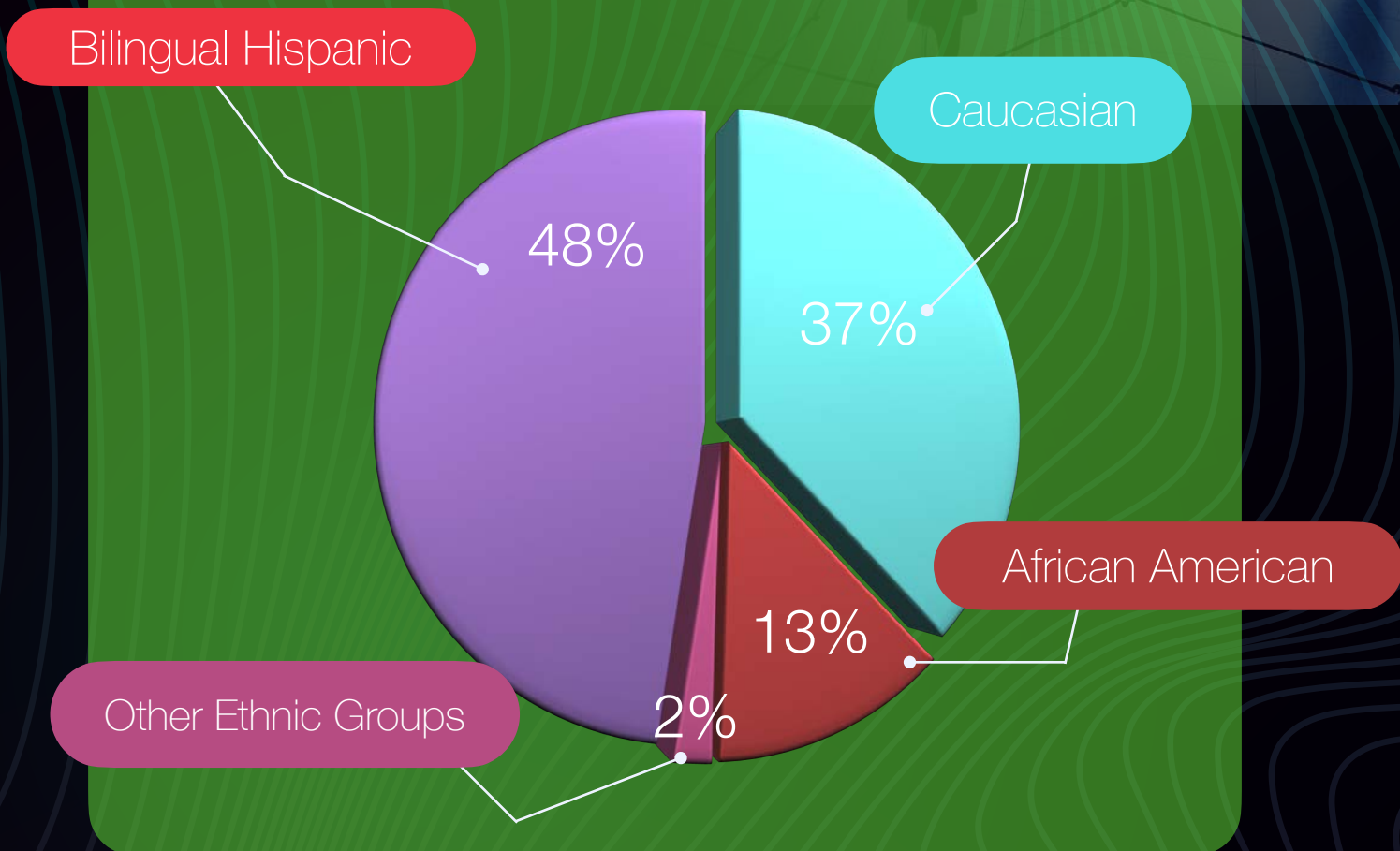






# AUDIENCE DEMOGRAPHICS

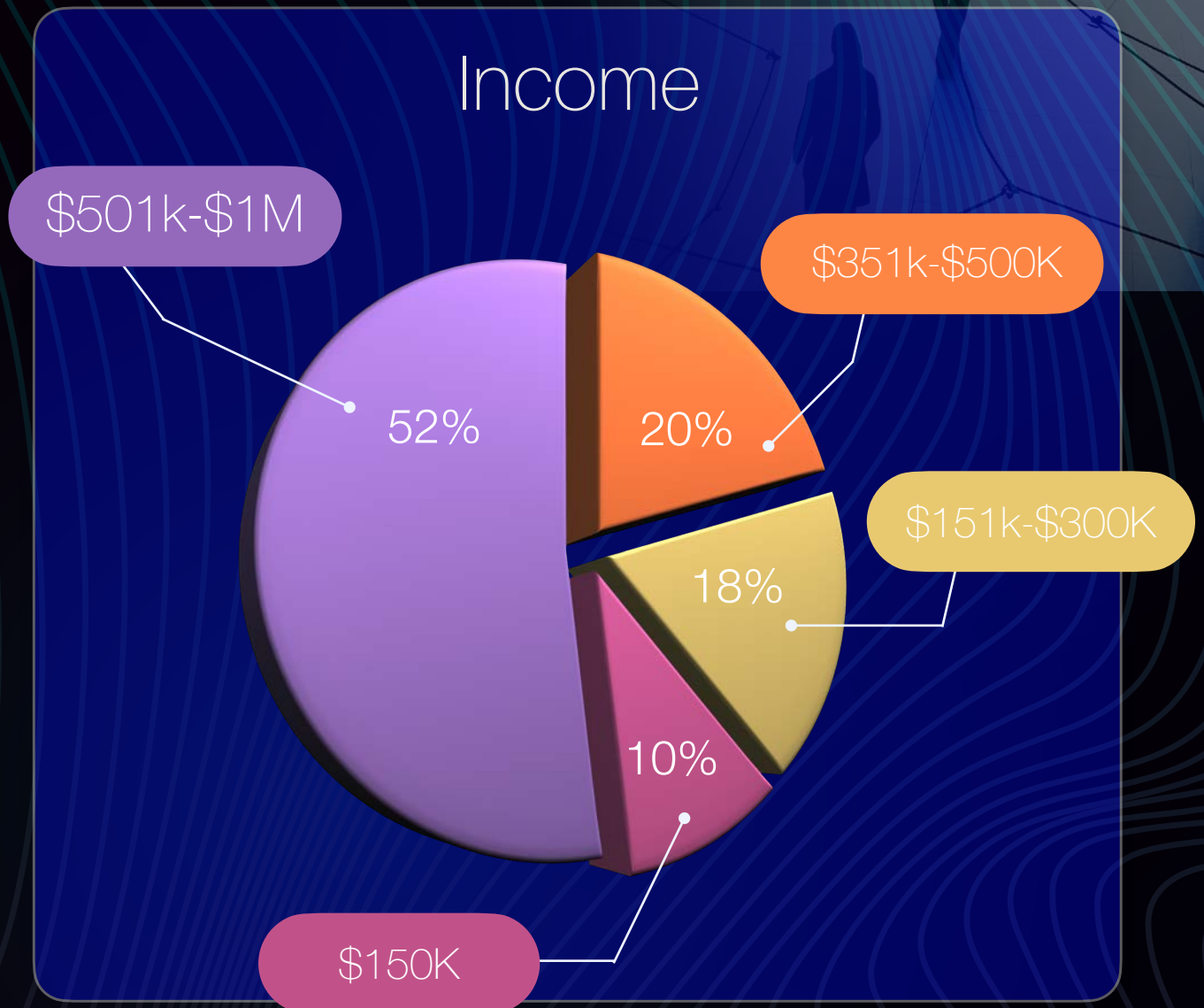
## Race







# AUDIENCE DEMOGRAPHICS





# YOUR TELEVISION APPEARANCE



## 1. Multiple Appearances for Maximum Impact

Consistency builds recognition. With a series of at least four interviews across different shows, your brand gains sustained visibility and audience engagement—turning exposure into influence.



## 2. Meaningful Conversations, Not Commercials

Every interview is designed to deliver authentic, insightful dialogue that inspires bilingual entrepreneurs. It's not advertising—it's storytelling that connects, educates, and builds trust.



## 3. Flexible Recording: Studio or Remote

NowMedia offers cutting-edge production quality whether you record in-studio or remotely. All interviews are captured in Ultra High Definition, ensuring your brand always looks its best.



## 4. Amplify Your Personal and Business Brand

Regular appearances elevate your credibility and strengthen your brand identity—opening doors to new partnerships, audiences, and business opportunities across all markets.





# RECENT AIRED EPISODES



## Vital Signs : Your Guide to Health & Wellness

Join [Jen Gaudet](#) on Vital Signs, where top medical experts share insights on nutrition, fitness, mental health, and preventive care. Elevate your well-being with expert advice you can trust.



Apple Podcasts



Spotify



Amazon Music



Pocket Casts



iHeartRadio



Pandora



RSS



More

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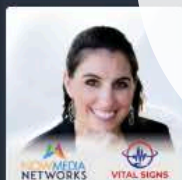


December 18, 2023

#### **Vital Signs (Aired 12-18-25) Prescription Costs, Patient Advocacy & Women's Health**

In the December 18, 2023 episode of Vital Signs, host Jen Gaudet welcomes healthcare strategist and pharmacy benefit expert Rachel Strauss for a powerful...

▶ PLAY 00:47:33



November 16, 2023

#### **Vital Signs (Aired 10-22-2025): The Episode Revealing America's Hidden Health and Social Crisis**

Vital Signs (Aired 10-22-2025) dives into the urgent issues shaping America's health, safety, and social stability. This episode exposes the rising tension inside hospitals,...

▶ PLAY 00:48:22



October 03, 2025

#### **Vital Signs (9-19-25) Aesthetics Meets Longevity: Safe Tech, Natural Results & Beating Burnout**

Dr. Nicholas Oloff reveals non-invasive, skin-safe tech for natural results; Garrett Wood shares neuroscience + hypnotherapy tools to end burnout and build sustainable high...

▶ PLAY 00:48:24



September 25, 2025

#### **Vital Signs (Aired 09-25-25) The Future of Aesthetics and Longevity with Dr. Nicholas**







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