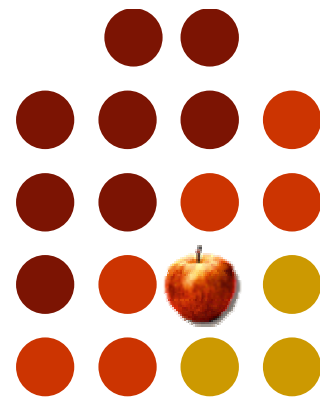


Member Web Tools for You: Independent Me



What is the purpose?


A health and wellness management tool to help you manage medical conditions and improve overall health awareness, and provide tools to support consumer decision making.

Independent Me

Take charge of your personal fitness and lifestyle goals with Independent Me! This innovative, new tool can help you manage your weight, understand conditions such as diabetes and high blood pressure. You can even look up drug information, take health quizzes, see animated exercises, and more!

[Click here.](#)

How do I access it?

Go to www.independenthealth.com . Select the members tab. , **I'm a Health Plan Member**, log in with your Eaccess account and **Confirm**. Go to the **Independent Me**.

How do I get started?

Take the HRA to create my Dashboard*

If you are interested in taking the Health Risk Appraisal (HRA):

The HRA will teach you what you're doing right and what to work on by answering questions about your health. It will ask you about the medical histories of you and your family members, and about your current health, diet and physical activities, health screenings, etc. Take the HRA if you want to:

- improve your quality of life
- prevent future personal health problems
- be healthier
- understand how daily choices can affect your future health toward better health.

After taking the HRA, you will immediately get a report. You can print this report and keep it with your own records or take it with you to your next doctor's appointment.


Select my Health Interests to create my Dashboard*

If you are not interested in taking the Health Risk Appraisal (HRA), but would like to choose health and lifestyle topics that interest you:

Welcome to Your Health Dashboard [What's this?](#)

Welcome to the Personal Health Dashboard, the one page center for all your personal health information.

I Would Like To:

Select from the list 

Select from the list

Research a Condition

Take a Health Risk Appraisal

Personalize the site for me suits

Click on this box and you can select your interests.

After choosing and submitting your health interests, the **'Here's to Your Health'** home page will be personalized with information that you will enjoy reading.

What information do you need to complete the health risk assessment?

In order to get the best possible results from filling out the questionnaire, it's a good idea to have your medical information at hand, including:

- Your blood pressure.
- Your cholesterol levels (total and HDL).
- The approximate date of your last checkup.
- When, approximately, you had your most recent vaccinations, such as for flu and tetanus.
- When, approximately, you had your most recent screenings for various cancers and other conditions.

Having this information will make for more accurate results and more focused recommendations. **It is not required, however.** You can write in your best guesses. Over the next six months, you might want to get that information for when you fill in the questionnaire again.

What is the Dashboard?

The Dashboard is your personal health home page tailored to your specific health interests and risks.

Following the advice and steps on the dashboard will help you live a healthier lifestyle and control your risks and current concerns.

Think of the Health Dashboard as the dashboard in your car. Instead of telling you your speed and how much gas you have left, **this dashboard helps you understand your health.**

What is a Health Coach?

A personalized program to work on those areas deemed most important for you.

The coach will support and guide you through change efforts.



What Is an Online Health Manager?

A Manager enables you to become a more active participant in your health care. Each Manager is designed to inform and empower. With each manager, you will have access to :

- **Basic articles** that teach you the fundamentals, and interactive tools to track your progress.
- **Action Plan** section will provide the information you need to maintain your course toward reaching your goals

Independent Health

Search our s

Independent Health

► Plan Details ► Member Perks ► Wellness ► News & Events ► Foundation ► Our

Online Health Coach

BAI

Health Home

Health Dashboard

Health Risk Assessment

Managers

- Online Health Coach
- Diabetes Manager
- Heart Disease Manager
- Asthma Manager
- Pregnancy Manager
- Arthritis Tracker
- Osteoporosis Tracker

THE PROGRAM WEIGHT LOSS TRACKERS HELP

YOUR NEXT STEPS YOUR PROGRESS SO FAR PROGRAM INFO

Your Custom Health Program

Hi BARBARA

I am your computer-generated Online Health Coach. I'll teach you how to improve your health and cheer you on as we go through your program.

I can only show you the way. It is up to you to take charge. Good health doesn't just happen. You have to work for it, even if it takes many tries. I can make it easier. I know you can do this - and you will. Let's get started.

Below is an explanation of how your plan was created and how it can help you succeed in your health goals. You can always return to this page by clicking on the Program Info link at the top of the page.

Click on a link below to jump to information on that topic.

Health Home
Health Dashboard
Health Risk Assessment
Managers
Diseases & Conditions
▶ Common Diseases & Conditions
▶ Conditions A To Z
▶ Centers
▶ Tests & Procedures
Health Channels
Healthy Lifestyles
Tools
Drug Guide

What if I have general health related questions?

This diseases and conditions page presents a quick reference to information on some of the most frequently researched diseases and conditions.

- **Diseases and conditions**
 - Select from a list or view a condition
- **Centers**
 - Special Focus Centers are designed to give you additional and more specific information on topics related to the diseases and conditions found in their respective sections. The information contained in the Special Focus Centers highlights issues and assistance in areas such as socio-economic concerns, finding support to help you with many of the varied conditions, scientific material relating to new, cutting-edge diagnostics and therapies, and FAQs about Clinical Trials.
- **Tests and Procedures**
 - contains valuable information about numerous medical tests. Find out what the test is, what the results may tell you and even risks and precautions associated with the test.

Diseases & Conditions
Health Channels
▶ Women's Health
▶ Children's Health
▶ Men's Health
▶ Seniors' Health
▶ Parenting
Healthy Lifestyles

What are health channels?

Our Health Channels provide a wealth of information for men, women, children and seniors by age, lifestage and by the unique health-related issues they may be facing.

What can I do to promote a healthier lifestyle?

See tips on Fitness, Nutrition, and Safety and Prevention

Health Channels
Healthy Lifestyles
Tools
Drug Guide
Personal Health Record

Are there tools available to help me?

The more you know, the more you can participate with your physician in planning your own health goals. There are interactive Tools and Quizzes to help put what you know about yourself into terms you can use in thinking, talking and doing something about your health. The questions are easy to answer, and yield easy-to-understand results

- Health Home
- Health Dashboard
- Health Risk Assessment
- Managers
- Diseases & Conditions
- Health Channels
- Healthy Lifestyles
- Tools
- Drug Guide
- Personal Health Record

Can I look up drug information?

Drug Dictionary Lists more than 7,000 drugs, with product information. Includes:

- Conditions for which you should take the drug
- Proper dosage
- Information for women who are breastfeeding
- Potential side effects
- Pharmacology
- Warnings



- Health Dashboard
- Health Risk Assessment
- Managers
- Diseases & Conditions
- Health Channels
- Healthy Lifestyles
- Tools
- Drug Guide
- Personal Health Record

Where can I store my key information for easy reference?

1) Enter Information

Step 1 Personal Info Step 2 Contact Info Step 3 Conditions Step 4 Allergies Step 5 Medications

completed

Enter your personal information in the fields below. Fields marked with an asterisk (*) are required.

2.View/Edit Personal health Record

Personal Health Record

Home > Personal Health Record

Health Information Medications Calendar/Reminders Reports

What else can I do?

What if I have questions?

Contact Member Services to be connected to a health coach. They are available Monday – Friday from 8:00 a.m. to 5:00 p.m.

Search

GO

February 2006

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Click a day to add or edit a reminder.

Recommended Checkups

[Click here](#) to View Your Recommended Checkups

Notes: