



## My Health Manager, powered by WebMD®

Principal Wellness Company offers a full suite of interactive, personalized online tools that can help your employees manage their health. After completing an initial health risk assessment, employees can go online to record their health status, set healthy lifestyle goals, manage health information and track important health measures. Some of the tools employees can use to help improve their health and wellness include:

**An online personalized health record** that gives individuals the ability to store, manage and maintain health information in a centralized location. Individuals can store information about:

- Health care visits
- Allergies
- Insurance coverage
- Conditions
- Surgeries
- Tests
- Medications
- Immunizations
- General information

**The Symptom Checker** is a comprehensive diagnostic tool that allows your employees to easily enter their symptoms via a simple user interface. The Symptom Checker will provide information that will help determine whether medical intervention is necessary for the conditions users are experiencing.

**Condition centers** offer personalized resources to help employees address risk factors, manage existing chronic and acute conditions, and explore medical treatments and lifestyle modifications that can lead to improved quality of life. Condition centers are available for these topics and conditions:

- Allergies
- Anxiety
- Arthritis
- Asthma
- Back and neck pain
- Breast health
- Cancer prevention
- Cardiovascular health
- Cholesterol
- Chronic fatigue
- Chronic pain
- Depression
- Diabetes
- Erectile dysfunction
- Eye health
- Fibromyalgia
- Headache
- Heartburn
- Hepatitis B & C
- Irritable bowel syndrome
- Infertility
- Kidney health
- Memory health
- Menopause
- Osteoporosis
- PMS
- Prostate health
- Sexually transmitted disease
- Sinusitis
- Skin health
- Sleep health
- Stress
- Weight management
- Yeast infection

## Other valuable features

### Benefits of integrating with WebMD

- A single password to access all health management tools and information
- Free to members
- Free of advertising

**Tools that track important health measures over time.** Employees can create their own trackers or use one the of the tracker templates:

- Blood pressure
- Body Mass Index (BMI)
- Breast self-exam
- Cholesterol
- Exercise
- Peak expiratory flow
- Stress level
- Blood sugar
- Calories burned
- Diet
- Hemoglobin A1C
- Pap smear
- Pain level
- Prostate Specific Antigen (PSA)
- Weight and height

**A personal health profile** collects data to personalize each employee's experience by maximizing the relevance of information, capitalizing on teachable moments, and encouraging greater engagement and utilization.

**The Child Health Manager** enables employees who are parents or guardians to manage, track and monitor the health of their children age six and younger. Child Health Manager contains pre-visit questionnaires to prepare parents for their children's health appointments, a personal health record for storage of the child's health information, and a diary of developmental screening criteria, such as:

- Height and weight
- Gross motor skills
- Self-help skills
- Feedings
- Naps
- Social skills
- Fine motor skills
- Early language skills

**Tailored health improvement programs** contain interactive self-care modules to help your employees monitor and manage specific health issues and concerns. Current improvement programs include:

- WebMD® Weight Loss Clinic
- Nutrition Improvement Program™
- Ready, Set, Stop!® Online™ (Smoking Cessation)

**The LEAP fitness management platform** enables your employees to measure and self-manage their fitness, or to be guided by fitness and health professionals. The system accurately estimates a user's fitness level, then scales exercise plans to his or her fitness profile. LEAP offers fitness guidance and modifies activity plans based on your employees' progress, helping individuals lose weight, gain muscle mass, or train for an athletic event while improving overall fitness, reducing the risk of degenerative disease and maximizing athletic performance by making exercise a habit.

**Web MD® Medical News** provides employees with the latest health and medical news relevant to personal and family health.

**WebMD® Features** includes articles that cover emerging health trends or broad reviews of health information surrounding a particular disease, condition or wellness area.

**The New Drugs/Drug Alerts/Product Recalls** section summarizes an action taken by a government agency – or in cooperation with a government agency – that affects the status of drugs, medical devices, herbal supplements or consumer products.

**The Cleveland Clinic**, one of America's top health centers, provides in-depth guides on some of the most prevalent diseases and conditions. The guides contain a wealth of information on diagnoses, treatment options and daily living issues related to particular conditions.

**Healthfinder®** is a gateway to reliable consumer health and human services information developed by the U.S. Department of Health and Human Services. Healthfinder can lead your employees to selected online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce information for the public.

**The Healthwise Knowledgebase** is an award-winning resource that helps your employees decide when health care services are necessary and identifies the services that are best for them. The searchable, navigable database includes 1,900 health topics, 600 medical tests and procedures, and 3,000 drug therapies based on the most reliable, up-to-date medical research.

My Health Manager powered by WebMD® is only one of the many reasons Principal Wellness can be the benefit-cost and employee-health solution your company needs. For more information, contact your Principal Wellness representative today.



WE'LL GIVE YOU AN EDGE<sup>SM</sup>

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