

# Personal Health Manager featuring HealthQ<sup>SM</sup>

POWERED BY WebMD

Now you and your family have easy access to the information you need to make smart decisions about your health on the MVP Health Care Web site. Featuring a variety of powerful but easy-to-use tools, the Personal Health Manager helps you:

- Identify your personal health risks — and how to manage or eliminate them.
- Develop personalized health improvement plans.
- Stay informed about the treatment and prevention of disease — and much more.

And because it's powered by WebMD, one of the most trusted sources of medical information online, you know it's a resource you can depend on.

## **What's your *HealthQ*? The answer may surprise you.**

When it comes to your health, numbers are important. Blood pressure, cholesterol — the good and the bad — tell us where we stand and what we need to work on. With knowledge comes the power to change. *HealthQ* is a great

place to start. *HealthQ* is a confidential online health risk assessment that only takes about 15 minutes to complete. You'll be asked to enter information about your health, daily activities such as eating habits and exercise, and your family health history. After completing *HealthQ*, you'll get a health status "score" on a 100-point scale.

## **Reduce your health risks**

*HealthQ* creates a unique health profile for you, outlines your specific risk levels for a variety of health conditions and common risk factors, like weight and blood pressure, and creates an action plan for reducing or eliminating your risks. You'll also be able to instantly see how changing your behavior now affects your chance of developing health conditions in the future.



## And HealthQ is just the beginning...

Whether you need to address a health issue identified in your *HealthQ* assessment or meet goals you have already set, Personal Health Manager tools can help. Benefits include:

- **Condition centers** offer personalized information for assessing, preventing and treating more than 35 health conditions.
- **Powerful health tracking tools** help you track important information for your entire family.
- **Health information resources** give you easy access to highly useful, personalized information.
- **Proven health improvement tools** give you tailored, self-paced health improvement programs that will inspire and motivate you to begin a journey to better health.

### Condition Centers

WebMD Condition Centers are private, secure resources where you can explore your potential health risks and learn about treatment options. You'll get personalized feedback about a specific disease or condition and be directed to the appropriate online and offline programs, as well as health content. The Personal Health Manager offers information on more than 35 common conditions.

### Health Tracking Tools

Our health tracking tools make it possible for you to keep all your health records in one secure, easy-to-access location. The tools help you track vital statistics in a permanent record that you can take with you anywhere your health information is needed.

**Health Record** is a one-stop repository for all your health information including allergies, medications, immunizations, tests, and more.

**Health Trackers** graphically track your important health information over time including your blood pressure, cholesterol, weight, and medical tests.

**Child Development Tracker** helps parents manage all health and development information during a child's crucial formative years.

### Health Information Resources

Your Personal Health Manager home page is your customized gateway to health information from WebMD, a source that millions of people already know and trust. You will have access to personalized health information resources that are based on your personal health profile, to ensure you receive the most relevant and useful information.





**Symptom Checker** helps you determine what to do about your symptoms by answering a series of questions.

**News and Features** incorporates your areas of interest and keeps you up-to-date on medical developments and health topics.

**Newsletters** give you targeted health information, links to WebMD health tools, and up-to-the-minute medical information based on your profile.

**Message Center** delivers secure and private communications from WebMD and MVP Health Care.

### **Health Improvement Program Tools**

The Personal Health Manager gives you access to a variety of tailored, self-paced health improvement programs designed to help inform and inspire you to make positive behavior changes.

**Lifetime Exercise Adherence Program (LEAP®)** gives you expert guidance to manage an exercise program for weight loss and to improve overall fitness.

**Pregnancy Center** helps you anticipate the changes that come with pregnancy and allows you to quickly look up pregnancy-related issues.

**Stop Smoking** is a self-paced smoking cessation program that gives you the tools and support you need to quit.

**Nutrition Center** tools give you personalized nutritional information and help you track progress toward better eating habits.

### **We take your privacy seriously.**

Any personally identifiable information you provide in the Personal Health Manager will remain confidential, will reside on WebMD systems, and will be used only as described in the WebMD privacy policy. WebMD has received the highest recognition in the e-health industry for its protection of users' privacy and security of their personal information. Through your username and password, you are the only one with access to your personalized site. A link to the full privacy policy is at the bottom of every page in the Personal Health Manager.

**Take a more active role in your health.**

Click the *HealthQ* link on MVP Health Care Web site at [www.mvphealthcare.com](http://www.mvphealthcare.com) and log in today! If your company participates in the *Work Well, Live Well* program, you will also see the *HealthQ* link when you log in to the *Work Well, Live Well* Web site.

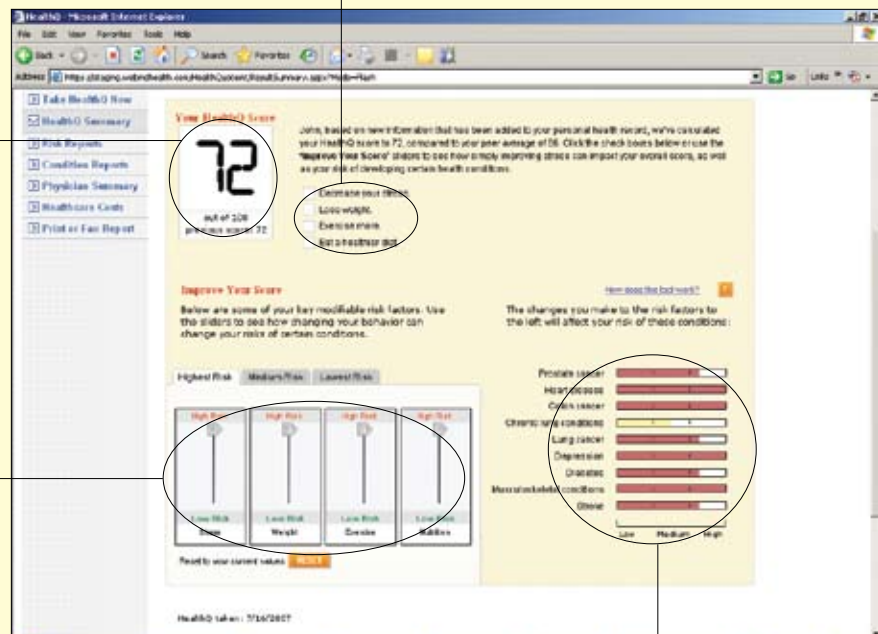


What's your number?

Click on a positive change box (like "Stop Smoking") and your results screen changes to show how your health would improve if you make a change.

HealthQ score

Risk factors you can change — move sliders to see how positive lifestyle changes improve your HealthQ score!



Health risks and conditions