

# EmbodyHealth: The NASA Experience

*Prepared for*

## **NASA Occupational Health Conference**

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# Agenda

- Tour your EmbodyHealth portal: *NASAHealthierYou.Com*
- EmbodyHealth key metrics
- Health Assessment outcomes
- Discussion

# **EmbodyHealth:** ***NASAHealthierYou.com***

# Tools to Manage Your Health

The screenshot shows the EmbodyHealth website interface. At the top left, the logo for MAYO CLINIC and EmbodyHealth is displayed, with the tagline "ENHANCE YOUR LIFE". To the right, a user is logged in as "testnasa testnasa" with a "Log Out" link. Below the logo, there are links for "Reward Program", "Fitness Club", "My Preferences", and "My Health". A red circle highlights a row of six green navigation tabs: "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". Below the navigation tabs is a search bar and a "Search" button. The main content area is divided into several sections: "Overview" with a "Welcome, testnasa testnasa" message and a "Health Assessment" section; "Programs" with a list of programs including "Fitness for EveryBody", "My Smoke-Free Future", "My Stress Solution", and "My Weight Solution"; "Messages (1)" with a message about scheduling health screening tests; "Provided by NASA" section with a "NASA" logo and "Employee Health e-Newsletter: May 2009"; "MAYO CLINIC Health Assessment" section with a woman's photo; "e-Newsletter Sign-Up" section with a woman's photo and a "Sign-Up" button; "Healthy Aging Guide" section with a man's photo and a "Healthy Aging Guide" button; and "My Tools" section with "Exercise Tracker" and "Goals" widgets. The "Exercise Tracker" widget shows a date of 07/13/2009 and a "Minutes" input field. The "Goals" widget shows "Active Goals" and "Health Assessment status" with a "Health Assessment Completed on 02/18/2008 09:41:32 AM" message. The "Taking Action" section shows "Enroll in any of these programs and you'll get a personalized plan to help meet your health goals." and lists "Fitness for EveryBody" and "My Stress Solution" as currently enrolled programs.

Access programs, tools and information to help you manage your health using these tabs

# Personalization Begins at Registration

- Welcome message after you first register on portal
- 30 days prior to birthday – message on health screening recommendations based on gender and age
- One year after registering – message summarizing your activity on the portal during the past 12 months

The screenshot shows the 'Create user account' page for EmbodyHealth. At the top left is the Mayo Clinic logo and the EmbodyHealth logo with the tagline 'ENHANCE YOUR LIFE'. A link for 'Mostrar en español' is in the top right. The form is titled 'Create user account' and includes a 'Help' link. It is divided into three main sections: 'Login information (required)', 'Personal information (required)', and 'E-mail newsletter'. The 'Login information' section includes fields for 'Valid e-mail address', 'Confirm e-mail', 'Password' (with a note: '6 or more characters; numbers and letters only.'), 'Confirm password', 'Secret question' (a dropdown menu), and 'Secret answer'. The 'Personal information' section includes fields for 'First name', 'Middle initial', 'Last name', and 'Date of birth' (with a note: '4 digits (1960)'). It also has radio buttons for 'Sex' (Male/Female), a dropdown for 'I am', and a dropdown for 'Location'. The 'E-mail newsletter' section has a checkbox for 'Yes, send me EmbodyHealth This Week, a free weekly health and wellness newsletter.' Below this is a 'Terms of Use' section with a scrollable area containing the text 'Updated January 22, 2007' and a statement 'I have read and agree to the Terms and Conditions of use policy.' At the bottom are two buttons: 'I Disagree >' and 'I Agree >'.

# Home Page Personalization

- Gender
  - Women's Health Guide
  - Men's Health Guide
- Age
  - Healthy Aging Guide
- Health Assessment
  - Health risks and chronic conditions
- Interests
  - My Health Topics
- Tools
  - My Tools sidebar

The screenshot displays the Mayo Clinic EmbodyHealth home page. At the top, the logo reads "MAYO CLINIC EmbodyHealth ENHANCE YOUR LIFE". A navigation bar contains buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the navigation. The main content area is titled "Overview" and features a personalized welcome message: "Welcome, testnasa testnasa". Below this is a "Health Assessment" section with a "Start" button and a graphic of diverse people. To the right, there are several personalized tiles: a "NASA HealthierYou" tile, a "MAYO CLINIC Health Assessment" tile with a woman's photo, an "e-Newsletter Sign-Up" tile with a woman's photo, and a "Healthy Aging Guide" tile with a man's photo. A "Messages (1)" section is also visible, containing a message about scheduling health screening tests.

# My Health Topics

Monitor My Health   Improve Lifestyle Habits   Manage Chronic Conditions   Make Treatment Decisions   Connect With Others   Health Info A-Z

Search

Provided by 

[Heat Stress Prevention and The Golden Rule](#)  
[Web-Based Strategies: Are they successful in sustaining weight loss?](#)  
[The HRA Has Returned!](#)  
[2008 NASA HealthierYou Campaign](#)

**My Health Topics** Edit

[Slide show: Aquatic exercise how to's](#)  
[Calories in sushi: What are the low-cal options?](#)

**Edit My Health Topics**

Select the categories that interest you and you'll see links to new and updated content that matches your selections.

**Chronic conditions**

<input type="checkbox"/> Allergy	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Asthma
<input type="checkbox"/> Cancer	<input type="checkbox"/> Depression	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Headache	<input type="checkbox"/> Heart disease	<input type="checkbox"/> High blood pressure
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Low back pain	

**Life stages**

<input type="checkbox"/> Healthy aging	<input type="checkbox"/> Men's health	<input type="checkbox"/> Pregnancy
<input type="checkbox"/> Women's health		

**Lifestyle habits**

<input type="checkbox"/> Fitness	<input type="checkbox"/> Nutrition	<input type="checkbox"/> Stress management
<input type="checkbox"/> Tobacco use	<input type="checkbox"/> Weight control	

Save Cancel

Click here to select your Health Topics



# Personalized Tools Sidebar

- Accessible from most pages of the portal
- User-driven behavior change tools
  - Calendar
  - Goal trackers
  - Secure messages
  - And more...

**My Tools** [Customize](#)

**Exercise Tracker** [✕](#)

Date

Minutes  [Add](#)

[Reset](#)

115 total minutes  
30 this month  
0 this week

**Health Monitor** [✕](#)

Last entry:

**Actively Tracking**

- ▶ [Blood Pressure](#)
- ▶ [Weight](#)

**Messages**

0 Total Messages

▶ [Read messages](#)

**HRA Status**

In just 15 minutes, assess your health risks and get access to your own Personal Health Report.

▶ [Take the Mayo Clinic Health Risk Assessment now!](#)

**Taking Action**

Enroll in any of these programs and you'll get a personalized plan to help meet your health goals.

You're currently enrolled in:

- ▶ [My Stress Solution](#)

# Monitor My Health

Upon completion of the Health Assessment, results are stored in the Monitor My Health area which also includes additional:

- Calculators
- Self-assessments
- Tracking tools

The screenshot displays the 'Monitor My Health' dashboard for a user named John Doe. At the top, the Mayo Clinic logo and 'EmbodyHealth' branding are visible, along with navigation links for 'Reward Program', 'XYZ Incorporated Information', and 'My Preferences'. A green navigation bar contains buttons for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. A search bar is located below the navigation bar.

The main content area is divided into several sections:

- Welcome, John Doe:** A welcome message with a photo of a person looking at a computer screen. It includes a 'Go' button and 'Previous/Next' navigation.
- Reminder:** A reminder for 'Mayo Clinic EmbodyHealth Coaching' dated 05/20/09 at 8:30 AM.
- Action Plan:** A section with three sub-sections: 'Blood Pressure', 'Exercise', and 'Safety'. Each sub-section lists programs with checkboxes, such as 'Fitness for Everybodys', 'Healthy Weight Program', 'My Stress Solution', and 'Walk to Wellness'. A legend indicates 'Enrolled Program' and 'Completed Program'.
- Messages (4):** A message titled 'Are you taking full advantage of EmbodyHealth?' with a 'Read more' link and 'View All/Previous/Next' navigation.
- My Health Topics:** A list of topics including 'Knee replacement', 'Polymyalgia rheumatica', and 'Tinnitus causes: Could my antidepressant be the culprit?'.
- Rewards:** A section showing 'Total Points: 400' and a link to 'Get details on rewards you can win'.

On the right side, there are several utility widgets:

- My Tools:** A section with 'Goals' and 'Calendar' widgets.
- Calendar:** A monthly calendar for June 2008, showing dates from 1 to 30.
- Exercise Tracker:** A widget for tracking exercise, with a date field set to 06/04/2008 and a 'Minutes' input field.
- Healthy Recipe Collection:** A widget with a photo of a woman and the text 'Browse hundreds of healthy recipes.'
- Men's Health Guide:** A widget with a photo of a man and a woman and the text 'Access healthy living tips created just for men.'
- Symptom Checker:** A widget with a photo of a woman and the text 'Pinpoint possible causes of your symptoms.'

# Health Assessment Drives Site Personalization

Throughout the portal:

- Risk-specific messages and links within Lifestyle Centers
- Condition-specific messages and links within My Conditions tab

The screenshot displays the Mayo Clinic EmbodyHealth portal interface. At the top, the user is identified as Kim Jimbory, with options to log out and access a reward program. The navigation menu includes categories like 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. The main content area is focused on 'Diabetes', featuring a search bar, a featured article titled 'Avandia: Is it a safe option for diabetes treatment?', and several informational sections: 'Understanding diabetes', 'Managing diabetes with medication', and 'Mastering the diabetes diet'. On the right side, there are several interactive widgets: 'My Tools' with an 'Exercise Tracker' showing 615 total minutes and 205 minutes this month; 'Messages' with 2 total messages; 'HRA Status' indicating completion on 05/11/2007; 'Taking Action' with enrollment in various programs; and a 'Reward Program' showing 600 total points. A 'Feedback' box at the top right asks for user input, and a 'My Personalized Content' section is visible below it.

# Improve Lifestyle Habits

**Improve Lifestyle Habits:** offers programs in areas of fitness, nutrition, tobacco use, stress and weight

The screenshot shows the Mayo Clinic website's navigation bar with the following items: Monitor My Health, Improve Lifestyle Habits (highlighted with a red arrow), Manage Chronic Conditions, Make Treatment Decisions, Connect With Others, and Health Info A-Z. Below the navigation bar is a search bar and a breadcrumb trail: Home > Improve Lifestyle Habits. The main content area is divided into two columns. The left column features three categories: Fitness (with a green icon of a hand holding a dumbbell), Nutrition (with an orange icon of a fork and spoon), and Tobacco Use (with a teal icon of a cigarette with a slash). The right column features a 'Provided by' section with the NASA logo and a 'Life Stage Guides' section with links to Healthy Aging Guide, Men's Health Guide, Pregnancy Guide, and Women's Health Guide. A red oval highlights the Fitness, Nutrition, and Tobacco Use categories in the left column.

# Lifestyle Centers

- Content within Lifestyle Centers personalized by Health Assessment results
- Content includes
  - Feature articles
  - Expert answers
  - Healthy recipes
  - Health management programs
  - Interactive tools (assessments, quizzes, tracking tools)

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the logo reads "MAYO CLINIC EmbodyHealth ENHANCE YOUR LIFE". A navigation bar includes links for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is present, and the page is personalized for a user named "testasa testasa".

The main content area is titled "Fitness" and features a featured article: "Hot-weather exercise: How to keep cool". Below this, there is an "Exercise" section with a video thumbnail and text: "Who needs a gym? Explore simple ways to get fit that don't require a lot of time, money or equipment." It lists several topics: "Fitness programs: 6 steps to guide your selection", "Performance-enhancing drugs: Are they a risk to your health?", and "Fitting in fitness: Finding time for physical activity".

On the right side, there is a "My Tools" section with an "Exercise Tracker" tool showing a date of 07/13/2009 and a "Goals" section with an "Add" button. Below these are sections for "Answers from a Mayo Clinic Specialist" (featuring a question about exercise routines and a video thumbnail), "Health Tools & Video" (listing videos like "Squat with dumbbell" and "Abdominal crunch with fitness ball"), and "Taking Action" (encouraging enrollment in programs like "Fitness for Everybody", "My Stress Solution", "My Weight Solution", "Healthy Pregnancy Program", and "My Smoke-Free Future").

# Life Stage Guides

- Collections of content and tools specific to gender, age, and life events
  - Women's Health
  - Men's Health
  - Healthy Aging
  - Pregnancy

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the logo for Mayo Clinic and EmbodyHealth is visible, along with a user login area. A navigation bar contains several menu items: Monitor My Health, Improve Lifestyle Habits, Manage Chronic Conditions, Make Treatment Decisions, Connect With Others, and Health Info A-Z. Below this is a search bar and a main content area titled 'Healthy Aging Guide'. The article features a video player showing a man running in a park, with a play button and 'Feature 4 of 4' indicator. Below the video, there is a section titled 'Live longer, live better' with a list of tips: 'Fall prevention: 6 ways to reduce your falling risk', 'Long term health care: Plan ahead', and 'Exercise: When to check with your doctor first'. To the right of the main article, there are several sidebars: 'Answers from a Mayo Clinic Specialist' featuring a video of a doctor, 'Health Tools & Video' with links to various health resources, and a 'My Tools' sidebar with an 'Exercise Tracker' and 'Goals' section. The 'Exercise Tracker' shows a date of 07/13/2009 and a total of 0 minutes. The 'Goals' section has an 'Add' button. The 'Health Assessment status' section shows a completed assessment on 02/18/2008. The 'Taking Action' section lists several programs like 'Fitness for Everybody' and 'My Stress Solution'.

# Manage Chronic Conditions

Monitor My Health   Improve Lifestyle Habits   **Manage Chronic Conditions**   Make Treatment Decisions   Connect With Others   Health Info A-Z

Search

**Manage Chronic Conditions**  
Home > Manage Chronic Conditions

Provided by

**e-Newsletter Sign-Up**  
Receive a FREE, weekly health and wellness e-newsletter! ▶

**Mayo Clinic Health Monitor**  
Get your health under control. ▶

**Allergy**  
Take control of your allergies with this guide to diagnosis, treatment and self-care.

**Arthritis**  
Live better despite pain and stiffness with the latest on treatment options and success strategies for daily living.

**Asthma**  
Gain control with an asthma action plan for managing symptoms and preventing complications.

**Cancer**  
From facing a new diagnosis to coping with life after treatment, these resources put you — not cancer — in charge.

Find programs to help manage chronic conditions under the **Manage Chronic Conditions** tab

# Chronic Condition Centers

- Centers featured based upon Health Assessment
- Articles, tools, video, answers from specialists
- Interactive Health Monitor

The screenshot displays the EmbodyHealth website interface for an Allergy center. The top navigation bar includes the Mayo Clinic logo, the EmbodyHealth logo with the tagline "ENHANCE YOUR LIFE", and a user profile section for "testnasa testnasa" with a "Log Out" link. Below the navigation bar are several menu items: "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the navigation bar. The main content area is titled "Allergy" and includes a breadcrumb trail: "Home > Manage Chronic Conditions > Allergy". A large image shows a woman sneezing into a tissue. Below the image is a blue banner with the text "Allergy medications: Know your options". To the right of the main content area, there is a "Provided by" section with the NASA logo. Below that is an "Answers from a Mayo Clinic Specialist" section featuring a photo of a specialist and a question: "Question: Is it possible to develop a food allergy as an adult? On two separate occasions in the last few months, I've developed bad stomach pains and itchy hives after eating shellfish. This has never happened before." Below the question is a response from Mayo Clinic asthma and allergy specialist James Li, M.D., and colleagues. To the right of the main content area, there is a "My Tools" section with a "Customize" button. It includes an "Exercise Tracker" with a date of 07/13/2009, a "Goals" section, and a "Health Assessment status" section. The "Health Assessment status" section shows that the health assessment was completed on 02/18/2008 09:41:32 AM. Below the "Health Assessment status" section is a "Risks" section listing "Emotional Health, Safety" and "Strengths: Alcohol Use, Tobacco Use". There is also a "View my Action Plan" link. At the bottom of the "My Tools" section is a "Taking Action" section with a link to "Enroll in any of these programs and you'll get a personalized plan to help meet your health goals." Below the "Taking Action" section is a "Health Tools & Video" section with links to "Symptom Checker" and "Video: Allergy tests".

# Chronic Condition Centers

- Arthritis
- Allergies
- Asthma
- Cancer
- Depression
- Diabetes
- Headache
- Heart disease
- High blood pressure
- High cholesterol
- Low back pain
- Osteoarthritis
- Osteoporosis
- Rheumatoid arthritis

The screenshot displays the EmbodyHealth website interface. At the top, the Mayo Clinic logo is on the left, and the EmbodyHealth logo with the tagline "ENHANCE YOUR LIFE" is in the center. A navigation bar contains buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the navigation bar. The main content area is titled "Manage Chronic Conditions" and features a list of condition-specific guides: Allergy, Arthritis, Asthma, Cancer, Depression, Diabetes, and Headache. Each guide includes a small image and a brief description. On the right side, there are several promotional banners: "Provided by NASA", "e-Newsletter Sign-Up", and "Mayo Clinic Health Monitor". A sidebar on the far right contains a "My Tools" section with an "Exercise Tracker" and "Goals" tool, and a "Health Assessment status" section showing a completed assessment on 02/18/2008. The sidebar also lists "Active Goals" and "Taking Action" programs.

# Make Treatment Decisions

The screenshot shows the Mayo Clinic EmbodyHealth website interface. At the top left, the logo reads "MAYO CLINIC | EmbodyHealth ENHANCE YOUR LIFE". The user is logged in as "testnasa testnasa" with a "Log Out" link. Navigation links include "Reward Program", "NASA HealthierYou", and "My Preferences". A green navigation bar contains buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions" (highlighted with a red circle and a red arrow), "Connect With Others", and "Health Info A-Z". Below the navigation bar is a search bar and a "Your Personalized Content" section. The main content area is divided into several sections: "Make Treatment Decisions" (circled in red), "Health Decision Guides" (with links for ACL injury, Adjuvant therapy for breast cancer, Back pain, Birth control, and Carpal tunnel syndrome), "Tests and Procedures" (with links for Endoscopy, Biopsy procedures, MRI, Mammography, and Pap smear), and "Consumer Health Skills" (with links for Grapefruit juice, Detox foot pads, and Yerba mate). On the right side, there is a "My Tools" sidebar with sections for "Exercise Tracker" (with a date of 06/24/2008 and a minutes input field), "Goals", "Active Goals", "HRA Status" (completed on 02/18/2008), "Risks" (Emotional Health, Safety), "Strengths" (Alcohol Use, Tobacco Use), and "Taking Action".

Find expert information to help you decide on treatment for many conditions

# Treatment Decision Guides

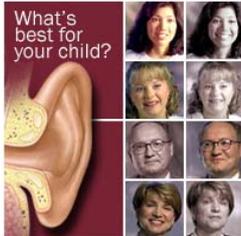
- Covering key areas where multiple treatment options exist
- Medical perspective on treatment options
- Patient stories across treatment options
- Video and multimedia components

## Ear infection guide

### In This Decision Guide

- ▶ [Welcome](#)
- ▶ [About this infection](#)
- ▶ [Treatment options](#)
- ▶ [Meet the Mayo Clinic doctor](#)
- ▶ [Personal stories](#)
- ▶ [Things to consider](#)
- ▶ [Related links](#)

### Welcome



What's best for your child?

Coping with ear infections may seem almost as routine as changing diapers. It's true, ear infections are one of the most common diseases in infants and children. But this is little consolation when you're up in the night with a 3-year-old crying in pain from an ear infection. As the parent, you're worried and perhaps frantic to fix it. But, aside from pain relief, there isn't one treatment choice that's best for every child.

Antibiotics are no longer routinely prescribed for acute otitis media. Doctors and parents are giving careful consideration before treating ear infections with antibiotics. Evidence has been building over the years showing most ear infections resolve on their own and antibiotics do little or nothing to speed the process. And, overuse of antibiotics leads to antibiotic-resistant strains of bacteria. The most important factor in treatment for ear infections is pain relief.

Whether your child has an occasional episode or suffers from frequent ear infections, you have decisions to make about the best treatment option. Consider the medical evidence along with your preferences and your child's condition.

### Treatment

Your child's treatment decision depends on several factors including:

- Your child's age
- History of previous infections
- Whether your child has any underlying medical problems

You and your doctor are partners in the care of your child. Carefully consider all options

# Treatment Decision Guides

- ACL Injury
- Adjuvant Therapy for Breast Cancer
- Back Pain
- Birth Control
- Carpal Tunnel Syndrome
- Colon Cancer
- Ear Infection
- Enlarged Prostate (BPH)
- Herniated Disk
- Mastectomy vs. Lumpectomy
- Migraine
- Prostate Cancer
- Uterine Fibroids
- Vaginal Birth After C-Section

## ACL injury guide

### In This Decision Guide

- ▶ [Welcome](#)
- ▶ [About ACL injury](#)
- ▶ [Treatment options](#)
- ▶ [Meet the Mayo Clinic doctor](#)
- ▶ [Things to consider](#)
- ▶ [Related links](#)

### Welcome

You have some decisions to make about how to best treat your torn anterior cruciate ligament (ACL). One treatment choice isn't right for everyone. Your decision will be based on:

- The specific nature of your ACL injury
- How your ACL injury is affecting your lifestyle
- How your ACL injury is affecting the types of activities you participate in

Think of yourself and your doctor as partners in the decision about how to treat your ACL injury. You'll want to carefully consider your options and their trade-offs in relation to your lifestyle and what's important to you. The information presented here is intended to help you decide which treatment — from physical therapy to ACL surgery — is best for you.

It takes about 30 minutes or more to go through this information in sequence. This helps you understand more about your ACL injury, treatment options, why other people made the choices they did and the trade-offs to consider in making your decision.

[NEXT: About ACL injury](#) ▶



What's best for you?



# Symptom Checker

- Interactive tool to help users identify possible causes of symptoms
- Includes 45 of the most common symptoms
  - 28 adult symptoms
  - 17 child symptoms
- Results weighted to display best matches first
- Guidance on when to seek medical advice

## Shortness of breath

Find possible causes of shortness of breath based on specific factors. Check **one or more** factors that apply.

**Started:**

Gradually or is worsening  Suddenly and is intense

**Triggered by:**

Allergens or irritants  Trauma or injury  
 Emotional stress  Upper respiratory illness  
 Smoking

**Accompanied by:**

Abdominal cramping  Headache  
 Bleeding problems, such as in gums  Irregular or rapid heartbeat  
 Blue-colored skin or lips  Lack of appetite and nausea  
 Bruising  Numbness and tingling in fingers  
 Chest tightness or discomfort  Prominent neck veins  
 Cough with green or yellow sputum  Rapid weight gain  
 Cough with white or pink sputum  Sudden, sharp chest pain  
 Coughing spasms  Sweating or hot flashes  
 Swelling in legs, ankles

**When to seek medical advice**

In general, unexpected shortness of breath requires medical attention. Seek immediate medical care if you have unexplained shortness of breath.

# Connect with Others

MAYO CLINIC | **EmbodyHealth**  
ENHANCE YOUR LIFE

Welcome testnasa testnasa, [Log Out](#)  
[Reward Program](#) | [NASA HealthierYou](#) | [My Preferences](#)

Monitor My Health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | **Connect With Others** | Health Info A-Z

Your Personalized Content

Search

**Connect With Others**  
Home > Connect With Others

**Share your story**  
Get inspired by stories from people like you!

**Recent stories**

12/18/2007  
[Meditation for stress management](#)  
Stress affects his body, but awareness of these effects helps control them.

04/10/2008  
[Quit smoking = live longer](#)  
He quit smoking six years ago and still feels better than ever.

12/14/2007  
[Lost 114 pounds](#)  
She'd given up hope, but her story is a vivid reminder that it's never too late to change.  
[See all stories](#)

Provided by

**Podcasts**  
[Podcast: Erectile dysfunction and heart disease — What's the connection?](#)  
[Listen](#)  
Erectile dysfunction can be an early sign of heart disease. Learn more.  
Medical expert: Brooks Edwards, M.D.  
Total time: 0:06:46 minutes  
[See all podcasts](#)

**e-Newsletter Sign-Up**  
Receive a FREE, weekly health and wellness e-newsletter!

**My Tools** Customize

**Exercise Tracker** [X]

Date: 06/24/2008 [Calendar]  
Minutes: [Input] Add  
Reset  
0 total minutes  
0 this month  
0 this week

**Goals** [X]  
[Input] Add

**Active Goals**  
Keep track of your health goals.

**HRA Status**  
HRA Completed on 02/18/2008 09:41:32 AM

Risks: Emotional Health, Safety  
Strengths: Alcohol Use, Tobacco Use  
[View my Personal Health Report](#)

**Taking Action**  
Enroll in any of these programs and you'll get a personalized plan to help meet your health goals.

**Connect With Others** lets you share your story and read the stories of others who are working to better manage their health

# Health Information A-Z

The screenshot displays the Mayo Clinic EmbodyHealth interface. At the top, the logo reads "MAYO CLINIC | EmbodyHealth ENHANCE YOUR LIFE". A navigation bar contains buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". The "Health Info A-Z" button is highlighted with a red arrow. Below the navigation bar, a search bar is present. The main content area is titled "Health Info A-Z" and includes sub-sections for "Diseases & Conditions A-Z", "Drugs A-Z", and "Supplements A-Z". The "Diseases & Conditions A-Z" section is highlighted with a red arrow and contains a grid of links for browsing diseases by letter (A-Z). To the right, there are several widgets: "My Tools" with an "Exercise Tracker" (date: 06/24/2008, minutes: 0), "Health Alerts" (e.g., "Red yeast rice: Popular cholesterol-lowering option could carry risks"), "e-Newsletter Sign-Up" (offer: "Receive a FREE, weekly health and wellness e-newsletter!"), and "Active Goals" (HRA Status: "HRA Completed on 02/18/2008 09:41:32 AM", Risks: "Emotional Health, Safety", Strengths: "Alcohol Use, Tobacco Use").

In **Health Information A-Z**, discover in-depth information on diseases, conditions, drugs and supplements

# Media Gallery

Animation, slide shows and more than 400 videos

## Media Gallery

Search our gallery of videos, slide shows and podcasts.

Search the Media Gallery

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**Featured Media:**

	Video: Video: The epidural block		Slide show: Slide show: What a newborn really looks like
	Video: Video: How diabetes affects your blood sugar		Video: Video: Carpal tunnel surgery — endoscopic

# Media Gallery – Video Example

## Video: Abdominal crunch with fitness ball



### TRANSCRIPT

**Nicole Krupa:** Core exercises strengthen your core muscles, including the muscles in your abdomen and back. You can do many core exercises with a fitness ball. Let's try the abdominal crunch.

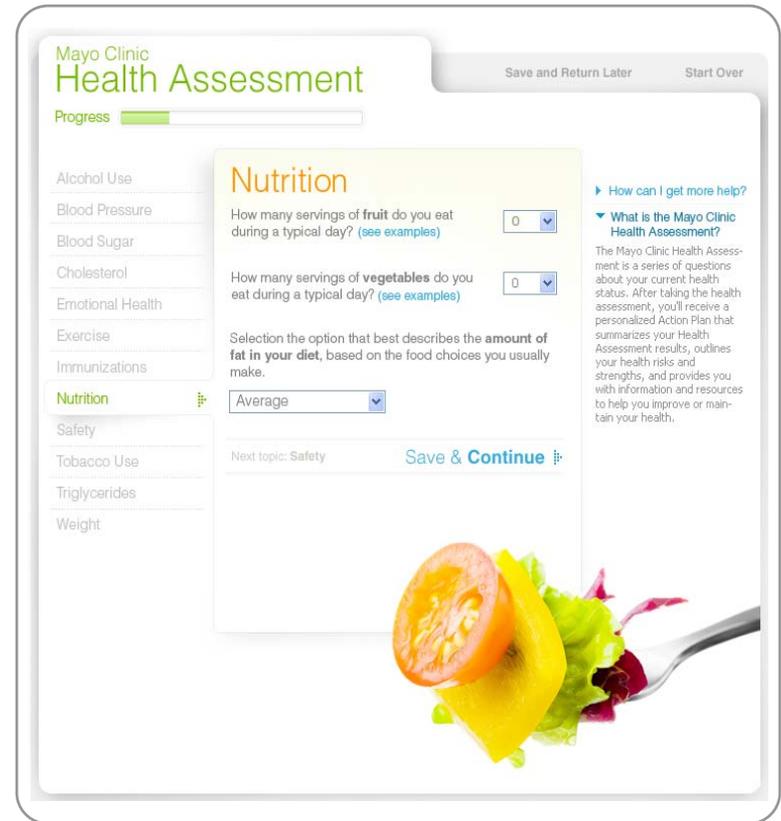
Sit on the fitness ball with your feet resting on the floor, about hip-width apart. Keep your back straight, and cross your arms on your chest.

To begin the exercise, tighten your abdominal muscles. Lean back until you feel your abdominal muscles contract, and hold for three deep breaths. Then return to the starting position.

If you're just starting out, repeat the exercise five times. Remember to breathe freely and deeply throughout the exercise, and keep your abdominal muscles nice and tight. As you get stronger, gradually increase to 10 to 15 repetitions.

# 2010 Improvements

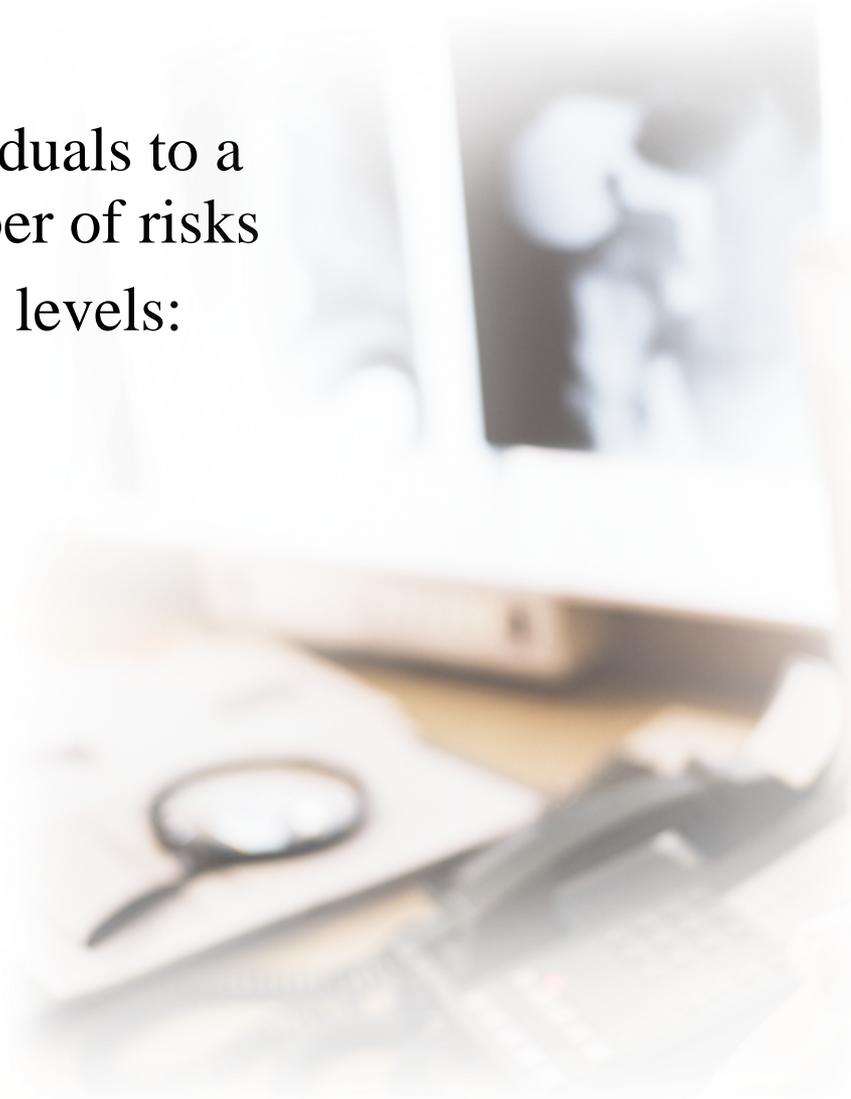
- New questionnaire design
- New self-efficacy questions
- New motivation questions
- New sleep questions
- New completion messaging
- Improved tailored messaging
- New risk stratification model



The screenshot displays the Mayo Clinic Health Assessment web application. The main heading is "Mayo Clinic Health Assessment" with a progress bar below it. On the left, a vertical menu lists various health categories: Alcohol Use, Blood Pressure, Blood Sugar, Cholesterol, Emotional Health, Exercise, Immunizations, **Nutrition** (highlighted in green), Safety, Tobacco Use, Triglycerides, and Weight. The central content area is titled "Nutrition" and contains two questions: "How many servings of fruit do you eat during a typical day?" and "How many servings of vegetables do you eat during a typical day?", both with dropdown menus set to "0". Below these is a section for "fat in your diet" with a dropdown menu set to "Average". At the bottom of the form, it says "Next topic: Safety" and "Save & Continue". On the right side, there is a "How can I get more help?" link and a section titled "What is the Mayo Clinic Health Assessment?" with a brief description of the assessment process. A decorative image of a fork with a slice of tomato, yellow bell pepper, and lettuce is positioned at the bottom right of the interface.

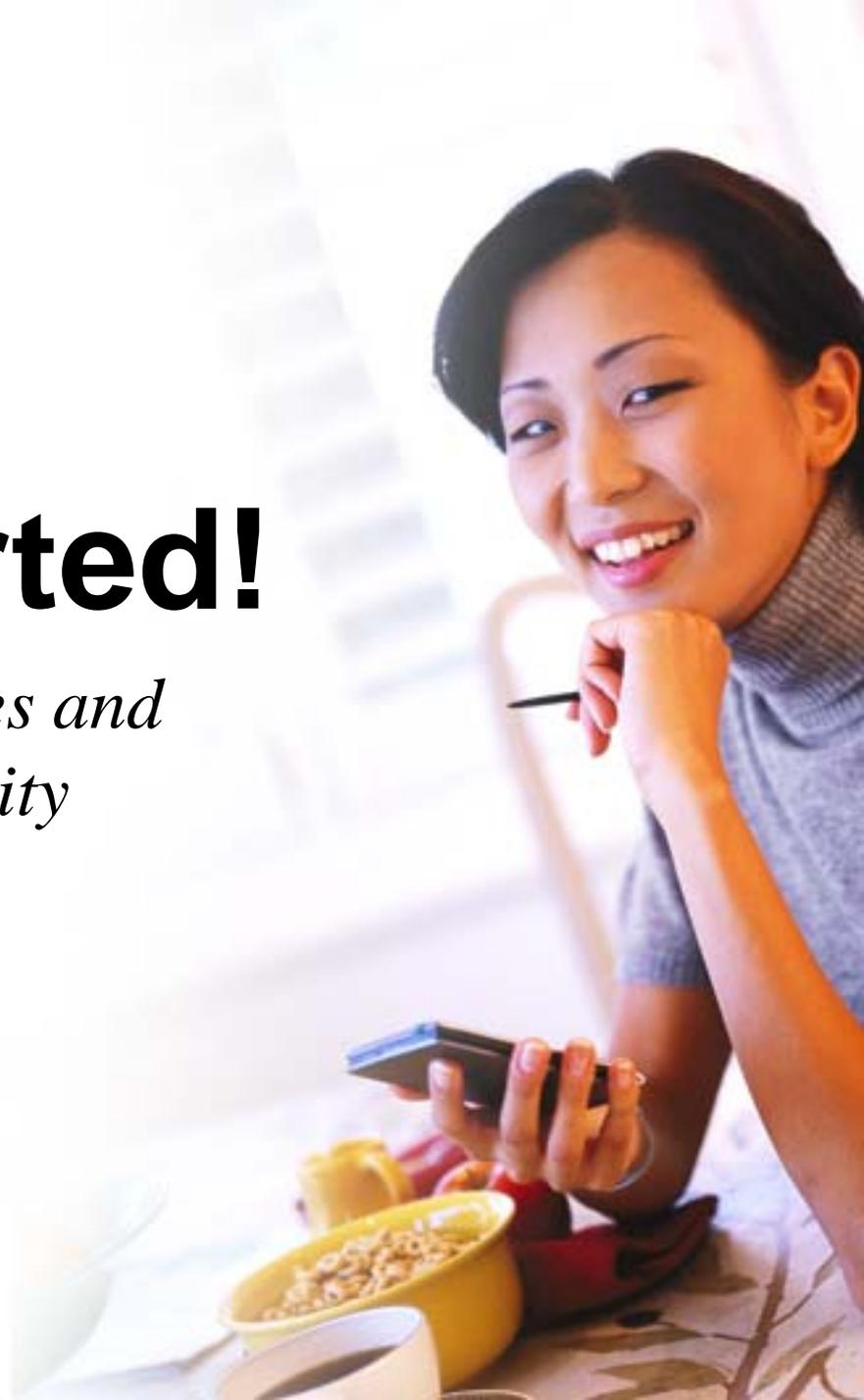
# Mayo-Developed Risk Stratification Model

- Moves beyond assigning individuals to a risk level based solely on number of risks
- Stratifies participants into three levels:
  - High-risk
  - Moderate-risk
  - Low-risk
- Based on:
  - Type of risk
  - Degree of risk
  - Combination of risks
  - Chronic conditions



# Getting Started!

*Interventions, Resources and  
Choosing A Priority*



# Take the Health Assessment

- Identify your health improvement opportunities
- Track progress annually
- EmbodyHealth will personalize to you



The screenshot displays the EmbodyHealth website interface. At the top, the Mayo Clinic logo is on the left, and the EmbodyHealth logo with the tagline 'ENHANCE YOUR LIFE' is in the center. On the right, there is a user greeting 'Welcome testnasa testnasa, Log Out' and links for 'Reward Program', 'NASA HealthierYou', and 'My Preferences'. Below this is a green navigation bar with buttons for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. A search bar is located below the navigation bar. The main content area features a 'Welcome, testnasa testnasa' message and a 'Health Assessment' section with the text 'Take the Health Assessment for a lifetime of Healthier You. Available until December 2009'. A blue 'Start' button is prominently displayed and circled in red. To the right of the 'Start' button is an image of five stylized human figures in various colors. Further right, there is a 'Provided by NASA' section with the NASA logo and a link to 'Employee Health e-Newsletter: May 2009'. At the bottom right, there is a 'MAYO CLINIC Health Assessment' section featuring a photo of a woman and the Mayo Clinic logo.

# Action Plan

Overview **Action Plan**

Printer Friendly: This section | All sections **AA** Larger type

### Health Indicators

- Results Summary**
- Bibliography

### Risks

- Safety

### Strengths

- Alcohol Use
- Blood Pressure
- Blood Sugar
- Cholesterol
- Emotional Health
- Exercise
- Nutrition
- Tobacco Use
- Triglycerides
- Weight

### Prevention

- Cancer Screening
- Immunizations

## Health Assessment Results Summary

You've finished taking the health assessment. Now, discover what your results mean. You're at low risk of developing future health problems based on the answers you gave. Well done! But you're not home free. Staying low risk, especially as you get older, means sticking with your healthy lifestyle. To find some preventive steps to keep you at low risk of health problems, take a look at the bottom and left side of this page. You'll see links to more information about those topics.

**View your risks:**

- Safety

### Results History

Date completed	Sep 14, 2007	Sep 5, 2008
Overall risk level	Low	Low
Alcohol Use	Strength	Strength
Blood Pressure	Strength	Strength
Blood Sugar	Strength	Strength
Cholesterol	Strength	Strength
Emotional Health	Strength	Strength
Exercise	Strength	Strength
Nutrition	Strength	Strength

After completing the Mayo Clinic Health Assessment, you will receive an Action Plan summarizing your health risks and strengths

# Action Plan

The screenshot shows a patient's 'Action Plan' for 'Cancer Screening'. The interface includes a navigation bar with 'Overview' and 'Action Plan' tabs. Below the navigation bar, there are utility links for 'Printer Friendly: This section | All sections' and 'Larger type'. A left sidebar contains a 'Health Indicators' section with expandable items: 'Results Summary', 'Bibliography', 'Risks' (with a sub-item 'Safety'), and 'Strengths' (with items: 'Alcohol Use', 'Blood Pressure', 'Blood Sugar', 'Cholesterol', 'Emotional Health', 'Exercise', 'Nutrition', 'Tobacco Use', 'Triglycerides', 'Weight'). A 'Prevention' section at the bottom of the sidebar has a highlighted item 'Cancer Screening'. The main content area is titled 'Cancer Screening' and contains three sections: 'Breast cancer', 'Cervical cancer', and a 'Learn More' section. The 'Breast cancer' section includes a paragraph of text and a 'Learn More' box with links to 'Breast cancer' and 'Health screening guidelines'. The 'Cervical cancer' section includes a paragraph of text and a 'Learn More' box.

Overview **Action Plan**

Printer Friendly: This section | All sections **AA** Larger type

**Health Indicators**

- Results Summary
- Bibliography

**Risks**

- Safety

**Strengths**

- Alcohol Use
- Blood Pressure
- Blood Sugar
- Cholesterol
- Emotional Health
- Exercise
- Nutrition
- Tobacco Use
- Triglycerides
- Weight

**Prevention**

- Cancer Screening**

**Cancer Screening**

Here's information about the cancer screening tests that you've had or need. Talk with your doctor about these tests at your next regularly scheduled visit.

**Breast cancer**

You indicated that you have a family history of breast cancer. Your family history of breast cancer may increase your risk of developing the condition yourself. Because of that, you may need more frequent mammograms to screen for breast cancer. Your doctor can help you develop a screening test schedule that's based on your individual situation.

**Learn More**

- Breast cancer
- Health screening guidelines

**Cervical cancer**

You indicated that you have had three consecutive negative Pap tests and that you've had a Pap test within the past year. Because you've had three consecutive negative Pap tests, you likely only need a Pap test every two to three years. Talk to your doctor about cervical cancer screening at your next regularly scheduled visit. He or she can help you determine a screening schedule that's right for you. A vaccine is available that prevents the types of human papillomavirus (HPV) that cause most types of cervical cancer and some types of the virus that cause genital warts. Ask your doctor if this vaccine is something you should consider.

**Learn More**

You will receive information on recommended screenings based on your age, gender and medical history

# NASA EmbodyHealth Data

# NASAHealthierYou.com Overview

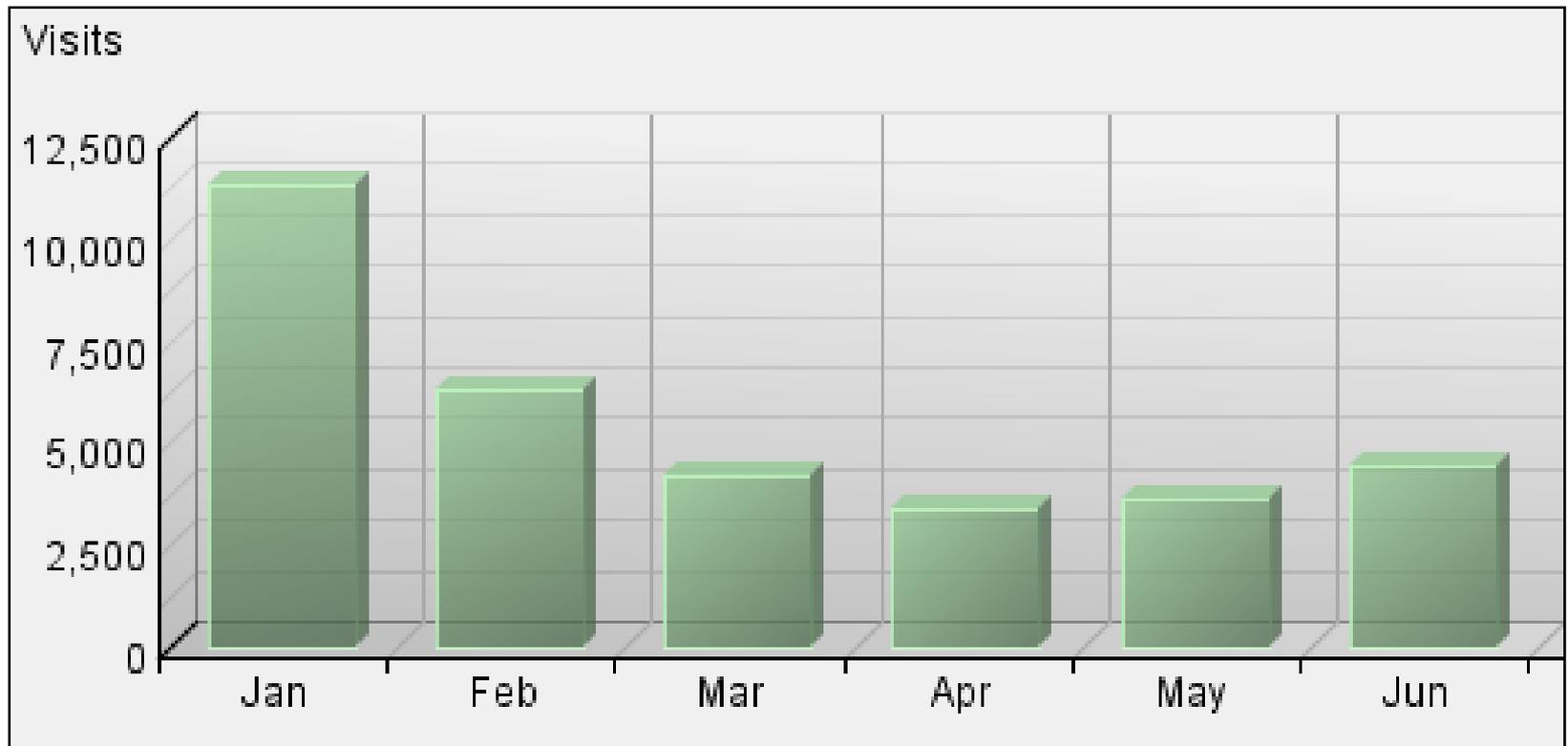
- EmbodyHealth launched in January 2007
- To date, 11,266 individuals have registered on NASAHealthierYou.com
- Health Assessment offered annually since 2007

# Key Metrics: Site Use by Visits

<b>Metric</b>	<b>2007</b>	<b>2008</b>	<b>2009 (YTD)</b>
<b>Total number visitors</b>	<b>6,699</b>	<b>12,244</b>	<b>14,415</b>
<b>Total number visits</b>	<b>20,199</b>	<b>31,936</b>	<b>34,589</b>
<b>Average visit duration</b>	<b>10:28 min.</b>	<b>10:33 min</b>	<b>12:32 min</b>

# 2009 Visit Trend

Organizational E-mail  
Announcing HRA



# Interactive Programs Tools

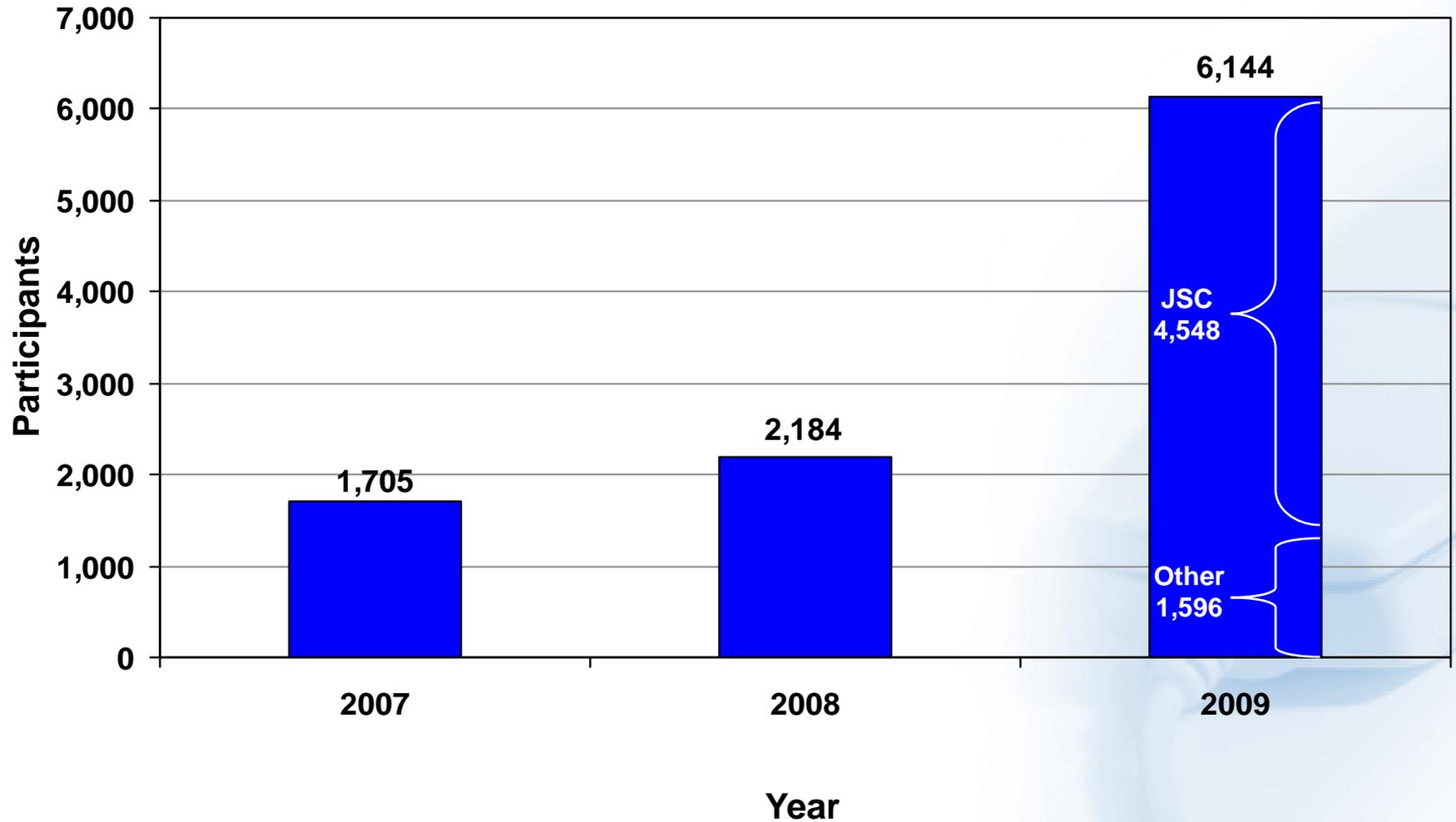
<b>Program</b>	<b>2008 Enrollees</b>	<b>2009 (YTD) Enrollees</b>
<b>Fitness for Everybody</b>	<b>177</b>	<b>507</b>
<b>My Stress Solution</b>	<b>105</b>	<b>337</b>
<b>My Weight Solution (new 12-2008)</b>	<b>16</b>	<b>660</b>
<b>Healthy Weight (ended 12=2008)</b>	<b>254</b>	<b>NA</b>
<b>Healthy Pregnancy</b>	<b>13</b>	<b>5</b>
<b>My Smoke Free Future</b>	<b>20</b>	<b>27</b>

# My Weight Solution

- NASA ran a campaign for this program between March 23 and May 23, 2009.
- During this timeframe 602 individuals enrolled.
- Of those who enrolled, 87% did so to lose weight.
- 15 individuals met the participation criteria (completed the program):
  - Track activity and weight for 6 weeks
  - Complete the end of program survey

# NASA Health Assessment Data

# Annual Health Assessment Engagement



# Health Assessment Participation

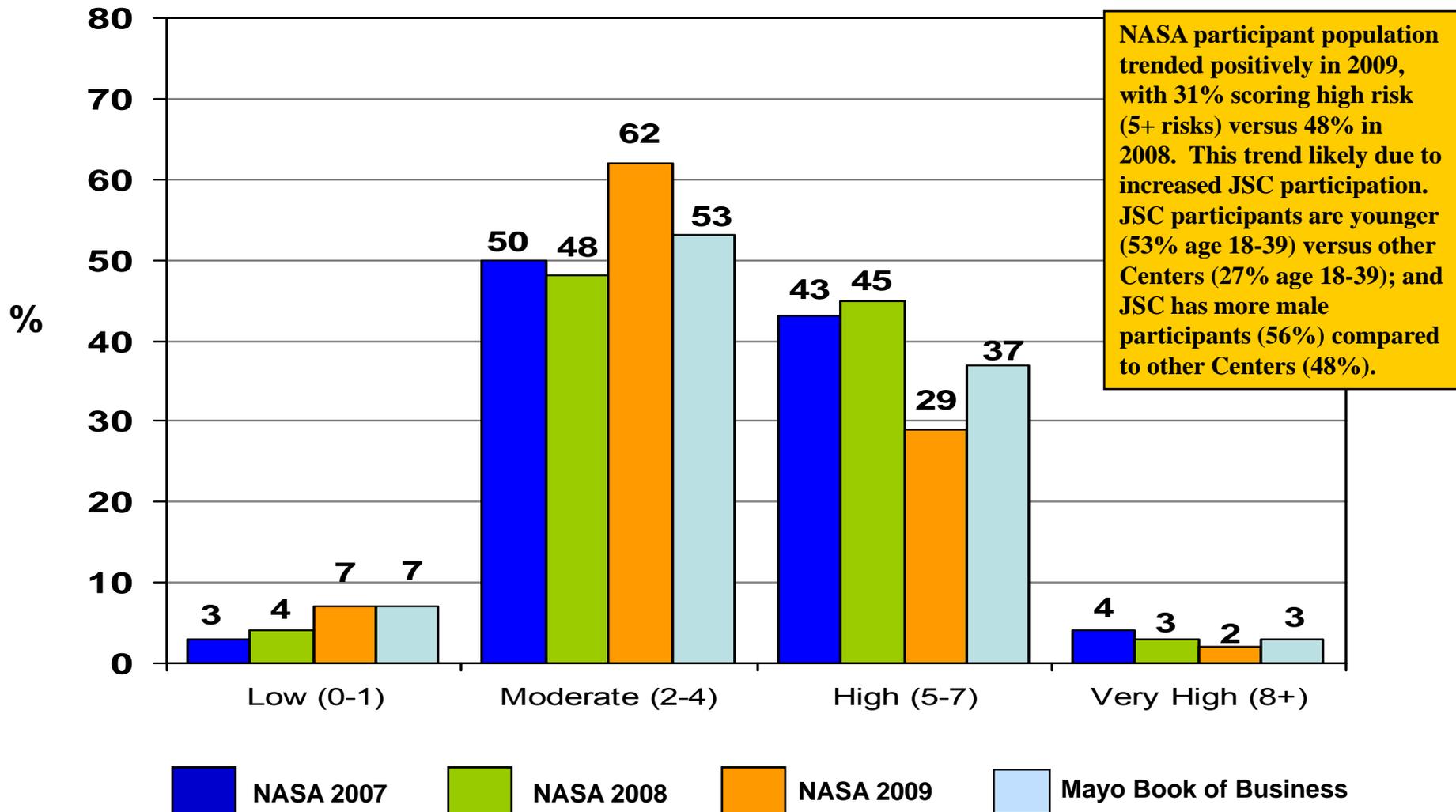
<b>Metric</b>	<b>2007</b>	<b>2008</b>	<b>2009 (YTD)</b>
Participation	1,705	2,184	6,144
Civil Servants	78%	44%	28%
Contractors	19%	53%	68%
Spouse/Other	3%	3%	4%
Male	52%	48%	53%
Female	48%	52%	47%
Age 18-39	27%	27%	46%
Age 40-59	65%	60%	46%
Age 60+	8%	13%	8%

# Health Assessment Participation by Center

Center	2007	2008	2009 (YTD)
ARC	90	116	96
DFRC	22	51	48
GRC	130	108	137
GSFC	200	160	140
HQ	98	111	104
JPL	2	5	172
JSC	147	369	4,548
KSC	284	390	247
LRC	147	200	154
MAF	3	1	1
MSFC	215	235	270
NSSC	15	31	36
SSC	315	354	169
WFF	29	35	5
WSTF	8	18	17

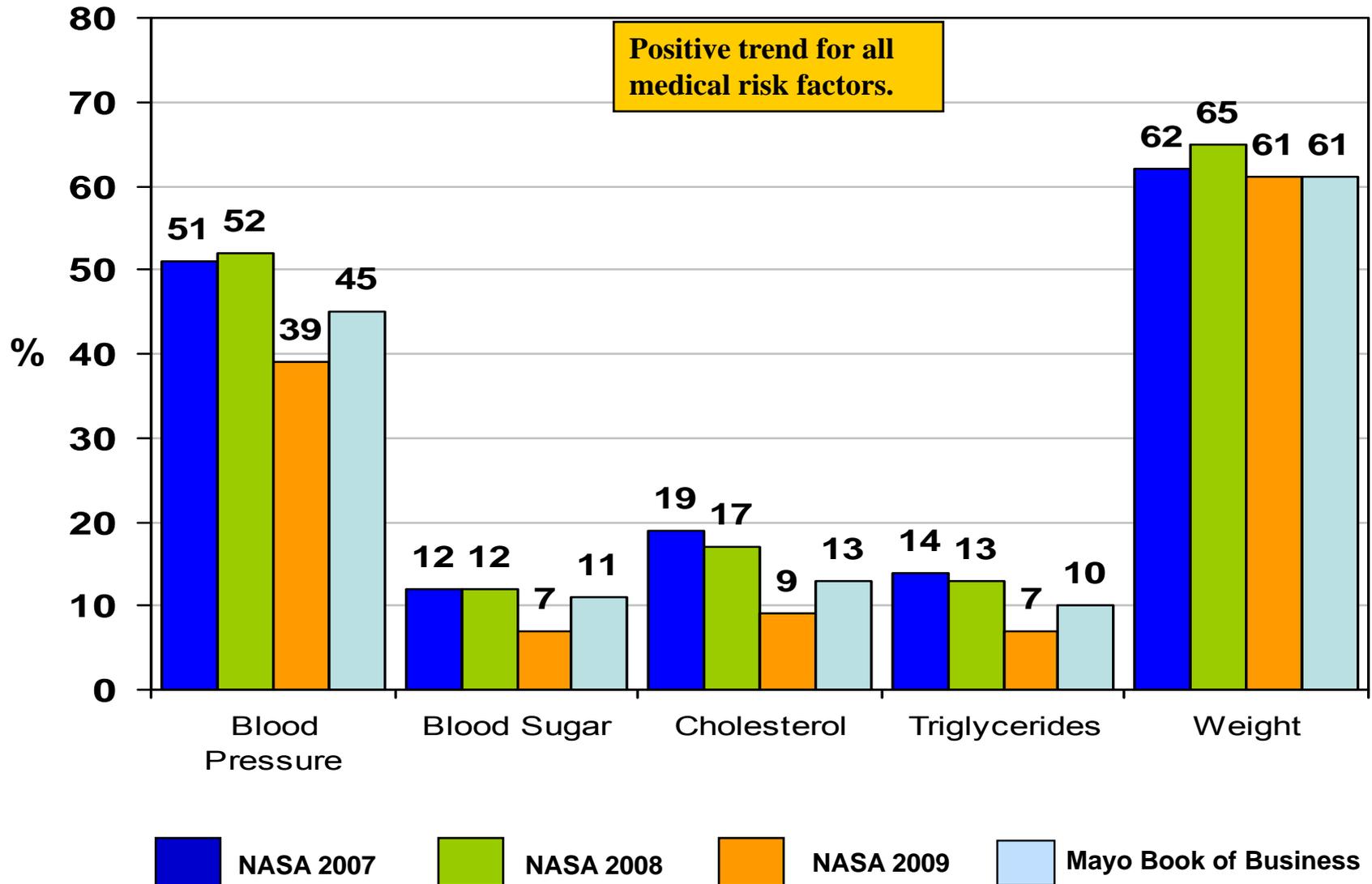
# Risk Factor Categories –

## *Annual Data Compared to 2009 Book of Business*



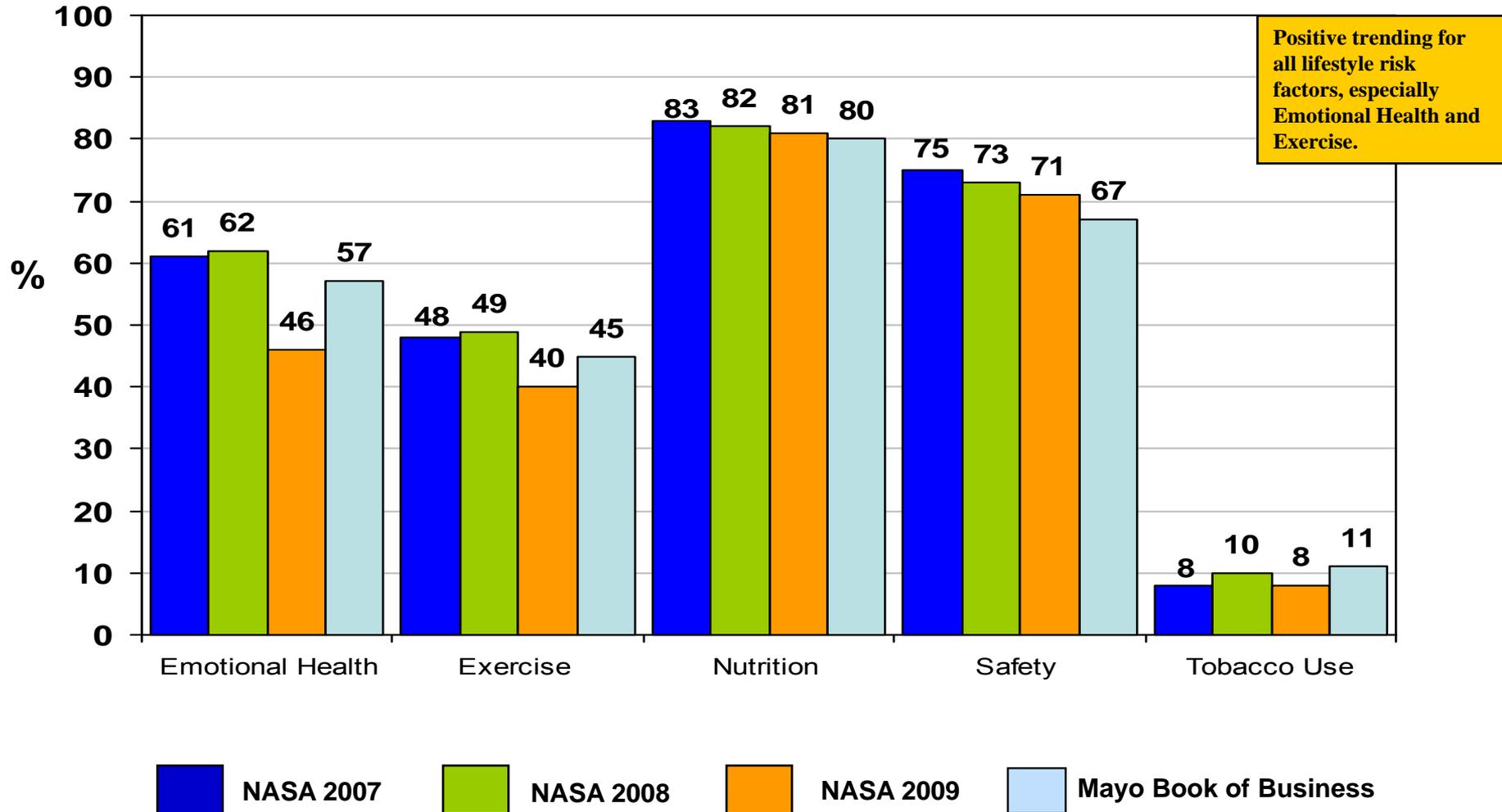
# Medical Risk Factors –

*Annual Data Compared to 2009 Book of Business*



# Lifestyle Risk Factors –

## *Annual Data Compared to 2009 Book of Business*



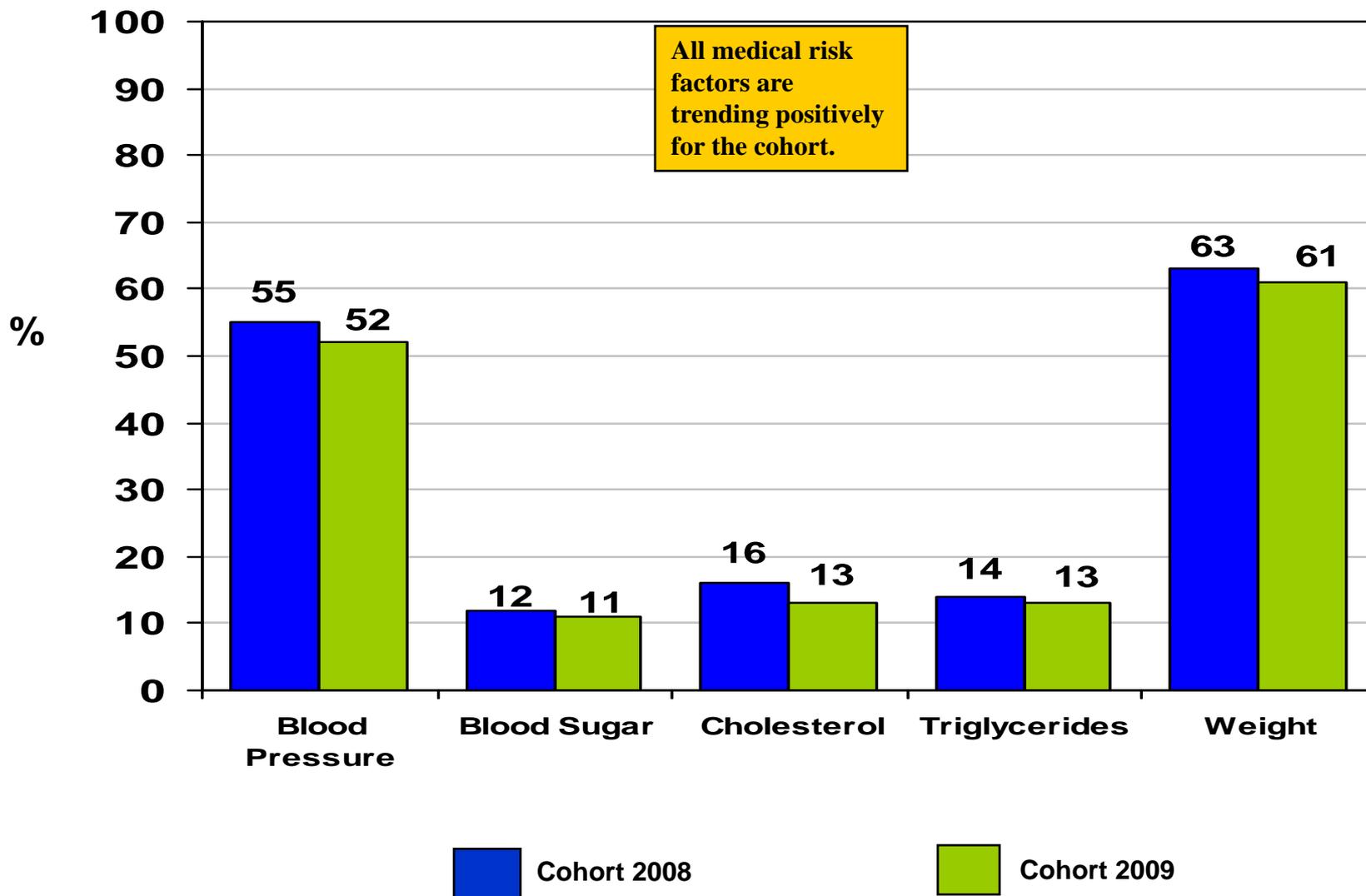
# Health Assessment Cohort Reporting

# Health Assessment Cohort Analysis

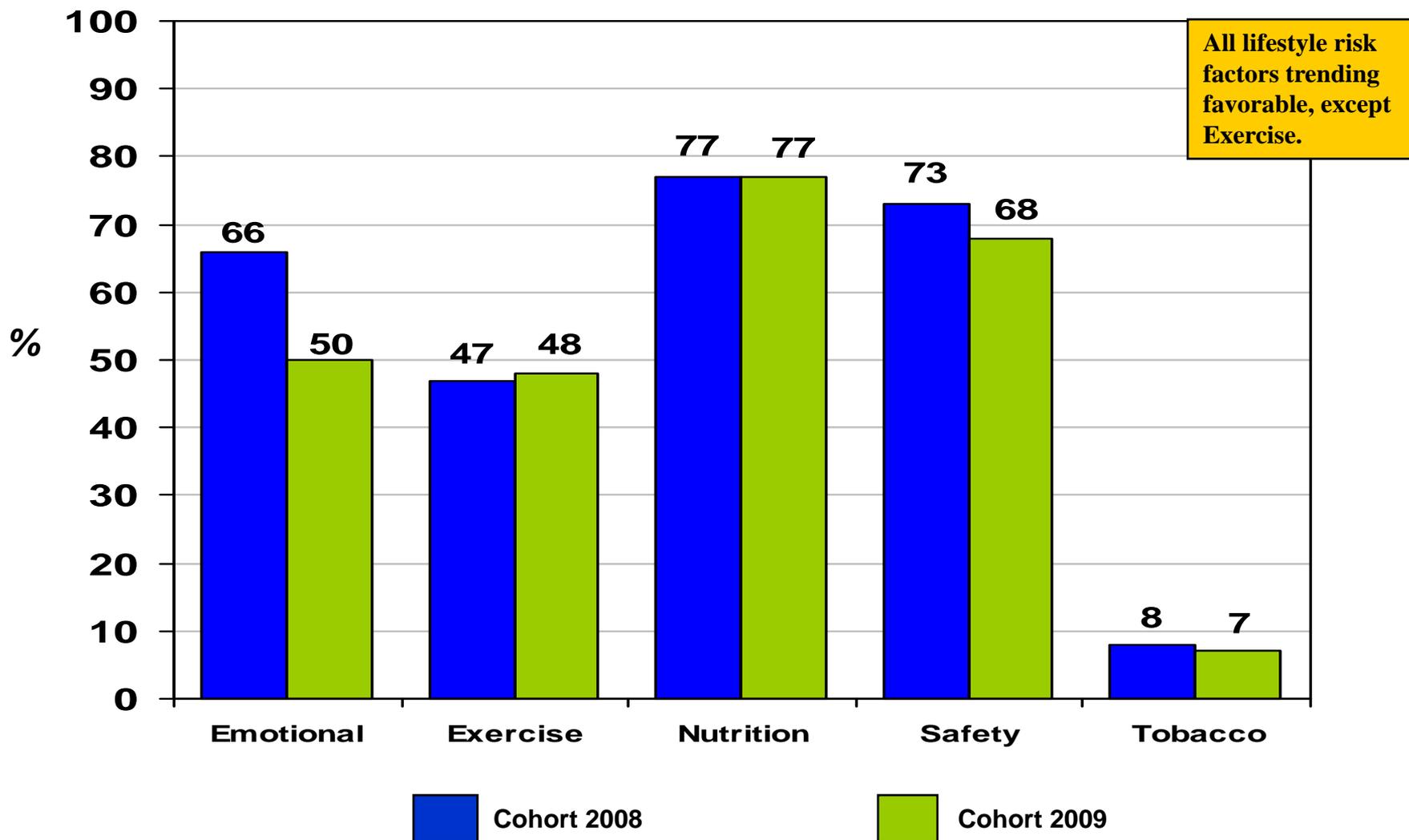
## Participants completing assessment 2008 and 2009

- Number in cohort: 491
- Demographics of the cohort are comparable to the total 2008 health assessment participants

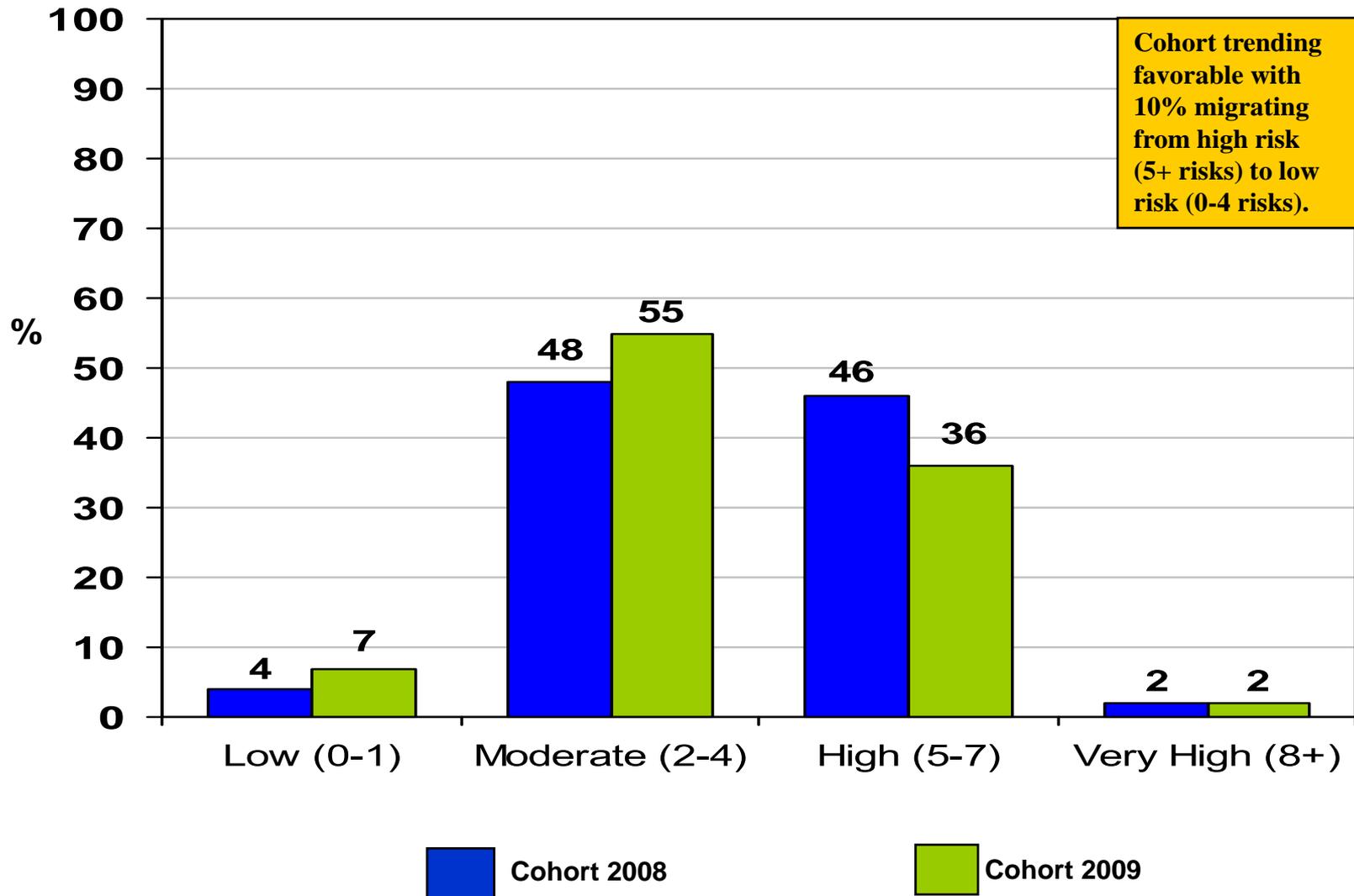
# Medical Risk Factors – 2008 to 2009 Cohort Comparison



# Lifestyle Risk Factors – 2008 to 2009 Cohort Comparison



# Risk Factor Categories – 2008 to 2009 Cohort Comparison



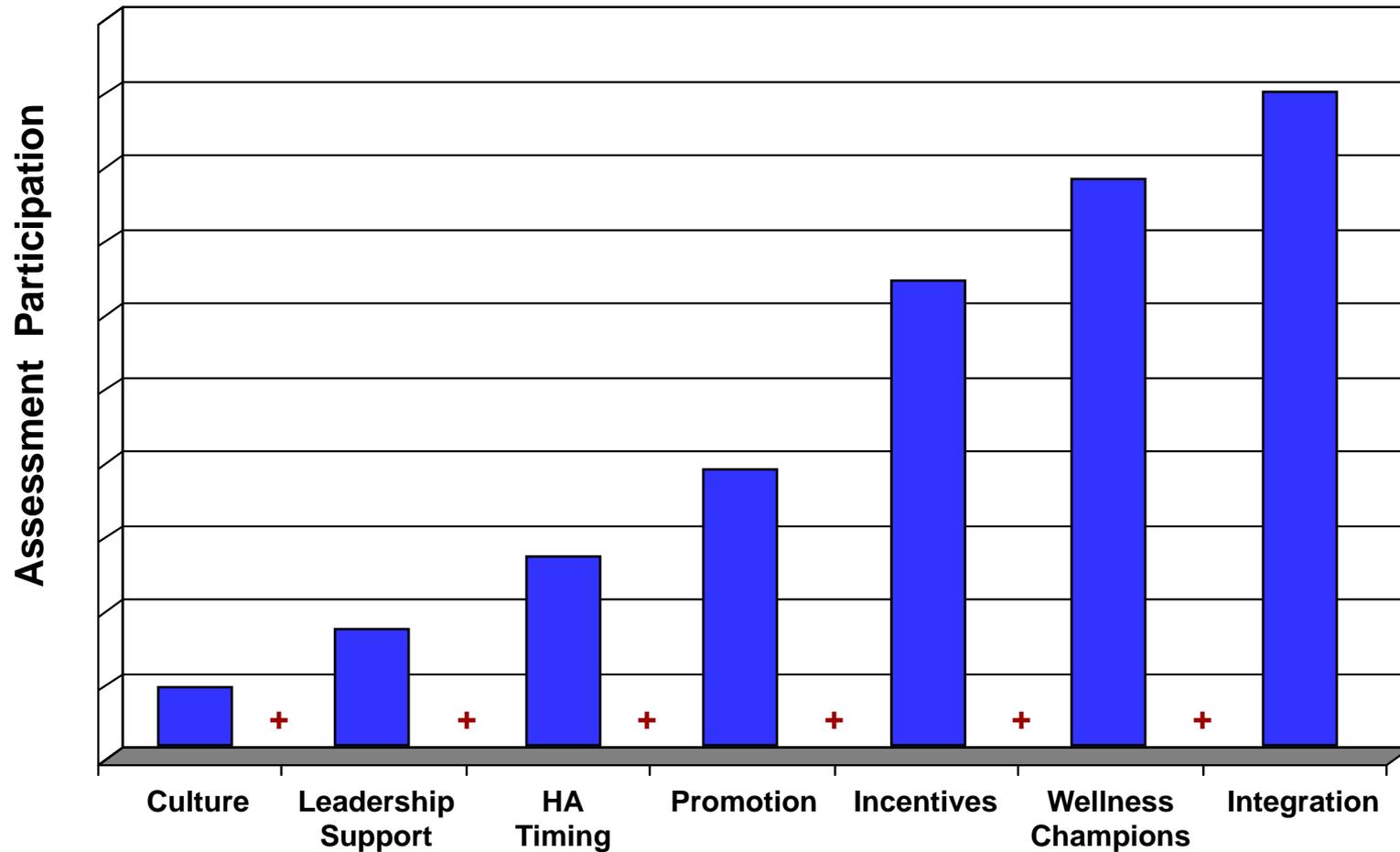
# ***Strategies for Success***

# Health Assessment Participation – Strategies for Success



- Why the vast range?
- Do individuals differ this dramatically in their motivation to complete a Health Assessment?

# Health Assessment – Impact of Strategy on Participation





# Health Assessment – Beneficial to the User, An Essential Strategy for the Organization

*“People need a call to action to make a healthy change...something that alerts and motivates them. The Health Assessment is the catalyst that can initiate the behavior change process.”*

*Philip Hagen, M.D., Mayo Clinic  
Preventive Medicine Specialist*

# ***Closing Perspective***

# Only If It Were This Easy....



# Our Goal

*Change healthy choices into habits by closing the gap between what people know and what they do.*

**Questions?**

***NASAHealthierYou.com***

