

# EmbodyHealth: The NASA Experience

*Prepared for*  
**NASA Occupational Health Meeting**

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# Agenda

- EmbodyHealth portal: *NASAHealthierYou.Com*
- EmbodyHealth key metrics
- Health Assessment outcomes
- Productivity outcomes – Work Limitations Questionnaire
- Discussion

# Tools to Manage Your Health

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

**MAYO CLINIC Health Risk Assessment**

Take the Mayo Clinic HRA for a lifetime of HealthierYou. Available until January 2009.

Feature 2 of 2

Provided by **NASA**

[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?](#)

**My Tools** Customize

**Exercise Tracker** X

Date: 01/24/2008

Minutes: Add  
Reset 0 total minutes  
0 this month  
0 this week

**Goals** X

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

# 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



# Personalized Tools Sidebar

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

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

**Exercise Tracker** [X](#)

Date:  [Calendar](#)

Minutes:  [Add](#)

[Reset](#)

115 total minutes  
30 this month  
0 this week

**Health Monitor** [X](#)

Last entry: 12/28/2006

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

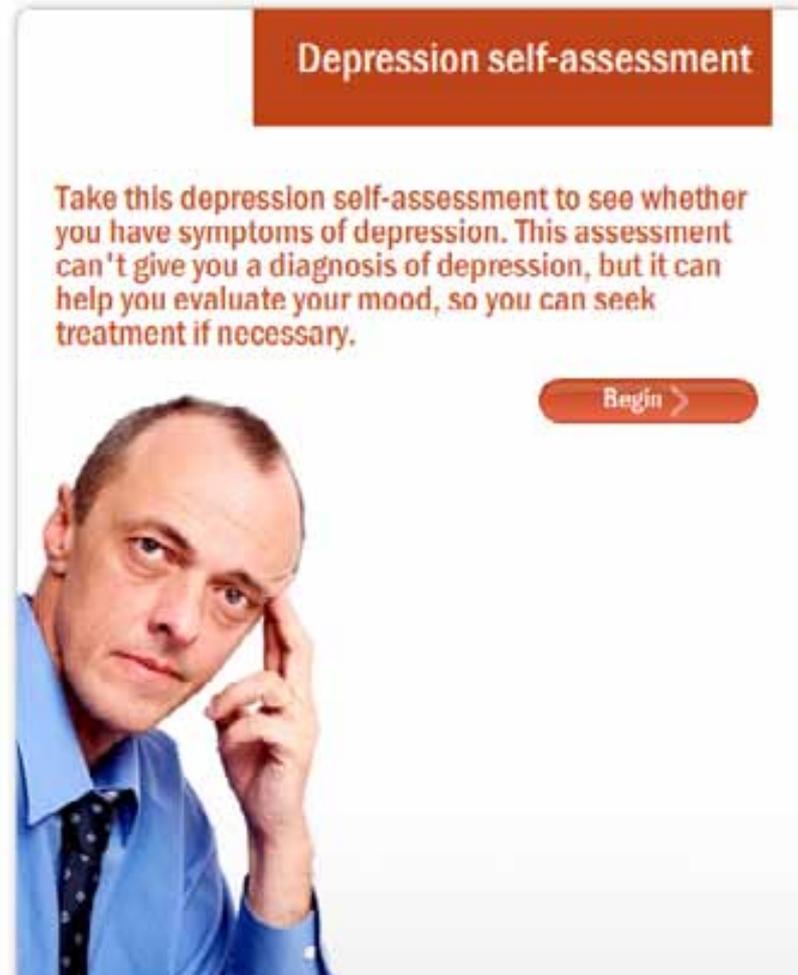
The screenshot displays the 'Monitor My Health' dashboard for a user named John Doe. The interface is organized into several sections:

- Header:** Features the Mayo Clinic logo, the 'EmbodyHealth' brand name with the tagline 'ENHANCE YOUR LIFE', and navigation links for 'Shared Programs', '2012 Accredited Information', and 'My Performance'.
- Navigation Bar:** A green bar with buttons for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Jobs A-Z'.
- Search:** A search bar with a magnifying glass icon.
- Welcome Section:** A personalized welcome message for John Doe, encouraging him to visit the RTZ Incorporated information link to stay up-to-date on his health benefits. It includes a 'Go' button and 'Previous'/'Next' navigation.
- Reminder:** A section titled 'Reminder' for 'Mayo Clinic EmbodyHealth Coaching' with a date of 1/22/2012 and time of 9:30 AM.
- Action Plan:** A section titled 'Action Plan' with sub-sections for 'Most Pressed' and 'Examples', each listing items like 'Fitness for Everyday', 'Healthy Weight Program', 'My Stress Solution', and 'Walk to Wellness'.
- Messages:** A section titled 'Messages (0)' with a message about taking full advantage of EmbodyHealth, including a 'Read more' link and 'View All'/'Previous'/'Next' navigation.
- My Health Topics:** A section titled 'My Health Topics' with a list of topics: 'Knee Replacement', 'Polyps/Polyps/Polyps', and 'Stomach Issues: Could my diet be the culprit?'. It also includes a 'Rewards' section showing 'Total Points: 400' and a link to 'Get details on rewards you can win'.
- Right Sidebar:** A vertical column of widgets including:
  - NASA:** A widget with the NASA logo and text about the Mars Climate Orbiter.
  - My Tools:** A widget with a 'Goals' section and an 'Active Goals' section.
  - Calendar:** A widget showing a monthly calendar view for the current month.
  - Exercise Tracker:** A widget for tracking exercise.
  - Healthy Recipe Collection:** A widget titled 'Healthy Recipe Collection' with the text 'Discover hundreds of healthy recipes'.
  - Men's Health Guide:** A widget titled 'Men's Health Guide' with the text 'Access healthy living tips created just for men'.
  - Symptom Checker:** A widget titled 'Symptom Checker' with the text 'Propose possible causes of your symptoms'.



# Health Related Self-Assessments

## Depression self-assessment



Depression self-assessment

Take this depression self-assessment to see whether you have symptoms of depression. This assessment can't give you a diagnosis of depression, but it can help you evaluate your mood, so you can seek treatment if necessary.

Begin >

# Improve Lifestyle Habits

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

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

Search

Improve Lifestyle Habits  
Home > Improve Lifestyle Habits

Provided by

**Life Stage Guides**

[Healthy Aging Guide](#)  
Age well for a longer, more active and independent life.

[Men's Health Guide](#)  
Adopt this action plan for healthy living and for managing prostate and sexual problems.

[Pregnancy Guide](#)  
Follow your month-by-month guide to a healthy pregnancy.

[Women's Health Guide](#)  
Manage health issues from birth control to menopause.

**Fitness**  
Whether you're a novice or veteran exerciser, find motivation and step-by-step guides for getting and staying active.

**Nutrition**  
Armed with the Mayo Clinic Food Pyramid and hundreds of recipes, plan healthier meals that you'll enjoy for a lifetime!

**Tobacco Use**  
Thinking about quitting smoking? Explore the options to help you quit and stay quit.

# 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)



# 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 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 main content area features a 'Healthy Aging Guide' article. The article includes a video thumbnail of a man running, titled 'Human growth hormone (HGH): Does it slow aging?'. To the right, there is a 'NASA' sponsored section with the heading 'Answers from a Mayo Clinic Specialist' and a 'Health Tools & Videos' section. A sidebar on the right contains 'My Tools' with options for 'Exercise Tracker', 'Active Goals', 'Health Assessment status', and 'Taking Action'.

# Health Management Programs

## My Stress Solution

■ Program home ■ Past action plans ■ Guide: Getting the most out of this program ■ My program profile

Week 4 Action Plan Oct 27, 2008 - Nov 02, 2008

**Key learning point: Keep your stress under control**

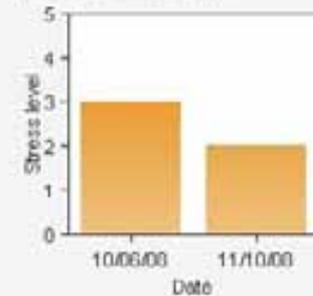


### TAKE ACTION

-  **DO:** Print your certificate of achievement
-  **READ:** Stress management: Prevent stress setbacks
-  **LOG:** Track your stressors in the stress log

### My Stress Level

Use the [stress log](#) to create your personalized graph.



### My Toolbox

- [What's stressing me out?](#)
- [Stress Solution Contract](#)

### Stress Tip

Laugh. It's simple — and it works! Hang cartoons in your workstation or on your refrigerator.

# Manage Chronic Conditions

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

**Manage Chronic Conditions**

Provided by **NASA**

**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

- 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 Mayo Clinic EmbodyHealth website interface. At the top, the logo for Mayo Clinic and EmbodyHealth is visible, along with the tagline 'ENHANCE YOUR LIFE'. A navigation bar includes options 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 titled 'Manage Chronic Conditions' and features a search bar. Below this, there is a list of chronic conditions with corresponding images and brief descriptions: Allergy, Arthritis, Asthma, Cancer, Depression, Diabetes, and Headache. To the right of the main content, there are several promotional banners, including one for NASA, an e-Newsletter Sign Up, and a Mayo Clinic Health Monitor. On the far right, there is a 'My Tools' sidebar with sections for 'Exercise Tracker', 'Goals', 'Health Assessment Status', and 'Taking Action'.

# 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  Swelling or hot flashes

**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

The screenshot displays the Mayo Clinic EmbodyHealth interface. At the top, the logo reads "MAYO CLINIC | EmbodyHealth | ENHANCE YOUR LIFE". A navigation bar contains several green buttons: "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A red arrow points from the text "Connect With Others" on the right towards the "Connect With Others" button in the navigation bar. Below the navigation bar, a search bar is visible. The main content area features a "Connect With Others" section, which is circled in red. This section includes a "Share your story" prompt, a "Recent stories" list with items like "Meditation for stress management" and "Quit smoking - live longer", and a photo of a smiling woman. To the right of the "Connect With Others" section are several widgets: "Provided by NASA", "Podcasts" (with a link to "Podcast: Erectile dysfunction and heart disease - What's the connection?"), and an "e-Newsletter Sign-Up" box. On the far right, a "My Tools" sidebar contains sections for "Exercise Tracker", "Goals", "HRA Status", and "Taking Action".

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

# Ask A Specialist

## Antidepressants: Can they stop working?

Can antidepressants lose effectiveness? I've taken fluoxetine (Prozac) for several years. But recently, I've noticed the medication doesn't seem to be having the same effect, and I feel more depressed. Can you explain this?

Mary / Minnesota



Mayo Clinic psychiatrist [Daniel Hall-Flavin, M.D.](#), and colleagues answer select questions from readers.

### Answer

When depression symptoms improve after starting an antidepressant, most people need to continue taking medication long term to prevent symptoms from returning. However, treatment may seem to stop working over time. This can happen for a number of reasons. These include:

- **Worsening depression.** It's common for depression symptoms to return or worsen at some point, despite treatment. Called breakthrough depression, symptoms may be triggered by stress or may appear with no apparent cause. The current dose of medication you're taking may not be enough to prevent your symptoms when depression gets worse.
- **Another medical condition.** Underlying health problems, such as hypothyroidism, can cause or worsen depression.
- **A new medication.** Some medications for unrelated conditions can interfere

# Your Stories

## Stories from people like you



### How I lost weight . . .



- 👉 'I feel very proud' — Marcy
- 👉 'I was shocked' — William
- 👉 Results in just 1 month — April
- [See all stories](#)

### How I beat stress . . .



- 👉 'Too much stress was making me cranky' — Patricia
- 👉 Realize your response to stress with yoga
- 👉 With walking, I feel better about myself
- [See all stories](#)

### How I managed my condition . . .



- 👉 'A healthy life is very valuable' — Eddy
- 👉 Heart work for high cholesterol — Jack
- 👉 Changes for type 1 diabetes — No name given
- [See all stories](#)

# Health Information A-Z

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the logo for MAYO CLINIC EmbodyHealth is visible, along with the tagline "ENHANCE YOUR LIFE". A navigation bar contains several green buttons: "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A red arrow points to the "Health Info A-Z" button. Below the navigation bar, there is a search bar and a "Health Info A-Z" section with a sub-menu for "Diseases & Conditions A-Z", "Drugs A-Z", and "Supplements A-Z". A red arrow points to the "Diseases & Conditions A-Z" link. The main content area includes a "Diseases & Conditions A-Z" section with a search bar and a "Media Gallery" section. On the right side, there is a "My Tools" section with an "Exercise Tracker" and "HRA Status" (Health Risk Assessment) section. A red arrow points to the "HRA Status" section. The website also features a "NASA" logo and a "Health Alerts" section.

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

# Health Info A – Z

## Diseases & Conditions A-Z

Find the facts about hundreds of diseases and conditions.

### Browse Diseases & Conditions A-Z

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#)

- [Abscess, Bartholin](#)
- [Absence seizure](#)
- [Acanthosis nigricans](#)
- [Achilles tendinitis](#)
- [Achilles tendon rupture](#)
  
- [Acid reflux](#)
- [Acid reflux, infant](#)
- [ACL injury](#)

## Drugs A-Z

Look up prescription and over-the-counter drug information.

### Search Drugs by keyword

### Browse Drugs A-Z

[A-Am](#) | [An-Az](#) | [B](#) | [C-Cm](#) | [Cn-Cz](#) | [D-Dm](#) | [Dn-Dz](#) | [Mn-Mz](#) | [N-Nm](#) | [Nn-Nz](#) | [O](#) | [P-Pm](#) | [Pn-Pz](#) | [Q-R](#) | [S-Sm](#) | [X-Z](#) | [0-9](#)

- [A-J Revised](#)
- [A-Caro-25](#)
- [A-Fil](#)
- [A-G Profen](#)

## Supplements A-Z

Look up herb, vitamin and other supplement information from 1-

### Search Supplements by keyword

### Browse Supplements A-Z

[A](#) | [C](#) | [D](#) | [F](#) | [G](#) | [L](#) | [M](#) | [S](#) | [T](#) | [Z](#)

- [Aloe](#)
- [Arginine](#)
- [Beta-carotene](#)
- [Black cohosh](#)
- [Chondroitin sulfate](#)
  
- [Coenzyme Q10](#)
- [Cranberry](#)
- [Creatine](#)

# 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

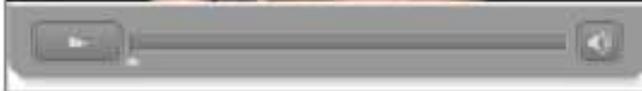
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Featured Media:

 <p>Video: <a href="#">Video: The epidural block</a></p>	 <p>Slide show: <a href="#">Slide show: What a newborn really looks like</a></p>
 <p>Video: <a href="#">Video: How diabetes affects your blood sugar</a></p>	 <p>Video: <a href="#">Video: Carpal tunnel surgery — endoscopic</a></p>

# Media Gallery – Video

## Video: Skin cancer — How skin cancer develops



### VIDEO HELP

If the video does not play, you may need to download and install the latest version of the [Adobe Flash Player](#). For additional troubleshooting tips, browse the [Multimedia FAQ](#).

### TRANSCRIPT

Skin cancer is the most common of all cancers. It's highly curable when detected early. Most skin cancers are classified as nonmelanoma, meaning they arise from cells in the skin other than pigment-producing cells called melanocytes. Nonmelanoma cancer isn't likely to spread, and it's usually easily removed.

Melanoma begins in the melanocytes, cells that produce skin color — or melanin. Melanin helps protect deep layers of skin from harmful effects of the sun. A suntan is produced by melanin trying to protect your skin by blocking harmful ultraviolet light, but protection only goes so far. While melanoma accounts for a small percentage of skin cancer, it causes the majority of skin cancer deaths.

Melanoma typically begins as a mole. If you identify it early and it hasn't spread, it can be surgically treated. Here you see the mole

# Media Gallery – Slide Show

## Slide show: Guide to portion control for weight loss

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17

◀ PREVIOUS | NEXT ▶



### Portions vs. servings

Struggling with your weight? Check your portion control. You may be confusing portion control and servings. A portion is the amount of food you put on your plate. A serving is a specific amount of food defined by common measurements, such as cups or tablespoons. For instance, a pancake serving is 4 inches (as shown on the left). But a typical portion you might eat is 8 inches — or 2 servings. Similarly, a serving of milk is 8 ounces, but the portion you pour might be twice that size, like the one on the right. If your portion control is out of control, you may be supersizing your meals and yourself. Use this guide to become a better judge of portion control and serving sizes.

# Upcoming Portal Enhancements

## Coming in August!

- Streamlined site navigation
- Home page – new functionality
  - Media window with robust customization options
  - My Health: A highly interactive user profile and Health Assessment results section
  - ‘To-do’ list
- Expanded Client Information page

# Home Page

- Media Window
  - Highlights client information
  - Focused promotion
- To-do list
  - Personalized program reminders
  - Upcoming client events

The screenshot displays the Mayo Clinic EmbodyHealth home page. 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. To the right, it says 'Powered by XYZ Incorporated'. Below the navigation bar, there are several key sections:

- Earn 500 points!**: A large banner with a 'Start now!' button and an image of a man stretching.
- Take the Health Assessment**: A section with four icons representing different health goals: 'Know your cholesterol', 'Get fit', 'Bring home healthy meals with XYZ Inc.', and 'Get the best workout'.
- To-do list**: A list of reminders, including 'Next Health Coaching session: 2 pm, Dec 27, 2019', 'Remember to get a flu shot in the lab/clinic', 'Get fit with My Fitness Solution', 'Read messages from the coach', and 'Record weight on My Weight Solution'.
- XYZ Inc. Rewards**: A section showing '875' points out of 1,000 for the '2019-2020 XYZ Incorporated Reward Point Program' (Nov 1, 2019 - Jan 31, 2020) and '50' points out of 200 for the 'Get more fit campaign' (Nov 1, 2019 - Aug 14, 2020).
- My Health**: A section with an 'Overall health' indicator (last updated Nov 14, 2019) and a progress bar. Below it, there is a message: 'According to your current results, you have a moderate risk of developing some future health problems. Focus on staying active, eat healthy, and get regular checkups to help improve your health. The good news is, there's a lot you can do that can reduce your risk level.' Below this is a 'Get recommendations to improve your health indicators' link.
- My Health Delivers**: A section with personalized tips: 'Watch those sodium levels with weight training', 'Stretch properly with weight training', 'Lunges are great for your weight training', 'Always stretch out with weight training', and 'Focus those attention with weight training'.

At the bottom, there are two columns: 'Programs' (My Fitness Solution, My Weight Solution, My Tobacco-Free Future, My Stress Solution, Pregnancy) and 'Personal Information' (Personal accounts, Fitness Center, Healthy Lifestyle Goals, Health plans, Local Events).

# Mayo Clinic Health Assessment Results

Action Plan (current)

**Health Assessment Results Summary**

You've finished using the health assessment. Now, discover what your results mean. You're at high risk based on the answers you gave to one or more areas. But don't get discouraged! There's a lot you can do - on your own and with the help of others - to get control of even eliminate your risk factors. To find out more about your risk factors, go to the prevention steps and information about your health today. Take a look at the bottom and left side of this page. You'll see links to more information about these topics.

**View your risks:**

- Blood Pressure
- Blood Sugar
- Cholesterol
- Exercise
- Diabetes
- Smoking

**Results History**

Date Completed	02 11, 2017	02 05, 2008
<b>Overall Risk Level</b>	High	Moderate
Alcohol Use	Strength	Strength
Blood Pressure	Weak	Weak
Blood Sugar	Strength	Weak
Cholesterol	Strength	Weak
Exercise	Risk	Strength
Diabetes	Strength	Weak
Smoking	Weak	Strength
Sleeping	Strength	Strength
Tobacco Use	Strength	Strength
Triglycerides	Risk	Strength
Weight	Strength	Strength

My Health (August)

**My Health**

How am I doing overall? *What's new!*  
As of Nov 14, 2017

**Strengths**

- Blood Sugar
- Blood Pressure
- Alcohol Use
- Diabetes

**Risks**

- Blood Pressure
- Exercise
- Weight
- Conditions
- Pregnancy

**Recommendations**

Based on your latest strengths and risks, here's what is recommended you focus on, in order of importance. Choose one or set of recommendations.

1. Meet your doctor
2. Reach a healthy weight
3. Address your stress
4. Eat more fruits and vegetables into your daily eating plan

[See all recommendations](#)

**Reports, connections & more**

- Reports
- Personal Health Record (PHR) connections
- Diagnoses

**Prevention**

View your information about the following areas:

- Cancer screening
- Vaccinations

**Medical history & safety**

View your information about the following areas:

- Medical status
- Safety

# My Health

- Three sections:
  - Health status
  - Recommendations
  - Programs
    - Fitness
    - Stress
    - Tobacco
    - Pregnancy
    - Weight

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the Mayo Clinic logo is on the left, the 'EmbodyHealth' logo with the tagline 'ENHANCE YOUR LIFE' is in the center, and the 'XYZ Incorporated' logo is on the right. Below the logos is a navigation bar with links for Home, My Health, Rewards, Community, Health Information, XYZ Incorporated Information, and Health Coaching. The main content area is titled 'My Health' and features three primary sections: 'Health Status', 'Recommendations', and 'Programs'. The 'Health Status' section includes an 'Overview' tab and a 'How am I doing overall?' gauge for November 14, 2010, with a progress bar ranging from 'Need improvement' to 'Doing well'. The 'Recommendations' section provides a list of four key actions: 'Move more', 'Reach a healthy weight', 'Address your stress', and 'Put more fruits and vegetables into your daily eating plan'. The 'Programs' section is partially visible on the right, showing 'Need more information' and 'Your following health resources need to be updated'.

# Health Information – Improved Display

The screenshot displays the Mayo Clinic 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. To the right, it says 'Powered by XYZ Incorporated'. Below the header is a navigation menu with links for Home, My Health, Rewards, Community, Health Information, XYZ Incorporated Information, and Health Coaching. A search bar is located in the top right corner.

## Health Information

Search Mayo Clinic's extensive database of health information or browse using the categorized below.

### Browse information by: Life Stage

- Women's Health
- Men's Health
- Infants & Toddlers
- Children's Health
- Teens & Young Adults
- Pregnancy
- Healthy Aging
- End of Life

**Women's Health**

Women's health: How long has COVID-19 lasted?  
Cesarean surgery: What to know before and after  
Signs and symptoms: How to distinguish between flu and COVID-19  
Health screening guidelines  
Depression in men ages 18 years and older  
How healthy diet, 8 ways to prevent heart disease

See more articles related to Women's Health

### Browse information by: Subject

Find disease or conditions by first letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

- Diseases & Conditions**  
Comprehensive guide on hundreds of conditions.
- Drugs & Supplements**  
Look up prescription and over-the-counter drug information.
- Tests & Procedures**  
What it is, how it's done, how to prepare, risks and benefits.
- First Aid**  
Information to help you during a medical emergency.

### Self-assessments

- Adrenal gland test
- Depression self-assessment
- Diabetes risk self-assessment
- Do you have a thyroid problem?
- Do you have COVID-19? (Self-test)
- Health screening guidelines
- How healthy diet, 8 ways to prevent heart disease
- Alcohol self-assessment
- Prostate cancer self-assessment
- Speech assessment

### Calculators

- BMI calculator
- Calorie calculator
- Cholesterol risk calculator
- LDL cholesterol calculator
- Pregnancy risk calculator
- Stage health risk calculator

### Symptom Checker

Pinpoint possible causes of your symptoms.

Here's how the Symptom Checker works:

- 1 Choose a symptom
- 2 Select related factors
- 3 View possible causes

Use the Symptom Checker now.

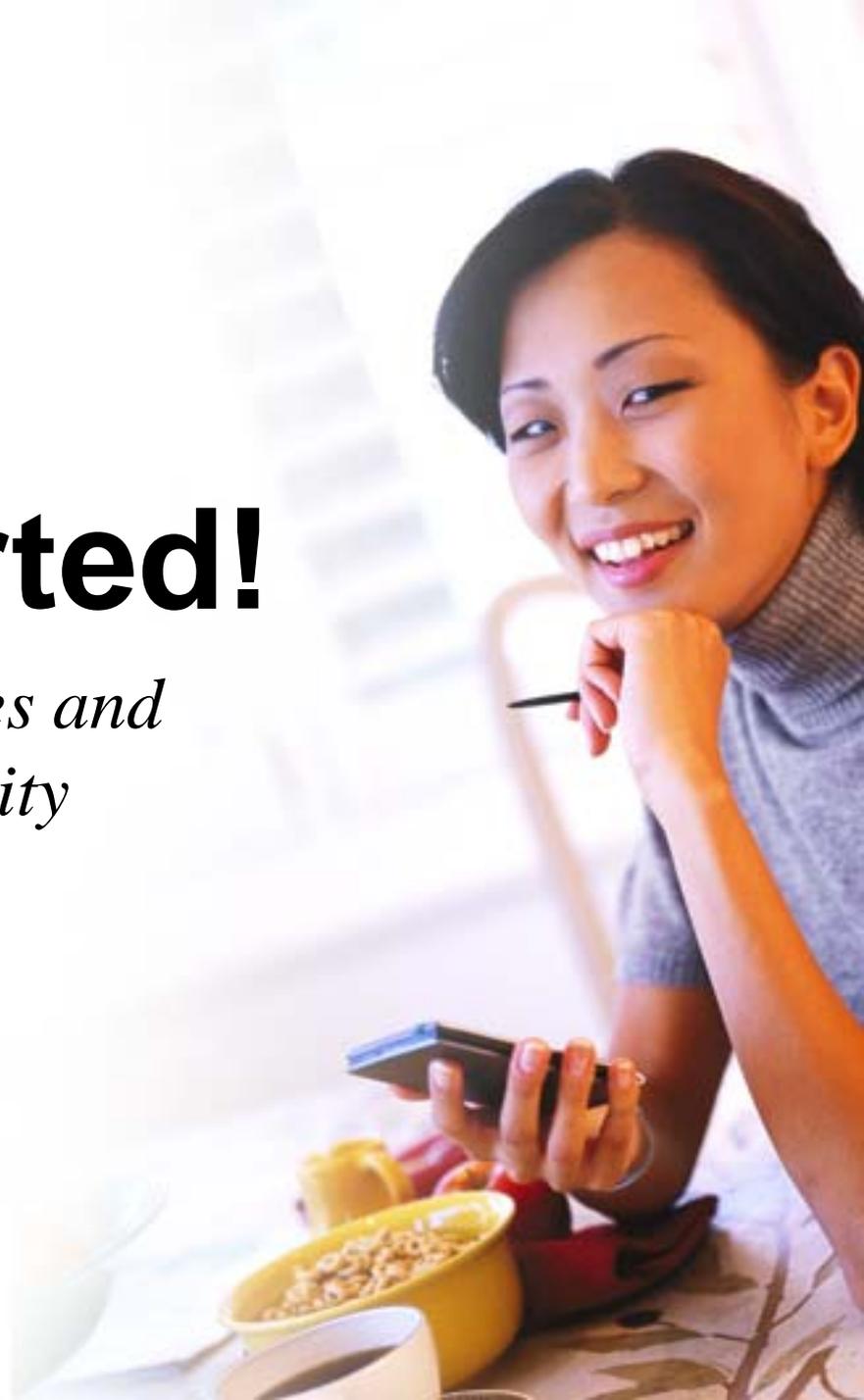
### Healthy Recipe Collection

Find hundreds of healthy recipes, including low-fat recipes, low sodium recipes and heart-healthy recipes.

Find recipes

# Getting Started!

*Interventions, Resources and  
Choosing A Priority*



# Take the Health Assessment

- Identify your health improvement opportunities
- Track progress annually



# 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 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 user profile section shows "Welcome Kim Johnson, MD" and "Log Out". A blue callout box prompts the user to "Test us what you think of EmbodyHealth". Below the navigation bar, a "Diabetes" section is active, featuring a search bar, a profile picture of a woman, and a featured article titled "Answer: Is it a safe option for diabetes treatment?". The article is by Mary Ellen Ambrosini, M.D., and addresses common patient questions. To the right, a "My Tools" sidebar includes a "Exercise Tracker", "Messages" (2 Total Messages), "Vital Status", and "Taking Action" (4 items). The main content area is divided into three sections: "Understanding diabetes", "Managing diabetes with medication", and "Preventing the diabetes that...". Each section provides comprehensive information and links to related resources. The bottom of the page features promotional banners for "Mayo Clinic Health Monitor" and "e-Newsletters Sign Up".

# Action Plan

**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

## 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 page has a navigation bar with 'Overview' and 'Action Plan' tabs. Below the navigation bar are links for 'Printer Friendly', 'This section', 'All sections', and 'Larger type'. The main content is divided into two columns. The left column is a sidebar with sections: 'Health Indicators' (Results Summary, Bibliography), 'Risks' (Safety), 'Strengths' (Alcohol Use, Blood Pressure, Blood Sugar, Cholesterol, Emotional Health, Exercise, Nutrition, Tobacco Use, Triglycerides, Weight), and 'Prevention' (Cancer Screening, which is highlighted). The right column contains the main text for 'Cancer Screening', which is further divided into 'Breast cancer' and 'Cervical cancer' sections. Each section includes a paragraph of text and a 'Learn More' link.

Overview **Action Plan**

Printer Friendly | This section | All sections | 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, 15,065 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</b>	<b>2010 (YTD)</b>
<b>Total number visitors</b>	<b>6,699</b>	<b>12,244</b>	<b>21,455</b>	<b>11,520</b>
<b>Total number visits</b>	<b>20,199</b>	<b>31,936</b>	<b>57,461</b>	<b>27,393</b>
<b>Average visit duration</b>	<b>10:28 m</b>	<b>10:33 m</b>	<b>11:02 m</b>	<b>12:13 m</b>

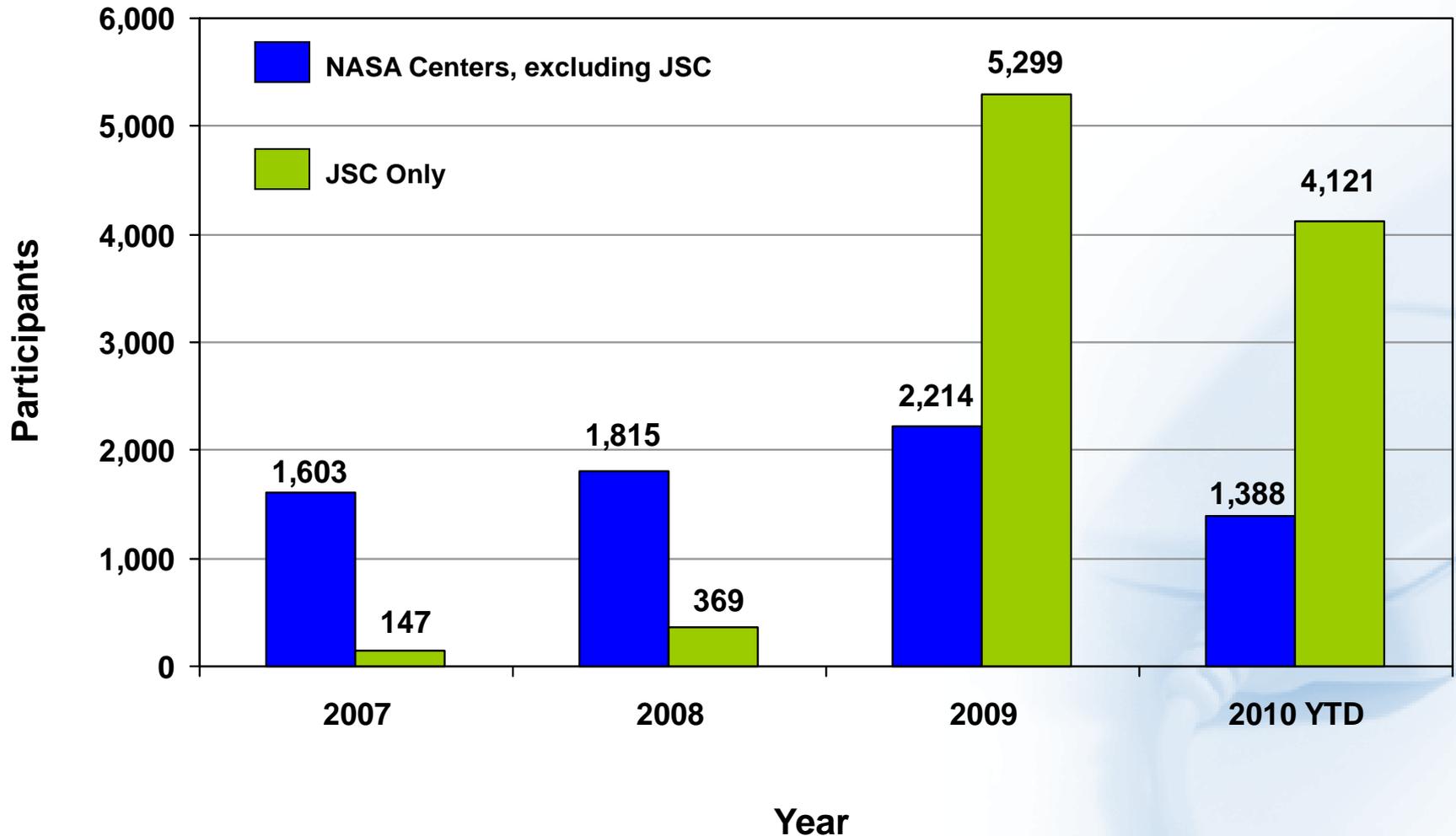
# 2010 Visit Trend

**Organizational E-mail  
Announcing Health Assessment**



# NASA Health Assessment Data

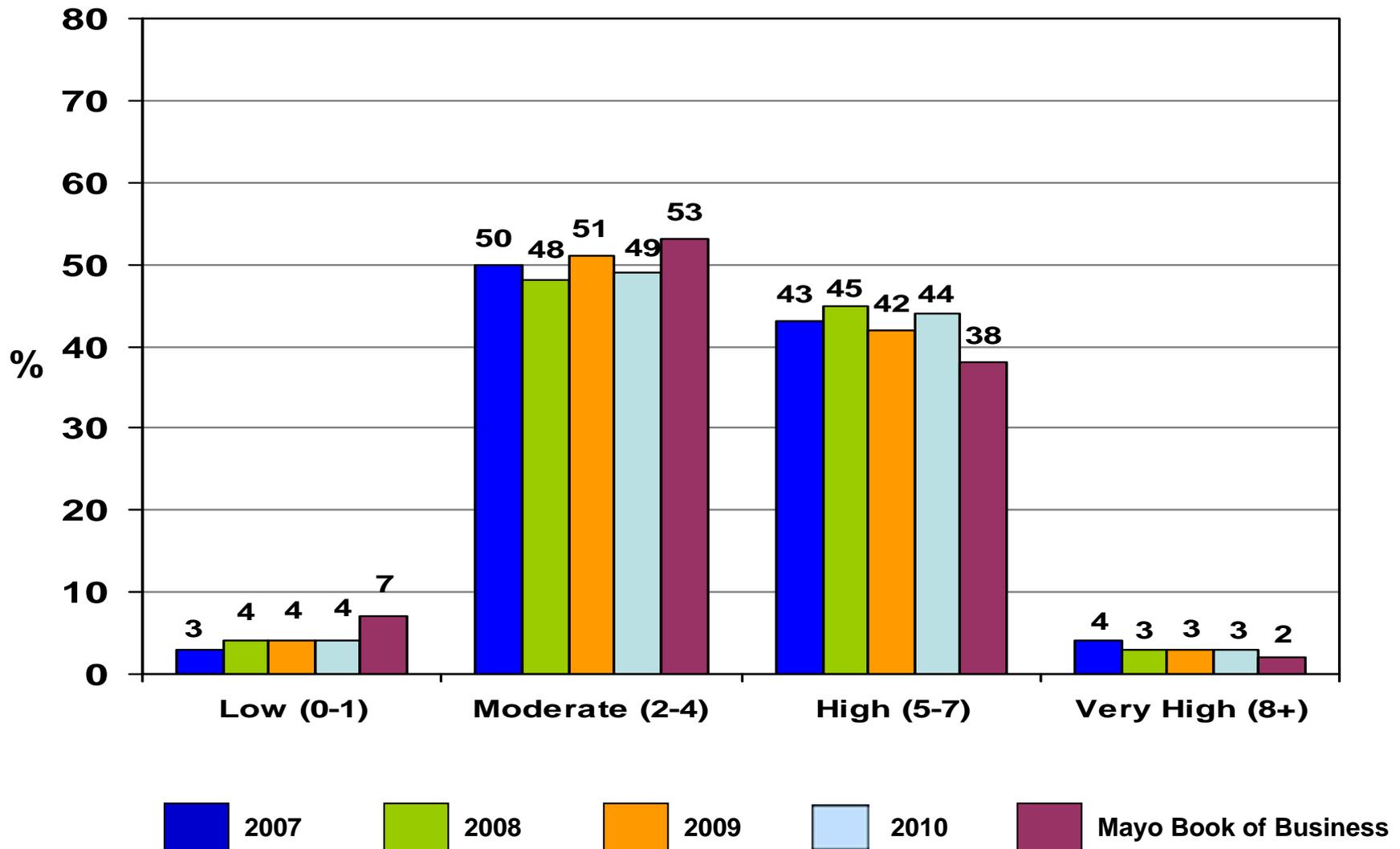
# Annual Health Assessment Engagement



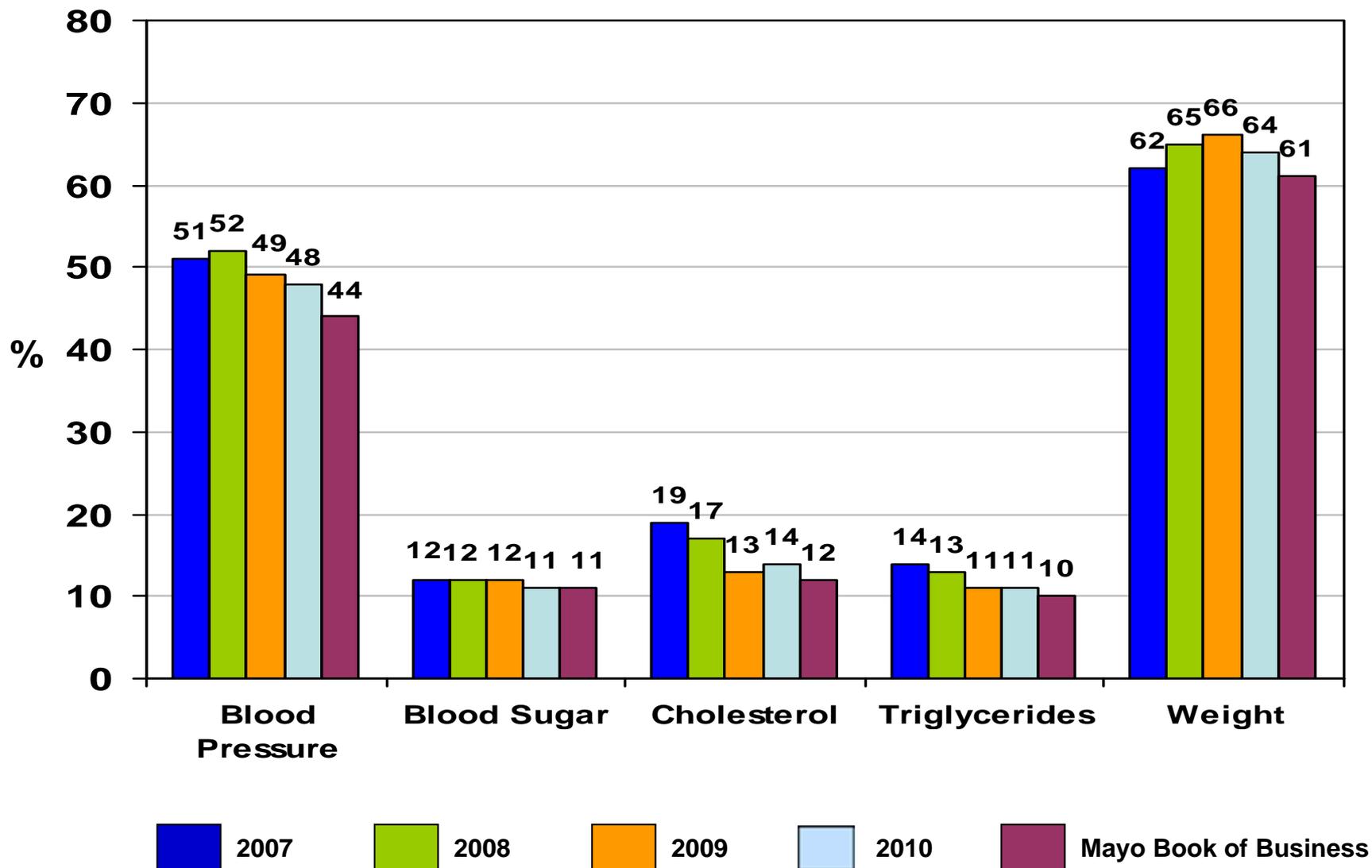
# Health Assessment Participation by Center

<b>Center</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>	<b>2010 (YTD)</b>
Ames Research	90	116	111	76
Dryden Flight	22	51	61	47
Glenn Research	130	108	270	239
Goddard Space Flight	200	160	207	120
Headquarters	98	111	155	85
Jet Propulsion	2	5	216	104
Johnson Space	147	369	5,297	4,120
Kennedy Space	284	390	287	230
Langley Research	147	200	199	77
Michoud Assembly	3	1	2	1
Marshall Space Flight	215	235	378	229
NASA Shared Services	15	31	50	36
Stennis Space	315	354	241	113
Wallops Flight	29	35	20	19
White Sands Test	8	18	19	13

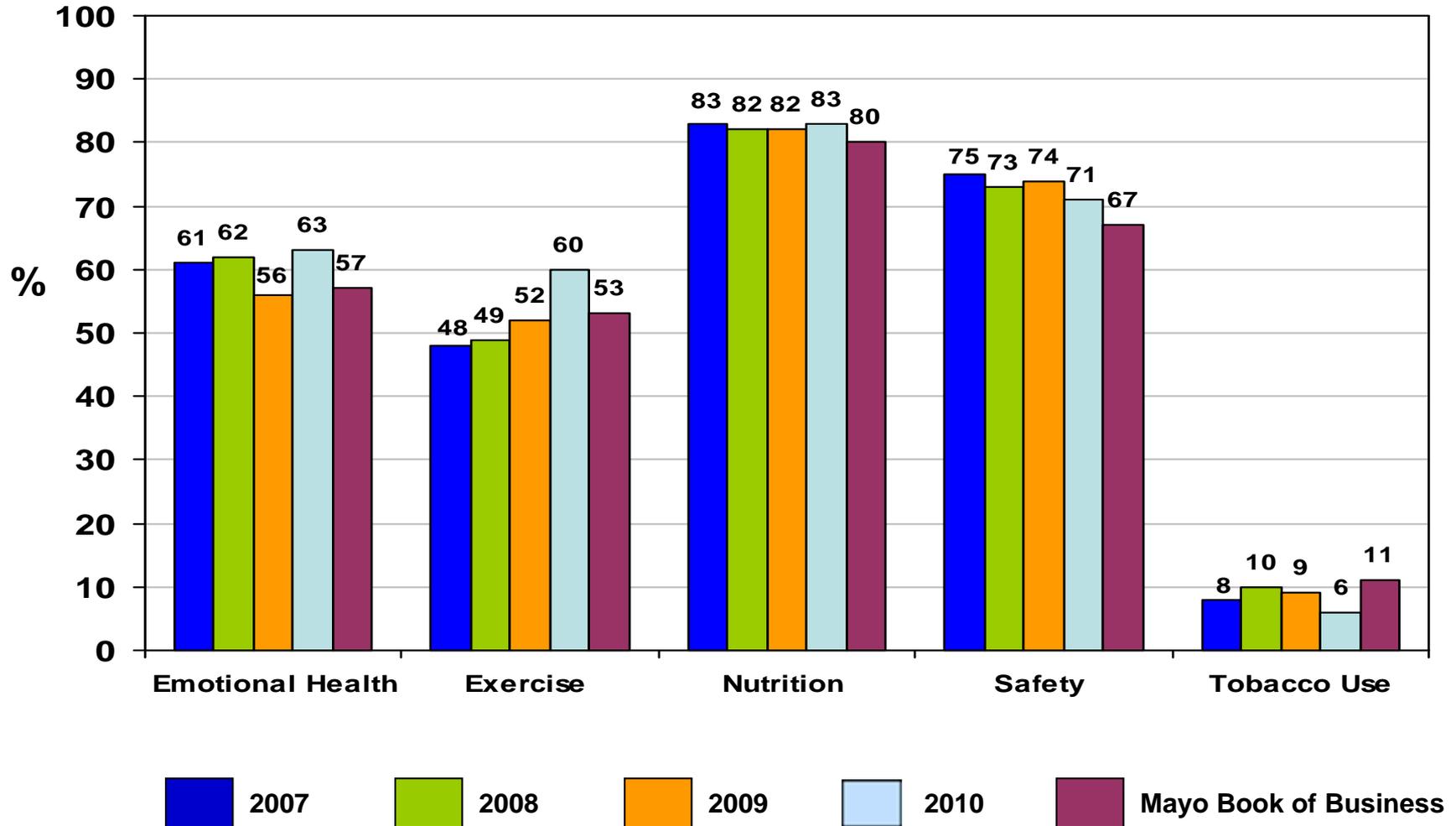
# Risk Categories – All Centers Except JSC Compared to Book of Business



# Medical Risk Factors – All Centers Except JSC Compared to Book of Business

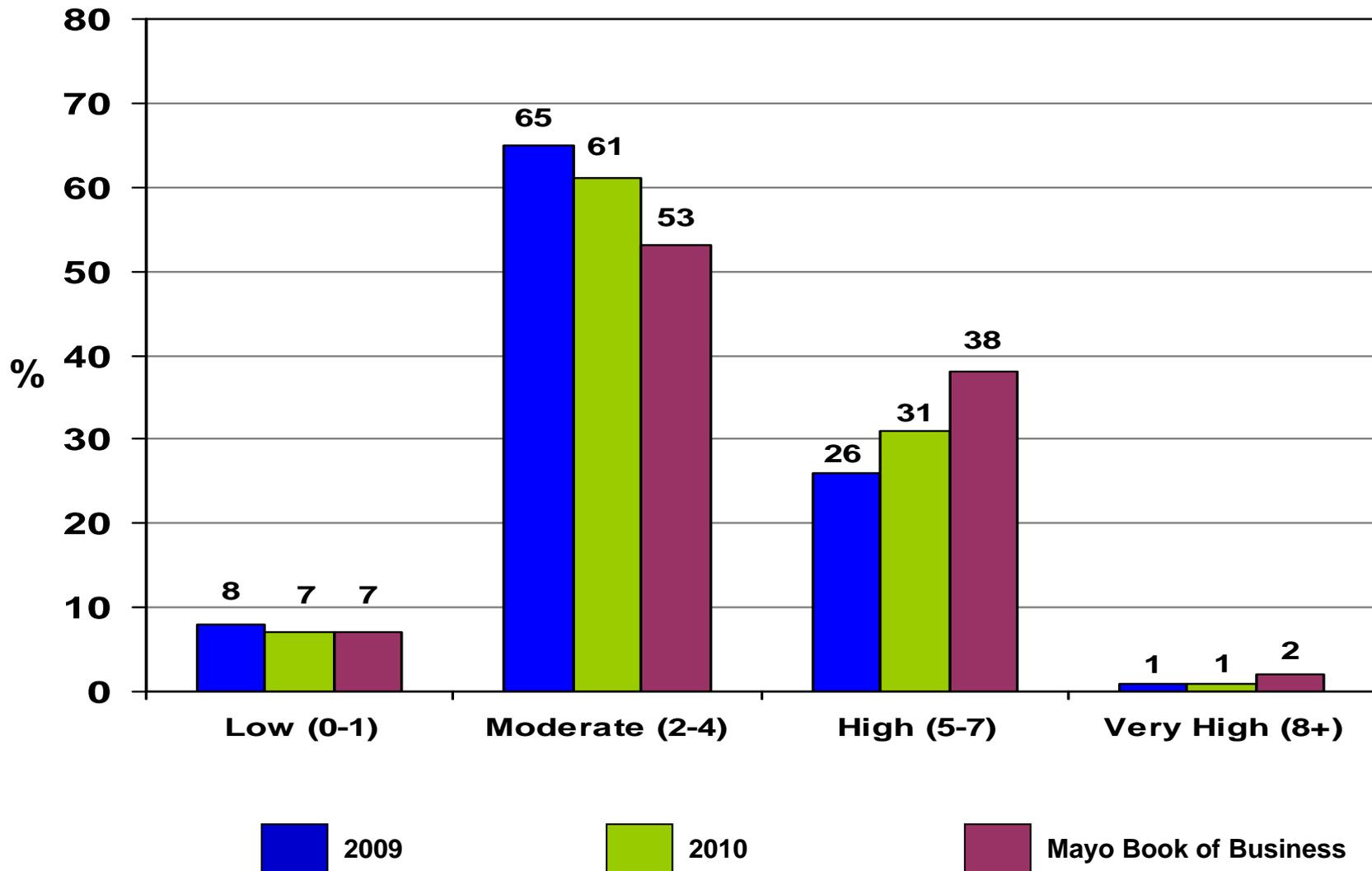


# Lifestyle Risk Factors – All Centers Except JSC Compared to Book of Business



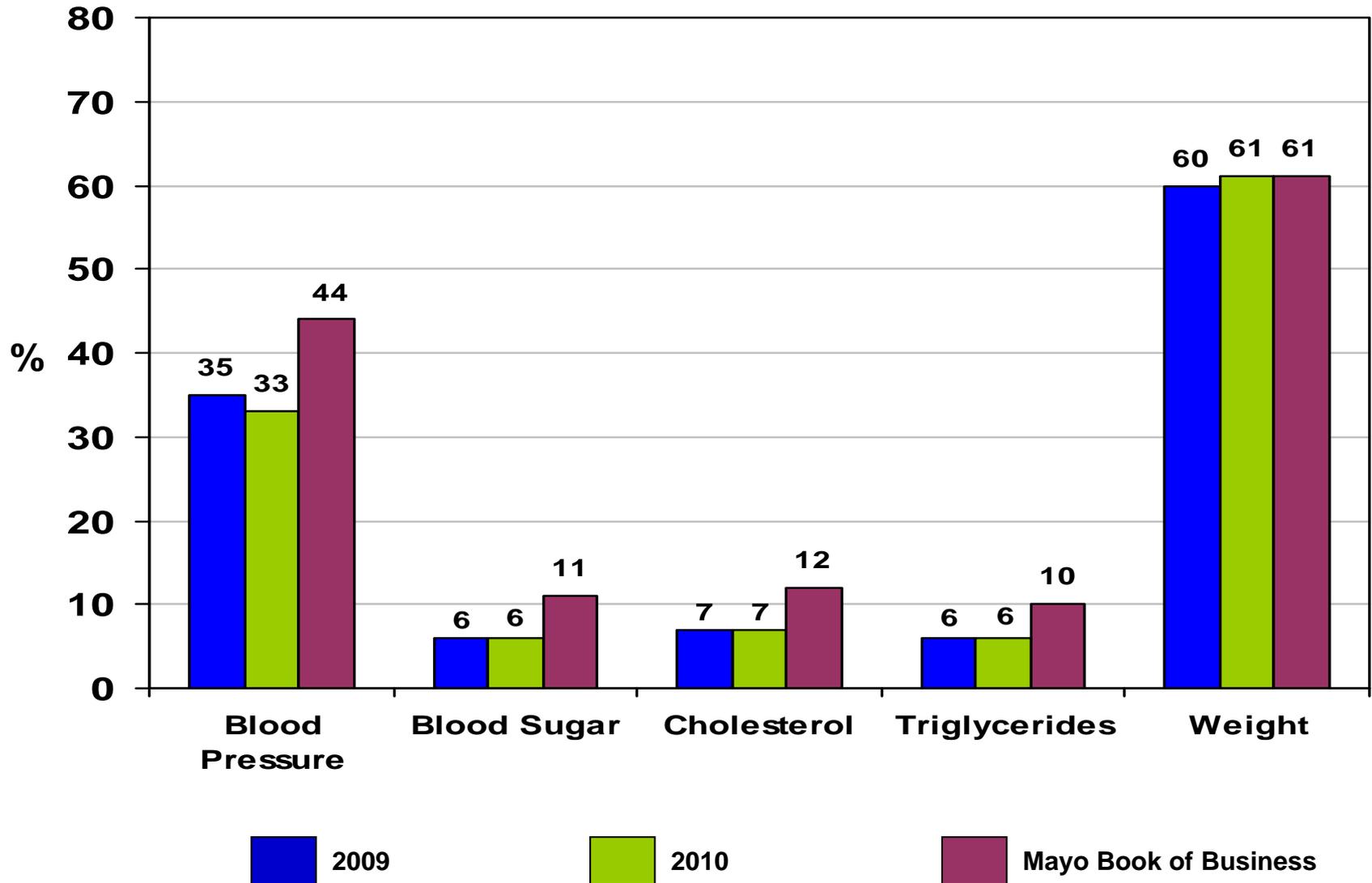
# Risk Categories – JSC Only

## *Compared to Book of Business*



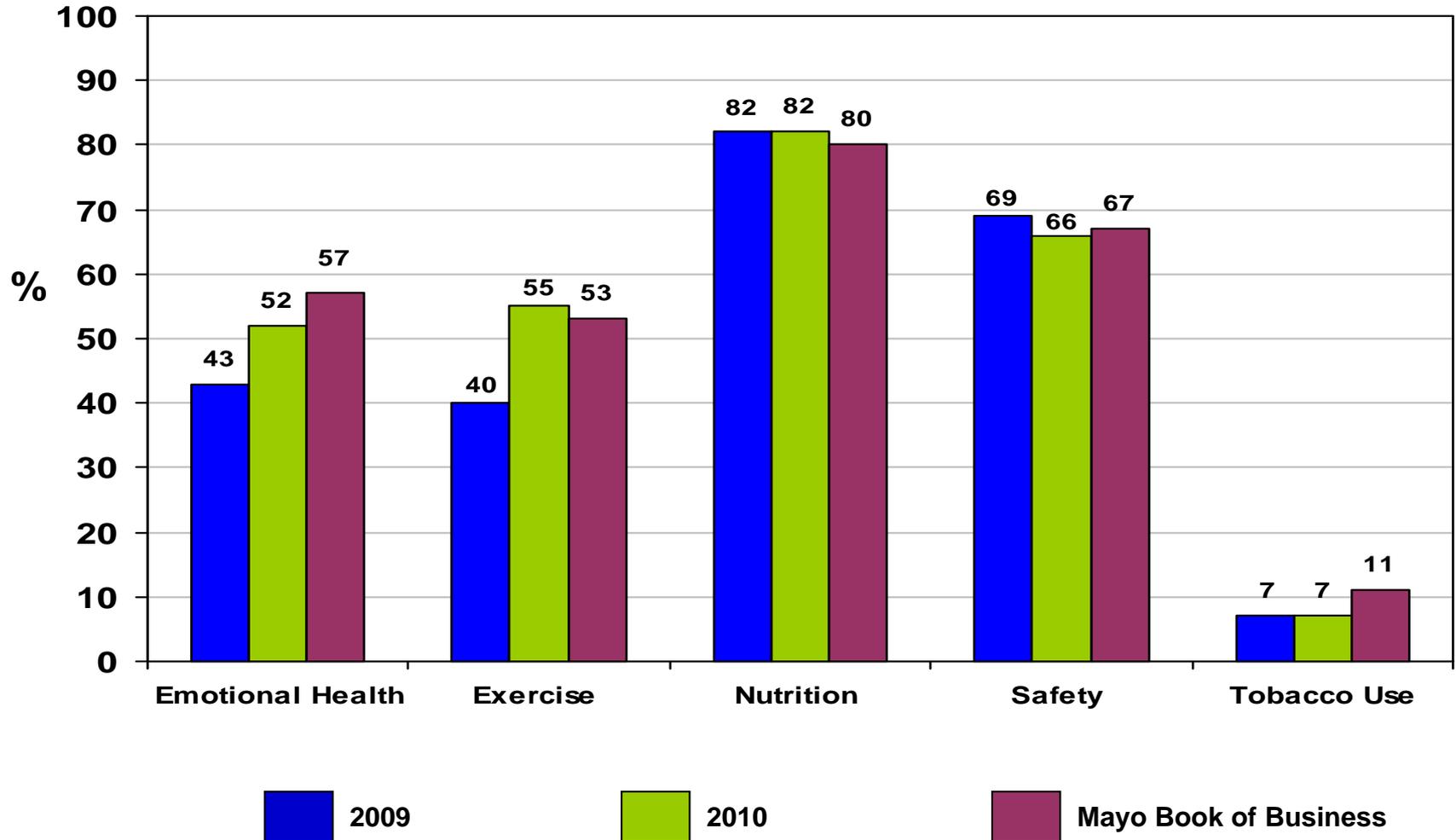
# Medical Risk Factors – JSC Only

## *Compared to Book of Business*



# Lifestyle Risk Factors – JSC Only

## *Compared to Book of Business*



# JSC Cohort Reporting

# JSC Health Assessment Cohort Analysis

- JSC participants completing assessment in 2009 and 2010
- Number in cohort: 2,772
- Demographics of the cohort are comparable to the total 2010 health assessment participants

# JSC Risk Factor Migration – 2009 to 2010 Cohort Comparison

Risk Factor	JSC YR1 (%)	JSC YR2 (%)	Difference (Y2-Y1) %
Blood Pressure	35.5	31.5	-4.0
Blood Sugar	5.3	5.4	0.1
Cholesterol	7.2	7.1	-0.1
Emotional	41.5	49.9	8.4
Exercise	33.7	35.5	1.8
Nutrition	80.6	80.9	0.3
Triglycerides	5.7	5.3	-0.4
Tobacco	6.5	6.0	-0.5
Weight	59.5	60.3	0.8
Safety	68.5	64.9	-3.6

- 2 risks decreased, 6 remained stable, and 2 increased.
- Average # of risks remained stable: 3.44 to 3.47.

# ***Work Limitations Questionnaire (WLQ)***

# WLQ Project Goals

**Link Health Assessment data with presenteeism data (via WLQ) in order to:**

- Support the business case for health promotion.
- Identify risk factors showing the most association with productivity.

# Job Performance Descriptions

<b>Mental-Interpersonal Demands</b>	Examines factors associated with the difficulty of performing <b>cognitive job tasks</b> and/or <b>processing information</b> .
<b>Output Demands</b>	Examines a person's ability to meet demands for <b>quantitative, quality, and timeliness of completed work</b> .
<b>Physical Demands</b>	Examines factors associated with a person's ability to perform job tasks that involved <b>bodily strength, movement, endurance, coordination, and flexibility</b> .
<b>Time Management Demands</b>	Examines factors addressing the difficulty of performing a <b>job's time and scheduling demands</b> .

# ***All Centers – Civil Servants***

# Analytic Parameters

## Date Range for Health Assessment / WLQ Results:

- December 29, 2008 through December 15, 2009.

## Population Assessed in Analysis:

- The focus of this analysis was on NASA's active, full-time **Civil Servant population** who completed the Health Assessment (n=2,125).
- An average annual salary of \$107,429 was used to calculate productivity costs.

# Risk Factors: Related Impact on Job Performance

- The average impact on job demands varies by health risk. **Highlighted** cells indicate the risk factor with the highest impact (and statistically significant) in a specific job performance area.
- Being at risk for Blood Sugar or Emotional Health has the most impact on an individual's overall job performance.

Health Risks	Average Productivity Loss	Time Management	Physical	Mental-Interpersonal	Output
Blood Pressure	1.3*	5.8*	4.8*	5.3*	3.9*
Blood Sugar	1.8	7.6	6.5	7.8	4.5*
Emotional Health	1.8	8.4	5.5	7.0	5.3
Exercise	1.7	8.1	5.8	6.4	4.7
Nutrition	1.3	6.0	4.7	5.2	3.7*
Safety	1.2*	8.0*	4.3*	5.1*	3.7*
Tobacco	1.7	8.2	6.4*	7.4	4.6*
Triglycerides	1.7	8.1	5.2*	6.9	4.8*
Weight	1.3*	5.7*	4.9*	5.1*	3.6*

\*Data is not statistically significant

# Aggregate Presenteeism Costs for Risk Factors

Among measured health risks in 2009, those at risk for Nutrition, Emotional Health, and Safety accounted for the highest dollar impact to NASA.

Health Risk	Total Cost Impact
Blood Pressure	\$1.3 Million
Blood Sugar	\$372 Thousand
Emotional	\$2.2 Million
Exercise	\$1.6 Million
Nutrition	\$2.5 Million
Safety	\$2.0 Million
Tobacco	\$239 Thousand
Triglycerides	\$401 Thousand
Weight	\$1.8 Million

# Chronic Condition: Related Impact on Job Performance

The average impact on job demands varies by health condition. **Highlighted** cells indicate that Chronic Pain has the most affect on all job demand areas.

Health Conditions	Average Productivity Loss	Time Management	Physical	Mental-Interpersonal	Output
Allergy	1.5	7.0	5.3*	6.0	4.6
Anxiety	3.0	15.7	6.0*	12.4	8.5
Chronic Pain	5.2	26.6	24.5	22.8	10.3
Depression	3.2	17.1	7.7	12.9	9.1
High Cholesterol	1.7	8.0	6.7	6.5	4.8
Hypertension	1.7	7.3*	6.6	7.3	5.5
Migraine	2.6	12.2	7.5	10.6	7.7
Sleep Disorder	2.9	12.1	10.3	11.1	9.0

\*Data is not statistically significant

# Aggregate Presenteeism Costs for Selected Chronic Conditions

Among measured health conditions in 2009, those at risk for Allergies and High Cholesterol accounted for the highest dollar impact to NASA.

Health Condition	Total Cost Impact
Allergy	\$840 Thousand
Anxiety	\$331 Thousand
Chronic Pain	\$139 Thousand
Depression	\$420 Thousand
High Cholesterol	\$542 Thousand
Hypertension	\$374 Thousand
Migraine	\$391 Thousand
Sleep Disorder	\$286 Thousand

# ***Johnson Space Center - Contractors***

# Analytic Parameters

## Date Range for Health Assessment/WLQ Results:

- December 29, 2008 through December 15, 2009.

## Population Assessed in Analysis:

- The focus of this analysis was on NASA's active, full-time **Johnson Space Center Contractor** population who completed the Health Assessment (n=3,919).
- Two average annual salaries were used to calculate productivity costs: \$69,683 and \$32,559.

# Risk Factors: Related Impact on Job Performance

- The average impact on job demands varies by health risk. **Highlighted** cells indicate the risk factor with the highest impact (and statistically significant) in a specific job performance area.

Health Risks	Average Productivity Loss	Time Management	Physical	Mental-Interpersonal	Output
Blood Pressure	1.0	4.4*	4.5*	4.2	2.4
Blood Sugar	1.6	6.9	7.7	6.4	4.1
Cholesterol	1.6	7.4	7.0	7.3	4.2
Emotional Health	1.6	7.7	6.5	6.6	4.2
Exercise	1.3	6.0	6.0	5.2	3.2
Nutrition	1.0	4.3	4.9	3.9	2.1*
Safety	1.0	4.5	5.0	4.2	2.3
Triglycerides	1.7	6.3	6.1	7.8	4.4
Weight	1.0	4.5	5.2	3.8*	2.3*

\*Data is not statistically significant

# Aggregate Presenteeism Costs for Risk Factors

Among measured health risks in 2009, those at risk for Nutrition, Safety, and Emotional Health accounted for the highest dollar impact to Johnson Space Center.

Health Risk	Total Cost Impact (\$69,683)	Total Cost Impact (\$32,559)
Blood Pressure	\$934 Thousand	\$436 Thousand
Blood Sugar	\$248 Thousand	\$116 Thousand
Cholesterol	\$251 Thousand	\$117 Thousand
Emotional	\$1.8 Million	\$841 Thousand
Exercise	\$1.4 Million	\$674 Thousand
Nutrition	\$2.1 Million	\$994 Thousand
Safety	\$1.9 Million	\$892 Thousand
Triglycerides	\$213 Thousand	\$99 Thousand
Weight	\$1.6 Million	\$768 Thousand

# Chronic Condition: Related Impact on Job Performance

The average impact on job demands varies by health condition. **Highlighted** cells indicate that Chronic Pain has the most affect on all job demand areas.

Health Conditions	Average Productivity Loss	Time Management	Physical	Mental-Interpersonal	Output
Allergy	1.4	6.6	5.6	5.7	3.4
Anxiety	2.8	13.1	9.0	12.6	7.9
Asthma	1.6	7.3	7.1	7.1	4.0
Chronic Back	3.0	12.8	14.0	11.3	8.4
Chronic Pain	4.0	16.2	18.4	14.1	13.1
Depression	2.7	13.7	8.9	11.5	7.2
High Cholesterol	1.6	6.6	7.3	6.9	4.5
Hypertension	1.4	6.6	6.0*	5.5	3.9

\*Data is not statistically significant

# Aggregate Presenteeism Costs for Selected Chronic Conditions

Among measured health conditions in 2009, those at risk for Allergies and High Cholesterol accounted for the highest dollar impact to Johnson Space Center.

Health Condition	Total Cost Impact (\$69,683)	Total Cost Impact (\$32,559)
Allergy	\$682 Thousand	\$319 Thousand
Anxiety	\$244 Thousand	\$114 Thousand
Asthma	\$241 Thousand	\$82 Thousand
Chronic Back	\$192 Thousand	\$90 Thousand
Chronic Pain	\$126 Thousand	\$59 Thousand
Depression	\$287 Thousand	\$134 Thousand
High Cholesterol	\$359 Thousand	\$168 Thousand
Hypertension	\$241 Thousand	\$113 Thousand

# Opportunities

- Engagement!
- Each Center should develop an engagement strategy unique to their culture and resources.
- Johnson and Stennis Space Centers have demonstrated employees do respond to a unique engagement strategy.
- As Health Assessment data grows, I will review data with each Center.

# Questions?

***[NASAHealthierYou.com](http://NASAHealthierYou.com)***

