



NASA Health Promotion and Wellness Committee

Mayo Clinic
EmbodyHealth Update

December 10, 2009

Agenda

- 2009 NASA Data - Mayo Clinic EmbodyHealth
 - EmbodyHealth Data
 - Health Assessment Data
 - Benchmarking Risks by Gender
 - Benchmarking Risks by Age
 - Benchmarking Medical Conditions
 - Walk to Wellness
- 2009 Health Assessment Enhancements
- My Fitness Solution



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NASA 2009

EmbodyHealth Data

Key Metrics: Site Use by Visits

Metric	2007	2008	2009 (YTD)
Total number visitors	6,699	12,244	20,887
Total number visits	20,199	31,936	55,819
Average visit duration	10:28 min.	10:33 min	11:06 min

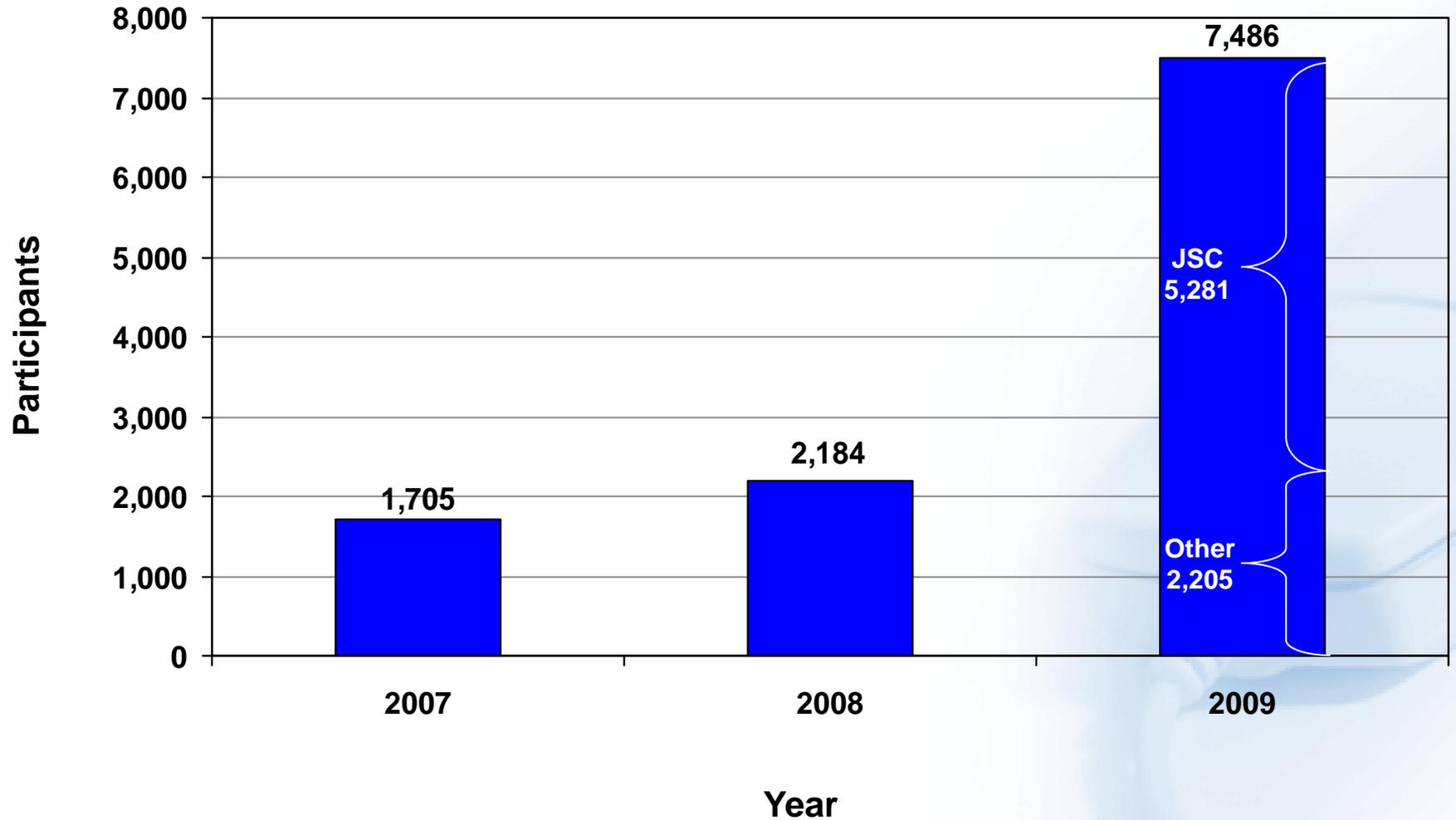
Interactive Programs Tools

Program	2008 Enrollees	2009 (YTD) Enrollees
Fitness for Everybody	177	743
My Stress Solution	105	430
My Weight Solution	16	819
Healthy Pregnancy	13	8
My Smoke Free Future	20	34



NASA 2009 Health Assessment Data

Annual Health Assessment Engagement



Health Assessment Participation

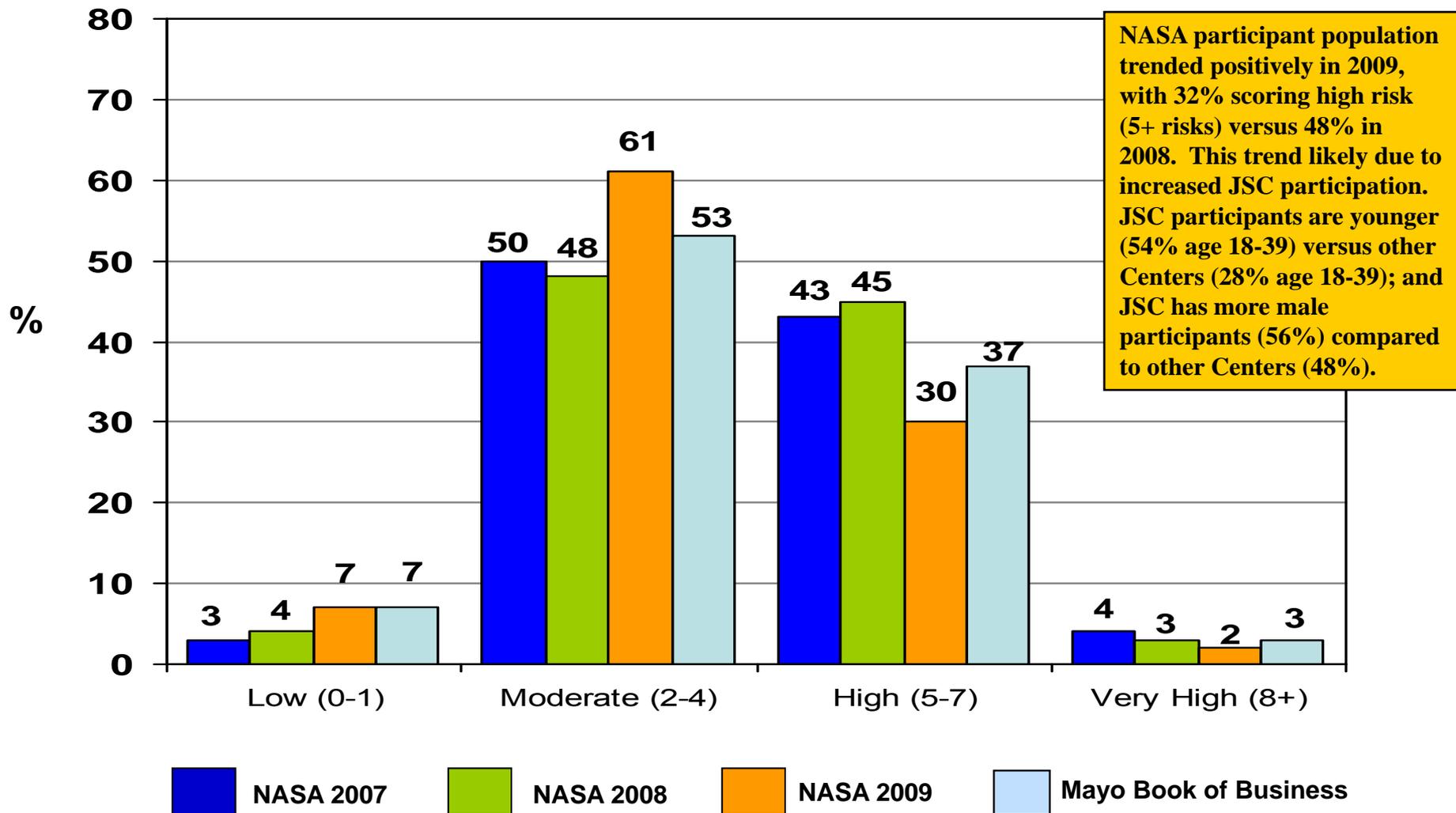
Metric	2007	2008	2009 (YTD)
Participation	1,705	2,184	7,486
Civil Servants	78%	44%	28%
Contractors	19%	53%	67%
Spouse/Other	3%	3%	5%

Health Assessment Participation by Center

Center	2007	2008	2009 (YTD)
ARC	90	116	110
DFRC	22	51	61
GRC	130	108	270
GSFC	200	160	207
HQ	98	111	151
JPL	2	5	211
JSC	147	369	5,283
KSC	284	390	288
LRC	147	200	199
MAF	3	1	2
MSFC	215	235	378
NSSC	15	31	50
SSC	315	354	240
WFF	29	35	19
WSTF	8	18	19

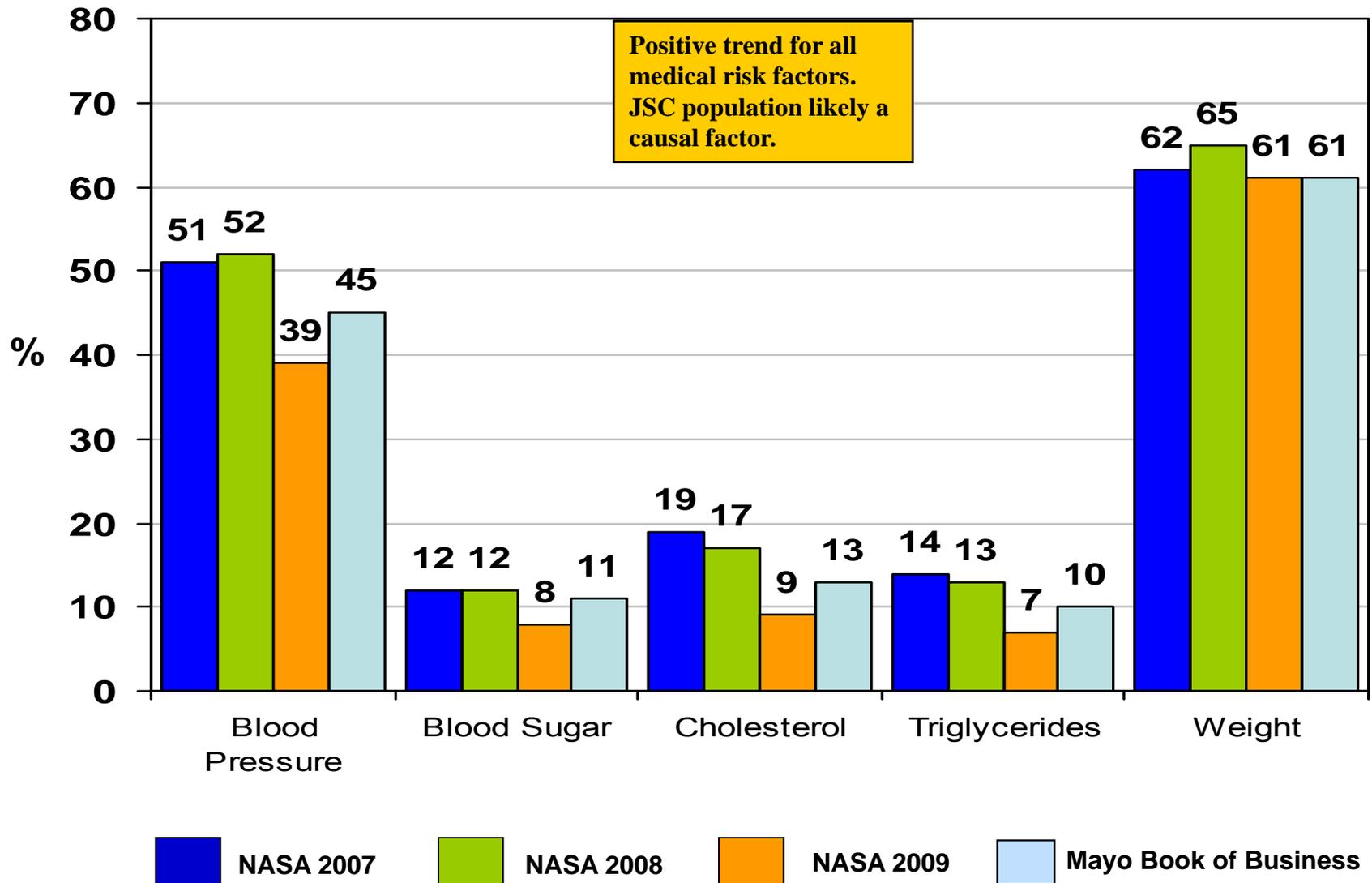
Risk Factor Categories –

Annual Data Compared to 2009 Book of Business



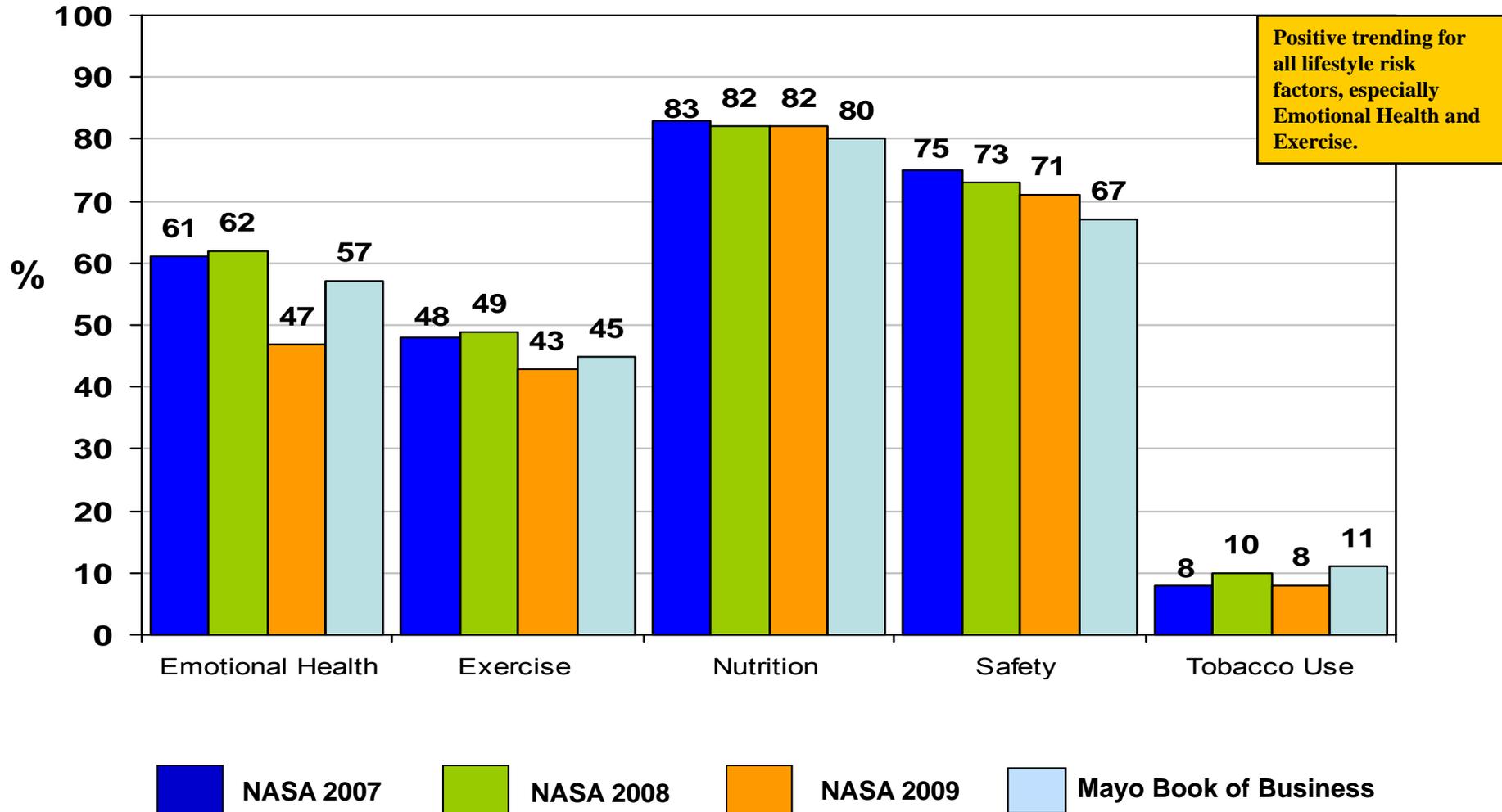
Medical Risk Factors –

Annual Data Compared to 2009 Book of Business



Lifestyle Risk Factors –

Annual Data Compared to 2009 Book of Business



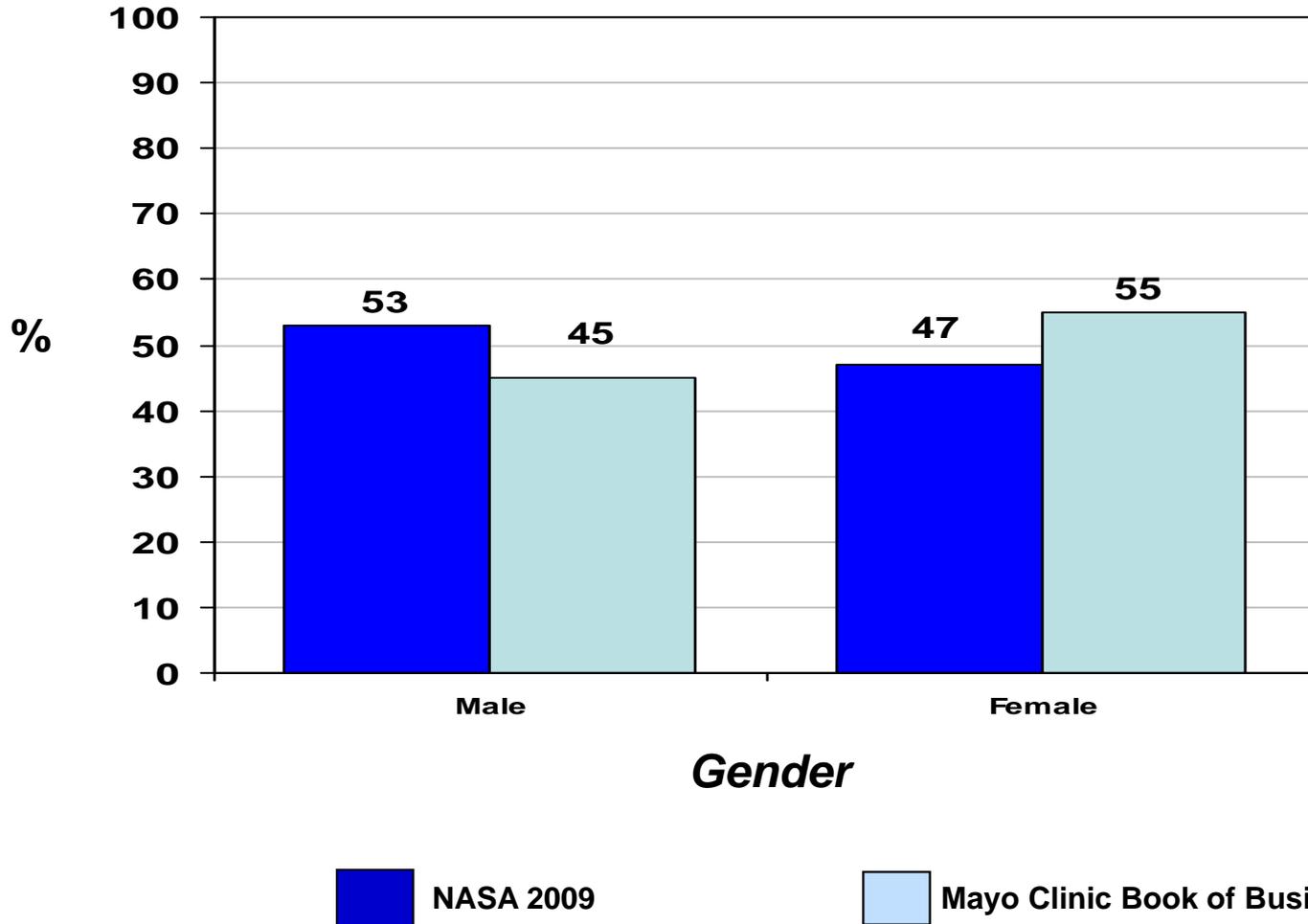


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**Benchmarking Risks by
Gender**

Benchmarking Gender

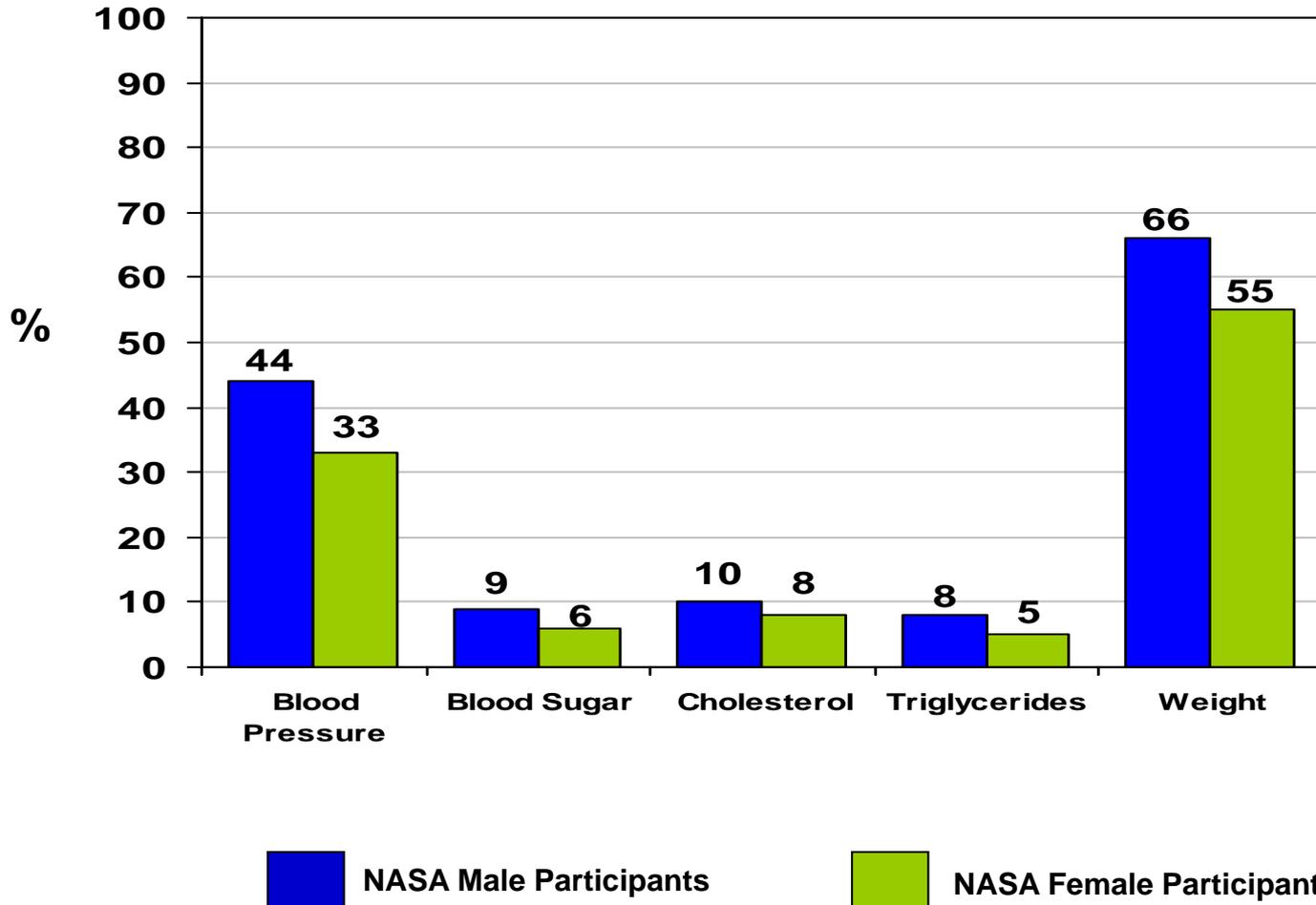
2009 Total Population



NASA total population has a higher male population compared to Mayo book of business.

Medical Risk Factors

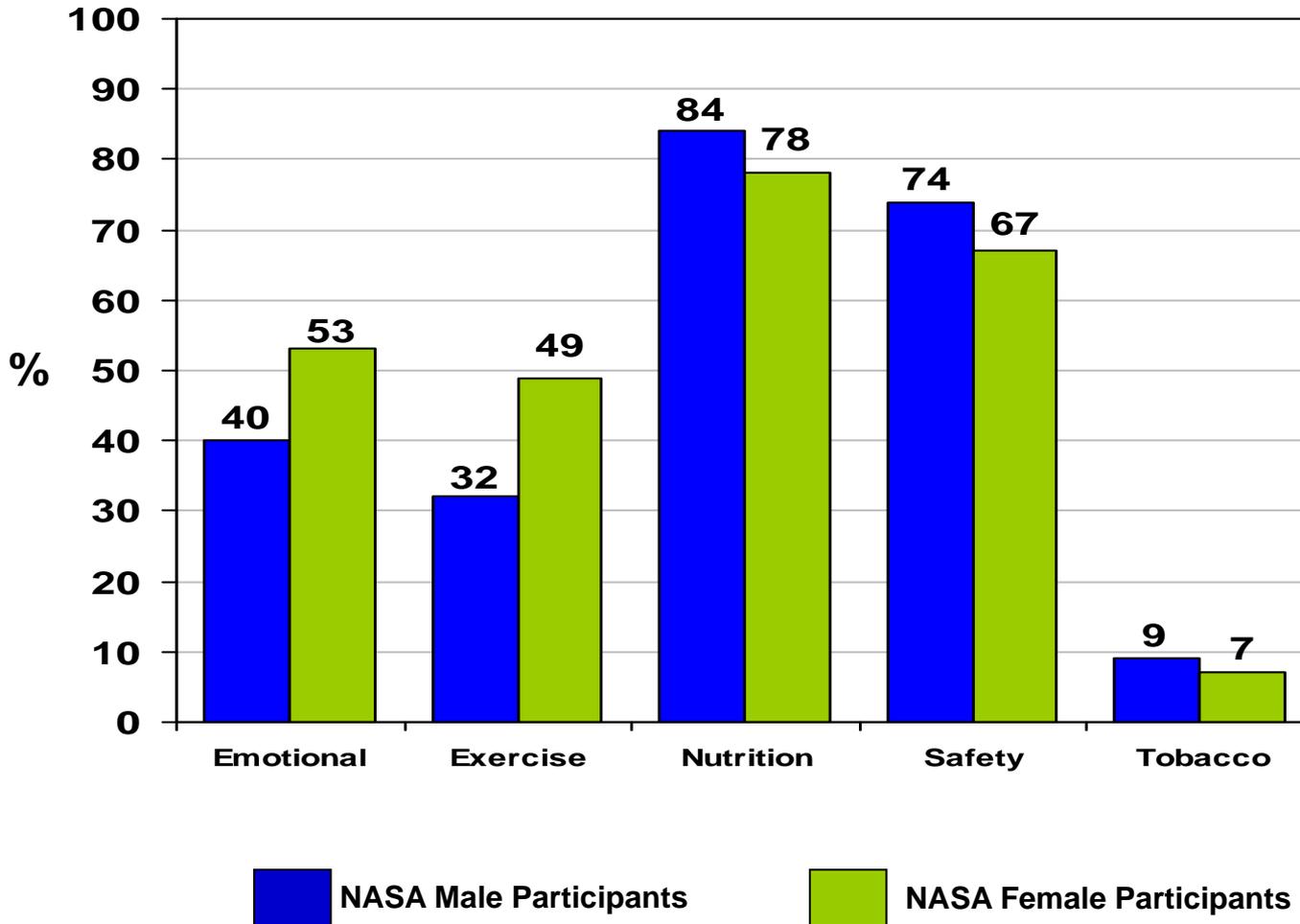
2009 Gender Comparison for NASA Participants



Male participants have a higher risk prevalence for each medical risk factor.

Lifestyle Risk Factors

2009 Gender Comparison NASA Participants



Male participants have a lower risk prevalence than females for:

- Emotional Health
- Exercise

Male participants have a higher risk than females for:

- Nutrition
- Safety
- Tobacco

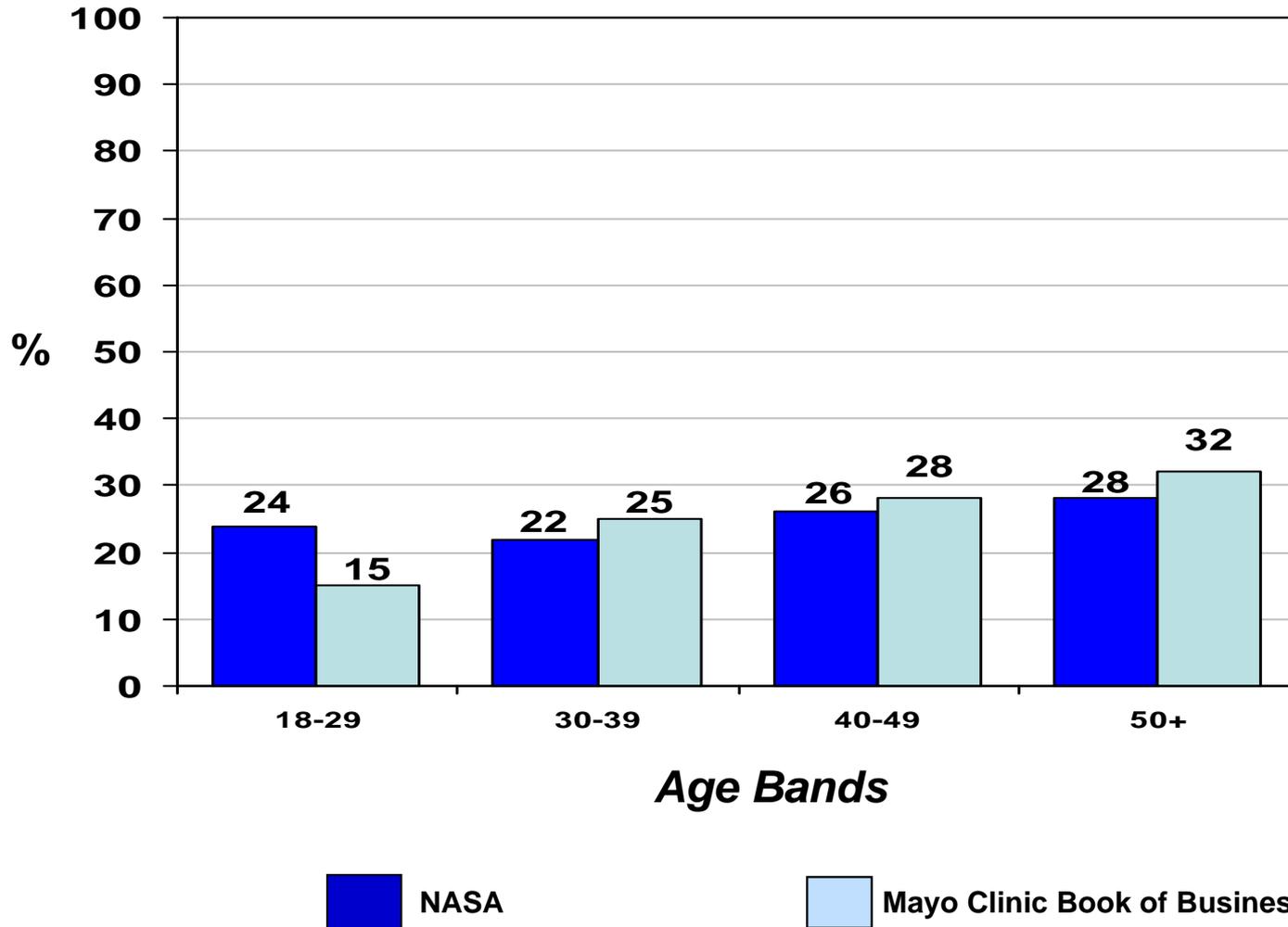


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**Benchmarking Risks by
Age**

Benchmarking Age Distribution

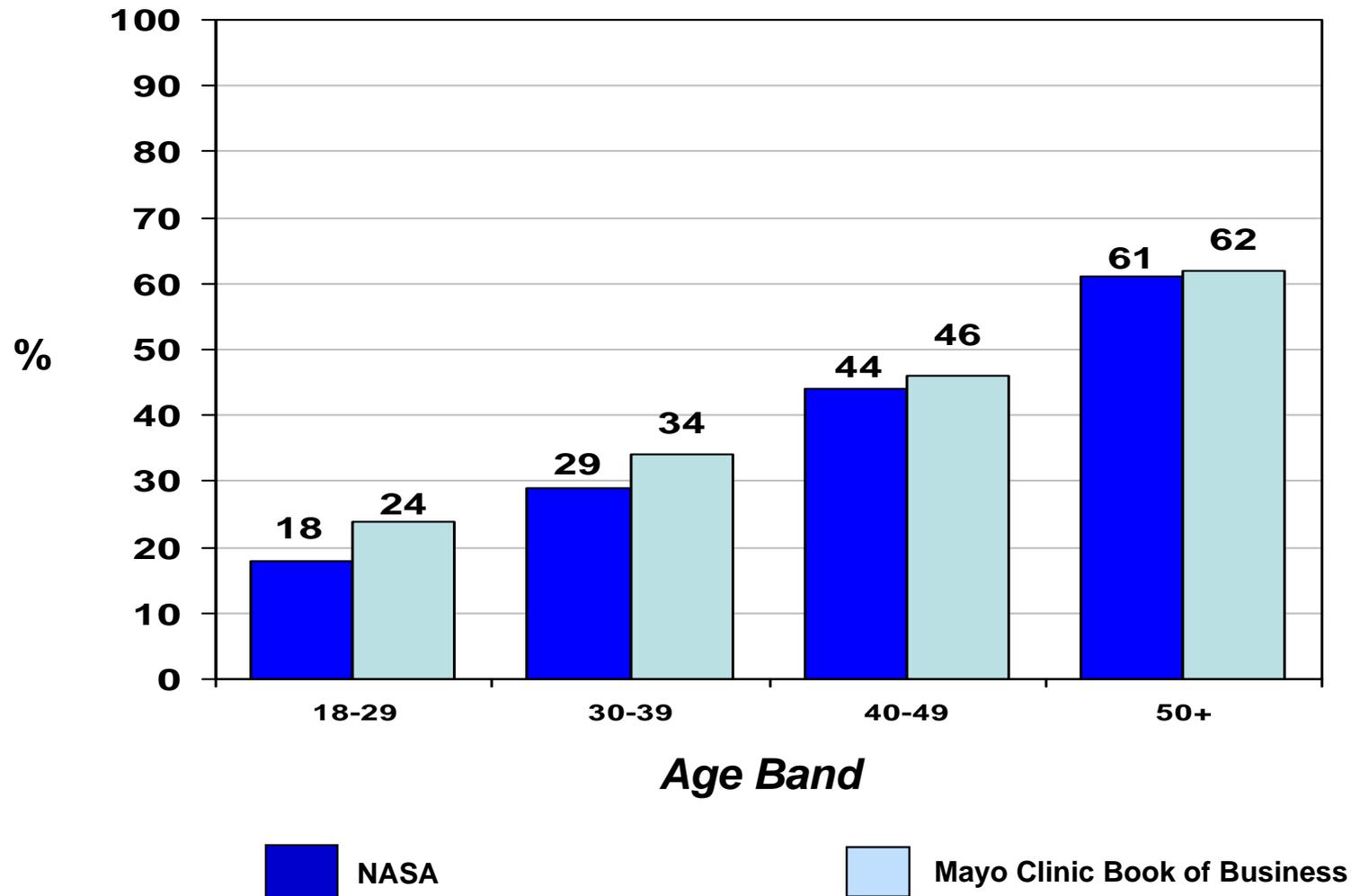
2009 Total Population



NASA population is younger than Mayo book of business.

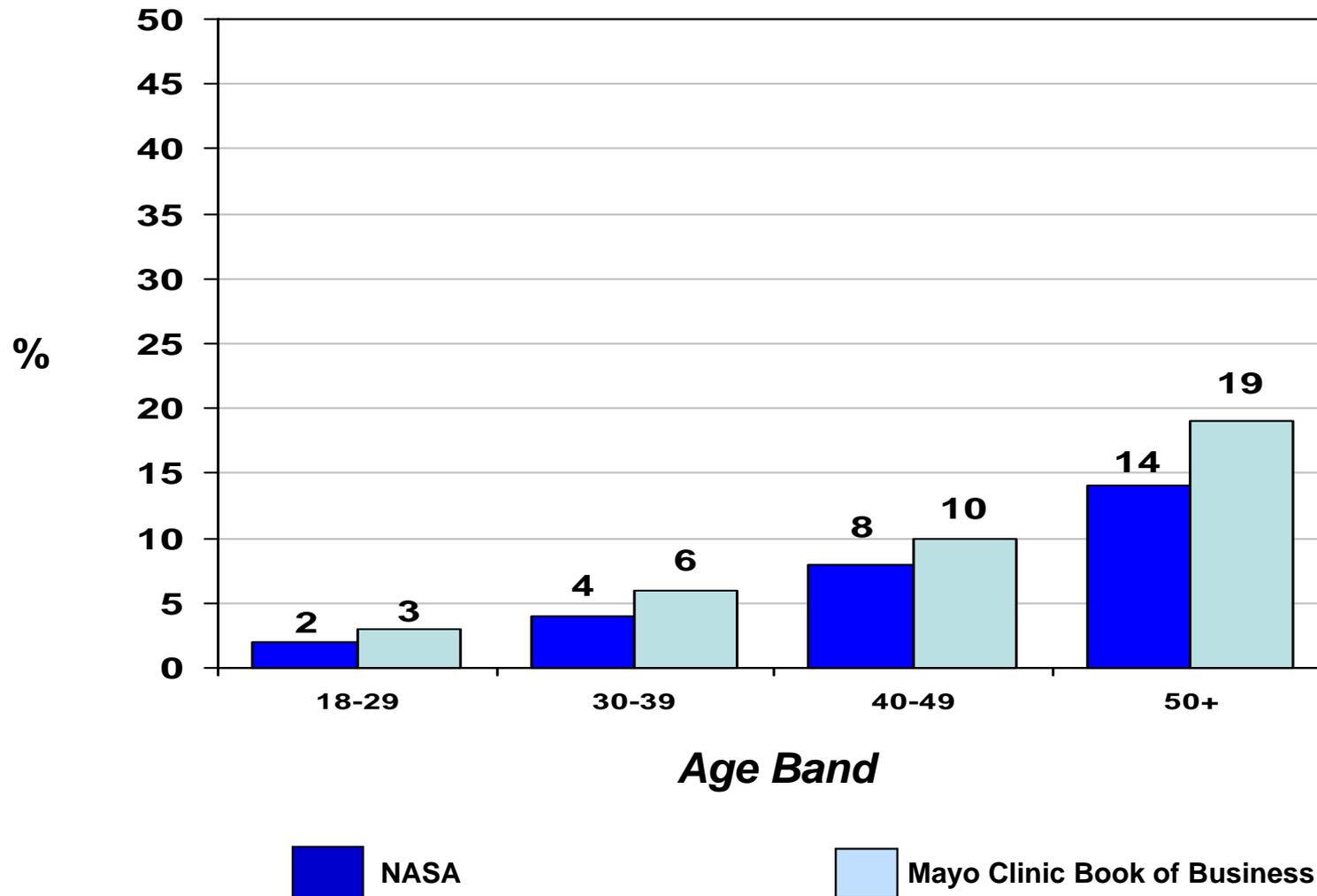
Benchmarking Blood Pressure

By Age Band 2009



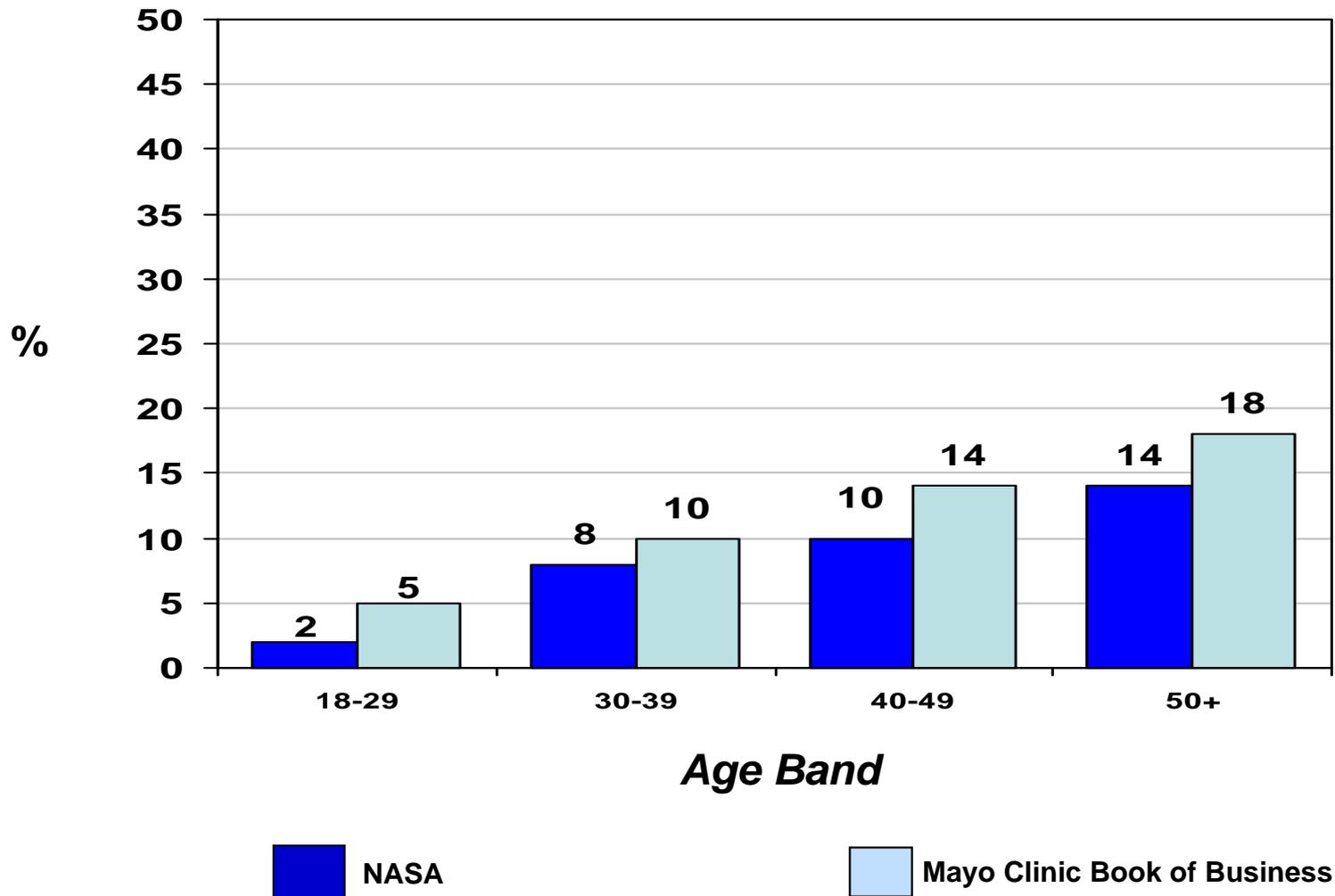
Benchmarking Blood Sugar

By Age Band 2009



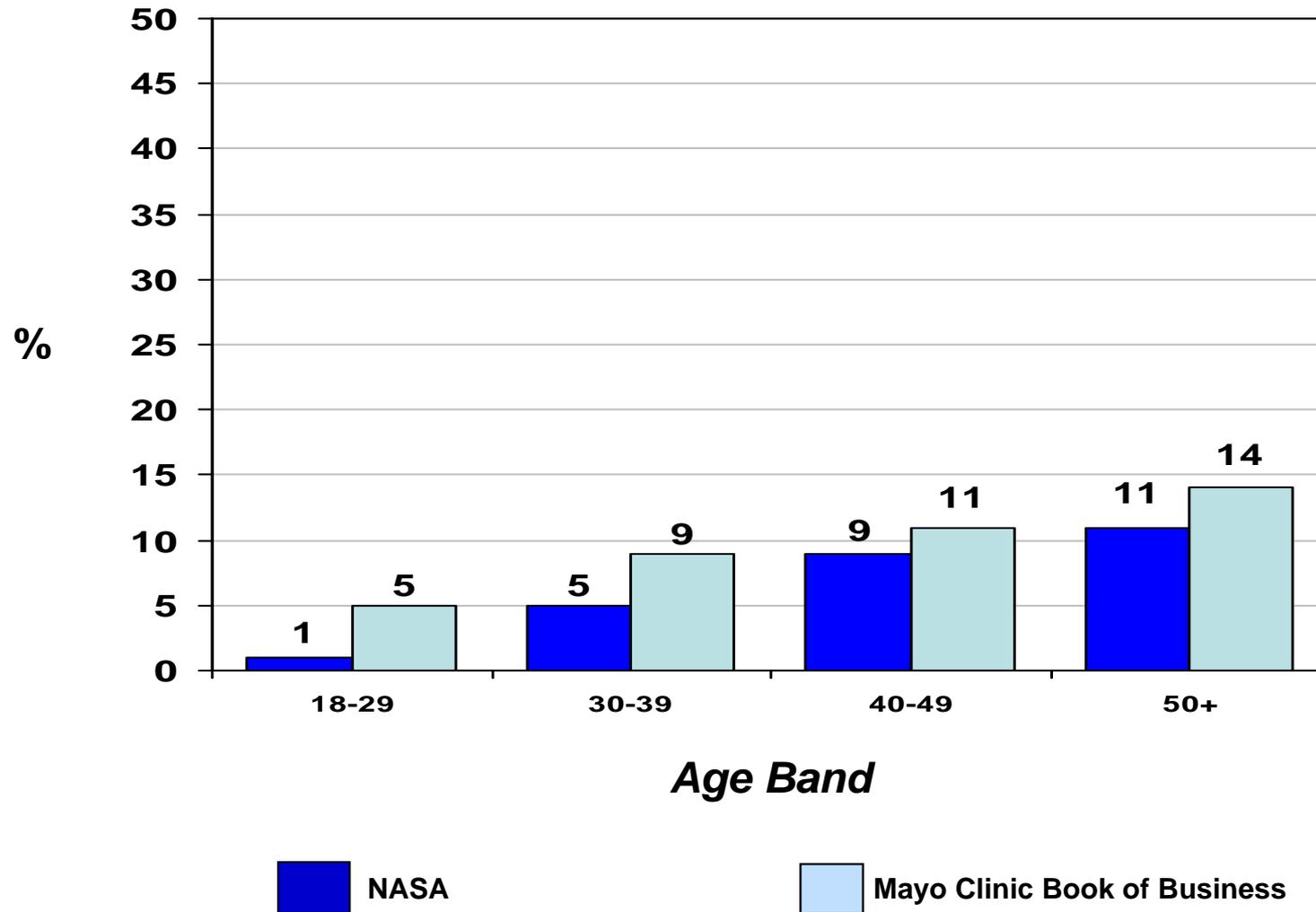
Benchmarking Cholesterol

By Age Band 2009



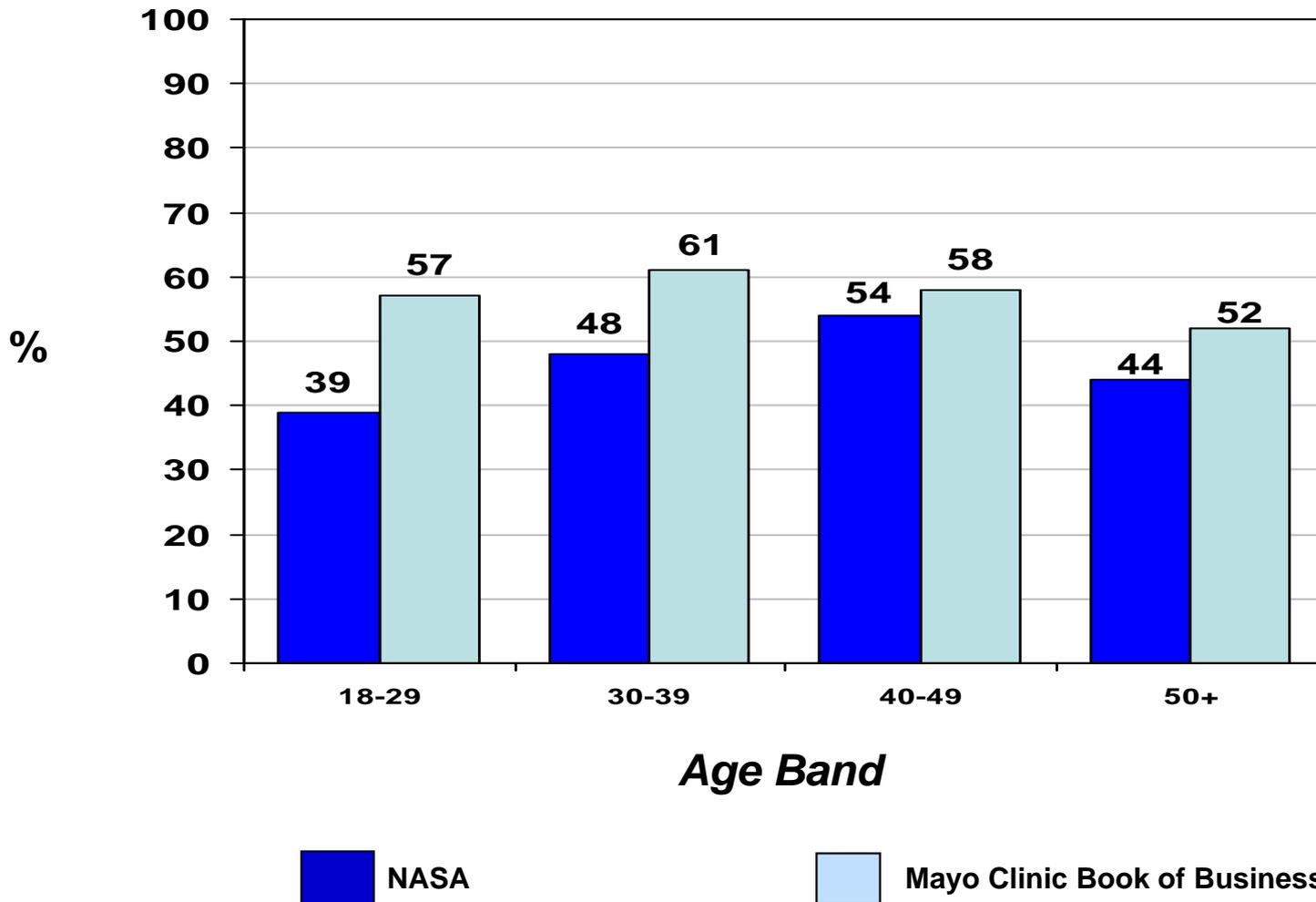
Benchmarking Triglycerides

By Age Band 2009



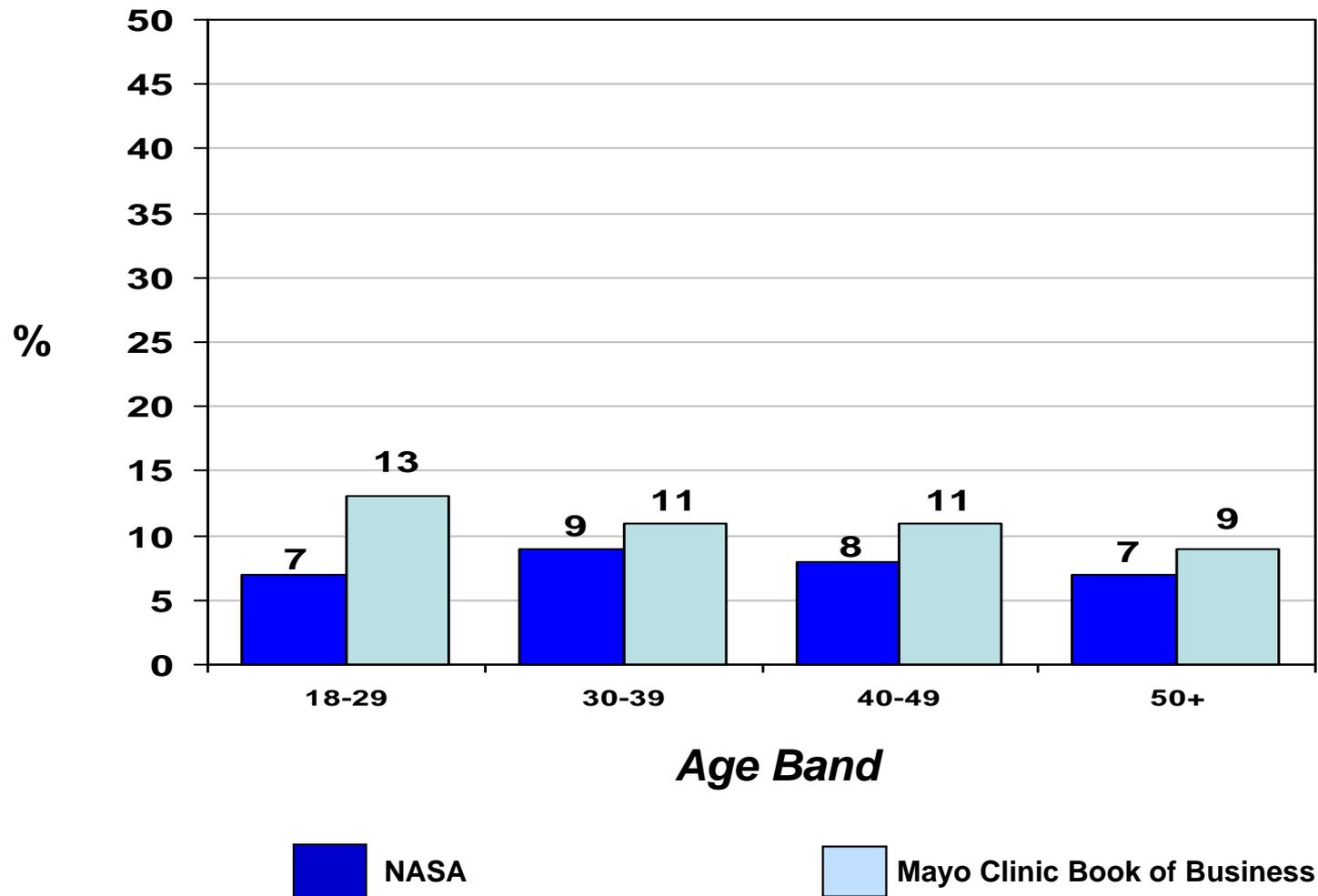
Benchmarking Emotional Health

By Age Band 2009



Benchmarking Tobacco

By Age Band 2009





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**Benchmarking Medical
Conditions**

Top Five Medical Conditions 2009

Condition	NASA	Mayo
Allergies	20.9%	21.9%
Hypercholesterolemia	10.7%	13.2%
Hypertension	8.5%	11.8%
Asthma	5.9%	7.2%
Ulcer	5.6%	5.9%

*Note: Medical conditions are self-reported in response to the question,
“Has a doctor ever told you that you have any of the following health problems.”*



NASA 2009 Walk to Wellness

Campaign Enrollment Statistics

2009 Enrollees = 710

Activity	Total Enrollees	Percentage of Enrollees
Getting Started	235	33%
Reading to Go	475	67%
Walking Groups (n=31 groups)	163	23%

Campaign Activity Statistics

Total miles logged = 12,422

Activity	Total Enrollees	Percentage of Enrollees
Steps Tracking	120	17%
Minutes Tracking	590	83%
Met Goal	388	55%

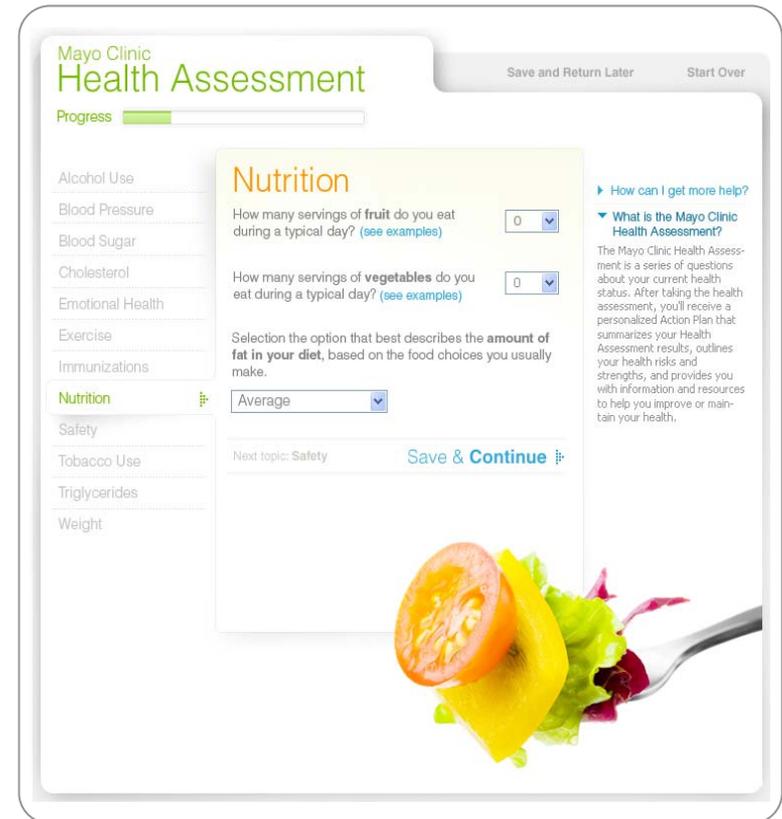


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2009 Health Assessment Enhancements

Health Assessment Enhancements

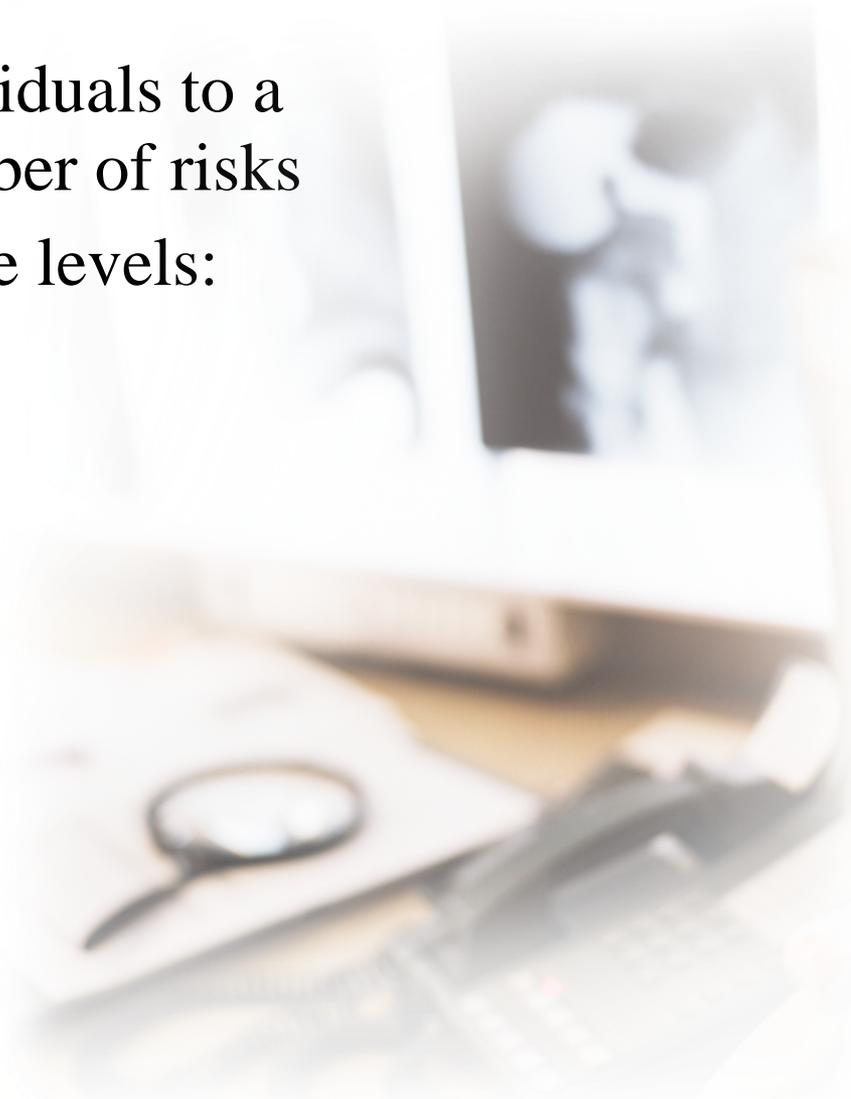
- Questionnaire design
- Addition of self-efficacy and motivation questions
- Addition of sleep questions
- New completion messaging
- Improved tailored messaging
- Reporting to reflect enhancements
- New promotion tools
- Removed family history questions
- New risk stratification model



The screenshot displays the Mayo Clinic Health Assessment interface. At the top, the title "Mayo Clinic Health Assessment" is shown in green, with a "Progress" bar below it. On the right, there are buttons for "Save and Return Later" and "Start Over". A sidebar on the left 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 main content area is titled "Nutrition" and contains two questions with dropdown menus for answers: "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?". Below these is a section for selecting the amount of fat in the diet, with a dropdown menu set to "Average". A "Next topic: Safety" link and a "Save & Continue" button are visible. On the right, 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. At the bottom right, there is an image of a fork with a salad of tomatoes, yellow peppers, and greens.

Mayo-Developed Risk Stratification Model

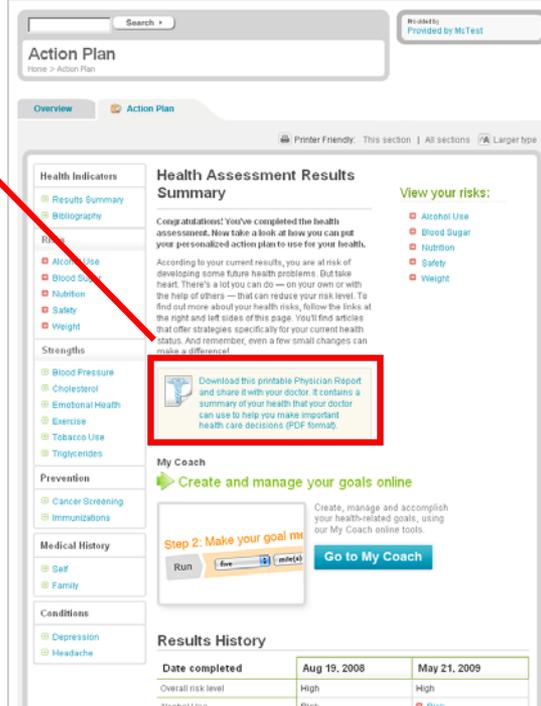
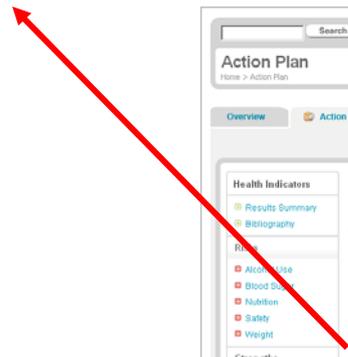
- Moves beyond assigning individuals to a risk level based solely on number of risks
- Stratifies participants into three levels:
 - High-risk
 - Moderate-risk
 - Low-risk
- Based on:
 - Degree of risk
 - Combination of risks
 - Chronic conditions



Physician Report

- Presented in your Action Plan following completion of the Mayo Clinic Health Assessment
- Click on the Physician Report icon or link to open up the Physician Report PDF, you also can save and/or print
- The Physician Report is a summary of your Health Assessment results presented in a physician-friendly format.

 Download this printable Physician Report and share it with your doctor. It contains a summary of your health that your doctor can use to help you make important health care decisions (PDF format).



The screenshot shows the 'Action Plan' page with a 'Health Assessment Results Summary' section. A red box highlights a link that says: 'Download this printable Physician Report and share it with your doctor. It contains a summary of your health that your doctor can use to help you make important health care decisions (PDF format)'. Below this, there is a 'My Coach' section with a 'Create and manage your goals online' button and a 'Results History' table.

Date completed	Aug 19, 2008	May 21, 2009
Overall risk level	High	High
Alcohol Use	Risk	Risk

Physician Report Details

- User perception of their overall health
- Reason for physician visit (write-in space)
- Conditions
- Medication details (write-in space)
- Allergies to medications or substances
- Social history/habit- tobacco, exercise, alcohol, nutrition, emotional health and safety
- Exam and biometrics
- Identified risk areas
- Recommendations from your physician (write-in space)
- Immunizations and screenings

The image shows a screenshot of a 'Physician Report' form from Mayo Clinic Health Assessment. The form is titled 'Physician Report' and includes a header with the Mayo Clinic logo and the text 'Mayo Clinic Health Assessment'. Below the title, there is a section for 'Provided through: Company Name'. A disclaimer box states: 'About Mayo Clinic Health Assessment: Information for your physician. The information in this form was gathered as part of an Online Health Risk Assessment provided by Mayo Clinic to < autofill with company name> which you completed on < date of completion >. We have formatted it in standard medical format for ease of use by your physician. Please confirm the information with your physician before acting on it medically.' A green box contains personal information: 'First name: Elizabeth', 'Last name: Nelson', 'Date of birth: January 23, 1964', 'Age: 45 years', and 'Gender: Female'. Below this, it says 'Personal perception of my overall health: Good' and 'Date entered: November 15, 2008'. A section for 'Reason for visit: Please state briefly for your physician:' has three blank lines. A 'Conditions:' section contains a box with the text: 'Allergies, Anxiety, Arthritis, Chronic bronchitis, emphysema or chronic obstructive pulmonary disease (COPD)'. A 'Medications:' section asks 'Please list your current medications:' and has a table with columns for 'Medication name', 'Strength', and 'How often taken', followed by three blank rows. At the bottom, it says 'Mayo Clinic Health Assessment: Physician Report' and '1 of 3'.

Incentive Philosophy

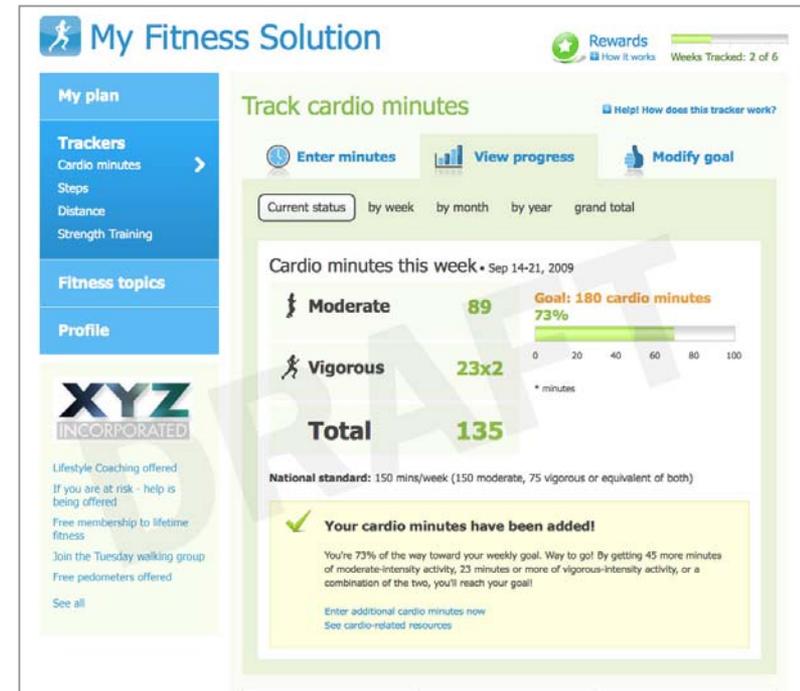
- Moving toward an engagement and participation incentive model
- Enrollment in and of itself doesn't deliver outcomes – participation model ensures meaningful engagement to deliver outcomes
- There is no "completion/graduation" in lifestyle management
- Healthy outcomes is a goal Mayo, our clients, and our users share
- We've incorporated this philosophy into My Weight Solution, My Fitness Solution - and into our online, telephonic, Reward Program and consultative approach



My Fitness Solution Update

My Fitness Solution

- Designed to raise awareness of current activity guidelines and prompt people to take the next step toward fitness
- Guidance and input from Mayo Clinic medical and behavior change experts
- Incorporates client and participant feedback from the previous online Fitness for EveryBody program
- Provides a simpler, more streamlined way for participants to work toward fitness goals



My Fitness Solution

- Designed to help people incorporate four essential aspects of overall fitness into their health habits:
 - Cardio
 - Strength
 - Flexibility
 - Balance
- Designed for people at all fitness levels (inactive, moderately active, very active)
- Provides guidance to help enrollees meet or exceed minimum physical activity guidelines

National standard: 150 mins/week
150 moderate or 75 vigorous or an equivalent min of both

Your goal:

Moderate-intensity minutes [Activity examples](#)

Vigorous-intensity minutes x 2 [Activity examples](#)

0
cardio minutes

Begin tracking

-  **Cardio minutes** Track how many minutes you've exercised on a daily basis.
-  **Steps** Track how many steps you've taken on a daily basis.
-  **Distance** Track how far you've walked, jogged or run on a daily basis.
-  **Strength training** Track your broad muscle groups and see your strength increase.

Program Enhancements

- Additional tracking options for steps, distance or strength training
- Ongoing tracking capabilities (without starting over) to use the program for fitness maintenance
- Enhanced client promotion visibility
- More tailoring in content, visuals
- Information/tools on strength training
- Additional focus on goal setting
- Incentive progress bar that reports on user progress toward reaching incentive goals
- Enhanced incentive options
- Additional reporting on participation and results



My Fitness Solution

My Fitness Solution

Rewards
How it works
Weeks Tracked: 2 of 6

My plan

Trackers

- Cardio minutes
- Steps
- Distance
- Strength Training

Fitness topics

Profile

Lifestyle Coaching offered

If you are at risk - help is being offered

Free membership to lifetime fitness

Join the Tuesday walking group

Free pedometers offered

See all

Track cardio minutes

Help! How does this tracker work?

How it works:

- Choose activities that you enjoy.**

Cardio activity, also known as aerobic exercise, helps your heart, blood vessels, lungs and muscles work more efficiently. Cardio activity makes daily activities easier to perform and improves the overall function of your entire body, helping you feel happier and healthier.
- Determine whether your cardio activity is at a moderate-intensity level or vigorous-intensity level.**

Moderate-intensity cardio activity

Moderate

With moderate-intensity cardio activity, you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing, the words to your favorite song. Examples of activities that require moderate effort include:

 - Walking fast
 - Doing water aerobics
 - Riding a bike on level ground or with few hills
 - Playing doubles tennis
 - Pushing a lawn mower

Vigorous-intensity cardio activity

Vigorous

With vigorous-intensity cardio activity, you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Examples of activities that require vigorous effort include:

 - Jogging or running
 - Swimming laps
 - Riding a bike fast or on hills
 - Playing singles tennis
 - Playing basketball
- Record the minutes you spend performing cardio activity in the cardio tracker.**

To be effective, perform any activity or exercise for at least 10 minutes. To get the most health benefits from exercise and physical activity, adults should work toward getting at least:

150
minutes/week

OR

75
minutes/week

OR

Equivalent mix
of both

Close

My Fitness Solution

Rewards
How it works
Weeks Tracked: 2 of 6

My plan

Trackers

- Cardio minutes
- Steps
- Distance
- Strength Training

Fitness topics

Profile

Lifestyle Coaching offered

If you are at risk - help is being offered

Track cardio minutes

You can set up a goal before tracking:

The national standard is to spend 150 minutes of moderate-intensity activity, 75 minutes of vigorous-intensity activity, or a combination of the two, every week.

National standard: 150 mins/week
150 moderate or 75 vigorous or an equivalent min of both

Your goal:

Moderate-intensity minutes

Activity examples

Vigorous-intensity minutes

Activity examples

 x 2

0
cardio minutes

Thanks!

Your starting goal is 180 minutes per week (100 moderate minutes and 40 vigorous minutes). You are now ready to begin tracking cardio minutes.