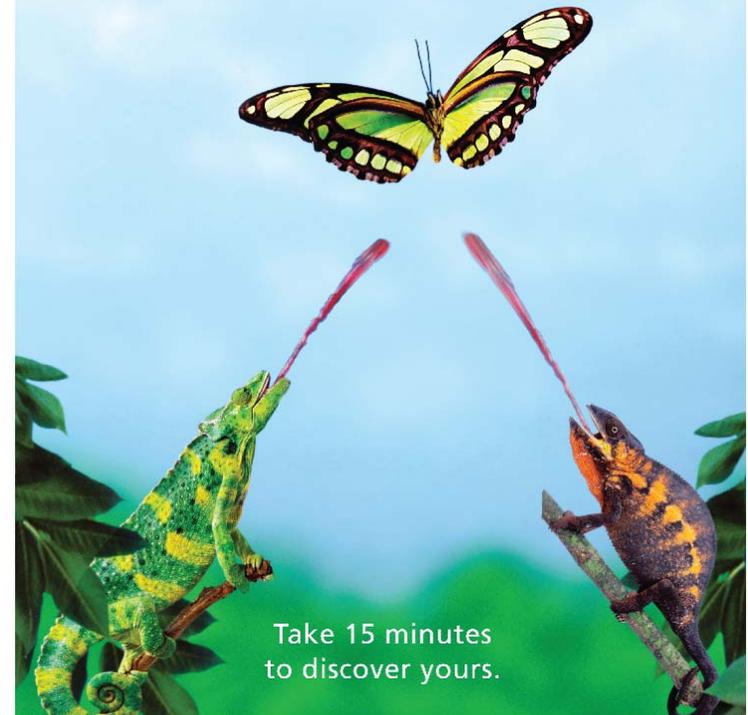


Population Health Management

National Aeronautics and Space Administration



Aware of your health risks?



Take 15 minutes
to discover yours.

Visit us at: www.NASAHealthierYou.com

Mayo Clinic EmbodyHealth returns in 2008

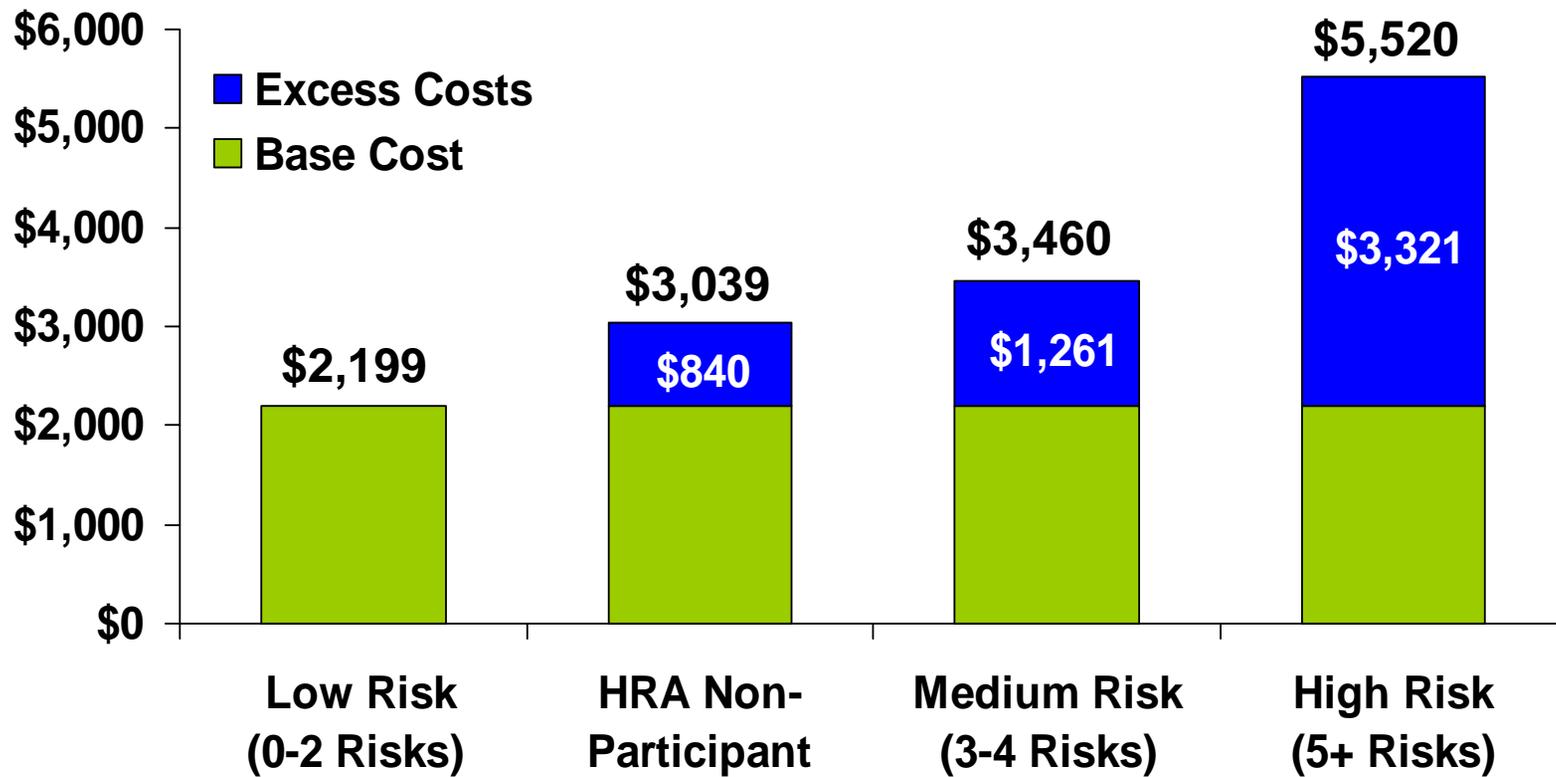
The first 1,000 participants completing the HRA receive an Incentive

Sponsored by NASA Office of the Chief Health & Medical Officer

More Information at www.ohp.nasa.gov



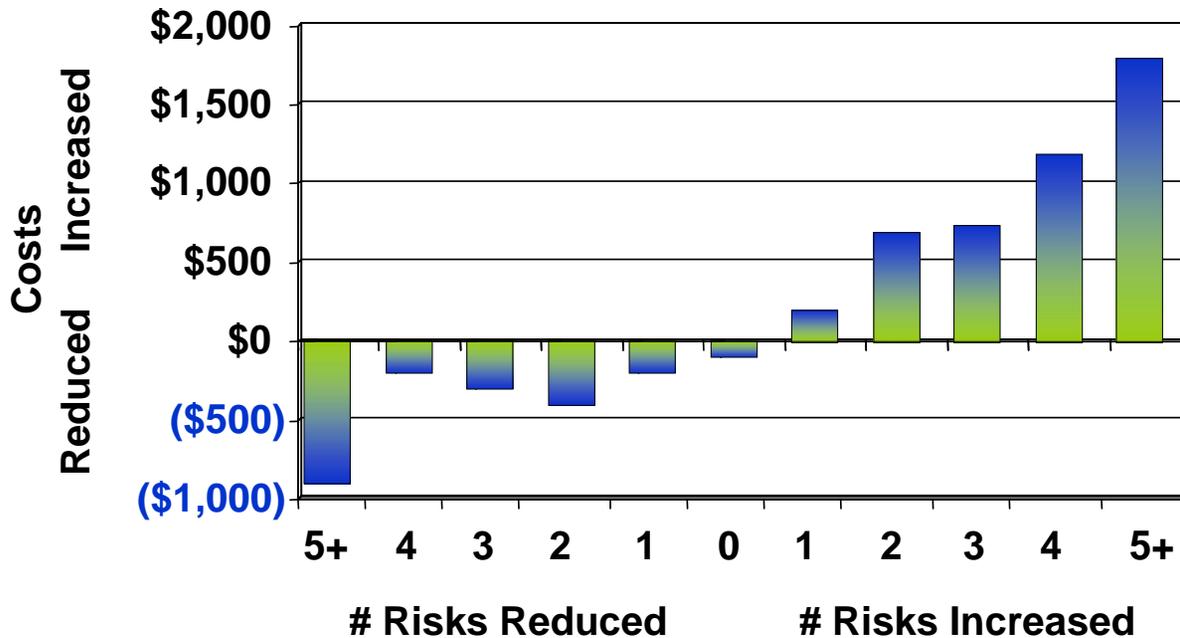
More Risk Factors = Higher Costs



Edington, AJHP 2001; 15(5):341-349

Change in Number of Health Risks = Change in Annual Health Care Costs

Change in Costs Associated with Change in Risk



Source: Health Management Research Center, Edington. AJHP 2001

- Comprehensive Web portal
- Customized specifically for NASA
- Personalized for each user
- Hosted and updated by Mayo Clinic

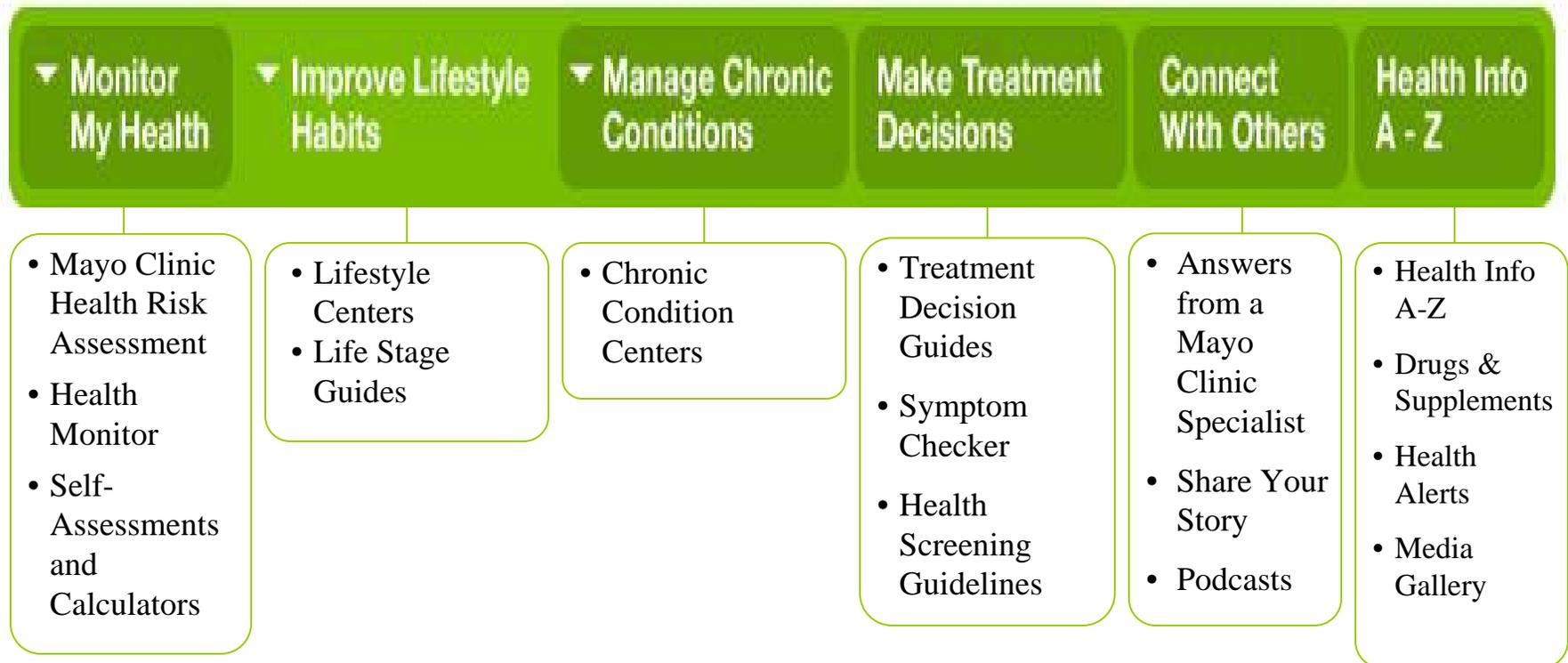
The screenshot displays the EmbodyHealth web portal interface. At the top, the Mayo Clinic logo and 'EmbodyHealth ENHANCE YOUR LIFE' are visible. A navigation bar includes links for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. A search bar is located below the navigation. The main content area features a banner for the 'MAYO CLINIC Health Risk Assessment' with a NASA logo and a call to action: 'Take the Mayo Clinic HRA for a Lifetime of Healthier You. Available until January 2009.' Below this, a 'For My Health' section provides personalized recommendations for 'Emotional Health', 'Exercise', and 'Nutrition'. The right sidebar contains 'My Tools' including an 'Exercise Tracker', 'Goals', and 'HRA Status'. A 'Taking Action' section lists various health programs like 'My Stress Solution', 'Healthy Pregnancy Program', and 'Healthy Weight Program'. A calendar and messages section are also visible at the bottom right.

A Personal Health Management Portal

- Highly personalized portal for “self-health” management
- Unique focus on
 - Improving lifestyle habits
 - Managing chronic conditions
 - Empowering health care consumers

The screenshot displays the Mayo Clinic EmbodyHealth portal. At the top, it says "Welcome testhassa testhassa" and "Log Out". Below the navigation bar, there's a search bar and a "NASA HealthierYou" video player. The main content area is titled "For My Health" and contains several sections: "Emotional Health" with a tip on stress management, "Exercise" with a tip on simple ways to get fit, "Nutrition" with a tip on eating well, and "Weight" with a tip on healthy weight. To the right, there's a "My Tools" sidebar with an "Exercise Tracker", "HRA Status", "Calendar", and "Messages". Below the main content, there are "My Health Topics" and "e-Newsletter Sign-Up" sections.

Action-oriented labels



24/7 Resource for Employees & Families Across the Health Spectrum

Broad, deep, timely and reliable health information and tools

- Behavior change focus
- Diseases, conditions
- Drugs, supplements
- Symptom Checker
- Treatment decisions
- More than 3,000 Mayo Clinic articles and tools

The screenshot displays the Mayo Clinic EmbodyHealth website. 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 located below the navigation. The main content area features a "MAYO CLINIC Health Risk Assessment" banner with a call to action: "Take the Mayo Clinic HRA for a Lifetime of HealthierYou. Available until January 2009." Below this, a "For My Health" section provides recommendations based on a user's health risk assessment, categorized into "Emotional Health", "Exercise", and "Nutrition". Each category includes a "TAKE ACTION" button and a link to "See all in [category]". On the right side, there are several widgets: "My Health Topics" with links like "Walking poles: Good way to maximize a daily walk"; "My Tools" including an "Exercise Tracker" and "Goals" section; "My Newsletters" with a "Sign-Up" button; "Healthy Aging Guide"; "Healthy Recipe Collection"; and "Men's Health Guide". A "Calendar" widget shows the month of January 2007. The bottom of the page has a "Weight" widget.

Including Guidance to NASA Resources and Programs

Customization capabilities to make the portal your own

- NASA Information modules
- NASA Information page
- Levels of customization for targeted messages to specific sub-populations
- Customization tools for you to manage your information

The screenshot displays the NASA HealthierYou portal, a personalized health management tool. At the top, it features the Mayo Clinic logo and the 'EmbodimentHealth' branding 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 'NASA HealthierYou' and is provided by NASA. It is divided into several sections: 'NASA Resources' with a list of links such as 'announcement', 'NASA HealthierYou Campaign', and 'Health Risk Assessment'; 'NASA Resources' with articles like 'The Risk Has Returned' and '2008 NASA HealthierYou Campaign'; 'Quick Links' for various NASA programs; and 'My Tools' on the right side, which includes an 'Exercise Tracker', 'Goals', 'HRA Status' (Health Risk Assessment), 'Taking Action' with program recommendations, and a 'Calendar' for January 2007. The interface is clean and user-focused, designed to help NASA employees manage their health.

Lifestyle Centers

- Focus on improving lifestyle habits
 - Fitness
 - Nutrition
 - Tobacco use
 - Stress management
 - Weight control

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 a "NASA" logo is featured in the "Improve Lifestyle Habits" section. The main content area is organized into several columns of health-related guides and tools. On the right side, a "My Tools" sidebar contains an "Exercise Tracker" with a "Goals" section, an "HRA Status" indicator, and a "Taking Action" section with links to various health programs. At the bottom right, there is a "Calendar" for January 2007 and a "Messages" section.

Health Monitor

A tool for tracking and recording important information related to health conditions

- Asthma
- Blood pressure
- Diabetes (blood glucose)
- Headaches
- Weight



MAYO CLINIC HEALTH MONITOR

Ready to start tracking?

The Mayo Clinic Health Monitor is designed to help you track important information related to one or more of these health conditions:

- Asthma
- Blood pressure
- Diabetes
- Headaches
- Weight

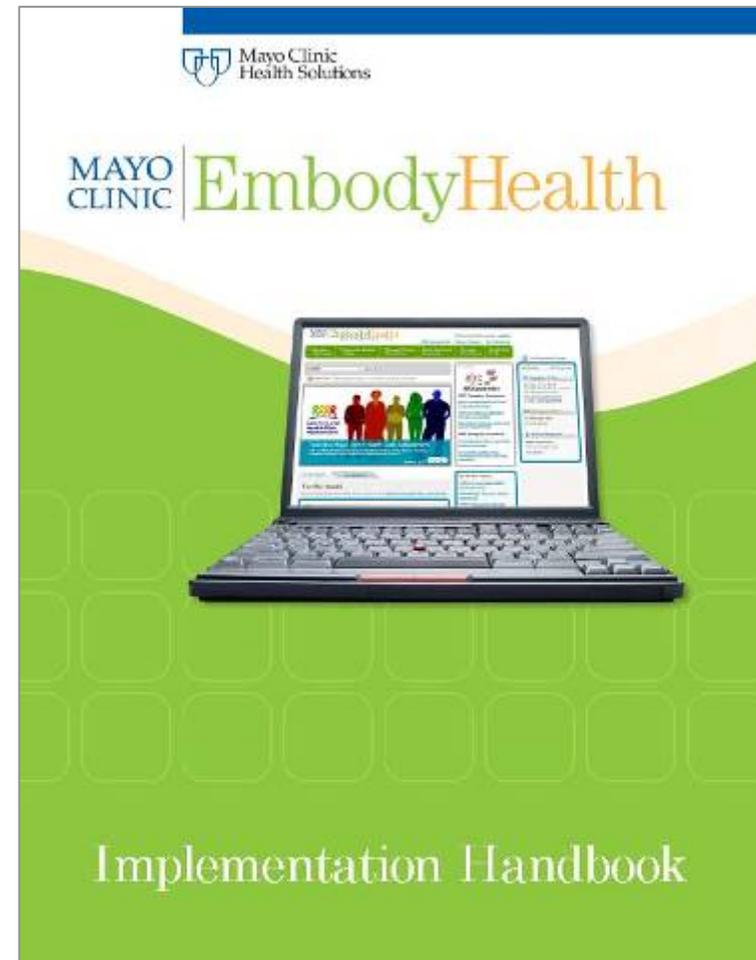
Why use the Mayo Clinic Health Monitor? Because easy-to-use interactive forms let you track the information that's important to you. A personal journal lets you make additional notes about your condition. Full-color graphs help you track your progress. And, you can print all of your information to share with your doctor!

Create your health monitor now! **GO** 

Mayo Clinic Health Risk Assessment

Exclusive state-of-the-art
HRA designed to:

- Raise health awareness
- Promote behavior change
- Serve as a measurement tool for both individuals and organizations



Monitor My Health

Upon HRA completion, 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 on the Mayo Clinic EmbodyHealth platform. At the top, the user is logged in as 'teshosa teshosa'. The dashboard is organized into several key sections:

- Navigation Bar:** Includes 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'.
- Search:** A search bar is located at the top left of the main content area.
- Health Risk Assessment:** A central section showing a progress bar for 'YOUR RISK LEVEL' and a table of results.
- Table of Results:**

Risks	Strengths	Not Assessed
Emotional Health	Alcohol Use	Blood pressure
Safety	Tobacco Use	Blood Sugar
		Cholesterol
		Exercise
		Fat/Fiber
		Triglycerides
		Weight

- Mayo Clinic Health Monitor:** A section for tracking health metrics like asthma, blood pressure, and weight.
- Calculators:** A list of tools including BMI, calorie, heart rate, and cholesterol calculators.
- Self-assessments:** Links to various self-assessment tools for alcohol use, asthma, depression, diabetes, and Parkinson's disease.
- Right Sidebar (My Tools):** Contains an 'Exercise Tracker', 'Goals' section, 'HRA Status' (showing completion on 02/18/2009), 'Taking Action' section, and a 'Calendar' for January 2007.

HRA Drives Site Personalization

On the home page:

- Risk-specific messages and resources within For My Health area
- Condition-specific resources within My Conditions area
- Recommendations in wand-over callouts

The screenshot displays the 'For My Health' section of the Mayo Clinic website. It features two main content blocks: 'Emotional Health' and 'Exercise'. The 'Emotional Health' block includes a photo of a woman holding her head, a 'TAKE ACTION' button, and a link to 'My Stress Solution'. The 'Exercise' block includes a photo of a woman running, a 'TAKE ACTION' button, and a link to 'Fitness for EveryBody'. A 'Health Risk' callout box is overlaid on the page, showing a 'Current Level' of 'Little or no exercise' and a 'Recommended Level' of 'Thirty minutes of moderate aerobic exercise on most days of the week'. Other callouts include 'e-Newsletter Sign-Up' and 'Mayo Clinic Health Monitor'.

For My Health
Recommendations for healthy living based on your [Mayo Clinic Health Risk Assessment](#)

Emotional Health Health Risk

Know stress. Practice new ways to cope with stress and relax more.

- Stressful situations: What's your current reaction?
- Friendships: Enrich your life and improve health
- Stress management in the face of change

See all in Emotional Health

Exercise Health Risk

What's your excuse? Start today to fit more physical activity into your day.

- Aerobic exercise: What 30 minutes a day can do
- Video: Standing hamstring curls
- Make warming up, cooling down part of your workout

See all in Exercise

Health Risk

Current Level

- Little or no exercise

Recommended Level

- Thirty minutes of moderate aerobic exercise on most days of the week.

e-Newsletter Sign-Up

Receive a FREE, weekly health and wellness e-newsletter!

Mayo Clinic Health Monitor

Get your health under control.

HRA Triggers Follow-Up Resources

- Home page personalization
- Center personalization
- Health management programs
- Secure messaging
- Telephonic lifestyle coaching

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the logo reads "MAYO CLINIC EmbodyHealth ENHANCE YOUR LIFE". Navigation tabs include "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 "For My Health" and features several personalized recommendations:

- Emotional Health:** "Know stress. Practice new ways to cope better with stress and relax more." Includes links for "Laugh your way to stress relief", "Work-life balance: Ways to restore harmony and reduce stress", and "Learn how to relax".
- Exercise:** "Who needs a gym? Explore simple ways to get fit that don't require a lot of time, money or equipment." Includes links for "Fitness programs: 10 tips for staying motivated", "How to start a walking program", and "Aerobic exercise: What 30 minutes a day can do".
- Nutrition:** "Eat well. Better health may be only a fruit and a vegetable away." Includes links for "Main attraction: Fresh vegetables: 10 ways", "Color your diet: Fresh fruit: 10 ways", and "Duster flour: An essential part of a healthy diet".
- Weight:** "Healthy weight forever. Be sure today's diet can last a lifetime." Includes a link for "Energy density and weight loss: Feel full on fewer calories".

On the right side, there are several utility widgets:

- My Tools:** Includes an "Exercise Tracker" with fields for Date, Habits, and Goals.
- HRA Status:** Shows "HRA Completed on 02/18/2008 09:41:52 AM".
- My Health Topics:** Lists topics like "Walking tips: Good ways to maximize a daily walk?", "Body fat analysis: How accurate are they?", and "Antibiotics and alcohol: Should I avoid mixing them?".
- Calendar:** Shows a monthly view for January 2007.
- Messages:** Shows "3 New Messages" and "3 Total Messages".
- Other programs:** Lists "My Stress Solution", "Healthy Pregnancy Program", "Healthy Weight Program", and "My Smoke-Free Future".