

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 Risk Assessment (HRA) outcomes
- Presenteeism data
- Opportunities



Mayo Clinic

A name you know and trust

Mayo Clinic History

- More than 120 years
- Dr. William Worrall Mayo and his sons, Dr. Will and Dr. Charlie
- Not-for-profit foundation
- Dedicated to patient care, medical research and education
- The first integrated group practice of medicine
- More than 45,000 employees
- More than 2,500 physicians



EmbodyHealth: ***NASAHealthierYou.com***

What is Mayo Clinic EmbodyHealth

A highly personalized health portal created by Mayo Clinic that can help you take charge of your health.

- Set personal health goals and get help reaching them.
- Identify your health risks and readiness to change.
- Find tools and programs to improve your lifestyle habits, manage chronic conditions and make health decisions.



The screenshot displays the Mayo Clinic EmbodyHealth portal. 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 features a video player for "NASA HealthierYou" showing a person using a laptop. To the right, there are several widgets: "Provided by NASA" with links to "Heat Stress Prevention and The Golden Rule", "Web-Based Strategies: Are they successful in sustaining weight loss?", "The HRA Has Returned!", and "2008 NASA HealthierYou Campaign"; "My Tools" with an "Exercise Tracker" (showing 0 minutes) and "Goals" section; and "My Health Topics" with a link to "Slide show: Aquatic exercise how to's". The bottom right corner shows "HRA Status" with "HRA Completed on 02/18/2008 09:41:32 AM" and "Risks: Emotional Health, Safety".

In General, What's Available?

- 15 Healthy Living Centers; 21 Disease & Condition Centers
- More than 800 Ask a Specialist articles
- Health decision tools called Treatment Decision Guides
- Interactive calculators and self-assessments
- Interactive lifestyle and behavior change programs
- Health A – Z - thousands of articles covering diseases and conditions, drugs and supplements and tests and procedures
- Drugs & Supplements and First Aid information
- Quizzes, slide shows, video, animation, medical illustrations and medical photography

Personalization Begins at Registration

- Welcome message after you first register on application
- 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
- Interests
 - My Health Topics
- Tools
 - My Tools sidebar

The screenshot displays the Mayo Clinic EmbodyHealth home page, personalized for user Kim Jimbray. The page features a navigation bar with options like '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 at the top left. The main content area is divided into several sections:

- Company Information:** A large image of a person using a laptop, with a 'Company Information' button below it.
- For My Health:** A section titled 'Recommendations for healthy living based on your Mayo Clinic Health Risk Assessment'. It includes three sub-sections: 'Emotional Health', 'Exercise', and 'Nutrition', each with a 'TAKEN ACTION' button and a 'Health Risk' indicator.
- My Health Topics:** A section with a 'My Health Topics' button and a list of topics including 'Labor pain: Medications for labor and delivery', 'Home care services: What services do you need?', 'What allergy', 'Postpartum depression: How does it affect the baby?', and 'Statin drugs: Can they cause memory loss?'.
- My Tools:** A sidebar section with a 'My Tools' button and a list of tools including 'Exercise Tracker', 'Messages', and 'HRA Status'.
- Feedback:** A blue box at the top right with the text 'Tell us what you think of EmbodyHealth' and a 'Do you have ideas or suggestions? Let us know!' link.
- Personalized Content:** A section at the bottom right with a 'Personalized Content' button and a list of programs including 'My Stress Solution', 'Fitnes for Everybody', 'Healthy Pregnancy Program', 'Healthy Weight Program', and 'My Smoke-Free Future'.

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

My Health Topics

The screenshot displays the 'My Health Topics' interface. At the top, a green navigation bar contains six tabs: '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 with a 'Search' button. The main content area features a large image of a person looking at a laptop. Overlaid on this image is a 'My Health Topics' card with an 'Edit' button. To the right, there is a 'Provided by NASA' section with several article links. Below that is another 'My Health Topics' card, also with an 'Edit' button. A red arrow points from the text on the right to the 'Edit' button on the top card.

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

Search

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 Health Topics Edit

Slide show: Aquatic exercise how to's

Calories in sushi: What are the low-cal options?

Your selected topics now appear on the home page. You can edit these topics at any time.

Personalized Tools Sidebar

- Accessible from most pages of the portal
- User-driven behavior change tools
 - Calendar
 - Goal trackers
 - Health Risk Assessment (HRA) status
 - Secure messages
 - And more...

My Tools [Customize](#)

Exercise Tracker [X](#)

Date

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](#)

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:

- [Fitness for EveryBody](#)
- [My Stress Solution](#)

Other programs:

- [Healthy Pregnancy Program](#)
- [Healthy Weight Program](#)
- [My Smoke-Free Future](#)

Tools to Manage Your Health

MAYO CLINIC | **EmbodyHealth**
EMBRACE 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

Date: 06/24/2008

Minutes: Add

Reset 0 total minutes
0 this month
0 this week

Goals

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

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

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

Monitor My Health

MAYO CLINIC | **EmbodyHealth**
ENHANCE YOUR LIFE

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

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

Search ▶

Monitor My Health
[Home](#) > [Monitor My Health](#)

Health Risk Assessment
[Take your HRA now!](#)
[View my current Personal Health Report](#)

MAYO CLINIC Health Risk Assessment
Take it today ▶

Mayo Clinic Health Monitor
Enroll in the Mayo Clinic Health Monitor to track important information related to asthma, blood pressure, blood sugar, headaches and weight.
[Mayo Clinic Health Monitor](#)

NASA

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

In **Monitor My Health**, you'll find tools to help you track and manage your health, such as your HRA and Personal Health Report

Monitor My Health

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

- Calculators
- Self-assessments
- Tracking tools

The screenshot displays the EmbodyHealth website interface. At the top, the logo for MAYO CLINIC EmbodyHealth is visible, along with a welcome message for Kim Jimbory and 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. The main content area is titled "Monitor My Health" and includes a search bar. The central feature is a "Health Risk Assessment" section showing a risk level of 5 risks. Below this is a table with columns for Risks, Strengths, and Not Assessed. To the right, there are several promotional tiles for NASA, Mayo Clinic Health Risk Assessment, e-Newsletter Sign-Up, and Mayo Clinic Health Monitor. A sidebar on the right contains "My Tools" with sections for Exercise Tracker, Messages, HRA Status, and Taking Action. The bottom section lists "Calculators" and "Self-assessments" with links to various tools.

Health Risk Assessment

YOUR RISK LEVEL IS

LOW	MODERATE	HIGH	VERY HIGH
You have 5 Risks.			
Risks	Strengths	Not Assessed	
Blood pressure	Alcohol Use		
Emotional Health	Blood Sugar		
Exercise	Cholesterol		
Nutrition	Safety		
Weight	Tobacco Use		
	Triglycerides		

Calculators

- BMI calculator
- Calorie calculator
- Heart disease risk calculator
- LDL cholesterol calculator
- Pregnancy due date calculator

Self-assessments

- Alcohol use self-assessment. Rate your drinking habits
- Depression self-assessment
- Diabetes risk self-assessment
- Health screening guidelines

HRA Drives Site Personalization

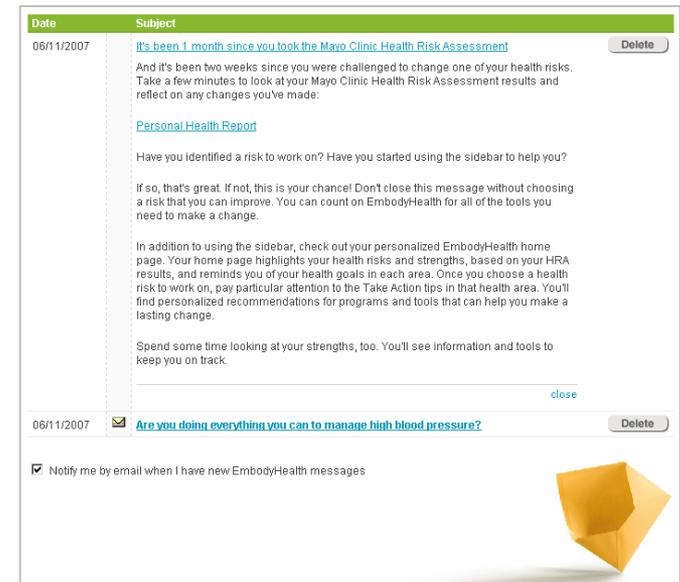
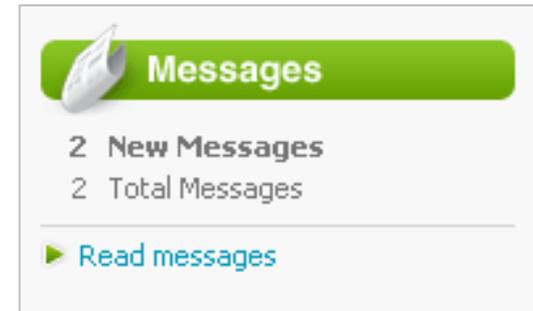
Throughout the portal:

- 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 bar includes tabs for monitoring health, improving lifestyle habits, managing chronic conditions, making treatment decisions, connecting with others, and health information. The main content area is focused on diabetes, featuring a video player for a video about Avandia. Below the video are several informational sections: 'Understanding diabetes' with links to related topics, 'Managing diabetes with medication' with links to insulin therapy and intensive therapy, and 'Mastering the diabetes diet' with links to carbohydrate counting and food labels. On the right side, there are several personalized widgets: 'My Tools' with an exercise tracker showing 615 total minutes and 205 minutes this month; 'Messages' with 2 total messages; 'HRA Status' showing completion on 05/11/2007; 'Taking Action' with links to stress solution, fitness for everybody, healthy pregnancy program, healthy weight program, and smoke-free future; and 'Reward Program' showing 600 total points. The bottom right corner features a 'Mayo Clinic Health Monitor' widget and an 'e-Newsletter Sign-Up' widget.

HRA Drives Secure Messaging

- Secure messaging triggered by HRA completion
 - Personal Health Report reminders at two weeks, one month, and six months prompting you to return to the portal
 - Chronic Condition alerts
 - Monthly messages for self-management of hypertension and diabetes
- Messages appear in My Tools sidebar



Improve Lifestyle Habits

Improve Lifestyle Habits offers programs to help you with fitness, nutrition, tobacco use, stress and weight

The screenshot shows the 'Improve Lifestyle Habits' section of the Mayo Clinic website. At the top, a green navigation bar contains several menu 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 person running), '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 'Life Stage Guides' with links to 'Healthy Aging Guide', 'Men's Health Guide', 'Pregnancy Guide', and 'Women's Health Guide'. A red circle highlights the 'Fitness', 'Nutrition', and 'Tobacco Use' categories.

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**

[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.

Provided by

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

Mayo Clinic Health Monitor
Get your health under control. ▶

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

Make Treatment Decisions

The screenshot shows the Mayo Clinic EmbodyHealth interface. At the top, there's a navigation bar with options: Monitor My Health, Improve Lifestyle Habits, Manage Chronic Conditions, **Make Treatment Decisions** (circled in red), Connect With Others, and Health Info A-Z. A red arrow points from the text on the right to this button. Below the navigation bar, there's a search bar and a 'Make Treatment Decisions' section. The main content area is divided into several columns: 'Health Decision Guides' with links for ACL injury, Adjuvant therapy for breast cancer, Back pain, Birth control, Carpal tunnel syndrome, and Colon cancer; 'Tests and Procedures' with links for Endoscopy, Biopsy procedures used to diagnose cancer, MRI, Mammography, Pap smear, and Screening test for cervical cancer; and 'Consumer Health Skills' with links for Grapefruit juice, Detox foot pads, and Yerba mate. On the right side, there's a 'My Tools' sidebar with sections for Exercise Tracker, Goals, HRA Status, and Taking Action.

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

Connect with Others

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

The screenshot displays the Mayo Clinic EmbodyHealth user 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" (highlighted with a red arrow), and "Health Info A-Z". Below the navigation bar is a search bar and a "Connect With Others" link circled in red. The main content area is divided into several sections: "Share your story" with a list of recent stories, "Podcasts" featuring a NASA-branded "Podcast: Erectile dysfunction and heart disease — What's the connection?", and "e-Newsletter Sign-Up". On the right side, there is a "My Tools" sidebar with sections for "Exercise Tracker", "Goals", "Active Goals", "HRA Status", and "Taking Action". A woman's face is visible in the bottom right of the "Share your story" section.

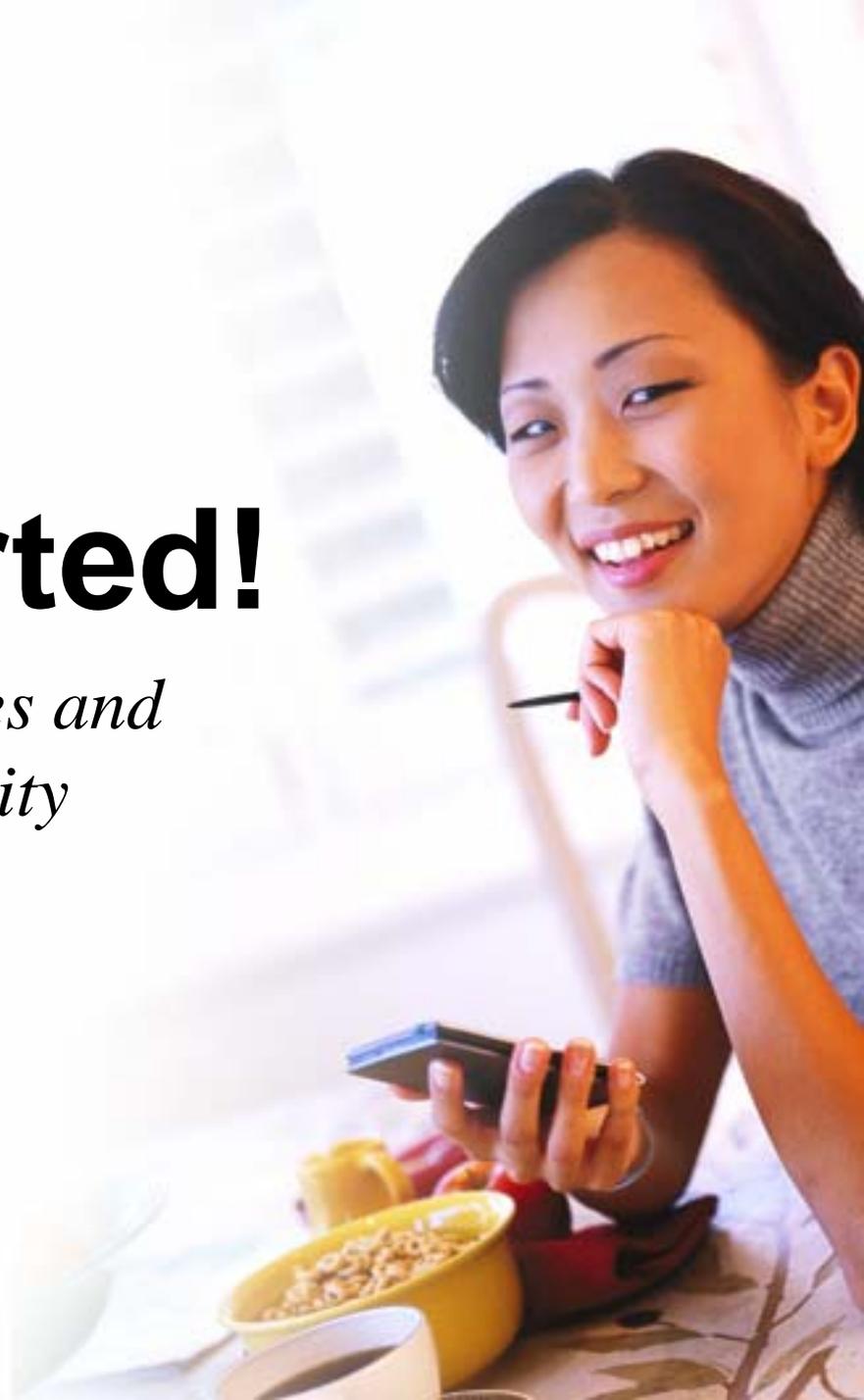
Health Information A-Z

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top left is the Mayo Clinic logo and the EmbodyHealth tagline "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". Below this is a search bar and a "Health Info A-Z" section with sub-tabs for "Diseases & Conditions A-Z", "Drugs A-Z", and "Supplements A-Z". The "Diseases & Conditions A-Z" section is active, showing a grid of links for browsing diseases and conditions. To the right, there are "My Tools" including an "Exercise Tracker" and "Goals" section. A "Media Gallery" is also visible at the bottom left. Two red arrows point from the text on the right to the "Health Info A-Z" button and the "Diseases & Conditions A-Z" sub-tab.

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

Getting Started!

*Interventions, Resources and
Choosing A Priority*



Take the Health Risk 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 logo for MAYO CLINIC | EmbodyHealth is visible, along with navigation links for Reward Program, XYZ Incorporated Information, and My Preferences. A user is logged in as Kim Jimbory. The main 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. A search bar is present above the 'Monitor My Health' section.

The central focus is the 'Health Risk Assessment' tool. It shows a progress bar for 'YOUR RISK LEVEL IS' with categories: LOW, MODERATE, HIGH, and VERY HIGH. Below this, it states 'You have 5 Risks.' and provides a table of assessed and unassessed risks and strengths.

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

Below the table, there are links for 'View my current Personal Health Report', 'Mayo Clinic Health Monitor' (with a last entry of Jul 11, 2007), and 'Calculators' (including BMI, Calorie, Heart disease risk, LDL cholesterol, and Pregnancy due date calculators). There is also a 'Self-assessments' section with links for Alcohol use, Depression, Diabetes risk, and Health screening guidelines.

On the right side, there are several widgets: 'My Tools' with an 'Exercise Tracker' showing 615 total minutes and 205 this month; 'Messages' with 2 total messages; 'HRA Status' showing completion on 05/11/2007; and 'Taking Action' with enrollment options for various health programs and a 'Reward Program' showing 600 total points.

Lifestyle Centers

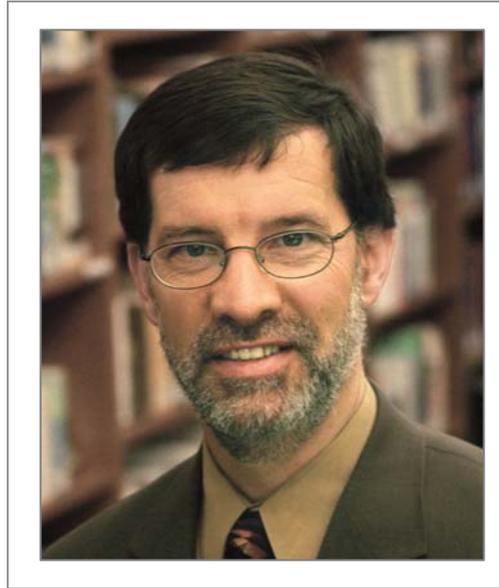
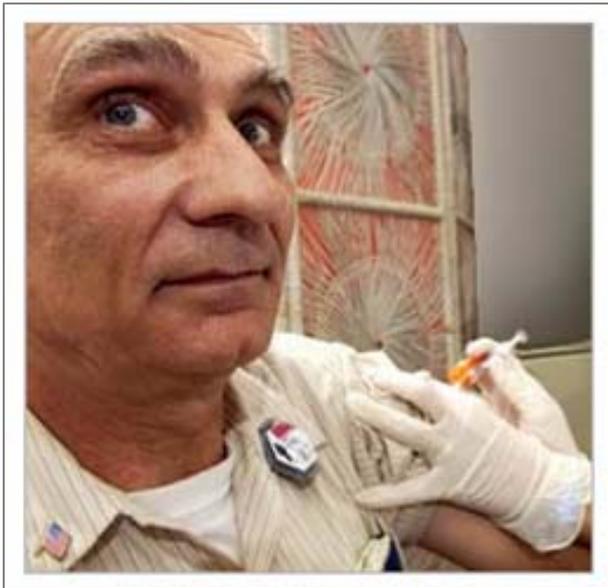
- Content within Lifestyle Centers personalized by HRA results
- Content includes
 - Feature articles
 - Reference information
 - Expert answers
 - Healthy recipes
 - Interactive tools (assessments, quizzes, tracking tools)
 - Health management programs

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top, the logo reads "MAYO CLINIC EmbodyHealth ENHANCE YOUR LIFE". A navigation bar contains tabs for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A user greeting "Welcome Kim Jimbo, Log Out" is visible. Below the navigation, a search bar is present. The main content area is divided into several sections:

- Fitness:** A featured article titled "Fitness for Everybody" with a photo of a woman running.
- Exercise:** A section titled "What's your excuse? Start today to fit more physical activity into your day." with a "TAKE ACTION" button.
- Think fit:** A section titled "Build an active lifestyle by starting with the basics." with a "See all in Think fit" link.
- Get moving!:** A section titled "Walk, run or dance your way to fitness — just keep moving!" with a "See all in Get moving!" link.
- Health Tools & Video:** A section with links for "Video: Leg press", "Video: Lat pull-down", and "Tool: Target heart rate calculator".
- e-Newsletter Sign-Up:** A promotional box for a "FREE, weekly health and wellness e-newsletter".
- My Tools:** A sidebar containing an "Exercise Tracker" (showing 71.5 total minutes), "Goals", and a "Calendar" for July 2007.
- Answers from a Mayo Clinic Specialist:** A section featuring a specialist's photo and a "See More Questions & Answers" link.

Media Gallery

Animation, slide shows and more than 400 videos



What were the side effects from chemotherapy?

Online Lifestyle and Behavior Change

- Fitness for EveryBody
- My Stress Solution
- Healthy Weight
- My Smoke-Free Future
- Healthy Pregnancy

The screenshot displays the 'My Healthy-Weight Program' website. The main heading is 'my Healthy Weight program' with a sub-heading 'Welcome to the program.' Below this, there are several navigation options, each with an icon and a link:

- Get started**: Learn how to get the most out of the program
- Schedule your activity**: Activity scheduler
- Plan your menu**: This week's menu, More menus
- View your progress**: Weight graph

On the left side, there is a section titled 'IN THIS PROGRAM' with a list of links: Program home, My pyramid, My activity plan, Menus, Success strategies, Program FAQ, and Change e-mail status. Below this list is a 'Start over' button. On the right side, there is a 'Success strategies' section with a highlighted article titled 'Mental conditioning: Is your brain in the game?' which includes a brief introduction and a 'Read the article' link.

Manage Chronic Conditions

11 Chronic Condition Centers

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

The screenshot displays the Mayo Clinic EmbodyHealth website. At the top, the logo reads "MAYO CLINIC | EmbodyHealth" with the tagline "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 is titled "Manage Chronic Conditions" and features a list of 11 condition centers, each with a small image and a brief description: Allergy, Arthritis, Asthma, Cancer, Depression, Diabetes, Headache, Heart Disease, High Blood Pressure, and High Cholesterol. On the right side, there are several toolbars: "My Tools" with sections for Goals, Exercise Tracker, Health Monitor, Messages, HRA Status, Taking Action, and Reward Points. A "NASA" logo is also visible in the top right corner.

Health Monitor

- Tracking tool for Asthma, Blood Pressure, Diabetes, Headache, and Weight
- Each tracker includes:
 - Condition-specific elements
 - A personal journal
 - Graphing capabilities
 - Links to content
- Entries can be printed
- Users may opt-in for reminder e-mails

The screenshot shows the 'My Health Monitor' web application interface. At the top, there is an orange header with the title 'My Health Monitor' and a navigation bar with tabs for 'Asthma', 'Blood Pressure', 'Diabetes', 'Headache', 'Weight', 'My Graphs', and 'Update My Profile'. Below the navigation bar, there is a section titled 'Add an entry' with a right-pointing arrow. This section contains several input fields: 'Date' (3/10/2005), 'Time' (12:10 am), and 'Peak flow'. To the right of these fields is a section for 'Quick-relief inhaler (bronchodilator)' with a text input field and 'puffs' label, and a section for 'Rate today's symptoms' with four radio button options: '0 (none)', '1 (barely noticeable)', '2 (present and bothersome)', and '3 (interfered with daily activities)'. Below this is a section titled 'Other medications that I used today' with four rows of checkboxes, text input fields for 'Name', 'Dose', and 'Frequency' dropdown menus. At the bottom of this section is a link 'Add more medications'. The final section is titled 'Journal' with the instruction 'Enter your coping actions, symptoms and their severity, activities, etc.' and a large text area with a scrollbar.

NASA EmbodyHealth Data

NASAHealthierYou.com Overview

- EmbodyHealth launched in January 2007
- To date, 4,695 individuals have registered on NASAHealthierYou.com
- HRA offered in 2007 & again in 2008
- NASA-wide promotional e-mail distributed at the beginning of each HRA campaign
- Incentives: small gifts offered to first 1,000 HRA participants

Key Metrics: Site Use by Visits

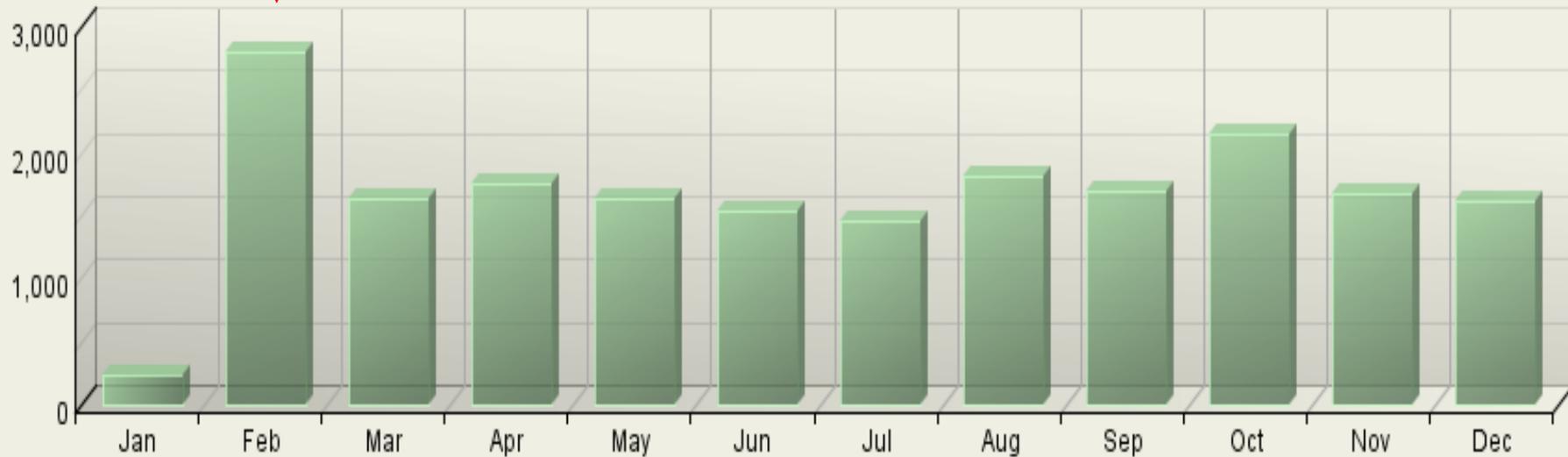
Metric	2007	2008 (YTD)
Total number visitors	6,699	7,640
Total number visits	20,199	19,457
Average visits per visitor	3.01	2.55
Average visit duration	10:28 min.	10:33 min

2007 Visit Trend

**Organizational E-mail
Announcing HRA**



Active Visits

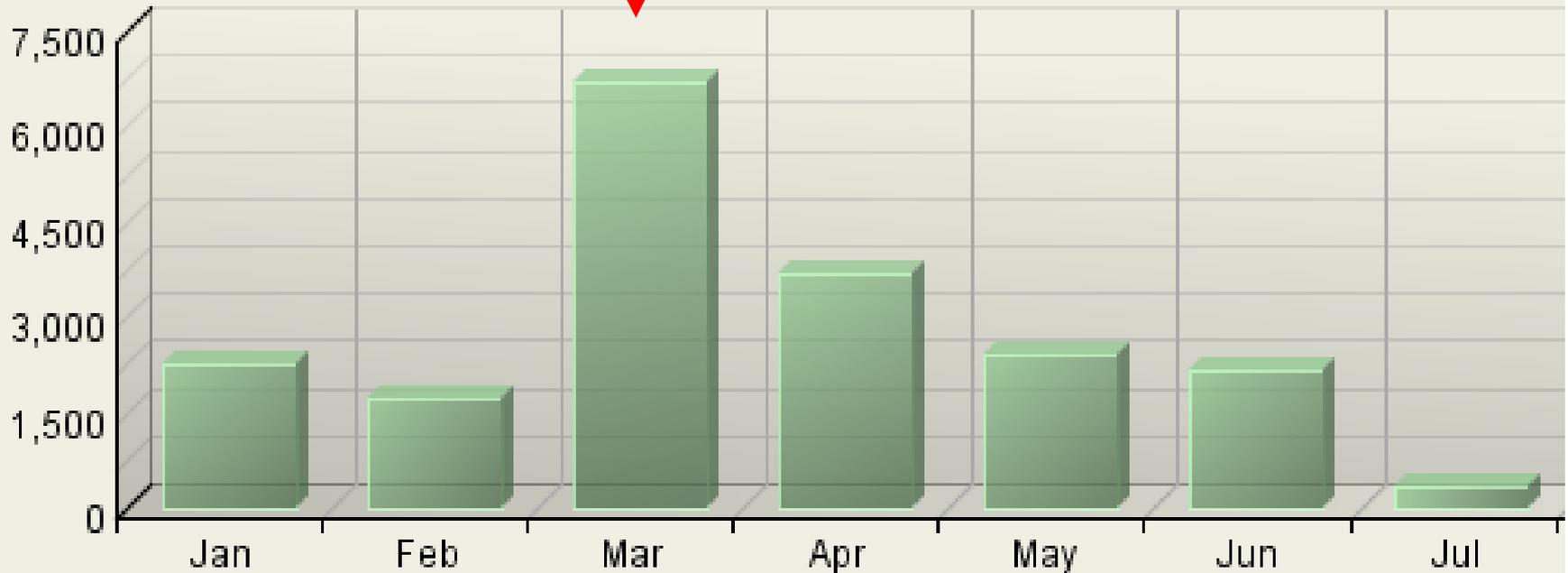


2008 Visit Trend

**Organizational E-mail
Announcing HRA**



Active Visits



NASA HRA Data

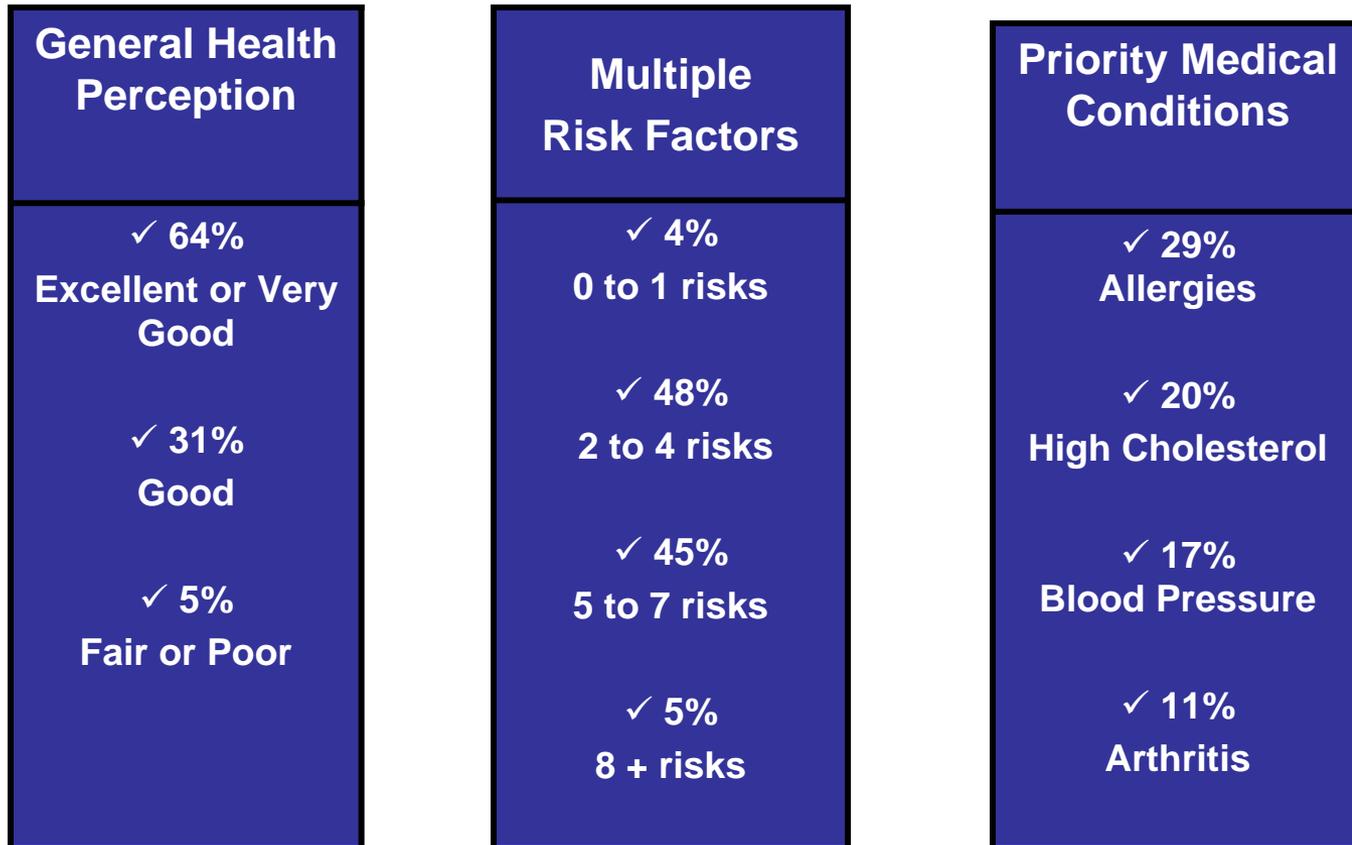
HRA Participation

Metric	2007 HRA	2008 HRA (YTD)
Participation	1,705	1,719
Civil Servants	78%	44%
Contractors	19%	53%
Spouse/Other	3%	3%
Male	52%	49%
Female	48%	51%
Age 40-49	36%	31%
Age 50+	37%	43%

HRA Participation by Center

Center	2007	2008 (YTD)
ARC 	90	107
DFRC 	22	45
GRC 	130	77
GSFC 	200	136
HQ 	98	76
JPL 	2	3
JSC 	147	347
KSC 	284	316
LRC 	147	171
MAF 	3	0
MSFC 	215	222
NSSC 	15	13
SSC 	315	162
WFF 	29	28
WSTF 	8	16

Risk Stratification Perspective – 2008

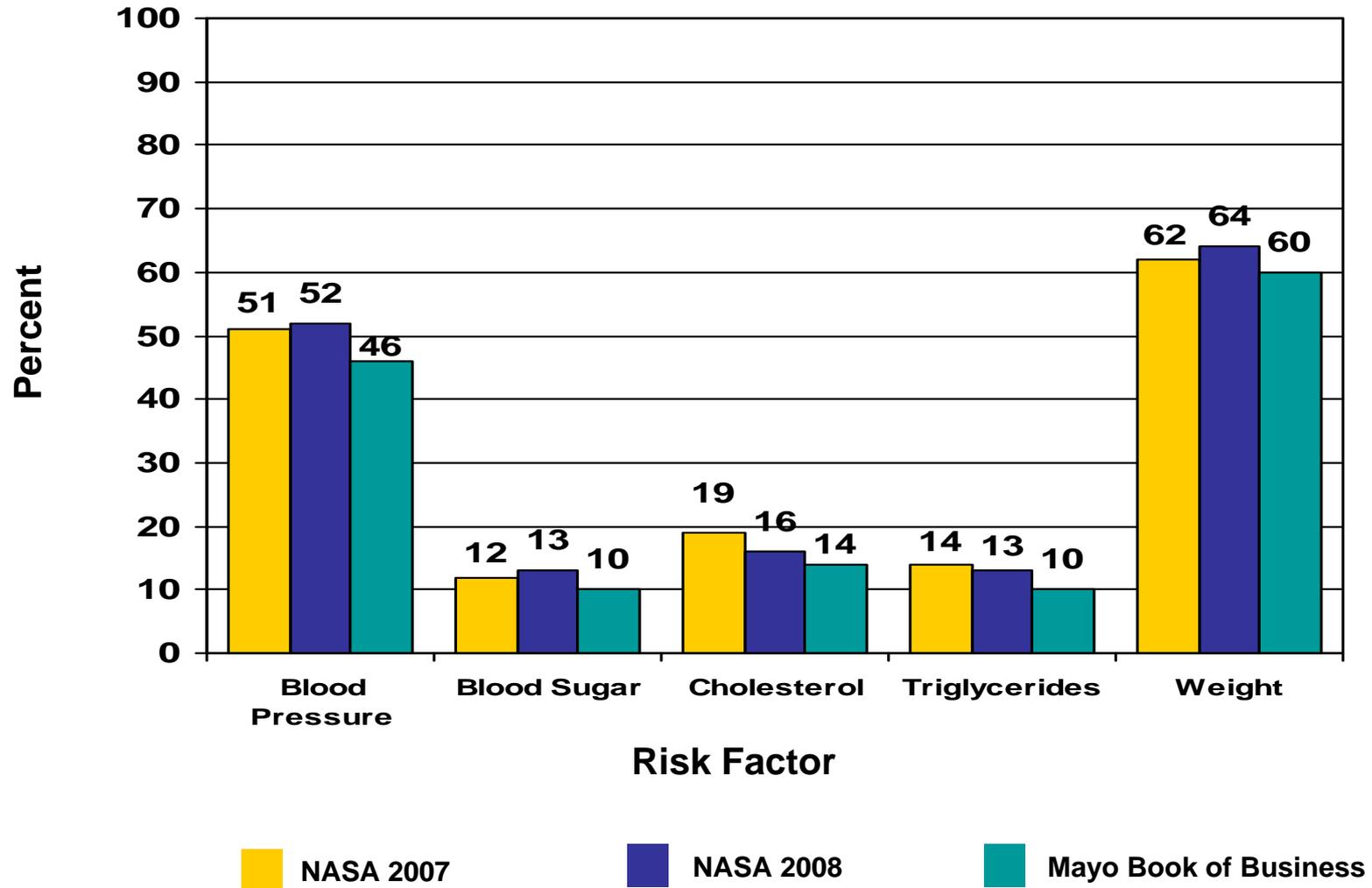


Risk Stratification – 2007 & 2008

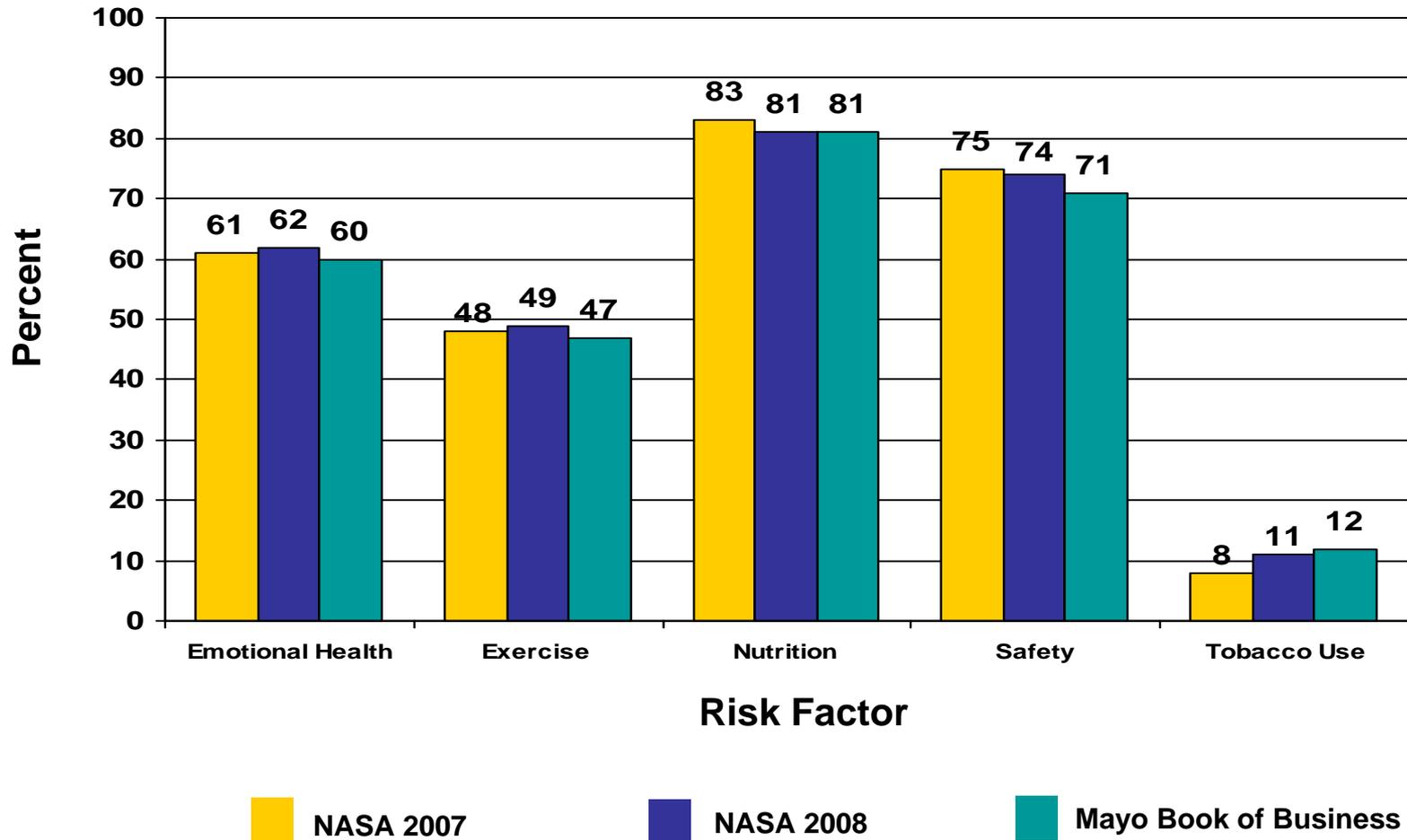
Book-of-Business Comparison

Risk Level	2007	2008 (YTD)	2008 Mayo Book
Low (0 or 1 risk factor)	3%	4%	5%
Moderate (2-4 risk factors)	50%	48%	53%
High (5-7 risk factors)	43%	45%	39%
Very High (8 or more risk factors)	4%	3%	2%

Medical Risk Factors – 2007 & 2008

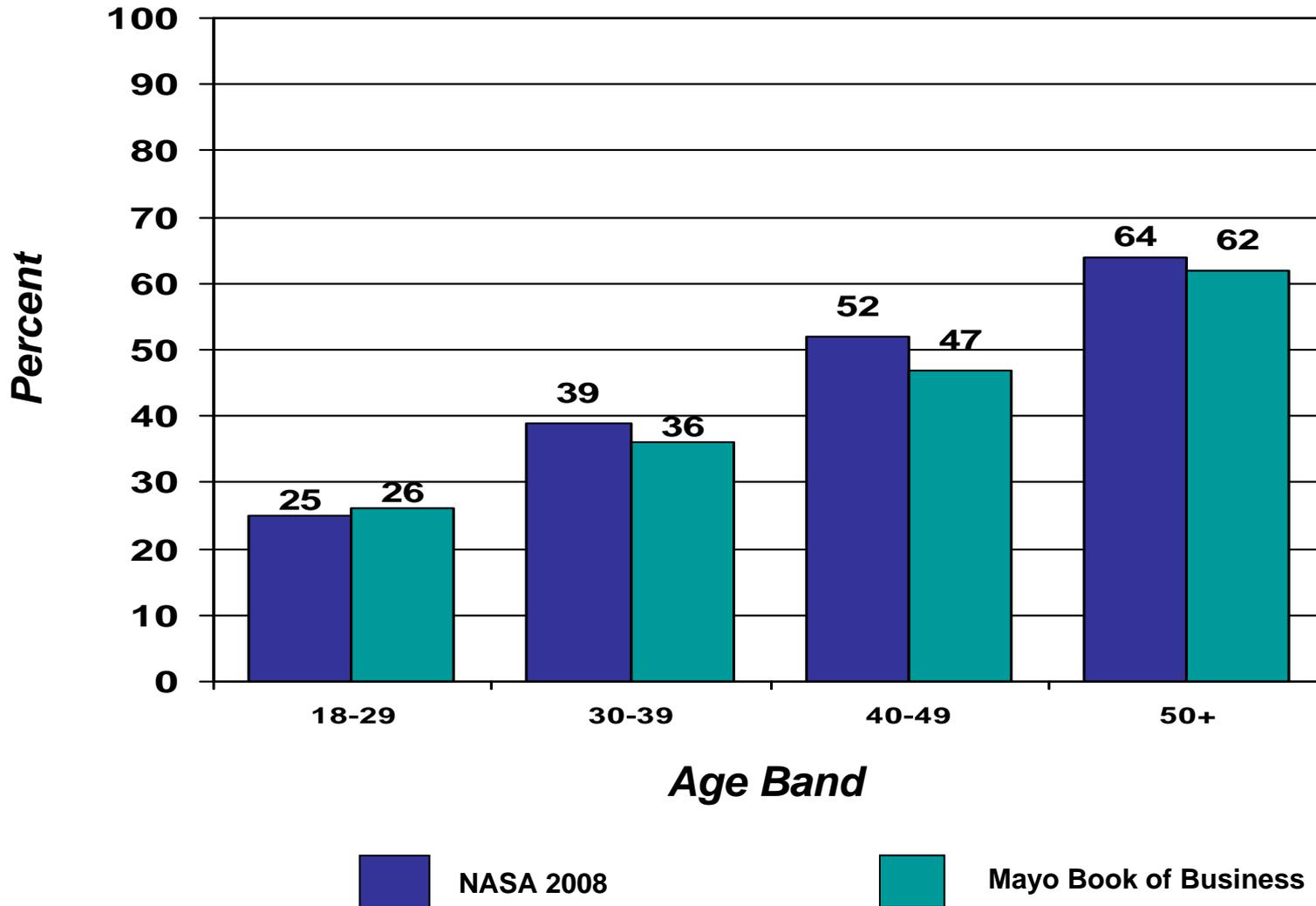


Lifestyle Risk Factors – 2007 & 2008



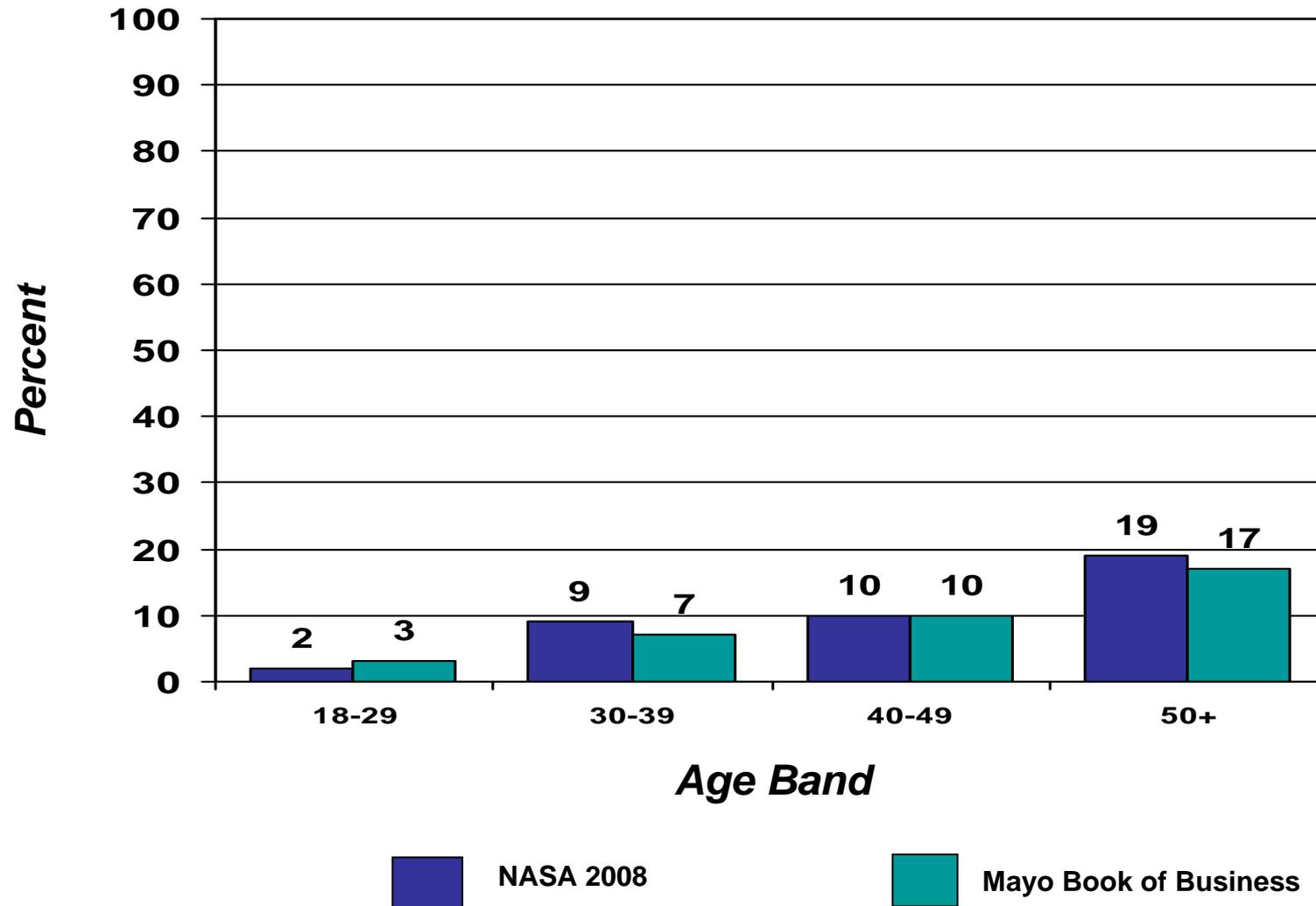
Benchmarking Blood Pressure

By Age Band 2008



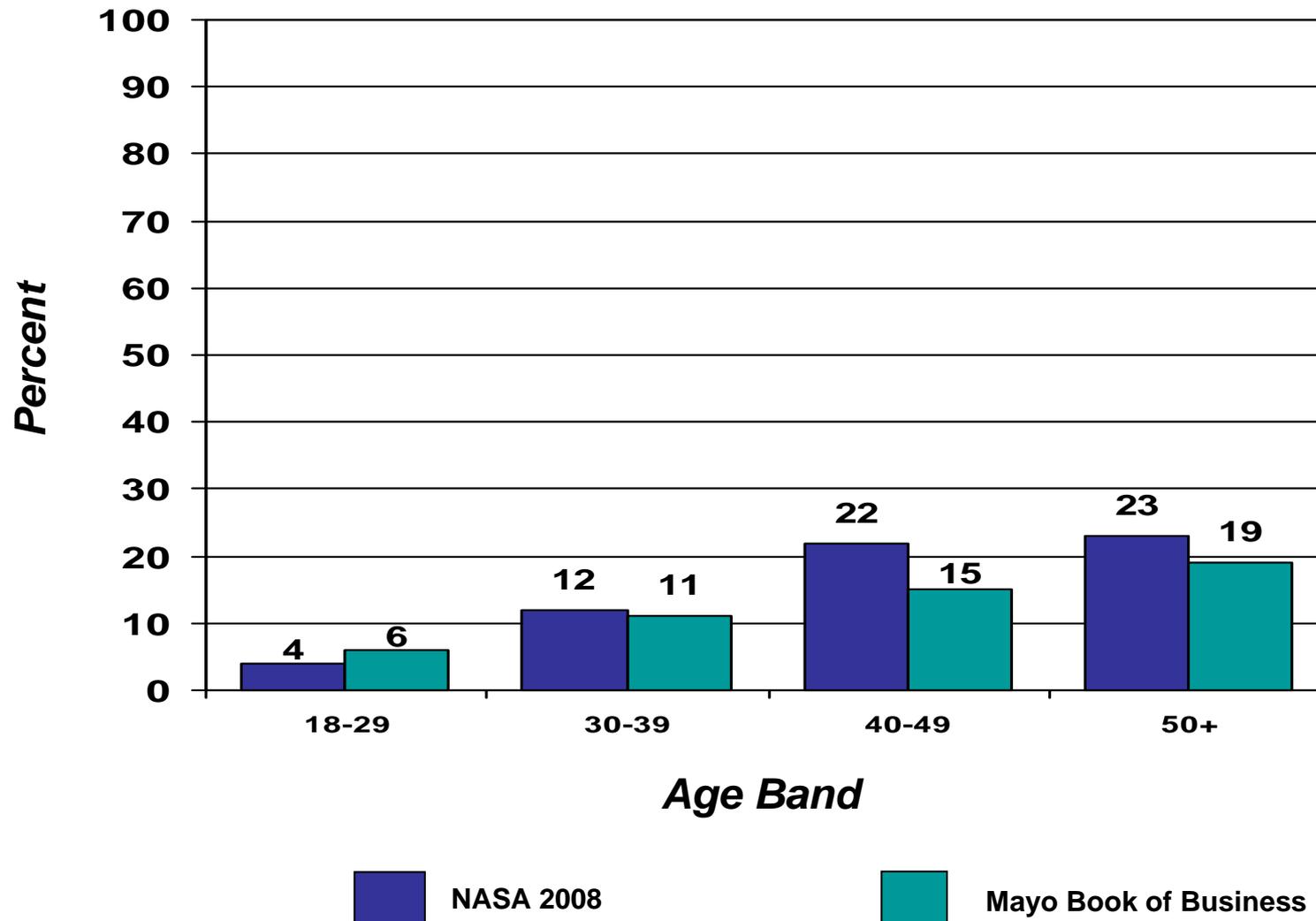
Benchmarking Blood Sugar

By Age Band 2008



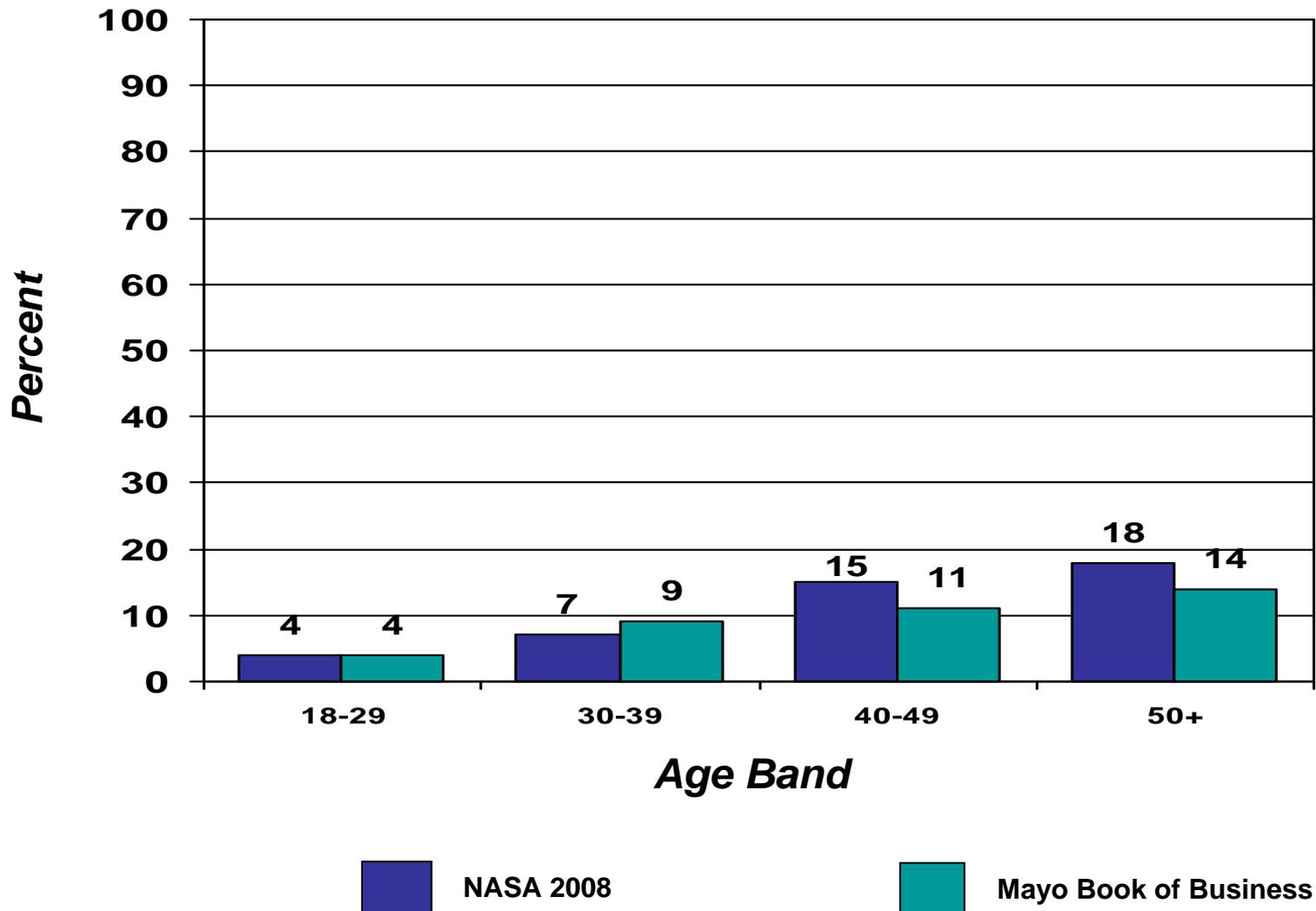
Benchmarking Cholesterol

By Age Band 2008



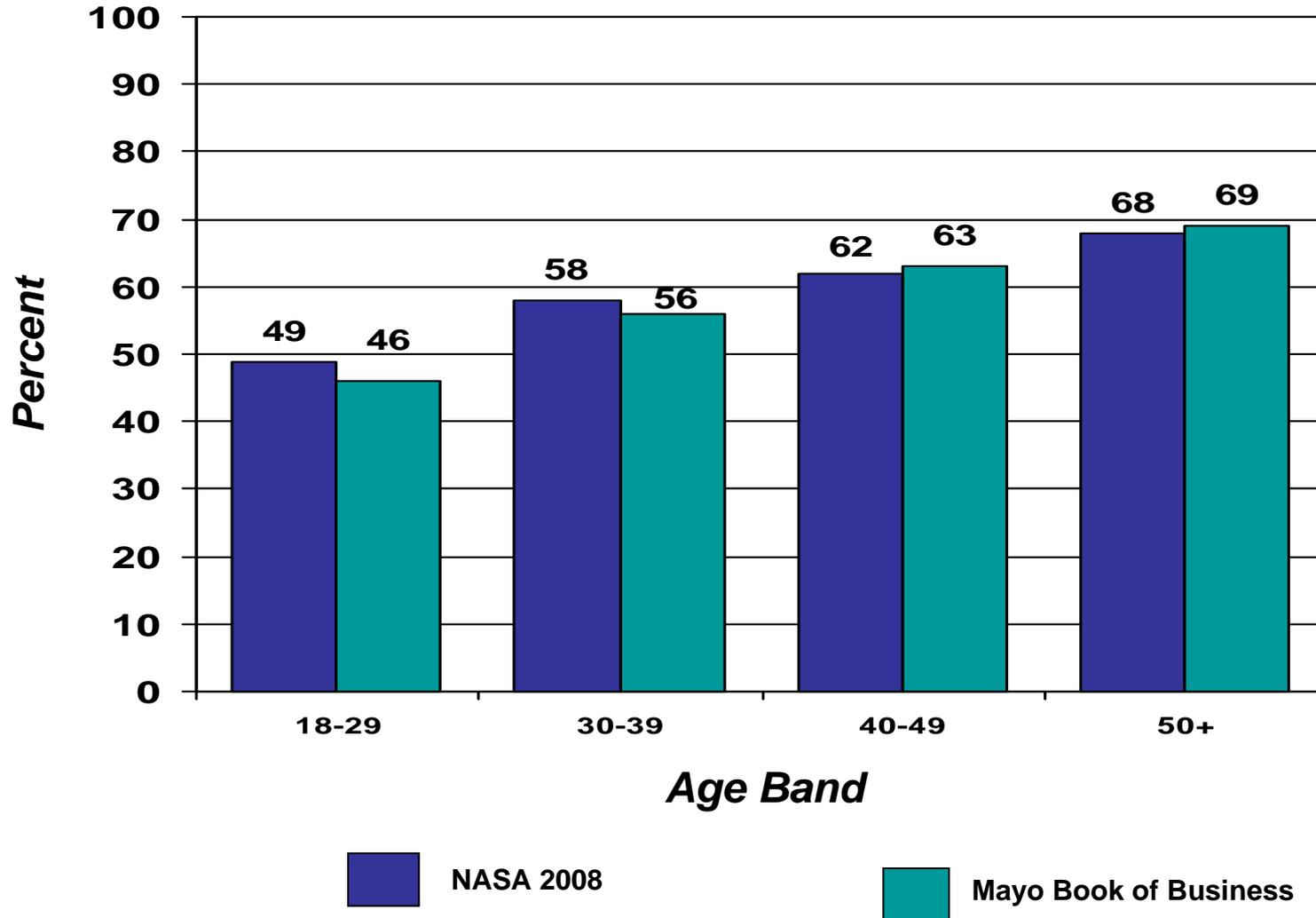
Benchmarking Triglycerides

By Age Band 2008



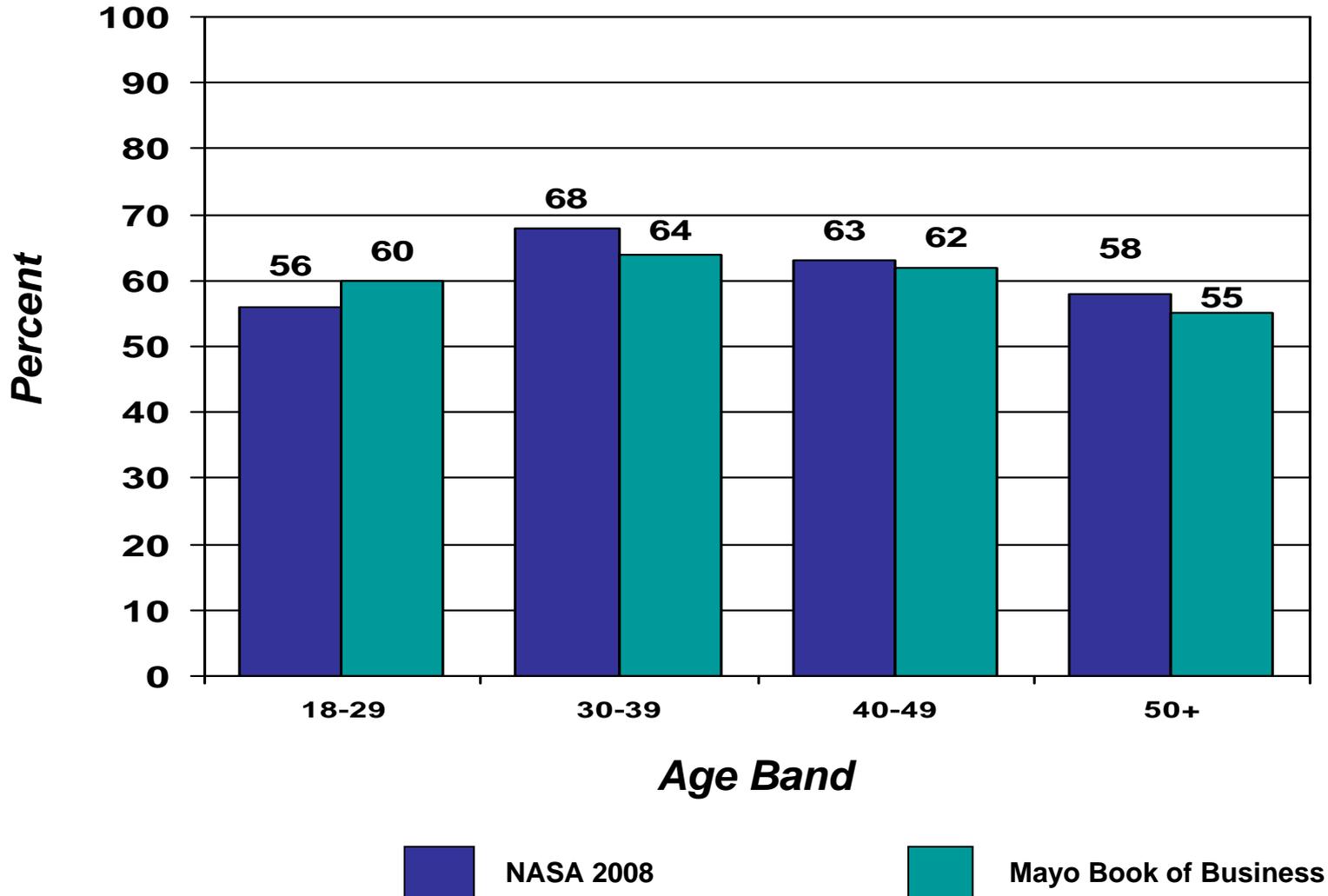
Benchmarking Weight

By Age Band 2008



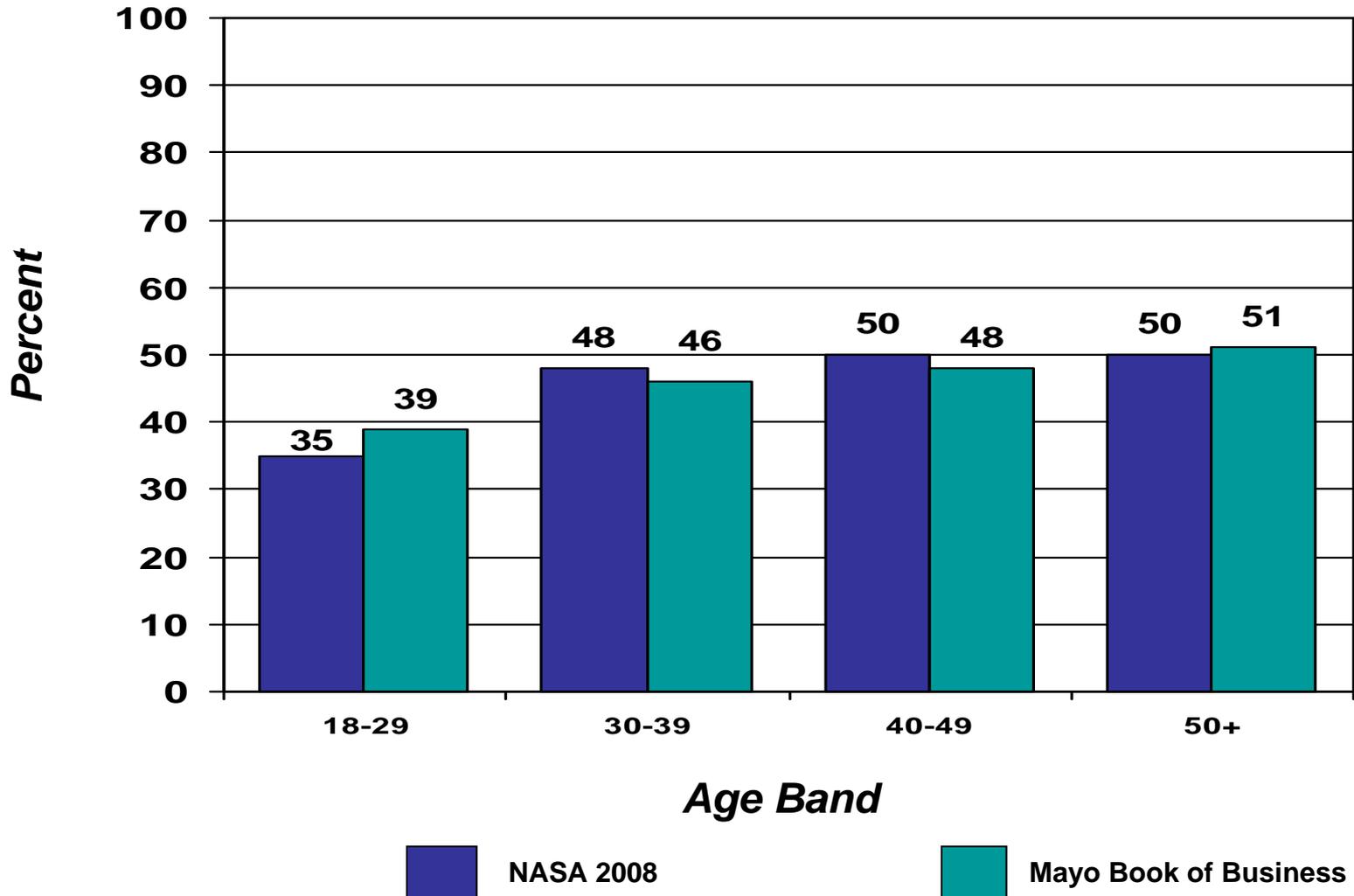
Benchmarking Emotional Health

By Age Band 2008



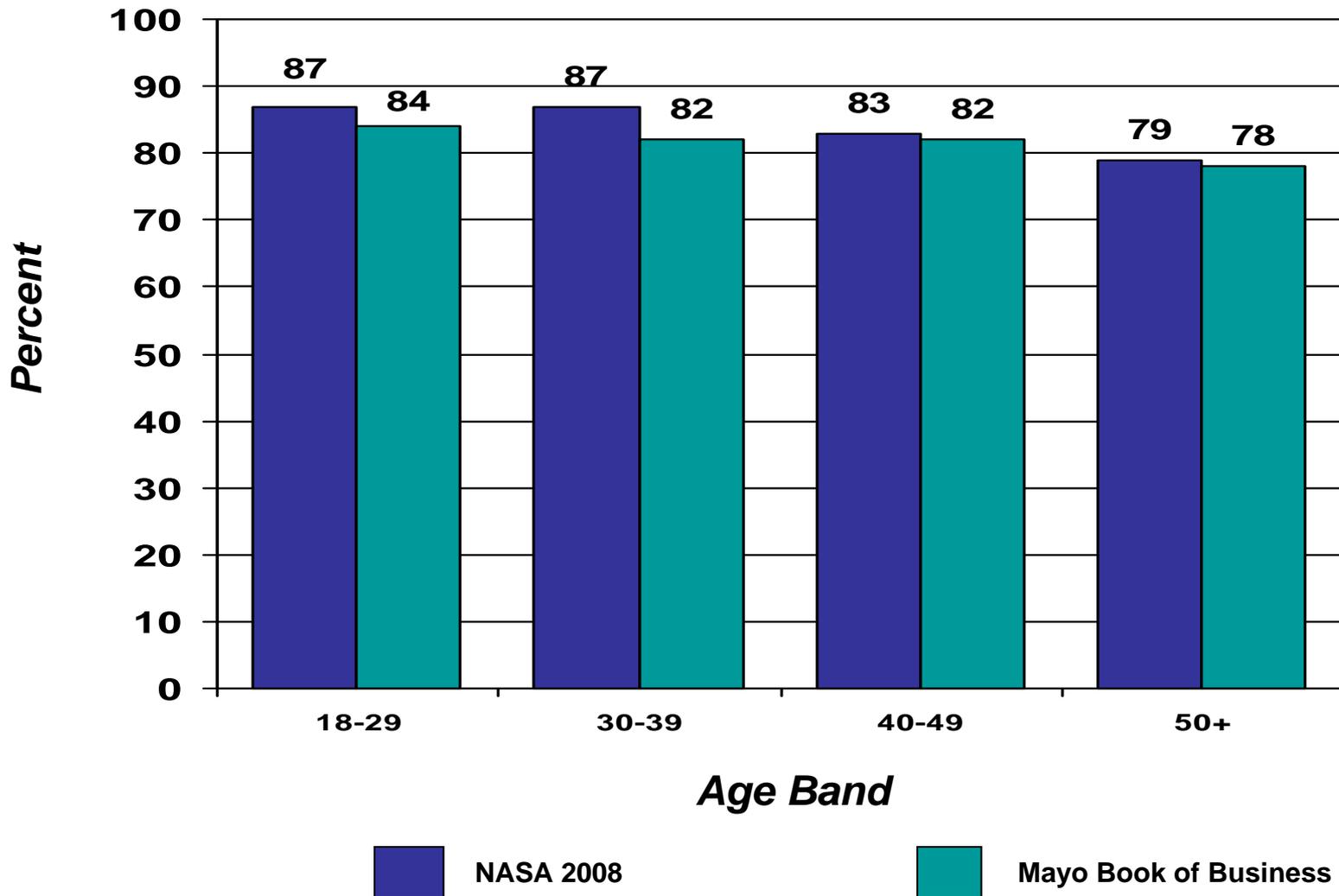
Benchmarking Exercise

By Age Band 2008



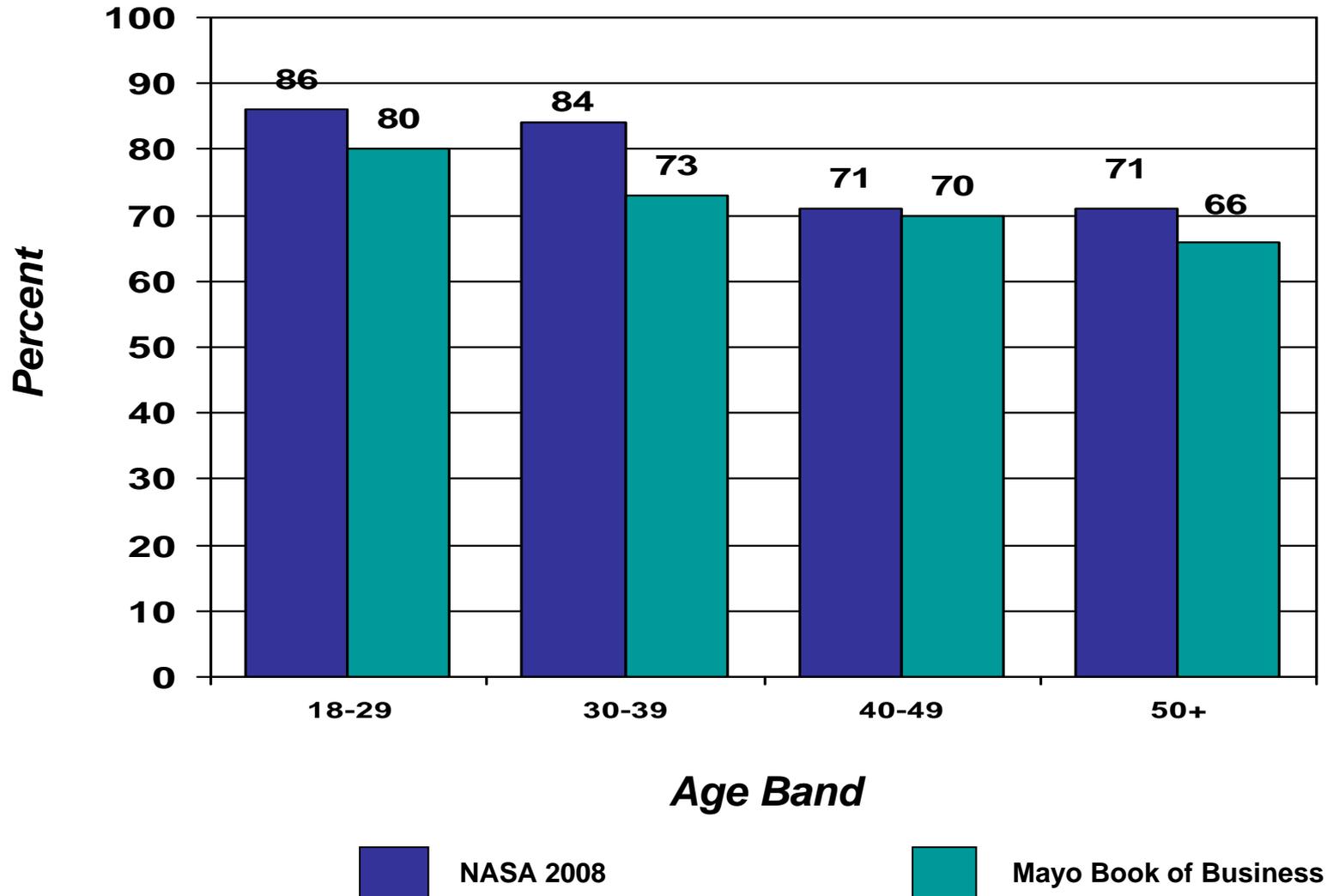
Benchmarking Nutrition

By Age Band 2008



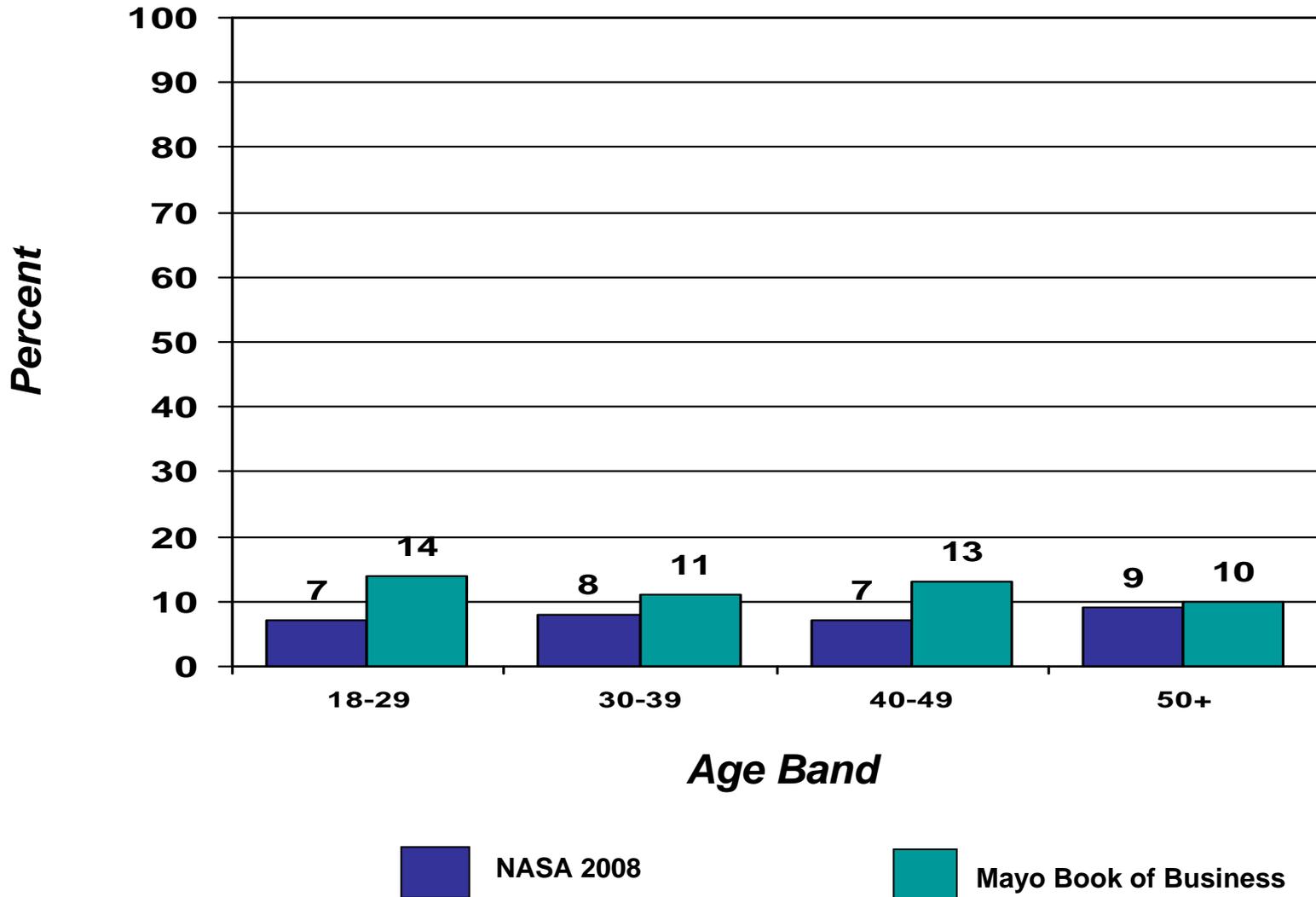
Benchmarking Safety

By Age Band 2008



Benchmarking Tobacco

By Age Band 2008



NASA 2007 Presenteeism Data

2007 Project Goals

Link aggregate health risk assessment data with aggregate presenteeism data* in order to:

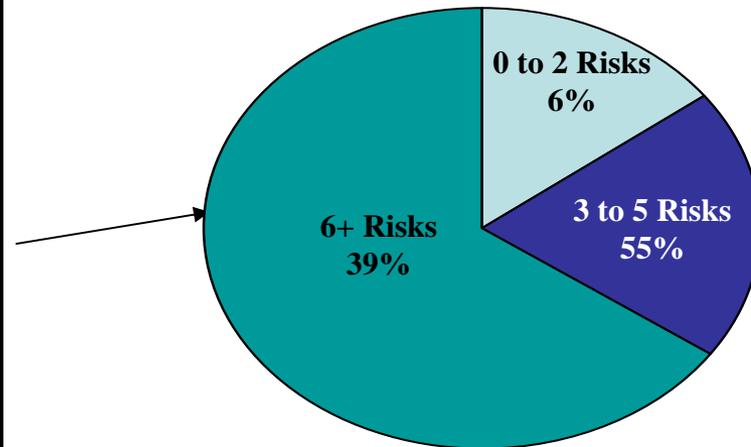
- Support the business case for health promotion; and
- Identify risk factors showing the most association with productivity.

**Measured through the Work Limitations Questionnaire (WLQ).*

Productivity Loss and Cost Impact for NASA 2007 HRA Participants

Total Employee Population	1,653
% Productivity Loss	1.8%
Average Productivity \$/EE	\$1,793
Total Productivity Costs	\$3.0M

Approximate %s of Total Productivity Costs Based on Risk Groupings

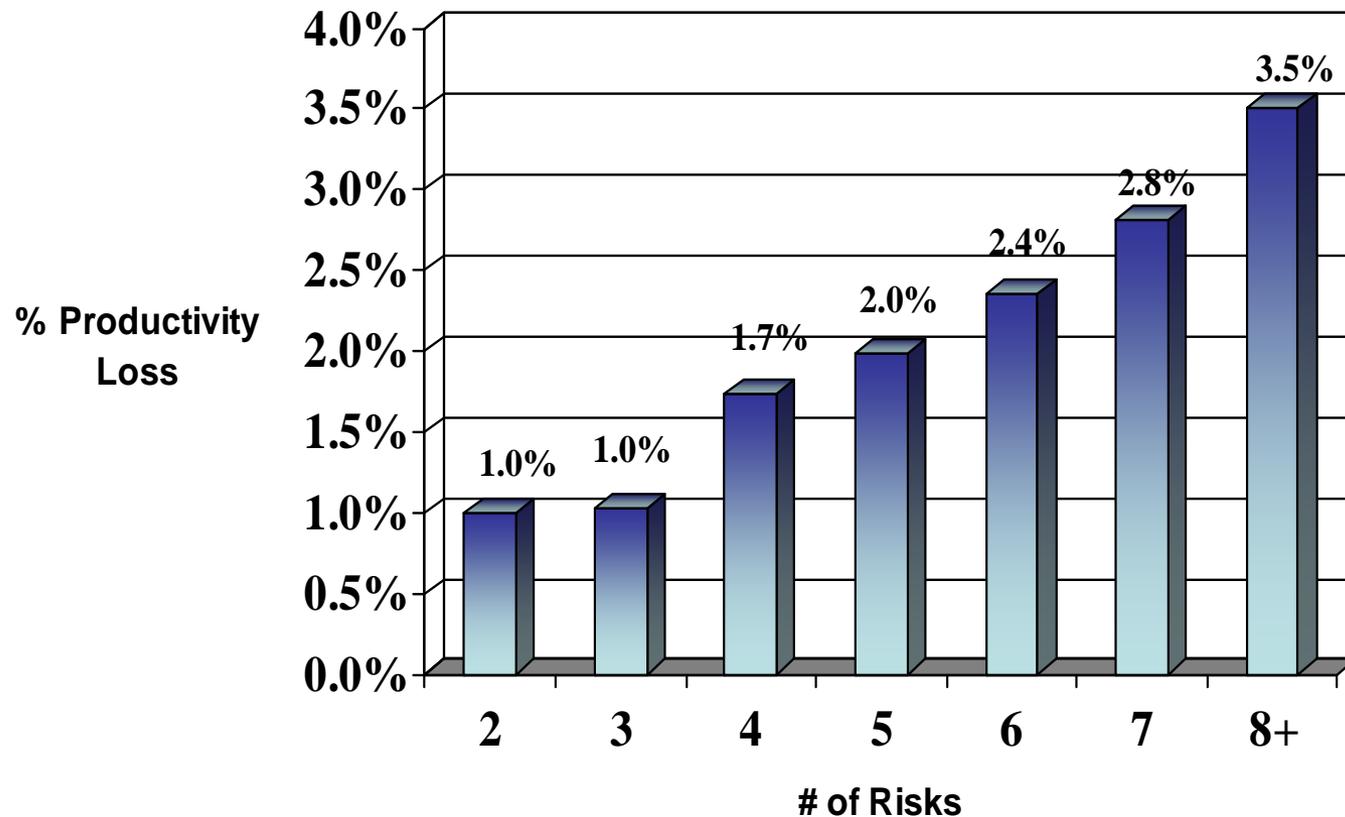


The total costs associated with productivity loss for employees who took the HRA, was approximately \$3 million. Ninety-four percent of these costs were associated with individuals who had three or more risks.

Multiple Risk Factors – 2007

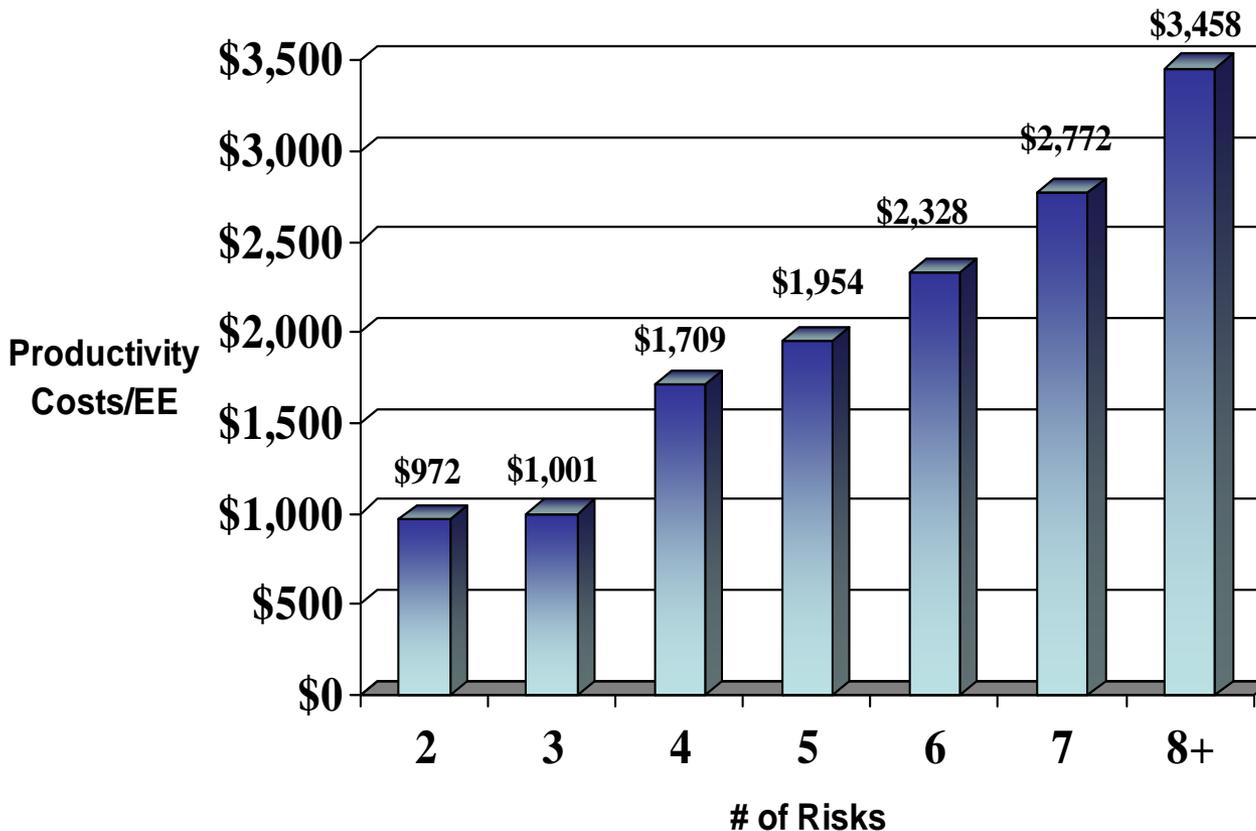
Productivity Loss

The higher the number of risk factors, the greater the health burden and loss of productivity associated with your population.



Multiple Risk Factors – 2007 Cost Association

The higher the number of risk factors, the greater the health burden and health impairment costs associated with your population.



Analyzing 2007 Medical Risks

The productivity costs associated with medical risks range from \$474K to \$2.0M across the NASA's population.

Medical Risks	Prevalence (%)	Average Productivity Loss (%)	Aggregate Annual Loss (\$)
Blood Pressure	52%	1.9%	\$1.6 M
Blood Sugar	14%	2.3%	\$474 K
Cholesterol	23%	1.8%	\$564 K
Triglycerides	17%	2.4%	\$541 K
Weight	64%	2.0%	\$2.0 M

Analyzing 2007 Lifestyle Risks

The productivity costs associated with lifestyle risks range from \$322K to \$2.6M across NASA's population.

Lifestyle Risks	Prevalence (%)	Average Productivity Loss (%)	Aggregate Annual Loss (\$)
Emotional Health	62%	2.4%	\$2.4 M
Exercise	48%	2.2%	\$1.7 M
Nutrition	83%	1.9%	\$2.6 M
Safety	75%	1.9%	\$2.3 M
Tobacco	8%	2.5%	\$322 K

HRA Strategies for Success



Strategies for Successful HRA Implementation

- Support from senior and middle management
- Offer incentives that fit with your culture & health strategy
- Use multi-modal approach for communication
- Promote, promote, promote
- Keep it simple for individuals to participate
- Integrate and leverage existing resources
- Measure and analyze outcomes to guide intervention decisions
- Give interventions adequate breadth, depth, and reach

Stennis Space Center – Keys to Success in 2007

Stennis Space Center – *Initial HRA Recruitment*

- E-mails sent to employees from the Wellness Center promoting the HRA
- Safety Committee meetings
- Site-wide e-mail sent with HRA video promotion

Stennis Space Center – *Moved to a Team Approach*

- Medical Director, Nurses and Wellness Personnel united efforts to develop creative promotions and incentives to entice employee participation



Stennis Space Center – *Successful Incentives & Integration*

- Two \$100 gift certificates were offered.
- Slide shows on obesity and sedentary lifestyles were presented by the Medical Director.
- Wellness Center instituted the HRA as part of the membership process.
- Wellness Center offered a drawing for a free year membership, a \$150 value!
- NASA 2008 “HealthierYou” calendar to HRA participants.
- Clinic encouraged those scheduled for annual physicals to complete the HRA prior to their physical.

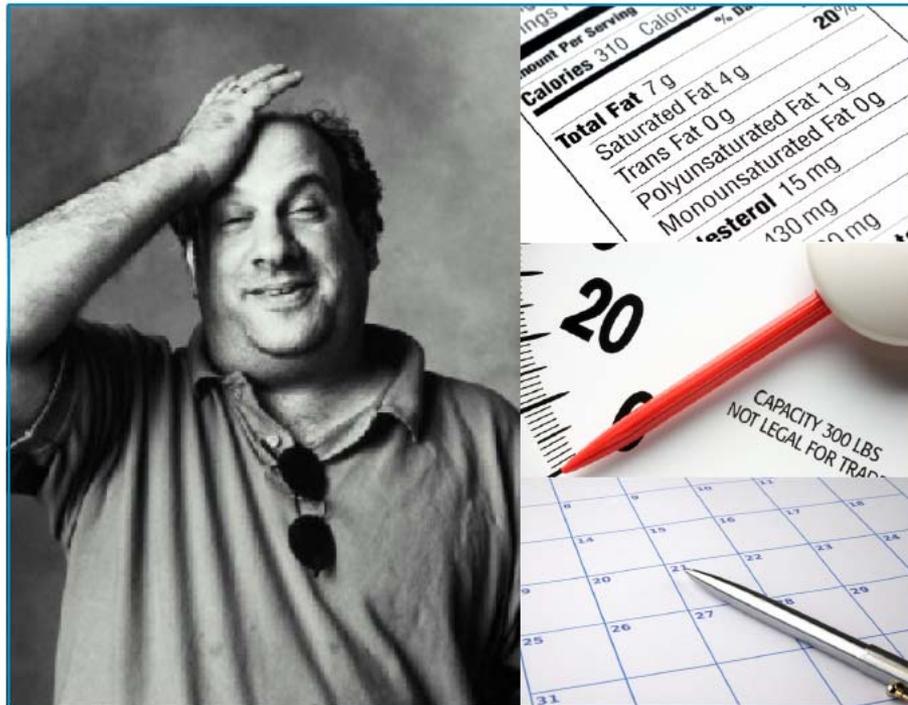
Success  **87% HRA participation**

Keys to Stennis Success:

- The Medical Director assumed a leadership role in meeting with employees.
- OHS team approach during presentations
- Contractor/agency manager's involved in promoting HRA
- Incentives
- Contractor manager/OHS team recognized the group for their success

Closing Perspective

Healthy Choices Are Hard



To Understand
To Choose
To Practice
To Monitor
To Maintain

Our Goal

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

Questions?

NASAHealthierYou.com

