

For A HealthierYou

Employee Health e-Newsletter



NASA Office of the Chief Health and Medical Officer
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2010 HEALTHIERYOU CAMPAIGN

Since 2005, NASA Office of the Chief Health and Medical Officer (OCHMO) has established [HealthierYou](#) as the agency wide health promotion and wellness Campaign. The [agency directed elements of this Campaign are listed online](#) and briefly explained here:

- [2010 HealthierYou Calendar](#) addresses successful management of chronic illness.
- **Mayo Clinic EmbodyHealth Newsletters** is a monthly hard copy newsletter that can be obtained through the [Center Clinic](#).
- [Mayo Clinic EmbodyHealth](#) is an e-health package for the purpose of health assessment and promotion. Use the Newsletter and the EmbodyHealth web portal as companion tools to launch a *HealthierYou* in 2010. Please contact these individuals to obtain the unique identifier:

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- **Influenza Vaccination Drive** is offered annually; contact your [Center Clinic](#) for more information.
- [For a HealthierYou Quarterly E-newsletter](#) is developed for the purpose of employee health education. In 2010 we plan to better familiarize you with the [Mayo clinic EmbodyHealth](#) web portal. Each quarter we will introduce one *EmbodyHealth* feature and one health challenge per each of the four quarters

[MAYO CLINIC EMBODYHEALTH](#)

What is under the tab: Monitor My Health

Track important information related to asthma, blood pressure, blood sugar, headaches and weight. Or access many Health Calculators and Self-assessment tools such as the Calorie Calculator or the Diabetes risk self-assessment.

THE 2010 QUARTERLY CHALLENGE: CHALLENGE ONE – [COMPLETE THE MAYO CLINIC HEALTH ASSESSMENT](#)

Health is determined by several factors such as genetics, the environment, and lifestyle habits. Intuitively, we understand the need to make small but consistent changes towards a healthier future. Most of us however, have a difficult time accomplishing this.

The Mayo Clinic Health Assessment can help you get started on the path to better health. The Health Assessment is a series of questions to determine your medical and lifestyle risks also known as your health risk profile. Some questions focus on medical conditions such as heart disease, diabetes, allergies, cancer, or depression. While others focus on lifestyle factors such as fitness, nutrition, tobacco use, stress management, sun exposure, or seat belt use. After completing the Health Assessment the system provides you with a Plan of Action and customizes the web portal to your needs.

If you take the Health Assessment each year of the Campaign, dating back to 2007, you can measure your progress and celebrate your successes. It is good to know your blood pressure, blood sugar, height and weight, and blood cholesterol numbers before you get started on the Health Assessment!

Source www.nasahealthieryou.com