



Mayo Clinic EmbodyHealth Overview

EmbodyHealth

- Highly personalized portal for “self-health” management
- Customized specifically for NASA
- Unique focus on:
 - Improving lifestyle habits
 - Managing chronic conditions
 - Empowering health care consumers
- Continuous improvement based on client input, user input, technology improvements, and Mayo Clinic expertise

The screenshot displays the EmbodyHealth portal interface. At the top, the Mayo Clinic logo and 'EmbodyHealth ENHANCE YOUR LIFE' are visible. A NASA logo is in the top right corner, with the text 'Brought to you by NASA'. Below the header, there is a navigation menu with options: Home, My Health, Community, Health Information, My Rewards, and NASA HealthierYou. The main content area features a large image of a person in a red canoe on a lake. Below the image is a section titled 'Track your progress in My Weight Solution' with a progress bar and a goal of 5. To the right, there is a 'My Rewards' section showing '2010 Reward Points Program' with a progress bar and a goal of 5. Below that is a 'My Health' section with a progress bar and a goal of 1. The bottom section contains a 'My To-Do List' with items like 'Track your progress in My Weight Solution' and 'Enroll in My Fitness Solution'. The footer includes the Mayo Clinic logo and contact information.

Home Page

- My Health
 - Health Assessment results
 - Displays user's current overall health status
 - Access to the user's health profile
- To-do list
 - Personalized
 - Upcoming calls and events
 - Highlight rewards

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Brought to you by:

testnasa testnasa | Log out | Preferences | Messages | Search

Home My Health Community Health Information My Rewards NASA HealthierYou

Track your progress in My Weight Solution
Keep your promise to yourself and continue toward your healthy weight goal. Return to My Weight Solution today!

My To-Do List

- Track your progress in My Weight Solution
- Enroll in My Fitness Solution

My Rewards
2010 Reward Points Program
Jan 1, 2010 - Dec 31, 2010
5 / 1
See All My Rewards information

My Health
How am I doing overall?
As of Nov 23, 2010 | What is this?
Room to improve | Optimal health
See recommendations and information about your health indicators.

My Health Interests Edit

- Healthy recipes: A guide to ingredient substitutions
- Cuts of beef: A guide to the leanest selections
- Video: Apple berry cobbler
- Video: Hearty turkey chilli
- Recipe makeovers: 5 ways to create healthy recipes

See All My Health Interests

Health expertise provided by: **MAYO CLINIC**

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Home Page

- Program Links
 - My Health Interests with personalized selections Health Assessment
 - Client content categories
 - To all online programs
 - My Fitness Solution
 - My Weight Solution
 - My Smoke-Free Future
 - My Stress Solution
 - My Healthy Pregnancy
 - Mayo Clinic Health Monitor

The screenshot displays the EmbodyHealth website interface. At the top, the Mayo Clinic logo and 'EmbodHealth ENHANCE YOUR LIFE' are visible. A NASA logo is in the top right corner. The navigation menu includes 'Home', 'My Health', 'Community', 'Health Information', 'My Rewards', and 'NASA HealthierYou'. The main content area features a large image of a person in a red canoe. Below this is a 'Track your progress in My Weight Solution' section with a progress bar and a 'My To-Do List' containing tasks like 'Track your progress in My Weight Solution' and 'Enroll in My Fitness Solution'. On the right side, there are sections for 'My Rewards' (2010 Reward Points Program) and 'My Health Interests' (Healthy recipes, Cuts of beef, Video: Apple berry cobbler, Video: Hearty turkey chili, Recipe makeovers). The footer includes 'Health expertise provided by: MAYO CLINIC' and copyright information.

Health Management Programs and Tools

Online Programs

- My Weight Solution
- My Fitness Solution
- My Stress Solution
- My Smoke-Free Future
- My Healthy Pregnancy
- Walk to Wellness campaign

Interactive Tools

- Health Monitor

Shortness of breath

Find possible causes of shortness of breath based on factors. Check **one or more** factors that apply.

Started:

Gradually or is worsening Suddenly and

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
 Blue-colored skin or lips Lack of app
nausea
 Bruising Numbness
fingers
 Chest tightness or discomfort Prominent
 Cough with green or yellow sputum Rapid weig
 Cough with white or pink sputum Sudden, st
 Coughing spasms Sweating d

My Weight Solution

Home | Record weight & activity | Success strategies | Healthy recipes

This week's topic
Top ten things to effective weight loss
Motivation is at the heart of your weightloss plan — it's what gets you going and keeps you at it. Motivation connects thoughts and feelings to action and provides a sense of purpose. [continue reading](#)

Latest weight & activity
Entered on Sept. 9, 2008
Weight: 125 lbs.
Activity: 3 hrs 24 minutes
[view my progress](#)

To do this week
Use these tools to help keep you on the right track to weight maintenance

- [Record my weight & activity](#)
- [Download daily food and activity record](#)

Get Rewarded! [How this works](#)



My Health Monitor

Asthma | Blood Pressure | Diabetes | Headache | Weight | My Graphs | Update My Profile

[Add an entry](#)

Date: 3/10/2005
Time: 12:10 am
Peak flow:

Quick-relief inhaler (bronchodilator) puffs

Rate today's symptoms

0 (none)
 1 (barely noticeable)
 2 (present and bothersome)
 3 (interfered with daily activities)

Other medications that I used today

| | | | |
|--------------------------|---------------------------|---------------------------|--------------------------------|
| <input type="checkbox"/> | Name <input type="text"/> | Dose <input type="text"/> | Frequency <input type="text"/> |
| <input type="checkbox"/> | Name <input type="text"/> | Dose <input type="text"/> | Frequency <input type="text"/> |
| <input type="checkbox"/> | Name <input type="text"/> | Dose <input type="text"/> | Frequency <input type="text"/> |
| <input type="checkbox"/> | Name <input type="text"/> | Dose <input type="text"/> | Frequency <input type="text"/> |

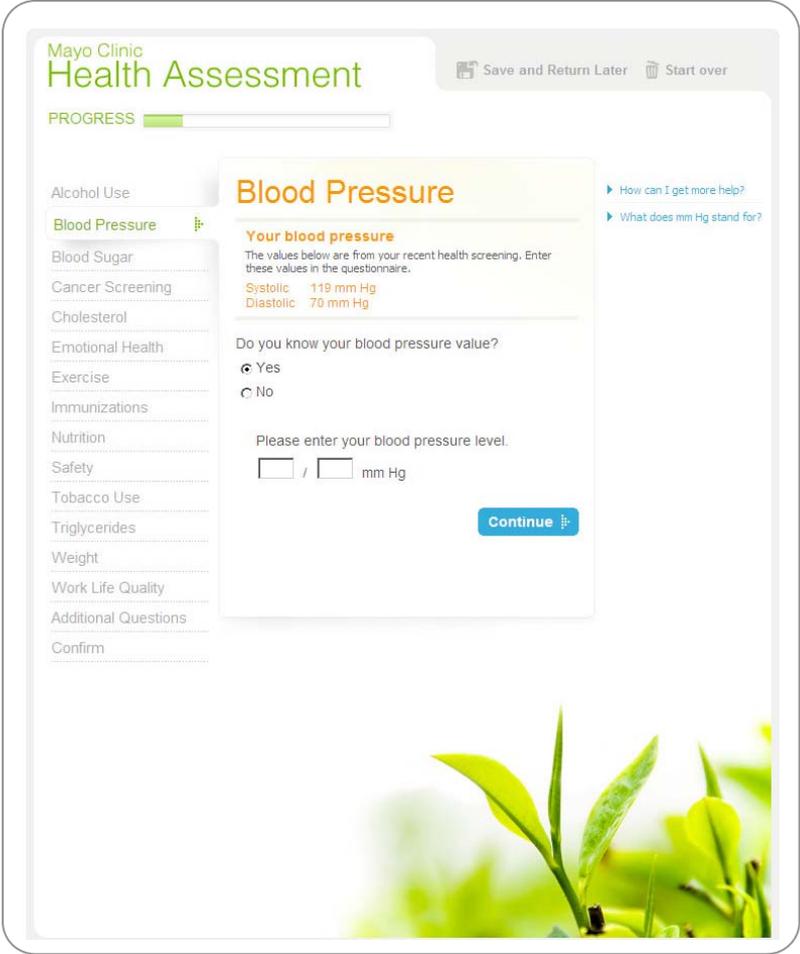
[Add more medications](#)

Journal
Enter your coping actions, symptoms and their severity, activities, etc.

Mayo Clinic Health Assessment Questionnaire Features

Less than 12 minutes:

- 11 risk factors
- Readiness-to-change
- Sophisticated branching logic (by gender, age, risks) throughout the questionnaire
- And more ...
 - Cancer screening
 - Immunizations



The screenshot displays the 'Mayo Clinic Health Assessment' interface. At the top, there is a progress bar and options to 'Save and Return Later' or 'Start over'. The main content area is titled 'Blood Pressure' and includes a section for 'Your blood pressure' with fields for 'Systolic' (119 mm Hg) and 'Diastolic' (70 mm Hg). Below this, there is a question: 'Do you know your blood pressure value?' with radio button options for 'Yes' and 'No'. A text input field is provided for 'Please enter your blood pressure level.' with a placeholder for 'mm Hg'. A 'Continue' button is visible at the bottom right of the form. On the left side, a vertical list of assessment categories is shown, with 'Blood Pressure' currently selected. The bottom right corner of the interface features a decorative image of green leaves.

My Health: Upon Health Assessment Completion

- Health Assessment Results
- Strengths and risks
- Recommendations
- Program access
 - Fitness
 - Stress
 - Tobacco
 - Pregnancy
 - Weight

The screenshot displays the 'My Health' dashboard with a navigation bar at the top containing 'Home', 'My Health', 'Community', 'Health Information', 'Health Coaching', 'My Rewards', and 'ACH Health Information'. The main content area is titled 'My Health' and includes sub-sections for 'Health Status', 'Recommendations', and 'Programs'. A sidebar on the left lists 'Overview', 'Strengths' (Alcohol Use, Blood Sugar, Cholesterol, Emotional Health, Exercise, Triglycerides), 'Risks' (Blood Pressure, Nutrition, Tobacco Use, Weight), 'Conditions', and 'Pregnancy'. The main content area features a 'How am I doing overall?' section with a progress bar from 'Room to improve' to 'Optimal health' and a 'Recommendations' section with five numbered items: 1. End your tobacco use, 2. Eat more fruits and vegetables, 3. Reach your healthy weight, 4. Stay in motion, 5. Keep stress in check. Below this is a 'See detailed recommendations' button. At the bottom, there are sections for 'Reports, connections & more' (Reports, Bibliography) and 'Prevention' (Cancer screening, Immunizations, Safety). The footer includes the Mayo Clinic logo and copyright information: '©2010 Mayo Foundation for Medical Education and Research. All rights reserved.'

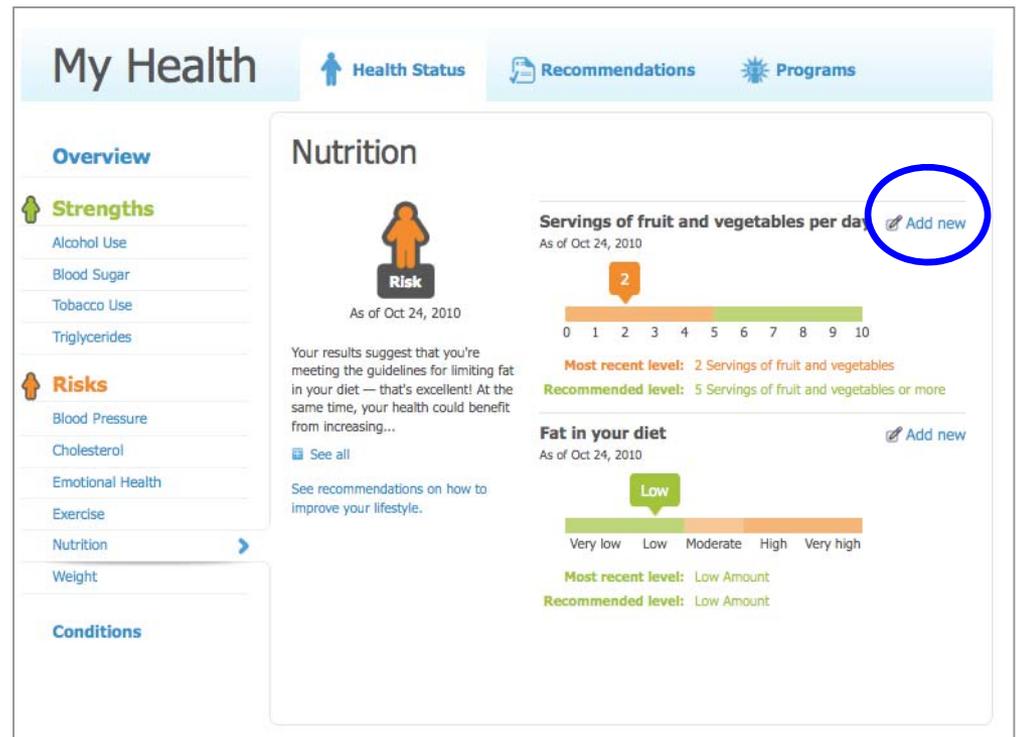
My Health print option

- *View, print or save* option has been added to the My Health section
- Users may print a full summary report including information from My Health and the 11 risk areas
- Users may choose to share this report with their physician

The screenshot displays the 'My Health' dashboard interface. At the top, there are navigation tabs for 'My Health', 'Health Status', 'Recommendations', and 'Programs'. The main content area is divided into sections: 'Overview' (with a sub-section for 'Strengths' listing Alcohol Use, Blood Sugar, Nutrition, Tobacco Use, Triglycerides, and Weight; and a 'Risks' section listing Blood Pressure, Emotional Health, and Exercise), and 'Recommendations'. A central graphic titled 'How am I doing overall?' shows a progress bar from 'Room to improve' to 'Optimal health' with a person icon. A callout box on the right, circled in blue, contains the text: 'View, print or save report' and 'Download full "My Health" summary in PDF format.' Below the recommendations, there is a list of four items: 1. Get in motion, 2. Address your stress, 3. Keep eating plenty of fruits and vegetables, and 4. Maintain your healthy weight. A button at the bottom says 'See detailed recommendations'.

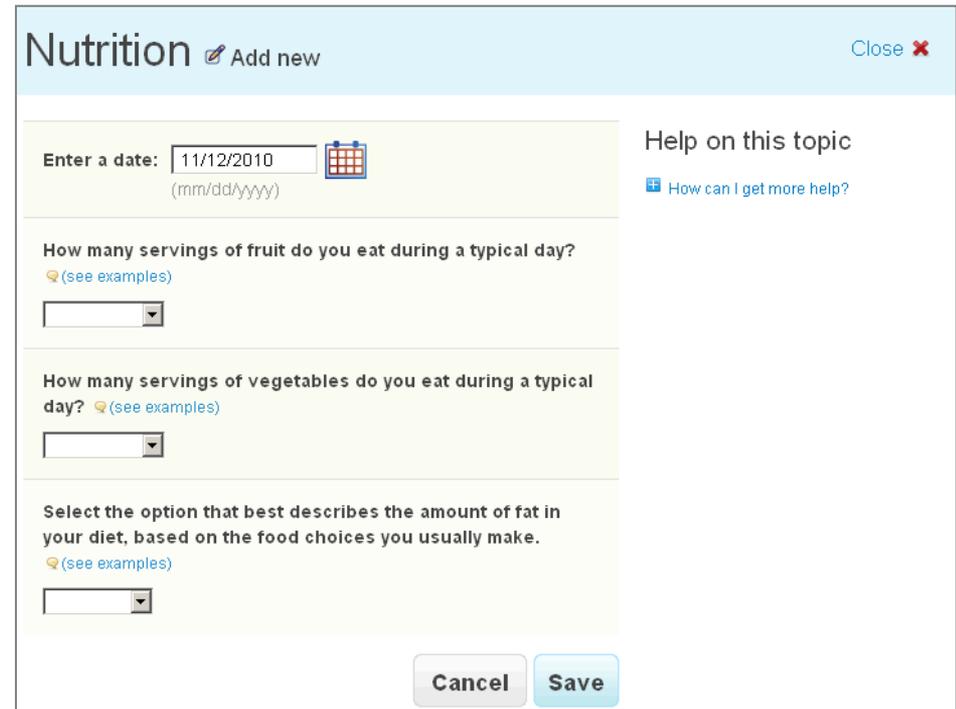
“Add new” feature

- Users may update health indicators in the Health Status section
- “Add new” feature available for behavioral risk areas:
 - Nutrition
 - Exercise
 - Weight
 - Emotional health
- The Health Assessment is taken once per year but the individual can update their Profile



“Add new” feature

- Users enter updated information and click save
- Risks and strengths will be recalculated

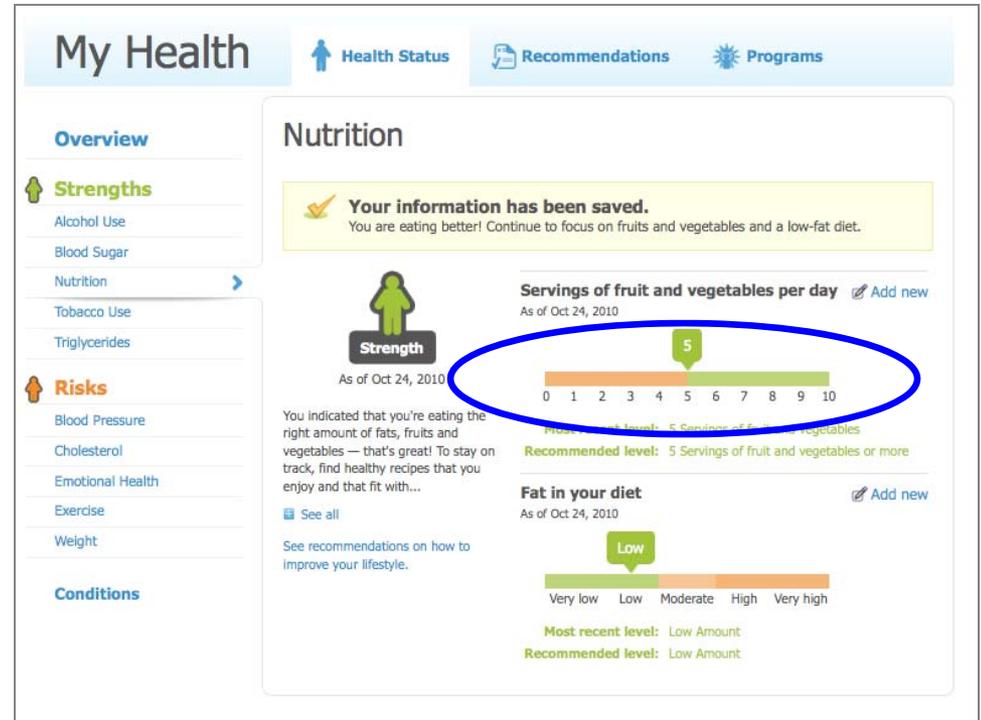


The screenshot shows a web form titled "Nutrition Add new" with a "Close" button in the top right corner. The form contains the following fields and sections:

- Date field:** "Enter a date:" with a text input containing "11/12/2010" and a calendar icon. Below the input is the format "(mm/dd/yyyy)".
- Fruit servings:** "How many servings of fruit do you eat during a typical day?" with a "(see examples)" link and a dropdown menu.
- Vegetable servings:** "How many servings of vegetables do you eat during a typical day?" with a "(see examples)" link and a dropdown menu.
- Fat amount:** "Select the option that best describes the amount of fat in your diet, based on the food choices you usually make." with a "(see examples)" link and a dropdown menu.
- Buttons:** "Cancel" and "Save" buttons at the bottom right.
- Help:** "Help on this topic" section with a link "How can I get more help?".

Add new" feature

- Movement will be shown on health status bar
- Messages are updated accordingly for each health status bar



Community

- Share your story
- Expert Answers from Mayo Clinic Specialists
- Personal stories
 - Jan Phillis – weight loss journey
 - Lessons in stress
- Podcasts

The screenshot shows the Mayo Clinic EmbodyHealth website's Community section. At the top, there's a navigation bar with links for Home, My Health, Community (selected), Health Information, My Rewards, and NASA HealthierYou. A search bar is also present. The main content area is titled 'Community' and features three primary sections: 'Share your story', 'Expert Answers from Mayo Clinic Specialists', and a 'Browse by category' list. The 'Share your story' section includes a 'Tell us your story' button and three featured stories: 'Simple steps to weight loss' by Phillip, 'IBS took over my life' by Inez, and 'My doctor really scared me' by Mohammed. The 'Expert Answers' section displays a question about petroleum jelly on the nose. The 'Browse by category' section lists 30 health topics. On the right sidebar, there are three additional sections: 'Jan Phillis is on a journey..', 'Lessons in Stress', and 'Podcasts'. The footer contains contact information and copyright details for the Mayo Foundation.

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Health Information

- Content hub: Women's, men's, childhood, healthy aging, etc.
- Diseases & conditions
- Drugs & supplements
- Tests & procedures
- Self-assessments & calculators
- Symptom Checker
- Healthy recipes

The screenshot displays the Mayo Clinic Embodiment Health website interface. At the top, it features the Mayo Clinic logo and the tagline "Embodiment Health ENHANCE YOUR LIFE". A search bar is located in the top right corner. Below the navigation bar, the "Health Information" section is highlighted. The main content area is divided into several sections:

- Browse information by: Life Stage**: This section includes a list of categories on the left: Women's Health, Men's Health, Infants & Toddlers, Children's Health, Tweens & Teens, Pregnancy, Healthy Aging, and End of Life. A featured article for Women's Health is shown with a photo of a woman and a list of topics: Acrylic nails, Asthma and menstruation, Belly fat in women, Benefits of physical activity, Birth control pills, Breast augmentation, and Breast cancer prevention.
- Symptom Checker**: A tool to report possible causes of symptoms, with instructions on how to use it.
- Healthy Recipe Collection**: A section to find hundreds of healthy recipes, including low-fat, low-sodium, and heart-healthy options.
- Browse information by: Subject**: A section with a grid of letters (A-Z) to find diseases by their first letter.
- Self-assessments**: A list of tools for checking health status, such as the Mayo Clinic Health Monitor, Alcohol use, Asthma control test, Depression self-assessment, and Flu symptoms self-assessment.
- Calculators**: A list of calculators including BMI, Calorie, Heart disease risk, LDL cholesterol, Pregnancy due date, and Target heart rate.

At the bottom of the page, there is a footer with contact information and a copyright notice for the Mayo Foundation for Medical Education and Research.

NASA HealthierYou Information Page

- NASA content
- NASA resources

The screenshot shows the NASA HealthierYou page on the EmbodyHealth website. The page features a navigation bar with links for Home, My Health, Community, Health Information, My Rewards, and NASA HealthierYou. The main content area is titled "NASA HealthierYou" and includes a "NASA Resources" section with a "Quick Links" list: NASA Occupational Health, NASA's Occupational Health Clinics, NASA's Wellness Programs, and Employee Assistance Program. A large image shows a couple in a forest with bicycles, with the text "Simple Steps to Good Health" and "End of the Year Advice to Protect and Enhance Your Health". Below this is a carousel of four articles: "Reward Points Program", "Influenza Vaccine 2010-2011 Season", "Simple Steps to Good Health", and "Relieve Your Stress". The "NASA Resources" section lists several articles: "Relieve Your Stress: 'Tis The Season To Be Rushing.", "Influenza Season 2010-2011: Why Vaccination Is Important?", "2010 HealthierYou Campaign: Influenza Vaccination Drive", "Vaccinations: Are you and your family up-to-date?", and "Emotional Tips During Hard Economic Times". The footer includes the Mayo Clinic logo and contact information.

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Home My Health Community Health Information My Rewards NASA HealthierYou

NASA HealthierYou

NASA Resources

NASA HealthierYou Campaign

Announcements

Quick Links

- NASA Occupational Health
- NASA's Occupational Health Clinics
- NASA's Wellness Programs
- Employee Assistance Program

Simple Steps to Good Health

End of the Year Advice to Protect and Enhance Your Health

Reward Points Program | Influenza Vaccine 2010-2011 Season | Simple Steps to Good Health | Relieve Your Stress

1-4 of 4

NASA Resources

1-5 of 6

Relieve Your Stress: 'Tis The Season To Be Rushing.
You will feel much better throughout the holidays if you make time for yourself.

Influenza Season 2010-2011: Why Vaccination Is Important?
Vaccinating against the Influenza virus is important for your health.

2010 HealthierYou Campaign: Influenza Vaccination Drive
2010 HealthierYou Campaign: Influenza vaccination

Vaccinations: Are you and your family up-to-date?
Vaccinations

Emotional Tips During Hard Economic Times
Emotional Tips During Economic Hard Times: The Road to Resilience

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NASA EmbodyHealth Portal

www.nasahealthieryou.com

- Secure socket layer (SSL)
 - valid email & password required
 - confirmation email
- VeriSign Class 3 certification
- Encrypted Connection
- Registration takes < five minutes
- Security Questions at

<http://ohp.nasa.gov/embodyhealth/mayofaq.html>

