

# [myhealthcenter.ndwellnesscenter.com](http://myhealthcenter.ndwellnesscenter.com)

## Login to Your Account



Username

Password

Forgot your [username](#) or [password](#) ?

Remember me on this computer?

Login »

Not Registered? Sign up Now!

### Welcome to MyHealthCenter brought to you by Blue Cross Blue Shield of North Dakota

We are all unique. We live different lifestyles and have different levels of health. Some of us may be more ready than others to make a change to better our health. This unique and engaging web experience was designed with you, the individual, in mind, because one size does not fit all.

We're here to help you:

- Assess Your Health** - Tell us a little about you and your current state of health.
- Create a Plan** - Create a personalized well-being plan specifically tailored to you and the areas that need improvement, such as eating better, losing weight, exercising or managing your stress.
- Take Action** - Complete specific steps at your own pace to improve your health and well-being.

Not only are the action plans tailored to you and your lifestyle, but they are also based on scientifically proven principles of behavior.

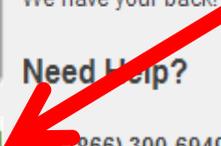
We have your back!

Need Help?

Call (866) 300-6949 to speak with a customer support representative if you are having problems with accessing your account.

[Privacy and Security](#)

**First Time Users  
Click Here!**



# Register



To check eligibility, please fill out this basic information.



Name

First

Last

Date of Birth

 /  / 

MM DD YYYY

Gender

 Male  Female

Postal / Zip Code

[«Go Back](#)

[Next »](#)

## Welcome to MyHealthCenter brought to you by Blue Cross Blue Shield of North Dakota

We are all unique. We live different lifestyles and have different levels of health. Some of us may be more ready than others to make a change to better our health. This unique and engaging web experience was designed with you, the individual, in mind, because one size does not fit all.

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- Take Action** - Complete specific steps at your own pace to improve your health and well-being.

Not only are the action plans tailored to you and your lifestyle, but they are also based on scientifically proven principles of behavior change, so we give you the right action steps that you are ready for.

We have your back! We're in this together. We give you tools and resources to help you through your plan.

### Need Help?

Call (866) 300-6949 to speak with a customer support representative if you are having problems with accessing your account.

### Privacy and Security

Confidential Secure For Your Benefit



[Learn More](#)

## Welcome to MyHealthCenter.

There are 3 parts to this program. You'll be guided through each one step by step.



### Well-Being Assessment

Answer questions that will give us insight into your current well-being.



### Create Well-Being Plan

It's your plan! Based on the results of your Well-Being Assessment, choose the areas of your health where you'd like to focus.



### Take Action

Get personalized support and motivation to help achieve your health goals.

[Get Started »](#)

HDL Cholesterol

LDL Cholesterol

mg/dL

mg/dL

Biometric and Lab Values

## Well-Being Assessment

### Self-Awareness

Knowing your numbers is a key part of your health. If you know your current values, enter them here. You only need to know some values for you, then we'll calculate the rest.

Once you have completed the assessment, we'll generate a report to tailor a Well-Being Plan for you. You'll receive a well-being report in your Member Portal.

If you don't know your values, you can do that in your profile anytime.

\* Mandatory fields, need to be filled.

# Well-Being Assessment

## Biometric and Lab Values

### Self-Awareness

Knowing your numbers is a great start to understanding your physical health. If you know your current biometric and lab values, you can report them here. You only need to report the values you know. (If we already know some values for you, they are reflected here.)

Once you have completed the assessment, we will use the values you report to tailor a Well-Being Plan to your specific needs. You will also receive a well-being report indicating your key areas of risk.

If you don't know your values now or need to enter or update them later, you can do that in your profile anytime.

\* Mandatory fields, need to be filled.

Height\*

Feet  Inches

Weight\*

Pounds

Waist Circumference

Inches

Total Cholesterol

mg/dL

HDL Cholesterol

mg/dL

LDL Cholesterol

mg/dL

Browser address bar: <https://bcbsnd-qa.embrace.healthways.com/wps/myportal/MemberPortal/assessment/scoredsurvey>

Browser tabs: Healthways Member Portal, My Health Center

# Well-Being Assessment

## Welcome!

Thanks for participating in the Healthways Well-Being Assessment™

---

### 6 Domains Overview — The Well-Being Story

This assessment was designed to take a well-rounded look at your overall well-being. It incorporates aspects of your physical, emotional, and social life to create a complete picture of your health.

					
<b>Life Evaluation</b>	<b>Emotional Health</b>	<b>Physical Health</b>	<b>Work Environment</b>	<b>Healthy Behavior</b>	<b>Basic Access</b>

---

**Let's get started!**

[Next »](#)

Done | Internet | 11

-  Life Evaluation
-  Emotional Health
-  Physical Health
-  Work Environment
-  Healthy Behavior
-  Basic Access

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?

- 10 - Best
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0 - Worst
- Don't know

« Prev 1 of 3 Next »

Save Your Progress and Continue

Save Your Progress and Exit

### Why Well-Being?

The Well-Being Assessment provides a comprehensive view of your well-being, and will guide you in building a system to improve your health.

**Icon Legend**

-  Complete
-  Incomplete / Error



Logout  
Welcome Avery

1 WELL-BEING ASSESSMENT    2 CREATE WELL-BEING PLAN    3 TAKE ACTION

# Well-Being Assessment

- Life Evaluation
- Emotional Health
- Physical Health
- Work Environment
- Healthy Behavior
- Basic Access**

66. Have you...

Yes  
 No  
 Don't know

67. Do you have a personal doctor?

Yes  
 No  
 Don't know

68. Do you have health insurance coverage?

**Processing**

## Why Well-Being?

The Well-Being Assessment provides a comprehensive view of your well-being, and will guide you in building a system to improve your health.

**Icon Legend**

- Complete
- Incomplete / Error

# Well-Being Assessment

## Your results so far

Thanks so much for taking the time to complete this assessment. Your health and well-being are an important part of your life. This assessment is designed to help you pinpoint areas that are helping and hurting your overall well-being — and give you insight and practical action steps you can take to make improvements.

So far, here's how your environment is affecting your well-being:

					
<b>Life Evaluation</b>	<b>Emotional Health</b>	<b>Physical Health</b>	<b>Work Environment</b>	<b>Healthy Behavior</b>	<b>Basic Access</b>
					

 Helping  Hurting  Not affecting your overall well-being

*Keep going — when you finish, you will get a tailored plan just for you!*

[Continue Well Being Assessment](#)

1 WELL-BEING ASSESSMENT

2 CREATE WELL-BEING PLAN

3 TAKE ACTION

# Well-Being Assessment



## Congratulations!

You've successfully completed the Well-Being Assessment!

Finding your way to better health and well-being is a journey.

Now that you've completed the assessment, you can review your Personalized Well-Being Report.

**This report can help you:**

-  See where you stand with your health and well-being
-  Understand the areas where you may benefit from a little guidance
-  Access resources to learn more about your areas of concern
-  Think about your options for improving your well-being
-  Take action and work toward a more balanced life

Create Well Being Plan

# Create My Well-Being Plan

## Focus on Well-Being

Based on your responses in the previous step, you have been identified for the following Focus Areas. On the next step, we'll help you determine which of these Focus Areas will be included in your Well-Being Plan. Your personalized Well-Being Plan will have up to 3 Focus Areas.



### Self Care

[Hide Description](#)

The information you've shared with us suggests that you may benefit from help in managing your health.

Self-Management means:

- Paying close attention to any diseases or conditions you may have or develop
- Effectively managing your overall health, i.e. the big picture things like medical health, dental health, planning, prevention, etc.

## Why 3 Focus Areas?

According to health psychology experts, you should limit your focus to 3 areas. Research suggests that working on behaviors together can be most beneficial when you have 1 primary focus area and 2 secondary focus areas.



### Stress Management

[Hide Description](#)

The information you've shared with us suggests you may benefit from help with managing your stress level.

## Focus on Well-Being

Based on your responses in the previous step, you have been identified for the following Focus Areas. On the next step, we'll help you determine which of these Focus Areas will be included in your Well-Being Plan. Your personalized Well-Being Plan will have up to 3 Focus Areas.



### Self Care

Show Description



### Stress Management

Show Description



### Exercise and Fitness

Show Description



### Depression Prevention

Show Description

## Why 3 Focus Areas?

According to health psychology experts, you should limit your focus to 3 areas. Research suggests that working on behaviors together can be most beneficial when you have 1 primary focus area and 2 secondary focus areas.

Help Me Create My Plan »

[No thanks, I will create my plan on my own](#)

Home



# Congratulations!

Your personal Well-Being Plan has been created. Go to your Well-Being Plan to see the details or get started by going to your Home page - your main page for working on all your behaviors.

Before getting started,  
**VIEW THE TUTORIAL**



Get started working on  
**IMPROVING YOUR HEALTH**



[View Your Report](#)

Welcome to the  
Different look. Same  
points rolling in.

My Action List

Complete

- Learn more about... can help me...  
Listed under SELF CARE
- Instead of using an old way of thinking, I will find a positive alternative when I am tempted not to follow my action plan.  
Listed under SELF CARE
- Write in my journal the situations that make it difficult for me to follow my self-management action plan, and what I can do to...

NOTIFICATIONS

ANNOUNCEMENTS

View My

File Edit View Favorites Tools Help

Healthways Member Portal Corporate Directory Search ...

Home My Well-Being Plan Resource Center

Profile Preferences Logout

Welcome Doreen

# Home

**Remember to come back often**  
Regular visits keep you on track and motivated!

## My Action List

Complete Delete Filter: ALL

- Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.  
Listed under MEDICATION ADHERENCE
- Ask my health care provider any questions I have about my medication.  
Listed under MEDICATION ADHERENCE
- Make a list of positive things I can tell myself if taking my medication every day.

## Message Center

One or more Focus Areas have...	04/07
A change has been made to...	04/07
A change was made to your...	04/06

NOTIFICATIONS <sup>3</sup> ANNOUNCEMENTS

View My **MEDICATION ADHERENCE**



Browser address bar: <https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard>

Browser menu: File Edit View Favorites Tools Help

Browser toolbar: Healthways Member Portal Home RSS Print Page Tools

Page Header: **My HealthCenter** Home | My Well-Being Plan | Resource Center  Profile Preferences Logout Welcome Doreen

Section Header: **Home** ⓘ

**Put a Spring in your step!**  
It's warmer outside! A perfect time to get started on all those warm-weather activities you've been dreaming about all winter.

**Message Center**

No New Messages

NOTIFICATIONS ANNOUNCEMENTS

**My Action List**

Complete Delete Filter: ALL

- Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.  
Listed under MEDICATION ADHERENCE
- Ask my health care provider any questions I have about my medication.  
Listed under MEDICATION ADHERENCE
- Make a list of positive things I can tell myself if taking my medication ever becomes a hassle.

**View My MEDICATION ADHERENCE** 

**View My HEALTHY EATING** 

Done Internet 100%

Browser address bar: <https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard>

Browser menu: File Edit View Favorites Tools Help

Page title: Healthways Member Portal

# Home

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## My Action List

Complete Delete Filter: **ALL**

- Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.**  
Listed under MEDICATION ADHERENCE
- Ask my health care provider any questions I have about my medication.**  
Listed under MEDICATION ADHERENCE
- Make a list of positive things I can tell myself if taking my medication ever becomes a hassle.**  
Listed under MEDICATION ADHERENCE
- Talk with my doctor about prescription programs or generic versions that work as well, if cost is a concern.**  
Listed under MEDICATION ADHERENCE

### Message Center

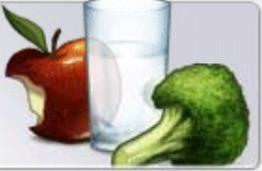
No New Messages

NOTIFICATIONS ANNOUNCEMENTS

View My **MEDICATION ADHERENCE**



View My **HEALTHY EATING**



View My **DEPRESSION PREVENTION**



Done Internet 100%

Browser address bar: [https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard/!ut/p/c5\\_04\\_SB8K8xLLM9M5SzPy8xBz](https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard/!ut/p/c5_04_SB8K8xLLM9M5SzPy8xBz)

Browser tabs: Healthways Member Portal

Page 1 of 6 pages | [1](#) | [2](#) | [3](#) | [>](#) | [Last »](#)

**Track My** ?

- Medication Adherence
- Servings

Date:  

I've taken my medications as prescribed: [All](#)

Your Activity (Rollover for more details)

**Morning**

[Edit your Medications Taken »](#)

[My Medication Profile »](#) | [View Med Adherence History »](#) | [Set Reminder »](#) Save

Browser address bar: <https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard>

Page Title: My HealthCenter

Navigation: Home, My Well-Being Plan, Resource Center, Profile, Preferences, Logout

Welcome Doreen

Home

- Medication Adherence
- Healthy Eating
- Depression Prevention
- Manage Focus Areas

Remember to come back often  
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Message Center

One or more Focus Areas have...	04/07
A change has been made to...	04/07
A change was made to your...	04/06

NOTIFICATIONS 3 ANNOUNCEMENTS

View My MEDICATION ADHERENCE

My Action List

Complete Delete Filter: ALL

- Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.  
*Listed under MEDICATION ADHERENCE*
- Ask my health care provider any questions I have about my medication.  
*Listed under MEDICATION ADHERENCE*
- Make a list of positive things I can tell myself if taking my medication...



Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.

Listed under MEDICATION ADHERENCE

Ask my health care provider any questions I have about my medication.

Listed under MEDICATION ADHERENCE



Make a list of positive things I can tell myself if taking my medication ever becomes a hassle.

Listed under MEDICATION ADHERENCE



Talk with my doctor about prescription programs or generic versions that work as well, if cost is a concern.

Listed under MEDICATION ADHERENCE

Fill my prescription, so I'll have my medication on hand when I am ready to take it.

Listed under MEDICATION ADHERENCE



Ask my health care provider or pharmacist how I can prevent or manage side-effects if they concern me.

Listed under MEDICATION ADHERENCE

Mark on my calendar the date I will start taking my medication.

Listed under MEDICATION ADHERENCE

NOTIFICATIONS **3** ANNOUNCEMENTS

View My **MEDICATION ADHERENCE** 

View My **HEALTHY EATING** 

View My **DEPRESSION PREVENTION** 

Browser address bar: [https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/ResourceCenterLandingPage!ut/p/c5/04\\_5B8K8](https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/ResourceCenterLandingPage!ut/p/c5/04_5B8K8)

Page Header: My HealthCenter | Home | My Well-Being Plan | **Resource Center** | Search | Profile | Preferences | Logout | Welcome Doreen

## Resource Center

### Featured Article for Depression Prevention

#### The Difference Between Feeling Blue and Clinical Depression

In Depression Prevention  
Everyone has bad days -- but if your bad day develops into feelings of hopelessness or worthlessness, you might suffer from depression. Follow these guidelines to tell the difference.  
[Continue reading >](#)



### Latest Resources for Medication Adherence

- Getting a Prescription Filled  
In Medication Adherence
- Beware When Buying Medications Abroad  
In Medication Adherence
- More Teens Getting Dangerous Prescriptions  
In Medication Adherence
- Make a Commitment  
In Medication Adherence
- Over-the-Counter Drugs: Follow the Instructions  
In Self Care

### SEARCH RESOURCES

### Most Relevant

- Not milk? Experts Sort Out the Confusion Over Options
- Go Healthy, Not Hungry for Holiday Eating
- Do the Goo
- The Miracle Treatment: Exercise

### Highest Rated

- Not milk? Experts Sort Out the

Healthways Member Portal - Windows Internet Explorer

https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/accountprofile

File Edit View Favorites Tools Help

Healthways Member Portal Corporate Directory Search ...

Home My Well-Being Plan Resource Center

Profile Preferences Logout

Welcome Doreen

# Profile

About Me Lifestyle Health Record Reports

Edit

\* - Primary Contact

### General Information

Name: **DOREEN MARVIN** Gender: **Female**  
Nickname: **Dori** Birthdate: **April 28, 1963**

### Email Address

Work: **MarvinDemo@blahblah.com** \*

### Phone Number

View My **REPORTS**

Update My **PREFERENCES**

## Why Update Your Profile?

In your Profile, we hope you'll share some more details about yourself and

Healthways Member Portal - Windows Internet Explorer

https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/Notification

File Edit View Favorites Tools Help

Healthways Member Portal Corporate Directory Search ...

My HealthCenter Home My Well-Being Plan Resource Center Profile Preferences Logout Welcome Doreen

# Preferences and Settings

Notifications Focus Areas and Trackers

## Notification Settings

Set your preferred email address and phone number.

 **MarvinDemo@blahblah.com** We will use this address when notifying you via email. [Edit](#)

 **(800) 555-1212** [We will use this phone number when notifying you via text.](#) [Edit](#)

These notifications apply to activities that occur within the site. Simply click the check box to indicate how you would like to receive each individual notification. Uncheck all choices to disable the notification.

Type	Email	Message Center	Text
------	-------	----------------	------

## Notifications

Notifications are our way of informing you about various events. It's our way of giving you a "heads up". You can modify the settings on this page to control how much we bother you about these events.

Healthways Member Portal - Windows Internet Explorer

https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/FocusArea

File Edit View Favorites Tools Help

Healthways Member Portal

Home My Well-Being Plan Resource Center

Profile Preferences Logout

Welcome Doreen

# Preferences and Settings

Notifications Focus Areas and Trackers

## Focus Area Personalization

You may modify the personalization settings for each of your active focus areas.

 **Healthy Eating** Choose the topics that interest you. [Personalize](#)

 **Depression Prevention** Choose the topics that interest you. [Personalize](#)

## Personalize Focus Areas

Maximize your experience by personalizing your action list for each of your focus areas. Simply click the personalize button and make your changes.

## Tracker Reminders

Maximize your experience by setting reminders for each of your active trackers. Simply click the set a reminder button and make your changes.

## Trackers

Done Internet 100%

created your personal targets?  
als is the first step toward achieving them.



### Message Center

- One or more Focus Areas have... 04/07
- A change has been made to... 04/07
- A change was made to your... 04/06

NOTIFICATIONS <sup>3</sup> ANNOUNCEMENTS

### List

te Delete Filter: ALL

Barriers Tool available on your Medication Adherence  
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ider MEDICATION ADHERENCE

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dy to take it.  
ider MEDICATION ADHERENCE

View My  
**MEDICATION  
ADHERENCE**



View My  
**HEALTHY  
EATING**



View My  
**DEPRESSION  
PREVENTION**



 You have been working on this Focus Area since April 25, 2011.

[Why do I have this?](#) [Remove](#)

Making a Plan is for people preparing for change.

 **Appointment Adherence**  
[Learn More](#) | [Add This](#)

 **Medication Adherence**  
[Learn More](#) | [Add This](#)

 **Tobacco Cessation**  
[Learn More](#) | [Add This](#)

Reorder This List

Go to the Home Page

### Personal Targets ?

1. I want to run 10k
2. I want to be in the roller derby!
3. I will go to church at least twice a month

Edit

Take Me to My **PROFILE**

View and update your health info.



 Help and Support

 Tutorial Video

 Message Center

 Incentives

BOUGHT TO YOU BY:

YOUR PRIVACY AND SECURITY

COMPANY LINKS:

Browser address bar: <https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard>

Page Title: My HealthCenter

Navigation: Home, My Well-Being Plan, Resource Center, Profile, Preferences, Logout

Welcome Doreen

Home

- Medication Adherence
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Message Center

One or more Focus Areas have...	04/07
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NOTIFICATIONS <sup>3</sup> ANNOUNCEMENTS

View My MEDICATION ADHERENCE

My Action List

Complete Delete Filter: ALL

- Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.  
*Listed under MEDICATION ADHERENCE*
- Ask my health care provider any questions I have about my medication.  
*Listed under MEDICATION ADHERENCE*
- Make a list of positive things I can tell myself if taking my medication...



Use the Barriers Tool available on your Medication Adherence Behavior page to get the right resources just for You.

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Mark on my calendar the date I will start taking my medication.

Listed under MEDICATION ADHERENCE

NOTIFICATIONS **3** ANNOUNCEMENTS

View My **MEDICATION ADHERENCE** 

View My **HEALTHY EATING** 

View My **DEPRESSION PREVENTION** 



# 9 Focus Areas

- Weight Management
- Exercise & Fitness
- Healthy Eating
- Depression Prevention
- Stress Management
- Tobacco Cessation
- Medication Adherence
- Self Care
- Appointment Adherence



# Focus Areas

- Each Focus Area offers:
  - Resources
    - Articles
    - Videos
    - Downloads
    - Tips
  - Action List
    - Goals to keep you on track!
  - Journal
    - Behavior journals for each Focus Area

# My Well-Being Plan ?

Your Well-Being Plan is where you set your personal targets and choose the focus areas you want to work on. Go to your Home Page to take action and track progress!



## Medication Adherence

You have been working on this Focus Area since April 06, 2011.

[Why do I have this?](#)

[Remove](#)

Stage 1 2 **3** 4 5

**Making a Plan** is for people preparing for change.

PRIMARY



## Healthy Eating

You have been working on this Focus Area since April 07, 2011.

[Why do I have this?](#)

[Remove](#)

Stage 1 **2** 3 4 5

**Thinking About It** is for people considering change.



## Depression Prevention

You have been working on this Focus Area since April 06, 2011.

[Why do I have this?](#)

[Remove](#)

Stage 1 2 **3** 4 5

**Making a Plan** is for people preparing for change.

## Non Focus Areas ?



### Self Care

[Learn More](#) | [Add This](#)



### Appointment Adherence

[Learn More](#) | [Add This](#)



### Stress Management

[Learn More](#) | [Add This](#)



### Tobacco Cessation

[Learn More](#) | [Add This](#)



### Exercise and Fitness

[Learn More](#) | [Add This](#)



### Weight Management

[Learn More](#) | [Add This](#)

## Take Me to My PROFILE

View and update your health info.

You have been working on this Focus Area since April 25, 2011.  
[Why do I have this?](#) [Remove](#)

Making a Plan is for people preparing for change.

Reorder This List

Go to the Home Page

**Appointment Adherence**  
[Learn More](#) | [Add This](#)

**Medication Adherence**  
[Learn More](#) | [Add This](#)

**Tobacco Cessation**  
[Learn More](#) | [Add This](#)

### Personal Targets ?

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[Edit](#)

Take Me to My **PROFILE**

View and update your health info.



[? Help and Support](#)

[Tutorial Video](#)

[Message Center](#)

[Incentives](#)

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YOUR PRIVACY AND SECURITY

COMPANY LINKS:

Browser address bar: <https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/behaviorresources?BehaviorID=2809610&Stage>

Browser menu: File Edit View Favorites Tools Help

Browser toolbar: Home RSS Print Page Tools

Healthways Member Portal

My HealthCenter Home My Well-Being Plan Resource Center

Search: [ ]

Profile Preferences Logout

Welcome Doreen

# My Medication Adherence

Making a Plan

Trackers Barriers

## What keeps you from taking your medications as prescribed?

Did you know that medication adherence is one of the most important ways for you to prevent decline in health, disability and major medical events? To help you identify the barriers that keep you from taking your medications as prescribed, cycle through the carousel and make the selections that apply to you. When finished, click on the "Results" button to find out how you can overcome your barriers.

View Results

0 of 6 remaining to answer

### Personal Beliefs

It's not uncommon for your personal beliefs to affect how you take your medications.

- Other
- Religious reasons
- Cultural reasons
- Don't believe in traditional medication
- Don't like taking a lot of medication
- No problem with personal beliefs

Done Internet 100%

# My Medication Adherence Making a Plan

Trackers **Barriers**

Date:

I've taken my medications as prescribed:

Your Activity (Rollover for more details)

**Morning**

[Edit your Medications Taken »](#)

[My Medication Profile »](#) | [View Med Adherence History »](#) | [Set Reminder](#)

Track My

Medication Adherence



# My Healthy Eating Thinking About It

Date

04/13/2011

Fruits

0.0  
Recommended cups: 2+

Vegetables

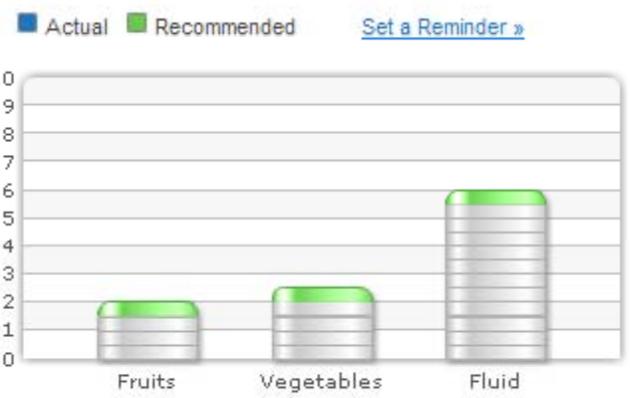
0.0  
Recommended cups: 2.5+

Fluids

0.0  
Recommended cups: 6+

Save

[See the detailed Servings Tracker »](#)



04/13

Track My

Servings

Food Log

Add / Remove Trackers »

My Resources

My Action List

My Journal

My Links

# My Healthy Eating

## Meal Type

### Food

Type food name, brand or restaurant

Serving Size

Date

04/11/2011

Save

Powered by ESHA Nutrient

[See the detailed Food Log Tracker »](#)

### Add/Remove Trackers

## Select Trackers

Select up to 3 trackers to use from the choices below. Ensure that you have at least one tracker selected. To remove a tracker, uncheck the box. Click Next to save and return to your focus area.



### Food Log Tracker

Track your calories and nutrients against recommendations tailored to you and your lifestyle. Log what you eat and drink and aim to stay within your nutritional budget each day.



### Servings Tracker

Track your daily cups of fruits, vegetables and fluids against your recommended servings for overall health.

« Prev

Next »

## Track My

Food Log

Add / Remove Trackers »

# Healthy Eating: Food Log

Set a Reminder | Get Help | GO BACK

## Food Log

Date

04/12/2011



Save

### Breakfast

Cereal, Cheerios, honey nut

[Add another food](#) | [Edit](#) | [Delete](#)

Serving Size

0.75 Cup

Cal

110.04

Fat

1.5g

Carb

21.65g

Prot

3.0g

Fib

1.99g

### Lunch :

Sandwich, ham cheese,

Serving Size

1.0 Each

Cal

444.24

Fat

25.15 g

Carb

29.69 g

Prot

26.73 g

Fib

4.39 g

- Sandwich, ham cheese, pocket, fzn
- Sandwich, ham cheese, w/white
- Sandwich, ham cheese, w/whole wheat
- Sandwich, ham cheese, w/part wheat
- Sandwich, ham cheese, hot
- Sandwich, ham cheese, w/broccoli, fzn
- Sandwich, ham cheese, fast food

Save

Cal

Fat

Carb

Prot

Fib

Browser address bar: [https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard/!ut/p/c5/04\\_SB8K8xLLM9MSSzPy8xBz](https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/dashboard/!ut/p/c5/04_SB8K8xLLM9MSSzPy8xBz)

Page Title: Healthways Member Portal

Navigation: Home, RSS, Print, Page, Tools

---

Track My ?

- Medication Adherence
- Food Log**

Meal Type

Breakfast

[Set a Reminder»](#)

Food

Type food name, brand or restaurant name

Serving Size

Select

Date

04/11/2011

Save

[See the detailed Food Log Tracker »](#)

Legend: Actual (Blue), Recommended Range (Green)

Nutrient	Actual	Recommended Range
Calories	~1200	0 - 1200
Carbs	~130.0	0 - 195.0
Fat	~30.5	0 - 61.0
Protein	~75.0	0 - 100.0
Fiber	~25.0	0 - 30.0

Date: 04/11

[? Help and Support](#)

[Tutorial Video](#)

[Message Center](#)

Done

Internet 100%

# My Depression Prevention

Making a Plan



My Resources

My Action List

My Journal

- Articles
- Videos
- Downloads

## Depressed People Really Do See a Gray World

Filed *under* Depression Prevention  
Depression changes the way you see the world. A new study proves that people who suffer from depression literally see gray. [Continue Reading »](#)



## The Role of Depression in Heart Disease

Filed *under* Depression Prevention  
Recent studies suggest that many depressed patients were never depressed or treated for depression before they had heart attacks. [Continue Reading »](#)



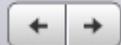
## My Links

[Add / Remove Links](#)

- [- American Psychological As...](#)
- [- Mental Health America](#)
- [- Mental Health America of ...](#)
- [- Mental Health Works](#)
- [- National Institute of Men...](#)

# My Self Care

Making a Plan



My Resources

My Action List

My Journal

## My Action List

Complete

Delete

**12 Ways to Never Get Diabetes**  
Listed under SELF CARE | [Personalize This](#)

Read ▶

**The Miracle Treatment: Exercise**  
Listed under SELF CARE | [Personalize This](#)

Read ▶

**FDA Issues Warning on Key Asthma Drugs**  
Listed under SELF CARE | [Personalize This](#)

Read ▶

**Make a list of positive things I can tell myself if using a self-management action plan ever becomes a hassle.**  
Listed under SELF CARE



Profile

Preferences

Logout

Welcome Doreen

# My Tobacco Cessation

Thinking About It



Type of Tobacco  
**Cigarettes**

Amount  
 Cigarettes

Date  
**04/13/2011**

**Save**

[See the detailed Tobacco Tracker »](#)

View: **Cigarettes** [Set a Reminder»](#) ■ Cigarettes ■ Goal

**Set Your Baseline »**

08/12 08/13 08/14 08/15 08/16 08/17

### Track My

**Tobacco**

**Add / Remove Trackers»**

- My Resources
- My Action List
- My Journal

My Links

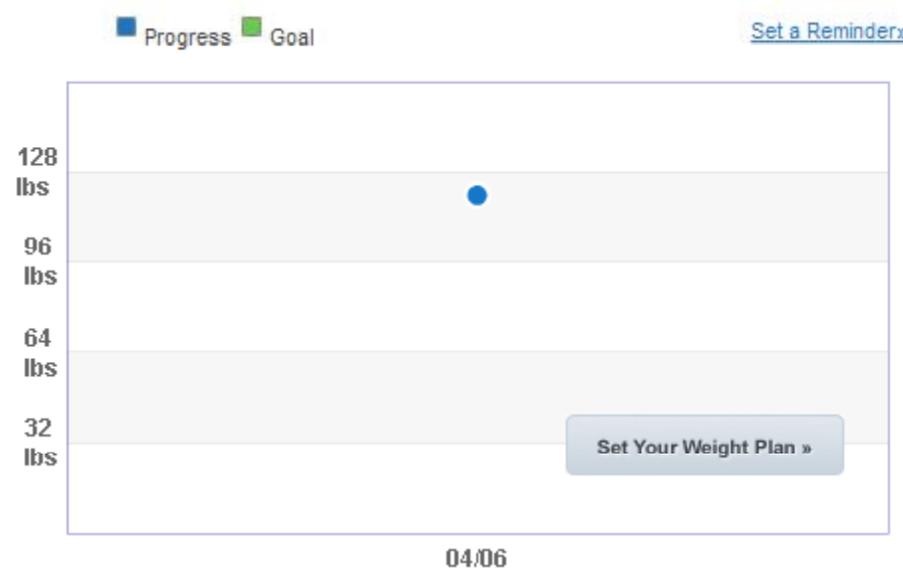
# My Weight Management Thinking About It

## Weight i

LBS

### Date

[See the detailed Weight Tracker »](#)



## Track My i

# My Weight Management

Weight ⓘ

120.0

Date

04/13/2011

Save

[See the detailed Weight Tracker »](#)

### Add/Remove Trackers

#### Select Trackers

Select up to 3 trackers to use from the choices below. Ensure that you have at least one tracker selected. To remove a tracker, uncheck the box. Click Next to save and return to your focus area.

- Weight Tracker**  
Track your body weight over time, set a personalized goal weight and monitor your progress toward achieving your weight goal!
- Food Log Tracker**  
Track your calories and nutrients against recommendations tailored to you and your lifestyle. Log what you eat and drink and aim to stay within your nutritional budget each day.
- Exercise Tracker**  
From running and yoga to home repair and housework, track all the exercise you do and view your progress as you try to increase your daily physical activity.

« Prev Next »

Track My ⓘ

Weight

Add / Remove Trackers »

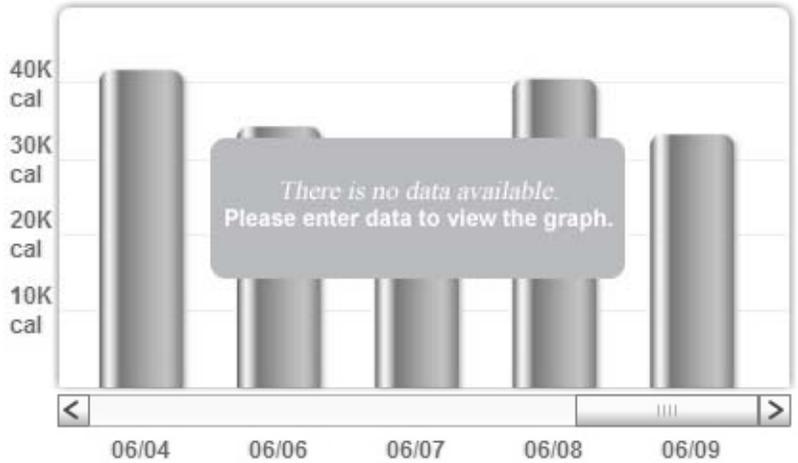
# My Exercise and Fitness Thinking About It

### Exercise [Set a Reminder »](#)

**Duration**  HR  MIN **Intensity**

**Date**

[See the detailed Exercise Tracker »](#)



Date	Calories
06/04	~38K cal
06/06	~32K cal
06/07	~10K cal
06/08	~38K cal
06/09	~32K cal

### Track My ?

Exercise



Profile

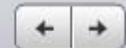
Preferences

Logout

Welcome Doreen

# My Stress Management

Thinking About It



## Stressed Body

1 2 3 4 5 6

High



Low

### Instructions

People can experience stress physically, mentally, and emotionally. What are your **physical** signs of stress? Use the list of categories and select the signs of stress that apply to you.

When you're finished, let's continue with the next step...



### Signs of Stress

Back	0 of 1
<input type="checkbox"/> No	Rocking motion
Back: Muscle tension	0 of 1
<input type="checkbox"/> No	Low back ache
Belly	0 of 7
<input type="checkbox"/> No	Colitis
<input type="checkbox"/> No	Constipation
<input type="checkbox"/> No	Diarrhea
Total Signs of Stress	0 of 100



Please keep in mind that some of the medical conditions listed can be either directly or indirectly related to stress, and should be evaluated by your healthcare provider.

# My Appointment Adherence

Staying on Course



My Resources

My Action List

My Journal

## My Action List

Complete

Delete

**Why Do Many Neglect Shingles Shots?**  
Listed under APPOINTMENT ADHERENCE | [Personalize This](#)

Read ▶

**Massage Your Mood**  
Listed under APPOINTMENT ADHERENCE | [Personalize This](#)

Read ▶

**Certain Formulations of Omega-3s Might Help With Depression**  
Listed under APPOINTMENT ADHERENCE | [Personalize This](#)

Read ▶

**Tell three people how proud I am that I have been keeping up with my medical appointments.**  
Listed under APPOINTMENT ADHERENCE

Set a Reminder

Track My

Exercise

Exercise

Food Log

### Tutorial Video



## Embrace Member Web Portal Intro Video

from Jordan Ison

The screenshot shows the home page of the Embrace Member Web Portal. At the top, there is a navigation bar with 'Home', 'My Well-Being Plan', and 'Resource Center'. Below this, the main content area is divided into several sections:

- Running/Cycling Clinic:** A text-based announcement about a clinic event on April 30th.
- My Action List:** A list of tasks with checkboxes and point values:
  - Swim for one hour this week (+5 pts)
  - Read "Climbing to the Top of the Food Pyramid" (+3 pts)
  - Look in your community for new ways to eat healthy (+3 pts)
  - Write in your journal the names of two people you will tell that you want to start exercising regularly (+2 pts)
- My Points:** A progress bar showing 850 points.
- Dollars Earned for HSA:** A progress bar showing \$350 earned.
- Message Center:** A list of recent notifications.

03:17



Help and Support

BROUGHT TO YOU BY:



healthier you! Plus, you can earn great rewards! Keep MyHealthCenter a regular part of your healthy routine. Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. BCBSND is an independent licensee of the Blue Cross & Blue Shield Association. Nordion Mutual

For Your Benefit

BCBSND Online Member Services

Healthy North Dakota. Worksite



# 6 Domains

- Life Evaluation
- Emotional Health
- Physical Health
- Work Environment
- Healthy Living
- Basic Access

# Incentives

Overview

Progress

History

Featured Items	4500 (3501 - 4500)	5500 (4501 - 5500)	6500 (5501 - 6500)	<a href="#">View All &gt;&gt;</a>
 <p>5500 pts</p> <p><a href="#">Walmart Gift Car ... Learn More &gt;&gt;</a></p>	 <p>5500 pts</p> <p><a href="#">Target Gift Card \$50 Learn More &gt;&gt;</a></p>	 <p>5500 pts</p> <p><a href="#">Best Buy Gift Ca ... Learn More &gt;&gt;</a></p>	 <p>5500 pts</p> <p><a href="#">Lowe's Gift Card \$50 Learn More &gt;&gt;</a></p>	

### My Points ?

**05155** Point Balance

[POINT HISTORY](#) [REDEEM POINTS](#)

View Our **CATALOG**



## How Do I Earn

You can earn valuable rewards just for taking steps towards becoming healthier! Whether completing activities online or participating in employer-sponsored programs, you'll get rewarded. See the activity list below for the many ways you can earn.

**Key** | Points =  Sweepstakes Entry = 

Activity	Rewards
<a href="#">Advancing Focus Area from Getting Ready to Thinking About it</a>	<input type="text" value="200pts"/>
<a href="#">Advancing Focus Area from Making a Plan to Taking Action</a>	<input type="text" value="200pts"/>

### Enter Our SWEEPSTAKES

**\$250 Best Buy Gift Card**  
 Start: 03/21/2011 End Date: 06/30/2011  
 HRA completion  
[View all Contest Details](#)

Keyword Search

All Categories

Min. Points

Max. Points

[Search Rewards](#)

- ± [Books](#)
- [DVD's / Blu-ray](#)
- ± [Electronics](#)
- [Gift Cards](#)
- ± [Gifts](#)
- [Hotels](#)
- ± [Housewares](#)
- [Magazines](#)
- ± [Sports and Outdoors](#)



**Target Gift Card \$250**

ID: TG1250  
Shopping Points: 9,500

[Details](#)



**SkyCaddie SG5 Golf GPS (Black)**

ID: WB13899  
Shopping Points: 9,500

[Details](#)



**Walmart Gift Card \$250**

ID: WM1250  
Shopping Points: 9,500

[Details](#)



**KitchenAid KSM150PSMC Artisan Series 5-Quart Mixer, Metallic Chrome**

ID: KA150  
Shopping Points: 9,500

[Details](#)



**Best Buy Gift Card \$250**

ID: BB1250  
Shopping Points: 9,500

[Details](#)



**Cross Townsend Garnet Lacquer Fountain Pen with Rhodium Plated Appointments and Rhodium Plated Nib -**

ID: WB10194  
Shopping Points: 9,500

[Details](#)



**Waterford Crystal Lismore Pitcher**

ID: WB9300  
Shopping Points: 9,500

[Details](#)

# Incentives

Overview

Progress

History

## Sweepstakes

### \$250 Best Buy Gift Card

Must participate and earn at least 3,500 Points during contest period.  
\$250 Best Buy Gift Card

#### Contest period

Start : 03/21/11 End Date : 06/30/11  
Activity : HRA completion  
Total prizes to be Awarded : 3

### Sony Digital Camera

Must participate and earn at least 1,500 Points during contest period.  
Sony Digital Camera

#### Contest period

Start : 07/01/11 End Date : 09/30/11  
Activity :  
Total prizes to be Awarded : 3

## My Points

05275 Point Balance

POINT HISTORY

REDEEM POINTS

View Our  
**CATALOG**

View Program Information

All Categories

Min. Points

Max. Points

[Search Rewards](#)

- [Books](#)
  - [DVD's / Blu-ray](#)
- [Electronics](#)
  - [Gift Cards](#)
- [Gifts](#)
  - [Hotels](#)
- [Housewares](#)
  - [Magazines](#)
- [Sports and Outdoors](#)



**Lowe's Gift Card \$250**

ID: LS1250  
Shopping Points: 9,500

[Details](#)



**10" Air Multiplier**

ID: PS34189  
Shopping Points: 9,500

[Details](#)



**Apple iPod touch 32 GB (4th Generation) NEWEST MODEL**

ID: WB16233  
Shopping Points: 9,500

[Details](#)



**Apple iPod classic 160 GB Black (7th Generation) NEWEST MODEL**

ID: WB16248  
Shopping Points: 9,500

[Details](#)



**16GB SSD Memory Camcorder**

ID: PS33575  
Shopping Points: 9,500

[Details](#)



**Bundle of Polar FT 60 Women's HR Monitor and P90X Extreme Home Fitness Workout Program**

ID: PL90WBUN  
Shopping Points: 9,500

[Details](#)



**Body Champ BRM3671 Cardio Dual Trainer**

ID: WB19866  
Shopping Points: 9,500

[Details](#)

Healthways Member Portal

My HealthCenter

Home | My Well-Being Plan | Resource Center

Profile | Preferences | Logout

Welcome Laurena

## Home

### Work Hard...Play Harder

Come on out on Saturday May 1st and support Juvenile Diabetes by participating in this year's 5k fun walk/run or 10K. Click here to learn more and sign up online.

### My Action List

Complete Delete Filter: ALL

- Learn more about Tobacco Cessation  
Listed under TOBACCO CESSATION | [Personalize This](#)

### My Points

21560 Point Balance

POINT HISTORY

### Dollars Earned for HSA

\$0000 HSA Dollars Earned

HSA DOLLARS HISTORY

**Help and Support** | Tutorial Video | Message Center | Incentives | Live Chat

**BROUGHT TO YOU BY:**



In today's busy world, health often takes a backseat to other daily priorities. Healthways Member Portal is committed to helping you focus on your health now, before a chronic condition worsens or a health problem is diagnosed. You are encouraged to use the Well-Being Assessment (WBA) and its subsequent Report and Well-Being Plan to help you know more about your health status and learn what you can do to stay well, get the right care, and follow through with manageable steps toward your health goals.

### YOUR PRIVACY AND SECURITY

- Confidential
- Secure
- For Your Benefit

Learn More »

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This site is best viewed on Internet Explorer 6 and 7.

Healthways Member Portal - Windows Internet Explorer

https://bcbsnd.embrace.healthways.com/wps/myportal/MemberPortal/faq

File Edit View Favorites Tools Help

Healthways Member Portal x http://www.nd.gov/ndpers/i...

Home My Well-Being Plan Resource Center

My HealthCenter

Profile Preferences Logout

Welcome Milissa

## Frequently Asked Questions

### Frequently Asked Questions

## General Program and Questions

[What is the health portal and how does this site work?](#)

[How can the health portal benefit me?](#)

[How can I get the most out of my health portal experience?](#)

[How long will my membership in this program last?](#)

[How can I speak with a live person?](#)

**What is the health portal and how does this site work?**

We are committed to help you focus on your health NOW -- before a health problem is diagnosed or a chronic condition worsens. We encourage you to learn about your health, set up a plan of action and follow through with manageable steps toward accomplishing your health goals. The health portal offers personalized action plans for healthier living, along with helpful resources, tools, programs and guidance to assist you in your efforts to be well and stay well.

[Back to Top](#)

**How can the health portal benefit me?**

If you're willing to take action and commit some of your time and energy to participate, the program can help you minimize your health risks. You can look and feel better, increase your energy, decrease your stress, improve your longevity and more.

### FAQ Categories

- [Getting Started](#)
- [Username and Password](#)
- [Profile and Health Record](#)
- [Ask an Expert](#)
- [LifeStyle Management Telephone Coaching](#)
- [Points and Rewards](#)
- [Well-Being Plan](#)
- [Focus Areas](#)
- [Resource Center](#)
- [Privacy and Security](#)
- [QuitNet](#)
- [Trackers](#)

# Point Redemption

When to redeem your points?

**Anytime!**

**Must be redeemed no later than December 31<sup>st</sup>.**

**Points do not carry over from year to year.**

# Customer Support

Technical  
Issues?



Call **1-866-300-6949** to speak  
directly with a representative.



