

# **MyHealthConnection Wellness Tools**

# Goals of Today's Presentation

- Review access to and use of The Dialog Center<sup>SM</sup>, Health Dialog's web portal for health information.
- Demonstrate the “wellness” tools currently available through the MyHealthConnection program.

# MyHealthConnection Program Overview

The MyHealthConnection Health Coaching program is based on a philosophy that:

- Builds relationships and trust;
- Promotes learning and self-reliance;
- Motivates individuals to become more pro-active and confident in all aspects of their health management; and
- Focuses resources where they can benefit the most.

**Health and wellness tools are based on the same principles.**

**Overview of The Dialog Center<sup>SM</sup>  
and  
“How’s Your Health” Health Risk  
Assessment Survey**

# MyHealthConnection Web Tool - Dialog Center

www.thedialogcenter.com/bsbcnd



The screenshot shows the Dialog Center website. At the top, there is a navigation bar with tabs for Home, Dialog Room, Health Information, Health Tools, and Resources. Below the navigation bar, there is a welcome message: "Welcome to MyHealthConnection". To the left of the main content is a photo of a smiling female healthcare professional in blue scrubs. Below the photo is a "Quick links" section with icons and text for: Health Alerts, Health News, Seasonal Allergies and Asthma, The new food pyramid, Contact a Health Coach, Bookmarks from a Health Coach, Healthwise® Knowledgebase, Healthwise® en español (New), and Bookmarks from My Research. At the bottom of the quick links is a checkbox for granting permission to a Health Coach to view Dialog Center contents and provide information relating to the user's condition, with an "Update" button. The main content area features a "Healthy Choices Extra" section with a paragraph about winter activities and a link to "Want to learn more?".

Easy to navigate tabs and active links.

Active links to Health Alerts and the latest Health News.

# Dialog Center - Health Information

Dialog Center<sup>SM</sup> BCBS North Dakota | My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out

Ann E. Member - October 21, 2005 | 

Home | Dialog Room | **Health Information** | Health Tools | Resources

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## Shared Decision-Making<sup>®</sup>



Making important medical decisions is a responsibility you share with your doctor. Be sure your values and preferences are considered when treatment options are evaluated.

The health information resources provided here are unbiased. Use them to become as informed as possible about your area of concern, so that you can have a meaningful dialog with your doctor.

Some information explains the possible benefits and risks of treatment options. Other content is helpful for prevention of illness, complications or recurrence. You'll also find general material about healthy living.



## Health Information

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-  **Healthwise<sup>®</sup> Knowledgebase**  
online encyclopedia of medical information

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-  **Health Crossroads<sup>SM</sup> Web modules**  
decision support, treatment options and prevention tips about major **medical conditions**

---

-  **Bookmarks from My Research**  
links to **information saved by me**

---

-  **Shared Decision-Making<sup>®</sup> Programs**  
decision support material **available on VHS tape**

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# Dialog Center - Healthwise® Knowledgebase

The screenshot shows a web browser window titled "Dialog Center SM" with a "Close this window" button. Below the title bar is a navigation bar with "Health Information" and "Healthwise® Knowledgebase". There are two buttons: "BOOKMARK this page" and "BACK to prior page".

The main content area is divided into two columns. The left column has a search box with a "Go" button and a "Search Tips" link. Below it is a section titled "List All Topics A-to-Z" with instructions to click a letter to see a list of topics. The letters A through Z are listed in blue, along with "(0-9)". Below this are links for "Help", "New and Updated Topics", and "About Healthwise".

The right column is titled "List Selected Topics" and contains four categories: "Health Topics", "Medical Tests", "Medications", and "Support Groups", each with a brief description.

At the bottom, there is the Healthwise logo and a copyright notice: "© 1995-2005, Healthwise, Incorporated, P.O. Box 1989, Boise, ID 83701. ALL RIGHTS RESERVED. This information is not intended to replace the advice of a doctor. Healthwise disclaims any liability for the decisions you make based on this information. For more information, click here."

Multiple search options

Multiple search options

# Dialog Center - Healthwise® Knowledgebase

Dialog Center <sup>SM</sup> [Close this window](#)

Healthwise® Knowledgebase Health Information

[BOOKMARK this page](#) [BACK to prior page](#)

Go back to... [Printer-Friendly](#)

## Quitting Tobacco Use

### Overview

#### How is smoking harmful?

Cigarette smoking is the single most preventable cause of death and disability in the United States. Tobacco use, especially smoking, contributes to more than 430,000 deaths each year.<sup>1</sup> Use these interactive tools to [find your risk of heart attack due to smoking](#) and to [find out how smoking affects your life span](#).

Smoking can harm not only the smoker but also the smoker's family members and coworkers.

- Tobacco use greatly increases a person's risk for many serious health problems, such as heart attack and stroke, [chronic obstructive pulmonary disease](#), [peripheral arterial disease](#), and many cancers (including those of the mouth, throat, esophagus, and lung). Smoking tobacco worsens asthma symptoms and causes shortness of breath. It also causes impotence and infertility.
- A person who smokes increases his or her family members' and coworkers' risk of lung cancer and heart disease because of [secondhand smoke](#). The risk of his or her children dying from [sudden](#)

healthwise®  
for every health decision

New Search

[Help](#) | [Search Menu](#) |

[Back to prior page](#)

### Topic Contents

- ▶ Overview
- [Health Tools](#)
- [Why Do You Use Tobacco?](#)
- [Why Quit?](#)
- [Motivating Yourself or Others to Quit](#)
- [Setting Goals](#)
- [Strategies and Skills for Quitting](#)
- [Maintaining the New Lifestyle](#)
- [Other Places To Get Help](#)
- [Related Information](#)
- [References](#)
- [Credits](#)

Dialog Center <sup>SM</sup> [Close this window](#)

Healthwise® Knowledgebase Health Information

[BOOKMARK this page](#) [BACK to prior page](#)

Go back to... [Printer-Friendly](#)

## Healthy Weight

### Overview

#### What is a healthy weight?

A healthy weight is the natural weight you can reach through good eating, regular physical activity, managing stress, and not smoking. Reaching a specific weight is not as important as the lifestyle changes you make to become healthy.

#### Why is a healthy weight important?

Weight is only one component of health. Even if you carry some extra weight, by eating right and getting plenty of physical activity, you'll feel better, have more energy, and reduce your risk of weight-related diseases, such as [coronary artery disease](#), [sleep apnea](#), [type 2 diabetes](#), [high blood pressure](#), and [stroke](#). In fact, you may be healthier than a thin person who eats poorly and isn't physically active.

#### Why is losing weight so hard?

While a diet may help you lose a few pounds quickly, following a restrictive diet long-term is unrealistic and requires extraordinary commitment. Once you stop dieting and exercising, the weight comes back. Some people fall into an unhealthy cycle of losing and gaining weight, which may be harder on the body than just being overweight.

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for every health decision

New Search

[Help](#) | [Search Menu](#) |

[Back to prior page](#)

### Topic Contents

- ▶ Overview
- [Health Tools](#)
- [What Is a Healthy Weight?](#)
- [Why Pay Attention to Your Weight?](#)
- [What Affects Your Weight?](#)
- [Where Are You Now?](#)
- [Preparing for Change](#)
- [Healthy Eating](#)
- [Physical Activity](#)
- [Facts About Weight-Loss Diets and Programs](#)
- [Other Places To Get Help](#)
- [Related Information](#)
- [References](#)
- [Credits](#)

# Dialog Center - Healthwise® Knowledgebase

## Topic Contents

► Overview

[Health Tools](#)

[Why Do You Use Tobacco?](#)

[Why Quit?](#)

[Motivating Yourself or Others to Quit](#)

[Setting Goals](#)

[Strategies and Skills for Quitting](#)

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[Other Places To Get Help](#)

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[References](#)

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## Setting Goals

Often it is hard to see how you are going to reach a long-term goal, such as becoming and remaining a person who does not smoke. It may help to break a long-term goal down into smaller goals that can be achieved over short periods of time. How quickly you move through the process from smoking to no longer smoking is up to you. The following suggestions may be helpful.

- **Set your goals clearly.** Where do you want to be in terms of your smoking in the next weeks, months, and years? Write down your goals or tell someone what you are trying to do. Goals should include "by when" or "how long" as well as "what." For example: "I will keep a smoking journal for 1 week starting tomorrow."
- **Reward yourself for meeting your goals.** Quitting smoking is a tough process, and each

## Motivating Yourself or Others to Quit

When you are preparing to quit smoking or using other for relevance, risks, rewards, roadblocks, and repetition.<sup>1</sup> Keep stay focused on why you want to quit.

### Relevance

Just as people start using tobacco products for different r What concerns about tob

you would be better off i ns to quit using tobacco

**INTERACTIVE HEALTH**  
cost of smoking

Enter your values and then click to calculate.

Average number of cigarettes smoked per day:

\$  for a pack of 20 cigarettes

Number of years you have smoked or intend to smoke:

**INTERACTIVE HEALTH**  
readiness to quit smoking

Not ready	Thinking about it	Preparing	In the process	Have quit
-----------	-------------------	-----------	----------------	-----------

**You are considering quitting smoking.**  
If you are considering quitting smoking, ask yourself these questions:

- Why are you thinking about quitting?
- What might spur you on to the next stage where you prepare to quit?
- What are some good things about the way you are currently trying to change?
- What are some not-so-good things?
- What would be the best result of quitting smoking?
- What are some barriers to quitting smoking?

# Dialog Center - Health Crossroads

The screenshot displays the Health Crossroads website interface. At the top left is the logo 'health crossroads'. The top navigation bar includes links for 'Back to Dialog Center', 'About', 'Contact', 'Help', and a search box. A left sidebar contains a 'Home' link, a 'Select a Condition:' dropdown menu with 'Back Pain' selected, and a list of conditions including Benign Prostatic Hyperplasia, Breast Cancer, Colon Cancer, Coronary Artery Disease, Osteoarthritis, Prostate Cancer, and Uterine Conditions. Below this is the 'Healthwise® Knowledgebase Getting the Right Healthcare' section with links for 'Printer-Friendly Version' and 'Bookmark This Page'. The main content area is titled 'Back Pain' and contains an introductory paragraph, a sub-section 'Select a Crossroad:' with a link to 'Chronic Low Back Pain: Managing Your Pain', a 'Medical Editor' section listing 'Steven J. Atlas, MD, MPH', and a 'Healthwise® Knowledgebase Resources:' section with links to 'Back Problems and Injuries', 'Chronic Pain', 'Exercises to Reduce Low Back Pain', 'Herniated Disc', 'MRI Scan for Low Back Pain', and 'Spinal Stenosis'. A testimonial box on the right features a photo of a man and the text: 'I prepared myself mentally to get better. I just didn't know how and when, and those are the two questions that you really preoccupy yourself with the most: how and when. -Bernard G.'

Decision Support tool for significant medical conditions including Chronic Back Pain.

# Dialog Center - Health Tools

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Home Dialog Room Health Information **Health Tools** Resources

## Why Health Tools?



Health Tools help you manage your health and health care activities. Sharing a print-out of the contents/results with your doctor can help you have a meaningful dialog together.

To ensure privacy, all information you enter is stored on a secure database. Use of your data is governed by our [Privacy & Policies](#).

You may grant a Health Coach permission to access your account folder in order to view the contents. At any time, turn on or off that access in [My Profile](#).

## Health Tools

- Health Survey**  
take a moment to **learn more about your health**
- Symptom Diaries**  
record your symptoms for any condition
- Medication List**  
track all your medications in one place

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# Health Tools – “How’s Your Health” Health Risk Assessment Survey

**How's Your Health Survey**

Section 1

Are you a female or a male?

Male  
 Female

**continue** →

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**How's Your Health Survey**

Section 2

During the past 4 weeks how much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical or emotional health?

No difficulty at all   
 A little bit of difficulty   
 Some difficulty   
 Much difficulty  
 Could not do

**continue** →

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**How's Your Health Survey**

Section 3

How often during the PAST FOUR WEEKS have you been bothered by any of the following problems?

	Never	Seldom	Sometimes	Often	Always
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stomach or abdominal pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dizzy spells, tiredness or fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chest pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Menstrual or menopausal problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating or weight problems	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble urinating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexual problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asthma or breathing problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint pains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Backaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foot trouble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**continue** →

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“How’s Your Health?” captures general health and lifestyle risks, motivation around healthy behaviors, support systems, etc.

# Health Tools – “How’s Your Health” Health Risk Assessment Survey

**How's Your Health Survey**

Action Form    My Goals    More Information

**Action Form**

Print this page

**What is this page for?** Below is a summary of important issues determined by your survey results. Print this page(s) out and bring it with you on your next doctor visit. There is space on the page for you and your doctor to jot down important items concerning your health.

1 You indicated that you are a Female in the age group 50-69. The Body Mass Index or BMI is a measure of body fat based on height and weight that applies to both adult men and women. **Your BMI is 26.6.** Use the table below to learn what this means for you.

A Body Mass Index of...	Means you are...
Under 18.5	<b>Underweight and at risk for disease</b>
18.5 - 24.9	<b>Considered at a normal weight</b>
25 - 29.9	<b>Considered overweight and at risk of disease</b>
30 or more	<b>Considered obese and at greater risk of disease</b>

2 **Things you're doing well:** Below is a list of some of the important things that you are currently doing to keep yourself healthy and in good physical condition. *Keep up the good work!*

Good Work	Notes / Referrals / Actions to Take
• Daily Activities - No difficulty	
• Feelings - No problems	
• Social Activities - No limitations	
• Pain - No pain	
• Does not smoke	
• Has enough money	
• Had pap test	
• Had breast cancer exam	
• Had mammoqram	

Action form is designed to be printed for discussion with health care provider.

Captures general health and well-being of member.

# Health Tools – “How’s Your Health” Health Risk Assessment Survey

**How's Your Health Survey**

Action Form **My Goals** More Information

### My Goals

Print this page

An important step towards improving the management of your health is creating specific health goals. Listed below are the issues you indicated in the "How's Your Health?" survey. Take a few moments to enter in some personal health goals. Print this form out and discuss your goals with your doctor or nurse on your next visit.

Habits	Goals

Prevention	Goals
<ul style="list-style-type: none"> <li>No breast self-exam</li> <li>No education about menopausal hormones</li> </ul>	

Symptoms/Bothers	Goals
<ul style="list-style-type: none"> <li>Eating/Weight/Exercise problems</li> </ul>	

Concerns/Family History	Goals

continue → save exit →

Print this page

This information is not a substitute for medical care or your relationship with your healthcare provider. Do not use this survey to diagnose a health condition. The survey results are designed only to help you evaluate your own health status and to provide you with further resources to help manage your own health. Please discuss any questions or concerns with your doctor.

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“My Goals” feature enables individuals to document their personal goals.

**How's Your Health Survey**

Action Form My Goals **More Information**

### More Information

Print this page

In case you need more information we have provided links to other helpful and informative articles. These websites will launch in their own window so you won't lose your place in the survey. You can also simply print this page out and enter the Web addresses into your own browser when it's convenient for you.

**Exercise and Eating Well**

- American Dietetic Association
- Changing your eating behavior
- Frequently asked questions
- Healthy weight
- Physical activity
- Special Issues
- What is a healthy weight?
- Where are you now?
- Why pay attention to your weight?
- Center for Food Safety and Applied Nutrition
- Facts about weight loss diets
- Healthy eating
- Optional: Fitness and exercise
- Preparing for weight loss
- What are your weight goals?
- What's healthy eating?
- Why is healthy eating important?

**Health Habits and Health Decisions**

- American Academy of Dermatology
- Cancer Care
- Center for Disease Control
- CenterWatch Clinical Trials Listing Service
- Consumer Information Center
- Food and Drug Administration
- Johns Hopkins Infectious Diseases
- Mayo Clinic Health Oasis
- National Foundation for Infectious Diseases
- National Library of Medicine
- The SHADE Foundation
- U.S. Surgeon General's Family History Initiative
- American Dietetic Association
- Cancer Research Foundation of America
- Center for Disease Control
- Combined Health Information Database
- Dana Farber Cancer Institute
- Health On the Net Foundation
- M. D. Anderson Cancer Center
- National Breast Cancer organization
- National Institutes of Health
- National Organization of Rare Disorders, Inc.
- The Skin Cancer Foundation

**Daily Activities and Managing Limitations**

- Allergy and Asthma Network Mothers of Asthmatics
- American Academy of Allergy, Asthma and

Provides links to credible web resources.

# Dialog Center - Health Tools

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take a moment to learn more about your health
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# Health Tools - Symptom Diaries



Please select the statement that best describes the back pain you are experiencing:

- My back pain, including pain in the buttocks, does not travel into one or both legs (nonspecific general back pain).
- My back pain travels into one or both legs.

[Continue back pain diary](#)

[Exit and return to Dialog Center](#)

Can choose Symptom Diary topics to include back pain or can create a custom diary.



Back Pain (General) October 21, 2005

How much have these symptoms bothered you?  
Enter scores, from 0 (doesn't bother me) to 6 (bothers me terribly).

Not bothersome      Somewhat bothersome      Extremely bothersome

Leg pain (sciatica)?     0    1    2    3    4    5    6

Back or leg pain while sitting?     0    1    2    3    4    5    6

Comment on what affected today's score: exercise, stress... (optional)  
gardened all day

[Calculate overall score](#)

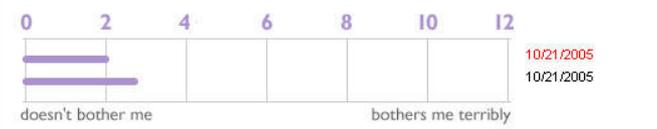
[Exit and return to Dialog Center](#)

Symptom Diaries can be printed and shared with a physician or other health provider.



Back Pain (General) October 21, 2005

**Back Pain (General) Score**  
RED indicates appended comment (refer to lower Left)



**Back Pain (General) comments by date (if any)**  
10/21/2005-gardened all day

[Back to Dialog Center](#)

[Print this page](#)

# Dialog Center - Health Tools

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# Health Tools - Medication Lists

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## Health Tools

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take a moment to learn more about your health
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record your symptoms for any condition
- Medication List**  
track all your medications in one place

 [Add new medication](#)

Right here, keep track of all your:

- Over-the-counter (OTC) medications
- Vitamins and supplements
- Prescription medications

My Medications:

<u>Name</u> Date	Type	Frequency	Dose
<input type="checkbox"/> <u>Centrum</u> 11/16/04	vitamins	Daily	1 tablet
<input type="checkbox"/> <u>Tylenol</u> 10/21/05	over the counter	As needed	2 tablets

[Delete all checked medications.](#)

 [Add new medication](#)  
 [Print this page](#)

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Keeps track of prescription and over-the-counter medications, as well as vitamins and supplements.

Can be printed and shared with a physician or other health provider.

# Support Programs that integrate with the MyHealthConnection Program

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Home Dialog Room Health Information Health Tools Resources

## What are the resources?



This section of the Dialog Center features additional information and support available on-line or in your community. These resources are available to help you find the information, guidance, and support you need for all your health issues and concerns.

Listings in this section may change without notice due to new offerings and changes to existing resources.

Check back often to take advantage of all the resources available to you.

## Resources

### Health and Wellness Resources

find additional information about health concerns

**Go BlueCard® Doctor and Hospital Finder**

Use this BlueCard® Doctor and Hospital Finder to find healthcare providers within the U.S., Puerto Rico and U.S. Virgin Islands. You can also get a list of BlueCard Worldwide® Hospitals and Doctors.

### Community Resources

health-related resources in your neighborhood

**Go Prenatal Plus**

Whether you're expecting your first child or your fifth, Blue Cross Blue Shield of North Dakota's (BCBSND) Prenatal Plus program can provide you with valuable information and support. Experts say that seeking prenatal care as early as possible is the most important factor in having a safe pregnancy.

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# HealthMedia Lifestyle Management Programs

# Lifestyle Management Programs Access through the Dialog Center

The screenshot shows the Dialog Center web portal. At the top, it says "Dialog Center SM" and "BCBS North Dakota | My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out". Below that, it says "Ann E. Member - February 12, 2007 | ✉". The navigation menu includes "Home", "Dialog Room", "Health Information", "Health Tools", and "Resources". The main content area features a photo of a smiling healthcare professional in blue scrubs. To the right of the photo, it says "Welcome to My HealthConnection". Below this, it says "Take advantage of all the Dialog Center has to offer" and "Use these resources to make informed health decisions:". A list of resources follows: "Dialog Room - Health Coach Message Center, Bookmarks from a Health Coach", "Health Information - Healthwise® Knowledgebase encyclopedia, Health Crossroads® health decision-support Web site, Bookmarks from My Research", "Health Tools - Symptom Diaries, Medication List", "Resources - Additional health plan benefits", "My Profile - Settings and preferences", and "About Dialog Center - Site features, philosophy and purpose". Below the resources, it says "Healthy Choices Extra:" and "Slipped disc? What a pain in the back!". A mouse cursor is visible over the text. At the bottom left, there is a "Quick links:" section with three items: "Health News" (with a "New" badge), "Contact a Health Coach", and "Bookmarks from a Health Coach".

Dialog Center<sup>SM</sup> BCBS North Dakota | My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out

Ann E. Member - February 12, 2007 | ✉

Home Dialog Room Health Information Health Tools Resources

Welcome to My HealthConnection

Take advantage of all the Dialog Center has to offer

Use these resources to make informed health decisions:

- [Dialog Room](#) - Health Coach Message Center, Bookmarks from a Health Coach
- [Health Information](#) - Healthwise® Knowledgebase encyclopedia, Health Crossroads® health decision-support Web site, Bookmarks from My Research
- [Health Tools](#) - Symptom Diaries, Medication List
- [Resources](#) - Additional health plan benefits
- [My Profile](#) - Settings and preferences
- [About Dialog Center](#) - Site features, philosophy and purpose

Healthy Choices Extra:

Slipped disc? What a pain in the back!

If you have been diagnosed with a herniated disc, also called a slipped or ruptured disc, your doctor may suggest surgery. Although surgery may help, it is just one of several treatment options. Also, surgery is more effective in some circumstances than others. If you are considering

Quick links:

- [Health News](#) **New**
- [Contact a Health Coach](#)
- [Bookmarks from a Health Coach](#)

The Dialog Center web portal is the primary path to access the HealthMedia Lifestyle Management programs.

# The Dialog Center Healthy Living Support Tab

Dialog Center<sup>SM</sup> [Link to your site](#) | [My Profile](#) | [About Dialog Center](#) | [Privacy & Policies](#) | [Help/Contact](#) | [Log Out](#)

August 18, 2006 | ✉

Home | Dialog Room | Health Information | Health Tools | Resources | **Healthy Living**

## Achieve better health!



Have you thought about making changes to improve your health and quality of life, but don't know where to start? Or do you just need additional support to help stay on track? Improving your health means staying informed, taking charge and finding the approaches that work best for you.

We know your goals, interests, and schedules are different than everybody else's. That's why we tailor our programs to fit your particular needs. Feel free to participate in as many programs as you like. Take the first step toward a healthier life and a healthier you!

## Healthy Living Support



### Lifestyle Management Programs

take control of your health, start a program today

Select a topic to learn more:



#### BREATHE

[Learn to Stop Smoking](#)

Click '[Go](#)' to start this program or continue where you left off. [Go](#)

[Why Participate?](#) :: [How it works](#) :: [FAQ's](#) :: [References](#)

How many times have you told yourself you would quit smoking if only you had some help? **HealthMedia Breathe® may be able to help you quit smoking for good.** Breathe will give you a personal plan for decreasing your dependency, managing withdrawal, and dealing with cravings. This award-winning smoking cessation program has helped others succeed, and it can help you too!

You are a unique individual, and you deserve a smoking cessation program that's **created just for you by expert healthcare professionals.** We'll get to know you by asking you questions about yourself and the way you live. Then we'll use what we learn about you to create your one-of-a-kind smoking cessation plan, as **unique as your fingerprint.**

Click [How it works](#) to learn more about Breathe.

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Look for the "Healthy Living" tab to get started.

This tab was created on The Dialog Center to support our Healthy Living Support programs.

# The Dialog Center

## “How’s Your Health” Action Triggers

Dialog Center<sup>SM</sup> Link to your site | My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out

September 8, 2006 | ✉

Home Dialog Room Health Information **Health Tools** Resources Healthy Living

### Why Health Tools?

Health Tools help you manage your health and health care activities. Sharing a print-out of the contents/results with your doctor can help you have a meaningful dialog together.

To ensure privacy, all information you enter is stored on a secure database. Use of your data is governed by our [Privacy & Policies](#).

You may grant a Health Coach permission to access your account folder in order to view the contents. At any time, turn on or off that access in [My Profile](#).

### Health Survey

take a moment to learn more about your health

Take a few minutes to complete the survey. Your answers can help us improve our services.

After you finish the survey, you can review your health information.

You can choose to share your results with your doctor. You can review your results at any time.

[Take a moment to learn more about your health](#)

Source: FNX Corp. & Healthwise

### Action Form

Print this page

What is this page for? Below is a summary of important issues determined by your survey results. Print this page(s) out and bring it with you on your next doctor visit. There is space on the page for you and your doctor to jot down important items concerning your health.

**You can take the following actions now and improve the management of your health...**

- Call a Health Coach at **800.245.1234** to discuss options to help you quit smoking
- **Call Free & Clear Toll-free at 1-866-QUIT-4-LIFE (784-8454)** The Free & Clear Treatment Program addresses the difficulties of the tobacco cessation and the treatment you with consistent support to stop smoking and using smokeless tobacco. It provides you with consistent support to stop smoking and using smokeless tobacco, quit successfully or not. It also gives you behavior change tools, such as counseling, attempts or other lifestyle changes.
- Enroll in the **HealthMedia Breathe@ - Quit Smoking** online interactive smoking cessation program. HealthMedia Breathe@ is a smoking cessation intervention that provides you with a custom-tailored program to meet your individual quitting needs. Breathe@ is unique in that it addresses the four main typologies of smokers: **dependency (addictive)**, negative affect, habit based, and social celebrator. By providing individualized information and education about smoking-related behaviors, Breathe gives you the tools for lasting behavior change. To increase quit rates, Breathe also teaches the you about the seven key characteristics that predict success, such as prior quitting experiences and support from family and friends.

Refer to the following Healthwise® Knowledgebase for helpful information:

- ["Are you ready to Quit Smoking? an interactive quiz"](#)
- ["Quitting Tobacco Use"](#)
- ["How Does Smoking Affect Your Life Span? an interactive quiz"](#)
- ["Nicotine replacement therapy for quitting tobacco"](#)
- ["Nortriptyline for quitting smoking"](#)
- ["Clonidine \(Catapres\) for quitting smoking"](#)
- ["Bupropion hydrochloride \(Zyban\) for quitting smoking"](#)

We've also integrated action triggers into the Action form of the HYH survey. These triggers will provide links into the HM programs where applicable.

# Enrolling in a HealthMedia Program Your Personalized Plan is Created



The screenshot shows the 'My HealthMedia' interface. At the top, there is a navigation bar with 'Home', 'Programs', 'My Account', 'Log Out', and 'Dialog Center'. Below the navigation bar, the text reads 'Now Processing Your Questionnaire' and 'We are evaluating your answers and creating your program. Thank you for your patience.' A progress indicator shows five yellow circles, with the first one highlighted. A blue arrow points from the first circle to a box on the right that says 'your personal Guide is Ready' and 'Click Here'.

My HealthMedia

Health Dialog

Home Programs My Account Log Out Dialog Center

*Now Processing Your Questionnaire*

We are evaluating your answers and creating your program. Thank you for your patience.

processing your  
Questionnaire

- 1 Processing your questionnaire
- 2 Matching your responses to the database
- 3 Checking results
- 4 Tailoring your content
- 5 Building your tailored Breathe plan

your personal  
Guide is Ready

Click Here

# Using Your Personalized Plan

The screenshot shows the Health Dialog website interface. At the top left is the "My HealthMedia" logo, and at the top center is the "Health Dialog" logo. Below the logos is a navigation bar with links for "Home", "Programs", "My Account", "Log Out", and "Dialog Center". On the left side, there is a sidebar menu with the following items: "Breathe", "My Breathe Plan" (expanded), "Welcome" (selected), "What's Your Motivation", "Your Tools to Succeed", "Grow in Confidence", "Deep Breathing", "Strategize for Success", "Getting Support", "Keeping Your Resolve", "Next Steps", "Taking Action", "Do The Math", and "Printer Friendly Plan". Below the sidebar, the main content area features a "welcome" message in large, bold, brown letters. To the right of the "welcome" message is a small image of green leaves. Below the "welcome" message is a "Tip" box with a grey background and a white border, containing the text: "Tip: There are 8 sections in your tailored plan. When you finish reading a page, click on Next (at the bottom of the screen) to proceed to the next page." Below the tip box is a section for a user named "Uma," with the text: "Congratulations! You've decided to quit. Being prepared, having strong support, learning how to cope, and making changes in your daily routine will all make it easier for you to kick the smoking habit. Our mission is to help you accomplish your goal of becoming smoke free for the rest of your life. Let's begin by understanding who you are." Below this is a section titled "Created specifically for you." with the text: "There are details about your smoking habit, social environment, reasons for smoking, and motives for wanting to quit that make your needs unique. To help you quit, you need information that focuses on the specific issues you face. Let's highlight what we know."

Once you complete the questionnaire your customized plan is created and you are ready to begin using the program resources.

*Remember:*

Your tailored plan is based on the information YOU provided in the program questionnaire.

# Educate & Support Program Specific Health Tools

My HealthMedia

Health Dialog

Home Programs My Account Log Out Return to Dialog Center

HealthMedia®  
breathe™

- Breathe
- My Breathe Plan
- Medical Library
- Exercise Library
- Stretching Library
- Health Tools
  - Smoke-U-Lator
  - Portion Size
  - Tradeoffs Tool
  - Other Resources
- Cookbook
- About Breathe

## Smoke-U-Lator™

Have you ever calculated just how much money you could save by not smoking? What about the number of cigarettes you won't be smoking anymore? You may not notice the savings immediately, but within a few months, you could get yourself a new TV, tickets to your favorite sporting event, new clothes, or something else you've been wanting. Or you could save the money for a few years and treat yourself to something really special. Select your responses to the items below and submit them to see some eye-opening statistics.

### Smoke Calculations



price of a pack:

cigarettes / day:

Based on the program, there are a number of tools available to the member. The "Smoke-U-Lator" is an example of one of those tools.

# Educate & Support Personal Cookbook

The screenshot shows the 'My HealthMedia' website. At the top left is the 'My HealthMedia' logo and 'HealthMedia® breathe™'. At the top right is the 'Health Dialog' logo. A navigation bar contains links for 'Home', 'Programs', 'My Account', 'Log Out', and 'Return to Dialog Center'. On the left is a vertical menu with categories: 'Breathe', 'My Breathe Plan', 'Medical Library', 'Exercise Library', 'Stretching Library', 'Health Tools', and 'Cookbook'. The 'Cookbook' category is highlighted with a red circle and contains sub-items: 'Basic', 'Breakfast', 'Lunch', 'Dinner', 'Dessert', 'Beverages', 'Salads', 'Side Dishes', 'Soups', and 'Appetizers'. The main content area features a 'Welcome' message, a photo of a kitchen counter with an open cookbook, and the heading 'Welcome to your Personal Cookbook'. Below this is a paragraph explaining the cookbook's purpose and a paragraph on how to use it. To the right is a 'Did you know?' box with text about olive and canola oil. At the bottom right is an information icon.

My HealthMedia

HealthMedia®  
breathe™

Health Dialog

Home Programs My Account Log Out Return to Dialog Center

Welcome

Welcome to your  
**Personal Cookbook**

Your cookbook will help you make delicious meals that fit into a healthy diet. It provides recipes for every meal, as well as some basics to keep you prepared and plenty of desserts to satisfy a sweet tooth.

It's easy to get started. Click on a topic, like "Basic Recipes." Or, if you're looking for a particular topic, type a keyword or phrase into the Search field on the left side of the page (for example, "beef"). Your results will appear after you click the Search button.

Your cookbook also contains recipes from the Centers for Disease Control 5 A Day Program. 5 A Day Recipes

Did you know?  
**Cooking with olive and canola oil is healthier** than cooking with butter or margarine. These heart-healthy oils contain no trans fat and only a small amount of saturated fat. Even so, use oils in small amounts. Even healthy fats are still very high in calories.

Information icon