

MyHealthConnection Wellness Tools

Goals of Today's Presentation

- Review access to and use of The Dialog CenterSM, 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 CenterSM
and
“Personal Health Assessment” 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 is a large image of a smiling healthcare professional. The main content area features a welcome message and a list of resources. A callout box points to the navigation tabs, and another callout box points to the resource links. A third callout box points to a 'Health Alerts' link in the quick links section. At the bottom, there is a copyright notice and a permission statement.

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Ann E. Member - October 21, 2005 | ✉

Home Dialog Room Health Information Health Tools Resources

Welcome to MyHealthConnection

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 CrossroadsSM health decision-support Web site, Bookmarks from My Research
- [Health Tools](#) - Health Survey, Symptom Diaries, Medication List
- [Resources](#) - Additional health plan benefits
- [My Profile](#) - Settings and preferences
- [About Dialog Center](#) - Site features, philosophy and purpose

Quick links:

- [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**](#)
- [Bookmarks from My Research](#)

By checking this box, you grant permission to a Health Coach to view Dialog Center contents and provide you with information relating to your condition.
[Update](#)

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Easy to navigate tabs and active links.

Active links to Health Alerts and the latest Health News.

Dialog Center - Health Information

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

Shared Decision-Making[®]



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

-  **Healthwise[®] Knowledgebase**
online encyclopedia of medical information
-  **Health CrossroadsSM 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[®] 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 section titled "Search the Healthwise® Knowledgebase" with a search input field, a "Go" button, and a "Search Tips" link. Below this is a section titled "List All Topics A-to-Z" with the instruction "Click a letter to see a list of topics beginning with that letter" and a list of letters: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) (0-9). At the bottom of this column are links for "Help", "New and Updated Topics", and "About Healthwise".

The right column is titled "List Selected Topics" and contains four items: "Health Topics: Illnesses, symptoms, first aid, wellness...", "Medical Tests: Tests and exams for medical conditions...", "Medications: Prescription and non-prescription drugs...", and "Support Groups: Self-help and support groups...".

At the bottom of the page is the Healthwise logo with the tagline "for every health decision®" 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 SM [Close this window](#)

Healthwise® Knowledgebase [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.¹ 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 SM [Close this window](#)

Healthwise® Knowledgebase [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?](#)
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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.¹ 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 and a 'Select a Condition:' menu with 'Back Pain' selected. Below this are links for various conditions: Benign Prostatic Hyperplasia, Breast Cancer, Colon Cancer, Coronary Artery Disease, Osteoarthritis, Prostate Cancer, and Uterine Conditions. Further down the sidebar are 'Healthwise® Knowledgebase Getting the Right Healthcare' and utility links for 'Printer-Friendly Version' and 'Bookmark This Page'. The main content area is titled 'Back Pain' and contains several paragraphs of text, a 'Select a Crossroad:' section 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

- ✓ **Take the Personal Health Assessment**
learn what **you can do** to have the biggest impact on 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 – “Personal Health Assessment” Health Risk Assessment Survey

BlueCross BlueShield
Personal Health Assessment for CANDACE GIBSON
(If you are not CANDACE, [Click Here](#))

Privacy Policy | Medical Policy | Logout

Welcome to your Personal Health Assessment

This Personal Health Assessment was created to help you gain a better understanding of the factors that influence your health, both positive and negative, and to provide you with strategies for improving both your health status and the quality of your life.

Protecting Your Privacy
We take your privacy seriously. Please read this policy to see how we handle your personal health.

The next few screens will:

- Program overview
- User agreement

What you'll need:

- 15-20 minutes of time
- Biometric information: weight, blood pressure
- Flash player and speaker you want to watch the

Note: Please use the mouse to click on the application - do not use the touch screen.

[Click to play](#)

[Next >>](#)

Survey: About You

Getting Started ✓

PHA

- About You
- Overall Health
- Nutrition
- Physical Activity
- Tobacco and Alcohol Use
- Preventing Injury
- Health History
- Preventative Tests
- Stress and Well-Being
- Lifestyle Change
- Work Life
- Physician Information
- Clinical Information

Initial Results

Your Action Plan

About You

This survey is designed to help us learn more about you and your health needs. Please read each question carefully before responding. The survey should take about 15 minutes to complete. You may not know the answer to all of the questions. Please just choose the best answer for each item. Thanks for your cooperation.

What is the highest level of schooling you completed?

- Some high school or less
- High School graduate
- Some college
- College graduate
- Post-graduate or professional degree

What is your race? You can pick more than one.

- White
- Black or African American
- Asian
- Native Hawaiian or Pacific Islander
- American Indian or Native Alaskan

Are you Hispanic or Latino?

- Yes
- No
- I choose not to provide this information.

[Next >>](#) [Save](#)

[Save Progress and Exit PHA >>](#)

Survey: Overall Health

Getting Started ✓

PHA

- About You
- Overall Health
- Nutrition
- Physical Activity
- Tobacco and Alcohol Use
- Preventing Injury
- Health History
- Preventative Tests
- Stress and Well-Being
- Lifestyle Change
- Work Life
- Physician Information
- Clinical Information

Initial Results

Your Action Plan

Overall Health

In general, would you say your health is:

- Excellent
- Very good
- Good
- Fair
- Poor

How tall are you?

Feet

How much do you weigh?

Pounds

During the past 6 months, have you tried to lose weight?

- Yes
- No

[<< Back](#) [Next >>](#) [Save](#)

[Save Progress and Exit PHA >>](#)

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Privacy Policy | Medical Policy | Contact Us | About

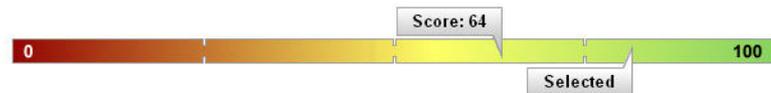
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The “Personal Health Assessment” captures general health and lifestyle risks, motivation around healthy behaviors, support systems, etc.

Health Tools – “Personal Health Assessment” Health Risk Assessment Survey

2 Explore How You Can Improve

To learn what types of changes you can make to improve your health, move the levers for each health topic below. As you move the levers you will see the different levels of changes you can make, as well as examples of what each level of change requires. Small, easy changes are recommended to help ensure success.



Improvements You Can Make

Nutrition

— [Slider] +

Physical Activity

— [Slider] +

Stress

— [Slider] +

[Icon] = Your starting point

Your Selected Improvements

- Nutrition : Hard Changes**
- Get 5-9 servings of fruits and vegetables each day.
 - Don't stop eating everything you love. Small changes are smart changes.
- Physical Activity : Moderate Changes**
- Get at least 30 minutes of physical activity per day on 5 days of the week.
 - Be sure the activity is enough to get you breathing harder than normal.
- Stress : Hard Changes**
- Enroll in a stress-management program. It can teach you skills to help you cope with stress that you cannot avoid.

A set of sliding scales allows members to identify their priorities in terms of their own health management and improvement

Well done! You have just selected the changes that you are ready and willing to make to improve your health. Please review these carefully before clicking on the "Create your Action Plan" button below. Remember, small changes can make a big difference. Set yourself up for success and tackle one thing at a time. Think about how much change you have selected. If you have decided to change too much, too fast, please go back and change the levers. Think about what you really want to - and believe that you can - do first.

With each success your confidence will grow. If you do this, we know you can succeed!

[Create Your Action Plan >>](#)

[Return to Home Page](#)

Health Tools – “Personal Health Assessment” Health Risk Assessment Survey



[Privacy Policy](#) | [Medical Policy](#) | [Logout](#)

Personal Health Assessment for **CANDACE GIBSON**
 (If you are not CANDACE, [Click Here](#))

A A

Action Plan - 5/14/2008

Print or Download ▾

- Getting Started ✓
- PHA ✓
- Initial Results ✓
- Action Plan**
- Plan Goals ◀
- Health Overview
- Health Topics
- Alcohol
- Respiratory Health
- Preventive Health and Safety
- Heart Health
- Emotional Health
- Healthy Lifestyle
- Tobacco
- Women's Health
- Musculoskeletal



Below are your personal goals, based on your needs and current behaviors. In addition to each goal, you will see strategies for achieving the goal and links to additional resources. If you have any questions, be sure and talk with your health care provider.



Positive Behaviors

- Tobacco Use
- Blood Pressure
- Body Mass Index (BMI)
- Total Cholesterol
- Management of Condition(s)/Diseases

Areas To Improve

- Physical Activity
- Nutrition

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

Biometric Summary

Item	Your Value	Healthy Range
Body Mass Index	24.4	18.5 - 24.9
Blood Pressure, Systolic	110	Less than 120
Blood Pressure, Diastolic	55	Less than 80
Cholesterol, Total	139	Less than 200
Cholesterol HDL	64	Greater than 40-Male, Greater than 50-Female
Cholesterol LDL	50	Less than 100
Blood Glucose Level (non-fasting)	Not Reported	60-200
Blood Glucose Level (fasting)	Not Reported	Less than 100
Triglycerides	170	Less than 150

Your Goals

- [Increase Your Physical Activity](#)
- [Improve Your Eating Habits](#)
- [Manage Your Stress](#)

Dialog Center - Health Tools

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Why Health Tools?



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Health Tools

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record your symptoms for any condition
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track all your medications in one place

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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).



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](#)

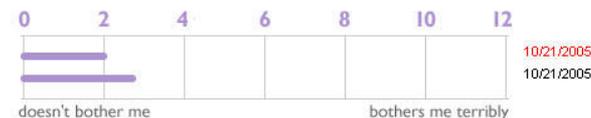
[Exit and return to Dialog Center](#)



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](#)

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

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

Why Health Tools?



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Health Tools - Medication Lists

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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

 [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

Dialog CenterSM BCBS North Dakota | My Profile | About Dialog Center | Privacy & Policies | Help/Contact | Log Out

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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 this is a navigation bar with "Home", "Dialog Room", "Health Information", "Health Tools", and "Resources". The main content area features a large image of a smiling healthcare professional in blue scrubs. To the right of the image, the text reads "Welcome to My Health Connection". 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". At the bottom left, there is a "Quick links:" section with icons for "Health News" (marked "New"), "Contact a Health Coach", and "Bookmarks from a Health Coach". At the bottom right, there is a section titled "Healthy Choices Extra:" with a sub-heading "Slipped disc? What a pain in the back!" and a paragraph of text starting with "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..."

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

The Dialog Center Healthy Living Support Tab

Dialog CenterSM [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.

Enrolling in a HealthMedia Program Your Personalized Plan is Created

The screenshot shows the top navigation bar with the "My HealthMedia" logo and the "Health Dialog" logo. The navigation menu includes "Home", "Programs", "My Account", "Log Out", and "Dialog Center". Below the navigation bar, the main content area displays the heading "Now Processing Your Questionnaire" and a message: "We are evaluating your answers and creating your program. Thank you for your patience." A progress indicator shows a woman's photo and a bar with five yellow circles, with the text "processing your Questionnaire" above it. A list of five steps is provided: 1. Processing your questionnaire, 2. Matching your responses to the database, 3. Checking results, 4. Tailoring your content, and 5. Building your tailored Breathe plan. A blue arrow points from the progress indicator 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, there is a navigation bar with the following links: Home, Programs, My Account, Log Out, and Dialog Center. The main content area features a large "welcome" message in a brown font, followed by a tip box that reads: "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, the user's name "Uma," is displayed in a bold, brown font, followed by a congratulatory message: "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." A second tip box follows, stating: "Created specifically for you. 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." On the left side of the page, there is a sidebar menu with the following items: Breathe, My Breathe Plan (expanded to show a list of 8 sections: Welcome, 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), Medical Library, Exercise Library, and Stretching Library.

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

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Home Programs My Account Log Out Return to Dialog Center

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:

Calculate

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', 'Cookbook', 'Basic', 'Breakfast', 'Lunch', 'Dinner', 'Dessert', 'Beverages', 'Salads', 'Side Dishes', 'Soups', 'Appetizers', and 'About Breathe'. The 'Cookbook' category is circled in red. 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. On the right, a green box titled 'Did you know?' contains a tip about using 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