

*SimplyWell at your fingertips....*

## □ What is SimplyWell?

SimplyWell is a personal and confidential online health management program designed to improve your health and reduce healthcare costs. We offer an onsite Health Screening, an online Health Risk Questionnaire, health education tools, resources and a detailed personal Individual Action Plan.

## □ What is an onsite Health Screening?

An onsite Health Screening includes a comprehensive blood draw, blood pressure check and height and weight measurements. Fast 8 to 12 hours before the screening, drink plenty of water and prescription drugs are acceptable. If you are diabetic, check with your physician before fasting.

## □ What is a Health Questionnaire?

Our Health Questionnaire is a comprehensive set of questions about your health history and current health. The information you provide on the questionnaire and the results from your Health Screening are used to create your own online Health Report.

## □ What is my online Health Report?

Your online Health Report provides detailed information on your current health, from cancer and coronary risks to nutrition and fitness status.

## □ What is my Individual Action Plan?

We use your results from your Health Report and make recommendations for you to start making immediate changes to maintain or improve your health. You can manage Appointments and use Health Trackers to document daily health activities from your Action Plan.

## □ What other benefits do I have with SimplyWell?

SimplyWell provides telephonic health coaching by Registered Nurses throughout the program. It starts with the initial call after your Health Screening. You may also contact SimplyWell nurses with any health related questions 24 hours/7 days a week.

You will have access to health libraries, interactive health presentations and detailed health guides that cover thousands of topics.

You will also be able to track health appointments and other important health information including: allergies, surgeries, medications, blood pressure, weight and much more!

## □ Who has access to my Personal Health Information?

You are the only person with access to your information. You can provide temporary access to your lab results by setting up a temporary 24-hour user ID and password. SimplyWell complies with HIPAA and all applicable federal regulations.

## □ What is the goal of SimplyWell?

We believe information is power. By providing you with your current health status and the resources to understand and make healthy behavior changes, we empower you to be proactive in managing your health and making it a top priority in your life.