

Personal Health Manager

Personal Health Manager (PHM):

With Personal Health Manager's secure, confidential tools and resources, consumers make informed healthcare decisions.

Included Products:

HealthQuotient™ is an advanced online health risk assessment that scores an employee's health status and provides recommendations for improvement and behavior change.

Condition Centers® are advanced online assessment tools that provide an integrative approach to prevention and treatment for the most prominent conditions. For people with asthma or diabetes, Premium Condition Centers create dynamic Care Plans and Doctor's Reports that encourage disease management protocols and also capture structured data that enhances the doctor-patient relationship.

Men's and Women's Health Centers promote preventive care guidelines specialized for each gender.

Health Record is an online personalized health record that gives individuals or family members the ability to store and maintain health information in a centralized location.

Trackers and Calendar are graphical tools that track important health events and measurements over time.

Child Health Manager™ enable parents and guardians to manage, track and monitor the health of their children age 6 and younger.

LEAP® (Lifetime Exercise Adherence Program) is an online, fitness coaching program based on solid scientific research and practical experience. By providing the guidance of a good coach, the program works for any person at any fitness level and modifies plans based on individual performance over time.

Ready, Set, Stop!® Online™ is a six-week, self-guided, Internet-based smoking cessation program. Fully compliant with the latest clinical practice guidelines, it employs the core principles of positive health behavior change.

The Nutrition Improvement Program focuses on three main nutrition goals: measuring and evaluating personal and family nutritional needs; making a healthy lifestyle change through behavior modification; and learning how to improve and maintain current nutritional levels.

Let's Get Started – DO THIS ONE TIME ONLY!
(If you've already done this...SKIP to Page 6)

Getting started is easy...just set up your personal account and get started.

STEP 1 – Establish your personal account

Go to www.saintlukeshealthsystem.org

Select **New User?** from the left navigation, complete the form AND press create.



New User
Forgot Password? Forgot User Name? Trouble Logging In?

Message: Please enter the required information below to create a User Name.

* **Birth Date:** (mm/dd/yyyy)

* **Security Question:**

* **Security Answer:** (3 min, 20 max)

* **User Name:** (5 min, 20 max)

* **New Password:** (6 min, 20 max)

* **Retype Password:**

You'll be presented with a "security screen" that requires that you enter a provided word. Type in the word and press CREATE.



New User
Forgot Password? Forgot User Name? Trouble Logging In?

Message: Please enter the new word in the box below.

* **Birth Date:** (mm/dd/yyyy)

* **Security Question:**

* **Security Answer:** (3 min, 20 max)

* **User Name:** (5 min, 20 max)

* **New Password:** (6 min, 20 max)

* **Retype Password:**

* **Enter word shown in box below:**

(Word Verification help us prevent automated user creation.)

You'll be presented with a "You are Logged in" menu page - also called **eLink Menu**

Select Log into Personal Health Tools

eLink Menu

eAccount Bill Payment

- Pay your Hospital Bill
- Pay your Saint Luke's Medical Group Bill
- Submit a billing question

Personal Health Tools

- **Log into Personal Health Tools**
- Online Fitness Assessment
 - Personal Health Records for you and your family
 - Online Smoking Cessation Program
 - Health Risk Assessments > 20 available.
 - Online Nutrition Center
- Print a Physician Directory

Hospital Pre-registration

- Pre-register On-line

eStore

- On-line purchase of Saint Luke's Gifts and Apparel

Physician eLink

- Physician portal access
- For Physicians Page

Employee eLink

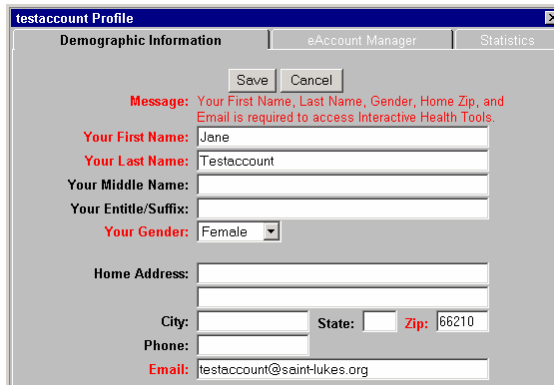
- Employee Portal Access
- Paycheck View
- View your Benefits
- Job Openings
- Training and Education

This page will appear...the items in red are required fields.

Complete those fields and press SAVE

The confidentiality notice page will appear.

The user must press Continue in order to Enter the tool.



testaccount Profile

Demographic Information | eAccount Manager | Statistics

Save Cancel

Message: Your First Name, Last Name, Gender, Home Zip, and Email is required to access Interactive Health Tools.

Your First Name: Jane

Your Last Name: Testaccount

Your Middle Name:

Your Entitle/Suffix:

Your Gender: Female

Home Address:

City: **State:** **Zip:** 66210

Phone:

Email: testaccount@saint-lukes.org

Please note: This information is confidential. Saint Luke's Health System will not, in any circumstance, sell or offer this information to any third party.

Step 2 – Sign Up

Complete the Sign Up by 1) selecting e-mail format & frequency 2) selecting specific health interests. Click TAKE ME TO THE TOOLS.


[Web Nursery](#)
[Find a Doctor](#)
[Classes & Events](#)
[Jobs & Volunteers](#)

Saint Luke's Health System eLibrary

New User Signup

You're almost done!

Next, let us know your topics of interest so we can better personalize your health information. You may change your interests at any time from the sign-in page. Then you're all set!

Help With Signup

- [Privacy Policy](#)
- [Wellmed's Privacy Policy](#)
- [About security. Is my information safe?](#)

Signup Information - Two Simple Steps

Step Two: Tell us your interests.

This information will help us give you the content you're most interested in. Of course you may view any information in this section if you'd like.

Email Format:

Images and Text (HTML) Text-only

Email Frequency:

- | | | |
|--|---|--|
| <input type="checkbox"/> Alcohol Use | <input type="checkbox"/> Allergies | <input type="checkbox"/> Alternative Health |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Back & Neck Pain | <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Digestive Conditions | <input type="checkbox"/> Eating Disorders |
| <input type="checkbox"/> Environmental Health | <input type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Eye Health |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Fitness | <input type="checkbox"/> Hair Loss |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Heartburn |
| <input type="checkbox"/> Hepatitis B & C | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Influenza | <input type="checkbox"/> Irritable Bowel Syndrome | <input type="checkbox"/> Lung Cancer |
| <input type="checkbox"/> Men's Health | <input type="checkbox"/> Menopause | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Occupational Health |
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Ovarian Cancer | <input type="checkbox"/> Parenting & Pregnancy |
| <input type="checkbox"/> Premenstrual Syndrome | <input type="checkbox"/> Prostate Cancer | <input type="checkbox"/> Senior Health |
| <input type="checkbox"/> Sex & Relationships | <input type="checkbox"/> Sinusitis | <input type="checkbox"/> Skin Cancer |
| <input type="checkbox"/> Skin Care | <input type="checkbox"/> Sleep Health | <input type="checkbox"/> Smoking Cessation |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Stroke | <input type="checkbox"/> Urinary Incontinence |
| <input type="checkbox"/> Weight Management | <input type="checkbox"/> Women's Health | |

By choosing to continue to the tools, you will be accessing information from WellMed's services which carries its own [privacy policy](#).

[Take me to the tools>](#)



Log In

[Why register?](#)
[How will this benefit me?](#)
[Is my information safe?](#)
[Who is WellMed?](#)

Double Check
the
Information
given
Previously

Required Information *

Please provide this information. We cannot give you health information without it.

1. My Information

* **First Name:** Your name helps personalize your experience.

Jane

* **Last Name:**

Testaccount

* **Birth Date (mm/dd/yyyy):**

08/14/1963

* **ZIP/Postal Code:** Allows you to receive local health news and alerts.

66210

* **Email Address:**

testaccount@saint-lukes.org

* **Health E-Mails:** I would like to be contacted by e-mail with information based on my health interests. I understand that I may opt-out of receiving these e-mails within "Settings" at any time.

Yes

Yes, I would like to take advantage of the special wellness and preventative opportunities that are provided to me by this health care organization and its [partners](#). This might include, for example, newsletters, emails, or notification of classes or other special events that are relevant to my health interests and conditions. To benefit from these offerings, I authorize the exchange of my personal health information including, but not limited to such data as my age, gender, health interests, diagnoses and problems, medications, procedures and laboratory tests, and observations such as blood pressure and pulse. I understand that I can withdraw this authorization at any time by logging on to the WellMed site and clicking on the Settings button. I recognize that the use of information about my health is governed by the privacy policies of the healthcare organization and its [partners](#).

Let us know
whether you
want to
receive Health
Information
via e-mail.

Read and
agree to terms
& conditions

2. Agreement

* I have read and agree with WellMed's [Terms and Conditions](#) and [Privacy Policy](#).

submit ▶


If this is your **FIRST TIME** using the Tools – Go **BACK TO PAGE 2**

RETURNING Personal Health Tools User?

If you've already done the one time setup and want to use the Personal Health Tools.

It's as Easy as 1, 2, 3...

- #1 Go to www.saintlukeshealthsystem.org
- #2 Select **eLink Login** in the left Navigation



The screenshot shows a web form titled "User Login". At the top, there are links for "New User?", "Forgot Password?", "Forgot User Name?", and "Trouble Logging In?". Below these links, there are two input fields: "* User Name:" with the text "johndoe" entered, and "* Password:" with a masked password field and the text "(Case Sensitive)" to its right. At the bottom of the form, there are three buttons: "Login", "Cancel", and "Back".


- #3 Log In with User Name and Password
Press Login

Select Personal Health Tools from the left Navigation – You're In!

*Please Note: If you've forgotten your user name
Or password or are having trouble logging in –
Use the provided links at the bottom of the
Login box.*

Personal Home Page – Dynamically Created based on the Employee's Interests

Saint Luke's Health System eLibrary


Jane Testaccount [family members](#) | [settings](#) | [log out](#)

Home
Personal Health Reminders
Condition Centers ▾
Health Tools ▾

Welcome, Janel!

My Health Guide

Recommendations based on your health profile:

✦ Getting Started

- [Compare Your Health To Peers With HealthQuotient](#)
- [Go To Health Record](#)
- [Take The Women's Health Assessment](#)
- [Fitness - LEAP - Your Personal Fitness Program.](#)
- [Track Your Vital Health Measurements](#)

My Links

Recently Visited Pages

Topics of Interest


- [Add Interests](#)

My Personal Health Reminders

- [You have 1 new message!](#)

Monthly Highlights

Cancer prevention saves lives! April is Cancer Control Month.
Check your risk for [Breast Cancer](#) (women and men) and [Prostate Cancer](#) (men only), two of the most prevalent cancers today.



Constipation? Diarrhea?
April is Irritable Bowel Syndrome Awareness Month.

Take Action

Assess My Health

- [HealthQuotient™](#)
- [Condition Centers](#)

Improve My Health

- [Fitness - LEAP](#)
- [Nutrition](#)
- [Ready, Set, Stop!](#)

My Records

- [Health Record](#)
- [Child Health](#)
- [Track My Health](#)

News

- [Clinical Trials](#)
 - [Other clinical trials](#)

Overview of Tools:

Health Quotient Results

Saint Luke's Health System eLibrary

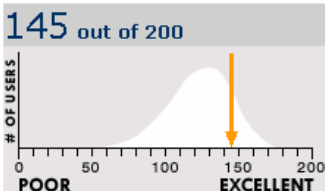
Home
Personal Health Reminders
Condition Centers ▼
Health Tools ▼

HealthQuotient™ (HQ)

HQ Home
HQ Score
Risk Profile
Take Action
Doctor's Summary

HQ Score
Improve My HQ

HQ Score



145 out of 200

OF USERS

POOR EXCELLENT

- Your HealthQuotient of **145** out of 200 is **above average** for your peer group
- The arrow in the graph shows where your score falls. The white curved shape shows the range of scores within your peer group.
- The average score for your peer group — women between age 40 and 49 — is **129**
- Read specifics on [HealthQuotient calculations](#).

Graphing Options


Females 40-49 years ▼

This is step 1 of 4, Score page 1 of 2 continue ▶

The contents of this Site, such as text, graphics, images, and other material contained on the Site ("Content") are for informational purposes

Condition Center Results

Saint Luke's Health System eLibrary



Jane Testaccount [family members](#) | [settings](#) | [log out](#)

Home
Personal Health Reminders
Condition Centers ▼
Health Tools ▼

Jane's Depression Report

Depression Home
Clinical Summary
Treatments
Take Action

Clinical Summary

0-16

17-19

20-24

25+

Your Score Is 17

- 16 or below = Very low likelihood of clinical depression
- 17-19 = Low-likelihood of clinical depression
- 20-24 = Moderate-likelihood of clinical depression
- 25+ = High-likelihood of clinical depression

Based upon your responses, it is unlikely that you have clinical depression.

However, you should never ignore symptoms such as feeling sad or "low." These kinds of symptoms may signal a problem. Untreated depression is a major medical problem, seriously affecting one's health and happiness, so it's important to talk with a healthcare provider if any symptoms worsen or intensify.

Awakening early in the morning and not being able to get back to sleep can definitely affect your mood. Speak to your healthcare provider about this, especially if it happens regularly.

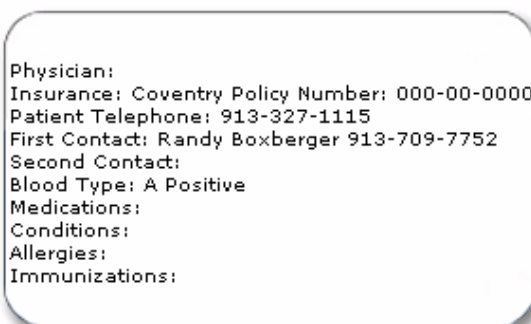
You indicated that you have not noticed any significant weight change. It's a good idea to keep an eye on your weight because changes in weight and/or appetite sometimes occur with depression and other emotional problems.

For more information about depression please [click here](#)

Health Record

No matter where you go, even if you're injured and can't speak, your Emergency Information Card provides quick access to vital medical information about you or your family members, including:

- Primary physician
- Allergies
- Telephone number
- Medications
- Emergency contacts
- Health Conditions
- Blood type

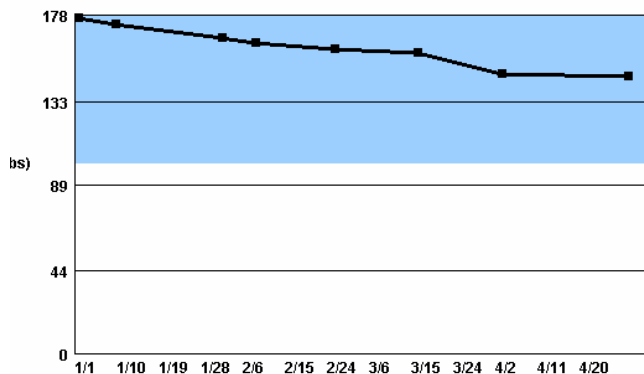


[customize your card](#)

Trackers & Calendar

Body Weight

Date Ranges:
From: 1/1/2005 To: 4/29/2005 [refresh date range](#) [show all](#)



CDC Growth Charts: United States

