



# Go Digital, Go Healthy

## ActiveHealth Digital Tools & Resources

### 2019 METIS Conference

### Biloxi, MS

An ActiveHealth® Management presentation

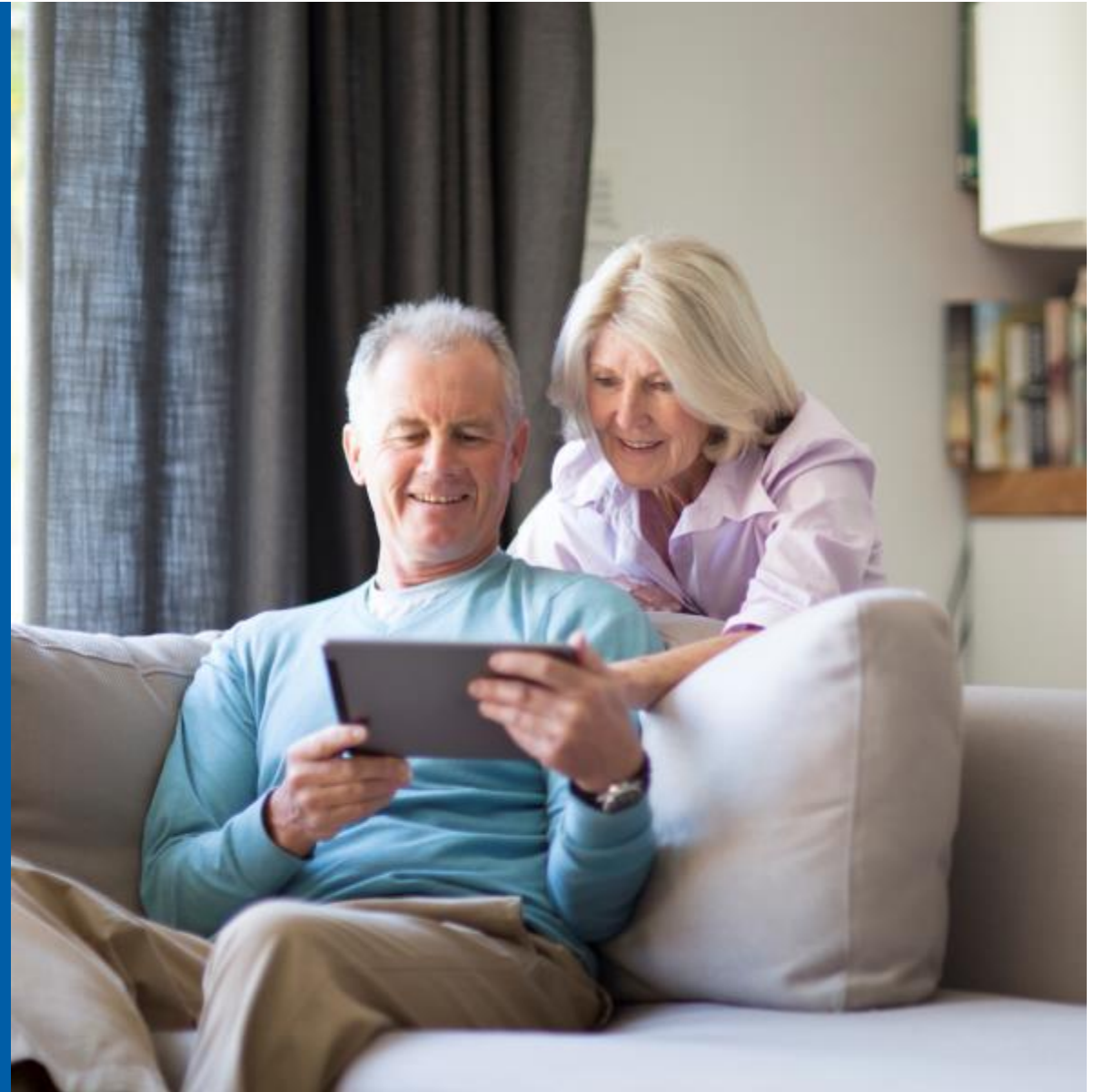


Wellness programs are sponsored by the Mississippi State and School Employees' Health Insurance Plan's health initiative, Motivating Mississippi—Keys to Living Healthy and ActiveHealth Management, the Plan's wellness vendor.

# Agenda

**Discover resources and tools on the MyActiveHealth website**

**Learn about how to use the ActiveHealth Mobile App**



# ActiveHealth Management: Who We Are

Motivating Mississippi – *Keys to Living Healthy* is the State and School Employees' Health Insurance Plan's wellness and preventative health program. Working with ActiveHealth Management, the Plan's health management vendor, we are dedicated to providing Plan participants with the tools and resources to help them lead healthier lives.

ActiveHealth Management is passionate about helping everyone achieve their best health and focused on providing resources to assist participants in meeting their personal health goals. Services provided by ActiveHealth are included at no additional charge to plan participants.

# ActiveHealth Management Resources

## 1-866-939-4721

### My ActiveHealth Engagement Platform

- Health Assessment, Digital Coaching, Trackers, Device Integration, Personal Health Record, etc.

### ActiveHealth Mobile App

- Weekly action plans, tips for getting fit, personal coaching and more

### Provider and Member Messaging

### Utilization Management

### Telephone Health Coaching

- Complex Case Management
- Informed Care Management/Condition Management
- Maternity Management
- Lifestyle Coaching
  - Weight Management (BMI  $\geq$ 30)
  - Tobacco Cessation

### Onsite Health Coaching

### Online Group Coaching



# ActiveHealth Digital Resources & Tools

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes — whatever gets you closer to achieving your health goals.



Health  
assessment



Devices and apps



Records



Digital coach



Health Actions



Library



Health Decision  
Support



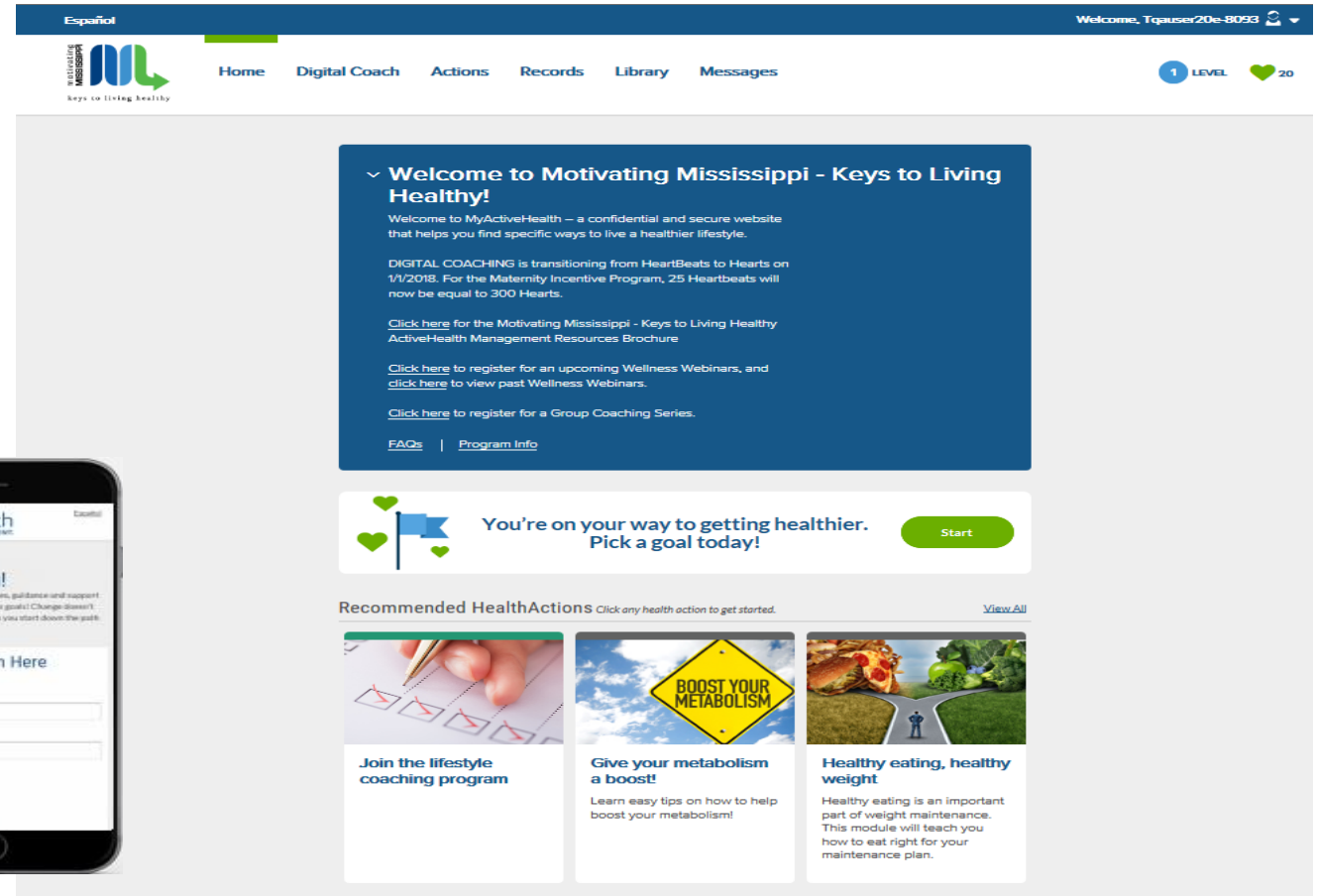
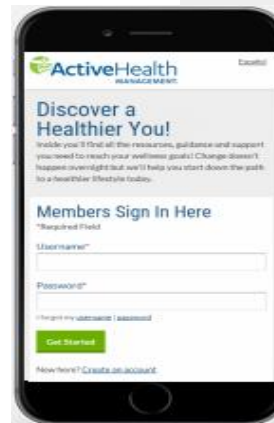
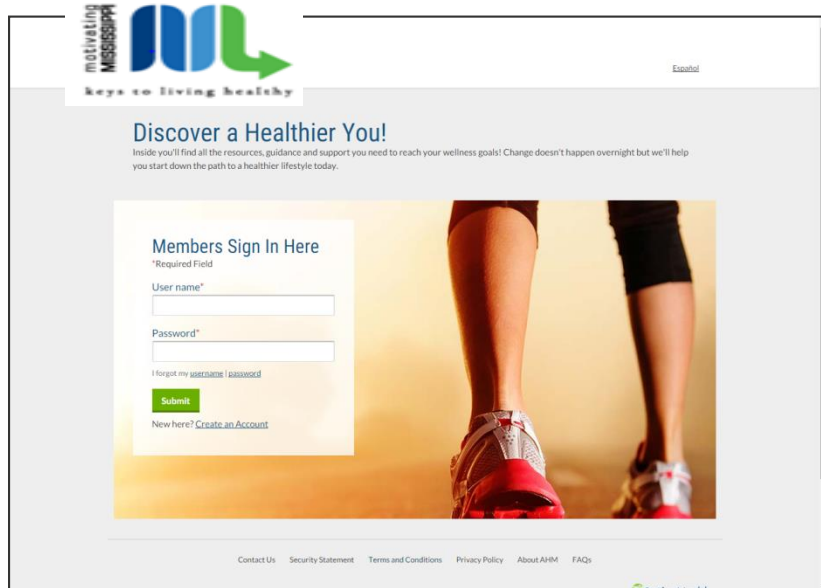
Social communities



Hearts and rewards



# MyActiveHealth Website: Sign in and homepage



MyActiveHealth.com/Mississippi

# Health Assessment

Once you register, you'll want to complete your Health Assessment.

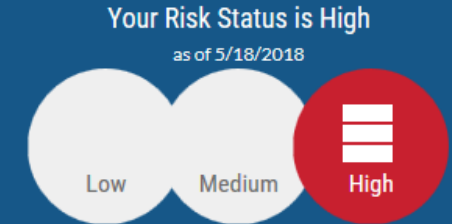
- It only takes about ten minutes
- You can print or download a report of your results
- It'll also help you decide which health goals to focus on first.

## Health Assessment



Your Health Assessment was last taken on 5/18/2018.

Your health status is constantly changing. Completing or updating the online Health Assessment periodically is an opportunity to review your own health and wellness. Answering these questions will help you understand your health needs, identify actions you need to take to improve your health, and help us share the right resources with you that can help you reach your best health.



Risk level is based on diagnosed conditions, at-risk conditions, and lifestyle choices.

**Newly Eligible Members:** Complete your Health Assessment within your 30-day window to receive the Wellness Premium Credit for 2017.

Your Health Assessment was last taken on 5/18/2018. Click a category to update or retake your Assessment.

> My Health ✓ Completed | [Update](#)

> My Lifestyle ✓ Completed | [Update](#)

> My Goals ✓ Completed | [Update](#)

Save & Finish Later

Submit Now

> Compare Answers

# Health Actions



When you log in to the site, you'll see health actions pop up on your home page. These include:

- Targeted tips for your well-being
- Reminders about important screenings
- Suggestions on ways you can improve your health right now

Spanish

Welcome, [Username]

ActiveHealth MANAGEMENT

Home Digital Coach Actions Records Library Messages 99+ REWARDS \$XXX/XXX 2 LEVEL 2,100

### Your Health Actions

View Past Actions ?

3 all selected!

- [Supplier's Rewards Center Title]**
- Complete Your Health Assessment**
- Healthy eating for cholesterol**  
Food has an effect on your cholesterol levels - learn about which foods to eat, how to lower your cholesterol with food and making better choices.
- The exercise and cholesterol connection**  
Exercise can help! Understanding how to work exercise into your schedule and how it can affect your cholesterol levels can help pave the way to better health.
- The impact of weight on cholesterol**  
Learn why a healthy weight matters when managing your cholesterol
- Cholesterol, Medications and You**  
Many people struggle with deciding to take medication to help better manage their cholesterol. This topic - and more- is covered in this topic

1/5 < >



# Digital Coach: Your Health Goals

Even if you're pretty healthy, there are always ways to improve. In the Digital Coach, Your Health Goals section, you can focus on setting weekly goals for being more active, eating better, and managing your weight. You will be able to access activities, such as quizzes, videos, and articles daily to keep you moving forward!



The collage shows three screenshots from the 'Your Health Goals' section of the Digital Coach app. The top screenshot shows a selection screen where 'Eating a healthier diet' is chosen. The middle screenshot shows a 'WEEKLY CHALLENGE' titled 'One More Will Do Wonders' with a goal to eat more vegetables, accompanied by an image of a vegetable stir-fry. The bottom screenshot shows a progress tracker for 'Healthy Eating: Eat more vegetables' with a 'Tap the Flag' icon and a 0% completion rate.

**Your Health Goals**

Which health goal is most important to you?

Eating a healthier diet

Great choice! You want to improve what you eat and we can help!

We know it's easy to get overwhelmed by all the eating options out there. We've found that people are most successful when they focus on making one small change at a time.

Pick the healthy eating goal you want to tackle first:

Eat more vegetables

Eat more fruit

Eat smaller portions

Eat more whole grains

Let's Get Going

**Eat more vegetables**

WEEKLY CHALLENGE

One More Will Do Wonders

We'll help you create a plan to get more vegetables into your week and we'll support you along the way to keep you on track!

Your goal: I will eat one more cup of vegetables on most days for one week.

**Healthy Eating: Eat more vegetables**

Tap the Flag

0%

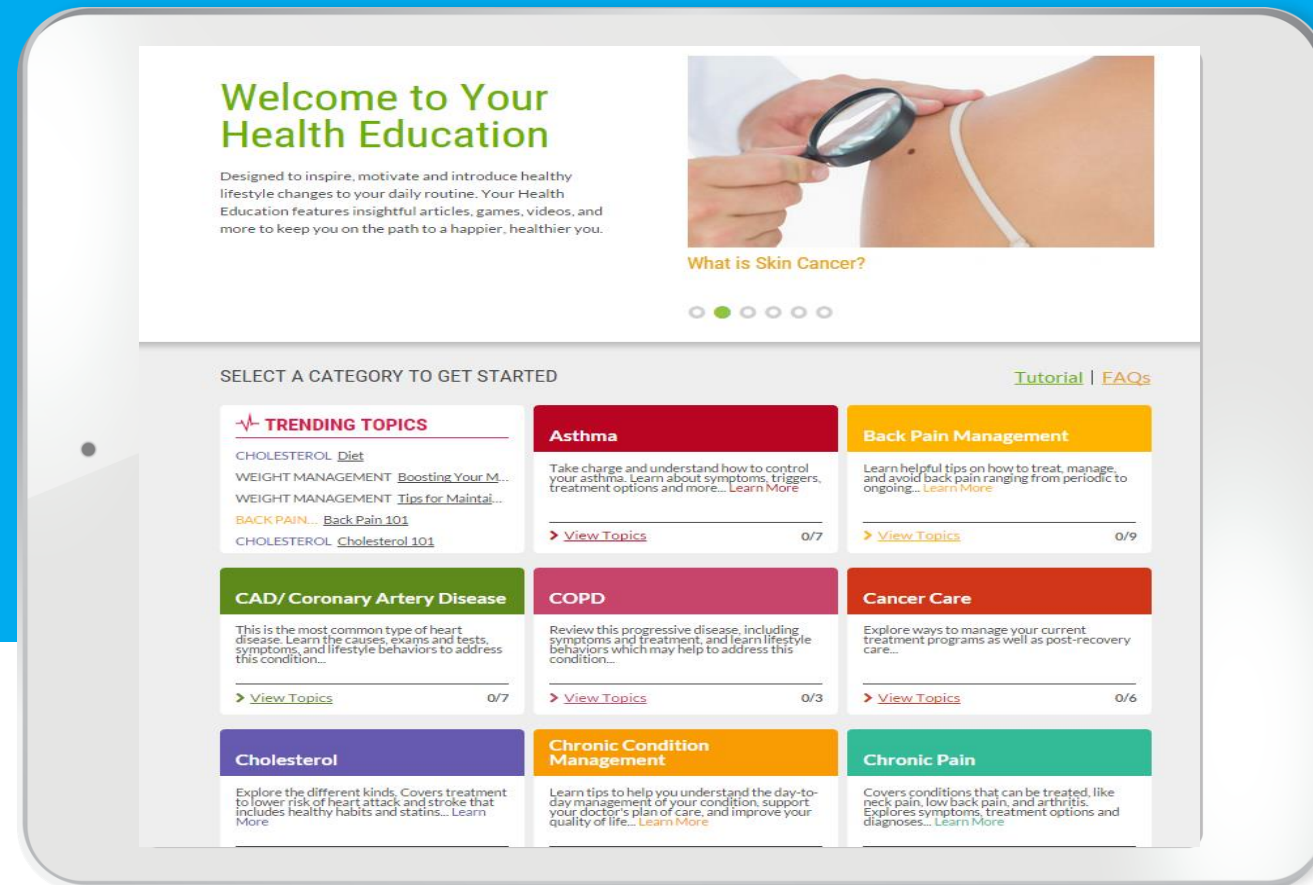
20 One More Will Do Wonders



# Digital Coach: Your Health Education

In the Digital Coach, Your Health Education section, you'll find hundreds of articles, flip cards, videos and quizzes on topics including:

- General well-being
- Migraines
- Depression
- Diabetes
- Back pain management
- Physical activity
- Stress management



# Records



Looking for a single place to keep your health information? Check your Records. We'll fill in everything we know, from health assessment responses and lab results to your health information from your claims. Then you can enter additional information. The more you add, the easier we can spot possible drug interactions or family risk factors — and generate personalized Health Actions for you.



Health  
assessment



Claims data



Lab results



Family history



Medications

# Wellness and Condition Trackers

## Wellness Trackers

[Weight, BMI & Body Fat](#)

[Caloric Intake](#)

[Steps & Physical Activity](#)

[Hours of Sleep](#)

[Pain Assessment](#)

[Waist Circumference](#)

## Tracker Entries Click any tracker to view/edit.

[View My Trackers](#)

|                            |        |                          |      |                        |      |
|----------------------------|--------|--------------------------|------|------------------------|------|
| Caloric Intake<br>Calories | 1,500  | HDL Cholesterol<br>mg/dl | 1124 | Triglycerides<br>mg/dl | 120  |
| Blood Pressure<br>mmHg     | 120/80 | LDL Cholesterol<br>mg/dl | 120  | Body Mass Index<br>BMI | 22.3 |

## Condition Trackers

[Asthma Peak Flow](#)

[Blood Glucose](#)

[Blood Pressure](#)

[Creatinine](#)

[HDL Cholesterol](#)

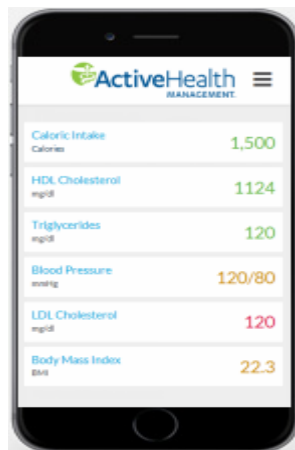
[Hemoglobin](#)

[Hemoglobin A1C](#)

[Kidney function TSAT](#)

[LDL Cholesterol](#)

[Triglycerides](#)



# Devices and Apps

Create a more complete view of your health by syncing your favorite fitness device or health app. Look for yours in the Devices & Apps list. Just follow these steps, and the next time you sync your app, all your data will be there. You can sync any of these devices or apps:

- Fitbit®
- Garmin®
- iHealth®
- MapMyFitness
- Misfit Shine®
- MyFitnessPal
- RunKeeper
- Withings/Nokia

## How to do it:

1. Hover on Records.
2. Select Devices & Apps.
3. Click Connect next to device logo or app name.
4. Enter your user ID and password.
5. Click Consent.



# Library

Tired of hunting for health information? Just head to the Library. From looking up symptoms to finding healthy recipes, you can browse a variety of relevant, up-to-date topics.

## How to get there:

1. Hover on Library in top menu.
2. Select from the options: Your Health Education, Social Communities, Wellness Webinars, Healthy Recipes, Videos, Interactive Tools and more!

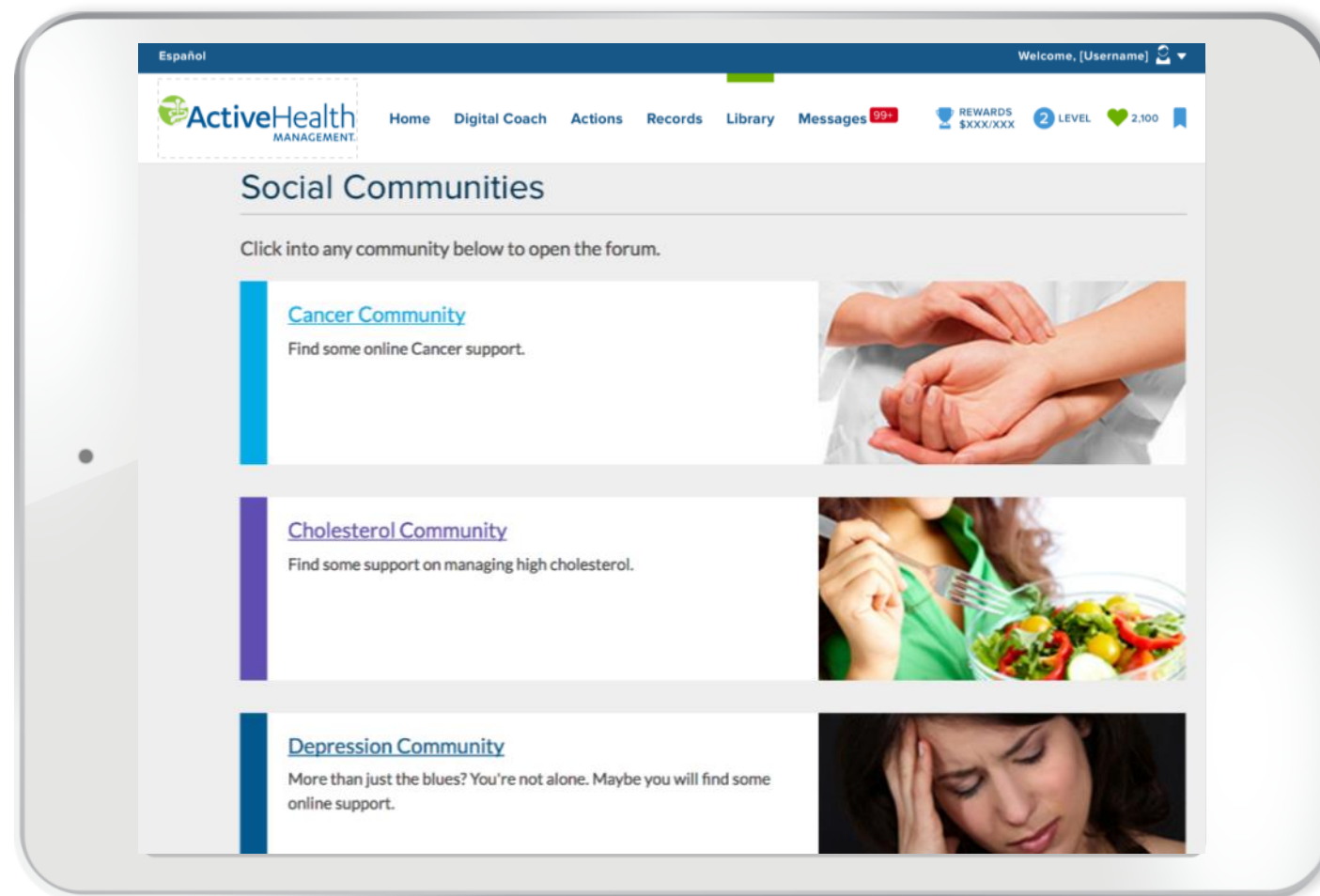




# Social Communities

No member is alone in their health journey.

Social communities provides online support for cancer, cholesterol, depression, diabetes type 2, and high blood pressure.



# Helpful Videos

Our condition education and decision support resources include videos that will help you understand your condition and guide you to the right decision for you.

Topics include: acute low back pain, joint replacement, diabetes, and many more!



## Videos



### [Asthma & Respiratory](#)

Respiratory conditions are long-term, but they don't have to limit you. Learning all you can about asthma is the first step to living the life you want.



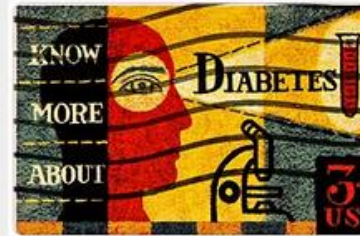
### [Bones, Joints and Muscles](#)

It's not uncommon to have aches and pains in our bones, joints, and muscles. Learn more about possible causes, prevention and treatment methods.



### [Children's Health](#)

Keep your children focused on wellness from a young age and check out this content to learn more about ways to manage their health.



### [Diabetes](#)

This section will teach you about eating well and controlling your blood sugar levels. You'll learn how to manage diabetes and prevent further health issues.



### [Heart & Circulation](#)

It's not always easy to understand your heart and circulation. Click here to see what tests, lifestyle changes, and treatments could be right for you.



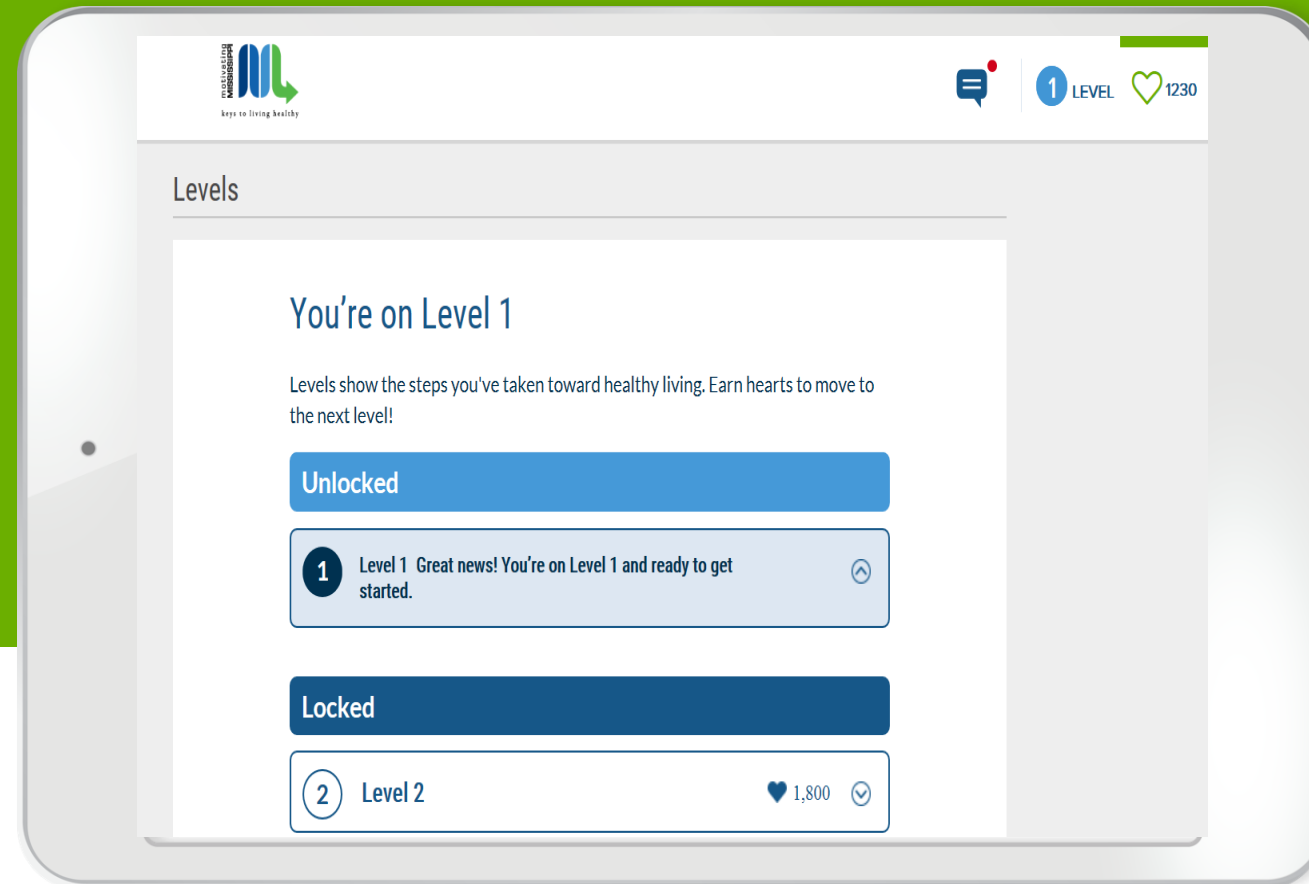
### [Other](#)

This category covers a variety of content that will help you better manage your health and proactively research information that interests you.

# Earning Hearts



Whenever you finish a digital coaching topic, you'll earn online currency called Hearts. Generally, each action you complete is worth 20 hearts. When you collect enough, you'll move to the next level. Check the top right of your screen to see your hearts and levels.



A woman with dark hair, wearing a leopard print top and an orange necklace, is looking at a laptop. She has white earbuds in her ears. The background is a blurred cafe or office setting with other people and lights.

## Ready to get started?

Visit [myactivehealth.com/Mississippi](https://myactivehealth.com/Mississippi)  
and register.

# Ready to get started?

It's easy to register.

1. Go to [myactivehealth.com/Mississippi](https://myactivehealth.com/Mississippi)
2. Click **“Create Account”** and enter your information.
3. Be sure to choose a **user name** and **password** that you'll remember.
4. Accept the **terms and conditions**.

Begin Your Registration Below

Step 1 Step 2 Step 3

\*Required Field

Please enter your first and last name exactly as they appear on your health insurance ID card.

First Name

SSN\*

Enter the Security Number

Back

Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today.

Begin Your Registration Below

Step 1 Step 2 Step 3

\*Required Field

Password must be between 6-20 characters, contain 1 upper case, 1 lower case and 1 number. Passwords cannot contain special characters and must be different from your name and your secret answer.

User Name\*

ljkuser20

Email Address

ljk.com

Back Continue

Cancel

Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today.

Registration: Contact Information

Step 1 Step 2 Step 3

\*Required Field

Address

Select Preferred

Primary

Primary

13860 BALLANTYNE CORP PLACE

CHARLOTTE

NC 28240

Phone Number

Select Preferred

Primary

Primary

We do not have a phone number on file for you. Please use the Secondary field to enter your phone number.

Please review and accept MyActiveHealth's terms and conditions:

Terms and Conditions of Use for this Website



# ActiveHealth Mobile App

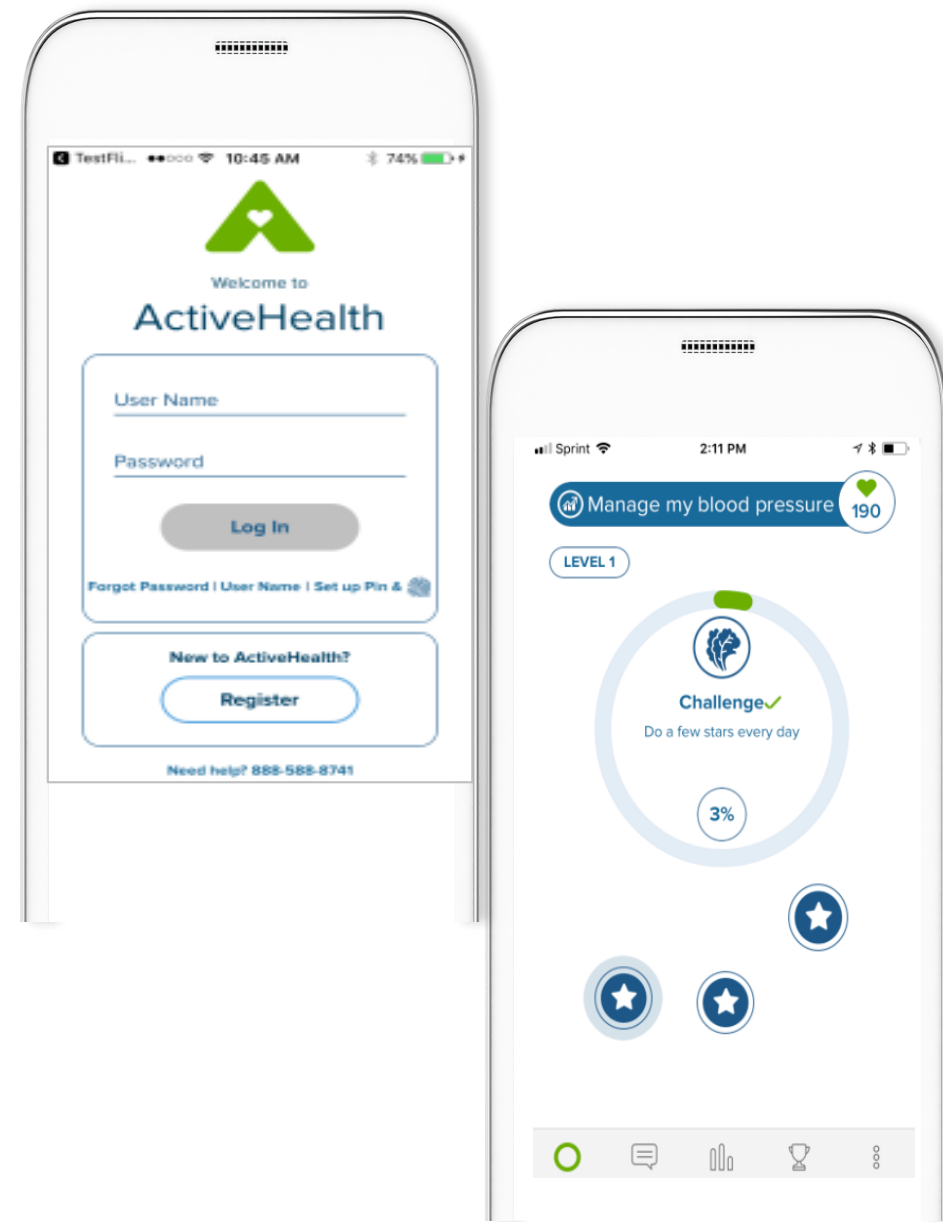
Register today!

- Go to the Apple App Store or Google Play.
- Search for ActiveHealth.
- Download and install the app to your mobile device
- Sign in using your existing account from myactivehealth.com. If you don't have one, register for a new account.

Now you're ready to log in whenever you want, wherever you are.

Use the same log in information for  
[MyActiveHealth.com/Mississippi](https://myactivehealth.com/Mississippi) and the mobile app!

ActiveHealth mobile app tile





# Take Charge of Your Health Today

Call ActiveHealth at 1-866-939-4721

## Nurse Coaches

- Discuss medical conditions, medications, and lab results
- Maternity management program

## Registered Dietitians

- Dietary support for certain conditions

## Tobacco Cessation

- Whether you smoke, chew, or dip the program offers one on one support and resources to lead a tobacco free life
- Includes no cost NRT if eligible

## Weight Management

- BMI  $\geq 30$
- Support to help you achieve a healthy weight

Visit: [www.myactivehealth.com/mississippi](http://www.myactivehealth.com/mississippi)

# Your Onsite Health Coaches



**Patricia Heflin,**  
North MS Health Coach

[pheflin@activehealth.net](mailto:pheflin@activehealth.net)



**Rolanda Watkins,**  
Central MS Health Coach

[rwatkins@activehealth.net](mailto:rwatkins@activehealth.net)



**Claude Courtney,**  
Central MS Health Coach

[ccourtney@activehealth.net](mailto:ccourtney@activehealth.net)

For South MS Health Coach please send requests to  
[mluisi@activehealth.net](mailto:mluisi@activehealth.net)

Thank  
you

