

The HealthAtoZ Advantage

HealthAtoZ is the premier provider of personalized online member health management programs. Here are just a few of the solutions that HealthAtoZ can provide:

- **Time-Tested Personalized Solutions**
 - HealthAtoZ's solutions and services are time-tested, providing personalized health risk reduction, disease management and lifestyle modification for some of the nation's largest employers and health plans.
 - HealthAtoZ developed the concept of personalizing online programs according to health risk, thereby addressing potential health concerns before they develop.
 - Our dynamic personalization engine not only pushes content and programs developed in house by HealthAtoZ, but can also be leveraged to push your clients' in-house programs and services to the member; providing them with a single health homepage for integrated program delivery.

- **Proactive, Turnkey Health Promotion, Disease Management and Lifestyle Modification Programs**
 - HealthAtoZ provides personalized, in-depth disease management and lifestyle modification for:
 - Lifestyle Modification: Weight management for fitness and nutrition, and pregnancy. In development are online programs for stress management and smoking cessation, which are two of the most prevalent lifestyle risk behaviors.
 - Disease Management: Diabetes, Hypertension, Elevated Cholesterol, Asthma, Arthritis and Osteoporosis.
 - From end-to-end, HealthAtoZ's offering is completely integrated with our Health Risk Appraisal. From our user-friendly E-Health Dashboard to Disease Management and Lifestyle Modification Programs, we offer a *well-integrated*, personalized solution to address each member's risks, and motivate and coach them to improve their own health status.
 - We provide optional integration with case management that allows your clients to fully utilize the member health information we collect. We can also integrate directly with your clients' existing programs and services.
 - Our reporting capabilities give you in-depth information about the health of your members. Email reminders and newsletters provide continual outreach to your populations to stimulate continuous use of the program.

- **Credible Health Information and Programs**
 - HealthAtoZ's Medical Advisory Board is comprised of some of the most respected names in their fields, from organizations such as Johns Hopkins, Harvard Medical School, The Mayo Clinic and Brown University.

Health-e Outlook Portal

E-Health Dashboard

- Personalizes Lifestyle Modification Programs and Health Information
- Interactive Tools
- Reminders/Calendar
- PHR and Topics of Interest Personalization

Lifestyle Modification Programs

- Fitness and Nutrition
 - Fitness profiler
 - Exercise and meal plans
 - Action steps
 - Recipes
 - Shopping lists
 - Sign and symptom tracking and graphing
- Diabetes
 - Diabetes profiler
 - Action steps
 - Exercise and meal plans
 - Sign and symptom tracking and graphing
- Heart Disease
 - Heart profiler
 - Action steps
 - Exercise and meal plans
 - Sign and symptom tracking and graphing
- Asthma
 - Asthma profiler
 - Action steps
 - Exercise and meal plans
 - Sign and symptom tracking and graphing
- Pregnancy
 - Pregnancy profiler
 - Week-to-week guide
 - Action steps
 - Exercise and meal plans
 - Sign and symptom tracking and graphing

Personal Health Record

- Comprehensive Medical and Health Records
- Calendar and Reminders
- Medications/Drug Interactions
- Integrated with Lifestyle Modification Programs
- Emergency Summaries, Full Health Reports, Customized Reports

Online Health Risk Appraisal

- Patient Wellness Profile
- Overall Company Wellness Profile
- Feeds Dashboard Personalization

Health Information

- Disease and Condition Centers
- Risk Assessment Quizzes
- Lifestyle Centers
- Health Centers with Life Stages
- Wellness Centers
- Exclusives (Weekly Health News-Feature Stories)
- Tests and Procedures
- Special Focus Centers

Drug Interactions

- Database
- Information and interactions tool

Medical Encyclopedia

Interactive Tools

- 8 Health Awareness Tools

Reporting

- Quarterly Aggregate reports
- Demographics
- Usage
- Risk Factors
- Top Content Areas
- Activity

Case Management Functionality

