

Welcome to

MAYO CLINIC | EmbodyHealth



*ORNL Wellness Program*



# What is Mayo Clinic EmbodyHealth?

It's a highly personalized health portal that can help you take charge of your health. It's a place for you to:

- Set personal health goals, get help reaching them and track your progress.
- Identify your health risks and readiness to change.
- Find tools and programs to improve your lifestyle habits, manage chronic conditions and make health decisions.

The screenshot displays the Mayo Clinic EmbodyHealth web portal for a user named John Doe. The interface is organized into several sections:

- Header:** Features the Mayo Clinic logo, the "EmbodyHealth" title with the tagline "ENHANCE YOUR LIFE", and navigation links for "Reward Program", "XYZ Incorporated Information", and "My Preferences".
- Navigation Bar:** A green bar with buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z".
- Search:** A search bar with a "Search" button.
- Overview:** A personalized welcome message for "John Doe" with a "Start" button and a "Previous/Next" navigation.
- Programs:** A list of health programs including "Fitness for Everybody", "Healthy Weight Program", "My Healthy Pregnancy", "My Smoke-Free Future", "My Stress Solution", and "Walk to Wellness".
- Messages:** A section titled "Messages (4)" with a message about taking full advantage of EmbodyHealth.
- XYZ Incorporated:** A promotional box for a health assessment with a "Take It Today" button.
- My Tools:** A sidebar containing "Goals", "Calendar" (showing a monthly view for June 2008), and "Exercise Tracker" (showing 0 minutes for the current week).
- Healthy Recipe Collection:** A box promoting a collection of healthy recipes.
- Men's Health Guide:** A box offering a guide for men's health.



# How to Get Started

Mostrar en español

**MAYO CLINIC** | **EmbodyHealth**  
ENHANCE YOUR LIFE

## Welcome

to the Mayo Clinic EmbodyHealth Portal, brought to you by **XYZ Incorporated**

### New Visitors

**Register**

Take a minute to sign up for EmbodyHealth and start enhancing your life!

**Register Now >**

### Returning Visitors

**Log in**

E-mail address:

Password:

[Forgot your password?](#)

**Log in >**

### Five top reasons to register for the Mayo Clinic EmbodyHealth portal:

- It's your personalized gateway to relevant, accurate health information.
- You can connect with Mayo Clinic experts via Q & A's, podcasts and more.
- It's jam-packed with interactive tools and programs.
- You'll find up-to-date information on your organization's resources.
- Spend just one minute registering and you'll get full access.

What more do you need? Register now and start embodying health!

**Want to know more? Take the online tour!**

Learn more about EmbodyHealth, how it works, and what you can get out of it to help improve your lifestyle

**Take the tour >**

Powered by **MAYO CLINIC** | **EmbodyHealth**  
ENHANCE YOUR LIFE

[Help](#) | [Privacy Policy](#)

Copyright 2007 Mayo Foundation for Medical Education and Research. All rights reserved.

Click here to register.



# E-mail Address and Password

The screenshot shows the 'Create user account' page for EmbodyHealth. The form includes fields for 'E-mail address', 'Confirm e-mail', 'Password', 'Confirm password', 'Secret question', and 'Secret answer'. The 'E-mail address' field has an error message: 'Please enter a valid email address'. The 'Password' field has an error message: 'Password must be 6 or more characters; numbers and letters only.' Red arrows point from the text on the right to these two fields.

**Registration Help**

**Login information (required)**

E-mail address  ✘ Please enter a valid email address

Confirm e-mail

Password  ✘ Password must be 6 or more characters; numbers and letters only.

6 or more characters; numbers and letters only.

Confirm password

Secret question

Secret answer

Enter a valid e-mail address.

Create your own password.

# Personalize Your Portal

**Personal information (required)**

First name

Middle initial

Last name

Date of birth     
4 digits (1960)

Sex  Male  Female

I am

Location

**E-mail newsletter**

Yes, send me EmbodyHealth This Week, a free weekly health and wellness newsletter.

**Terms of Use**

**Updated January 22, 2007**

This Web site is provided by Mayo Foundation for Medical

I have read and agree to the Terms and Conditions of use policy.

Registering allows EmbodyHealth to serve up content just for you.

# Terms of Use and E-mail Newsletter

**Personal information (required)**

First name

Middle initial

Last name

Date of birth      
4 digits (1960)

Sex  Male  Female

I am

Location

**E-mail newsletter**

Yes, send me EmbodyHealth This Week, a free weekly health and wellness newsletter.

**Terms of Use**

Updated January 22, 2007

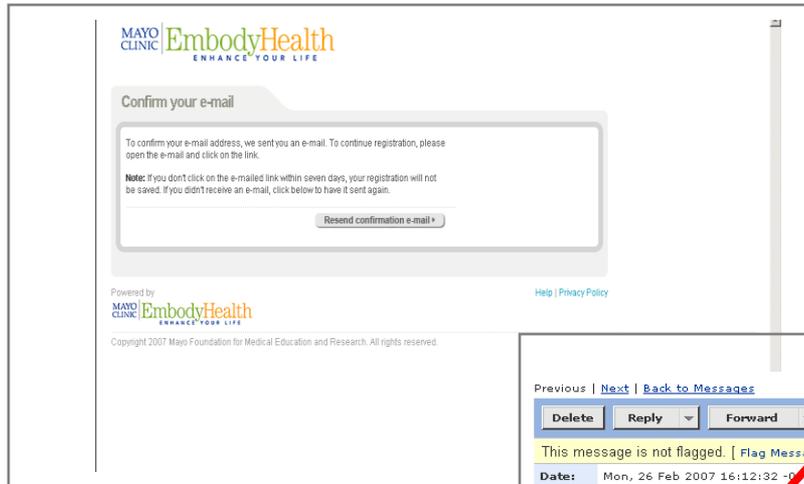
This Web site is provided by Mayo Foundation for Medical

I have read and agree to the Terms and Conditions of use policy.

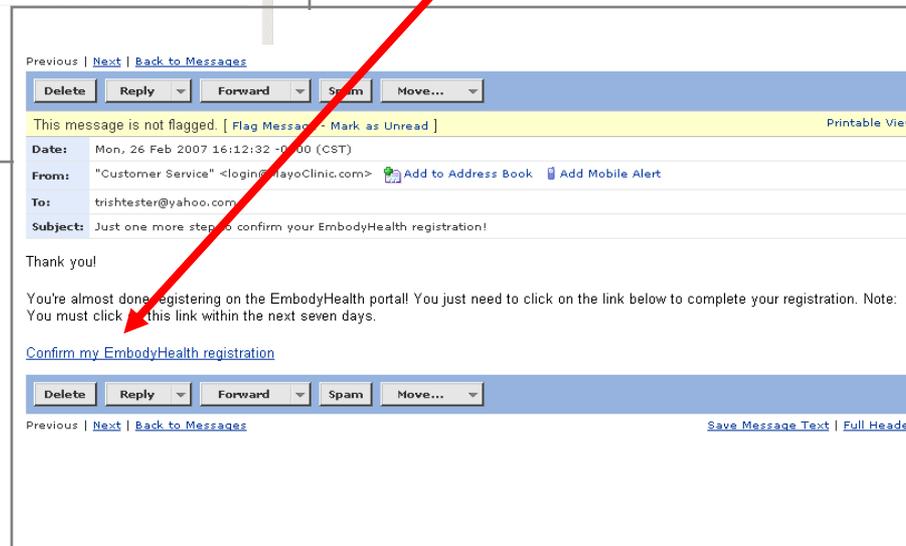
Opt-in to receive a free, weekly electronic newsletter that will enhance your use of the site.

Review and agree to Terms of Use.

# Registration Confirmation



You'll receive an e-mail confirmation of your registration. Click to confirm.



# The Mayo Clinic Health Assessment

Mostrar en español

MAYO CLINIC | **EmbodyHealth**  
ENHANCE YOUR LIFE



**MAYO CLINIC**  
**Health Assessment**

Take the Mayo Clinic Health Assessment to learn more about your health and earn incentives health and earn incentives

When you take the Mayo Clinic Health Assessment, you'll find out about health risks you may not even realize you have and how your healthy choices are helping you. Need more reasons? Taking the Health Assessment can earn you incentives like gift certificated or wellness account dollars. You may also be eligible for follow-up lifestyle coaching if offered. Don't miss the chance – take the Mayo Clinic Health Assessment today!

I'm ready to take the Health Assessment! >

No thanks, I'll take the Health Assessment later

Powered by  
MAYO CLINIC | **EmbodyHealth**  
ENHANCE YOUR LIFE

EmbodyHealth tour | Contact Us | Help | About | Terms of use | Privacy Policy

Copyright 2007 Mayo Foundation for Medical Education and Research. All rights reserved.

During the Mayo Clinic Health Assessment campaign, you may see this welcome screen.

Click to begin the Health Assessment.

# Taking the Mayo Clinic Health Assessment

The screenshot displays the Mayo Clinic EmbodyHealth website interface. At the top left is the Mayo Clinic logo and the 'EmbodyHealth' brand name with the tagline 'ENHANCE YOUR LIFE'. Navigation links include 'Reward Program', 'XYZ Incorporated Information', and 'My Preferences'. A green navigation bar contains buttons for 'Monitor My Health', 'Improve Lifestyle Habits', 'Manage Chronic Conditions', 'Make Treatment Decisions', 'Connect With Others', and 'Health Info A-Z'. A search bar is located below the navigation bar. The main content area is titled 'Overview' and features a 'Welcome, John Doe' message. The message encourages users to take a 'big first step' towards taking charge of their health by completing a short Health Assessment by December 31, which includes a \$25 gift card and free coaching. A 'Start' button is prominently displayed. To the right of the message is a graphic for the 'MAYO CLINIC Health Assessment' featuring silhouettes of people. Below the message are sections for 'Programs' (listing 'Fitness for Everybody' and 'Healthy Weight Program') and 'Messages (4)' (with a link to 'Are you taking full advantage of EmbodyHealth?'). On the right side of the interface, there are several promotional tiles: 'XYZ INCORPORATED' with a link to 'Take the Mayo Clinic Health Assessment for a lifetime of healthier living'; a 'MAYO CLINIC Health Assessment' tile with a woman's photo and a 'Take it today' button; and a 'Healthy Recipe Collection' tile with a woman's photo and a link to 'Browse hundreds of healthy recipes'. A 'My Tools' sidebar on the far right includes sections for 'Goals', 'Active Goals', 'Calendar' (showing a calendar for June 2006), and 'Exercise' (with a date field set to 06/04/2006 and a 'Reset' button).

The Mayo Clinic Health Assessment assesses your current health status. It takes about 15 minutes.



# Health Assessment Content

The screenshot shows a web-based health assessment form. At the top left, there are two tabs: 'GENERAL INFORMATION' (with a checkmark) and 'MEDICAL HISTORY' (selected). The main heading is 'Medical History'. Below it, a question asks 'In general, how is your health?' with a dropdown menu showing 'Excellent'. The next question is 'Have you ever received a diagnosis of or are you currently taking prescription medication to treat or prevent any of the following health problems?'. This is followed by two columns of checkboxes: 'Received a diagnosis? (Check all that apply.)' and 'Currently taking prescription medication? (Check all that apply.)'. The rows of conditions are: Allergies, Anxiety, Arthritis, Asthma, Bone loss (osteoporosis or osteopenia), Cancer, and Chronic bronchitis. A 'NEXT' button is at the bottom right. On the right side of the form, there is a 'HELP ON THIS TOPIC' section with a link 'How can I get more help?', a 'Start over' button, and a 'Save and return' button.

	Received a diagnosis? (Check all that apply.)	Currently taking prescription medication? (Check all that apply.)
Allergies	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Bone loss (osteoporosis or osteopenia)	<input type="checkbox"/>	<input type="checkbox"/>
Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Chronic bronchitis,	<input type="checkbox"/>	<input type="checkbox"/>

During the Health Assessment, you'll answer a series of questions about your health habits and medical history.

# Biometric Information

PROGRESS 

✓ ALCOHOL USE	<h2>Cholesterol</h2> <p>Do you know your cholesterol levels?</p> <p><b>Total cholesterol</b></p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><b>Low-density lipoprotein (LDL) cholesterol</b></p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><b>High-density lipoprotein (HDL) cholesterol</b></p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><b>NEXT</b> ►</p>
✓ BLOOD PRESSURE	
✓ BLOOD SUGAR	
✓ CANCER SCREENING	
<b>CHOLESTEROL</b>	
EMOTIONAL HEALTH	
EXERCISE	
IMMUNIZATIONS	
NUTRITION	
SAFETY	
TOBACCO USE	
TRIGLYCERIDES	
WEIGHT	
SUBMIT	

HELP ON THIS TOPIC

- What is LDL cholesterol?
- What is total cholesterol?
- What is HDL cholesterol?
- How can I get more help?

Start over

Save and return

It's helpful to have the following information available when you take the Health Assessment:

- Weight
- Blood pressure
- Blood sugar
- Cholesterol
- Fasting triglycerides

# Action Plan

Search

Overview Action Plan

Printer Friendly: This section | All sections Larger Type

### Health Indicators

- Results Summary
- Bibliography

### Risks

- Blood Pressure
- Blood Sugar
- Cholesterol
- Exercise**

### Strengths

- Alcohol
- Emotional Health
- Nutrition
- Tobacco
- Triglycerides

### Not Accessed

- Safety
- Weight

### Prevention

- Cancer Screening

## Exercise

### Results

You indicated that you're not currently getting enough exercise, but that you're preparing to exercise more. That's great!

<b>Current Level</b>
Some exercise but not enough
<b>Recommended Level</b>
Thirty minutes of moderate aerobic exercise on most days of the week.

### Improve Your Lifestyle

#### Programs

**Walk to Wellness**  
One step at a time, you can walk yourself to greater fitness. Join the Walk to Wellness campaign and discover how easy it is to add a fitness walking program to your daily routine.

**Start**

**Fitness for Everybody**  
Here's your personalized approach to fitness! Get a tailored exercise schedule, use the interactive fitness log and sign up for motivational e-mails.

**Start**

When you've completed the Mayo Clinic Health Assessment, you'll receive an Action Plan summarizing your health risks and strengths.



# Action Plan

 [Print your report](#)

## Cancer screening

*Here's information about the cancer screening tests that you've had or need. Talk with your doctor about these tests at your next regularly scheduled visit.*

---

### Breast cancer

**You indicated that you haven't had a mammogram within the past year.**

**What does this mean for me?**  
By having regular mammograms, you can help your doctor detect breast cancer early, should you develop the condition.

**What can I do?**  
Women between ages 40 and 49 should have a mammogram every one to two years, in addition to a clinical breast exam. A clinical breast exam is a breast examination by a health professional in which the practitioner uses the pads of his or her fingers to feel breast tissue for lumps or changes. When you reach age 50, your doctor will likely recommend that you start having annual mammograms to help screen for breast cancer. Talk to your doctor about having a mammogram at your next regularly scheduled visit.

**RELATED**

- [Mammography: X-ray exam to detect breast cancer](#)
- [Health screening guidelines](#)

**IN THIS REPORT**

- [Results Summary](#)
- [Medical History](#)
- [Cancer Screening](#)
- [Immunizations](#)
- [Bibliography](#)

**HELP ON THIS TOPIC**

- [How can I get more help?](#)
- [How do I use my cancer screening page?](#)

You'll also receive information on recommended screenings based on your age, gender and medical history.

# Personalization

The screenshot displays a personalized dashboard for a user. At the top left, there is a 'Go' button and a 'Previous Next' navigation bar. Below this, a 'Reminder' section shows a 'Mayo Clinic EmbodyHealth Coaching' reminder for 05/20/09 at 8:30 AM. An 'Action Plan' section is highlighted with a red arrow, listing programs for 'Blood Pressure' and 'Exercise', including 'Fitness for Everybodys', 'Healthy Weight Program', 'My Stress Solution', and 'Walk to Wellness'. A 'Messages' section contains a message about taking full advantage of EmbodyHealth. 'My Health Topics' lists 'Knee replacement', 'Polymyalgia rheumatica', and 'Tinnitus causes: Could my antidepressant be the culprit?'. A 'Rewards' section shows 'Total Points: 400'. On the right side, there are several promotional tiles: 'MAYO CLINIC Health Assessment', 'Healthy Recipe Collection', 'Men's Health Guide', and 'Symptom Checker'. A calendar and an 'Exercise' timer are also visible on the right.

Your personal Action Plan will be easily available to you from your home page.



# My Health Topics

The screenshot shows a web interface for 'My Health Topics'. At the top left, there is a 'Go' button and a 'Previous Next' navigation bar. Below this is a 'Reminder' box for 'Mayo Clinic EmbodyHealth Coaching' dated 05/20/09 at 8:30 AM. To the right is a 'Messages (4)' section with a message titled 'Are you taking full advantage of EmbodyHealth?'. The main content area features several topic cards: 'MAYO CLINIC Health Assessment', 'Healthy Recipe Collection', 'Men's Health Guide', and 'Symptom Checker'. On the right side, there is an 'Exercise Tracker' with a calendar and a 'Reset' button. An 'Edit My Health Topics' dialog box is overlaid on the left, containing a list of categories with checkboxes:

- Chronic conditions**
  - Allergy
  - Arthritis
  - Asthma
  - Cancer
  - Depression
  - Diabetes
  - Headache
  - Heart disease
  - High blood pressure
  - High cholesterol
  - Low back pain
- Life stages**
  - Healthy aging
  - Men's health
  - Pregnancy
  - Women's health
- Lifestyle habits**
  - Fitness
  - Nutrition
  - Stress management
  - Tobacco use
  - Weight control

Buttons for 'Save' and 'Cancel' are at the bottom of the dialog box. A red arrow points from the text on the right to the 'Edit My Health Topics' dialog box.

Click here to select your Health Topics. You can edit these topics at any time.



# Organization Information

The screenshot shows the Mayo Clinic EmbodyHealth portal. At the top left is the Mayo Clinic logo and the text "EmbodvHealth ENHANCE YOUR LIFE". To the right are links for "Reward Program", "XYZ Incorporated Information", and "My Preferences". Below this is a navigation bar with buttons for "Monitor My Health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the navigation bar. The main content area is divided into sections: "Overview" and "Action Plan". The "Overview" section features a "Welcome, John Doe" message, a paragraph of text, a "Go" button, and a "Previous/Next" navigation bar. Below this are "Reminder" and "Messages (4)" sections. The "Action Plan" section features a "XYZ INCORPORATED" advertisement with a red arrow pointing to the link "Take the Mayo Clinic Health Assessment for a lifetime of healthier living". Below this is a "MAYO CLINIC Health Assessment" advertisement and a "Healthy Recipe Collection" advertisement. On the right side, there is a "My Tools" sidebar with sections for "Goals", "Active Goals", "Calendar", and "Exercise". The "Calendar" section shows a monthly view for June 2008.

Your EmbodvHealth portal is a place to receive communications and find resources offered by your organization. Links take you to details.



# My Tools

The screenshot shows the Mayo Clinic EmbodyHealth website interface. At the top left is the logo "EmbodvHealth" with the tagline "ENHANCE YOUR LIFE". Navigation links include "Reward Program", "XYZ Incorporated Information", and "My Preferences". A green menu bar contains categories: "for health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the menu. The main content area features a personalized welcome message for "John Doe" and a "Welcome, John Doe" section with a photo of a woman looking at a refrigerator. A "Messages (4)" section is visible. On the right, a "My Tools" sidebar is highlighted with a red oval. It includes a "Goals" section with an "Add" button, an "Active Goals" section with the text "Keep track of your health goals.", a "Calendar" section with a "Monthly View" button and a calendar for June 2008, and an "Exercise Tracker" section with a date field set to "06/04/2008" and a "minutes" field.

EmbodvHealth  
ENHANCE YOUR LIFE

Reward Program | XYZ Incorporated Information | My Preferences

for health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | Connect With Others | Health Info A-Z

Search

ew Action Plan

Welcome, John Doe

XYZ Incorporated Information stay up-to-date on your health s. Here you will find information health plan, discounts you may ble for and other miscellaneous tion. Make sure you check-in take advantage of new inities throughout the year!

Previous Next

Messages (4)

Are you taking full advantage of EmbodvHealth?

Provided by  
**XYZ**  
INCORPORATED

Take the Mayo Clinic Health Assessment for a lifetime of healthier living

Mayo Clinic EmbodvHealth Coaching

Take it today

Healthy Recipe Collection

Browse hundreds of healthy recipes.

**My Tools** Customize

Goals X

Add

Active Goals  
Keep track of your health goals.

Calendar X

Detail Monthly View

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Exercise Tracker X

Date: 06/04/2008

minutes

Reset

0 total minutes  
0 this month  
0 this week

The **My Tools** sidebar (in the right column), includes tools to help you meet your health goals, including a calendar, goals tracker and exercise tracker.



# My Tools

**Reminder**

Mayo Clinic EmbodyHealth Coaching  
Date: 05/20/09  
Time: 8:30 AM

**Action Plan**

Fitness for Everybodys  
Healthy Weight Program  
My Stress Solution  
Walk to Wellness

**Messages (4)**

**Are you taking full advantage of EmbodyHealth?**  
It's been six months since you registered for EmbodyHealth. Have you taken full advantage of this opportunity to improve your health and enhance your life?  
[Read more](#)

[View All](#) [Previous](#) [Next](#)

**My Health Topics**

- Knee replacement
- Polymyalgia rheumatica
- Tinnitus causes: Could my antidepressant be the culprit?

**Rewards**

Total Points: 400  
[Get details on rewards you can win.](#)

**Healthy Recipe Collection**  
Browse hundreds of healthy recipes.

**Men's Health Guide**  
Access healthy living tips created just for men.

**Symptom Checker**  
Pinpoint possible causes of your symptoms.

Date: 06/04/2008  
Minutes:  Add  
Reset  total minutes  
 this month  
 this week

Your home page also gives you easy access to your messages and reward program if your organization is offering wellness incentives.

# Manage Your Health

The screenshot shows the EmbodyHealth website interface. At the top, the logo "EmbodHealth" is displayed with the tagline "EMPOWER YOUR LIFE". Below the logo, there are several navigation tabs: "for health", "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". These tabs are highlighted with a red circle. To the right of the logo, there are links for "Reward Program", "XYZ Incorporated Information", and "My Preferences". Below the navigation tabs, there is a search bar and a "Search" button. The main content area is divided into several sections: a personalized welcome message for "John Doe" with a photo of a person looking at a refrigerator; a "XYZ INCORPORATED" section with links to "Take the Mayo Clinic Health Assessment for a lifetime of healthier living" and "Mayo Clinic EmbodyHealth Coaching"; a "My Tools" section with "Goals" and "Calendar" widgets; a "Reminder" section for "Mayo Clinic EmbodyHealth Coaching"; a "Messages (4)" section with a link to "Are you taking full advantage of EmbodyHealth?"; and a "Healthy Recipe Collection" section with a link to "Browse hundreds of healthy recipes.".

Access programs, tools and information to help you manage your health using these tabs.



# My Health Monitor

[Monitor My Health](#) | [Improve Lifestyle Habits](#) | [Manage Chronic Conditions](#) | [Make Treatment Decisions](#) | [Connect With Others](#) | [Health Info A-Z](#)

Welcome Kim Jimbory, [Log Out](#)  
[Reward Program](#) | [XYZ Incorporated Information](#) | [My Preferences](#)

Feedback: Tell us what you think of EmbodyHealth. Do you have ideas or suggestions? Let us know!

Your Personalized Content

Search:  Search

### Monitor My Health

Home > Monitor My Health

#### Health Risk Assessment

YOUR RISK LEVEL IS

LOW MODERATE HIGH VERY HIGH

You have 5 Risks.

Risks	Strengths	Not Assessed
Blood pressure	Alcohol Use	
Emotional Health	Blood Sugar	
Exercise	Cholesterol	
Nutrition	Safety	
Weight	Tobacco Use	
	Triglycerides	

[View my current Personal Health Report](#)

#### Mayo Clinic Health Monitor

Last Entry: Jul 24, 2007

Provided by XYZ INCORPORATED

MAYO CLINIC Health Assessment. Take it today.

e-Newsletter Sign-Up. Receive a FREE, weekly health and wellness e-newsletter.

Mayo Clinic Health Monitor. Get your health under control.

#### My Tools

Customize

##### Goals

Add

##### Active Goals

- Ride bike 2 miles twice a week
- run 5K race
- weight loss

[+ show more](#) [- show less](#)

##### Goals Achieved

- drink 8 glasses of water
- Lose 10 pounds in 10 weeks
- Lift Weights 2 times per week
- Eat more vegetables

[+ show more](#) [- show less](#)

##### Calendar

Detail | Monthly View

07/25 [Meeting with Mayo Clinic Health Coach](#)  
 07/26 [doctor's appointment](#)

[+ show more](#) [- show less](#)

Add

In **Monitor My Health**, you'll find tools to help you track and manage your health, such as the Mayo Clinic Health Monitor, Calculators and Self-Assessments.



# Improve Lifestyle Habits

MAYO CLINIC **EmbodyHealth**  
EMBODY YOUR LIFE

Welcome Kim Jimbory, [Log Out](#)  
[Reward Program](#) | [XYZ Incorporated Information](#) | [My Preferences](#)

Monitor My Health **Improve Lifestyle Habits** Manage Chronic Conditions Make Treatment Decisions Connect With Others Health Info A-Z

Feedback Tell us what you think of EmbodyHealth  
Do you have ideas or suggestions? Let us know!

Your Personalized Content

Search

## Improve Lifestyle Habits

Home > Improve Lifestyle Habits

**Fitness**  
Whether you're a novice or veteran exerciser, find motivation and step-by-step guides for getting and staying active.

**Nutrition**  
Armed with the Mayo Clinic Food Pyramid and hundreds of recipes, plan healthier meals that you'll enjoy for a lifetime!

**Tobacco Use**  
Thinking about quitting smoking? Explore the options to help you quit and stay quit.

**Stress Management**  
You may not be able to eliminate stress from your life, but you can learn

Provided by **XYZ INCORPORATED**

**Life Stage Guides**  
[Healthy Aging Guide](#)  
Age well for a longer, more active and independent life.  
[Men's Health Guide](#)  
Adopt this action plan for healthy living and for managing prostate and sexual problems.  
[Pregnancy Guide](#)  
Follow your month-by-month guide to a healthy pregnancy.  
[Women's Health Guide](#)  
Manage health issues from birth control to menopause.

**My Tools** Customize

**Goals** Add

Active Goals

- Ride bike 2 miles twice a week
- run 5K race
- weight loss

+ show more - show less

Goals Achieved

- drink 8 glasses of water
- Lose 10 pounds in 10 weeks
- Lift Weights 2 times per week
- Eat more vegetables

+ show more - show less

**Calendar** Add

Detail Monthly View

07/25 [Meeting with Mayo Clinic Health Coach](#)

07/26 [doctor's appointment](#)

+ show more - show less

**e-Newsletter Sign-Up**  
Receive a FREE, weekly health

**Improve Lifestyle Habits** offers programs to help you with fitness, nutrition, tobacco use, stress and weight.



# Manage Chronic Conditions

MAYO CLINIC **EmbodyHealth**  
ENHANCE YOUR LIFE

Welcome Kim Jimbory, [Log Out](#)  
[Revised Program](#) | [XYZ Incorporated Information](#) | [My Preferences](#)

Monitor My Health | Improve Lifestyle Habits | **Manage Chronic Conditions** | Make Treatment Decisions | Connect With Others | Health Info A-Z

Feedback  
Tell us what you think of EmbodyHealth  
Do you have ideas or suggestions? Let us know!

Your Personalized Content

Search

## Manage Chronic Conditions

Home > Manage Chronic Conditions

**Allergy**  
Take control of your allergies with this guide to diagnosis, treatment and self-care.

**Arthritis**  
Live better despite pain and stiffness with the latest on treatment options and success strategies for daily living.

**Asthma**  
Gain control with an asthma action plan for managing symptoms and preventing complications.

**Cancer**  
From facing a new diagnosis to coping with life after treatment, these resources put you — not cancer — in charge.

**Depression**  
You can overcome depression with the right treatment and self-care.

Provided by  
**XYZ INCORPORATED**

**e-Newsletter Sign-Up**  
Receive a FREE, weekly health and wellness e-newsletter!

**Mayo Clinic Health Monitor**  
Get your health under control.

**My Tools** Customize

**Goals** [X]

Add

**Active Goals**

- Ride bike 2 miles twice a week
- run 5K race
- weight loss

+ show more - show less

**Goals Achieved**

- drink 8 glasses of water
- Lose 10 pounds in 10 weeks
- Lift Weights 2 times per week
- Eat more vegetables

+ show more - show less

**Calendar** [X]

Detail Monthly View

07/25 Meeting with Mayo Clinic Health Coach

07/26 doctor's appointment

+ show more - show less

Find programs to help manage these conditions under the **Manage Chronic Conditions** tab:

- Allergy
- Arthritis
- Asthma
- Cancer
- Depression
- Diabetes
- Headache
- Heart disease
- High blood pressure
- High cholesterol
- Low back pain



# Make Treatment Decisions

**Health Decision Guides**

Facing a treatment decision? Use these tools to help you choose the approach that's right for you.

[ACL injury](#)  
Explore treatment options for a torn anterior cruciate ligament.

[Adjuvant therapy for breast cancer](#)  
You've had breast cancer surgery. Now what can you do to prevent your breast cancer from coming back? Explore adjuvant therapy.

[Back pain](#)  
Chronic back pain is common. Explore the pros and cons of your treatment options, and meet two people who chose different treatments and why.

[Birth control](#)  
From the pill and condom to IUD and sterilization, evaluate the pros and cons of contraceptive methods to help choose one that meets your needs.

[Carpal tunnel syndrome](#)  
If you have carpal tunnel syndrome, you know it can make the simplest tasks seem almost impossible. Explore the pros and cons of different treatments.

[Colon cancer](#)

**Diagnostic Tests**

[Video: CT scan](#)

[MRI: Viewing your brain and other soft tissues](#)

[EEG: Checking your brain's electrical activity](#)

[Chest X-rays: Sorting out problems in your chest](#)

[Pap smear: Screening test for cervical cancer](#)

[See all in Diagnostic Tests](#)

**Consumer Health Skills**

[Hypnosis: An altered state of consciousness](#)

[Probiotics: Do they offer health benefits?](#)

[Antibiotics: Too much of a good...](#)

**My Tools**

**Goals**

Active Goals

- Ride bike 2 miles twice a week
- run 5K race
- weight loss

[+ show more](#) [- show less](#)

Goals Achieved

- drink 8 glasses of water
- Lose 10 pounds in 10 weeks
- Lift Weights 2 times per week
- Eat more vegetables

[+ show more](#) [- show less](#)

**Calendar**

Detail Monthly View

- 07/25 Meeting with Mayo Clinic Health Coach
- 07/26 doctor's appointment

[+ show more](#) [- show less](#)

[Add](#)

**Make Treatment Decisions** offers expert information on treatment for these conditions:

- ACL injury
- Adjuvant therapy for breast cancer
- Back pain
- Birth control
- Carpal tunnel syndrome
- Colon cancer
- Depression
- Ear infection
- Enlarged prostate
- Herniated disk
- Mastectomy vs. lumpectomy
- Migraine headache
- Prostate cancer
- Uterine fibroids
- Vaginal birth after C-section



# Connect with Others

MAYO CLINIC **EmbodyHealth**  
ENHANCE YOUR LIFE

Welcome Kim Jimbory, [Log Out](#)  
[Reward Program](#) | [XYZ Incorporated Information](#) | [My Preferences](#)

Monitor My Health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | **Connect With Others** | Health Info A-Z

Feedback  
Tell us what you think of EmbodyHealth  
Do you have ideas or suggestions? Let us know!

Your Personalized Content

My Tools [Customize](#)

Goals [X](#)

Active Goals

- Ride bike 2 miles twice a week
- run 5K race
- weight loss

[+ show more](#) [- show less](#)

Goals Achieved

- drink 8 glasses of water
- Lose 10 pounds in 10 weeks
- Lift Weights 2 times per week
- Eat more vegetables

[+ show more](#) [- show less](#)

Calendar [X](#)

Detail Monthly View

07/25 [Meeting with Mayo Clinic Health Coach](#)

07/26 [doctor's appointment](#)

[+ show more](#) [- show less](#)

Search

## Connect With Others

Home > Connect With Others

### Share your story

Got a few minutes? Tell us your story! If you've changed your lifestyle to reduce your health risks, your experience can help others.

Our site will soon feature stories from users like you. Share your experience, and your story may be included. Your responses are secure, and you'll be identified by first name only.

[Share your story](#)

### Podcasts

[Podcast: Statin drugs — Common side effects](#)

[Listen](#)

Listen to this podcast to learn about common side effects of statin drugs.

Medical expert: Gerald Gau, M.D.  
Total time: 0:13:43 minutes  
[See all podcasts](#)

### Answers from a Mayo Clinic specialist

Q: [My husband has been diagnosed with a low-grade astrocytoma. When does this require treatment? His only symptoms are frequent headaches, which are manageable with pain medications. Is it OK to just leave the tumor where it is until it causes additional symptoms, or should he have it removed as soon as possible?](#)

### e-Newsletter Sign-Up

Receive a FREE, weekly health and wellness e-newsletter! ▶

**Connect With Others** lets you share your story and read the stories of others who are working to better manage their health. You'll also find answers from Mayo Clinic specialists.



# Health Information A-Z

MAYO CLINIC **EmbodyHealth**  
ENHANCE YOUR LIFE

Welcome Kim Jimbory, [Log Out](#)

[Reward Program](#) | [XYZ Incorporated Information](#) | [My Settings](#)

Monitor My Health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | **Connect With Others** | **Health Info A-Z**

Feedback: Tell us what you think of EmbodyHealth. Do you have ideas or suggestions? Let us know!

Your Personalized Content

Search

## Health Info A-Z

Home > Health Info A-Z

Diseases & Conditions A-Z | **Drugs A-Z** | Supplements A-Z

### Diseases & Conditions A-Z

Find the facts about hundreds of diseases and conditions.

Browse Diseases & Conditions A-Z

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

Media Gallery

Search our gallery of videos, slide shows and podcasts.

Search the Media Gallery

Go

Featured Media:

Video: [Video: Mammogram for breast cancer detection](#)

Slide show: [Slide show: Core exercises with a fitness ball](#)

Provided by **XYZ INCORPORATED**

#### Health Alerts

[Red yeast rice: Popular cholesterol-lowering option could carry risks](#)

[Maraviroc: New drug slows advance of HIV](#)

[See all in Health Alerts](#)

#### e-Newsletter Sign-Up

Receive a FREE, weekly health and wellness e-newsletter!

#### My Tools

Customize

##### Calendar

Detail | Monthly View

Set reminders about your upcoming health activities — from workouts at the gym to your next health screening test

Add

##### Goals

Active Goals

Walk extra 30 minutes a day

[+ show more](#) [- show less](#)

##### Exercise Tracker

Date: 08/24/2007

Minutes:  Add

Reset 45 total minutes  
45 this month  
0 this week

##### Messages

2 Total Messages

In **Health Information A-Z**, discover in-depth information on diseases, conditions, drugs and supplements.

This area also provides quick access to a library of helpful slide shows and videos.



Mayo Clinic EmbodyHealth is ready for you. To get started, sign on at

[www.ornlwellness.com](http://www.ornlwellness.com)

The screenshot shows the EmbodyHealth website interface. At the top, the logo reads "EmbodHealth ENHANCE YOUR LIFE" with navigation links for "Reward Program", "XYZ Incorporated Information", and "My Preferences". A green navigation bar contains buttons for "Improve Lifestyle Habits", "Manage Chronic Conditions", "Make Treatment Decisions", "Connect With Others", and "Health Info A-Z". A search bar is located below the navigation. The main content area features a personalized message: "Welcome, John Doe" and "XYZ Incorporated Information stay up-to-date on your health...". To the right, there are several tool widgets: "XYZ INCORPORATED" with a link to a health assessment, "My Tools" section with "Goals" and "Calendar" widgets, and "Exercise Tracker" with a date selector and a table showing minutes for the current month and week. A "Healthy Recipe Collection" widget is also visible at the bottom right of the main content area.

