Welcome to

MAYO CLINIC | EmbodyHealth

ENHANCE YOUR LIFE

ORNL Wellness Program

Mayo Clinic Health Solutions

What is Mayo Clinic EmbodyHealth – ORNLWellness.com?

A highly personalized health portal created by Mayo Clinic 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.

Mayo Clinic Health Solutions

How to Get Started

MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

Welcome
to the Mayo Clinic EmbodyHealth Portal, brought to you by **ORNL**

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

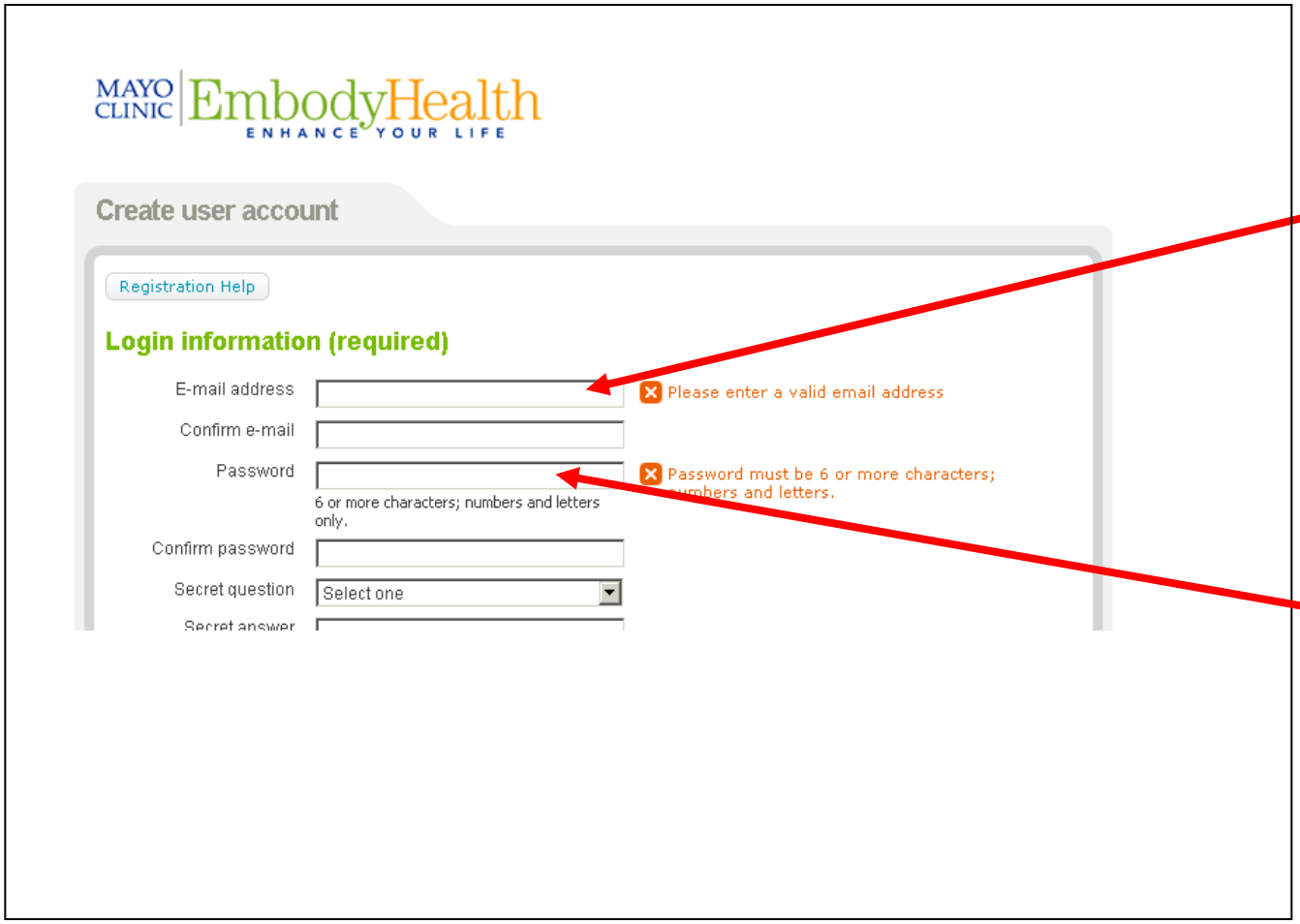
Powered by
MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

Help | Privacy Policy

Copyright 2009 Mayo Foundation for Medical Education and Research. All rights reserved.

Click here to register

E-mail Address and Password



Enter a valid e-mail address

Create your own password

Customize Your Site

Personal information (required)

First name

Middle initial

Last name

Date of birth

4 digits (1960)

Sex Male Female

I am Select one

Location Alaska

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.

I Disagree ▸ I Agree ▸

Registering allows EmbodyHealth to serve up content just for you

Mayo Clinic Health Solutions

Terms of Use and E-mail Newsletter

Personal information (required)

First name

Middle initial

Last name

Date of birth

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Sex ○ Male ○ Female

I am Select one

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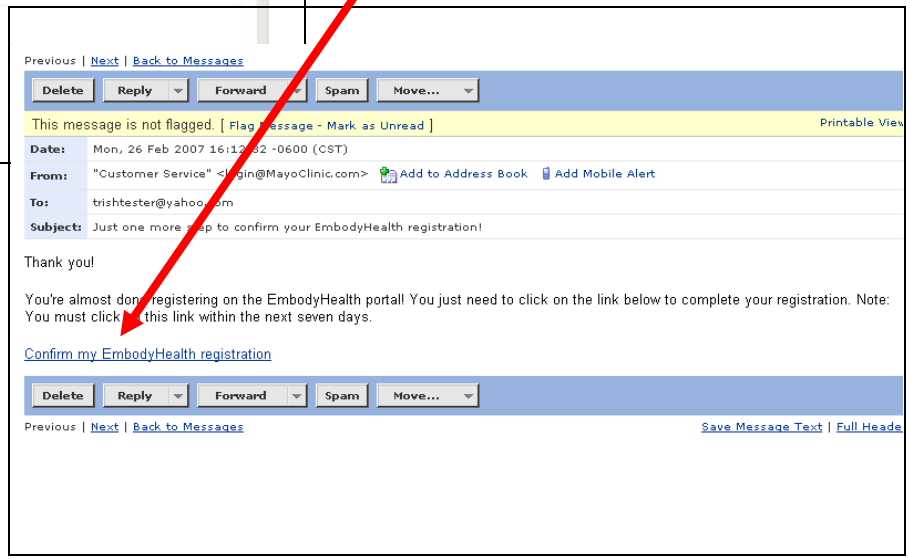
I Disagree ▸ I Agree ▸

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

Review and agree to Terms of Use

Mayo Clinic Health Solutions

Registration Confirmation



You'll receive an e-mail confirmation of your registration, click to confirm. There may be a short time delay between submitting your registration and receiving the confirmation e-mail.

Mayo Clinic Health Solutions

Mayo Clinic Health Assessment

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

Click to begin the Health Assessment

Mayo Clinic Health Solutions

Taking the Mayo Clinic Health Assessment

Mayo Clinic
Health Assessment

Answer some questions.
Improve your health.

This questionnaire is designed to give you a snapshot of your current health status. Completing the assessment takes about 15 minutes.

Within seconds of completion, you'll receive your Health Assessment Results Summary, which identifies your health strengths and potential health risks. You'll also receive your personalized Action Plan, complete with strategies and resources for building on your strengths and reducing any health risks you have. Get started now for a healthier tomorrow!

Get started

As you complete the assessment, it will be helpful to know your:

- Weight
- Blood pressure
- Total cholesterol level, along with low-density lipoprotein (LDL) and high-density lipoprotein (HDL) cholesterol levels
- Triglyceride level (fasting)
- Blood sugar level (fasting or nonfasting)

If you don't have this information, you can estimate these values and still receive meaningful results.

- How can I get more help?
- What is the Mayo Clinic Health Assessment?
- What's a risk factor?
- How can I use the information provided in the Mayo Clinic Health Assessment?

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

Health Assessment Content

Mayo Clinic
Health Assessment

Save and Return Later Start over

PROGRESS

General Information
Medical History
Confirm

Medical History

In general, how is your health?

Have you ever received a diagnosis of or are you currently taking prescription medication to treat or prevent any of the following health problems? (Check all that apply.)

	Received a diagnosis?	Currently taking prescription medication?
Allergies	☐	☐
Anxiety	☐	☐
Arthritis	☐	☐
Asthma	☐	☐
Bone loss (osteoporosis or osteopenia)	☐	☐

Continue

How can I get more help?

I'm adopted. How should I answer the questions about my family medical history?

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

Mayo Clinic Health Solutions

Biometric Information

Mayo Clinic
Health Assessment

Save and Return Later Start over

PROGRESS

Alcohol Use
Blood Pressure
Blood Sugar
Cancer Screening
Cholesterol
Emotional Health
Exercise
Immunizations
Nutrition
Safety
Tobacco Use
Triglycerides
Weight
Confirm

Cholesterol

Do you know your total cholesterol value?

- Yes
- No

Your total cholesterol level

mg/dL

Do you know your low-density lipoprotein (LDL) cholesterol value?

- Yes
- No

Do you know your high-density lipoprotein (HDL) cholesterol value?

- Yes
- No

Continue

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

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

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

Mayo Clinic Health Solutions

Action Plan

Overview | Action Plan

Printer Friendly: This section | All sections | Larger type

Health Indicators
- Results Summary
- Bibliography

Risks
- Weight

Strengths
- Alcohol Use
- Blood Pressure
- Blood Sugar
- Cholesterol
- Emotional Health
- Exercise
- Nutrition
- Safety
- Tobacco Use
- Triglycerides

Prevention
- Cancer Screening
- Immunizations

Medical History
- Self
- Family

Weight

Results

Your body mass index (BMI), a measure of health risk related to weight, suggests that you could benefit from losing weight. The good news is that you're taking action to lose weight — wonderful! On your journey to weight loss, set yourself up for success by choosing reasonable, specific goals. Remember to track your successes and reward yourself each time you reach a goal. If something doesn't work, consider it a learning experience. Just adjust your plan and try again. Remember, every effort you make is a move in the right direction. With planning and determination, you can reach your goals, one step at a time. You're worth it!

Current Level
- Weight: 160 lbs.
- BMI: 25.1

Recommended Level
- Weight: 118 lbs. to 160 lbs.
- BMI: Between 18.5 and 24.9

Improve Your Lifestyle

Programs

Fitness for EveryBody
Time to get moving. Use this online guide to personalize your exercise plan. Use the interactive fitness log to chart your progress, and receive motivational e-mails.
Start

My Weight Solution
Losing weight — and keeping it off — is challenging. Use this program as a first step on the road to a healthy weight.
Start

Exercise Tracker
Date 08/19/2009
Minutes Add
Reset
1500 total minutes
0 this month
0 this week

Calendar
Detail | Monthly View

August 2009

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	31					

Goals
Add
Active Goals
Keep track of your health goals.

Health Assessment status
Health Assessment Completed on 09/03/2008 08:22:23 AM
Risks: Weight
Strengths: Alcohol Use, Blood pressure, Blood Sugar, Cholesterol, Emotional Health, Exercise, Nutrition, Safety, Tobacco Use, Triglycerides
View my Action Plan

Taking Action
Enroll in any of these programs and you'll get a personalized plan to help meet your health goals.

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

Mayo Clinic Health Solutions

Action Plan

Overview | Action Plan

Printer Friendly: This section | All sections | Larger type

Health Indicators
- Results Summary
- Bibliography

Risks
- Weight

Strengths
- Alcohol Use
- Blood Pressure
- Blood Sugar
- Cholesterol
- Emotional Health
- Exercise
- Nutrition
- Safety
- Tobacco Use
- Triglycerides

Prevention
- Cancer Screening
- Immunizations

Medical History
- Self
- Family

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 have a family history of breast cancer, which may increase your risk of developing the condition yourself. Because of that, you may need more frequent mammograms to screen for breast cancer. Work with your doctor to develop a screening test schedule that's based on your individual situation.

Learn More
- Breast cancer
- Health screening guidelines

Cervical cancer

You indicated that you have had three consecutive negative Pap tests and that you've had a Pap test within the past year. Because you've had three consecutive negative Pap tests, you likely only need a Pap test every two to three years. Talk to your doctor about cervical cancer screening at your next regularly scheduled visit. He or she can help you determine a screening schedule that's right for you.

Learn More
- Cervical cancer
- Health screening guidelines

Colon cancer

You indicated that you're less than 50 years old and that you don't have a family history of colon cancer. Colon and rectal cancer screening tests generally aren't recommended for people under age 50 who don't have a family history of these types of cancer. If you're concerned about colon and rectal cancer, talk to your doctor at your next regularly scheduled visit.

Learn More

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

Mayo Clinic Health Solutions

Personalization

MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

Welcome Sara Test, Log Out

Reward Program | ORNL Resources | My Preferences

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

Search

Overview | Action Plan

Welcome, Sara Test

ORNL Resources

Visit the ORNL Resources to stay up to date on resources and events available to you. You'll find information on programs to help you reach your health goals and more. Check in often to take advantage of new opportunities throughout the year.

Go

1 of 6 | Previous | Next

Provided by

ORNL Wellness Program

Mayo Clinic EmbodyHealth Newsletter

Magellan Monthly Health Observances

Wellness Resources

CIGNA Workplace Partners

My Weight Solution

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

My Health Topics

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Reward Program | ORNL Resources | My Preferences

Edit My Health Topics

Select the categories that interest you and you'll see links to new and updated content that matches your selections.

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

Save | Cancel

Connect With Others | Health Info A-Z

Your Personalized Content

Programs
- Fitness for EveryBody
- Healthy Pregnancy Program
- My Smoke-Free Future
- My Stress Solution
- My Weight Solution

Enrolled Program
Completed Program

Messages (0)
You have no messages.
View All | Previous | Next

My Health Topics (edit)
No content matches your health topic selections. Click the edit button to review your selections and choose new ones.

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ORNL Wellness Program
- Mayo Clinic EmbodyHealth Newsletter
- Magellan Monthly Health Observances
- Wellness Resources
- CIGNA Workplace Partners

My Weight Solution

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

Healthy Recipe Collection
Browse hundreds of healthy recipes.

My Tools (Customize)

Exercise Tracker
Date 08/27/2009
Minutes Add
Reset
0 total minutes
0 this month
0 this week

Goals
Add
Active Goals
Keep track of your health goals.

Calendar
Detail | Monthly View
Set reminders about your upcoming health activities — from workouts at the gym to your next health screening test
Add

Messages
0 Total Messages
Read messages

Taking Action
Enroll in any of these programs and you'll get a personalized plan to help meet your health goals.
You're currently enrolled in:
Healthy Pregnancy Program

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

Mayo Clinic Health Solutions

Organization Information

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

Mayo Clinic Health Solutions

My Tools

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.

Mayo Clinic Health Solutions

My Tools

goals and more. Check in often to take advantage of new opportunities throughout the year.

Go

1 of 6 Previous Next

Programs

- Fitness for EveryBody
- Healthy Pregnancy Program
- My Smoke-Free Future
- My Stress Solution
- My Weight Solution

Enrolled Program

Completed Program

Messages (0)

You have no messages.

View All Previous Next

My Health Topics edit

No content matches your health topic selections. Click the edit button to review your selections and choose new ones.

Rewards

Get details on rewards you can earn.

My Weight Solution

e-Newsletter Sign-Up

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

Healthy Recipe Collection

Browse hundreds of healthy recipes.

Jan Phillis is on a journey

Follow her progress as she strives to lose weight

Calendar

Detail Monthly View

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

Add

Messages

0 Total Messages

Read messages

Taking Action

Enroll in any of these programs and you'll get a personalized plan to help meet your health goals.

You're currently enrolled in:

- Healthy Pregnancy Program
- My Weight Solution

Other programs:

- Fitness for EveryBody
- My Smoke-Free Future
- My Stress Solution

My Tools also gives you easy access to your messages, Health Assessment status and programs in which you are enrolled.

Manage Your Health

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

Mayo Clinic Health Solutions

Monitor My Health

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Reward Program | ORNL Resources | My Preferences

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

Your Personalized Content

Search

Monitor My Health
Home > Monitor My Health

Mayo Clinic Health Monitor
Enroll in the Mayo Clinic Health Monitor to track important information related to asthma, blood pressure, blood sugar, headaches and weight.
Mayo Clinic Health Monitor

Calculators
- BMI calculator
- Calorie calculator
- Heart disease risk calculator
- LDL cholesterol calculator
- Pregnancy due date calculator

More Calculators

Self-assessments

Provided by
ORNL Wellness Program
Magellan Monthly Health Observances

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

Exercise Tracker
Date 08/28/2009
Minutes | Add
Reset
0 total minutes
0 this month
0 this week

Goals
Add
Active Goals
Keep track of your health goals.

Calendar
Detail | Monthly View
Set reminders about your upcoming health activities — from workouts at the gym to your next health screening test
Add

Messages
0 Total Messages
Read messages

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.

Mayo Clinic Health Solutions

Improve Lifestyle Habits

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

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 to cope better and relax more.

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ORNL Wellness Program
Magellan Monthly Health Observances
CIGNA Workplace Partners

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.

e-Newsletter Sign-Up

My Tools Customize

Exercise Tracker
Date 08/28/2009
Minutes Add
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Messages
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Read messages

Taking Action
Enroll in any of these programs

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

Manage Chronic Conditions

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

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.

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ORNL Wellness Program
Magellan Monthly Health Observances

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

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Find programs to help you manage these conditions within the Manage Chronic Conditions tab:

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

Mayo Clinic Health Solutions

Make Treatment Decisions

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

Your Personalized Content

Search

Make Treatment Decisions

Home > 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. How do you keep breast cancer from coming back?

Back pain
Chronic back pain is common. What can you do on your own? When is surgery needed? Explore the pros and cons of your treatment options.

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
Carpal tunnel syndrome can make the simplest tasks seem almost impossible. Explore the pros and cons of different treatments.

Herniated disk
Your herniated disk sends sharp pains down your back and leg. Is surgery the solution? Know what options are on the table before you are.

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Magellan Monthly Health Observances

CIGNA Workplace Partners

Tests and Procedures

Allergy medications: Know your options

Fetal ultrasound: What can it tell you?

Video: Fetal ultrasound

Genetic testing you can order online

Slide show: How genetic disorders are inherited

See all in Tests and Procedures

Consumer Health Skills

Probiotics: What are they?

Kombucha tea: What are the health benefits?

My Tools

Customize

Exercise Tracker

Date 08/28/2009
Minutes Add
Reset
0 total minutes
0 this month
0 this week

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Calendar

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Taking Action

Find expert information to help you decide on treatment for these conditions:

- ACL injury
- Adjuvant therapy for breast cancer
- Back pain
- Birth control
- Carpal tunnel syndrome
- Colon cancer
- Depression
- Ear infection
- And more….

Mayo Clinic Health Solutions

Connect with Others

MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

Welcome Sara Test, Log Out

Reward Program | ORNL Resources | My Preferences

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

Your Personalized Content

Search

Connect With Others

Home > Connect With Others

Share your story

Do you have a personal story to share? Let others know about your triumphs and challenges.

Tell us your story

"Mowing for my muscles" — Deborah
Push-mowing her lawn manually has helped Deborah get more active and reduce her stress.

"'Too much stress was making me cranky'" — Patricia
Yoga has helped Patricia cope with insomnia and lessen her stress.

"Exercise is my Fountain of Youth" — Richard
Richard recommitted himself to a healthy lifestyle and feels more youthful because of it.

See all stories

Provided by
ORNL Wellness Program

Podcasts

Podcast: Erectile dysfunction and heart disease — What's the connection?

Listen

Erectile dysfunction can be an early sign of heart disease. Learn more.

Medical expert: Brooks Edwards, M.D.
Total time: 0:06:46 minutes
See all podcasts

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

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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.

Mayo Clinic Health Solutions

Health Information A-Z

MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

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

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: Smoking — Anatomy of nicotine addiction

Video:
Video: Ankle sprain

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Magellan Monthly Health Observances

Health Alerts

Flu school closing: Any benefit?

Swine flu: How serious is the global threat?

Mayo Clinic expert answers your questions on swine flu

Swine flu pandemic: What does it mean?

See all in Health Alerts

e-Newsletter Sign-Up
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My Tools

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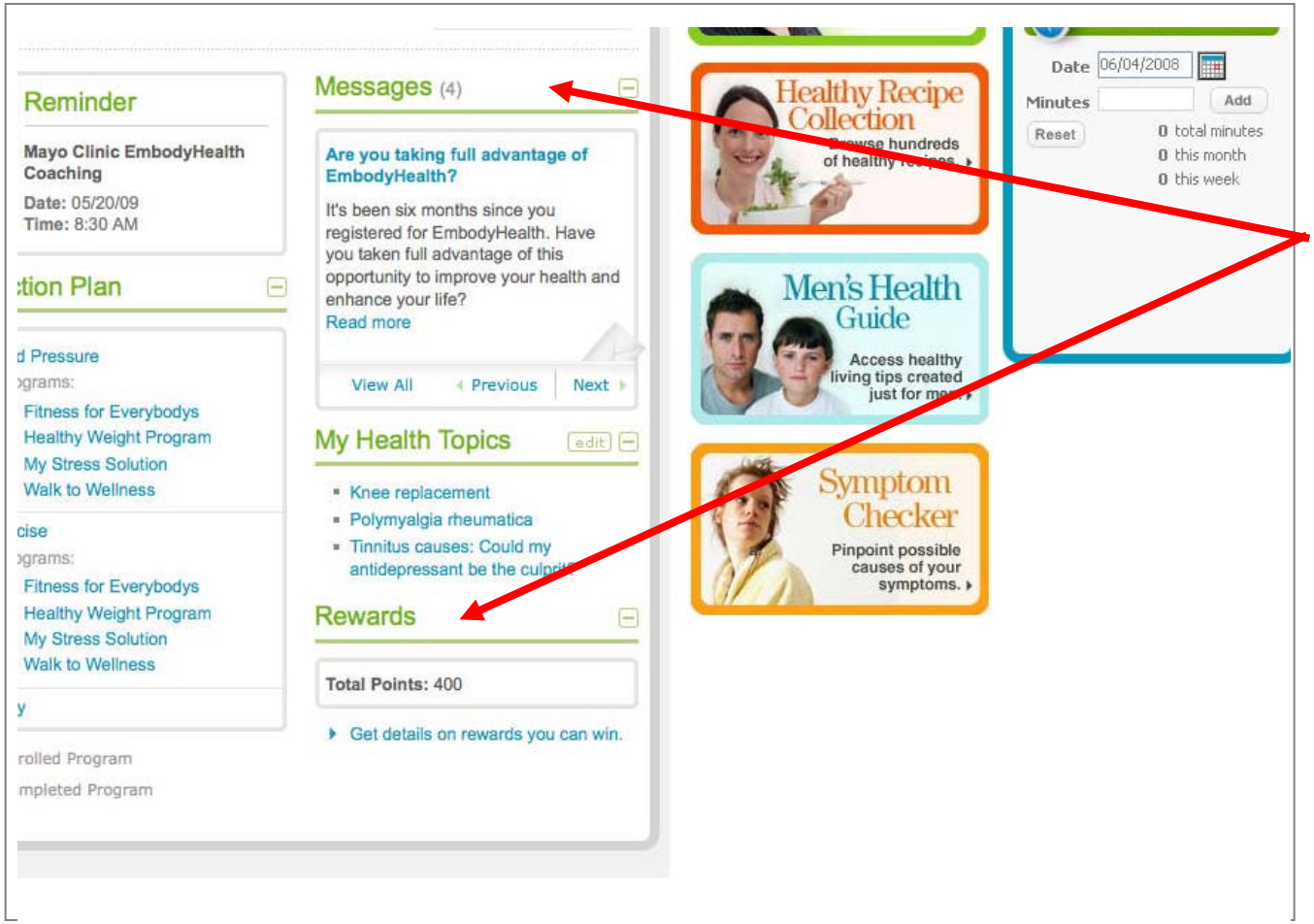
Taking Action

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

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

Mayo Clinic Health Solutions

Messages and Rewards

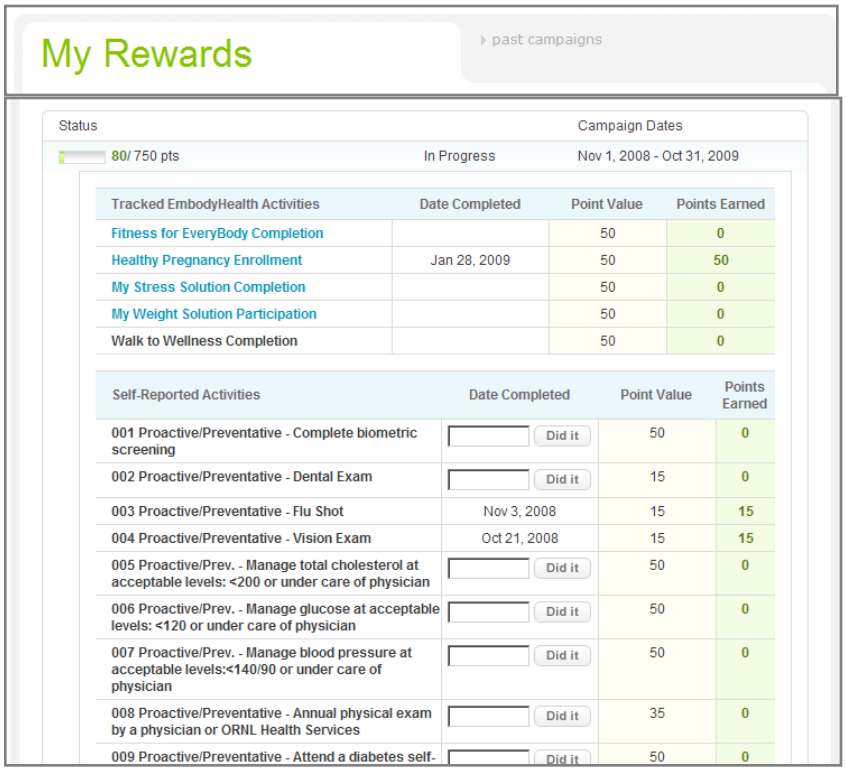


Your home page also gives you easy access to your messages and reward program.

Mayo Clinic Health Solutions

Points Plus+ Wellness Program

- Earn rewards for participating in healthy activities, November 1 – October 31
- Complete the Health Assessment by October 31; employees also earn points for their spouses completing the Health Assessment
- Record your activities on www.ORNLwellness.com, points must be earned in current year
- Earn 750 points plus completing the Health Assessment earns your incentive for the next calendar year



My Rewards

past campaigns

Status		Campaign Dates
80/ 750 pts	In Progress	Nov 1, 2008 - Oct 31, 2009

Tracked EmbodyHealth Activities	Date Completed	Point Value	Points Earned
Fitness for EveryBody Completion		50	0
Healthy Pregnancy Enrollment	Jan 28, 2009	50	50
My Stress Solution Completion		50	0
My Weight Solution Participation		50	0
Walk to Wellness Completion		50	0

Self-Reported Activities	Date Completed	Point Value	Points Earned
001 Proactive/Preventative - Complete biometric screening	Did it	50	0
002 Proactive/Preventative - Dental Exam	Did it	15	0
003 Proactive/Preventative - Flu Shot	Nov 3, 2008	15	15
004 Proactive/Preventative - Vision Exam	Oct 21, 2008	15	15
005 Proactive/Prev. - Manage total cholesterol at acceptable levels: <200 or under care of physician	Did it	50	0
006 Proactive/Prev. - Manage glucose at acceptable levels: <120 or under care of physician	Did it	50	0
007 Proactive/Prev. - Manage blood pressure at acceptable levels:<140/90 or under care of physician	Did it	50	0
008 Proactive/Preventative - Annual physical exam by a physician or ORNL Health Services	Did it	35	0
009 Proactive/Preventative - Attend a diabetes self-	Did it	50	0

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