

HealthPlus of Michigan Health & Wellness

The HealthPlus Health & Wellness Site Has a New Look!

If you or your employees have not noticed, the HealthPlus Health & Wellness site has a new and improved look! As of Aug. 8, the site was enhanced to be user-friendly and inviting. We encourage you to log in to www.healthplus.org check it out for yourself. If you missed our **HealthPlus Workplace Wellness Webinar: Navigating the New Health & Wellness Site** on Aug. 17, you can still view this brief [15-minute tour](#) of what the site looks like. New graphics, better navigation and new upgraded tools help provide a better online experience for members. To access the website information you must first log in at the home website page. Remember your 1st time logging in, pull out your HealthPlus of Michigan card. Your name on the card is your password, and your member number is your log in. Once in the system, you will be prompted to change your information to a confidential password and log in.

With HealthPlus, you can take advantage of our year-round program that offers a variety of wellness activities to help you feel great, boost energy and learn more about your health. Whether you are in good health or need a plan to get started, our wellness tools and programs can help you improve your health, reduce your risks and improve quality of life. Our HealthPlus HealthQuest Health & Wellness benefits and features include:

- **Your Personal Home Page** – Develop your own personal wellness page based on your health risks and interests, track your personal health reminders, set your own wellness priorities, set up your own personal wellness tracking system and then design your personalized health management plan.
- **Your HealthQuest Profile (HQP)** – Complete a confidential health risk assessment that helps you identify your individual health risks, understand what they mean, and then help you identify and prioritize your health risks. Your personalized HQP report also helps you identify activities, programs and resources that help you begin to better manage your health.
- **Healthy Living Programs** –After assessing your health, you will be encouraged to participate in any of the 13 online interactive healthy living programs. These six-week online programs will help you reach your health goals at your own pace without ever having to leave your home.

The Healthy Living Programs are:

- Healthier Diet
- Stress Relief
- Healthy Heart
- Smoke Free
- Cancer Fighting
- Healthy Seniors
- Custom “You Design” Program
- Get in Shape
- Diabetes Fighting
- Weight Loss
- Healthy Aging
- Easy Start
- Healthy Kids

- **Smoking Cessation and Weight Management Coach Programs** – Offered through phone coach and/or online coaching at no cost if you need support in making these lifestyle changes. Both programs also offer a self-directed home kit to help you quit smoking or manage your weight over a 3 month to 6 month time frame. **To enroll in either program, contact us by email at hquest@healthplus.org or call us at 1-800-345-9956, ext1943, option two.**
- **Online Monthly Health Seminars** – Every month, we will feature a new interactive online seminar designed to help you learn about a variety of health topics to help improve specific health risks. These

seminars are approximately 10 to 15 minutes long and can be viewed at any time in the comfort of your home.

- **Quarterly Health Challenges** –We provide structured, fun, health challenges to help you improve your health! Challenges last four to six weeks.
- **Personal Health Record (PHR)**– Online electronic record and manage your health history and your family members' health history in a personal health record that's completely confidential, secure and easy to access and share with your physician.
- **Healthy Conversations** – Use an interactive personalized online assessment in up to 15 risk areas to design a health-risk intervention plan. Two categories of programs include Healthy Living and Disease Management topics. Once you have completed this 20- to 35-minute process, you will be able to print and walk away with a personalized health-risk intervention plan.

Conversations about Healthy Living

- Healthy Thinking
- Healthy Weight
- Healthy People Get Active
- Preventing Falls
- Sleeping Well
- Dealing With Stress
- Healthy Eating
- Quitting Smoking Again

Conversations about Diseases

- Medicines to Treat Depression
- Beta Blockers
- Low Back Pain
- Asthma and Controller Medications
- Diabetes and A1c Testing
- Statins for People with Heart Disease or Diabetes
- Daily Aspirins to Prevent Heart Attacks

- **Smart Decisions...Know your Options** – This section of the website helps members participate in making “shared decisions” about their health decisions. This tool walks members through a process evaluating medical informationrisks vs. benefits, costs, along with your personal values to make better health decisions. Once complete, the member can print or save their information to be shared with their physician.

The four categories of decisions include:

- Decision Points about **medical tests**...(21 topics reviewed)
- Decision Points about **medicines**...(56 topics reviewed)
- Decision Points about **surgeries**...(55 topics reviewed)
- Decision Points about **treatments and other health issues**...(44 topics reviewed)

- **Video and Audio Health Library**- Extensive library with hundreds of health topics that members can access from their home online. Most videos run four to six minutes in length. Audios can be listened to online or downloaded to MP3 players.
- **Medical Resources** –Men, women, children and older adults can find information regarding common health issues to improve their health.
- **Health Encyclopedia** – This is your simple, free access to information on thousands of health topics including disease, drug information, health news, recipes and more!
- **Interactive Tools** – New upgraded tools and trackers that help guide members to improve their health risks that include:

- Progress tracker to daily count calories consumed and calories burned
 - New meal and fitness planner guides
 - New walking challenge that each member can custom and track exercise,
 - Interactive online Symptom Checker,
 - Calculators and health quizzes designed to help members manage their health.
- **HealthQuest HealthPerks** - HealthPlus is always looking for innovative ways to support your health without stretching your wallet. Perks are member discounts available to you as HealthPlus of Michigan member. Hit this link to go to our website for more details... [HealthQuest HealthPerks ...](#)

They include:

- **Weight Watchers**

Negotiated low rates for HealthPlus of Michigan for three WW Programs...

- Weight Watchers local meeting vouchers,
- Weight Watchers Online subscription
- Weight Watchers At Home kit.

Complete 10 weeks of your Weight Watchers plan and HealthPlus will reimburse half of your cost (a maximum reimbursement of \$83)

- **Jenny Craig**

HealthPlus and Jenny Craig have teamed up to assist you by offering a Jenny Craig discount for being a valued HealthPlus member.

- **Snap Fitness**

HealthPlus members can enjoy free enrollment plus 10% off monthly dues at Snap Fitness Centers nationwide.

- **Hurley Health & Fitness Center**

Members can take advantage of a \$29 Joining Fee (\$249 value) and half-off dues for the first three months.

- **Laptop Lunches**

A portion-controlled system, for waste-free ways to pack a lunch from home. HealthPlus members can receive 20% off their orders at www.laptoplunches.com. Use the coupon code "healthplus" upon checkout.

- **EyeMed Vision Care**

Save up to 65 percent on frames, 45 percent on bifocals and 15 percent on contact lenses. Simply visit the EyeMed Vision Care provider of your choice and present your HealthPlus ID. Discounted EyeMed Vision Care prices are automatically calculated.

- **EdgePark Medical Supplies**

EdgePark Medical Supply offers discounted costs on products you may need including blood pressure cuffs, pedometers and weight scales.

- **Moosejaw**

HealthPlus members can now receive a 10 percent discount off in-stock purchases at Moosejaw shops and online. Moosejaw, a Michigan-based retail store, offers everything from clothing, shoes and sports equipment to camping and hiking gear.

Find all these HealthPlus HealthQuest Health & Wellness benefits online at www.healthplus.org and click on *Health & Wellness* or you may call our health information line toll free at 1-800-345-9956, ext 1943. (Sept 2011)