

**OUR DEDICATION IS TO FULLY
EMPOWER THE MARKETPLACE
TO IMPROVE EMPLOYEE HEALTH,
WELLBEING AND PRODUCTIVITY.**

A Differentiated Integrated Solution Set

Built on the critical model of human authority and the power of 2, MyHealth offers a differentiated, integrated health promotion and cultural management solution. We are focused on improved employee health, productivity and the critical requisite of care compliance management.

Our efforts are focused on best practice solutions to identify, monitor and manage clinical compliance to drive both improved and empowered health and health caring. The results are greater individual well-being and reduced health care costs. The MyHealth² application:

- Is both population and whole person focused.
- Utilizes sophisticated data analytics.
- Uses evidence-based clinical guidelines.
- Provides individual and group tracking and reporting including incentive tracking.
- Ensures accountability and compliance.
- Drives high levels of direct engagement.
- Successfully empowers the counselor/physician-patient relationship and human authority in the management of improved health.

Service Highlights

- Cultural Engagement & Strategic Management
- Medical/Health Counselor and Human Authority
- Program Management
 - Wellness Engagement
 - Onsite Management Services
 - Lifestyle Engagement
 - Disease Management Engagement
- Health Risk Evaluation
- Verisk Health - D2 Explorer Resources
- Nurse Navigator
- Health Management Tracking and Reward
- Asset Health Knowledge Management - Comprehension
- Compliance Reporting
- Clinical and Financial Reporting

*Relate, Engage, Identify,
Monitor, Drive and Manage
Compliance*

MyHealth²
The Power of 2



MyHealth²

WE SEEK TO EMPOWER BOTH THE INDIVIDUAL AND THE HEALTH PROFESSIONAL TO BE FULLY ENGAGED TOGETHER IN THE HEALTH AND WELL-BEING OF THE WHOLE PERSON. THIS IS THE POWER OF 2.

MyHealth LLC provides a comprehensive health caring engagement system, called MyHealth². It is uniquely driven by human passion in service to each and every “person” we work with. Our multi-tiered program focus includes:

- Wellness Engagement**
- Lifestyle Engagement**
- Disease Management Engagement**

Each program is fully integrated into the health knowledge and health engagement management process. Each program utilizes our Nurse Navigator and MyHealth Analytics Engine. The Nurse Navigator management platform is used to integrate the components of the MyHealth² health management system, including the wellness, lifestyle and disease management system applications. The system presents participant information to a medical/health counselor enabling the counselor to advise on the appropriate, *whole person* condition management, self-care plan, nutrition, exercise and/or medical care.

Our advanced data analytics engine serves to track and monitor utilization of health care resources at individual and group levels. Our focused and flexible technologies empower us to efficiently:

- Identify participants who are at-risk of weakened health status, periodic and/or chronic illness;
- Establish an individual, virtual, medical record for each participant;
- Monitor participant treatment in relation to “evidence-based clinical guidelines”;
- Track prescription drug utilization; and
- Generate risk-management and analytical guidance for counseling and reporting.



“Health caring is the most intimate and passionate form of reward.”

Wellness Engagement

Our Wellness Engagement platform is developed to deliver a variety of wellness initiatives and programs, including onsite program management services. It possesses an individual tracking/accountability and reward system.

It allows the participant to chart his or her progress in wellness events, health education, fitness activity, nutrition management and the use of the many resources and programs available within a client’s wellness strategy.

The Wellness Engagement System also includes our unique Asset Health Courses designed to help emphasize the message and importance of physical health and financial health care security.

The MyHealth Wellness Engagement Management system delivers the direct human authority and passion of our health management counselor to fully engage the participant in the maintenance and the continuous improvement of their good health.

Lifestyle Engagement

The primary risk identification tool incorporated into the Lifestyle Engagement platform is our proprietary MyHealth Health Risk Evaluation (HRE).

The Health Risk Evaluation platform is designed to receive information, generate reports, and guide the interaction between the primary care doctor, the medical/health counselor and the engaged participant.

MyHealth delivers a tracking application and the Nurse Navigator platform that permits the documentation of progress that is made with respect to each of the identified lifestyle risks.

Our lifestyle engagement counselor directly engages each participant in the improvement of lifestyle and well-being fully leveraging each management tool set, including our:

- Whole Person Success Criteria,
- Asset Health Courses,
- Tracking/Reward System,
- Health Risk Evaluation (HRE),
- Nurse Navigator,
- The Continuous Education and Management Improvement Process, and
- Onsite Management Services.

Disease Management Engagement

Our Disease Management System has one aim. It is to make living life fully a priority, by actively managing health as a priority. The MyHealth nurse is supported by our medical and pharmacy analytic program (Verisk Health) and Nurse Navigator. These tools empower the nurse to assist participants in their daily efforts to best manage their individual health and health caring.

We currently assist in the management of 20 common chronic conditions.

To specifically target and individualize our services, the program utilizes a continuous two year period of utilization information to construct a “risk index” for each individual in the health plan.

This management process is based on optimal self-care requirements, active correction of care-deficits and the individual’s degree of compliance with the “optimum treatment pathway” employing “evidence based clinical guidelines.”

The MyHealth Disease Management Engagement platform provides our proprietary tracking and compliance reporting tools, inclusive of the administration of program incentives.