

# The CoreSource HealthCenter

Health improvement at your fingertips



The HealthCenter offers a comprehensive set of health promotion tools and interactive educational materials, all designed to help you achieve your personal health goals.

## Program benefits:

- Provides an “electronic bond” between you and resources to help you improve your health
- Assesses your health and identifies health risks with a Health Risk Assessment (HRA) and provides a summary you can share with your doctor
- Offers health promotion tools and interactive educational materials
- Protects the confidentiality of individual records stored on a secure electronic system



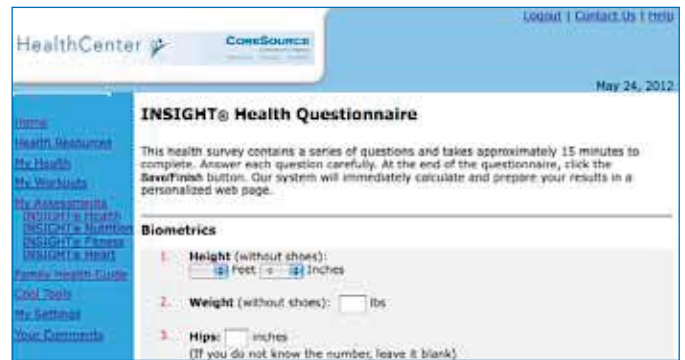
## Through the HealthCenter, you gain access to:

The HealthCenter Home Page, which offers a variety of tools to help you achieve an active and healthy lifestyle. From this page, you can learn about resources available to help you focus on improving your health, enjoy the tip of the day, and look for recipes and monthly featured events.





The Health Risk Assessment, which asks pertinent questions about your lifestyle, readiness to change, and energy and productivity levels to assess your health and identify health risks you may face. When you complete the HRA, you receive an overall assessment of your health and a summary for your physician.



Health Calculators, which can be used to calculate coronary heart disease risk, calorie burn, body mass index, nutrition intake guidelines, target heart rate and more.

The Family Health Guide, which provides information on more than 200 consumer self-care topics on conditions, procedures, medical emergencies and not-so-serious accidents (bumps, breaks and bruises).



## The HealthCenter also offers access to:

- Personalized Participant View, which provides “smart” promotions that reflect suggested next steps for you, based on health education and improvement activities available
- A personal health record so that you can collect, track and share past and current information about your health
- Workout Logs, which provide a way to quickly track progress in cardiovascular and strength programs
- Workout Builders, which allow you to create personalized workouts with pictures
- A Calendar to help you keep track of healthcare appointments and reminders

For more information on the HealthCenter, go to [myCoreSource.com](http://myCoreSource.com) or talk to your HR representative.



CoreSource solutions