

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## Horizon Blue Cross Blue Shield Offers *My Health Manager*

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In order to be as healthy as possible, it is necessary to have a clear picture of your own health. To assist you with this step towards your optimal well-being, Horizon Blue Cross Blue Shield has partnered with WebMD to offer its members a personalized, interactive, online health guide called *My Health Manager*. Below is a summary of the major features of *My Health Manager* and information about how to create your own customized health guide:



### Health Assessment Tool

Horizon's Health Assessment Tool is an advanced health profiling and risk assessment tool that collects information, then scores your health status, calculates risk levels, and provides recommendations for health improvement and behavior change. Information about your health background and current status is obtained through a series of questions that you answer quickly and confidentially about the following topics:

- Current health conditions
- Family health history
- Vital statistics, including cholesterol and blood pressure measurements
- Lifestyle factors: alcohol consumption, tobacco use, stress, exercise, and diet
- Life events: family, children, key relationships, job, and finances
- Utilization of health care resources: doctor visits, prescriptions, and hospitalizations

Once you set up your profile and receive your initial health assessment, the tool can be updated at any time to reflect changes in your condition, treatment, life events or lifestyle factors. The assessment tool will provide graphical measurements that track important health measurements over time. This tool may literally be used as your personalized health guide through all phases and stages of your health.

### Health Record

This aspect of *My Health Manager* is an online health record that gives you and your family members the ability to store, manage and maintain personal health information in a centralized location. Through this tool you may store and organize information related to conditions, medications, allergies, surgeries, immunizations, and tests for easy access whenever you need it. The Health Record enables you to automatically fax this information to your physician whenever necessary. Soon, if you choose, Horizon will automatically feed health information from your claims directly to your Health Record to ensure the most complete, accurate, and up-to-date information as possible.

### Symptom Checker

This interactive tool helps you identify symptoms, their causes and treatment by answering a series of quick questions. Symptoms are categorized by skin, head/neck, eyes/ears, nose/mouth, chest, back, arm/hand, abdomen, female pelvis, male groin, buttocks, leg/foot, and others. This tool also helps you determine how quickly you should see a doctor when symptoms become apparent.

### Hospital Quality Comparison Tool

This is a decision-support tool that provides comparisons of specific hospitals. You can generate an individualized report that rates hospitals according to evidence-based measures which you select as important for your analysis. The Hospital Comparison Report will provide detailed side-by-side comparisons of each hospital's performance ratings based on such factors as patient volume, complication rates, and performance data.

### Confidentiality

The information provided or stored in *My Health Manager* is entirely secure and confidential. Only you can access the information contained in your record by logging in using your unique subscriber ID and a secret password that you designate during registration.

### Getting Started

To create your own customized health record, simply visit <http://www.horizon-bcbsnj.com/myhealthyhorizon/myhealthmanager.asp>. You should keep the subscriber ID number located on your Horizon membership card handy to initiate registration.



If you have any questions about this topic please contact your RSI Benefit Service Specialist at 1-800-394-6111.