

# WHO'S YOUR REASON?

YOU'RE OURS.



**YOUR 2012 STATE OF MAINE**  
HEALTH & WELLNESS GUIDE



## TABLE OF CONTENTS

4

**THE BIG PICTURE**  
HOW IT WORKS

7

**EVALUATE YOUR HEALTH HABITS**  
COMPLETE THE HEALTH RISK ASSESSMENT

8

**BEGIN YOUR HEALTH JOURNEY**  
ENROLL IN A NEXTSTEPS® HEALTH  
COACHING PROGRAM

10

**STAYWELL ONLINE®**  
YOUR HEALTH RESOURCE

11

**SEEK SUPPORT**  
NEED-TO-KNOW RESOURCES

12

**KNOW YOUR HEALTH VALUES**  
ATTEND A HEALTH SCREENING

14

**DISEASE MANAGEMENT**  
NEED-TO-KNOW RESOURCES



# YOUR PRIVACY IS IMPORTANT

Your personal health information, medical conditions and health results are never shared with the State of Maine, your spouse/domestic partner, or anyone else without your written approval.

# WHO'S YOUR REASON?

YOU'RE OURS.

Welcome to the State of Maine wellness program. We're excited to bring you this program as our way of saying we care about your health and you matter to us as a valuable member of our team.

The State of Maine wants to help you — and your family — live the best life you can, not only for yourself, but for those who love and depend on you. It is not just about weighing a certain number or being able to run a marathon. It's about so much more. It's about the total picture of your physical, mental and emotional well-being.

That's why we've partnered with StayWell® Health Management, a highly regarded health resource. StayWell has vast expertise and an impressive track record in helping individuals successfully improve and manage their health.

We hope you'll take advantage of these free, confidential, easy-to-use programs and begin your journey toward a healthier, happier life. Whatever or whomever your reason for becoming healthy, we're here to help you along the way.

State Employee Health Commission

**YOU HAVE  
YOUR REASONS.**  
WE HAVE OURS: YOU.

# THE BIG PICTURE

## HOW IT WORKS

Sometimes we just need a reminder of what's important in life. Being able to share moments with loved ones for many years to come is big reason to get your health under control today.

### 1. EVALUATE YOUR HEALTH HABITS

#### Complete the Health Risk Assessment

The Health Risk Assessment gives you an idea of your current health status so you know where to begin to make improvements.

### 2. BEGIN YOUR HEALTH JOURNEY

#### Enroll in a Coaching Program

Once you know which areas of your life could use a little work, you can enroll in a phone, mail or online health coaching program to get support and encouragement in reaching your health goals.

### 3. STAYWELL ONLINE

#### Your health resource

StayWell Online is your one-stop spot for the latest health news, information, tools and resources. Log on at <https://maine.online.staywell.com>.

## COMING SOON!

### KNOW YOUR HEALTH VALUES

#### Attend a Health Screening

Dates and locations are to be determined.

### DISEASE MANAGEMENT

#### Enroll in a Disease Management program



# MY LOVING WIFE

My wife and I were high school sweethearts and have been together ever since. Although marriage is challenging at times, I'm thankful she's the one on this journey with me. I look forward to the rest of our years together and want to be as healthy as possible for her — and us.

Who's *my* reason? My loving wife.



## MY ENERGETIC GRANDSON

There's nothing I enjoy more than spending time with my grandson. So naturally I was discouraged when he asked me to race him down the block and I couldn't run more than a few steps without wanting to stop. I realized I needed to improve my health so I could keep up with the things he enjoys doing.

Who's *my* reason? My energetic grandson.

# EVALUATE YOUR HEALTH HABITS

COMPLETE THE HEALTH RISK ASSESSMENT

## WHO'S YOUR REASON...

...for completing the health risk assessment (HRA)?

Is it your children, who still count on Mom and Dad for moral (and financial!) support? Or is it you? Are you your own reason for wanting to live your best life possible?

The HRA is an important tool for determining your current health condition. It gives you a snapshot of what you're doing well and where you could stand to make improvements. What you learn from your HRA results will help you make important health decisions going forward.

The HRA is a free questionnaire about your health that takes 15 to 20 minutes to complete. The questions are simple and your answers are entirely confidential. Remember, your health information will never be shared with the State of Maine.

## BEGIN YOUR WELLNESS PROGRAM TODAY!

The HRA is available starting July 1, 2012.

- Log on to <https://maine.online.staywell.com>.
- Click **Register Now** to set up your account information.
- To access your HRA, click on **Get Started** on the home page and follow the on-screen instructions.

## USE YOUR RESULTS TO INSPIRE FUTURE HEALTH GOALS!

After you submit your HRA, you'll receive instant personal results and an invitation to participate in follow-up programs that meet your unique health needs. Use your HRA results to drive healthy changes to your current lifestyle. Your "reason" will thank you.

# BEGIN YOUR HEALTH JOURNEY

ENROLL IN A NEXTSTEPS HEALTH COACHING PROGRAM

## WHO'S YOUR REASON...

...for taking the next step?

Now that you have your health risk assessment (HRA) results, you're ready to decide what steps to take toward living your best life for those you love. Perhaps you're ready to quit smoking. Or maybe it's time to become more physically active. Whatever your needs, NextSteps has the tools you need to reach your goals.

Your HRA results determine which programs are the best fit for your lifestyle and health goals. You'll be invited to join all the programs we think will have the most potential for positive changes in your life, but you get to decide which programs are just right for you.

Programs are offered via mail, online, or personalized phone coaching. If you choose to participate one-on-one with a health coach over the phone, he or she will give you helpful tips, encouragement and ideas for success. If you prefer to work independently, you can enroll in an online- or mail-based program.

## LIFESTYLE TOPICS

- Back care
- Blood pressure
- Cholesterol
- Nutrition
- Physical activity
- Stress management
- Tobacco cessation
- Weight management

## ENROLL!

- Go to <https://maine.online.staywell.com> and click on the My Plan tab. You will see a list of programs for which you are eligible in the My Invitations box. Click on the **Sign Up** button next to the program in which you want to enroll. On the next page, click on **Sign Up** again to begin your program!
- Or, call the StayWell HelpLine at 1-866-280-0379.



# MY SUPPORTIVE FRIEND

My best friend and I are both turning 40 this year. To celebrate our lives and our friendship, we've committed to helping each other become the healthiest versions of ourselves we can be. No more excuses, lazy get-togethers, or late-night ice cream runs — it's time to invite physical activity and healthy eating into our friendship. Instead of lunch dates, we'll catch up on walks around the neighborhood. Rather than happy hour, we'll end our evenings with Zumba class at the community center. Healthier bodies, here we come!

Who's *my* reason? My supportive friend.

# STAYWELL ONLINE

## YOUR HEALTH RESOURCE

Visit StayWell Online to access helpful resources designed to encourage a healthy lifestyle. Read about the latest health findings in Today's Headlines, get more information about a health topic in Health Centers, or find support in Online Communities. Use Health Tools & Information to test your health knowledge through videos and quizzes, or use Calculators to determine your target heart rate, calorie burn rate, or the cost of smoking.

Whatever your questions, StayWell Online continues to be the resource you trust for valuable health and wellness information.

### MY PLAN

My Plan is created just for you, based on your specific health strengths and needs. Need help losing a few pounds? My Plan will create a personalized "to-do list" to help you achieve your goal. It's like being greeted by your own doctor or personal trainer every time you log on!

### HEALTH CENTERS

Have a question about your asthma symptoms? In Health Centers, you'll get the facts about 11 important health topics.

### HEALTH TOOLS & INFORMATION

Set your own goals and reminders for exercise, or use the online calculator to determine your target heart rate. Health Tools is your page, where you have easy access to your goals, programs, resources and more!

### FEATURED NEWS & ARTICLES

Want to know the truth about the newest cancer report you heard on the news? Stay up-to-date with the latest health news and information on StayWell Online.

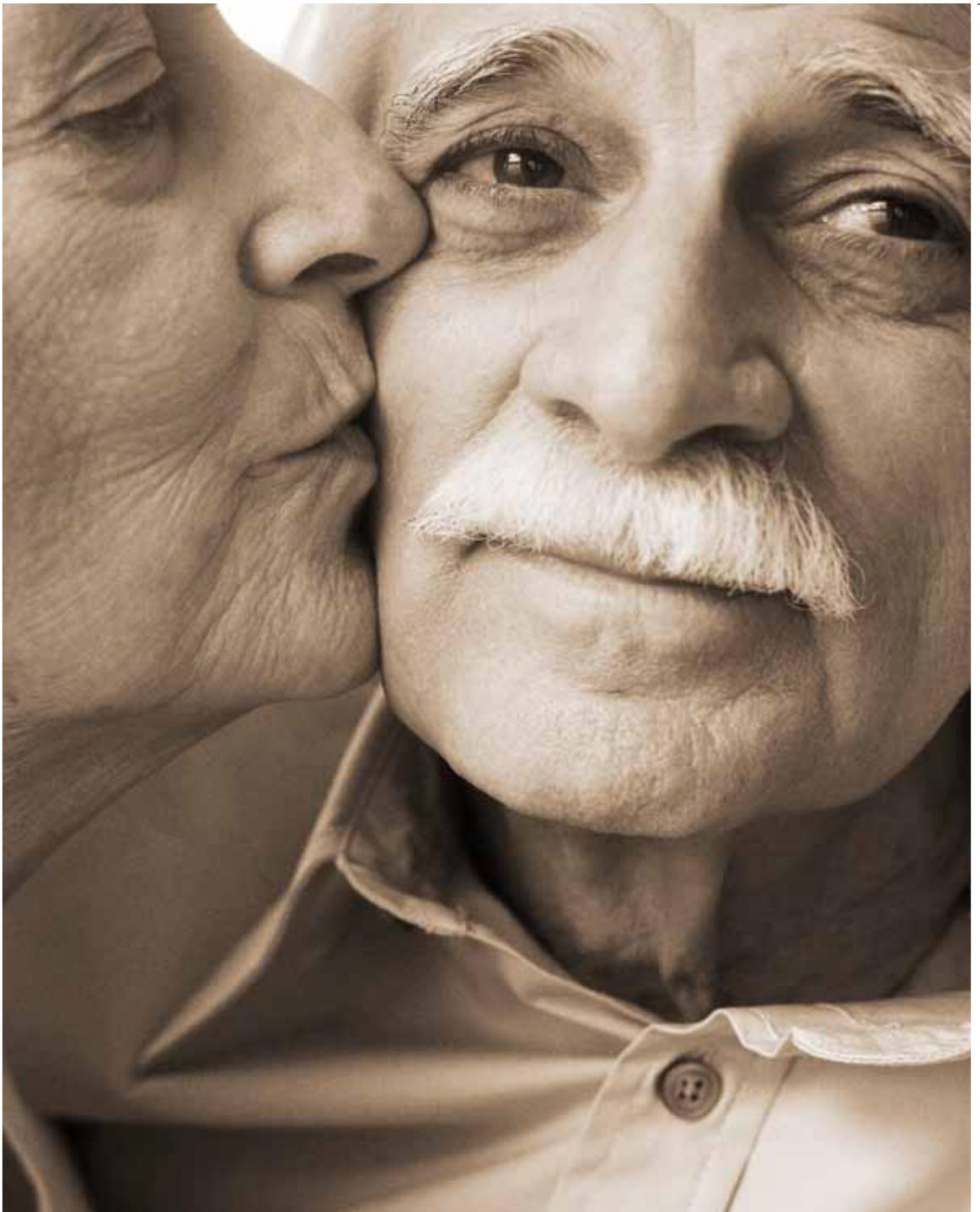
### ONLINE COMMUNITIES

Get in touch with others who have similar interests and can help support you in making healthy changes.



CALCULATORS  
HEALTH CENTERS  
HEALTH TOOLS & INFORMATION  
MY PLAN  
ONLINE COMMUNITIES  
RESOURCES & LINKS  
SELF CARE  
TODAY'S HEADLINES

**LOG ON AT**  
<https://maine.online.staywell.com>



# MY AGING PARENTS

My parents are getting older. In fact, each time I see them they lean on me more for tasks that used to be simple, and I'm constantly reminded of their declining health. I realize it's more important than ever that I stay healthy so I can be on top of my game when they need me most. Just as they have been there for me my entire life, it's my turn to be there for them.

Who's *my* reason? My aging parents.

# KNOW YOUR HEALTH VALUES

ATTEND A HEALTH SCREENING

## WHO'S YOUR REASON...

...for knowing your numbers?

Is it your spouse? Your granddaughter? Whose life is better because you're in it?

Screenings are a valuable tool for measuring the condition your body is in. Knowing your values is essential to understanding your current medical condition and taking steps toward a better, healthier lifestyle.

This year the State of Maine is offering on-site health screenings at limited locations. You will receive more information and details on how to register later this year.

On-site health screenings are completely confidential and take approximately 15 to 25 minutes to complete. Fasting is recommended but not required.

At your health screening, you'll receive tests for the following:

- Height
- Weight
- Blood pressure
- HDL cholesterol
- Total cholesterol
- Glucose

## ADDITIONAL HEALTH SCREENING OPTIONS

If you cannot attend a screening or one is not being offered at your location, you can visit your health care provider. Preventive care is covered at 100% through your State of Maine medical plan.

# DISEASE MANAGEMENT

ENROLL IN A DISEASE MANAGEMENT PROGRAM

## WHO'S YOUR REASON...

...for managing your chronic condition?

Managing a chronic condition, such as diabetes, heart failure, or asthma, can be challenging. Thankfully, you don't have to go it alone. While it does not replace the relationship with your doctor, the State of Maine is offering a program to help you manage your chronic condition and improve your health.

Through this program, you'll work with a health coach to develop action plans based on your specific health needs and goals. Your coach will help you adopt and maintain healthy behaviors by creating a plan that considers your own personal needs, strategies for improving your health, and support. Your health coach can help you:

- Follow your doctor's instructions
- Measure and record your vital signs and symptoms
- Set and achieve realistic health goals
- Improve your lifestyle habits
- Learn how to self-manage your condition and become an active partner in your health

If you have a chronic condition, you may be identified to participate in a disease management program. If you are identified, a health coach will call you to answer any questions about the program, assist you in determining your health goals, and provide support, information and personalized coaching to help you achieve your optimal level of health.

You'll be invited to join programs that will have the most potential for positive impact in your life. Participation is over the phone and completely voluntary.

## DISEASE MANAGEMENT TOPICS

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Diabetes (types 1 and 2)



# MY SPIRITED CHILDREN

With childhood obesity rates on the rise, I realize it's more important than ever to set a good example for my kids. Exercise, eating enough fruits and veggies, drinking water instead of soda, watching my portions...the habits I set for my children today will shape their decisions tomorrow.

Who are *my* reasons? My spirited children.

# WHO'S YOUR REASON? YOU'RE OURS.

The State of Maine cares about your health. While you have your reasons for wanting to be healthy, you're our reason for offering programs that encourage you to achieve your optimal level of health and wellness.

If you're ready to take that first step on your exciting and rewarding health journey, let's begin!



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