



June 2013

My Good Health Q & A

1. What is My Good Health[®]?

My Good Health is an online wellness portal and health risk assessment (HRA) that provides interactive health tools as well as extensive health and wellness information. The website provides evidence-based Canadian content developed by an integrated team of health professionals.

My Good Health provides comprehensive health resources. The portal's interactive HRA tool offers individually tailored programs and guides to help individuals create and maintain a path to healthier living.

Some of the features of My Good Health include:

- Health risk assessment
- Medications library
- Healthy living resources
- Health calculators and guides
- Symptom tracker, self-care and screening health tools
- Canada-wide community support directory
- Diseases and health conditions library
- Diagnostic tests and procedures library
- Natural health products library
- Daily news updates and monthly e-newsletters

2. Who can access My Good Health?

My Good Health is available to all Group and Individual Medavie Blue Cross plan members and their dependents over 18 years of age.

3. How do plan members access My Good Health?

Simply visit medaviebc.mygoodhealth.ca or cbmedavie.mabonnesante.ca .

Members will need to enter their information from their Medavie Blue Cross ID card. Once the member has registered, they can create a username and password for future visits.

4. How does the health risk assessment work?

Plan members enter health and lifestyle-related information to receive an overall snapshot of their current health status. The assessment also identifies risk factors for existing and potential chronic conditions. An easy-to-read profile identifies the member's health and lifestyle-related risk factors. Members receive personalized wellness strategies and action plans and can access libraries on a wide variety of health-related topics.

5. Are the results of the health risk assessment confidential?

Yes. Your organization will only have access to compiled aggregate group data.

6. What are the benefits to the member?

My Good Health provides plan members with access to extensive health and wellness information and tools, as well as a dynamic health risk assessment. This site will help pinpoint areas where lifestyle changes can prevent health issues and chronic disease. My Good Health is a reliable, current source for Canadian health and wellness information.

7. What are the benefits to an organization?

Knowledge is power and the site uses fact-based information to help plan members understand the potential health issues of their current lifestyle. This can empower them to make decisions that will improve their short- and long-term wellness and, in turn, their ability to contribute to the organization.

While the site provides valuable information and guidance for plan members, the My Good Health **Enhanced** and **Essential** packages also provide organizations with tools and insights to help track areas of issue and implement changes to help their members improve their health. Interested organizations can choose between two levels of engagement:

The **My Good Health Enhanced** package is a turn-key customized wellness platform featuring:

- Access to the Administrator Site
- Enhanced reporting
- Enhanced HRA questionnaire
- Customized home page with your organization's logo and advertisements
- Customized newsletter bulletins
- Customized HRA promotion tool
- Customized HRA questions

The **My Good Health Essential** package features:

- Access to the Administrator Site
- Standard reporting

8. Which My Good Health product is best for my organization?

Please take a look at the chart below to see which My Good Health product is best for the health and wellness goals of your organization.

	Standard	Enhanced	Essential
Health and Wellness Portal	✓	✓	✓
Health Risk Assessment	✓	✓	✓
Administration Site Access		✓	✓
Demographic Summary Report		✓	✓
Site Content Usage Report		✓	✓
Site Traffic Report		✓	✓
HRA Usage Report		✓	✓
Results by Risk Factor Report		✓	✓
Risk Factor & Stage of Change Summary Report		✓	✓
Disease History, Biometrics, Metabolic & Heart Disease Risk Report		✓	✓
Co-Existing Risk Factors Report		✓	✓
Investment Priorities Report		✓	✓
Change Over Time Report		✓	✓
Work Culture, Stress & Satisfaction (Stress Satisfaction Off-set Score and Business Health Culture Index) Report		✓	
Productivity Loss Report		✓	
Custom HRA Questions Report		✓	
HRA Consent Report		✓	
Newsletters Report		✓	
Enhanced HRA questionnaire		✓	
Customized home page with company logo and advertisements		✓	
Customized newsletter bulletins		✓	
Customized HRA promotion tool		✓	
Customized HRA questions		✓	