

Quick Guide to your Personal Health Dashboard™



Intro Video

- Watch introductory video
- Learn program information and benefits



Activities

- Translate site to multiple languages
- Complete qualifying wellness activities
- View activity status on completion bar



Health

- Track healthy actions
- Learn about medical benefits
- View health risks ranging from low to serious
- Risk Resolution Guides to resolve health risks

PERSONAL MEDICAL CONDITIONS

Condition/Risk	2016	2017	2018
Cholesterol	Low	Low	Low
Diabetes	Low	Low	Low
High Blood Pressure	Low	Low	Low
Back Pain	Low	Low	Low
Heart Failure	Low	Low	Low
Chronic Kidney Disease	Low	Low	Low
Stroke	Low	Low	Low
Adult Blood Pressure	Low	Low	Low
Chronic Pain/Headache	Low	Low	Low
Depression	Low	Low	Low
Eye Disease	Low	Low	Low