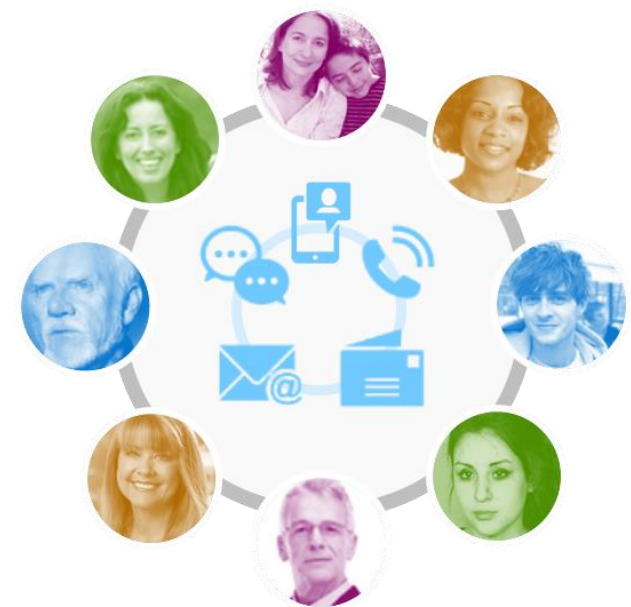
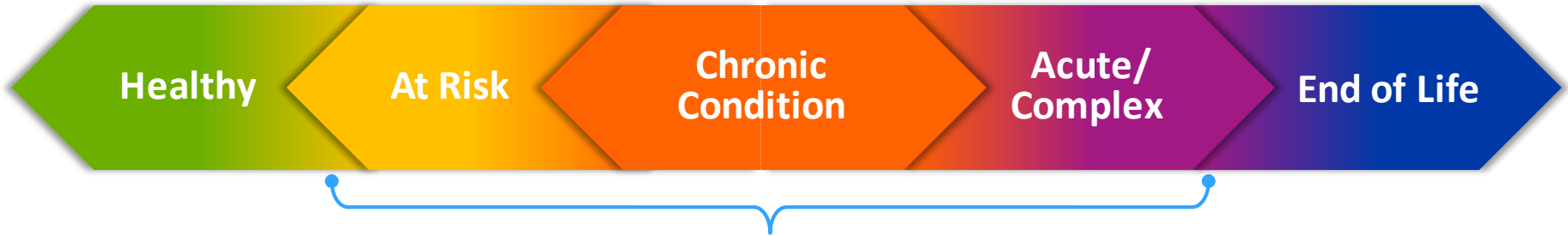


AVAILABLE RESOURCES

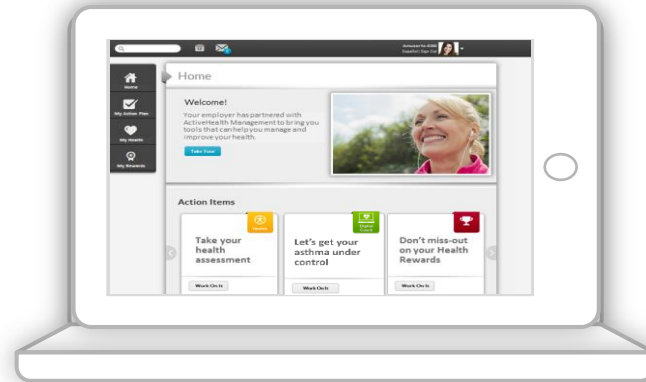
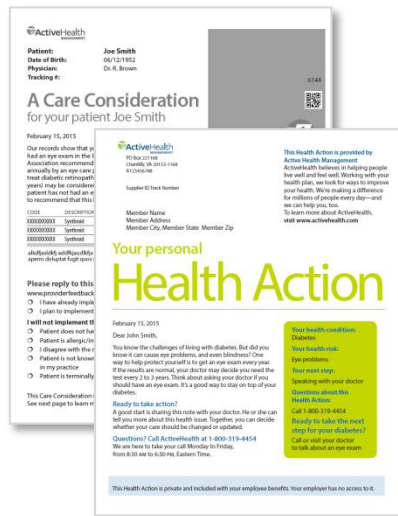
- Provider and Member Messaging
- Utilization Management
- Complex Case Management
- Informed Care Management/Condition Management
- Maternity Management
- Telephonic Lifestyle Coaching
 - Weight Management (BMI ≥ 30)
 - Tobacco Cessation
- Onsite Health Coaching (*for employees only*)
- MyActiveHealth Engagement Platform
 - Health Assessment, Digital Coaching, Trackers, Device Integration, Personal Health Record, etc.



Care Considerations Provider and Member Messages



Delivered in a variety of communication channels to individuals at risk for, or who have chronic, acute and complex conditions



Complex Case Management

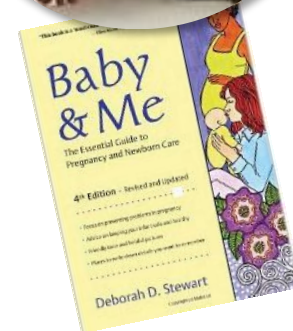


- Discharge planning, researching, authorizing and arranging optimal services to support best outcome for each member (ex: home health, DME, behavioral health, long term care)
- System navigation and advocacy
- **Interface with providers and family members**
- Average four to six weeks duration
- Acute illnesses can be stabilized and case closed or chronic conditions referred to disease management

Maternity Management

Participant receives regular phone calls from the same registered nurse to help them stay healthy during pregnancy and avoid problems and complications

- Provides **education on prenatal care**, labor and delivery, newborn care and more
- Educates on **ways to reduce risks** associated with complications and preterm birth, including:
 - Follow a healthy diet and lifestyle
 - Understand your prenatal tests and results
 - Find a specialist, if needed
 - Recognize signs of early labor
 - Support after the baby arrives
 - Plus, participant will receive a free gift upon enrollment in the program!



■ Informed Care Management/Condition Management/Disease Management

- Participants with **Diabetes (adult and peds), Coronary Artery Disease, Congestive Heart Failure, Hypertension (adult and peds), Asthma (adult and peds), Rheumatoid Arthritis, Lupus, Osteoarthritis, Chronic Renal Failure, ESRD, Cancer and Low Back Pain** can receive personal health coaching with a registered nurse
- This one-on-one support doesn't replace a doctor
- The nurse coach will work with the participant over the phone to:
 - ✓ Help understand the condition
 - ✓ Answer questions about medications and side effects
 - ✓ Explain the tests a doctor orders and what the results mean



■ Lifestyle Coaching

- Weight Management (BMI \geq 30)
- Tobacco Cessation



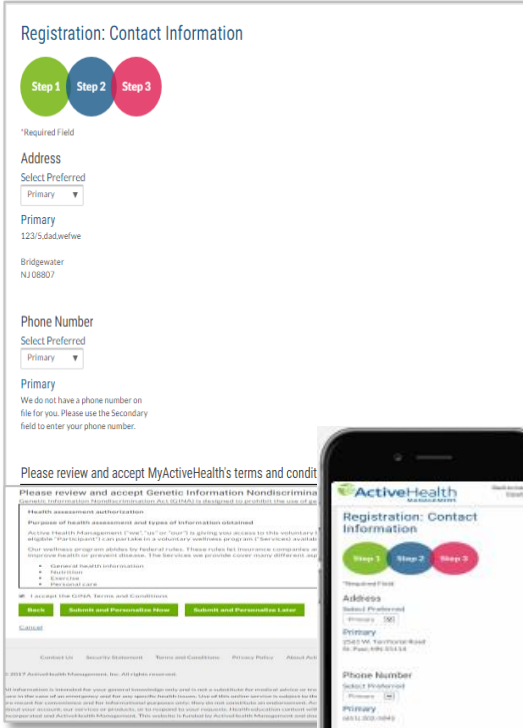
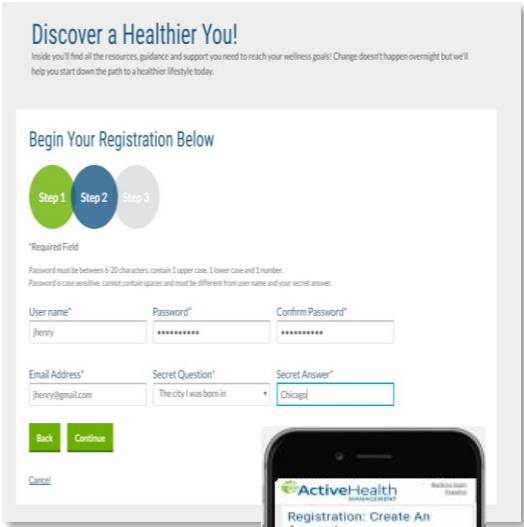
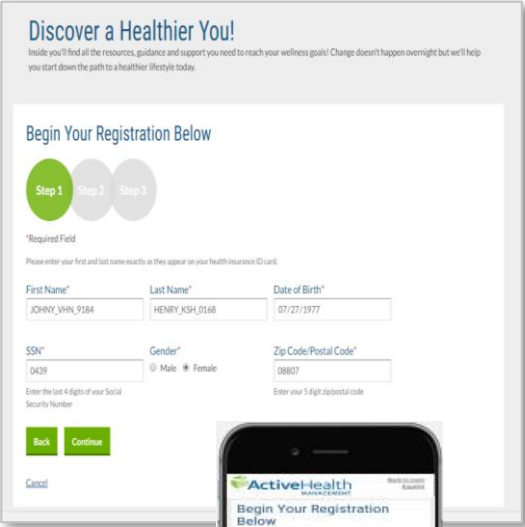
Motivating MS Keys to Living Healthy Additional Resources

- Blue Cross Blue Shield, *Claims Administrator* 1-800-709-7881
- Prime Therapeutics, *Pharmacy Benefits Manager* 1-855-457-0408 or www.MyPrime.com
- Diabetes Management Resources
 - **Diabetes Care Group**: Hgb A1C of ≥ 7 1-800-639-2621 or diabetescaregrp.com
 - **MS Department of Health DSME**: Hgb A1C 5.7-6.9 1-844-367-2566 or healthyms.com/freedom
 - **Personalized health coaching with ActiveHealth nurse** 1-866-939-4721
- Motivating Mississippi – *Keys to Living Healthy* Plan website- <http://KnowYourBenefits.dfa.ms.gov>

MyActiveHealth.com/Mississippi

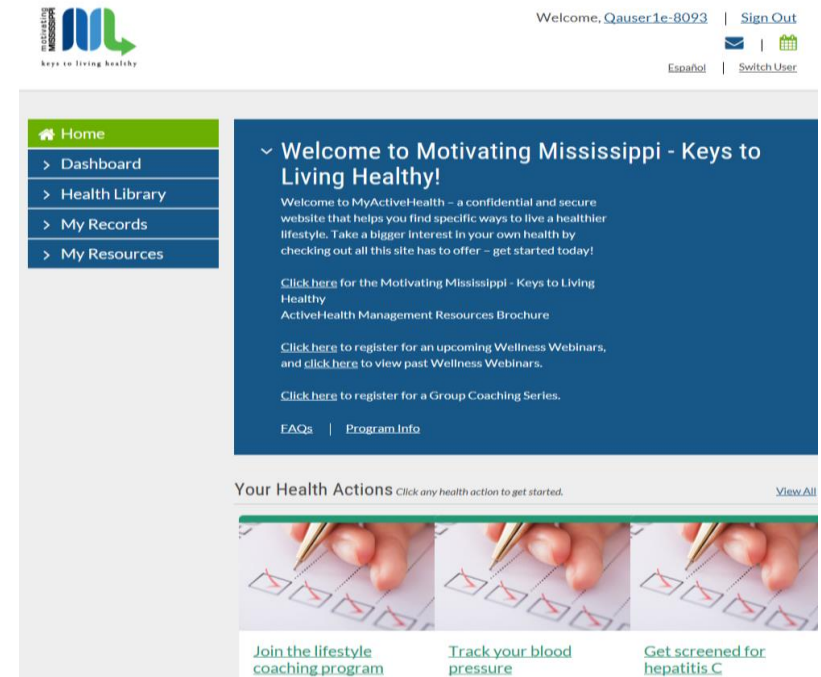
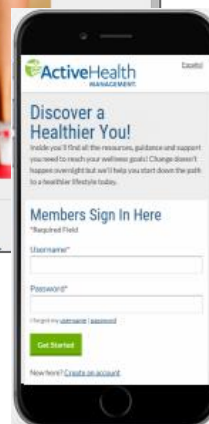
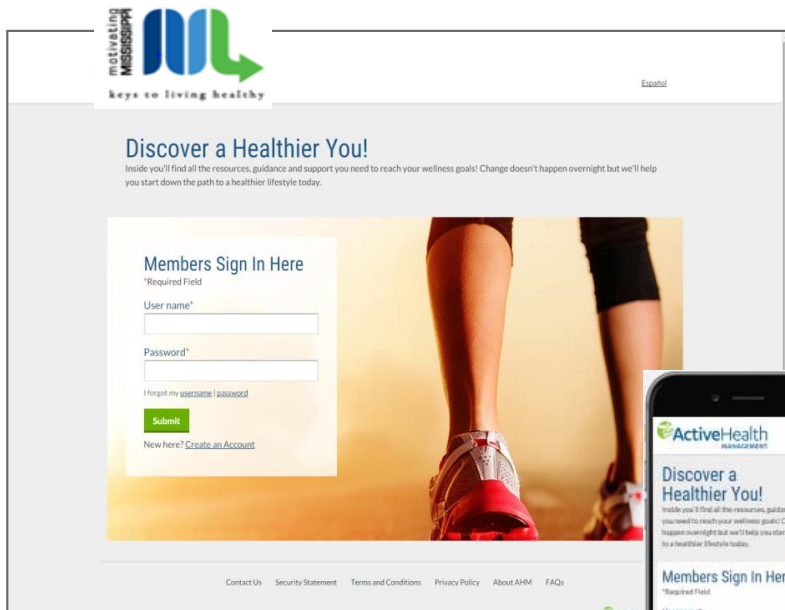


MyActiveHealth.com/Mississippi Registration



MyActiveHealth.com/Mississippi

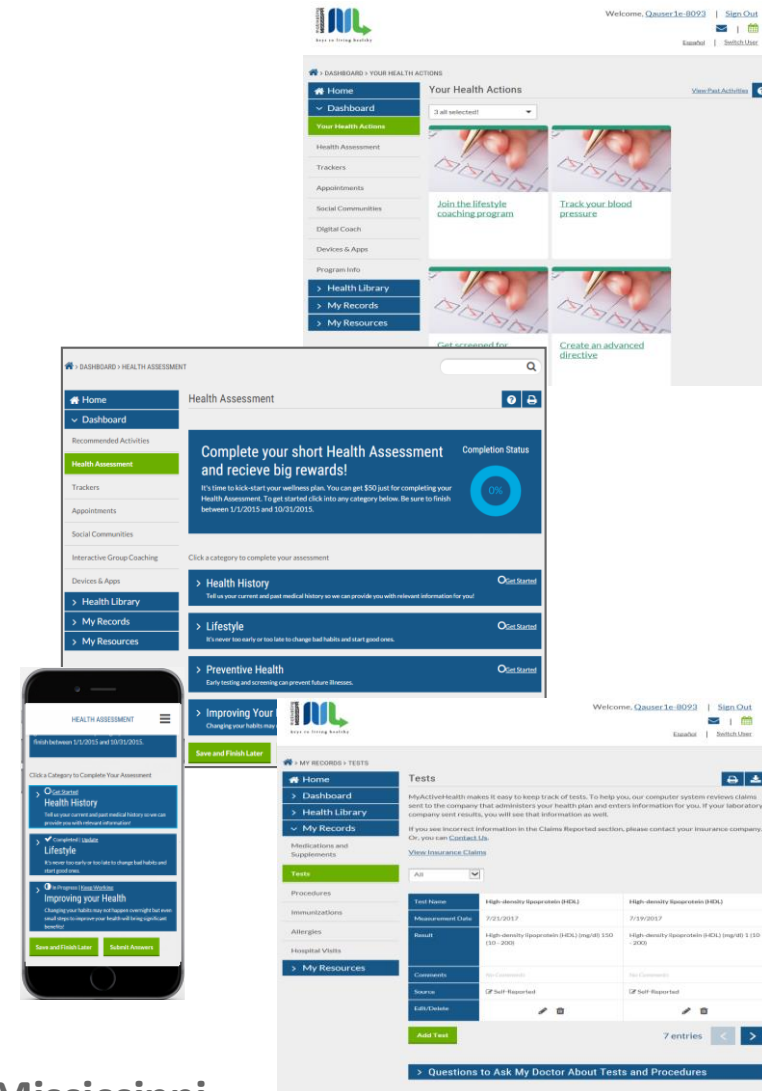
Sign In and Homepage



MyActiveHealth.com/Mississippi

Personalized Resources

- ✓ Personalized Health Actions
- ✓ Health Assessment
- ✓ Personal Health Record



MyActiveHealth.com/Mississippi

Trackers



Welcome, [Causer1e-8093](#) | [Sign Out](#)



[Español](#) | [Switch User](#)

[Home](#) > [DASHBOARD](#) > [TRACKERS](#) > [MY TRACKERS](#)

My Trackers [?](#) [Print](#)

Click on the tracker title to see a full view of your graph.

Your Health Actions

Health Assessment

Trackers

Appointments

Social Communities

Digital Coach

Devices & Apps

Program Info

[> Health Library](#)

[> My Records](#)

[> My Resources](#)

Wellness Trackers

[Weight, BMI & Body Fat](#)

[Caloric Intake](#)

[Steps & Physical Activity](#)

[Hours of Sleep](#)

[Pain Assessment](#)

[Waist Circumference](#)

Condition Trackers

[Asthma Peak Flow](#)

[Blood Glucose](#)

[Blood Pressure](#)

[Creatinine](#)

[HDL Cholesterol](#)

[Hemoglobin](#)

[Hemoglobin A1C](#)

[Kidney function TSAT](#)

[LDL Cholesterol](#)

[Triglycerides](#)



Tracker Entries [Click any tracker to view/edit.](#) [View My Trackers](#)

Caloric Intake Calories	1,500	HDL Cholesterol mg/dl	1124	Triglycerides mg/dl	120
Blood Pressure mmHg	120/80	LDL Cholesterol mg/dl	120	Body Mass Index BMI	22.3

Health Trackers

Blood Glucose

Enter your measurement.

Legend: ■ Low blood ■ Normal range ■ High risk

Add New Entry

Measurement Date: 08/09/2017

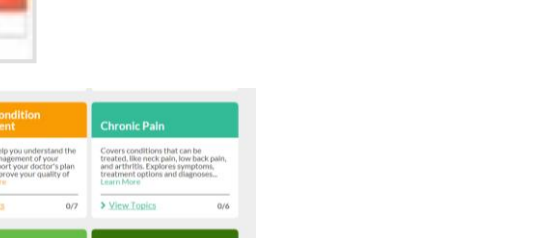
Blood Glucose (mg/dl)

History

Date/Time	Measurements	Source	Delete	
07/12/2017 00:00	Blood Glucose (mg/dl)	156	<input checked="" type="checkbox"/> Self-Reported	Delete
05/22/2017 00:00	Blood Glucose (mg/dl)	156	<input checked="" type="checkbox"/> Self-Reported	Delete
04/12/2017 00:00	Blood Glucose (mg/dl)	156	<input checked="" type="checkbox"/> Self-Reported	Delete
04/11/2017 00:00	Blood Glucose (mg/dl)	156	<input checked="" type="checkbox"/> Self-Reported	Delete
02/17/2017 00:00	Blood Glucose (mg/dl)	156	<input checked="" type="checkbox"/> Self-Reported	Delete
02/16/2017 00:00	Blood Glucose (mg/dl)	165	<input checked="" type="checkbox"/> Self-Reported	Delete
02/15/2017 00:00	Blood Glucose (mg/dl)	186	<input checked="" type="checkbox"/> Self-Reported	Delete

MyActiveHealth.com/Mississippi

Digital Coaching

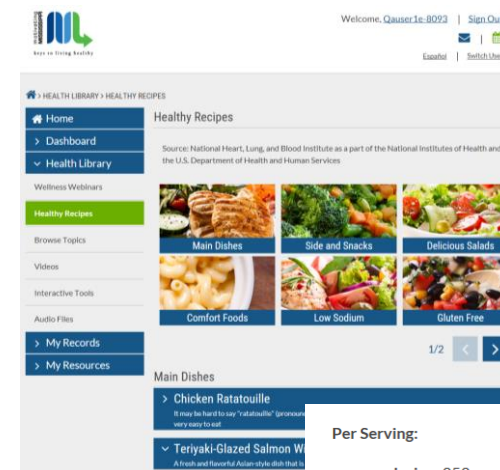
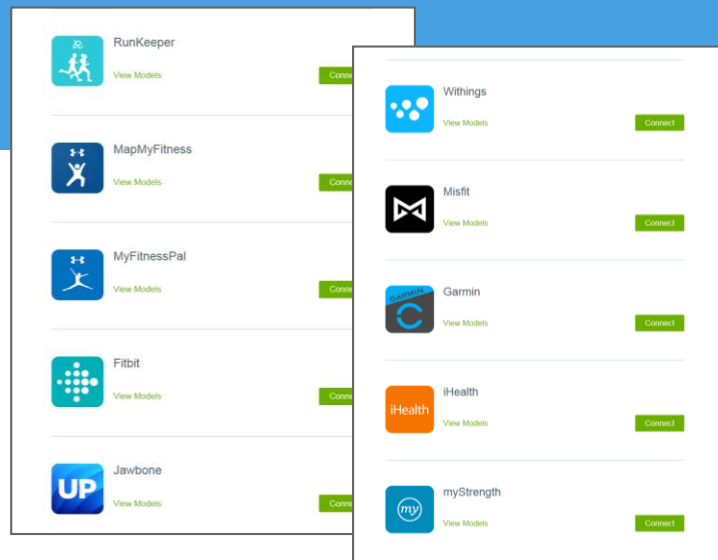


- ✓ Available 24/7
- ✓ Over 30 categories and 200 topics!
- ✓ Allowing individuals to track personal progress

MyActiveHealth.com/Mississippi

Additional Resources

- ✓ Device Integration
- ✓ Healthy Recipes
- ✓ Webinars, Videos and Audio Files



- Per Serving:
- calories- 253
 - total fat- 11 g
 - saturated fat- 2 g
 - cholesterol- 50 mg
 - sodium- 202 mg
 - total fiber- 3 g
 - protein- 21 g
 - carbohydrates- 16 g
 - potassium- 584 mg

MyActiveHealth.com/Mississippi

ONSITE SUPPORT

Onsite Health Coach Support

- Lunch-and-Learns
- Interactive Demonstrations, Presentations and Activities
- One on One Coaching
- Health Fairs
- New Employee Orientations
- Benefits Fairs and Open Enrollment
- Wellness Challenges
- Monthly Wellness Newsletter and Wellness Handout
- Webinars, Group Coaching and More!



“Healthy employees are happy employees; the MDAH staff had the opportunity to start the holidays with a healthy and thankful mindset.”

-Laney Grantham, Personnel Officer, Human Resources
Mississippi Department of Archives & History



Interactive Demonstrations, Presentations & Activities

- **UPDATED** presentation and activity menu
 - **OVER 50** presentation topics
 - **OVER 30** different interactive activities or demos
- Consider including a presentation or wellness activity:
 - As part of an **all employee meeting**
 - Integrated as part of a **wellness week or wellness event**
 - A **lunch n' learn** during lunch

2017 Presentation Menu

*All presentations contain content for a 30-45 minute discussion, unless otherwise noted.

Eat Healthy

Overcoming Emotional Eating

We all experience struggles in our lives, which often come with uncomfortable feelings like stress, anger, loneliness, etc. Many of us eat to cope with these feelings but this often leads to weight gain. In this presentation, you'll learn alternative coping strategies to help you overcome emotional eating.

Fall in love with Veggies

Did you know that most Americans don't eat enough vegetables? If you add some sizzle to your diet, you might want to feast. Show us fun ways to add more veggies to your meal and we'll give you a prize.

Portion Control 101

Over the past few decades, portion sizes have grown and at home. This has led to many of us consuming more calories than we need, leading to weight gain. Come and learn a number of helpful tips to help you control your portions in a variety of dining situations.

Diet Trends

From gluten-free to vegan, this presentation covers the latest diet trends and discusses the advantages and disadvantages of each.

Organic Foods – What's the Hype?

The availability and sales of organic foods have skyrocketed in recent years. Learn how organic foods differ from conventional foods, all the while saving money if you choose to buy organic.

Nutritional Sources of Energy

Nutrition is a popular but confusing health topic. Get the facts on the functions of carbohydrates, proteins and fats in the body and how they affect your energy levels.

Healthy Eating

Rate your plate! Learn about each food group, as well as how to choose healthy options and how nutrition can lower your risk of chronic disease.

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. © 2017 ActiveHealth Management, Inc. All rights reserved.

2017 Onsite Wellness Menu
Activities, Games, Demos

Interactive games, demonstrations and activities are a great way for your employees to gain hands on learning experience! The items listed on this menu can be either combined with a presentation and/or offered as a standalone activity table during break times. Some of the activities may require the participation and support of your wellness committee. Please speak to your Onsite Health Coach for more details on the best ways to incorporate these items into your site visit.

Eat Healthy

Onsite Cooking Demonstration
Your onsite coach will partner with you to teach participants a variety of healthy snacking options that require no cooking and little preparation.

Low Calorie/High Calorie Demonstration
Learn that "low fat" does not mean "low-calorie" necessarily and that sometimes low fat foods can trick us into eating more.

Popcorn Activity
This activity provides members with a quick and easy healthy snack option to make their snacks POP with fiber, b vitamins and iron!

Calorie Comparison Demo
Popular food/snack items are displayed on the table. Participants are asked to match the minutes of walking it would take to burn off the calories in each item.

Fat and Sugar Activity Table
Fat and sugar packets are displayed to highlight the amount of fat/sugar found in common fast food meals. Shows healthy alternative options to each meal.

Sugary Drink Activity Table
Displays popular drinks that are high in sugar. Participants have to match a sugar packet to the amount contained each drink.

Serving Size Demo
Use common household items (sunny, playing card, golf ball, etc.) to show appropriate serving sizes of various foods. Teaches participants portion sizes.

Juicing Activity
With the help of your Onsite Health Coach, healthy juices are made and served to participants. Recipe cards are provided for the juices that are made. Each site is responsible for providing 2-3 juicers, produce needed, and clean-up supplies.

Mindful Eating Activity Table
Two common snack foods are displayed in various amounts and participants guess the number of calories in each serving. Coach discusses strategies to turn mindless eating into mindful eating.

Guess the Spice Activity Table
Participants use their sense of smell to guess the type of spice found in several jars. Coach discusses the use of spices versus salt to lower sodium in homemade meals.

Fruit-Infused Water Activity Table
Participants choose various fruits and/or herbs to flavor their water. Coach provides suggested flavor combinations and discusses the importance of water for well-being. Each site is responsible for providing the fruit, herbs, and necessary utensils.

Deceptively Delicious Activity Table
Promotes alternative food replacement ideas that are still healthy, yet lower in calories and still tastes delicious. Recipe handouts with food substitutions will be provided.

Oatmeal Bar
Participants will make their own oatmeal using healthy ingredients provided by coach. Activity will teach breakfast/break (snack) options.

Meal Planning Activity
Participants get the chance to practice writing up a weekly menu plan, shopping list, and using a supermarket sales flyer with the oversight of the Onsite Health Coach.

Healthy Trail Mix Activity
Participants bring in various ingredients (i.e., dark chocolate chips, nuts, dried fruit, etc.) to create their own version of trail mix. Your Onsite Health Coach will provide suggested ingredients and recipes. Each site is responsible for coordinating with their employees and providing ingredients.

Sodium Demo
Salt packets are displayed to highlight the amount of sodium found in common meals.

Healthy Cook-off Activity
Participants bring a healthy dish, including recipe and nutrition information, to a cook-off competition. Voting. All staff members sample the dishes and vote on their favorite. Your Onsite Health Coach will review the nutrition information and score each dish, from healthiest to least healthy.

Wellness Champion Training

Q2 Wellness Champion Training Sweepstakes Winner



Brea Cole, UMMC Manager
Medically Integrated Wellness
Program



*“As a “newbie” in Workplace Wellness, the ActiveHealth Management wellness champion trainings have **helped me to promote wellness in better ways than I could have on my own.** Because of the knowledge I gain from the wellness champion trainings provided by ActiveHealth Management, **my workplace wellness program is continuously growing with better programing and support from my ActiveHealth Management team, Claude and Rolanda.**”*

-Brea Cole, UMMC Wellness Champion

Monthly Wellness Webinars and Newsletter

Join one of our monthly wellness webinars at your desk or as a group to learn about ways you can stay well.



Webinar Sweepstakes Winners!

STACEY SMITH

Stacey works at Northwest Mississippi Community College in Senatobia, MS as the Instructional Technology Specialist in the eLearning department and teaches Applied Business Math online as an adjunct as well. Her hobbies are spending time with family, riding horses and fostering puppies for the local animal shelter. She is currently in the habit of running 3 days per week in an effort to stay fit and keep her cholesterol down. She attended the “ABC’s of Good Heart Health” webinar to make sure she learns as much information as possible since heart disease runs in her family. Stacey says, “The biggest take away for me was being reminded to seek out peer support when needed. It’s so easy to go back to old eating habits. I have connected with a few of my peers and we are accountable to each other for eating healthy and exercising. That tip was great for me and has helped me to get back on track.”

2017 Online Group Coaching

LIVING HEALTHY



It's easy with free Online Group Coaching
Join our Diabetes Series right from your computer



Daily Success with Diabetes

- Understand more about diabetes for you, a family member, or a friend
- Learn helpful tips for living well and feeling better
- Start living the healthier life that you deserve!

6 week series begins on Wednesday, April 12th

11:00-11:30am OR 3:30-4:00pm

30 minute sessions

Registration required and space is limited!

Please register for only one session time

Participants completing at least 5 out of 6 sessions will be entered to *win a FitBit® Zip™.

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C.) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See next page for class descriptions

- Quarter 1: *The Weight is Over*
- Quarter 2: *Daily Success with Diabetes*
- Quarter 3: *Better Blood Pressure Now*
- Quarter 4: *Stress Less, Live More*

Look for information from your onsite coach for details and registration information!

Monthly Newsletter, Wellness Webinar and Education Handout

Snack attack!

Is eating the wrong kind of snack making you feel sluggish and tired, and the resulting reaction is affecting your mood? You're not alone. A snack is a great way to get energy back on the job, but only if you're eating the right kind. So what can you do? Try switching the healthy options by getting your protein, healthy carbs, and fat all in one snack. The size of the snack should be the size of a fist. That means a small handful of nuts, a slice of apple, and a small banana. That's it! You can also try a small handful of nuts, a slice of apple, and a small banana. That's it!

Healthy snack ideas:

- Baby carrots and hummus
- Plain yogurt and fresh fruit
- Apple and string cheese
- Whole wheat crackers with peanut butter

Coach's Corner

Meet Rebecca, an ActiveHealth Specialist for ActiveHealth Management, who shares a healthy and delicious recipe for staying fit. Her background includes dance education and awareness, personal training, working with treatment and care providers on health plans, senior prevention, health coaching/teaching, and corporate wellness. She holds a master's degree in Public Health and is a Certified Health Education Specialist (CHES).

Rebecca's Favorite Snacks

Trad health

LIVING HEALTHY

ActiveYou JANUARY 2015
The ActiveHealth® newsletter that helps you live healthy and well

Get SMART—and achieve your health goals for 2015

Did you know that 9 out of 10 people are not able to reach the goals they set for themselves? This is especially true of goals like losing weight or getting active. But don't worry. By making **SMART** goals, you'll be much more likely to have a healthy 2015.

- **Specific.** Try to clearly state the change you want to make. Be as specific as possible. Setting a goal to "Walk for 10 more minutes each day" is specific.
- **Measurable.** You should be able to count or measure your goal. A good dietary goal could be "Eating 3 servings of fruits and veggies every day." Measurable goals ensure that you can track your progress.
- **Achievable.** Try to set a goal that is not too hard to reach. If you're trying to lose weight, a good goal might be to "Lose 1 to 2 pounds per week."
- **Relevant.** You are more likely to achieve goals that mean something to you. So you might want to think about your personal values. Just make sure your goal is specific, measurable and achievable.
- **Time-specific.** Goals should have a start and end date so you know how much time you have to reach your goal. For example, "Exercise 20 minutes each day from March 1 until May 31."

Are you drinking enough water?

It can be easy to forget about drinking water during the winter season. Without the summer heat, we don't drink as much water as our bodies may need. Here are 2 tips that can help:

- Carry a water bottle with you
- Eat fruits and veggies — these have high water content

Upcoming events

Wellness Webinar Series
"New Year, New You"
Jan. 13, 12:30 PM and 4:30 PM ET
<http://go.activehealth.com/wellness-webinars>

Wellness Champion Training
Promoting wellness at your workplace. Feb. 3, 2:00 PM ET
<http://go.activehealth.com/champion-trainings>

ActiveHealth MANAGEMENT

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LIVING HEALTHY

Ready for a healthy new you in 2015?

The New Year is a new beginning!
Maybe you have already decided to be healthier this year. If so, good for you! If you haven't made any goals, you might want to start thinking about it now. Here are **4 ways** to start making healthy changes in 2015.

1. Have your own reason
Your reason for wanting to change a habit is really important. Maybe you want to eat healthier so you can lose weight. Or maybe you want to lower your blood pressure for a healthier heart. It's not easy to change habits. But taking the time to think about what really matters to you will help you reach your goals.

2. Set goals you can reach
You can set long-term goals or short-term goals to help you make a change. Long-term goals are the "big picture" goals you want to reach in 6 to 12 months. Short-term goals are the small steps you will take, week by week, to improve your health.

See other side of page

FOOD FOR THOUGHT:
Thinking about what really matters to you

This information is adapted from a Healthwise article and is not intended to replace the advice of a doctor. Healthwise, Inc. © 2015 Healthwise, Inc.

Want more ways to start walking?

Take your dog on a walk

Try to plan family outings around walks together

Go with a friend!
It's easier to keep walking when you walk with other people. You might want to ask a friend or coworker to join you. Or meet a new neighbor you would like to meet. **Walk, talk and have fun!**

You might want to set a goal to take part in a planned fitness walk

Schedule walks on your business calendar with a coworker

Try walking to work, school, the grocery store or a restaurant

Think about walking before or after work or on your lunch break

ActiveHealth MANAGEMENT

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*What
ActiveHealth
event has been
the most popular
at your site?*

Summary and Action Items



- **What is ONE new wellness initiative will you try?**
- **How will you involve your onsite wellness coach?**
- **Did you learn something new?**
- **What would you like to personally participate in?**
- **What would you like to see your employees participate in?**

Nurse Coaches

- Discuss medical conditions, medications and lab results
- Maternity nurses
- Registered dietitians

Active Lifestyle Coaches

- Work on goal setting and behavior change in the areas of weight management and tobacco cessation

MyActiveHealth Website

- Digital health coaching
- Personal health record
- Health assessment

www.MyActiveHealth.com/Mississippi

INTRODUCING THE *NEW* MOBILE APP

Mobile App Launching Soon!

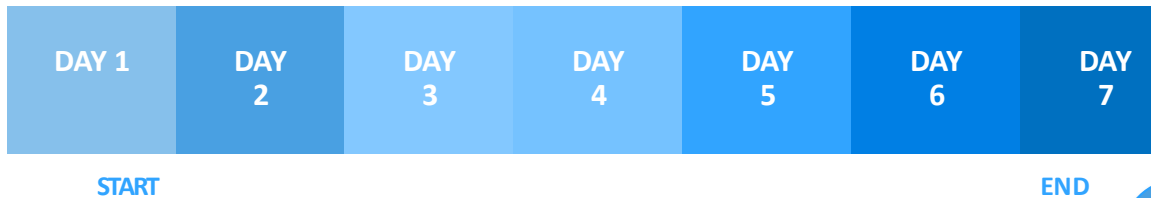
We are continuously improving the way people experience health and well-being



Content in the mobile app and myactivehealth.com is choreographed

START A NEW CHALLENGE EVERY WEEK

7-day challenges filled with fun exercises to help users work on their goals...



LET'S GO!

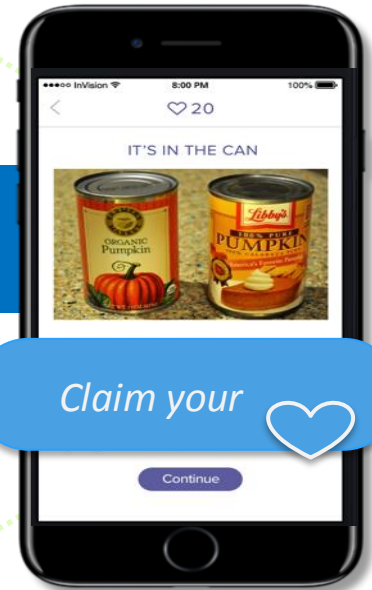
Activities (3 to 5 each day)

- Gamified skill-building activities
- Educational, fun(ny) quizzes
- Inspiring stories

Claim your



Continue





HELPING PEOPLE

find a reason to change



Achieving
new heights.
Together.

Thank you.