



American Health Data Institute

Key Care Guide

The Guide to Better Health



Assessment Walk Through

Welcome to the Key Care Guide Assessment walk through. This document outlines 6 easy steps to complete your assessment, understand your risks and learn more about ways to improve your health.

1)

Click on Assessment in the My Care Guide section:

My EZ Health Guide*

General Benefit Information

With all your health benefits information in one place, you'll never need a file cabinet again. Whether searching for providers in your network or checking on the progress of a claim, this handy section ensures that you have the forms and information you need to manage your coverage efficiently and effectively.

01 Online Claim	02 Eligibility	03 Provider Network Look-Up	04 AHDJ Endorsed Provider Look-Up	05 Express Request	06 Pharmacy Benefit Manager
07 Request ID Card	08 ID Cards, Forms and Documents	09 Plan Documents	10 Flexible Spending Account	11 Member Messages	

RealTimeSolutions

Welcome to your RealTimeSolutions home page. From here you can launch into "Real Time" programs and services that are being provided to you by your employer. Our products are easy to use and designed to help you manage your healthcare needs.

RealTime Health Video	RealTime Wellness Video	RealTime Choices	RealTime Choices Video
RealTime Choices Provider Q Rewards Videos	RealTime Telemed	RealTime Telemed Video	Health Diabetic Program

Click "Assessment" to begin and complete your Health Risk Assessment. You will automatically be logged into the Assessment.

My Care Guide

An informative and customizable section dedicated to the health and wellness information that interests you. My Care Guide provides easy-to-use assessment tools, fitness logs, and topic-specific medical information. From assessing nutritional needs to calculating your heart rate. My Care Guide is all about helping you define your health risks and reach your health goals.

Assessment	Health Topics and Tools	Drug Interaction Tracker	Symptom Checker
Body Map	Health News	Health Topics A to Z	

*tabs will vary by employer plan

2)

Begin your Health Assessment. This should take about 10-15 minutes:

Health Assessment

Get Started

Complete your health assessment and start using the tools you need to help you get to better health.



Complete Health Assessment



Select this button to begin the assessment

Health Assessment



Start off with a short health survey to get the big picture



Health Minder



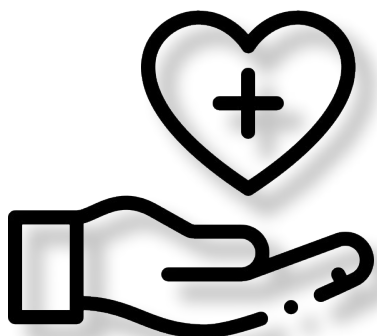
Our advice helps you make the right choices for your health



Health Record



Manage your own health information in one convenient place



A BETTER HEALTHIER YOU!

3)

Complete your Health Assessment. This takes you to your personalized dashboard:

Health Assessment



You're almost there. Just click the "Complete HRA" button to see your dashboard.

What's next

Get a snapshot of your health and get going on the road to better health!

Complete HRA



Once the assessment is complete select this button

You can also...



Learn about your health risks and how to reduce them with the Health Minder



Complete your health record and keep it current in one convenient place



4)

Your Dashboard – Health Risks, Recommendations, Care Plan, and Health Awareness Programs:

The screenshot shows a patient dashboard for 'Anna'. At the top, there are four main sections: 'RISK ASSESSMENT' (100% Complete, Completed on: 10/16/2021), 'DASHBOARD' (Risks 7 High 4 Medium, Recommendations 21), 'HEALTH MINDER' (Disease Prevention 8, Disease Management 3), and 'HEALTH RECORD' (Stay up-to-date, Update Health Record). A 'Print Care Plan' button is visible in the top right. Below the navigation is a session expiration notice: 'Your session will expire in 18:03'. A personalized greeting 'Hello Anna.' is followed by a yellow warning banner: 'If you have two or more High Health Risks, severe illness from COVID-19 is likely. Please discuss with your physician.' The main content area is divided into three columns. The left column contains 'Top Health Risks' (Coronary Artery Disease, High Blood Pressure, Breast Cancer, all marked 'HIGH') and 'Top Recommendations' (Medical: Cholesterol Test, Pneumovax; Lifestyle Management: Medication, Home Safety). The right column features 'Top Health Awareness Program' with a 'Complete a program today!' banner for 'Coronary Artery Disease Prevention' and options to 'Learn More Now!' or 'Take Action Today!'. A 'Message Center' at the bottom shows '0 Unread, 0 Total Messages'.

Check all your Health Risks and how you can improve them

Check all your recommendations and begin taking action

Print your Care Plan

Begin your 1st Health Awareness Program



5)

Printed Care Plan:

This generates your personalized Care Plan, which is a multi-page PDF giving you a comprehensive overview of your health status, including:

Readiness to make changes to lifestyle habits

Recommendation Risks

Disease Risks

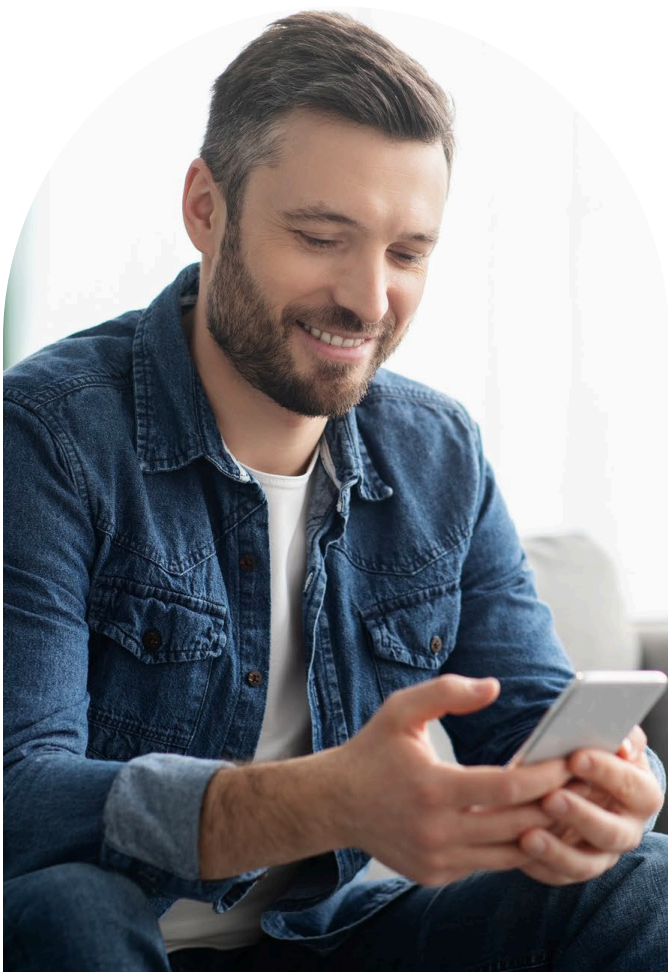
Screenings/Values

Family History

Medications

Allergies, etc.

You can review this document any time in your dashboard.



Health Summary Report

Generated at 5:39 PM CST on 09/08/2021

Anna Kennedy

This report contains a collection of health related conclusions for Anna Kennedy. These conclusions may be based on a combination of EHR data, self-reported data, and/or Insurance Claims information for this patient.

jack@edoc4u.com	Date of Birth: 3/5/1953 Gender: Female Ethnicity: African American Blood Type:	Visually Impaired: No Hearing Impaired: No Last Evaluated: 9/8/2021
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Readiness To Change

Tobacco Use	Alcohol Use	Nutrition	Exercise
Contemplative	Contemplative	Contemplative	Take Action Today!

Disease Risks

Section	Disease	Risk Level	Description
Medication	Metabolic Syndrome	High	A Metabolic Syndrome can happen when you gain weight. Your cholesterol and sugar levels are not normal. This is often the first step to getting diabetes.
Medication	Peripheral Vascular Disorder	High	Peripheral Vascular Disease is the clogging of the vessels in the body. This clogging will reduce blood flow to your arms and legs. Smoking, old age, high blood pressure, and high cholesterol might cause this.
Medication	Breast Cancer	High	A common disease of women where a portion of the breast tissue transforms into cancer, and then the cancer can spread to other parts of the body. Breast cancer can be detected early with routine physical examination and surveillance mammograms.
Activities of	High Blood Pressure	High	High blood pressure means too much pressure in the blood vessels. The test for this shows a systolic (top number) and a diastolic (bottom number). High blood pressure is any score above 140/90. It leads to heart disease.
Activities of	Stroke	High	A stroke happens when a part of the brain does not get the blood flow it needs. It causes permanent brain damage in that area. Strokes can kill you. Smoking, diabetes, and high blood pressure increase the risk of stroke.
Activities of	Heart Disease/Coronary Artery Disease	High	A disease where cholesterol-like plaque builds up in the heart blood vessels leading to restricted blood flow and oxygen delivery and thus resulting in heart attacks. The predominate risk factors for CAD are high blood pressure, smoking, diabetes, family history of CAD, and elevated cholesterol levels.
Activities of	Depression	High	Depression is a disease. It is caused by changes in brain chemistry. It can create problems with relationships, work, and other areas of life. Other mood problems are bipolar disorder and mania.
Activities of	Cervical Cancer	Medium	Cervical cancer is a cancerous growth on the lower part of the uterus. It only occurs in women. It also can be prevented by getting Pap Smears.
Activities of	Ovarian Cancer	Medium	Ovarian cancer is a malignancy arising from the female reproductive organs (ovaries).
Activities of	Colon Cancer	Medium	Colon cancer is when a cancerous growth arises out of the large intestine. It is common in both men and women. Ask your doctor about Screening tests for this. This problem can often be prevented by removing early stage growths.
Activities of	Sleep Disorder	Medium	Sleep disorders range from mild insomnia to severe apnea. You are at risk if you are overweight or stressed. Also, if you take certain medications. If your sleep partner sees changes in your breathing, talk to your doctor. Especially if your breathing cycle stops sometimes.

Hearing Loss Screening	Do you have trouble hearing the telephone?	No
Hearing Loss Screening	Do others complain that you have the TV volume too high?	No
Hearing Loss Screening	Do you have to struggle/strain to hear conversations?	No
Hearing Loss Screening	Do you find yourself asking people to repeat themselves?	No
Hearing Loss Screening	Do people get annoyed that you misunderstand what they say?	No
Hearing Loss Screening	Do you have trouble hearing in restaurants and crowds?	No
Home Safety	Do you have grab bars in the bathroom and hand rails on the stairs?	No
Home Safety	Do you have functioning smoke alarms in the house?	No
Home Safety	Do you have a slippery bathtub/shower, poor lighting or throw rugs in rooms?	No
Fall Risk Assessment	Do you have trouble walking around your house at night due to dizziness?	No
Fall Risk Assessment	Does bending over increase your dizziness/imbalance?	No
Fall Risk Assessment	Are you afraid to leave the house due to your dizziness/imbalance?	No
Fall Risk Assessment	Have you fallen 2 or more times in the past year?	No



6)

Update your Risk Assessment and Health Record when changes occur:

Update your Risk Assessment

Update your Health Record

The screenshot shows a patient health dashboard with the following sections:

- RISK ASSESSMENT:** 100 % Complete, Completed on: 10/16/2021. A callout points to this section with the text "Update your Risk Assessment".
- DASHBOARD:** Risks 7 High 4 Medium, Recommendations 21.
- HEALTH MINDER:** Disease Prevention 8, Disease Management 3.
- HEALTH RECORD:** Stay up-to-date, Update Health Record. A callout points to this section with the text "Update your Health Record".
- Message Center:** 0 Unread, 0 Total Messages.

Additional elements on the dashboard include a "Print Care Plan" button, a session expiration notice ("Your session will expire in 18:03"), and a warning banner: "If you have two or more High Health Risks, severe illness from COVID-19 is likely. Please discuss with your physician." The "Top Health Risks" section lists: Coronary Artery Disease (HIGH), High Blood Pressure (HIGH), and Breast Cancer (HIGH). The "Top Health Awareness Program" section includes a "Complete a program today!" banner for "Coronary Artery Disease Prevention" with options to "Learn More Now!" and "Take Action Today!".

Disease risks

Family History

