

WHAT IS THE PROGRAM'S FOCUS?

Providing opportunities for personalized risk reduction for at risk individuals within a comprehensive health promotion environment as well as offering support for "Burdens of Care" such as your personal, psychological, social, and financial needs. Additionally, the program offers customized interventions focused on improving your Social Support System, Provider/Patient Interaction Style, Improved Self-Efficacy, Problem Solving Skills, Coping Skills, Follow-up on Health Commitments, & Meeting Health Target Goals.

HOW CAN IT EFFECT MY LIFE?

What's the most important part of your life? Your health and/or the health of a loved one. Aren't these things too valuable to trust to someone else. With health insurance costs rising by double digit increases almost yearly, it is too costly to rely on somebody else's expertise to keep your best interest in mind. Take control of your own health destiny and become the expert patient that you are.

HOW IS PRIVACY ENSURED?

Self Well Systems uses the latest technology to protect your private and confidential information. We will never sell or share your personal health data with anyone. Please review our detailed Privacy Policy on the Self Well Systems website for more information.

Interested in improving your health and saving money?

Complete the Self Well Assessment at www.SelfWellSystems.com. After joining you'll find a wealth of information, programs, and reports giving you the tools to become an "expert patient".

SELF WELL SYSTEMS®

*Your Personal Health
Management Program*



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HELPING YOU MANAGE YOURSELF TO WELLNESS

“90 Million U.S. adults are healthcare illiterate...they cannot carry out basic health care functions, such as take medicines properly, describe their symptoms, fill out medical information forms or manage their own chronic diseases such as diabetes, HIV or hypertension.”

Institute of Medicine - *Health Literacy: A Prescription to End Confusion*, April 2004

Self Well Systems.com is a new and innovative health management program created to instruct and empower the healthcare consumer. Through self education, you will become more “health literate”. We hope to improve people’s lives through our comprehensive suite of interactive reports and tools designed to allow the consumer a more proactive role in the management of their own healthcare. By becoming a Self Well Systems member, you can centralize, coordinate, and communicate your most important healthcare data.

WHAT DO WE OFFER YOU?

An instructional pathway to good health which identifies your unmet health needs, directs you to customized interventions, and provides you with the necessary tools to develop your own personal health management plan to use for years to come.

WHAT ARE THE EXCLUSIVE COMPONENTS OF THE PROGRAM?

- **Self Well Assessment:** Twenty-four screening questions addressing 5 predictive categories: Health Status Knowledge, Functional Status Healthcare Utilization, Compliance/Self-Care, and Lifestyle Status.
- **Self Well Index:** A numerical score based on responses to the Self Well Assessment identifying your healthcare deficiencies and categorizing them as Low, Moderate, or High. This is done to more effectively focus your healthcare efforts to those riskiest aspects of your healthcare.
- **Self Well Guide:** A personalized health guide with specific interventions to implement to improve self-management and achieve target goals.
- **Self Well Tracker:** Comprehensive tools to assist the user in implementing interventions suggested in Self Well Guide:
 - **Self Well Action Plan:** Assists you to develop a personal self-management plan for use on routine and emergency basis.
 - **Self Well Appointment Planner:** Assists you to be an informed and prepared patient to get the most out of each visit.
 - **Self Well Medication Manager:** Assists you to manage your healthcare by educating you about the prescriptions you are taking.
 - **Self Well Disease Manager:** Tracks onset and management of any illnesses you may be facing.
 - **Self Well BMI Index:** Tracks your body to mass index in an easy to read and understand graphical system.
 - **Self Well Preventative Screening:** Analysis of which preventative screening tests you are delinquent in having performed.

HOW DOES IT WORK?

Borrowing from successful techniques used in the Managed Care and the Health Insurance industries, the comprehensive Self Well Systems program is based upon:

- Care Coordination Model
- Case Management
- Population Management
- Disease Management
- Self Regulation Theory
- Predictive Modeling
- Healthy People 2010

HOW DOES IT BENEFIT ME?

Individual

- Better individual understanding of how to manage health
- Template for more effective discussions with provider
- Simple place and method for recording health information
- Risk assessment feedback that provides an understanding of how the individual compares to peer averages and how to reduce one’s health risk
- Suggestions for intervention
- Graphic representation of progress
- Online Resource list for further pertinent information

Health Plan/Employer

- Low cost member/employee benefit
- Reports that provide feedback on health status that will help in treatment selection and program planning
- Simple way to increase member/employee satisfaction