

The Healthy Foundations[®] HealthCenter gives you more options, flexibility and information for managing your health.

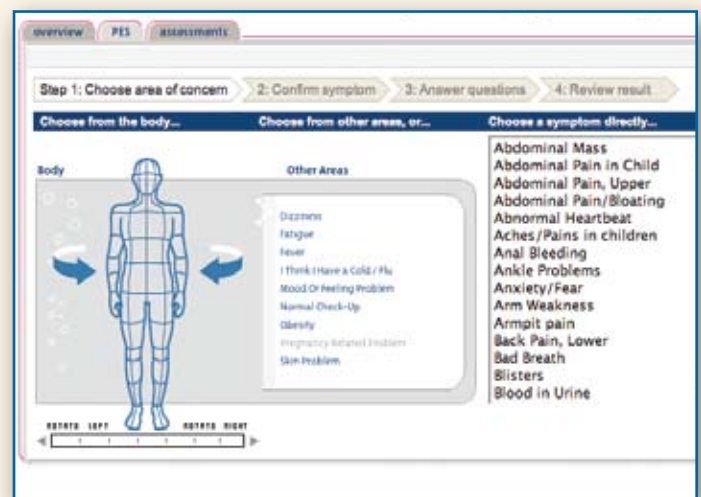


The interactive system helps you take control of your health.

Here's how...

Take a health risk assessment. Answer a few questions to get personalized recommendations for improving your health, a risk score and access to the tools you'll need to achieve your health goals. And, if you participate in our YourCare outreach program, your health risk assessment responses will help our nurses identify areas for health improvement.

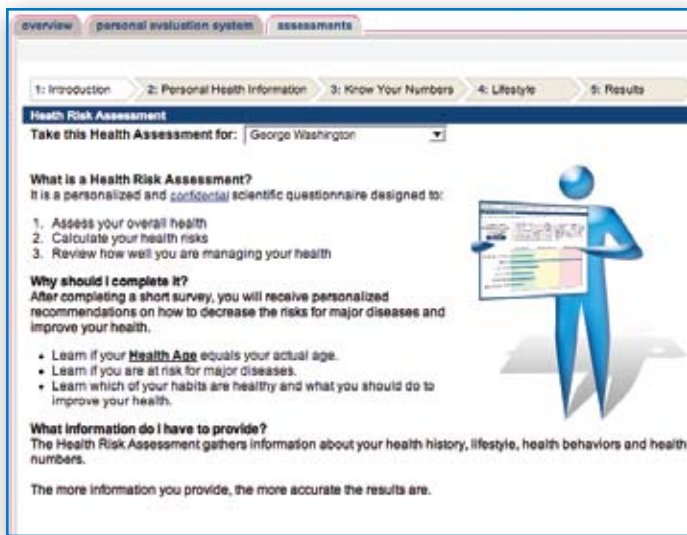
Keep track of your health information. Track health information such as physicians, prescriptions, lab results and other information for the whole family with the Personal Health Record (PHR). It's secure, easy to use and convenient.



Evaluate your symptoms. Learn about your symptoms and be better equipped to talk to your doctor by using the Personal Evaluation System. This interactive tool helps you evaluate your symptoms by using a step-by-step process. First, click on the rotating body figure and choose a symptom. Then, answer a few questions about your symptom and get your results. If you choose to see the doctor, you can share your results.

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Search and compare hospitals and doctors by name, location and specialty. Physician profiles include information on board certifications, education, training, affiliated hospitals, patient satisfaction survey results and cost estimates. Hospital profiles include overall quality ratings, clinical services ratings, cost estimates and detailed patient safety ratings.

Contact a registered nurse anytime, day or night, for healthcare-related decision support with MyNurse 24/7®. Nurses are available via online chat, telephone or email.

Search the HealthCenter medical library for medical information developed by board-certified physicians.

You can:

- Research diseases and conditions
- Prepare for tests and surgeries
- Learn about nutrition, vitamins and special diets
- Read about emergency care for injuries and poisons
- Search more than 500 special topics

Use the online wellness programs to develop healthy lifestyle changes.

The HealthCenter's 12-week Healthy Living programs encourage you to improve your health. You set personalized goals and incentives and track your results online.

Use the health trackers to keep tabs on things like your cholesterol, weight and blood pressure.

Take the health quizzes to test your knowledge of health conditions and lifestyle factors that influence your health.



Plus, don't forget to visit www.healthyfoundations.wordpress.com to read the Healthy Foundations E-newsletter!

Sign up to receive email notifications when new health and wellness articles are posted by entering your email address and clicking "Sign me up!" in the Email subscription box on the website.

Plan availability and/or coverage may vary by state. Insured products are underwritten by Trustmark Life Insurance Company or Trustmark Insurance Company.

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