

Healthy ideas...online

How's your health?

Do you wonder how fit you really are? Do you have questions about a specific drug, disease, or medical test? There is so much information today, thanks to the Internet, but is it *reliable* and *accurate*? And what about privacy? Now, you can get the information you need through our password-protected website.

It's all part of the exciting new Health & Wellness Companion, which you can access directly from our Plan Member Services site. Just sign in as you usually do, and click on the "my health" tab at the top of our Welcome Page.

The Health & Wellness Companion has online tools that can help you understand how healthy you are and what health risks you may be facing. As well, you can get reliable, up-to-date information about medical conditions, diseases and tests and information about various prescription drugs and how they are used. You can also create a personal health file online where you can store your health records.

Doctor approved information at your fingertips!

Here's how you can take advantage of the Health & Wellness Companion:

1. The Wellness Assessment

The Wellness Assessment is a short, private questionnaire. By filling it in, you can find out how healthy you are, and if you have any health risks. You'll get a report of your results along with some personalized tips that can help you create a plan to give your health a boost.

2. The Health Library

Visit the Health Library whenever you have questions about:

- Prescription drugs —when a drug is used, how it works, and what the possible side effects may be.
- Medical conditions or diseases—and the causes, symptoms, and treatments.
- Medical terms and tests—what terms mean, when certain tests are used and how to prepare, and what you can expect.

3. News

Visit often to read valuable articles and tips about health-related issues. Get practical advice, in handy formats.

4. Personal Health File

Develop a record of your health information on this website and access it anytime, from anywhere. You can record details of any medical conditions, allergies, or past procedures; your family history; your immunization records, and more. The results of your Wellness Assessment are also stored here for you to access any time.

The Health & Wellness Companion is powered by Practice Solutions, a Canadian Medical Association company, so you can be assured that the information you find is accurate and up-to-date. And because the Health & Wellness Companion is built using up-to-date technology and governed by the privacy laws of Canada, your personal information is well protected.

We encourage you to take the time to explore what the Health & Wellness Companion has to offer you and your family. The investment in your health is well worth the time and effort!

Do you have questions about the Health & Wellness Companion? Take a minute to review the following list of the most frequently asked questions.

The Health & Wellness Companion - frequently asked questions

1. How can I make sure my privacy and the confidentiality of my information are protected?

The Health & Wellness Companion will never disclose personal information that would identify an individual without his/her explicit authorization. As a trusted confidential third party provider of this website, Practice Solutions builds a security wall around your personal health information with state of the art technologies.

2. Will my employer see my personal information?

No. Information that identifies individuals will never be disclosed. Aggregate results may be shared with your company in order to help them better design health and wellness programs for employees. An example of aggregate data could include a report of the number or percentage of employees who indicated they smoke.

3. How long will my information be kept on the Health & Wellness Companion?

The Wellness Assessment results are kept on file for one year. Your other personal data, including information you entered to build a personal health file, will remain in place until you delete or change it.

4. Once I submit my Wellness Assessment, where does it go?

All your answers are saved in an encrypted database on Practice Solutions' servers which are protected from any outside intrusion; whether it is physical or on the network by a firewall.

5. **Is this information primarily for people with chronic health problems or is it for anyone who wants to improve/maintain their health and lifestyle?**

The Health & Wellness Companion is designed for anyone who wants to take an active interest in improving his or her health.

6. **Does the Health & Wellness Companion give me information about prescription drugs?**

Yes, the Medication section of the Health Library provides information about medication including the following:

- How to take it
- Possible side effects
- When you shouldn't take it
- What it will do for you

While the Health & Wellness Companion does allow you to research medications, it is not a diagnostic tool. You should consult your doctor for a diagnosis and treatment.

7. **Will the Health & Wellness Companion recommend a diet and fitness program for me?**

No. A Wellness Assessment result will include three different steps;

1. Understand your results - Helping you understand what each of your Health assessment scores mean
2. Take action - With the results of your assessments you can develop your personalized Health Improvement Strategy
3. Learn more - Research additional information about other wellness topics

8. **Will the Health & Wellness Companion assess symptoms to determine if I have an illness or disease?**

While the Health & Wellness Companion does allow you to research any symptoms you might have, it is not a diagnostic tool. You should consult your doctor for a diagnosis and treatment.

9. **Will the Health & Wellness Companion tell me how to treat a particular illness?**

No. You should consult your doctor for treatment.

10. What is the Wellness Assessment?

The Wellness Assessment, also called the Health Risk Assessment or appraisal (HRA), evaluates key health indicators, including:

- weight
- fat distribution in the body
- physical activity levels
- smoking and second-hand smoking
- alcohol consumption
- stress
- medication consumption
- blood pressure
- cholesterol level
- etc.

Keeping healthy also depends on factors such as lifestyle habits, family and medical history, relationships and physical/social/work environments. The Wellness Assessment takes all these factors into account, giving you a complete overview of your health status and pointing you toward better health and lifestyle choices.

Start today by going to www.sunlife.ca/member.