



My Personal Health Suite is your online guide on your path to health and wellness.

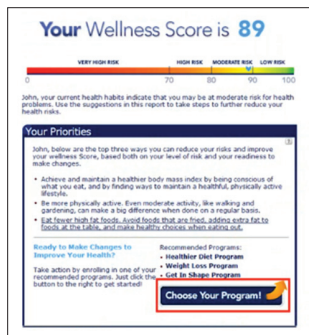
Together with our benefits partner, AdminUSA, we're pleased to bring you My Personal Health Suite, a robust online resource designed to help you set and meet your health and wellness goals.

My Personal Health Suite is a complete health and wellness toolkit to help you keep on track with diet, exercise, stress management, smoking cessation, and other goals.



We are committed to helping you live your best, healthiest life, which is why we added My Personal Health Suite to your benefits package. With more than 1,000 video/audio presentations, monthly seminars, gender and age-specific prevention programs, and Personal Health Record functionality that helps you track medications and prepare for productive doctor visits, My Personal Health Suite is like having your own personal health and wellness staff.

When you're ready to take steps to improve your health and wellness, My Personal Health Suite is there, 24/7, offering fun and motivating tools along with hundreds of links, videos, and audio files all designed to help you swap bad habits for good ones, prevent illnesses and injuries, and manage your family's experience with healthcare practitioners.



Using **My Personal Health Suite**, you can complete wellness assessments and choose from 13 different 6-week, online, science and human behavior based wellness programs. You can receive email reminders that provide encouragement and links back to your wellness programs.

It's like having a personal trainer in your in-box!

Weekly to-do lists and fun tools and reminders help you achieve your wellness goals. Hundreds of links, videos and audio files are available, covering topics from healthy aging to understanding and preparing for surgical procedures.

Week 1: Nutrition Basics

Your To-Do List [PRINT ARTICLES](#)

Check each box as you complete your tasks!

- ☒ **Nutrition Basics Q&A:** Get the straight facts on the main nutrients your body needs.
- ☐ **Healthy Eating Quiz:** Rate your eating habits with this fun quiz!
- ☐ **Progress Tracker:** Use this easy tool to keep a food journal and understand your eating habits.

SAVE CHECKED ITEMS



Personal Health Record for: John Jansson [Help](#) [Medical Encyclopedia](#)

[BACK TO HOME](#)

Medical History [Print This](#)

HEALTH CONDITIONS

Date	Condition Name	Current Status	Date Diagnosed	Date Resolved	Doctor	Treatment	Note	Edit	Del.
10/19/2009	Gout	Active	3/12/2008	11/1/2008	Dr. Marcus Welby	Lifestyle Modification			X
10/19/2009	Sleep Disorder	Active	5/10/2009		Dr. Marcus Welby	Ongoing Medical Monitoring			X

[ADD NEW RECORD](#)

OTHER HEALTH CONDITIONS

Date	Name	Date of Condition	Treatment(s)	Note	Edit	Del.
10/19/2009	Hay Fever		Medication			X

[ADD NEW RECORD](#)

Personal Health Record allow you to record health conditions, medications, medical histories, lab results, and other health-related information for yourself and your family members. Convenient printouts help you prepare for productive doctor visits.

Get started today on your path to a healthier, happier life with My Personal Health Suite. See a demonstration and set up your account by visiting www.adminusa.us.

AdminUSA
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Simplifying the Business of Healthcare

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