



AdminUSA
Taking care of your business.

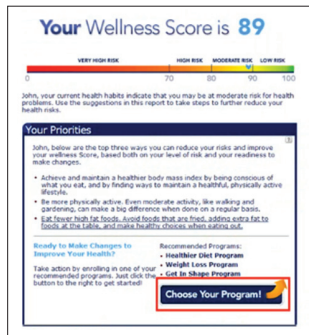
AdminUSA now offers My Personal Health Suite, which is available 24/7 to help your employees improve their well-being and reduce medical costs.

AdminUSA, together with Evolution1, are pleased to offer you My Personal Health Suite, the first of many solutions designed to help you manage your health insurance costs through employees' increased focus on health and wellness.

AdminUSA is committed to helping you control costs and promote healthy lifestyles amongst your employees, which is why we're offering you My Personal Health Suite.



My Personal Health Suite is available online, 24/7, and offers fun and motivating tools along with hundreds of links, videos, and audio files all designed to help your employees increase their focus on healthy habits, prevent illnesses and injuries, and reduce medical costs.



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

Weekly to-do lists and fun tools and reminders help your employees achieve their 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



Hi John,
Your Goals This Week:

- Learn the basics of nutrition.
- Rate your eating habits.

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	3/10/2009		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 allows your employees to record health conditions, medications, medical histories, lab results, and other health-related information for themselves and their family members. Convenient printouts can help them prepare for productive doctor visits.

In addition, employer reports are available to help track usage and support healthy living incentive programs.

Offering My Personal Health Suite to your employees will help you reduce costs while adding value to your benefits package. Get started today to improve your financial health while helping your employees adopt healthier habits.

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Simplifying the Business of Healthcare

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