

Health Dashboard for GAIL GOEDE

**Quick Links**

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe®
- Find a Doctor
- SmartSource™
- Healthwise® Knowledgebase
- Emotional Health

**Health Assessment**

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on January 2, 2015, at 11:47 a.m.

**Online Health Programs**

Our online programs can guide you to improve your health or better manage a chronic condition.

[Launch My Programs](#)

**Health Activity Score**

Your Health Activity Score shows your progress as you complete health tasks. Your Personal Health Record has more information about your score.

100% Complete

**Alerts & Tasks**

Please be sure to discuss urgent health alerts with your doctor.

You do not have any active alerts.

Check here for other ways to improve your health, like reminders about overdue tests.

You do not have any active tasks.

**Vitals**

Current	Source
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Health Dashboard

onlineprograms.redbrickhealth.com

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HOME

HEALTHMAP

**JOURNEYS**

Welcome, GAIL

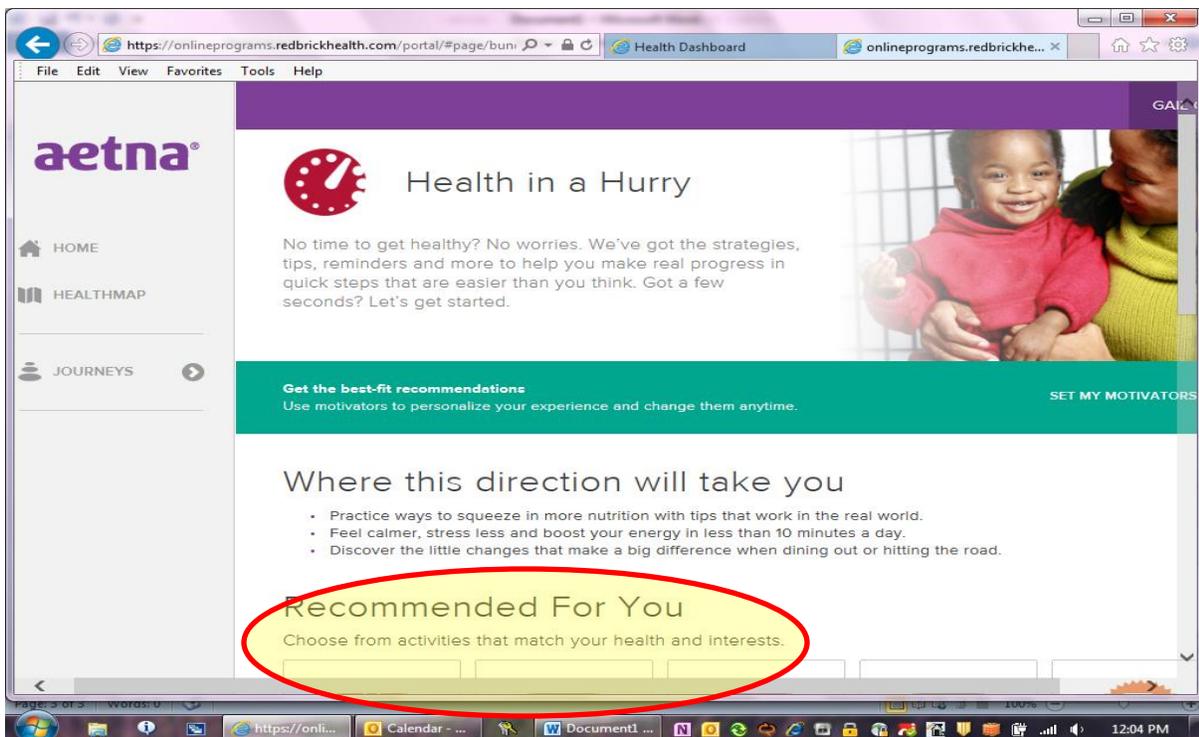
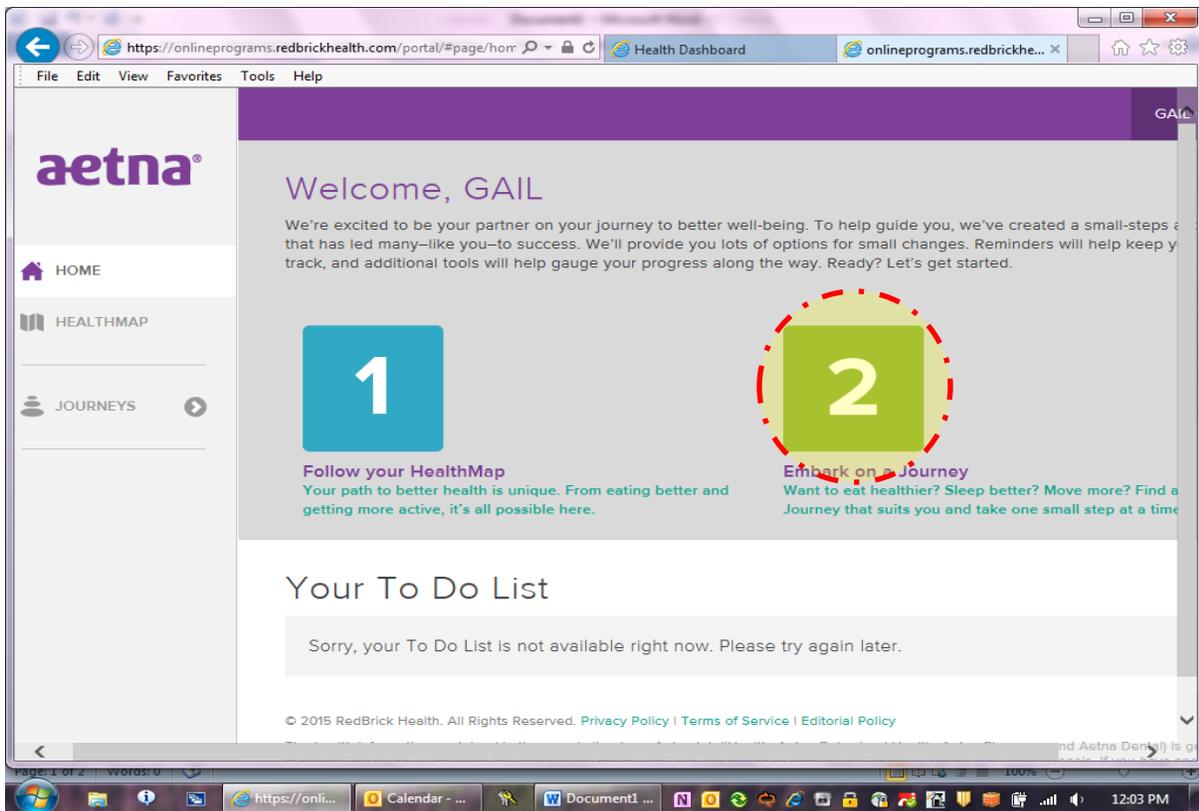
We're excited to be your partner on your journey to better well-being. To help guide you, we've created a small-steps that has led many—like you—to success. We'll provide you lots of options for small changes. Reminders will help keep you track, and additional tools will help gauge your progress along the way. Ready? Let's get started.

**Your To Do List**

Sorry, your To Do List is not available right now. Please try again later.

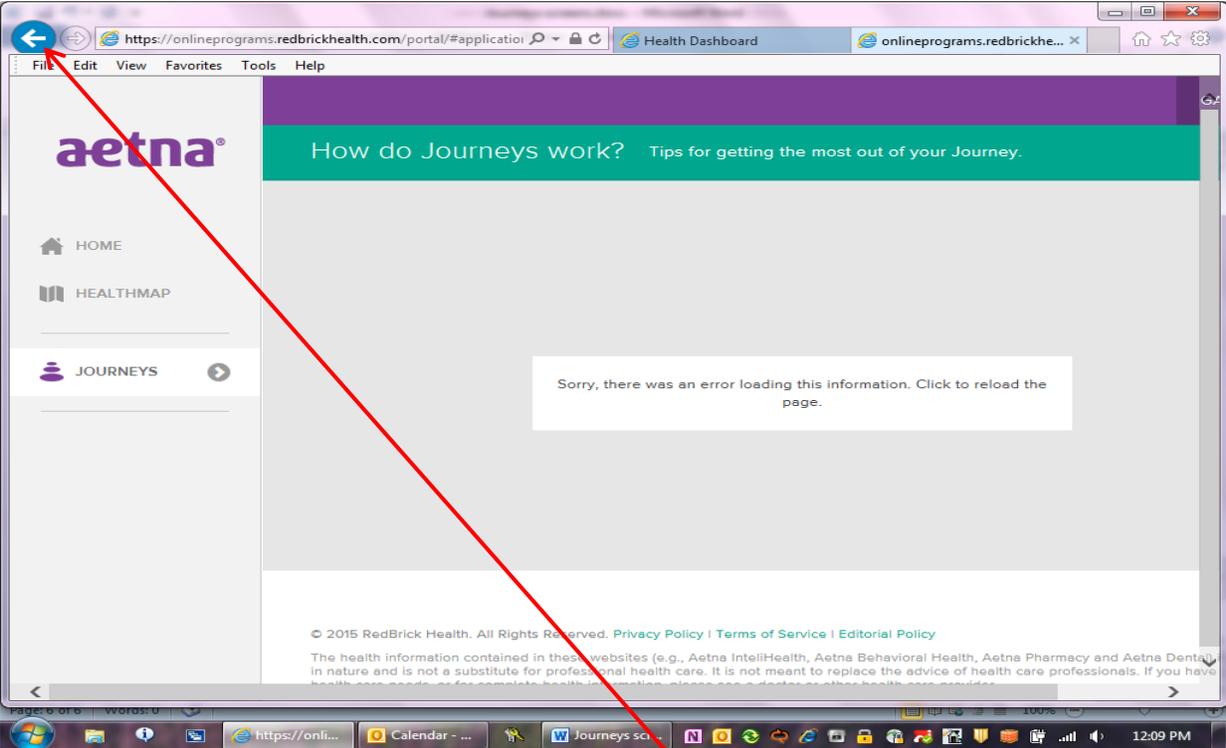
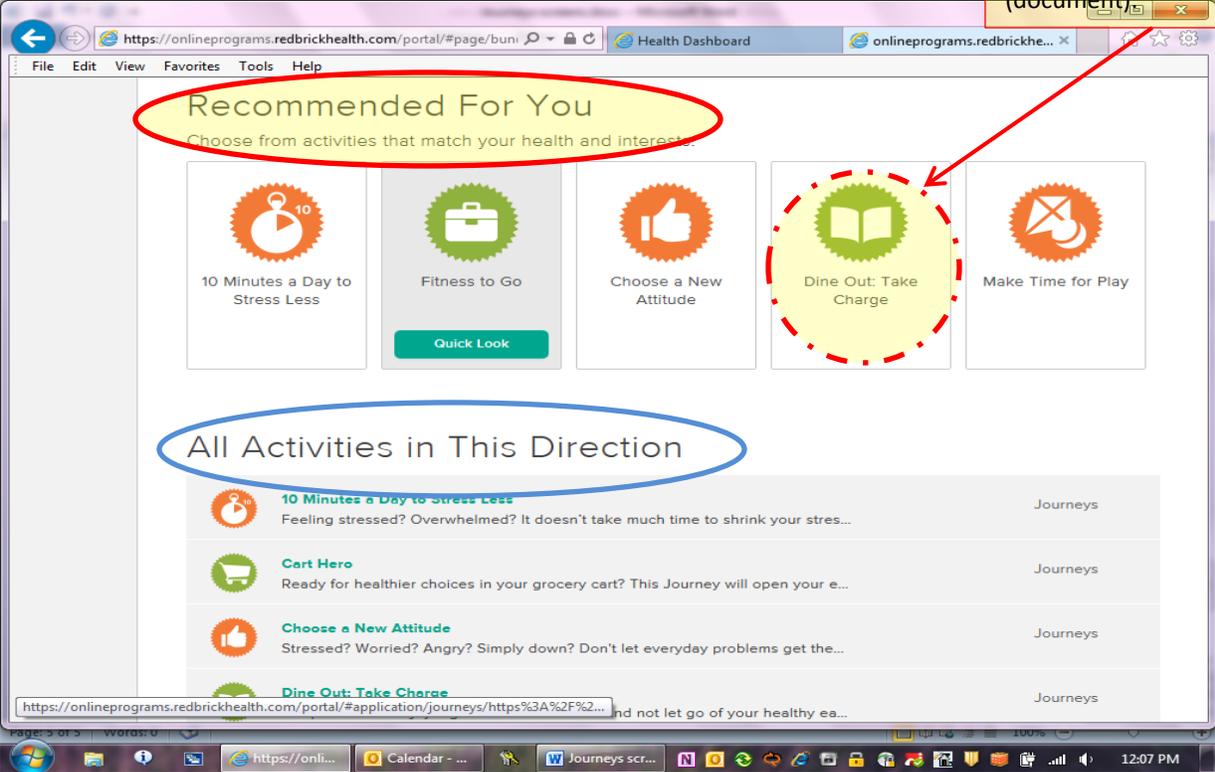
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**Scroll down this page and select an activity under "Recommended For You".**

This activity was selected for use in this set of screen prints (document).



When I got this page, I clicked on the Back button (blue circle with arrow in upper left corner), then re-did the prior page.

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Health Dashboard

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File Edit View Favorites Tools Help

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HOME

HEALTHMAP

JOURNEYS

### How do Journeys work? Tips for getting the most out of your Journey.

**Get started**  
Dine Out: Take Charge

Know your choices, and take charge of what you order, and you *can* dine out and eat healthy. Tell us a little more about you, so we can help get you started on your Journey.

**How confident are you that you can take charge of what you eat and drink when dining out?**

Not very confident | | | | | Very confident

Slide marker back and forth to appropriate setting.

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Page 7 of 7 | Words: 0

Calendar - ... | Journeys scr... | 12:11 PM

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**NEXT**

https://www.redbrickhealth.com/life/journeys?externalUrl=https://onlineprograms.redbrick... | [Terms of Service](#) | [Editorial Policy](#)

Calendar - ... | Journeys scr... | 12:14 PM

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tna® How do Journeys work? Tips for getting the most out of your Journey.

**Your current dine out habits**  
Dine Out: Take Charge

When it comes to dining out, what best describes you?

- I know how to choose healthy options and I do it nearly every time I eat out.
- I know how to choose healthy options and I do it some of the time I eat out.
- I know how to choose healthy options and I do it once in a while when I eat out.
- I am not sure how to choose healthy options when I eat out.

BACK NEXT

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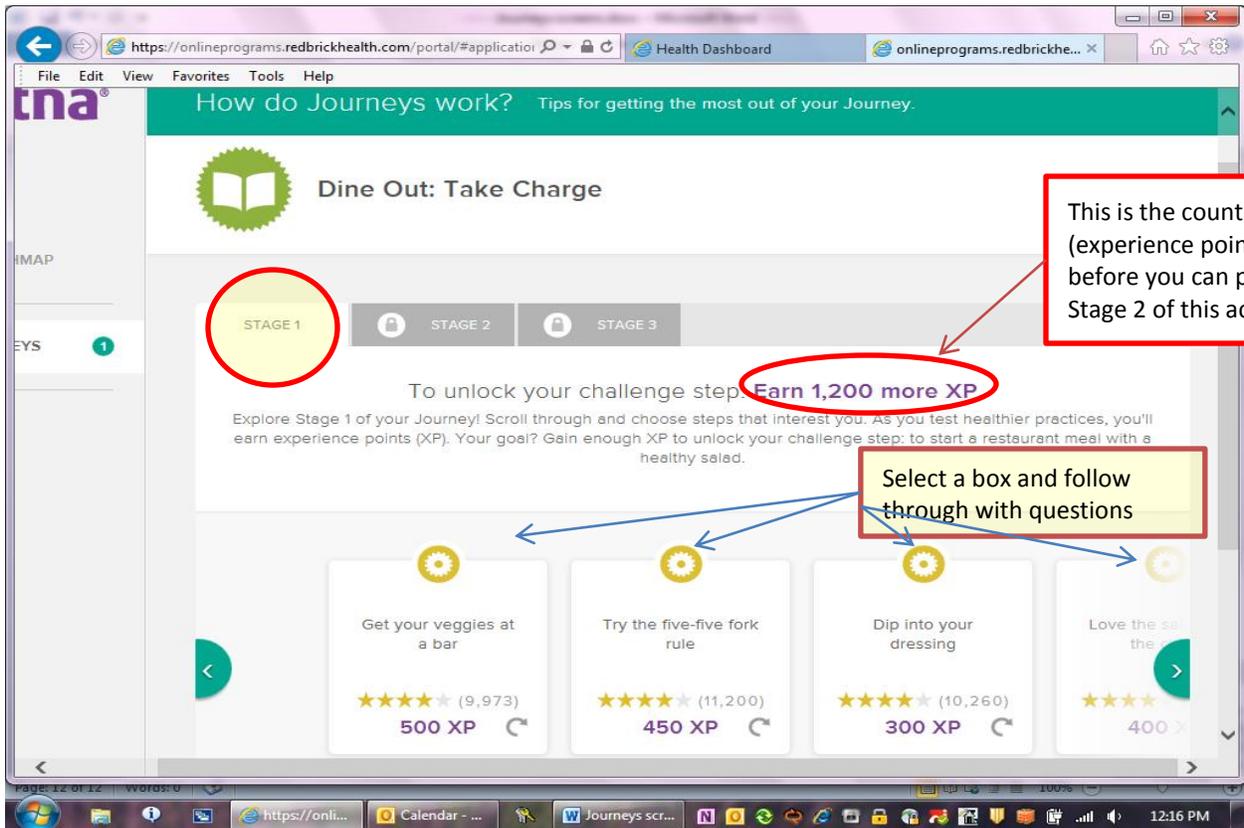
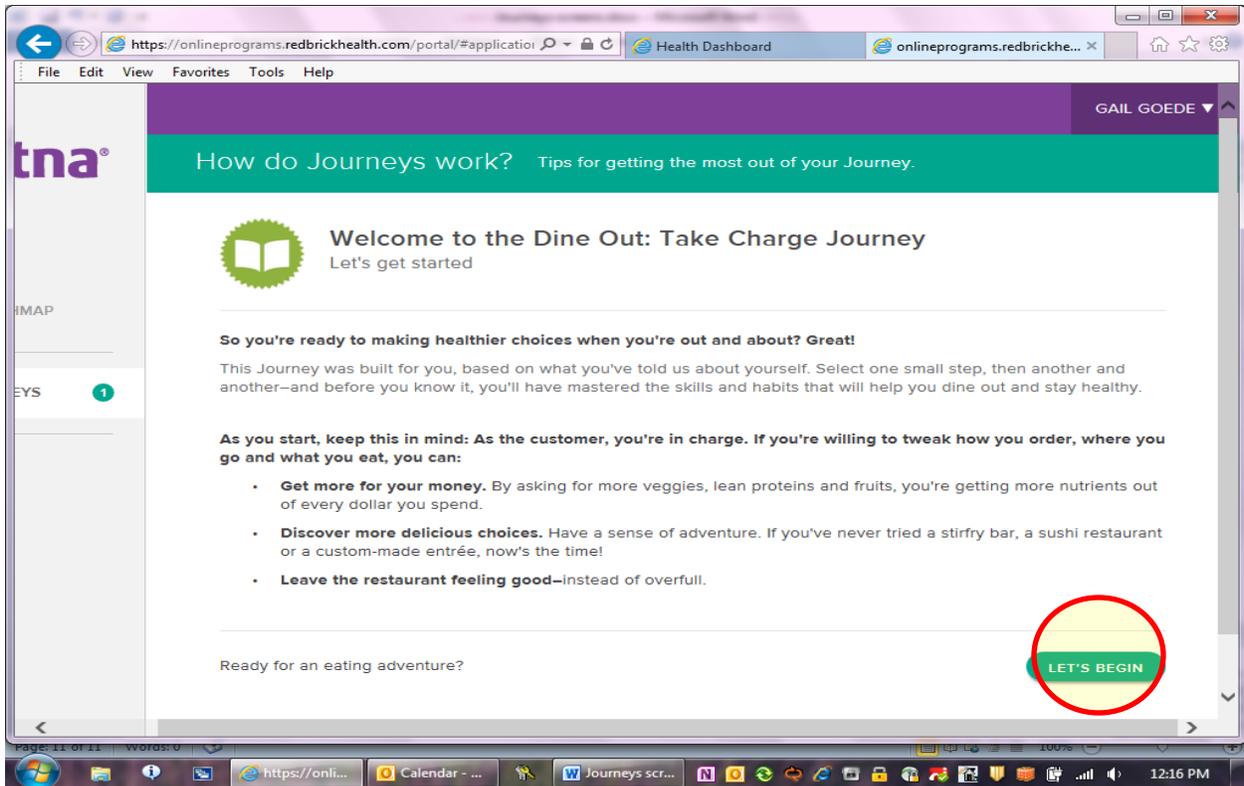
tna® How do Journeys work? Tips for getting the most out of your Journey.

**Before starting your Journey**  
Review our Health Acknowledgment

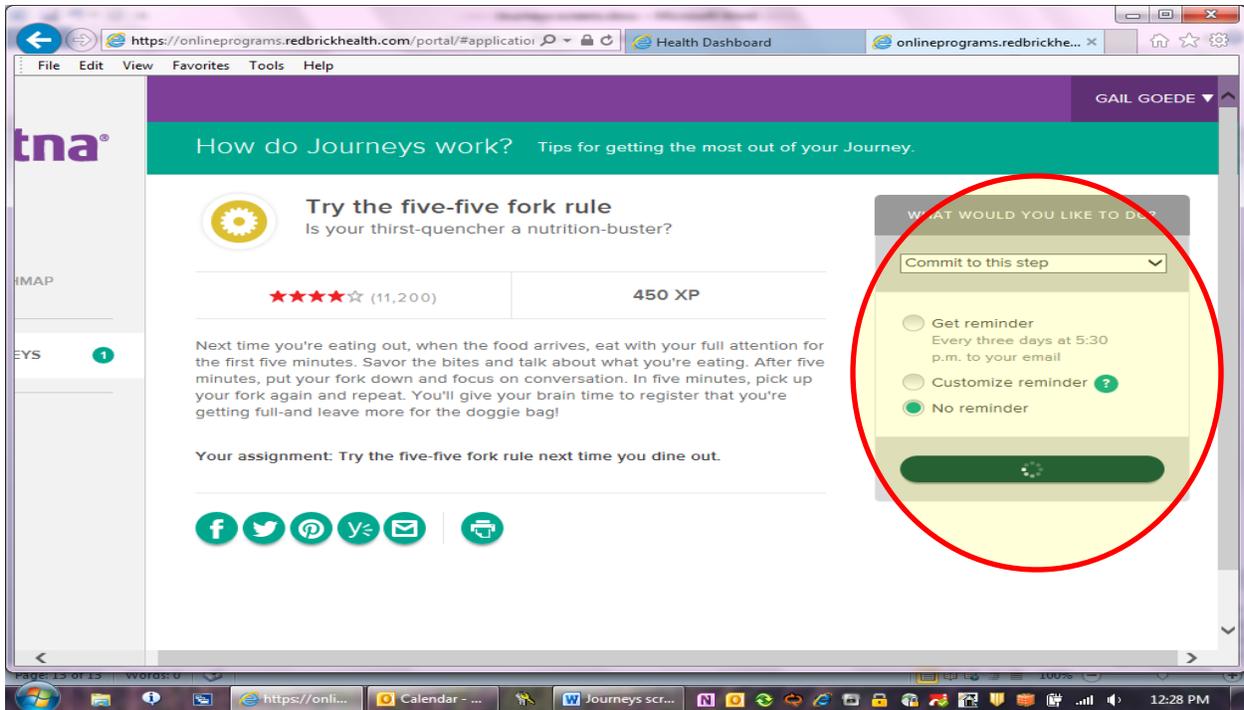
**Health Acknowledgment**  
Make sure you protect your health by checking with your doctor before starting any new health habit or ramping up an existing one. This is especially important if you have a chronic condition, if you are pregnant, if you have dietary restrictions, if you have back or joint problems, if you smoke or recently quit or if you have certain risk factors for heart disease.

I confirm that I have read the Health Acknowledgment.

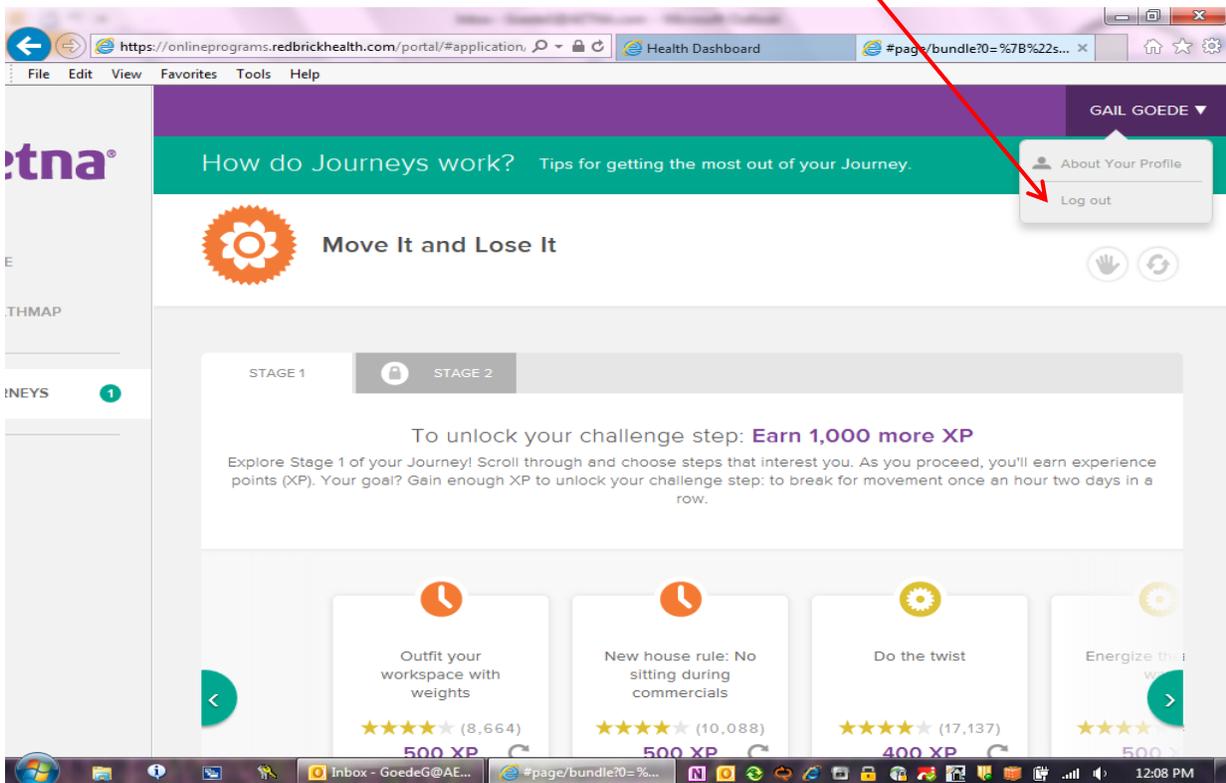
BACK NEXT



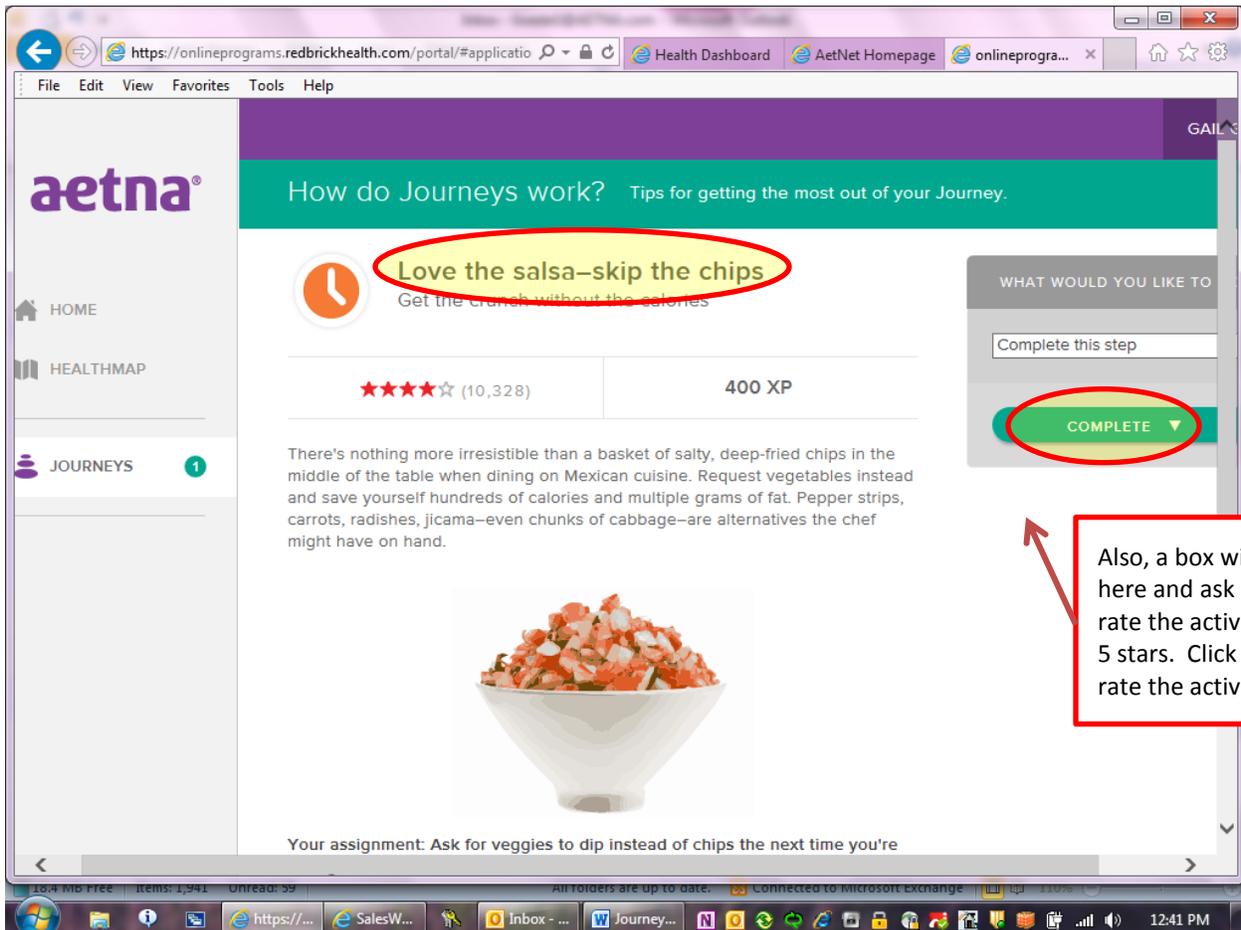
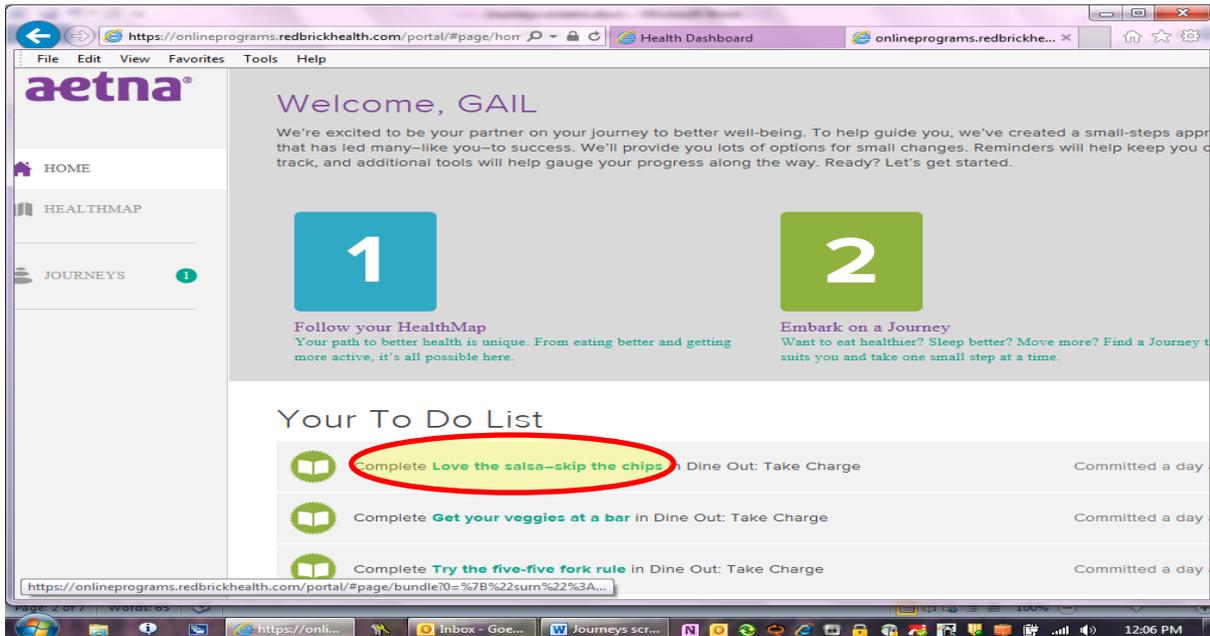
**NOTE: There were several screens between this one and the next one below.**



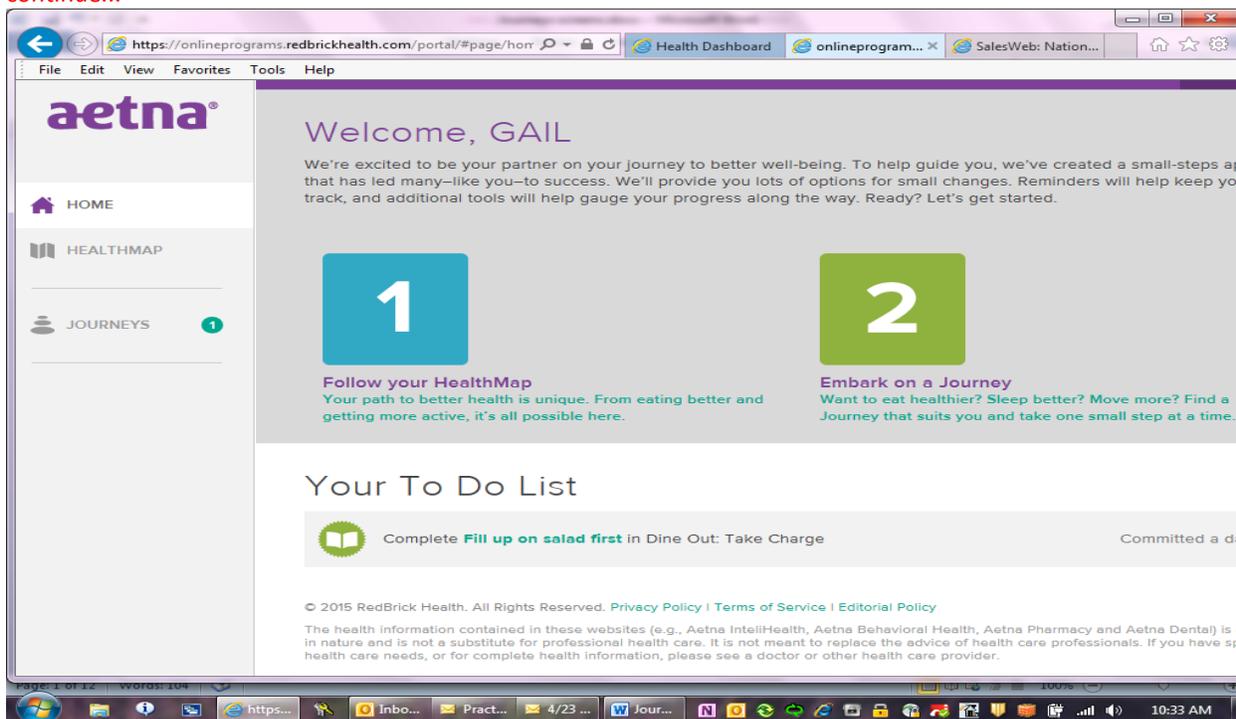
**NOTE:** Then got a message regarding stopping for today. To Log out (click on "Log out")



When you get back to the Journeys the next session a “Your To Do List” appears (see below).



After an activity is “Complete”, then you are sent back to the “Your To Do List” on the Welcome screen...to continue...



Below is a copy of an emailed “Reminder”:

From: <aetna@healthyemail.com>  
Date: Thursday, April 23, 2015  
Subject: A Reminder from Journeys  
To:

