

your momentum_{sm} package

HEALTH

If you want to be healthier and stay that way, you're going to love Momentum_{sm}, a comprehensive, holistic approach toward better health. This program is available to you at no additional cost, regardless of your current health plan. Momentum has many features, tools, and services to support you in being your healthiest. It's yours to use in the way that best fits your health needs and goals. The program is personalized and completely private—no individual health information will be released to your employer. Here's a summary of everything you get.



health profile

This is where it all starts. It's a secure, easy way for you to know more about your health than you ever imagined. The Health Profile is an online health assessment that goes beyond the simple office visit questionnaire. After you fill out an online questionnaire, you are immediately provided with a detailed picture of your current health, your risks, and lifestyle behavior. This smart tool also includes a confidential, color-coded report to let you know where you're doing well and where you need improvement. The Health Profile also calculates health information and recommends changes for positive outcomes. Sometimes small changes can make a big difference.



24/7 lifestyle coaching

If your everyday behaviors can use a little self-improvement, we're here to help with Lifestyle Coaching. Specially trained health professionals are available to help you focus on nutrition, physical activity, stress management, weight control, and quitting tobacco. Our coaches are registered nurses with 10-20 years of experience. Dietitians and nutritionists are also on staff. See how much easier it is to reach your goals with support from those who know how to get it done.

And only Momentum offers this unique advantage: If you get your care at a Group Health medical center, the report is integrated into your personal, electronic medical record and is viewable by your personal physician. If you don't use a Group Health medical center, you can print out the report and hand-carry it to your physician.

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