



My Health Novel



Lifestyle changes and early intervention can reduce risks for chronic health conditions. Chronic conditions such as diabetes, arthritis and depression are costly in many ways. They pose long-term medical risks and can increase health care costs by thousands of dollars a year. Taking preventive action early can reduce those risks. That's why we are offering My Health Novel.

What is My Health Novel?

It's a virtual network of resources, with optional "chapters" designed to address four health concerns that can be challenging and costly: weight management, musculoskeletal issues, behavioral health and women's health.

Employers benefit, too

Members save money when they take steps to reduce their risks. For example, medical costs increase by about \$8,000 during the first three years of a person's diabetes diagnosis, while an employer's cost per member may decrease by as much as 20 percent with a diabetes prevention program.

My Health Novel supports its program with materials such as emails, digital banners and sheets with frequently asked questions. See if one or more of these My Health Novel chapter programs are right for your employee population.

Chapter 1: Weight management

Health benefits of losing weight include greater physical mobility and lower risk for Type 2 diabetes, kidney disease, sleep apnea and depression. Even modest weight loss is helpful.

Components may include an evidence-based weight loss program, small group sessions and a lifestyle coach to help people set goals and stay on track.

Chapter 2: Behavioral health

Addressing behavioral health issues can help people reduce anxiety and depression. It affects physical health, as well. For example, depression carries increased risk of heart disease and stroke.

Components may include an evidence-based online program, help in setting personal goals, and options such as mindfulness training and cognitive behavioral therapy.

Chapter 3: Musculoskeletal (MSK) health

The American Academy of Orthopedic Surgeons says 10 percent to 28 percent of primary care visits are for MSK complaints. My Health Novel aims to help people increase mobility, reduce pain and avoid surgery if possible.

*Sources: American Medical Association, Centers for Disease Control and Prevention, National Institutes of Health, Centers for Medicare & Medicaid Services and American Academy of Orthopedic Surgeons. These are independent organizations that offer health information members of this health plan may find helpful.

Components may include a mobility improvement program, help fitting mobility exercise into daily routines and access to virtual sessions with licensed physical therapists.

Chapter 4: Women's health

My Health Novel supports women on issues faced at different stages of life, such as pelvic pain, fertility, breastfeeding and menopause.

Components may include digital connections to coaching and clinics, physical therapy help, lactation consultants, and evidence-based support from health professionals.

Identifying members who can benefit

My Health Novel is available to subscribers, spouses and covered dependents ages 18 and older. To see which program might be appropriate for them, members take a simple online quiz. When they qualify, they receive a welcome email with instructions on registering for the program. There's no cost to members. For employers, the billing is based on claims.

Talk to your account representative for more details about how My Health Novel can benefit your health plan and your workforce.

Focus on life. Focus on health. *Stay focused.*



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