

# HealthCenter



## HealthCenter

powered by WorldDoc

Welcome to the Nippon Life Benefits' HealthCenter, where health care resources are made easy. The HealthCenter is available free-of-charge to all members.

From providing a Health Risk Assessment (HRA) to storing personal health information to offering personalized reminders for preventive tests, the HealthCenter is employees' integrated online home for all things health.

At the core of the HealthCenter is an interactive personal health management system that empowers plan members to improve their own health. They'll find all the information they need on the Nippon Life Benefits' online HealthCenter.

### Health Risk Assessment

By taking the HealthCenter's Health Risk Assessment, employees can assess their overall health and receive a risk score, personalized recommendations for improvements, and tools to achieve their goals.

### Personal Health Record

Keeping track of physicians, prescription drugs, lab test results and other health information can be challenging. The HealthCenter's easy-to-use Personal Health Record allows employees to easily and securely store and retrieve important health data for the entire family. This tool can also pre-populate with the members' claims data so they don't have to type it in themselves.

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### Personal Evaluation System

Employees can avoid unnecessary trips to the doctor by using the HealthCenter's interactive self-triage tool. Through a step-by-step process, users can evaluate their symptoms and share the results with a physician should they decide to schedule an office visit.

Employees also can search the HealthCenter for medical information developed by board-certified physicians, covering more than 95 percent of the topics people search regarding medical advice.

### OnlineWellness Programs

The HealthCenter's 12-week Healthy Living programs encourage employees to improve their own health through positive lifestyle changes. They can visit the site, select an unhealthy habit they would like to change and update the system with progress each week. Employees also can specify overall goals and personal incentives to customize the program.

For more information on the Nippon Life Benefits' HealthCenter, please contact your local sales representative or visit [www.nipponlifebenefits.com](http://www.nipponlifebenefits.com).