Healthy Resources
Submitted by Cady Kyle

New 24/7 Nurse Line and Web Health Center coming February 1!

Beginning February 1, 2009, the 24 hour nurse call line and website access provided to all full time employees through our Wellness program is changing.

The 24 hour nurse call line will now be provided through MyNurse 24/7 support line from CoreSource. The phone line provides clinical guidance for everyday health issues. In addition to helping you avoid unnecessary trips to the doctor or hospital ER, MyNurse registered nurses may identify emerging conditions before they become acute medical events.

MyNurse can be used to ask questions about: infant care, senior care, injuries, disease symptoms, a new diagnosis, new and emerging health technologies, or any concerns about everyday health issues. Nurses are standing by to help! Dial 866-366-6877 for medical advice in English, Spanish and nearly 150 other languages. Or, visit our website to e-mail a nurse or explore medical information and personal care support tools on the CoreSource HealthCenter, our personal health management system. To e-mail a nurse, visit www.coresource.com, click on the HealthCenter link, log in and click on the MyNurse 24/7 button on the left side. Remember, because this is a benefit provided to full time employees through Juniata’s Wellness Program, there is no charge for using this valuable service.

The HealthCenter at www.coresource.com is your online home for all things health. You can access the HealthCenter from your Account Overview page or from the left-hand navigation on the home page. Either way, you’ll be amazed by everything the HealthCenter allows you to do. At the HealthCenter, you can take a Health Risk Assessment and get a report showing an assessment of your own overall health, or develop a secure online Personal Health Record (PHR) to keep track of doctors, prescriptions, tests and other health information for your entire family. The PHR is completely portable: If you leave your company or stop using the HealthCenter for any reason, you can take your PHR with you. You can also evaluate your own symptoms and those of family members with the Personal Evaluation System. Finally, you can research medical information covering more than 95 percent of the reason people seek medical advice. Board-certified physicians developed the health information available on the HealthCenter.

To access your HealthCenter account, you don’t need a new User ID or password. Simply click on the “Participants” box on the homepage, and you’ll be taken to the “Participants” page. There, you can enter your CoreSource ID and password to gain access to your account. If you are a first-time user, follow the directions under “New User” on the left-hand navigation. Click on the “Set Up Account” button and follow the directions. Once you have established your ID and password, you’ll be taken back to the “Participants” page so that you can log into your account.

Current CareWise participants will be enrolled in these new Wellness benefits, and will no longer be able to access CareWise after January 31, 2009. Watch the upcoming Announcements for more information about MyNurse 24/7 and HealthCenter.