



Track & Measure Success: Tracking Tools and Reporting Suites



Food Log

The Food Log is a tool used to record your daily food intake and serving quantities. Careful tracking can help you achieve your health goals and maintain your wellbeing.

Food

Entry

Today - 7/14/2014

Search: Find foods | Food List: Full List | Food Group: All | Search

Buttons: All Foods (7), Favorite (1), Recent (6)

- breakfast parfait - (264 cals)
- Cereal, Special K Red Berries, Kellogg's - 1 cup(s) (114 cals, 1.67 servings)
- Fruit (25-35 calorie range) - 4 ounce(s) (30 cals, 1 serving)
- Fruit (50-60 calorie range) - 4 ounce(s) (60 cals, 1 serving)
- Raspberries, fresh or frozen, unsweetened - 1 cup(s) (64 cals, 1 serving)

Buttons: Add New Custom Food, Manage Favorites

Today's Goals

Calories			
Calories	Carbs	Protein	Fat
0	0	0	0
Consumed			
1607	201	80	54
Recommended			
1607	201	80	54
Remaining			

Buttons: Nutritional Summary, Meal Planner

Cardio Log

The Cardio Log is an easy-to-use tool that is used to record physical activity in minutes, the number of calories burned, and heart rate. The Cardio Log features a variety of physical activity options that include aerobics, mowing the lawn, golf and more.

MY CARDIO LOG

Track the activities and exercises you do, and see the calories burned from each activity and then use the reports to see how far you've come. The Cardio Log can help you reach your fitness goals. It's online, so you can use it anywhere you have Internet access.

Buttons: How to use this tool, Track progress, Track your heart rate

My Exercise Plan

Day	Exercise	Duration
Day 1	Any Type of Aerobic Exercise	5 Minutes
Day 3	Any Type of Aerobic Exercise	5 Minutes
Day 5	Any Type of Aerobic Exercise	5 Minutes

Enter your exercise for Mon, Jul 14, 2014

Option 1 Select from our list of common exercises:

Exercise: Yoga, Power (Vinyasa)

Minutes:

Heart Rate:

Button: Add Exercise

Steps Log

The Steps Log is used to record the number of steps you walk based on stride and length of time. Keeping track of your steps and the distance you walk each day can motivate you to walk even more.

MY STEPS LOG

This tool will show you the overall picture of how active you are. [more...](#)

Buttons: How to use this tool, Learn about pedometers

Enter your exercise for Mon, Jul 14, 2014

- STEPS FOR 7/14/14: 0

Stride: 2.5 feet

Steps:

Hour: 1:00 PM

Calories: override calories

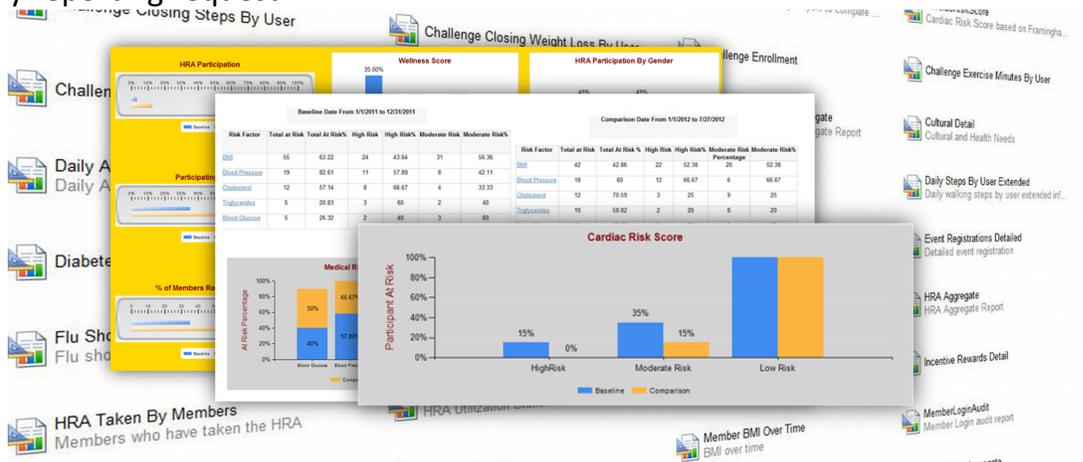
* calories: calculated based on walking 3.0 MPH

Button: Add Steps

TODAY'S STEPS | Week's Steps | Month's Steps | All Steps

Reporting Suite

Personal HealthConnect offers a standard reporting package that features the biometrics summary, PHA aggregate, risk stratification, incentive report and productivity aggregate reports. However, Personal HealthConnect offers an extensive reporting suite featuring 80+ reports that allows us to support almost any reporting request.



Standard Reporting Package

REPORT	DESCRIPTION
Biometrics Summary	This report gives you aggregate data representing how much of your population is High, Medium, or Low risk for BMI, Blood Pressure, Cholesterol, and Blood Glucose. You can compare results across two different times, to show you how members have decreased or increased their risk levels for the different biometric areas.
PHA Aggregate	This report probes all the PHA Results for your population to give you aggregate data representing how your members responded to each question. The data is displayed as the percentage of members who answered each question a particular way. There is also a column displaying the average responses to each type of question as reported by the CDC http://www.cdc.gov/nchs/data/series/sr_10/sr10_249.pdf
Risk Stratification	Based on biometric screenings and the PHA, this report identifies what percentage of the population has elevated weight, obesity, elevated lipid levels (cholesterol, HDL, LDL, triglycerides), elevated fasting blood sugar, and tobacco use. It then reconciles biometric screening results to identify members who are either unaware of their condition or who are aware of a chronic condition, but whose condition is poorly managed.
Incentive Report	This report provides how many points each member has earned during current or past incentive campaigns.
Productivity Aggregate	This report provides aggregate data for how members responded to just the Productivity section of the PHA.