



Personal Health Manager (PHM)



Overview	Key Features	Access
<p>Personal Health Manager (PHM) provides members with:</p> <ul style="list-style-type: none"> • Online resource of tools and information. • Overall view of health status by taking a Health Risk Assessment (HRA). Blue Care Advisors may do outreach based upon the results from the HRA. • Health-related information from online Health Encyclopedia resources. • A personal health record with the ability to manage personal and family health information. • A calendar to help maintain reminders for appointments and screenings. • The ability to ask specific questions and get answers from health and wellness professionals via a secure messaging service. • Enhances the effectiveness of our medical care management by adding another avenue to reach out to Members. • Password protection and privacy. • The PHM empowers our Members to make informed choices regarding their health and wellness. 	<p>Key features of the Personal Health Manager (PHM):</p> <p>Medical Diary helps the Member in the following ways:</p> <ul style="list-style-type: none"> • Use the Medical Diary to schedule an appointment with their Physician’s office via e-mail. • Add the appointment to the Member’s calendar and set up a reminder. • Use the reminder function to add reminders on yearly exams and screenings for themselves and family members. • Maintain health diary entries. • Member’s Physician can upload files to the Member’s PHM, i.e. x-rays, medical records or other files. <p><i>*The Member must grant their Physician access to their PHM in order for them to send files.</i></p> <p>Clinical Tools helps the Member track vital numbers such as peak flow respiration, blood glucose, asthma AIC levels, blood pressure and cholesterol.</p> <p>Wellness Tools helps the Member track weight and smoking cessation. The Member can also graph their entries within My Charts from the tool tracker. The graphs can be printed and shared with the Physician at their next office visit.</p> <p>My Health List gives the Member the ability to track medications, conditions, allergies and vaccinations for themselves and family members. Prescriptions are uploaded to the Member’s Personal Health Manager.</p> <p>Ask A professional for advice on health and wellness questions. The Member can interact with a Blue Care Advisor, Trainer, Dietitian and Life Coach via a secured messaging service for non-emergency related questions.</p> <p>Get Fit, Eat Right, Live Well tools within the For Your Health section allows the Member to build customized meals, fitness and life skill plans that help encourage and promote healthy habits.</p>	<p>How does the Member access the Personal Health Manager?</p> <p>The Member is able to access their PHM by logging onto Blue Access for Members (BAM) @ www.bcbstx.com and clicking on the Personal Health Manager (PHM) icon.</p> <p>How does the Physician gain access to the Member’s PHM?</p> <p>The member must grant permission for their Physician(s) to access their PHM. The Member can also grant access to family members who are involved in their health care decisions.</p> <p>How does the Member grant or revoke access to their PHM?</p> <p>The Member accesses My Account on the PHM and clicks on the Access Management button.</p> <p>The Member’s Physician will receive a system generated access code via email. The Member can grant access for the Physician to view certain health records in the PHM by assigning them to a Privacy Group. In addition, the Member may grant access to the Physician to email records and x-rays to their PHM.</p> <p>The Member can revoke Physician or family member access simply by deleting their access code.</p> <p>Does the Physician have access to all of the Member’s information on the PHM?</p> <p>No, the Physician or family member does not have access to key features such as “My Messages”, “Medical Diary” or “My Account”. Access to these functions remains with the Member.</p> <p>Is the PHM a secured Web site?</p> <p>Yes. The entire site is secured and private.</p>