



Take the First Step to a Healthier Lifestyle

Personal Health and Wellness Tools

KEY Care Guide



Welcome to The Key Care Guide! Our mission is to help you better understand the health issues you currently face or those that could affect you in the future. Developed in partnership with Case Western University, the Key Care Guide provides you and your family with an individually tailored “personal wellness program” designed around your own unique health needs.

Let's Get Started!

STEP 1 Log on to www.ahdi.com

- Click on the Key Care Guide link.
- Follow the directions in the registration page.
- Enter either your Group Number as it appears on your insurance card or the Sponsor ID as distributed by your employer.
- Enter your Social Security Number. Spouses and dependents must enter ***their own*** SSN for the system to find their eligibility record as opposed to the employee's.
- Enter your date of birth.
- For the name field, you must enter the last name that appears on your card – exactly as it appears on the card.

My EZ Health Guide



HOME

Welcome to "My EZ Health Guide." If you are already registered, please log in under "Existing Members." If this is your first time visiting the website, please register by completing the "New Members" section below.

IMPORTANT MESSAGE: Effective April 1st, 2014, the way Protected Health Information (PHI) is viewed has been enhanced. Each covered person over the age of 18 must create an account to manage their PHI. Sign on and then click the "Member Messages" tab for more detailed information.

Existing Members

Please log in below using your User Name and Password. New members must register before accessing this site.

User Name

Password

LOGON

[Forgot User Name or Password?](#)

New Members

New members must register below in order to access the website. Please refer to your ID card to obtain your group number.

Group Number / Carrier Number

Social Security Number

 (no dashes)

Date of Birth

 (MM/DD/YYYY)

Last Name

SIGNUP

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My EZ Health Guide



HOME

New Members Registration

We found your eligibility record. You must now create a User Name and Password and accept the legal notice in order to access the My EZ Health Guide.

User Name

Password

 (Must be at least 6 Characters)

Confirm password

Email address

By checking the I AGREE box below you understand that:

Adult dependents covered by your benefit plan (Spouse and Children over age 18) generally will be hidden from your view. Adult dependents (Spouse and Children over age 18) may create an account and adjust their profile preferences if they want you to view their information.

You are agreeing to the [Terms and Conditions](#) and [Privacy Statement](#).

I Agree

You will receive Explanations of Benefits (EOBs) electronically to your account. To receive paper EOBs, go to the profile tab in your account and change your preferences.

I Agree

REGISTER

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My EZ Health Guide

The image shows two screenshots of a digital health platform. The top screenshot is the 'RealTimeSolutions' home page, which has a dark background. It features a welcome message on the left and five red buttons on the right: 'RealTime Health Video', 'RealTime Wellness', 'RealTime Wellness Video', 'RealTime Choices', and 'RealTime Choices Video'. The bottom screenshot is the 'My Care Guide' section, which has a red-to-dark-red gradient background. It includes a descriptive paragraph on the left and a grid of ten red buttons on the right: 'Assessment', 'Health Topics and Tools', 'Drug Interaction Tracker', 'Symptom Checker', 'Body Map', 'Health News', 'Health Topics A to Z', 'Lessons', and 'Logs and Trackers'. At the bottom of the screenshots is a blue footer with the text: '© Copyright E-ZBenefits 2000-2019. All rights reserved. Various trademarks held by their respective owners. Privacy Policy'.

*The RealtimeSolutions products will vary depending on what your employer has chosen.

STEP 2 Complete the Personal Health Risk Assessment

Once you start the Assessment, you will be prompted to complete a series of questions. The health and wellness questions were developed in conjunction with experts at Case Western University. Your answers drive algorithms developed by Case Western staff that, upon completion of the Assessment, produce a Personalized Healthy Life Report, specifically for you. This Report will provide you with guidance on how to lower your risk factors, give you guidelines for good health, recommendations on preventative services unique to your age and gender and suggestions on how to lower your risk of certain chronic and other medical conditions that were identified by your responses to the Assessment. This is a powerful tool that you can use for yourself and in conjunction with your physician and care team, and your Chronic Disease Management Nurse Team.

The health and wellness content on the platform (the other tabs in the Online Health Program Coaching section) is being transitioned to Adam Health. ADAM Health is recognized as the most comprehensive source of interactive healthcare information available today. Until this transition is complete, you have access to a wide range of wellness topics and information.

Together with our partners, AHDI is excited to provide you with the tools that you, along with your Chronic Disease Nurse Team, can use to experience a happy and healthy life.