As you take on a larger role in managing your health, you need reliable, trustworthy information to help you make good decisions.

Healthy Foundations: Creating the Empowered Employee

An informed healthcare consumer is a smarter healthcare consumer. That’s why CoreSource offers a consumer website combining the best in online health information and decision support tools.

Our integrated, easy-to-navigate solution is called Healthy Foundations. And it’s available to all CoreSource members.

Good Health is Just a Click Away with HealthAtoZ

Do you want to get healthy and stay healthy? You can do it by understanding healthy behaviors that can really make a difference.

Healthy Foundations’ HealthAtoZ presents you with a wealth of health-related information – all tailored, by you, to meet your needs.

Health Risk Appraisal

It all starts with a Health Risk Appraisal. This questionnaire, developed by doctors and leading health researchers, assesses your overall health and gives you recommendations on ways to get and stay healthy. You’ll get a “Wellness Score” that can help pinpoint specific health risks.

From there, HealthAtoZ’s powerful engine takes over, driving the information, tips and prevention facts to your personalized Health Dashboard.

Health Dashboard

It’s a “quick view” of your current health, including recent statistics from your trackers, customized based on your health risk appraisal.

Health Managers

If you have a medical condition, Healthy Foundations’ Health Manager tools help you monitor your condition and follow your doctor’s orders.

Diseases and Conditions

Find information about medical conditions, including symptoms and treatments. You’ll also find in-depth information on medical tests and procedures.

Healthy Lifestyles

Get healthy and stay healthy with detailed fitness, nutrition and safety guidance. You can even view online animated fitness demonstrations.

Personal Fitness Record

Keep medical information for you and your family stored securely online. In less than five minutes, you can set up records that can be accessed from anywhere with an Internet connection.
Lower Cost Prescription Alternatives with Rx Price Comparison

For those with chronic conditions, ongoing prescription costs can add up quickly. There may be more cost-effective alternatives available. Rx Price Comparison allows you to quickly find lower-cost alternatives for more than 200 drugs that treat common chronic, or ongoing, conditions. Plus, over-the-counter alternatives will be displayed if available. By comparing the prices of each alternative, the potential side effects and other, detailed information, you can make an informed decision with your doctor about what medicines to take.

Treatment Cost Estimators Through Treatment Cost Comparison

Healthcare is more complex – and more expensive – than ever before. Treatment Cost Comparison makes comparing and planning for healthcare spending easy.

- Estimate the cost of services. Find a range of in- and out-of-network pricing for a wide range of services, such as physician office visits, diagnostic tests and lab tests.
- Estimate the cost of treatment for a condition. You can estimate the costs for common medical conditions, such as asthma, diabetes, pneumonia and many more. The estimates are based on services used most frequently for each condition.

Start Improving Your Health!

Accessing Healthy Foundations is Easy

Take control of your health. Our tools are designed to get you engaged and help you get started. It’s easy. Simply go to: www.coresource.com

1. Click on Participants
2. Register with your User ID and password so you can login
3. Go to Healthy Foundations Tools

CoreSource is a wholly owned subsidiary of Trustmark Mutual Holding Company
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