



GETTING STARTED WITH MEDIKEEPER

The MediKeeper Health Portal offers personalized tools and resources to help you make the choices each and every day that are best for your well-being. The portal is a free resource available to students, as well as faculty and staff members who are on the DePauw University Health Plan. Together, we can build a healthier DePauw community. Questions? Contact your Human Resources team or email WellnessSupport@hendricks.org.

REGISTER

To set up your MediKeeper profile, visit DePauw.MediKeeper.com and click on the gold button that says "Register." You will need to provide some basic information such as your birthdate, zip code and your DePauw ID Number.

Your username will be your email address, and you can choose whatever password you would like.

HEALTH RISK ASSESSMENT

Once you have registered, you will be prompted to take the required online health risk assessment. This assessment takes 15-20 minutes, and you don't have to finish it in one sitting. This is a critical tool to create your customized wellness plan.

WELCOME CARRIE!

You have successfully registered.

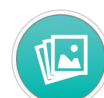
To be an active participant in the management of your own health you must first understand your current state of health and wellness. The portal helps you understand your health status by allowing you to record health measures and learn how your health compares to medical norms and average Risks for Disease. This portal is not intended to replace the advice of a medical professional. You should always discuss any concerns and medical issues with your doctor.

Taking the **My Health Assessment** questionnaire will take approximately 15-20 minutes to complete, but you may save and exit at any point and when you next log in, you will return to where you left off.

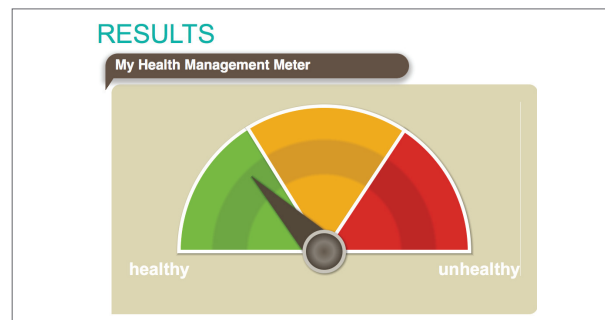
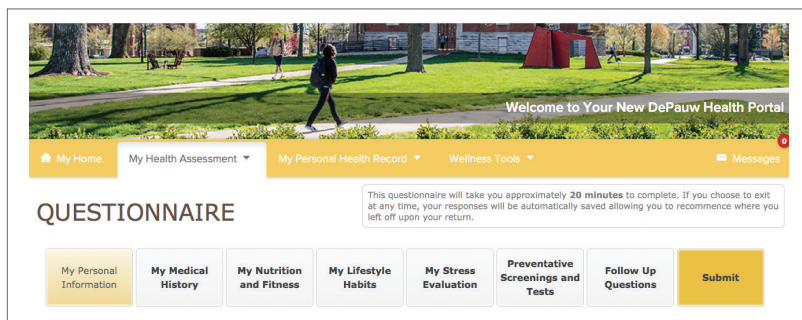
To get the most out of the **My Health Assessment**, you should answer the questions as accurately as possible. Your answers and your results are completely confidential. [\[Privacy Statement\]](#)



**Take the
My Health Assessment**



**View
Sample Results**



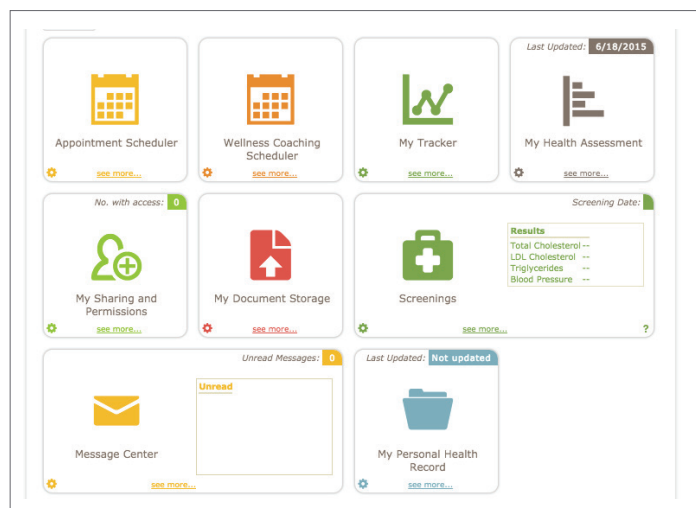
The health risk assessment will guide you through a series of questions designed to help you gauge your health status by allowing you to learn how your health compares to average risks. The results provide the framework for a wellness plan customized to your individual needs and health status.

QUICK TIP: Your personal health record can be printed in an easy-to-read format for quick reference and shared with your doctor. Simply click on “My Personal Health Record” in the top gold menu, and then “Print my PHR” from the drop-down list.

OVERVIEW OF TOOLS

Once you have registered and completed your online health risk assessment, you can then go to the MediKeeper home screen. From here, you can access all of the portal features, including:

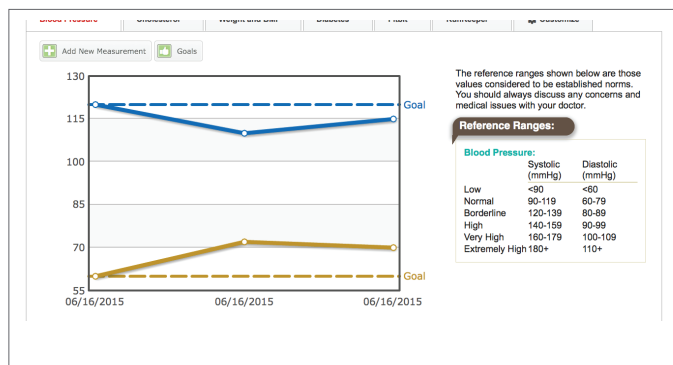
- Appointment Scheduler
- Wellness Coaching Scheduler
- Health Risk Assessment
- Health Trackers
- Personal Health Record
- Messages from Your Healthcare Team



HEALTH TRACKERS

The health tracker feature gives an at-a-glance view of your progress towards your health goals. Trackers can also be customized for the healthy lifestyle improvements on which you are working.

QUICK TIP: You can integrate your MediKeeper trackers with a Fitbit®, or your Runkeeper® app.



MESSAGE CENTER

The Message Center enables you to receive secure messages from your healthcare team. This feature is located under the Wellness Tools drop-down menu.

Also in this drop-down menu, you will find your settings for permissions and sharing, which designate who can view your health information.

