



Who is Deerwalk?

Through BAC, Deerwalk is available to you and your immediate family. Deerwalk is a health care analytics company focused on delivering customer user friendly software. Deerwalk's Interactive Health Management member portal is designed to provide you with the information you need to proactively & privately manage your health. You can securely view healthcare information online 24 hours a day, 7 days a week, 365 days a year from any computer with a connection to the internet. The intuitive user interface is built around a dynamic dashboard view of information. The Health Risk Assessment (HRA), Care Alerts, Risk Calculators and Member Health Information create a personalized action plan allowing you to track your progress toward achieving your health goals.

TO ACCESS BAC'S INTERACTIVE HEALTH MANAGEMENT WEB SITE:

- Visit BAC's micro-site for your company at www.bactpa.com/thomas5, then click on the "Members Area" option.
- If this is your first time logging in, click on "Create New Account" and follow the prompts to establish your secure login. Any existing members should simply login.
- Once you have logged in, select "Interactive Health Management" located in the top navigation bar.
- Your personalized and secure version of the site will launch in a new window.

**YOU MAY ALSO CALL BAC'S NURSES AT:
1 (800) 521-2654 (EXT. 3156 & 3150)**

Need more information?

*Learn more about this
and everything related to your
benefit plan by visiting...*

www.bactpa.com/thomas5



corporate headquarters:
430 Bedford Street
Lexington, MA 02420



home office:
6331 East Livingston Ave.
Reynoldsburg, OH 43068-2756

mailing address:
PO Box 107
Reynoldsburg, OH 43068-0107

web address:
<http://www.bactpa.com>

telephone: 1 (614) 863-8780
toll free: 1 (800) 521-2654

office hours:
8 AM - 6 PM [EST]
Monday - Friday
Voice mail is available 24-7

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bac

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Learn how you can
live longer and healthier
with BAC's easy to use
Interactive Health
Management System.



INTERACTIVE HEALTH MANAGEMENT

Interactive Health Management and Why You Should Use It:

“On a typical day, more than 5 million Americans go online looking for health information and advice. More internet users have sought medical information on the Web than have used it for shopping, stock quotes, or sports scores.” – FERGUSONREPORT.COM: ISSUE NO. 8

Good health is essential to the happiness of you and your family. Deerwalk's medical and claim history integration make it the most powerful medical resource available to you online. Now you can be confident that the medical decisions you are making are sound and effective.

Living a Healthier Life:

Health Risk Assessments have been used by Doctors for over 25 years to provide valuable information regarding your past, present, and future health risks.

Now you can create your personal Health Risk Assessment online. By answering a few questions today, you will create your own Health Risk Scorecard. You can track your progress and see how you compare to others of like age and sex.

The Health Risk Assessment is an easy way for you to:

- REAFFIRM THE GOOD THINGS YOU ARE DOING FOR YOUR BODY
- IDENTIFY RISKS THAT CAN BE ELIMINATED OR REDUCED
- HELP ASSURE A HEALTHIER & LONGER LIFE
- FEEL BETTER ABOUT YOURSELF TODAY

Most importantly, your Health Risk Assessment is CONFIDENTIAL and not shared with your employer. What you do with your information is up to you. BAC is ready to help when you feel the time is right.



EMERGENCY REMINDER: ALWAYS DIAL 911 IMMEDIATELY IN CASE OF AN EMERGENCY OR A POTENTIALLY LIFE THREATENING SITUATION!



DON'T WORRY JUST CLICK!

BAC's innovative health resource website is designed to provide you with the information you need to proactively manage your health! All information provided within this site is available securely online 24/7 365 days a year from any device with available internet access.

My Health History:

Similar to your file at your doctor's office, My Health History is built and updated automatically using the information from your medical, prescription, dental and vision claims processed by BAC. My Health History conveniently and securely stores your family's health data for easy access and evaluation.

Tool and Resources

Use these tools to reach and achieve your ultimate health status. Tools and Resources helps you track and measure important health statistics to maintain a healthy life. Risk calculators provide a simple understanding about new health conditions.

Assess My Health:

Assess your overall health and receive personalized recommendations through a comprehensive Health Risk Assessment, Care Alerts, and a personalized health action plan. Easily track your progress to achieving your ultimate health goals.

Drug Information:

Keep a secure record of all your current and past prescription history. Compare costs with alternative brands and generic medications. Discover critical facts about over-the-counter and prescription medication, as well as how to lower your costs.

Symptom Evaluator:

The Symptom Evaluator delivers a self-triage tool to understand what conditions you may have and what treatment options are available. Utilize the Symptom Evaluator to be better prepared for discussions with your physician. Take care of your health concerns!