



Healthy Maine Partnerships
Maine Center for Disease Control and Prevention

KEEP ME WELL!

Frequently Asked Questions

What does the KeepMEWell assessment do?

The purpose of the assessment is to help Maine residents take action to improve their health. Based on answers to a series of health questions, three reports will be generated:

1. **Scorecard.** A summary of risks for chronic disease.
2. **My Report.** Feedback and links to trusted health information websites that help individuals take action to lower their risk for chronic disease.
3. **Local Community Supports and Programs.** Based on the results of the assessment, a person will receive a customized report from **KeepMEWell** listing local resources that can help them take action with any health risks that are identified.

What is the KeepMEWell low-cost healthcare services tool?

The purpose of the tool is to help Mainers, especially those who are uninsured or underinsured, learn how and where to get low-cost healthcare services in their local area. By selecting a health service, such as medical care or prescription drugs, and their zip code, they will receive a list of low-cost healthcare services near them. The tool also provides information on how to access affordable healthcare services.

Who can use KeepMEWell?

The **KeepMEWell assessment** is for Mainers age 18 years and older who want to learn more about

how to improve their health. Health risk guidelines for children and teens are different than those for adults. For this reason, the **KeepMEWell** assessment is not for anyone under 18 years old.

The **KeepMEWell low-cost healthcare** services tool can be used by anyone, no matter the age, who is looking for low-cost healthcare services in Maine.

How can I access a computer?

KeepMEWell is partnering with the Maine State Library and its partner libraries across the state. Public libraries in Maine offer access to computers and the internet. Look for more partners in the future.

How are local Healthy Maine Partnerships supporting Chronic Disease Self-Management and the KeepMEWell online tool?

The local Healthy Maine Partnerships, in partnership with 2-1-1 Maine, are working in local communities to create self-management tools. These tools can help those with a chronic disease monitor their condition and make changes to maintain or improve their quality of life. Community supports and programs are part of the self-management tools. Examples of community supports and programs include exercise options, healthy eating workshops, and programs such as Living Well.

2-1-1 Maine is a statewide information clearinghouse that offers free, 24-hour service to the public. 2-1-1 Maine provides access to information and health resources online or by telephone with the help of a trained representative, based in Maine.

Does KeepMEWell cost anything?

KeepMEWell is a FREE public service offered by the Maine Center for Disease Control and Prevention (Maine CDC), Maine Department of Health and Human Services (Maine DHHS).

Who will see the KeepMEWell assessment results?

No personal information about individuals, such as their names or phone numbers, will be collected. Only the individual will decide what to do with results. Maine CDC staff will combine anonymous answers from all who use the **KeepMEWell** online tool and review the combined answers to identify Maine public health needs and to plan and evaluate public health efforts aimed at meeting those needs.

Can an individual start the KeepMEWell assessment now and finish it later?

No. Because answers are combined with those of others once a person leaves the website, no individual answers are kept. This makes results anonymous (no one will know who they are) and confidential (private), but also means that no one, including the individuals, will be able to get a copy of their results once they leave the website. If they leave the **KeepMEWell** assessment before finishing all the questions and saving the reports, they will have to answer the questions again in order to get results. They can save their results by printing out the reports or emailing them to themselves.

What do people get from using the KeepMEWell assessment?

Once they complete the **KeepMEWell** assessment, they will get three reports. The first report is a Scorecard. It will provide them with an overview of results, and show where to focus efforts to best improve their health. The second is My Report. It will provide detailed feedback based on answers to the questions. The third report is Local Community Supports and Programs. It will

provide a list of local resources that will help them take action with any health risks that have been identified. Reports cannot be saved on the website. However, individuals can print them out or email them to themselves.

How will people get help to address their health risks and become healthier?

The personalized report will include Local Community Supports and Programs, based upon the zip code entered into the health assessment. People can use the supports and programs to help make changes to improve their health. For example, exercise options, healthy eating workshops, and programs such as Living Well are listed along with contact information and operating hours, if available. Local Community Supports and Programs are from the 2-1-1 Maine database. 2-1-1 Maine is a statewide information clearinghouse that offers free, 24-hour service to the public. 2-1-1 Maine provides access to information and health resources online or by telephone with the help of a trained representative, based in Maine.

What do individuals get from using the KeepMEWell low-cost healthcare services tool?

The low-cost healthcare services tool is designed to help Mainers access affordable healthcare services. There is a searchable database where they can look for a specific type of healthcare service in a localized area. There is also information on how to get affordable health insurance and help paying for healthcare.

How are the Local Community Supports and Programs chosen for the report?

KeepMEWell has partnered with 2-1-1 Maine. All supports and programs are from the 2-1-1 database. In areas with limited resources, resources will be listed with the closest distances first, and include up to three statewide resources per category.

