



Overview of KeepMEWell

KeepMEWell is designed to help Maine residents assess their risk for chronic diseases, improve their health through education, and link them to local resources and supports that can help them decrease their risk of chronic disease and improve their health.

KeepMEWell.org was launched statewide by Governor Baldacci in January 2010. The Governor's Universal Wellness Initiative is aimed at helping Maine reach its goal of becoming the healthiest state in the nation. **KeepMEWell** is part of a strategy aimed at ensuring that all persons in Maine have "access to resources and evidence-based interventions in order to know, understand, and address health risks and to improve health and prevent disease" (22 M.R.S.A., Part 2 §411).

The goals of **KeepMEWell** are to assist Maine residents, especially those who are uninsured, underinsured, or experiencing health disparities to:

- Assess their risk for chronic disease;
- Receive feedback that promotes action to address identified health risks;
- Link to local community resources that assist residents in taking action to lower their risk for disease and improve their health; and
- Link uninsured and underinsured residents to healthcare services at no cost or sliding scale cost.

KeepMEWell has two main web components. The first is an assessment that Maine residents, 18 years or older, can complete. Based on their answers to a series of health questions, a personalized report will be generated, that positively reinforces areas of low risk, encourages the individual to take steps to improve areas of high risk, and provides links to local resources that can help with disease prevention and management.

The second is a tool to help Mainers, especially those who are uninsured or underinsured, learn about low-cost healthcare services in their local area.

