

JULY 2010

# HEALTHY WOMAN™ TODAY

## Introducing [www.healthywomanonline.com](http://www.healthywomanonline.com)

On July 6, the **Healthy Woman** program is moving to an online platform. To join or remain a **Healthy Woman** member, please visit [www.healthywomanonline.com](http://www.healthywomanonline.com) to register and create your profile.

### Healthy Woman Online allows you to:

- Stay current with your hospital's services, new physicians and monthly event information.
- Create a unique profile with a photo and information about yourself
- Add other **Healthy Woman** members as "Friends"
- Send public and private messages to other users
- Send a message directly to your hospital's **Healthy Woman** Coordinator
- Upload and display photos
- R.S.V.P. to **Healthy Woman** events
- Access over 40,000 health articles, available in English and Spanish

### Home page

This first screen will include your **Healthy Woman** Coordinator's photo, contact information and link to their personal profile. You will also see an area called **Healthy Woman Highlights**. This area is designated for announcements, news, happenings and stories about your **Healthy Woman** programs. On the right is an area listing events and partner information. Be sure to regularly check out the event information as it will be frequently updated.

### Profile page

As a **Healthy Woman** member, you will be able to create your unique profile. Add as little or as much information as you feel comfortable providing. While personal information, such as address, e-mail and birthdates are required to register, this information is never shared or displayed publicly.

The default profile view displays a user's recent activity, including activity posts, updates and photos. Each subsequent tab displays more information, if available, about the user. Creating your profile takes only about three minutes. So take a few minutes and register today to take advantage of the new **Healthy Woman Online!**



# Protecting Your Privacy

Concerned about how safe your pictures, messages and information will be on our new online community? Below is a step-by-step process for protecting your privacy.

- 1. Display Name** – Your “Display Name” is the name that appears publicly on your user profile. When you first create your account, the prompt will ask you to enter your first and last name in separate fields. If you are uncomfortable displaying that information in your user profile, you can select a different title or name to enter in the “display name” field.

## How to Change Your Display Name

From your profile page, click “My Account.” Enter your changes to the “Display Name” field and click “Save” at the bottom.

- 2. Member List** – The Member List shows the display name, chapter and profile picture of every member on **Healthy Woman Online**. This area allows you to search and find your friends quickly so that you can add them to your friend list.

## How to remove yourself from Healthy Woman Online Member List and Search Results:

If you do not wish to be listed in the Member List, click “My Settings” at the top of your profile page. Under “Profile Preferences,” select “Hidden from Search.”

- 3. Photos** – You can add personal photo albums to the “Photos” section of your profile page. To control who can view these photos, click “My Settings” at the top of your profile page. Under “Options for Albums,” you can change the settings so so that only you can see them, only friends can see them, or every member can see them.

- 4. Activity and Messages** – Friends can send you both public and private messages on Healthy Woman Online. To write something publicly to a friend, click on their profile’s “Activity” tab and type a message in the “Write something...” text box. To send a private message, click on your “Inbox” in the top right. Select “New Message” to begin composing your private message.

## How to Change the Settings of Your Activity Page

If you do not wish to have your “Activity” tab appear publicly, you can change the settings in “My Settings.” Click on “Activity Features” and select the options you would like to become private.

- 5. E-mail Notifications** – **Healthy Woman Online** will send you an e-mail when another member adds you as a friend, sends you a message or posts to your “Activity” tab. To change this setting, click “My Settings” at the top of your profile page. Select “Notifications” and uncheck “Notify me via E-mail.”



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