



100  
BLACK MEN  
OF AMERICA, INC.

# Health Power

A HEALTH MANAGEMENT TOOL CREATED IN PARTNERSHIP WITH  
AETNA AND 100 BLACK MEN OF AMERICA, INC.

## Communicating Health Power to 100 Chapter Members

This Health Power Fact Sheet and the accompanying Health Power Activation Fact Sheet have been designed to help chapter leadership communicate this web-based program to chapter members. It is important to the effectiveness of the program that all members are informed, expeditiously and consistently, in each 100 chapter throughout the network. This program has been designed specifically to improve the health of the members of 100 Black Men worldwide.

Health Power offers free health education and resources, along with a vehicle for members to interactively discuss health issues and learn from each other. The Health Power Activation Fact Sheet explains the details of the web page. Reminders and update notices will be sent via email and the 100's electronic newsletter throughout the year.

The 100 Black Men recognize the importance of healthy mentors, healthy members and healthy communities. Our partnership with Aetna continues to provide us with a vehicle through which we create open dialogue and meaningful discussion, but most importantly persons committed to adjusting their lifestyles and improving their health, to insure a legacy of mentors who live long, healthy, optimized lives. Health Power is another example of how the Aetna/100 Black Men partnership continues to educate and empower communities.

Albert E. Dotson, Jr. Esq.  
*Chairman of the Board, 100 Black Men of America, Inc.*

With the launch of Health Power in 2006, 100 Black Men of America and Aetna continued to deliver information to improve your health and the health of our communities. As this effort continues, we encourage all chapter members to regularly visit the 100 website, click on the Health Power button and learn the medical conditions/illnesses affecting African American men under the Health Power Information Center. Learn risk factors that can be treated, and lifestyle changes that will promote a longer healthier life. Test Your Health Power Knowledge or participate in discussions with other 100 members that are taking place in the Health Power Chat Room. Take advantage of vital information available under the Health Power Resource Center, where you will locate reference materials including books, websites, medical literature and contact numbers.

This innovative, online approach delivers interactive, current and extremely relevant health messages to our chapters and communities. This Aetna initiative is another invaluable tool moving us forward in attacking health disparities within the African American community.

Dr. James Black  
*National Chairman, Health and Wellness Committee, 100 Black Men of America, Inc.*



# Health Power Activation Fact Sheet

## Health Power Webpage

The web page can be accessed by selecting the “Health Power” button on the home page of the 100 website at: [www.100blackmen.org](http://www.100blackmen.org). You will locate the Health Power button at the end of the menu selection list. The Health Power 2010 webpage contains the following:

### 1. Health Power Information Center

Important facts and information are highlighted here such as:

- The condition/illness
- Statistics
- Risk Factors
- Signs & Symptoms
- Guidelines for Early Detection
- Treatment Options

### 2. Health Power Test Your Knowledge

Condition specific questions will be updated and their corresponding answers will be provided. By continually testing your knowledge, an increased understanding of all the factors and issues concerning these health topics will be achieved.

### 3. Health Power Resource Center

Links will provide additional information about the condition or illness such as:

- Additional Resource Information
- Screenings and Detections

- Treatments
- Support Groups
- Financial Resources

### 4. Health Power Chat Room

Each week a new blog will be posted by the 100 Health & Wellness Committee to spark online dialogue between 100 members. The objective is to get the members to discuss the conditions that are prevalent in the African American community. Members can log on 24/7 to review postings and add comments.

## Health Power Webpage Focus Areas

1. Prostate Cancer
2. Colorectal Cancer
3. Cardiovascular Disease
4. HIV/AIDS
5. Depression
6. Sickle Cell

## 100 Member Feedback

We encourage all members to provide feedback as we work to enhance programs that are relevant and beneficial to all. A Health Power Satisfaction Survey will be available on the site and ongoing health polls will be taken to aid us in updating content.