Frequently Asked Questions

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healthy high 5
An Initiative of the Highmark Foundation

HEALTH *e*TOOLS for SCHOOLS

An internet-based nutrition and physical activity program developed by InnerLink, Inc.

What is Highmark Healthy High 5 Health eTools for Schools?

Highmark Healthy High 5 Health eTools for Schools is a nutrition and physical activity program of Highmark Foundation's Healthy High 5 initiative, and was developed by InnerLink, Inc. It is a secure, web-based portal application that enables school districts to comply with federal and state mandates for improving student wellness. The portal features online interactive tools for educators, school nurses, administrators and food service professionals to use in developing strategies to reduce obesity by encouraging young people to adopt healthy lifestyles.

How does Highmark Healthy High 5 Health eTools for Schools improve student wellness?

Standards-based curriculum materials are provided through Health eTools for Schools that make it easier for schools to incorporate nutrition education, physical education and activity across the curriculum. School nurses can conduct and record physical health screenings, including BMI, in a fraction of the time by using the interactive tools provided by Health eTools for Schools. Student health parameters can be collected using a handheld computer, and uploaded to the online Health Record for that student via Health eTools for Schools. All users receive access to collaborative tools that make it easier for multi-disciplinary teams to work together to develop and implement wellness policies and strategies.

Why Health eTools for Schools?

The Highmark Foundation is committed to providing cutting edge technology and resources that will strengthen schools' ability to be part of the solution to Pennsylvania's growing childhood obesity epidemic. We recognize that schools are not alone in this challenge— and will need to work with the medical community, parents, community organizations and government agencies in order to help reverse current obesity trends. That's why we built the portal to help districts adopt a Coordinated School Health approach to obesity reduction. This eight component model, developed by the Centers for Disease Control and Prevention, creates a framework that schools can use to address chronic issues of health and safety. It is our hope that after school districts have used Health eTools for Schools, they will find it be a useful tool to address other pressing student wellness concerns, such as asthma, diabetes, tobacco, alcohol and other drugs.

www.healthetoolsforschools.org

InnerLink
Smart Solutions for a Healthy Future

What are the requirements for school districts that opt into Highmark Healthy High 5 Health eTools for Schools?

School districts that receive Health eTools for Schools as a fully paid subscription service from the Highmark Foundation must do the following:

- Make a three year commitment to use the portal

- Increase the amount of instructional time spent on nutrition education to 75 minutes per marking period

- Provide increased opportunities for physical education and physical activity through age appropriate instruction

- Participate in in-service training and professional development offerings that will enhance use of the portal

- Participate in an annual evaluation of the effectiveness of Health eTools for Schools.

My district has already submitted its wellness policy to the PA Department of Education. Why should we use Health eTools for Schools?

The wellness policy that you submitted to the PA Department of Education must be substantiated with policy guidelines, administrative procedures, evaluation and communications plans that document how your district will achieve the goals expressed in your districts' wellness policy. The Coordinated School Health Workbook on Health eTools for Schools enables you to create these supporting documents and to publish them in a virtual Wellness Workbook. Changes to policies, guidelines and procedures can be made quickly, and posted on the portal for all users of the portal to be able to access.

Are there other districts in Pennsylvania using Highmark Healthy High 5 Health eTools for Schools?

During the 2005-06 school year, 7 school districts piloted the use of Health eTools for Schools in elementary schools. During 2006-07, the portal is being made available by the Highmark Foundation to districts across Pennsylvania. Stay tuned to this website for current information, user testimonials and endorsements provided by our partner organizations.

How do I get existing student information onto Health eTools for Schools?

Student information can be imported into Health eTools for Schools by using a custom import template. The template is an Excel spreadsheet that enables student demographic information to be saved in a Comma Separated Value (CSV) file. Districts are also given the option to import student information directly into Health eTools for Schools.

How often is student data refreshed on Health eTools for Schools?

Student data is refreshed twice during the school year, at the beginning of the fall and spring semesters. Districts that need to refresh student data more frequently, will receive training for their information technology staff to learn how to import student data directly onto Health eTools for Schools. Once trained, the IT staff can set an automatic cycle for updates of the student data.

Is there a limit to the number of users that I can enroll in Health eTools for Schools?

No.

How many roles are involved in Health eTools for Schools?

There are eight roles on Health eTools for Schools: Wellness Coordinator, School Nurse, Health Educator, Physical Educator, Academic Director, Parent/Guardian*, Contributing Organization*, Student Representative*

*These roles are for non-employees of the district who are serving on the school's wellness team, or the district's Coordinated School Health Council.

What type of training is available to support end users of Highmark Healthy High 5 Health eTools for Schools?

On-site and on-line training in the use of the portal is available through InnerLink, Inc., the company that developed Health eTools for Schools. All training in the use of the portal is eligible for Act 48 hours. Professional development opportunities are available through the partner organizations, and will be promoted throughout the school year, for users of Health eTools for Schools.

What system requirements do you have, and which Internet browsers are compatible with Health eTools for Schools?

Health eTools for Schools works best with Internet Explorer 6, which requires a computer with a 486 MHz processor or higher, and Windows 98, 2000 or XP or NT Operating Systems. For Macintosh users, the recommended web browser is Firefox. The Operating System for Macs needs to be version 10.3 or higher.

What types of handheld computers are compatible with Health eTools for Schools?

Palm TX; Dell Axim 30; HP IPAQ hx2000 series Pocket PC

How is data transferred from the handheld to Health eTools for Schools?

Data is transferred from the handheld computer to Health eTools for Schools through a process know as synchronization. Palm models use a process known as HotSynch. Pocket PCs using a process known as Active Synch. Depending on the model of handheld selected, data may be transmitted via wireless connection directly to the Health eTools portal, without synchronization with a desktop or laptop computer.

How is student health data protected on Health eTools for Schools?

Only authorized users have access to student health data on Health eTools for Schools. Only School nurses have access to student health information. Summary health information can be viewed by administrators, but not individual student health records. School nurses are trained to change their password to protect the security of the student health information. The Health eTools for Schools server is located in an industry standard RAID system. InnerLink, Inc. and its hosting partner, Media-X Systems, Inc. are responsible for proving administrative, physical and technical safeguards that reasonably and appropriate protect the confidentiality, integrity and availability of the electronic health information, student data or other sensitive information. InnerLink and Media-X will not make copies, lists or extracts of data that may contain sensitive or confidential information for purposes other than backup and recovery.

InnerLink requires that all Business Associates, who partner with InnerLink to provide services to clients which include electronically protected health information (ePHI), adhere to the Business Associate Contracts and Other Arrangements (§164.314 (a)(1)) portion of the Health Insurance Portability & Accountability Act (HIPAA) Security Final Rule (45 CFR Parts 160, 162, and 164, Health Insurance Reform: Security Standards; Final Rule). In addition, all Business Associates of InnerLink are contractually obligated to protect the confidentiality of any educational or student related records in your possession. InnerLink requires that all associated entities adhere with the Family Educational Rights and Privacy Act of 1974, also known as the Buckley Amendment or FERPA, a federal law that affords students privacy rights relating to their education records.

What type of security/encryption is provided through Health eTools for Schools?

Health eTools is hosted on a website with Secure Socket Layer (SSL) standard 128 bit encryption. Access is provided only to registered users, who are identified by school districts through their employee ID or other unique identifier. Data on Health eTools for Schools is backed-up in many redundant ways, all to industry standard. Data backups are saved to tape daily and securely brought off-site once a week. Databases are replicated to a redundant system situated at the hosting provider's corporate offices. The data transmission between these two servers is maintained through an industry standard secure encrypted VPN connection protected by Cisco firewalls.

How much will it cost my district to continue using Health eTools for Schools after the Highmark Foundation subsidy has ended?

Highmark Foundation has negotiated a price of $3.50/student for school districts that chose to maintain their subscriptions to Health eTools for Schools after the foundation's subsidy has ended.

How does the Highmark Foundation subsidy fund Health eTools for Schools, and what does that mean for my district?

Through Highmark Foundation funding established as part of the Highmark Healthy High 5 initiative, a subsidy has been provided that affords access to the Health eTools for Schools portal. The subsidy, which is paid directly to InnerLink, Inc. on behalf of Health eTools for Schools participating school districts, covers costs through a three-year period beginning September 1, 2006 through August 31, 2009. Pennsylvania schools that meet participation criteria are eligible to be covered under the subsidy program during the three-year period and are considered for participation on a first-come, first-served basis.

The value of Highmark Healthy High 5 Health eTools for Schools subsidy is $40,000 per year for a district with an enrollment of 5,000 students. The following costs are covered through the subsidy:

- Licensing and subscription fees until August 31, 2009

- Student Health Record setup and maintenance on a per-student basis

- In-service training

- Technical support based on a Service Level Agreement between InnerLink and the participating district

- Access to licensed educational curricula and all other portal content

- Handheld computers (PDAs) that enable mobile data collection for student health and fitness assessments, including programming to integrate with district's systems under SIF compliance

Is there any benefit to waiting to enroll?

No. The subsidy funding is limited to the first 400,000 students and districts are encouraged to enroll early in the program. The subsidy will end on August 31, 2009, so the longer districts wait to begin the program, the less time they will have to take advantage of this subsidy for their district.