



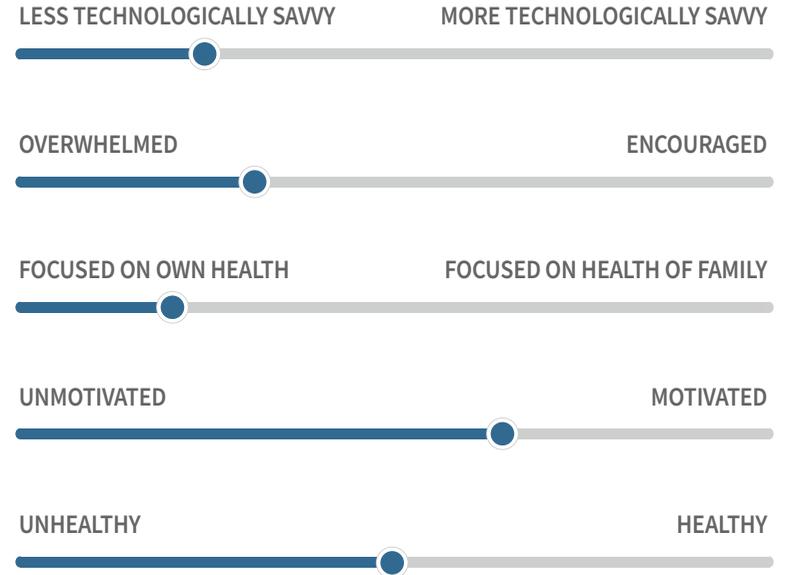
Nicole West  
MUSKEGON, MICHIGAN

## ABOUT NICOLE

I've always worked long hours at a diner, and for as long as I can remember smoking has always been a part of my breaks. With a young son and a fluctuating paycheck, consistency is very important to all of us. I mentioned to my doctor that I often feel winded at work, and she's encouraged me to stop smoking. Since I have Medicaid, she recommended that I visit the

**myHealthPortal website to help track my smoking patterns.**

I've tried to quit smoking in the past, but haven't been successful. The myHealthPortal website allows me to track how many cigarettes I smoke in a day, and I now feel like I can start setting goals to help me get on the path to quitting. As I consistently juggle my work schedule and my son, I needed something that would allow me to have all of my appointments in one place and myHealthPortal has allowed me to do that. I'm so thankful that myHealthPortal was available to help me and my family get a better grasp on my smoking and finally make health a priority for us.



“I have been a smoker for a long time and I'm finally ready to quit. If I had a way to track my progress, I know I could quit once and for all.”

### DEMOGRAPHICS

Female • 44 years old  
Caucasian • Single  
11 year old son  
Healthy Michigan Plan Consumer  
Full-time waitress



Owens a laptop



30% of Nicole's computer usage



70% of Nicole's computer usage

### NICOLE'S FRUSTRATIONS...



Forgetting about and/or missing appointments



Needs to view multiple websites to see all of her families' appointments



Difficulties setting and tracking goals to help her quit smoking

### NICOLE'S GOALS...



Make her health more of a priority than it is now



Easily view all of her families' appointments and health information



Track her daily smoking as she works to quit for good



“The myHealthPortal site is actually helping me quit smoking! My son is very proud of me, and I couldn't be happier!”