

A life, returned

How taking the Mayo Clinic Health Assessment helped an employee spot and fight cancer

Last fall, Cathey Nemish read about the \$50 incentive she could receive by completing the Mayo Clinic Health Assessment on www.BoeingWellness.com. Seeing the gift card as a potential Christmas present, Nemish, a St. Louis-based member of Computing and Network Operations' Customer Engagement team, tried to complete the assessment. "I quickly discovered that I couldn't provide answers to the questions since it had been so long since my last physical," she said.

Still motivated by the gift card, Nemish scheduled a physical exam that led her doctor to recommend a follow-up test. She then received a call from her doctor's nurse requesting that she come into the office to discuss her results.

"I was very busy with work that day and somewhat frustrated by the need to go in. At age 55, I had been blessed with almost perfect health. I was taking no medications and had no known health issues," Nemish said.

That afternoon, Nemish and her husband met with her internist. "She reviewed the report from the radiologist. She began with, 'Cathey, you have advanced ovarian cancer,'" Nemish recalled. "We were shocked, since I had experienced no symptoms to date, except a little stomach pouch, which I had written off to being 55 and not exercising."

Within the following 24 hours Nemish saw two oncology gynecology surgeons. "The story was the same: surgery to remove the masses and extensive surgery involving several organs," Nemish explained. Both surgeons were surprised Nemish wasn't experiencing any symptoms.

"The surgeons both agreed that it was a miracle that I had discovered the cancer when I did," Nemish said. "I wasn't even experiencing nausea, had a wonderful appetite and was living a normal life in all respects."

The surgeon who performed the surgery said Nemish was fortunate to discover the problem when she did. Just a few months longer could have made it much more difficult, if not impossible, to address.

After surgery, Nemish began aggressive chemotherapy treatment for several months, rearranging her work schedule to accommodate treatments.

Today, Nemish's blood tests fall within the normal range and her latest CT scan was clear. She will receive monthly maintenance doses of chemotherapy over the next year and is now participating in a study being conducted by Washington University Medical School looking for an alternative and improved marker for identifying ovarian cancer.



Cathey Nemish was diagnosed last year with ovarian cancer and has successfully undergone chemotherapy treatment. She said the Mayo Clinic Health Assessment helped lead to her diagnosis.

RON BOOKOUT/BOEING

"As a result of this study, someday our daughters and loved ones could become aware they have ovarian cancer cells earlier than when most people find out today," she said.

Nemish said she's very grateful that her cancer was diagnosed when it was.

"I have an absolutely wonderful outcome. I have a chance," she said. "The bottom line is I would never have gone in for a physical, since I had no reason to believe I had any issues, had it not been for the \$50 gift card and the BoeingWellness newsletter that came to our home and was laying on my kitchen table that November day to remind me of the campaign.

"I will always be indebted," she added. "I received the chance to fight for my life. I have nothing but blue skies ahead. Boeing gave me back my life."

To take the Health Assessment, visit www.BoeingWellness.com. This site also has information on topics relating to wellness, chronic conditions and other health-related matters. ■

Health Assessment supports well-being of Boeing employees

How healthy are you? Take the Mayo Clinic Health Assessment at www.BoeingWellness.com and find out. Plus, receive a \$50 gift card when you take the Health Assessment by Nov. 30.

The Health Assessment offers you an excellent opportunity to assess your health and identify ways you can make healthy lifestyle changes. Or, you may find that you're right on track.

When you take the Health Assessment, you receive:

- A tailored health action plan.
- Tools and resources to manage your health.
- Free healthy lifestyle coaching.
- A \$50 gift card (if you complete the assessment by Nov. 30).

The gift card is redeemable at more than 300 merchants in the United States. Or, instead of receiving the \$50 gift card, eligible individuals can make a charitable donation, including donations to health-related charities.

If your Health Assessment results show you need help losing or maintaining weight, managing stress, eating better or getting physically active, you can receive six months of free healthy lifestyle coaching from experts at the Mayo Clinic.

In addition, after completing the confidential Health Assessment, you can learn about the health management tools and resources that Boeing offers and receive a tailored action plan identifying your personal health profile. If you participated in the recent optional Boeing wellness screening at your worksite, have on hand your results when you complete the assessment; this will help ensure a more complete and personalized health profile.

If you're a Boeing employee—or the spouse or same-gender domestic partner of one and are enrolled in a Boeing health plan—you're eligible for the assessment and the gift card. For more information, including details about assessment eligibility (including for employees of U.S.-based Boeing subsidiaries), the gift card and the coaching, visit www.BoeingWellness.com.

Training on demand

My Learning on TotalAccess goes live in January

Title	Code	Status	Expiration Date	Days Remaining
CES/AMC Certification Course	LXCPHAD	Not Certified	09/20/2005	0
Purchase Card (P-Card) Training	IND11444	Certified		0

The new “My Learning” system on TotalAccess will be the one-stop resource for learning, training, development and certification requirements. Above is a sample screen shot of the site, which goes live in January.

Employees, business partners, suppliers, contractors and others with a Boeing-issued BEMS ID soon will have a new way to access and manage all of their training and certification requirements.

Starting Jan. 2, 2009, the new “My Learning” system on TotalAccess will be the one-stop resource for learning, training, development and certification requirements. The simple, streamlined tool consolidates more than 27 platforms and replaces legacy systems including Training Tracker and Training Server.

“This new system is a game changer for employees and business partners who need to stay up to date with real-time information on their training and certification requirements,” said Bill Epstein, My Learning program manager. “It simplifies access to learning and training data, delivers training updates on demand, improves visibility into current and future requirements, and streamlines records and reporting management.”

The new system is the result of extensive collaboration and partnership between Boeing business units, functions and support groups across the company to build a system that meets the needs of all users.

Visit <http://mylearning.web.boeing.com> on the Boeing intranet for the latest information on the My Learning project. This site also offers resources such as Five-Minute Trainers and answers to frequently asked questions.