

# Histories Essential for Our Health and Medical Care are More Important than a Physical Exam in a Doctor Office

*Our Health Information Gathering System—HiGS*



**HiGS** Histories supply a missing piece for health management. **Inner Reach® Corporation** is a **Stewardship for Humanity™** that carefully manages and cares for your history information with **HiGS**. **Inner Reach HiGS** is a tracking, monitoring, and following-up preventive care technology. **HiGS** histories can enable the 'ferreting-out' of potential problems and risk factors, supplying you with a missing piece of health management and healthcare. This is needed since time in doctor offices has become limited, resulting in essential thorough histories not being collected and risk missed.

**Superficial Scattershot Histories versus HiGS Comprehensive Histories**

Verbal Physician-Patient Interviews: Gathered Histories by Numerous Doctors During a Lifetime

Verbal Physician-Patient Interviews: Gathered Histories in Various Doctor Offices, Clinics, Hospitals, also can be kept at Insurance Companies

**HiGS**  
Keeps All Histories in One Place  
Controlled by the Individual

History Snippets in Forms are Rarely Looked At, Doctors Die, Doctor Offices and Hospitals Close

Histories Sit Scribbled by Physicians on Paper - Cannot Find Them

Where are all the Histories?  
A. Scattered Everywhere!

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**Do you know where your histories are?**  
See the above slide.

**Has your history been taken verbally most of the time?** Most histories are collected verbally during a physician-patient interview. In some situations some doctors are starting to use computer software to collect histories, although still not the norm. **Do you have your own complete health history?** Probably not. **Have you told your family and personal history to many physicians during your lifetime so far?** Most people have. **Are you tired of telling your story repeatedly?** Most likely. **Do you feel the questions asked about your history leave out much of your history?** Most probably. Most people feel they have more to say, but there is not enough time to tell their story. **Is your history on file in many doctor offices and intuitions?** Most likely. **Have any of those histories been given to you?** Probably never.



## Histories are Essential for Our Health and Medical Care

Studies from around the world show the importance of collecting and knowing histories to get good medical care and to have good health. Studies reveal that conditions and diseases can be missed when adequate and essential history is omitted during a physical examination by a physician.<sup>[1][2]</sup>

Comprehensive accurate histories are needed to identify risk, make diagnoses; and save time, suffering, and money. Time constraints reduce opportunities for collecting accurate and more comprehensive histories by physicians and other healthcare professionals. Their time costs money. Studies suggest, "Physicians using electronic health records preferentially structure interviews around data-gathering demands of the system rather than patients' own narrated accounts".<sup>[3][4]</sup> This results in lost opportunities for gathering histories and patients' powerful stories. Screening to gather an individual's history is a more sensitive tool than the physical examination. cursory examination often fails to uncover problems.<sup>[5][6]</sup>

In the absence of genetic testing, studies suggest that family history can be used as a tool to form risk into layers for common chronic diseases; thereby identifying individuals with increased disease susceptibility.<sup>[7]</sup> High-risk people are often missed by their primary care physicians due to lack of genetic evaluation.<sup>[8]</sup>



## HiGS and the Personal Health History (PHH) Report

The Inner Reach system offers individuals, the ability to create their own **Personal Health History (PHH)**, capturing histories, screenings, symptoms, and situations to know what is needed for health and be prepared in advance with histories for times of illness. **HiGS** gives people a way to learn about their own histories, ways their health can be affected by their histories, and how to make changes to have health and delay disease. **HiGS** histories tell a personalized story, enabling individuals to be better prepared to stay healthy and delay disease; the **PHH** can be shared with physicians and healthcare professionals in times of illness or routine check-ups.

## About Inner Reach



As a stewardship for humanity™, **Inner Reach** is committed to the design, development, and delivery of individual-centered health information gathering with the highest standards of excellence. We envelope: software technology, Internet technology, and health psychology. Health psychology is based on health and preventive care using a biological-physical-psychological-sociological-medical model, including nutritional, environmental, cultural, and occupational, components. Founded in 1996 and incorporated in 1998, the **Inner Reach Corporation** is headquartered in Oklahoma City, Oklahoma, USA.

References: **1.** Corrado, D. Et al; "Trends in Sudden Cardiovascular Death in Young Competitive Athletes After Implementation of a Preparticipation Screening Program". *Journal of the American Medical Association*. 2006;296:1593-1601. **2.** "What is a good physical exam? - Preventive Medicine". *Harvard Health Letter*. July, 1997. **3.** Patel VL, Arocha JF, Kushniruk AW. "Patients' and physicians' understanding of health and biomedical concepts: relationship to the design of EMR systems". *Journal of Biomedical Informatics*. 2002;35:8-16. **4.** Makoul G, Curry RH, Tang PC. "The use of electronic medical records: communication patterns in outpatient encounters". *Journal of the American Medical Informatics Association*. 2001;8:610-615. **5.** Krowchuk, D.P. "The preparticipation athletic examination: a closer look". *Pediatric Annals*. 1997;26:37-49. **6.** Abdulla, A.S; Abdulla, F. "The pre-participation evaluation of athletes". *The Middle East Journal of Family Medicine*. June/July 2007. Volume 5; Issue 4/5: 23-24. **7.** Paula W. Yoon, ScD, MPH et al; "Can Family History Be Used as a Tool for Public Health and Preventive Medicine?" *Genetics in Medicine*. 2002; 4(4):304-310. **8.** Hayflick, S.J.; Eiff, M.P.; Carpenter, L.; Steinberger, J. "Primary care physician's utilization and perceptions of genetic services". *Genetics in Medicine*. 1998; 1: 13-22.