

## Inner Reach HiGS is a Tracking, Monitoring, and Following-up Preventive Care Technology

*Our Health Information Gathering System—HiGS*



*Inner Reach HiGS is a tracking, monitoring, and following-up preventive care technology. Today's clinical healthcare technology systems are based on disease and its treatment which only address healthcare record keeping and healthcare delivery. They are inadequate systems for preventive health matters. Preventive care needs this different type of tracking, education, and focus that HiGS technology provides.*

Healthcare technology is designed to help the healthcare system and the medical mechanisms that provide us with healthcare. When done well, technology eases the strain of time constraints and the complexities of healthcare delivery methods for healthcare professionals, in order for healthcare professionals to better assist those they serve. The trouble is healthcare technology does not necessarily help *us*. What is missing is prevention and knowledge about health not just disease care. We need care for disease when we are ill but more importantly; we need to keep from becoming ill in the first place. The Inner Reach Health Information Gathering System - **HiGS** provides the Preventive Care technology. **HiGS** is a system for tracking, monitoring, and following-up for preventive health. **HiGS** collects, assesses, teaches, tracks, stores, and retrieves.

### Prevention Comes in Four Packages

Prevention is an action that is taken to stop something from taking place. Preventive care is actions provided and received which are implemented to preserve health and delay disease, keeping disease from happening. Except for genetics and a few other factors, good preventive measures matched with personal histories along with targeted changes, which when acted upon and adhered to, make it nearly impossible or very difficult for disease to happen. Preventive care includes:

1. Diagnostic measures to detect disease early and treatments such as influenza vaccination
2. Diet, exercise, and substance abuse and smoking cessation programs
3. Health Education and Environmental Health awareness and actions
4. Knowledge of genetic, personal, and family history with comprehension of what is required to have good health then implementing changes, taking actions accordingly.

Although **HiGS** encompasses all of these, the primary emphasis is on 3 and 4.

## The Difference between Healthcare and Superior Care is Preventive Care

Preventive care technology enriches health through self-knowledge and improves interactions with a person's healthcare professionals through knowledge of histories and better communication of personal stories conveyed in a more comprehensive time-saving manner. Preventive care has little to do with healthcare or caring for disease. It is more than that; it looks after health. Healthcare technology addresses many needs but what is needed also is a technology that meets the specific needs of individuals to be healthy and disease free – a preventive care technology. Preventive care technology focuses on health which is not the typical training of Western medicine and healthcare which is about disease. Health is about genetics, biology, physiology, psychology, sociology, medical sciences, the environment, nutrition, occupational issues, cultures, and more.

Disease requires a medical doctor or doctors of related disciplines who treat diseases. Health requires a Health Psychologist or a doctor of other similar disciplines and knowledge. The knowledge and training of the disease doctor and the health doctor are different. Both types of doctors desire the same thing – to see people be healthy. *If a person is sick, the physician helps the person get well. If the person is well, the health psychologist assesses for risk then teaches the person how to stay well and not get sick.* **HiGS** enables self-assessment similar to questions doctors ask in a doctor office but are even more comprehensive and authentic. **HiGS** self-assessment is focused on health and delaying disease, also asking questions similar to what health psychology doctors and nurses would ask then educates to preserve health.

## HiGS Protocols and Technology Development

**HiGS** technology and its protocols were invented and designed by a software architect and a health psychologist who is also a registered nurse. **HiGS** protocol research and development took more than a decade and its technology and related preventive health delivery mechanisms took seven years. **HiGS** was created to make a difference in health by helping to delay disease while providing a system for the lifetime-collecting of histories people themselves can have and control.

## 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, 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 and the **PHH** can be shared with physicians and healthcare professionals in times of illness and need.

## 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.