

Inner Reach HiGS Stewardship for Humanity™

Our Health Information Gathering System—HiGS



Stewardship is the careful and responsible management and taking care of something which belongs to someone else that is entrusted to one's care. Humanity is the human race and total world population of humans. Inner Reach HiGS is a tracking, monitoring, and following-up preventive care technology - a stewardship of humanity's histories.

By nature, we long to invest our money and time in things that matter and for our work to become successful. Money drives businesses, enabling them to prosper and survive. Inner Reach regards its vigilant stewardship as central principles and practices for success to happen. While providing something very useful such as HiGS, "doing good" and making a difference must be measured with the same importance as the money.

Inner Reach Corporation is a health information gathering preventive care technology company that enables the public to collect, access, and control their own health histories. **HiGS** involves itself with the need and desire for individuals to have privacy concerning their own health histories and the control over their histories information while determining themselves how much and when they will share their histories. Our technology is web-based and available anywhere in the world there is Internet access in times of travel, crisis, or need. HiGS focuses on enabling anyone to collect their health history for preventive self-care and as preparation for healthcare.

HIPAA is a standard used in the healthcare system for handling and sharing of an individual's healthcare related information. The 'P' in HIPAA refers to the portability of individuals' information not the privacy of individuals' information. HIPAA enables medical mechanisms to share throughout the healthcare mechanisms and its technology, through encryption and other methods, information about individuals, including their histories. Health Histories until now have been collected mostly verbally and controlled by medical mechanisms. **HiGS** Health Histories are for the healthcare consumers to have and control.

Physical Exam is Less Important than Health History

Studies show taking a careful history and having comprehensive histories are more important than a physical exam in a doctor office to detect risk, diagnose disease, and prevent disease. and trouble.^{[1][2]} Health histories have no central place where you can find them. What does

exist, most likely does not contain the full story of your important health information. With HiGS, your History is comprehensive, all in one place, interactive, accessible, and retrievable.

Comprehensive Health History

Comprehensive accurate histories are needed to identify risk, make diagnoses, and save time, suffering, and money. Time constraints reduce opportunities for accurate and comprehensive histories to be collected by physicians and other healthcare professionals. Their time costs money. Comprehensive health histories are the big missing piece needed for efficient and quality self-care and healthcare. HiGS helps you collect your own health history. HiGS places you in the center of the health process. You control your information in your results report.

HiGS Does Two Main Things

Preventive care needs this different type of tracking, education, and focus that HiGS technology provides. HiGS does two main things: 1) it provides a way for you to collect your history yourself, control your results, identify risks, and get educated to fix problem areas in which risks occur; and 2) print, fax, or electronically share your **Personal Health History (PHH)** - which is your HiGS results report - with family members and healthcare professionals as you wish.

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 fourteen years 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 - Stewardship for Humanity™



As a **Stewardship for Humanity®**, **Inner Reach** is committed to the design, development, and delivery of healthcare consumer-centered health information gathering with the highest standards of excellence. We wrap together 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. Trends in Sudden Cardiovascular Death in Young Competitive Athletes After Implementation of a Preparticipation Screening Program. Corrado, D. Et al; *JAMA*. 2006;296:1593-1601.; 2. "What is a good physical exam? - Preventive Medicine". *Harvard Health Letter*. July, 1997

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