

Inner Reach Health Solutions for Individuals

Our Health Information Gathering System - HiGS



*The Inner Reach system offers individuals, the ability to create their own **Personal Health History (PHH)**, capturing histories, symptoms, and situations that physicians can read in a brief time at the start of their meetings with patients. Time is money, yet people still need time to tell their story to convey what is going on with them, in order to have their needs met and to 'buy into' any recommended treatments. Once people can tell their story they have more confidence in the process since they know their doctor knows their concerns. They are also better prepared to stay healthy and delay disease.*

We ask “**Why manage diseases we can prevent?**” We are positioning our company to lead the way in **individual-centered health information gathering**. Healthcare costs for individuals, corporations, communities, and governments increase yearly, while the quality and effectiveness of healthcare decrease. We designed our System to turn this trend by providing increased ability for individuals to know their baselines (what is normal) and their uniqueness (what is special) through self-introspection and collection of histories, signs, and symptoms in physical and psychological areas. This useful **preventive care technology** system, and its resulting **Personal Health History (PHH)** report, increase self-knowledge and communication between individuals and their healthcare professionals. It helps prepare individuals for anything—bird flu, hurricanes, crisis, travel, and especially ways to have health.



Medical Mechanisms

Medical mechanisms consist of all aspects of healthcare. They are the hospitals, doctor offices, clinics, pharmacies, doctors, nurses, home healthcare professionals, elder care facilities, insurance companies, and more. Healthcare primarily diagnoses and treats diseases. Misnamed, healthcare is really more about disease care and sickness care. It looks after us after we become sick.

Preventive Health Care

Preventive health care is more than simple diagnostic tests performed to *rule out* or *rule in* diseases and to detect diseases in early stages. Preventive health care includes the collecting and screening of individuals' histories plus teaching about ways in which to prevent diseases from occurring in the first place - delaying diseases. Preventive health care is pro-active and daily. Preventive health care looks after us before we get sick to keep us from getting sick while delaying disease. **Inner Reach HiGS** is a tracking, monitoring, and following-up preventive care technology.

Healthcare Needs a Preventive Care Delivery System

Trained in disease, most medical doctors know very little about health and preventive health measures. Those who do know, have too little time to teach about health matters and how to delay disease. Communities, organizations, and companies need prevention education that works. Health education is complex and having good health requires the understanding of all the layers and rippling effects of daily habits, lifestyles, nutrition, environments, occupations, genetics, and particular needs based on culture. Preventive care needs a smooth easy delivery that starts with the individual through knowledge of oneself then learning ways to delay diseases based upon what is learned. Collecting these areas in the **Inner Reach** Health Information Gathering System (**HiGS**) enables identification of risks.

What Is Missing in Healthcare and Healthcare Informatics?

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. Technology systems provide a channel for healthcare professionals to record, distribute, and receive information about us in part to provide healthcare to us. What is missing is a smooth way for individuals to know about themselves and for physicians to collect relevant information and histories. What is missing in the healthcare system is a way for all of us to place ourselves in the center of our own care. What is missing is the collection of comprehensive useful accurate history data. **HiGS** meets that need.

Our Histories are Essential for Preventive Self-Care and Healthcare

Studies show that conditions and diseases can be missed when adequate and essential history is omitted during a physical examination by a physician in a doctor office.^[1] They suggest, *physicians using EHRs preferentially structure interviews around data-gathering demands rather than patients' own narrated accounts.*^{[2] [3]} **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.**^[4] 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.^[5] High-risk people are missed by their primary care physicians due to lack of genetic evaluation.^[6] **HiGS** histories can enable 'ferreting out' potential problems and risk factors, supplying individuals 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.

HiGS

"Access to high-quality and affordable prevention measures (including screening and appropriate follow-up) is essential if we are to save lives and reduce medical care costs." (U.S. Department of Health and Human Services)

HiGS invites **healthcare consumers** to, "Tell your story...by using the Family History, Personal History, Cultural History, and much more..." Genetics, upbringing, culture, social situations, work, home, environments, nutrition, exposures, relationships with people, family influences, habits, choices, and more impact every person's health. **HiGS** collects essences of all these elements because all these elements impact health and determine the presence or absence of disease.

They act as clues to risk for prevention. **HiGS** is comprehensive, specific, and personal - not broad and general.



Inner Reach offers a **Health Information Gathering System (HiGS)** that enables people to capture their health histories, symptoms, and situations that they themselves control. Designed for the individual, our system enables people to gather information, find patterns, identify potential risks, and make changes to preserve health while being prepared. **HiGS** acts as an assessing and reporting tool to assist an individual to communicate better and more quickly with physicians and other health professionals, increasing the likelihood of a swifter and more accurate diagnosis and decreasing the likelihood of their 'falling through the cracks' of the healthcare system.

Healthcare Technology and the Missing Piece – the Patient

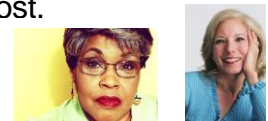
The White House tells us, *technology is here today which helps link together doctors, patients, and hospitals in seamless, digital environments, making it possible for a patient's records to be transferred quickly and accurately and with all necessary privacy protections. The technology has already developed to the point that many hospitals and medical systems can track patient records, laboratory tests, drug administration, and follow-up care. What is needed is better involvement to improve consumer participation and access to this technology.*^[7]

The only missing element is the patient. The current systems for e-health technology are structured for the usual medical mechanisms to transmit data about people. They still has left out the most important piece—the individual using the healthcare. All of us! Placing the individual in the center of the process, **HiGS** helps fill this void.

Client Customers – Companies, Organizations, and Communities

Reaching large populations at once, **Inner Reach** is structured for *client customers* including companies, organizations, and communities. In turn, the *client customers* provide **HiGS** as an advantage and way to bring about health through individual self-knowledge of baselines, risks, and education for change to delay disease, increase productivity, and decrease cost.

The Inner Reach System



The **HiGS** reports back its basic fundamental tasks to **Inner Reach health customers** within the **HiGS** system. The **HiGS** database has its own reporting for basic elements such as:

- User enters x number of **HiGS Histories** and has in his or her **PHH** - all responses (holds both yes and no responses separately or together to be viewed as desired.)
- User enters X number of **HiGS Assessments** and has in his or her **PHH** all yes responses and also a grading of normal, mild, moderate, or severe risk.
- User enters responses in **HiGS Body Systems** and has in his or her **PHH** all signs and symptoms for every 24 hour period in which signs and symptoms are collected and documented.
- User enters daily monitoring items in **HiGS Calendars** which tracks them for a month at a time to **PHH**.

HiGS History

A **HiGS History** gathers information about a user's past. Some Histories are personal, and others gather information about family or heritage. These Histories often contain valuable information and insight into a user's current health conditions, highlighting possible risk areas. Health has its roots in the past choices made, as well as the events and people that have impacted a person's life.

HiGS Assessments

Assessments are protocols based on DSM IV psychiatric and standard medical and nursing criteria. Addressing three basic areas: diseases and conditions, psychological, and gender specific issues, **HiGS Assessments** enable users to gather their information and learn more about themselves, prevention, and delaying disease. They include questions similar to ones the doctor asks. User information is gathered like a doctor's first notes but is even more comprehensive. Above and beyond the basic self-assessment function, our **health customers** often find the content in these questions as thought provoking. Visiting and revisiting one's gathered health information brings user's personal acumen or health IQ to a higher level.

HiGS Body Systems

In everyone's body there are body systems which have standard descriptions. The body is a machine that is comprised of systems. From the chemical synapses of the brain to the aches and pains of muscles and joints, many systems are at work. In cross-referencing the collection of body systems, **HiGS** helps our **health customers** see patterns and be able to focus on areas in which problems occur.

The **Body Systems** area is a check list that helps users collect their signs and symptoms initially for baselines or whenever they are sick so they can monitor how they are doing. A healthy body and mind are free from symptoms. Signs and symptoms tell us something is going on that is wrong with the body or mind. Signs and symptoms are warnings and clues. The interdependence of mind, body, thought, and sense-of-self come together in the **HiGS Body Systems**. Frequently, **HiGS** users come to realize their patterns appear to be heavily weighted in specific areas. This gathered information from **HiGS Body Systems**, together with **Histories** and **Assessments**, gives our **health customer**, history, situations, and symptom checks towards more clarity.

HiGS Calendars

In the last quarter of 2010, a new component will be added to **HiGS** called **HiGS Calendars**. **Calendars** enable users to monitor their daily progress in a specific topic area similar to the way **HiGS Body Systems** enables the monitoring of a user's daily physical condition through symptom checks. **Calendar** topics include: alcohol drinking monitoring, Body Mass Index, daily weight, waist measurement, exercise and locomotion, menopause issues, cigarette smoking, and more.

HiGS Library

The **HiGS Library** is a collection of articles written specifically for **HiGS**. These articles cover a wide-range of topics from diseases to considerations for conquering daily issues. Think of a typical three-page article in the **HiGS Library** as a collection of pertinent information about a topic sourced from about a dozen standard texts; years of experience in health, healthcare, and keeping people healthy; input from specialists, and research and current studies.

Cultural components are built into the **HiGS** in various ways, including integrative and traditional medical approach such as Ayurveda and Traditional Chinese Medicine (TCM). Awareness of cultural aspects is essential to understand health needs and ways in which culture impacts health.

The **Personal Health History (PHH)** is a collection of everything a user has done with **HiGS**. It is a combination of his or her responses to **HiGS Histories, Assessments, and Body Systems and Calendar** entries. Users can view their entire **PHH** or parts of their **PHH** by selecting the **View PHH** link within the **HiGS**. As **HiGS** subscribers and *health customers*, the **PHH** keeps all users' information for users to access from anywhere over the Internet anytime throughout their lifetime.

The HiGS Report – The Personal Health Story (PHS)



Providing risk predictives through gathered information in **HiGS** enables individuals to know baselines and potential for risk to make targeted personalized changes to have health and delay disease. Identifying potential for risk leads to prevention, keeping people healthier longer. **HiGS** 'knows' individuals are central; **HiGS** starts the health history process.

The **Personal Health History (PHH)** is available through Internet access, anywhere in the world, at any time, for any reason - in times of travel, crisis, or need. The information is gathered by the person for the person's use. The information gathered by the **HiGS**'s user is about the user's health, so it is in-depth and relevant rather than the general and non-specific information available currently. The **PHH** is controlled solely by the **health customer**.

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 wrap together software technology, Internet technology, and health psychology. Health psychology is based on health and preventive care using a genetic-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.

"The function of protecting and developing health must rank even above that of restoring it when it is impaired."
—Hippocrates

Lifesaving Knowledge is One Click Away

Through **HiGS**, people now have the ability to assess their health, learn more about themselves, and communicate their health concerns more effectively and efficiently. Collecting information about baseline health enables people to know norms, identify risks, and find patterns to detect problems early, so their physicians can understand more about them when they are ill. By collecting their uniqueness as well as histories, habits, and lifestyles, individuals have opportunities to recognize potentials for changes that can impact their health and preserve it, decreasing healthcare costs. Time studies show histories gathered by patients are more efficient than traditional methods and allows more time for discussing the assessment findings and plan. ^[8]

Inner Reach is ahead of the curve with e-health monitoring designed just for individuals by initiating this e-health process, leading the way in individual-centered health information gathering that is personalized, preparing individuals for nearly anything.

(Study reference sources: 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. Patel VL, Arocha JF, Kushniruk AW. Patients' and physicians' understanding of health and biomedical concepts: relationship to the design of EMR systems. J Biomed Inform. 2002;35:8-16. 3. Makoul G, Curry RH, Tang PC. "The use of electronic medical records: communication patterns in outpatient encounters." J Am Med Inform Assoc. 2001;8:610-615. 4. Krowchuk DP. "The preparticipation athletic examination: a closer look." Pediatric Annals 1997;26:37-49. 5. 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. 6. Haylick SJ, Eiff MP, Carpenter L, Steinberger J. "Primary care physician's utilization and perceptions of genetic services." Genet Med 1998; 1: 13-22. 7. "Reforming Healthcare for the Twenty-first Century." The White House National Economic Council, February 2006. 8. Bachman JW. The patient-computer interview: a neglected tool that can aid the clinician. Mayo Clinic Proc. 2003;78:67-78.)