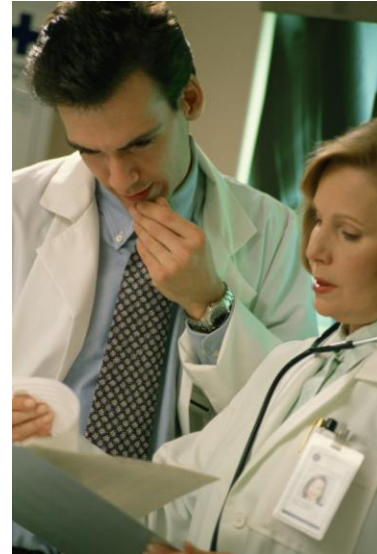


Inner Reach History Gathering Solutions HiGS for Researchers

Our Health Information Gathering System—HiGS



Inner Reach HiGS is a tracking, monitoring, and following-up preventive care technology which electronically collects, assesses, screens, teaches, tracks, stores, and retrieves an individual's health histories. HiGS for Researchers enables research institutions such as universities and government institutions to license any agreed to combination of relevant HiGS Histories, Assessments, and Body Systems in conjunction with their area of research.

How the Inner Reach HiGS Data Collection Works



The Inner Reach HiGS is a qualitative system in which a user collects his or her own health history information after answering various questions based upon our protocols. HiGS protocols are health-psychology instruments centered on health and preventive concerns, using a biological-physical-psychological-sociological-medical model. HiGS includes including nutritional, culture, environmental, and occupational, components.

All HiGS protocols are based upon standard Western medicine and nursing criteria and DSM-IV psychiatric criteria. Additionally some HiGS protocols may include integrative health methods, such as Traditional Chinese Medicine (TCM), *joint medicine*, Chinese Medicinal herbs (CMH), Oriental Medicine (OM) methods, and Ayurveda.

Inner Reach pioneered the way for individuals to electronically collect, manage, update, and retrieve their own health histories that are authenticated by the healthcare consumer. HiGS Histories and Health Risk Assessments (HRAs) results reports are controlled by the healthcare consumer and can be printed, faxed, or electronically sent to anyone they wish, including family, physicians, and other healthcare professionals.

The only time a user's personal ID information comes together with his or her health history information is when users themselves enter their email address and password to make that happen. Personal information and health history information are stored in two separate HiGS data bases. In other words, only the user ever has access to their own data with their personal identification displayed, with the exception of when a user gives or sends their data either in printed form or via fax or electronic email.



How HiGS Data Collection for Researchers Works

HiGS for Researchers is an arrangement made by Inner Reach and a research institution enabling a researcher to use specific subjects' information collected by the **HiGS** system as part of an overall research project. This system is different from HiGS since with HiGS, only the user can enter and access their own Health History; the user controls it completely.

As part of the overall research program, individuals participating in a research program will take specified histories and protocols authorized as part of the research project. Depending upon the selections made by the research institution's study program, the user electronically enters answers to various HiGS Histories, Assessments and Screenings, and Body Systems (signs and symptoms recorded for each 24 hour period).

When the individual logs onto the HiGS, in addition to entering their normal identification information, they would enter a pre-assigned "Research Program Identification number". Once the individual completes the taking of the agreed upon histories and protocols, a copy of the information is placed into a special "Research Program" database under the individuals "Research Program Identification number".

This Research Program database will contain copies of information from all of the research participants under their unique Research Program Identification number. With the Research Program database, the researchers will have access to the research program participants' data without having any access to the participants' private data on the general HiGS system.

HiGS for Researchers enables the researcher to see the study participants' results. The resultant data can be exported into several different formats for analysis. Study participants must authorize the use of their information in the research project.



Privacy Matters

It is important for the public to note that any studies performed at universities and other research institutions, engage study participants who are aware they are being studied and are required, as participants of the study, to authorize the institutions use of their personal information for the purposes spelled out in each study. Inner Reach was conceptualized and is structured to

insure that only healthcare consumers create and control their own personal information with HiGS. As with any reputable institution conducting a study, authorization by HiGS users for this type of purpose is vital.



Inner Reach Provides Grants for Certain Research Projects

Inner Reach is interested in all types of research and particularly studies which include Traditional Chinese Medicine (TCM), and Chinese Medicinal Herbs (CMH) studies; Breast Cancer in both genders (although rare in men); Prostate Cancer in Men; Colon Cancer, Dementias and Elderly Issues, Metabolic Syndrome (MetS), and all the Overweight and Obesity related diseases (see *Inner Reach HiGS Dozen Dangerous Diseases White Paper*, which spells out these diseases in detail).

Inner Reach® Corporation provides HiGS grants: Inner Reach is aware that obtaining and keeping grants can pose difficulties for certain institutions and with that understanding makes arrangements to assist research institutions in certain special situations by providing HiGS for a particular study, waving usual fees.

For human studies of all kinds, health history data can be collected and daily signs and symptoms can be tracked by using **HiGS for Researchers**. **HiGS for Researchers** can save researchers time while adding to data collection quality and volume on a study participant. Researchers investigate scientific objective data – biology. **HiGS** facilitates biography.

HiGS Collects Information in Many Areas

HiGS contains more than ten thousand questions and gathers data in the following areas:



- More than 25 **Histories**
- More than 180 **Assessments**, including many mental health areas which enable people to investigate their concerns without others' knowing about them if the individual does not wish that. (All **HiGS** mental health protocols are based on standard DSM-IV manual of psychiatric criteria.)
- 9 **Body Systems** collect signs and symptoms during a 24 hour period then starts anew. There are more than fifteen-hundred signs and symptoms in the **HiGS Body Systems**.
- **Monitoring Calendars** to keep daily track of special areas of interest or concern for each month such as weight, Body Mass Index (BMI), waist measurement, amount of walking and locomotion, alcohol drinking monitoring, menopausal issues, cigarette smoking, and more. The BMI is the height-weight-ratio to calculate how many *safe* fat cells are in the body.
- **Traditional Chinese Medicine Components** for those who like *joint* medicine.

Everything comes together in the report – the **Personal Health History (PHH)**. The **HiGS Library** ties everything together that is in the **HiGS** so people can find common descriptions of things to do to make changes for health and disease delay.

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 Has Culture Components



HiGS has culture components built into its technology throughout the **HiGS Histories, Assessments, and Library**. It includes other medical approaches in addition to Western medicine ways such as Ayurveda and Traditional Chinese Medicine. Culture is considered because our genetics, where we were born, where we have lived, and all those who have influenced our lives bring strong inclinations toward interests, habits, lifestyles, belief systems, traditions, and more. Environmental, nutritional, and occupational areas are also covered in the **HiGS**.

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

Inner Reach Independent of Outside Influences

The **Inner Reach** system is independent of any specific healthcare provider such as; private physicians, PPOs, HMOs, insurance plans, Hospitals, Clinics etc., and not part of usual medical mechanisms. It is strictly for and about health histories, HRAs, and preventive care for individuals. The **Inner Reach HiGS** is designed primarily for asymptomatic (not showing indications of a disease or medical condition) populations to enable populations to learn more about themselves through history information gathering to have and keep health and delay disease. **HiGS** focus is health and risk. If people are concerned about diagnosing and treatment, their medical care provider is the contact for their healthcare.

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.