



Cope with Chronic Conditions. Anytime. Anywhere.

An Invitation to Patients and Caregivers

- Want an app that allows you to follow your or a loved one's health goals, including illnesses, symptoms and lab tests?
- Want an app that allows you to see the effects of medications, diet, exercise and other instructions?
- Want an app that can collect your important medical information for easy sharing with doctors and others as you see fit?
- Want an app that allows you to access your emergency contacts, doctor and insurance information anywhere?
- Want an app that gives you daily reminders to score your goals and remind you to follow your instructions for medications, diet and exercise?
- Want an app that provides your key medical information should you need to seek medical care away from home?
- Want an app that allows you to follow your health goals and important related instructions daily, over weeks or over months, depending on the nature of the health goals you have selected?

The SmartPHR® Health Aware mobile app is designed to fulfill all these needs. This unique app allows for prioritizing health goals for yourself or someone whose care you help manage. Clear graphics show the impact over time on health goals as related to specific medical instructions, such as use of medications, supplements, diet or exercise. Health goals can be those selected with the help of your provider(s), and entry of new or changed instructions allow for observing the impact on the goals as the result of these changes. The app also has a function that serves as a daily reminder to follow and document specific instructions, and is a great tool for sharing such information readily with your providers, without carrying tedious paper records.

Exclusively controlled by patients (or personal representatives), this app is designed to sustain long-term partnerships among patients, informal caregivers, care coordinators, health care, social service, fitness, prevention, rehabilitation, and spiritual professionals.

The app is available for your iPhone. To learn more about the app and about us, please visit our website at www.thesmartphr.com.

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