



AMFS MyHealth System

an Ames MyFile Systems Product

Iowa Lakes Community College Implements AMFS MyHealth System

Firm Continues to make inroads in Higher Education for both Students & Faculty

January 12, 2008 (Boston, MA) – Ames MyFile Systems, Inc. (AMFS), a spin off of Ames Color-File – the standard in Health Care Information Management, is pleased to announce the addition of Iowa Lakes Community College to its growing base of clients in the higher education market.

Iowa Lakes Community College has signed agreements to make AMFS an integral part of their students' and staffs' health and wellness curriculum. Val Newhouse, Executive VP Administration, Iowa Lakes Community College cited the AMFS MyHealth Systems as “the one comprehensive offering on the market that offers secure online personal health records, detailed health risk assessment surveying – all coupled with the online action plans that promote ongoing health and wellness – AMFS MyHealth System is the total package.”

Created to provide secure online health care information tracking and management, along with proactive AMFS MyHealth System Action Plans (MAPS), AMFS MyHealth System, is striving to help its members rein in spiraling health care costs through better health and wellness awareness and proactive management.

For the college market, the MAPs module helps students and faculty through individual action plans – designed to promote healthier living with nutritional, fitness and life style programs tailored for each member – enabling students, councilors and coaches to track ongoing progress – promoting better health. MAPs takes into account unique attributes such as a person's age, weight, level of fitness, medical history and any disabilities to craft unique instruction for each individual.

About Iowa Lakes Community College:

One of Iowa's premier community colleges, the faculty and staff at Iowa Lakes recognize that learning is a lifelong process. Continuing education is an emphasis of the college. General interest courses are available to adults and older learners. Customized training is specifically designed for area businesses and industry. Training can be provided at the business or at Iowa Lakes – all on a schedule convenient to the business and employees. In addition, the college has developed numerous partnerships with area economic development groups.

About AMFS MyHealth System

AMFS MyHealth System was established to provide a personal health platform for individuals and families that will become their life long hub for health and wellness. It is our belief that in order to take responsibility for one's health, individuals need the right tools and resources to understand their health issues, become more engaged in decisions they face, and improve their communications with doctors and clinicians. AMFS MyHealth System provides these tools and resources.

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