



MyFile Action Plans

Ames MyFile Action Plans (MAPs) solves the problem of how to attain one's health and wellness goals by providing detailed plans for daily, weekly, and/or monthly execution. **MAPs** gives users the documentation and step by step programs that provide easy to use, interactive personal action plans that get you on the road to better health.

MAPs are available in self-directed mode for personal health improvement, or with a coach/instructor directed model. All action plans can be configured to match unique client service levels and business rules including the duration of the program, action steps to be included, supporting instructions and reporting requirements.



“...I can get to my customized MAPs whenever I want. I get step by step action plans to follow. MAPs makes it a lot easier for me to reach my health and wellness goals!.....”

Key components of **MAPs** include:

Instructor Module

- MAP Builder (Documents, Web Links, Audio, Video, etc)
- Specify MAPs by Category (Exercise, Nutrition, Stress, etc.)
- Supporting Notes/Instructions
- Assessment (test) builder
- MAP Import/Export
- MAP Libraries
- Action Plan - Dynamic Scheduler (Hourly, Daily, Monthly)
- Schedule Action Plans by Individual or Group (Team)
- Reporting
 - Individual Results
 - Group (Team) Results
 - Statistical Reports, Graphs
 - Export to Analysis Systems

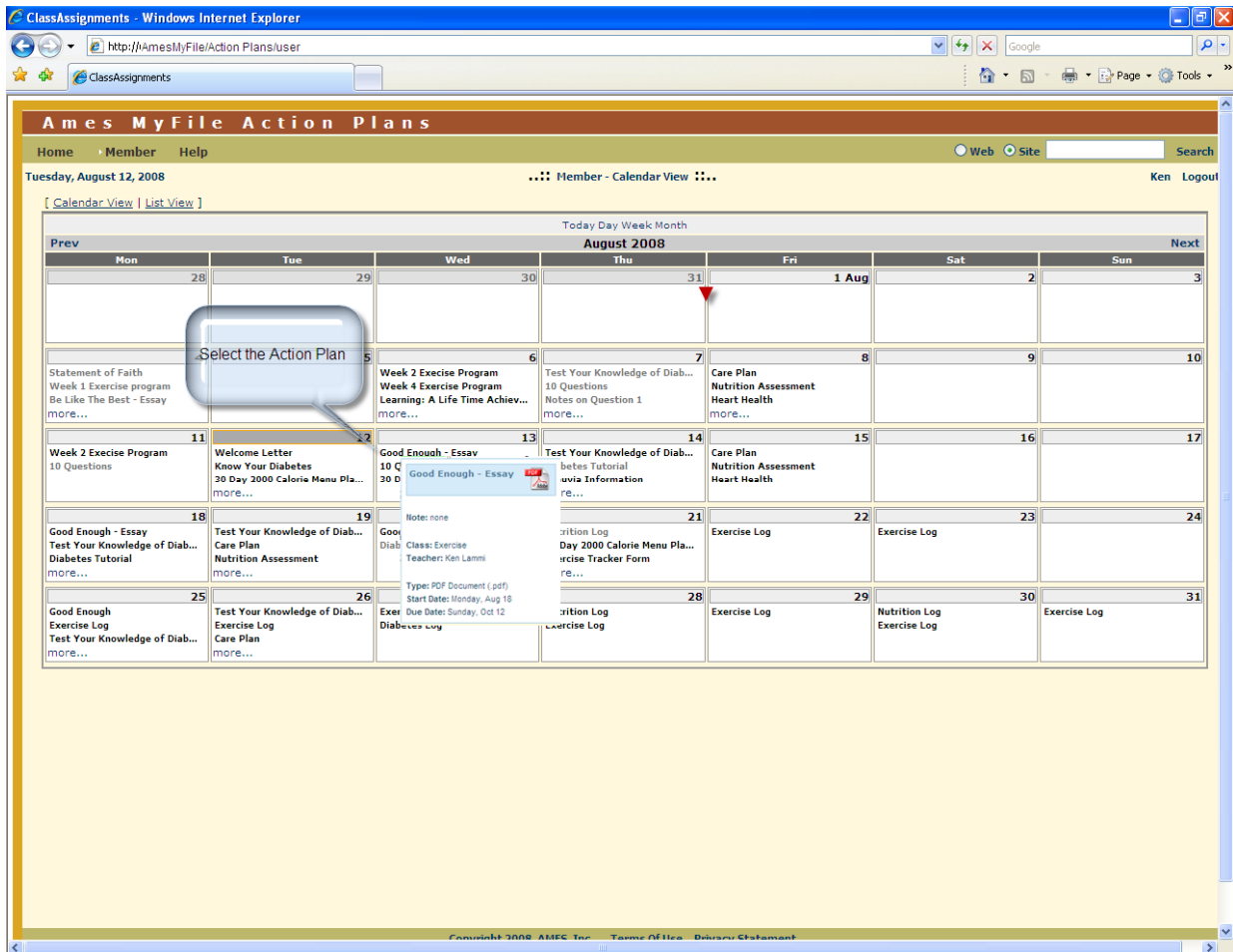
User Module

- Interactive Calendar View of Action Plans (Daily, Weekly, Monthly)
- View by Category/Class of Action Plan
- Single View for Action Plan Execution
- Immediate Feed Back from Assessments
- Progress Tracking via Personal Health Dashboard



MAPs can be customized to fit an individual's needs and goals. Depending on the age, fitness level, HRA results, sponsor goals, individual goals, compliance requirements, and/or individual chronic conditions, the **MAPs** environment provides an appropriate solution, customized for the user.

Multiple action plans can be supported for a single user. For instance, a child action plan could address physical fitness and gospel learning whereas an adult plan could support an exercise and diet plan along with a learn how to cook for diabetics.



Monthly View of Assigned Action Plans

The plan options are limited only by one's imagination! Ease of use and flexibility are keys to success in any health and wellness improvement program. With the Ames **MAPs** solution, users have a tool to make attaining one's health and wellness goals a reality.

Ames MyFile Action Plan environment is one part of the total personal health management solution set that Ames offers. **MAPs**, coupled with Ames MyFile Personal Health Record, Health Risk Assessment and Personal Health Dashboard provides a total personal health and wellness solution un-matched in the market today.