



AMFS MyHealth System Exhibits at NIRSA

April 10, 2008 (Boston, MA) – Ames MyFile Systems, Inc. (AMFS) presented the AMFS MyHealth System for college students at the recent NIRSA convention in Austin, TX. NIRSA is the leading resource for professional and student development, education, and research in collegiate recreational sports.

Irene McCormick from Des Moines Area Community College, an AMFS MyHealth System user, spoke about how the college based Health Risk Assessment from AMFS is being used at DMACC. McCormick stated, “Adults age 18-35 are among the highest for health risks in the United States. Campus recreation and wellness programs are in a perfect position to reach and influence students by helping them identify risks and obtain personalized tips for lowering and/or preventing them. The key to unlocking this information lies in the ability to get students to take health/risk assessments”.

McCormick presented techniques to launch successful student health risk assessment campaigns and use the data to create effective health and wellness-based programs. Keys to success in implementing wellness programs on a college campus include: (1) understanding the influence that a campus recreation and wellness program may exert to reach and influence students, (2) learning how to create purposeful campus health and wellness initiatives and programs targeted at high risk behaviors and (3) learning techniques to launch successful student health risk assessment campaigns and use the data to create effective health and wellness-based programs.

About NIRSA

Headquartered in Corvallis, Oregon, NIRSA now includes nearly 4,000 highly trained professional, student and associate members throughout the United States, Canada and other countries. Serving an estimated 5.5 million students who regularly participate in campus recreational sports programs, NIRSA members are actively engaged in many areas of campus life: student leadership, development, and personnel management; wellness and fitness programs; intramural sports; sport clubs; recreation facility operations; outdoor recreation; informal recreation; and aquatic programs.

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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