



## Personal Health Dashboard

Ames MyFile Personal Health Dashboard (PhD) provides a visual display to the most important information needed to achieve ones health goals and objectives:

1. Consolidated and arranged on a single screen
2. Information can me monitored at a glance
3. Dashboard may be customized to fit specific user needs
4. Provides real time updates to exercise regiment

**Personal Health Dashboard** 25 2000

**Maps:** Getting Started with Walking - Status

Task	Progress
How to Begin	100% Complete
Planning your Routes	100% Complete
Walk 1 Five Miles	25% of Goal
Walk 2 Six Miles	65% of Goal
Walk 3 Eight Miles	50% of Goal
Walk 4 Eight Miles	Not started
Assess Goal	Not started

**Getting Started with Exercise - Status**

Task	Progress
Initial Assessment	100% Done
Targeted	100% Done
Get Up Support	100% Done
Overcoming Barriers	80% Done
Adding Activity	80% Done
Aerobic Activity	80% Done
Strength Training	80% Done
Stretching	80% Done
Adding Variety	80% Done
Final Assessment	80% Done

**Life:** Reminders: Soccer Game Thursday 24th

Enter Time with Kids:

Enter Exercise Minutes:

Enter Miles Walked:

Enter Stress Factor Value:

**Where Does It Hurt?**

**Monthly Stress Trend**

**Learning:** ADAM Health Illustrated Encyclopedia

- Diseases and Conditions
- Injuries
- Nutrition
- Poisons
- Special Topics
- Surgeries
- Symptoms
- Tests

**Health Stats:**

**Personal Health Record**

- Personal Information
- Medication Record
- Medical History
- Contacts
- Reports

**Health Risk Assessment**

- New Assessment
- Continue Assessment
- Review Results

**What Is a Personal Health Record?**

- Provider Report

The PhD can be customized to fit any user group. Each segment of the dashboard can reflect the individual's focus based on age, affiliation, health status, etc. The dashboard shown above has, as part of its Learning module access to a health and wellness library. This library can be used to research all types of health issues including types of surgeries, drug information, nutrition options, etc. Each user can customize the personal PhD screen to fit their unique requirements in support of attaining one's health and wellness goals and objectives.