



## AMFS MyHealth System

*an Ames MyFile Systems Product*

### **Angelo State Joins Growing List of Colleges Implementing AMFS MyHealth**

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

November 15, 2008 (Boston, MA) – AMFS Inc., is pleased to announce the addition of Angelo State College to its growing base of clients in the higher education market

Angelo State University, part of the Texas Tech system have just signed agreements to make the AMFS MyHealth System an integral part of their students' and staffs' health and wellness curriculum.

Created to provide secure online health care information tracking and management, along with proactive AMFS MyHealth Action Plans (MAPS), AMFS 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 AMFS MyHealth 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. AMFS MyHealth 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.

"Keeping on top of health concerns for our student body, as well as for our faculty and staff, is our highest priority, and AMFS enables us to do just that," stated Susan E. Keith, Ph.D., Associate Professor, Kinesiology Coordinator at Angelo State University. "...and keeping on top of our health and wellness status helps us to more easily negotiate cost-effective health insurance coverage."

#### About Angelo State University:

**Angelo State University** is a public, coeducational university located in San Angelo, Texas. It was founded in 1928 as San Angelo College, a junior college. In 1958, it became Angelo State College. It awarded its first baccalaureate degrees in 1967 and took on its current name in 1969.

Angelo State became part of the Texas State University System in 1975 but moved to the Texas Tech University System in 2007. For athletics, the university is part of the Lone Star Conference. Angelo State University offers approximately 100 undergraduate programs and 21 graduate programs. 2006 enrollment stands at about 6,200 with plans to increase to 10,000 by 2028.

#### 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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