



AMFS MyHealth System

an Ames MyFile Systems Product

AMFS MyHealth System Introduces Configurable Action Plans

February 20, 2009 (Boston) AMFS, Inc. announced today the expansion of the AMFS MyHealth System platform to include configurable action plans. This added module solves the problem of how to attain one's health and wellness goals by providing detailed step by step plans for daily, weekly, and/or monthly execution.

Ken Lammi, CEO of AMFS, Inc., stated: "AMFS MyHealth Action Plans (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. The plan options are limited only by one's imagination! Action plans can be delivered to the user by a health coach or a user can self assign plans that have been pre-defined to track various type of health and wellness activities. MAPs can be used to support disease management programs, best practice in patient registries, and/or as a tool used in combination with a personal trainer or health coach.

Ease of use and flexibility are keys to success in any health and wellness improvement program. With the AMFS MyHealth System Action Plan solution, users have a tool to make attaining one's health and wellness goals a reality. The AMFS MyHealth System Action Plan environment is one part of the total personal health management solution set that the AMFS MyHealth System offers. MAPs, coupled with AMFS MyHealth Personal Health Record, Health Risk Assessment and Personal Health Dashboard provides a total personal health and wellness solution un-matched in the market today.

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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