

healthframe[®]

The Family Health Organizer

"So many of our health problems can be avoided through diet, exercise and making sure we take care of ourselves. By promoting health lifestyles, we can improve the quality of life for all Americans..."

Tommy G. Thompson, Secretary, U.S. Department of Health and Human Services

Software that tracks your fitness and weight loss goals

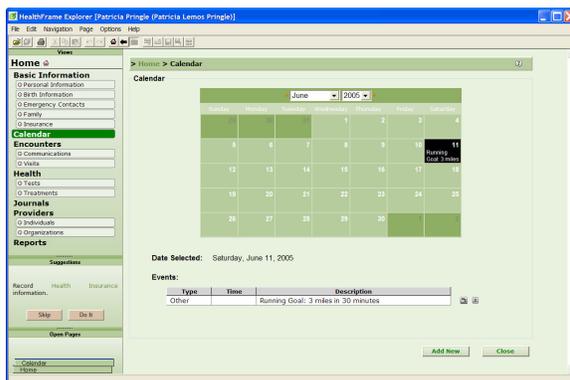
Health-conscious individuals need help organizing their valuable wellness information. You need a convenient way to track your fitness activities while keeping track of your complete health picture.

HealthFrame™ provides an easy-to-use set of tools that help you organize your health:

- ✓ Keep journals of workout-related activities and monitor improvement



- ✓ Calendar helps to set fitness goals and track progress
- ✓ Graph your weight loss
- ✓ Track your cholesterol and blood pressure
- ✓ Create a more effective workout schedule
- ✓ Keep better track of advice from your personal trainer or doctor
- ✓ Set goals... and reach them!



HealthFrame™ Calendar

Your complete health picture

HealthFrame™ provides a number of reports and mechanisms that allow you to make your health information available in an appropriate format, using the appropriate level of medical information and terminology:

- ✓ Cholesterol chart
- ✓ Emergency card
- ✓ Weight Chart
- ✓ Family history report



HealthFrame™ Weight Chart

Make informed decisions about your health and health care

Individuals who have a better understanding of their medical

information tend to make better decisions for their health:

- ✓ Nutrition and special diets
- ✓ Fitness strategy
- ✓ Medications, given their possible side-effects and interactions
- ✓ Treatments

Informed consumers need to understand their health records as well as information that pertains to their specific health circumstances.

HealthFrame™ helps you to understand and get more information about health issues that concern **YOU**.

The Department of Health & Human Services encourages the use of Personal Health Records (PHRs): "Once equipped with the information about their health and health care choices, consumers will be empowered to co-manage their health and participate actively in decisions about their care."

HealthFrame™
Focusing on your family's health picture.

For more information regarding HealthFrame™ please go to <http://www.HealthFrame.com> or send email to info@RecordsForLiving.com

