THE CHALLENGE

Re-imagine the patient experience by improving the usability and layout to move healthcare forward in a meaningful way.
DESIGN GOALS

• Help patients understand their current health status

• Identify decisions points and action steps necessary to maintain or improve current health status

• Emphasize the most relevant and immediate information

• Display health information in appropriate context
**Your Health Score**

Every area of your life affects your overall health. Your health score helps you understand how you’re doing and where there is room for improvement.

![Icon of a person with a green circle and numbers]

**IMPROVE YOUR HEALTH!**

- Completing even the simplest of tasks can improve your overall health

**Stop smoking for good**

**Lower your blood pressure**

**Make a medicine plan**

- Preventing blood clots can lower your risk for heart attack

**Schedule your annual physical**

- Make sure to update your plan of care

---

**Ellen Ross**

**D.O.B:** 03.07.60  
**Age:** 52  
**Gender:** Female  
**Phone:** 816.555.1229  
**Language(s) spoken:** English  
**Email:** e.ross@gmail.com

**Name of Provider:** Ashby Medical Center  
**Address:** 1002 Healthcare Dr, Portland, OR 97266  
**Telephone:** 415.555.1200

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**Coronary Heart Disease**

**ACTIVE CONDITIONS & TREATMENTS**

**DIAGNOSIS**

- SEPT 26, 2011  
  - Physician: Dr. Tim Lee  
  - Heart attack caused by 100% blockage to right artery  
  - Cholesterol (Lipid Panel) Test

**OUTCOME**

- Preventative Medicine Plan  
- Cardiovascular Rehabilitation (exercise plan)

**PRESERVED MEDICATIONS**

- **Chopidogrel (Plavix)**  
  - Prevent blood clots
- **Astrovastatin (Lipitor)**  
  - Lower cholesterol
- **Aspirin**  
  - Prevent blood clots

**CURRENT TREATMENT**

**LAST OFFICE VISIT**

- OCT 26, 2012
- Physician: Dr. Tim Lee

**ORDERED**

- Routine Cholesterol (Lipid Panel) Test

**LIFESTYLE CHANGES**

- Daily Cardiovascular Exercise  
- Low Fat / High fiber diet  
- Maintain healthy weight

**OUTCOME**

- **Cholesterol and Hypertension fall within acceptable ranges.**

---

**My Medicine Plan**

It is important to repeat these steps every day to maintain good health.

<table>
<thead>
<tr>
<th>NAME OF MEDICATION</th>
<th>BEFORE BREAKFAST</th>
<th>WITH LUNCH</th>
<th>AT BEDTIME</th>
<th>DAILY TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liptor</td>
<td>20 mg</td>
<td>--</td>
<td>20 mg</td>
<td>40 mg</td>
</tr>
<tr>
<td>Enteric-Coated Aspirin</td>
<td>81 mg</td>
<td>--</td>
<td>81 mg</td>
<td></td>
</tr>
<tr>
<td>Plavix</td>
<td>75 mg</td>
<td>--</td>
<td>75 mg</td>
<td></td>
</tr>
<tr>
<td>Toprol</td>
<td>25 mg</td>
<td>--</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Fish Oil</td>
<td>325 mg</td>
<td>325 mg</td>
<td>325 mg</td>
<td>975 mg</td>
</tr>
</tbody>
</table>

---

**Body and Test Results**

**VITALS**

<table>
<thead>
<tr>
<th>MY GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>120/80 (resting)</td>
</tr>
</tbody>
</table>

**LAB RESULTS**

<table>
<thead>
<tr>
<th>MY GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 200</td>
</tr>
</tbody>
</table>

---

**ALLERGIES**

<table>
<thead>
<tr>
<th>NAME OF ALLERGY</th>
<th>REACTION</th>
<th>SEVERITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bee Stings</td>
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<td>Moderate</td>
</tr>
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**HEALTH SUMMARY**
The patient's current health status is represented as a single number derived from key body, emotional and lifestyle factors.
Contextual Medical Data

Each of the health areas that directly impact the Health Score is comprised of influential medical data.
Take Action to Improve Health

Weighted action items, when acted upon, are recorded and improve the patient’s health status.

**IMPROVE YOUR HEALTH!**

Completing even the simplest of tasks can improve your overall health

- **Stop smoking for good**
  Lower your blood pressure
  +10

- **Make a medicine plan**
  Doing so can lower your risk for heart attack
  +5

- **Schedule your annual physical**
  Make sure to update your plan of care
  +3
Coronary Heart Disease

DIAGNOSIS
- SEPT 26, 2011
- Physician: Dr. Tim Lee
  - Heart attack caused by 100% blockage to right artery.
  - Cholesterol (Lipid Panel) Test

OUTCOME
- Preventative Medicine Plan
- Cardiovascular Rehabilitation (exercise plan)

CURRENT TREATMENT
- PRESCRIBED MEDICINES
  - Chopidogrel (Plavix)
    - Prevent Blood Clots
  - Astrovastatin (Lipitor)
    - Lowers Cholesterol
  - Aspirin
    - Prevent Blood Clots

LIFESTYLE CHANGES
- Daily Cardiovascular Exercise
- Low Fat / High fiber diet
- Maintain healthy weight

LAST OFFICE VISIT
- OCT 26, 2012
- Physician: Dr. Tim Lee

ORDERED
- ✔ Routine Cholesterol (Lipid Panel) Test

OUTCOME
- ✔ Cholesterol and Hypertension fall within acceptable ranges.
Current medications and supplements are placed into an easily readable dosing plan.

My Medicine Plan

It is important to repeat these steps every day to maintain good health.

<table>
<thead>
<tr>
<th>NAME OF MEDICATION</th>
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<td>325 mg</td>
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</tr>
</tbody>
</table>
Body Measurement and Test Results

Patients can review data points and goals to work towards which are relevant to their current condition.

## Body and Test Results

### VITALS

<table>
<thead>
<tr>
<th>VITALS</th>
<th>MAY 2012</th>
<th>JUN 2012</th>
<th>JULY 2012</th>
<th>SEP 2012</th>
<th>MY GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>115 / 77</td>
<td>116 / 72</td>
<td>112 / 75</td>
<td>115 / 73</td>
<td>120 / 80 (resting)</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>78</td>
<td>72</td>
<td>77</td>
<td>84</td>
<td>60 - 90 (resting)</td>
</tr>
<tr>
<td>Weight</td>
<td>198</td>
<td>195</td>
<td>192</td>
<td>195</td>
<td>150 - 170</td>
</tr>
</tbody>
</table>

### LAB RESULTS

<table>
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<th>JUN 2012</th>
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<th>SEP 2012</th>
<th>MY GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lipid Panel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>249</td>
<td>225</td>
<td>180</td>
<td>185</td>
<td>Below 200</td>
</tr>
<tr>
<td>HDL</td>
<td>60</td>
<td>55</td>
<td>45</td>
<td>58</td>
<td>Above 40</td>
</tr>
<tr>
<td>Cholesterol, NON-HDL</td>
<td>76</td>
<td>92</td>
<td>103</td>
<td>132</td>
<td>Above 130</td>
</tr>
<tr>
<td>Triglyceride</td>
<td>112</td>
<td>124</td>
<td>130</td>
<td>136</td>
<td>Below 150</td>
</tr>
<tr>
<td>LDL</td>
<td>95</td>
<td>82</td>
<td>68</td>
<td>6</td>
<td>Below 70</td>
</tr>
</tbody>
</table>

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<tr>
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</tbody>
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My medical history

Tracking your lifestyle, emotional health and test results over time.

92
27
45
60
60
60
88
72

2010
2011
2012

Your goal score

SEPT 26, 2011
Physician: Dr. Tim Lee
- Heart attack caused by 100% blockage to right artery.
- Cholesterol (Lipid Panel) Test

VIEW DETAILED REPORT

Each clinical encounter is a snapshot of the patient’s health. When plotted over time, these snapshots tell a more complete story of the patient’s medical history.
Your Health Score

Every area of your life affects your overall health. Your healthscore helps you understand how you're doing and where there is room for improvement.

72

Completing even the simplest of tasks can improve your overall health

IMPROVE YOUR HEALTH!

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Make a medicine plan
Schedule your annual physical

Do it now!

Ellen Ross
D.O.B: 03.07.60
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HEALTH RECORD

Coronary Heart Disease

ACTIVE CONDITIONS & TREATMENTS

DIAGNOSIS

Chopidogrel (Plavix)
Prevent Blood Clots
Astrovastatin (Lipitor)
Lowers Cholesterol
Aspirin
Prevent Blood Clots

Preventive Medicine Plan
Cardiovascular Rehabilitation (exercise plan)

OUTCOME
✔

SEPT 26, 2011
Heart attack caused by 100% blockage to right artery.
Cholesterol (Lipid Panel) Test

ORDERED
Routine Cholesterol (Lipid Panel) Test

Physician: Dr. Tim Lee

LAST OFFICE VISIT

PAVING THE WAY FOR BETTER HEALTH

PRESCRIBED MEDICINES
Chopidogrel (Plavix)
Prevent Blood Clots
Astrovastatin (Lipitor)
Lowers Cholesterol
Aspirin
Prevent Blood Clots

LIFESTYLE CHANGES
Daily Cardiovascular Exercise
Low Fat / High fiber diet
Maintain healthy weight

The Patient Portal enables patients to view their Health Summary online at any time.

The Printed Format provides patients with a portable version of the Health Summary that can travel with them to doctor visits.

Accessible: Online and Off
The sum of the parts

MEDICAL/BODY SYSTEMS
Heart
Stomach
Brain
Muscles & Bones
Breathing

EMOTIONAL
Social
Mental
Spiritual

GENETICS

LIFESTYLE
Drugs/Alcohol
Diet
Exercise
Sleep

Heart health

Your goal score

Good
OK
Room for improvement
Eh
Poor

Heart health

Systolic

Diastolic

72

98

The sum of the parts
We believe that the truly empowered patient takes responsibility and action to live a healthier life.

*Health Summary* was created and developed by **Mike Parker** and **Dan McGorry** under the direction of Kel Smith at HealthEd.

Additional collaboration provided by Venessa Perez, Michael Genkin and Michele Lomas. Health education knowledge provided by Tara Rice and Ide Mills.