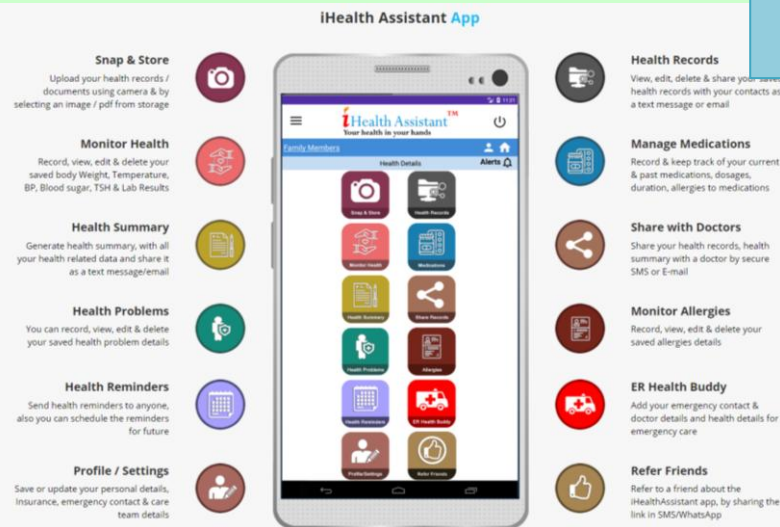


iHealth-Assistant App

Visit: iHealthAssistant.com



Use iHealth-Assistant
to help doctors
offer you better care

How The App Will Help You

1. Manage your health records and information in one place.
2. Easily download your health information in a file and send it to your health care provider.
3. Monitor your health indicators such as weight, blood pressure, glucose, TSH, etc.
4. Schedule TEXT reminders to yourself for medications, appointments, lab results, & more.

What to Do Before Your Appointment

1. Download the iHealth-Assistant App and setup your health profile.
2. Upload your lab results, medications, prescriptions, and vitals.
3. Update your health information and any changes in personal info.
4. Bring your mobile with you to the appointment.

What to Do When You Arrive

1. Inform the staff at the front desk that you have the iHealth-Assistant app.
2. Ask for a mobile number or email address to share your latest Health Summary.
3. Discuss any updates and concerns with the doctor during your appointment.
4. Take a picture and upload any reports, lab results, orders, prescriptions, etc.

What to Do When You Leave

1. Setup health reminders for medications, tests, follow up appointments, etc.
2. Keep track of your health information and continue to update.
3. Use the iHealth-Assistant to share your health information to other specialists.