

# HiGS FOR WARRIORS AND VETERANS



HiGS<sup>®</sup>

## The Information Tool to Serve Our Warriors and Veterans

SELF-TEST SYSTEM FOCUSING ON  
SELF-CARE AND HEALTHCARE FOR  
OUR WARRIORS AND VETERANS

### HiGS Includes:

- 60 e-HEALTH HISTORIES
- 180+ HEALTH RISK ASSESSMENTS (HRAs)
- SIGNS & SYMPTOMS TRACKER
- MONITORING CALENDARS—FITNESS, PAIN, SMOKING CESSATION, ETC..
- THIRD PARTY INTEGRATION FEATURES i.e., FITBIT, iHEALTH, WITHINGS DEVICES ETC..
- 120+ HEALTH EDUCATION VIDEOS...MORE

### Special Categories in HiGS for Warriors and Veterans Self-Tests:

- **EMOTIONAL MISERIES OF WAR**  
Anger Philosophies, Styles & Management; 'Getting Triggered' & RID Plan; Night Terrors; Stress Check; PTSD; Depression...
- **Major Physical Traumas of War**  
Blast Injuries; Limb Loss; Spinal Injuries; Concussion; Head Injuries; Brain Injuries....
- **Major Environmental Illnesses of War**  
Agent Orange; CARC Paint; Chromium; Depleted Uranium (DU); IED Toxic Fragments; Hyperthermia/Heat Injuries; Hypothermia/Cold Injuries; Exposure to Lead or Mustard Gas; Exposure to PCBs/Radiation/Vibrations...

## CARING FOR OUR WARRIORS AND VETERANS

The past decade has seen the U.S. fighting wars on two fronts while maintaining military presence in many other parts of the globe. This has caused a significant increase in warrior and veterans with combat related conditions. Post Traumatic Stress Disorder (PTSD), combat related injuries, environment caused injuries, etc., are real and part of the aftermath of war. Add these to the tens of thousands of veterans already in the population, the Veterans Administration (VA) has a significant responsibility for continuing care to those who sacrificed for the rest of the citizens. Recent failures of the VA to deliver care properly and swiftly compound warriors and veterans' health issues, safety and concerns.

There are a myriad of programs in place. But, sadly, most of these are 'after the fact'. Most programs are Disease and Symptom Treatment as opposed to Primary Disease Prevention. Many times, the VA is put in the position of reacting to the vets' needs or chooses not to act at all. A swifter and more proactive approach will certainly help reduce or prevent future disease and maladies among our veterans plus prevent disease progression and complications.

The Inner Reach Health Information Gathering System (HiGS) is positioned to assist in the complicated consequences of events that affect our veterans. From the veteran establishing his/her own reliable health biography to education about the various body systems to signs and symptoms of various diseases, HiGS is a valuable personal tool that allows the warrior/veteran to take charge of his/her health. Unlike other similar systems, HiGS does not require typing or extensive computer skills. The inputs are 'binary', i. e., 'yes' or 'no' and check the box. Ease of use is a hallmark of HiGS and critical to patient involvement. HiGS also gives the veteran health biography and information in formats to be shared with practitioners and clinicians. Warriors and veterans control all their own data.

**HiGS Health Self-Tests** enable warriors and veterans to tell their story & identify potential risk for disease and trouble and learn about ways to preserve health and prevent and delay disease and its progression. HiGS self-tests for all areas that can impact health:

Physical; Psychological; Emotional; Social - Relationships; Nutritional; Occupational; and Environmental.

**Warriors and Veterans need**