

**COMPANY**

**ADDRESS**

**NARRATIVE**

**Everyone has a health story. Everyone can tell their story with HiGS and know it is true.**

**Consumers almost NEVER have their own Health Story that they have told verbally to others throughout their lifetime at every point of care.**

**A Ground Breaking Differentiator, HiGS is an Online Electronic Health Biography that the consumer collects, accesses, & controls.**

**HiGS collects baselines and enables the monitoring of health status for real-time data, providing lots of data to the consumer and to healthcare entities when shared.**

**HiGS is used for self-care and as preparation for healthcare and for health education and all 4 types of prevention.**

**HiGS is comprehensive and aids continuity of care through self-understanding and data availability.**

**HiGS acts as a legacy for health/illness information to be passed down in the family to generations that follow and for family caretakers.**

**A patented system, HiGS is described by industry experts as an “elephant... massive and smart”.**

**Inner Reach is a Stewardship for Humanity®, carefully caring for and managing Humanity’s authenticated real-time Health Biographies.**

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**Inner Reach provides** its online patented Health Information Gathering System (HiGS®) for consumers. HiGS includes Self-tests for e-Histories, Health Risk Assessments (HRAs), the Body Systems’ Signs & Symptoms Tracker, Fitness and Health Behaviors Monitoring Trackers and other features. HiGS gathers baselines to learn what is normal or usual and to self-monitor for ongoing issues, changes, and progress. All HiGS components result in a Consumer-Authenticated Health Biography. HiGS is a Health Biography Manager.

**Our Health Information Gathering System (HiGS) contains:**

- 60 e-Health Histories, 180+ Self-Test HRAs; Fitness Tracker
- Signs & Symptoms Tracker for every 24 hour period symptoms are collected
- Trackers for issues of concern; Third Party Integration Device Features such as Fitbit.
- 120+ Health Education Tutorial Videos for preventive care; 40 Health Education Cards

**HiGS Health Biography Manager for Preventive Care** is a Consumer-Authenticated Information System (CAIS)™ to identify risks, facilitate health preservation and prevention.

**Our competencies include:**

- Health Psychology – a biological, psychological, sociological, medical model with nutritional, environmental, and occupational components – a total person approach
- The Inner Reach HiGS has evolved since 1998 to be a Preventive Care Technology blending **“technology, biology and biography”** for self-knowledge to effect change
- Health Education and Prevention: to preserve health and to prevent and delay disease
- Self-Tests and Monitoring System: Consumer-Authenticated and Controlled Online Health Risk Assessments - HRAs - and e-Histories; Signs & Symptoms, Fitness, Food, Pain, Smoking Trackers and more yield the comprehensive **HiGS Health Biography**

Our goal is to maximize the individual by creating an environment for proactive health though self-care, baselines and self-monitoring; for comprehensive preparation for healthcare; to improve screening and interventions with insurers/healthcare staff at each point of care either via TeleHealth or in-person for consumers’ monitoring of illness issues. The goal is to optimize health, aid personalized self-care/patient care, increase comfort and decrease illness and cost. HiGS is based on standard Medical, Nursing, and DSM-V psychiatric criteria and standard Medical and Alternative methods used around the world.

**Our Health Information Gathering System (HiGS) categories contain:**

- Lifestyle/Habits; Hypertension, Heart Checks; Eating Habits; Injuries; Cancers; TCM
- Locomotion and Limitations; Osteoarthritis, Osteoporosis, Arthritis; Obesity, Diet, Food
- Chronic Diseases; Stroke, Venous Thromboembolic Disease; Inflammation; Diabetes (I & II), Metabolic Syndrome; Oil/Gas Exposures; Culture; Common Dysfunctional Disorders
- Professional/Recreational Sports; Signs & Symptoms; Elderly Issues, Dementias, Falls
- Dental, Vision, Hearing, and the Senses Checks – Smell, Taste, Touch; X-ray, Imaging
- Polytrauma, Head and Brain Injuries, Post-Concussion; Dehydration/Hydration
- Warriors and Veterans Issues: Emotional Miseries of War; Environmental Exposures of War (Bio/Chemical/Radiation etc); Major Physical Injuries of War; Military Occupations
- Nutrition; Fitness; Health Behaviors; Environmental Issues; Occupational Health Issues
- Prevention Building Self-Tests: Dozen Dangerous Diseases due to Overweight/Obesity
- Infectious/Bacterial Diseases; STDs; Male/Female Reproductive/Sexual Issues
- Device Features i.e., FitBit, iHealth® for integrating authorized device data into HiGS; Tobacco Use; Asthma; Substance Use and Abuse; Alcohol Drinking; Safety Issues
- Psychological Health Issues consisting of 10 Anxiety Disorders including PTSD; Night Terrors, “Getting Triggered”; Shift Work; Sleep Disturbances, Eating Disorders; Reciprocity Issues; Productivity and Workplace Issues; Coping; Depression...more.