



# **Innovation in Healthcare**

## **The Singapore National Health Portal**

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# Introduction

This presentation provides a summary of the innovation in healthcare happening in Singapore. It will cover;

- The objectives of the Singapore government will be explained, in context of the in2015 vision & the health eco system
- The solution chosen to be adopted, expanding on the tools, techniques & standards used
- How the Consumer/Citizen will be engaged via a methodology  
Data/Information/Knowledge/Wisdom (DIKW) model
- Example screenshots of the application showing how imagery, content, on-line behavioural change tools & an inter connected personal health record can be brought together to achieve powerful results

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Or on cell at +61-4-4718-3720



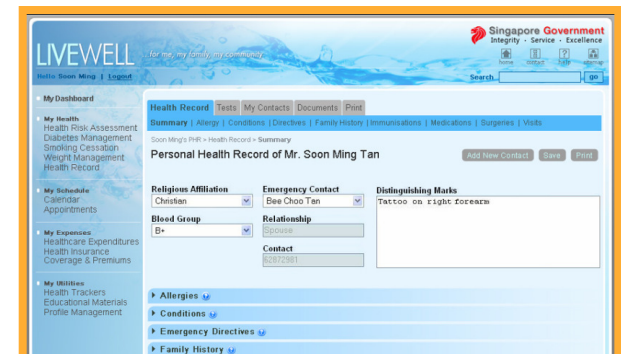


**Singapore  
National Health Portal  
("NHP")**

# NHP Objectives

In line with iN2015 Healthcare Vision:

- To facilitate the concept of Active and Individualised **Health Management** amongst Singaporeans
- To empower individuals through access to **personal health information**, risk profiling tools, targeted **education** materials, tools for **trending & analysis**
- To offer access to **longitudinal Personal Health Records** for individuals (i.e. healthy, at risk, or diseased), caregivers and healthcare providers
- To bring about a revolutionary change in **medical encounters**, from one that is episodic to one that is **continuous**
  - an important pre-requisite for **prevention and early detection** of illnesses, which ultimately leads to a significant reduction of medical costs
- It is envisioned that the sharing of personal health information by individuals with family physicians will also enable **better clinical decisions** thereby improving the overall quality of healthcare services



# Singapore Healthcare Ecosystem

## Overview

### Government

- MOH, MOHH (IHIS), HPB

### Public Providers

- Clusters: NHG, SingHealth, AH
- From Primary Care (Polyclinics) to Secondary Care & Hospitals

### Private Providers

- GP's
- Parkway Health, Raffles Medical, SATA, etc



# Singapore's iN2015 Healthcare Vision

## Overview

### Key Drivers / Issues in Healthcare Sector

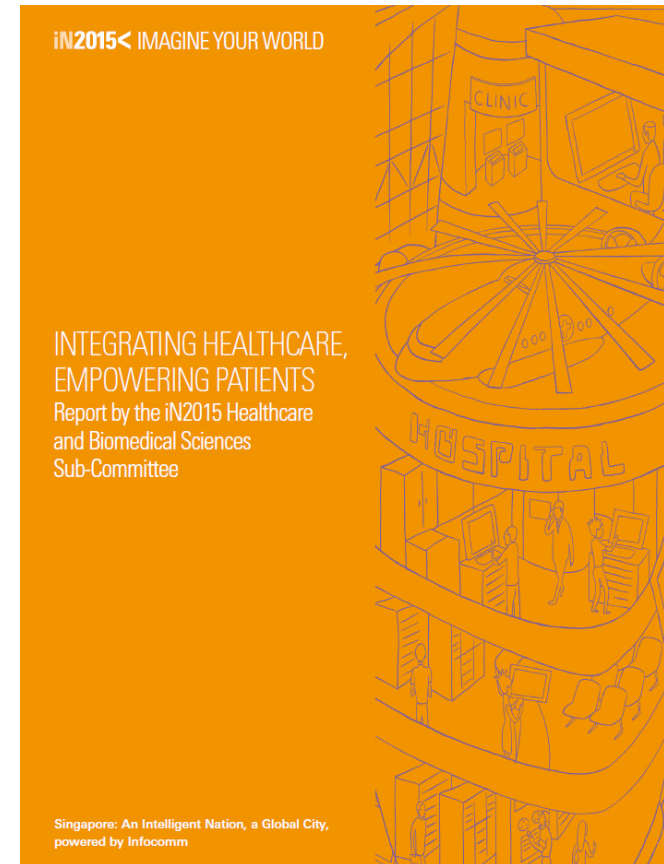
- **Ageing population, increased burden of chronic conditions** (diabetes, hypertension, high cholesterol, stroke)
- Rising public **demand / expectation for quality healthcare**
- Current **fragmented, uncoordinated healthcare services**
- Very **rapid advances** in infocomms, medical science, tech

### Will lead to

- Shift in focus of healthcare system, from reactive treatment of advanced-stage disease to **proactive prevention, early detection, health promotion, wellness care**
- Shift from provider-centric, fragmented care delivery to a **more-integrated, patient-centred system** of delivery
- Shift towards more consistent widespread application of **evidence-based medicine** / best practice
- Greater role for individuals to **manage their own health**
- Greater **flow of data to research** sector towards developments that will improve clinical care and outcomes

### Goal

Accelerate sectoral transformation through infocomm-enabled personalised healthcare delivery system to achieve high quality clinical care, service excellence, cost-effectiveness & strong clinical research



# Singapore's iN2015 Healthcare Vision

Targetted Outcomes include:

## Well-integrated Quality Healthcare

- **Standards-based info network**, enable **right-siteing** (treatment at best point-of-care), incl @home / **remote monitoring** and administer care where cost-effective

## Cost-effective Healthcare Services

- Clinical decision support systems for more **consistent, evidence-based, best practice** care. **Reduced test duplications, medical errors**, etc

## Greater ability of public to manage their health

- Home infocomm systems allow individual access to **accurate relevant health info incl e-PHR**, personalised **alerts**, provider **interaction** (incl make / change appointments), **wellness promotion**, understanding and **management of health issues** (esp chronic / longitudinal conditions) through providing personalised education and health management tools, **telehealth** monitoring / care, etc

# Singapore's iN2015 Healthcare Vision

## Strategies / Programmes

Enable integrated healthcare services

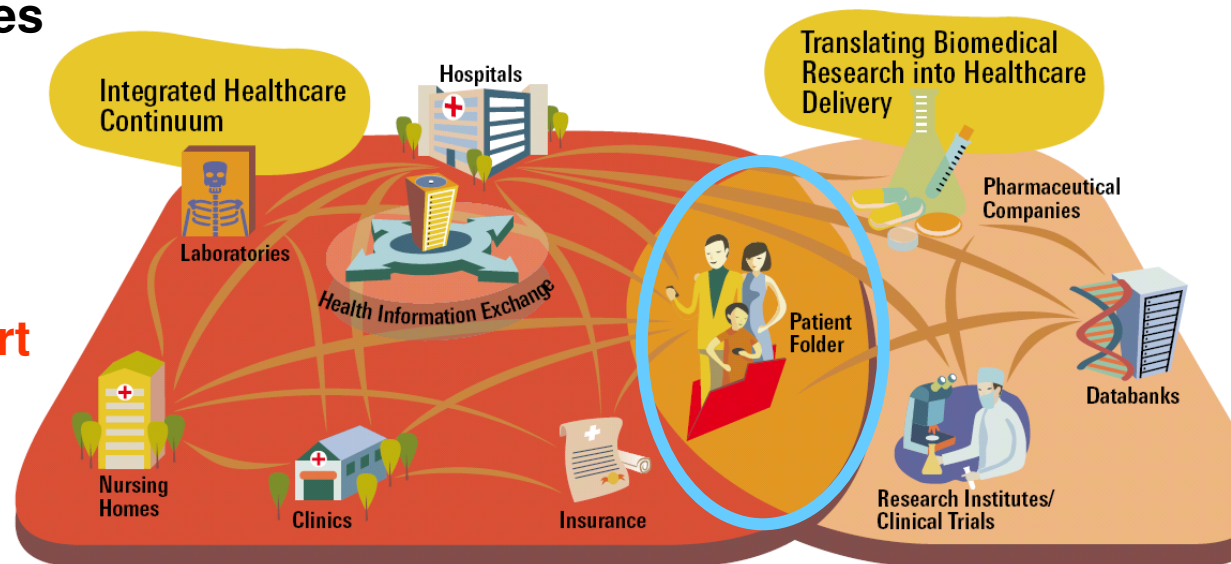
- Health Information Exchange – **e-Enable seamless secure health info data exchange across healthcare ecosystem**
- Integrated Healthcare Continuum – **e-Enable processes and linkages across healthcare ecosystem**

Enable integration between healthcare and biomedical research / science

## Key Infocomm Deliverables

### One Person, One Record

- Shared **national** patient-centric **EHR**
- Individual access to person-centric **e-PHR**
- Clinical **decision-support** systems
- Home **telehealth** monitoring systems
- Clinical databases to support medical **research**







# Solutions Platform

# Healthcare Technology Solutions

health.e.solutions™

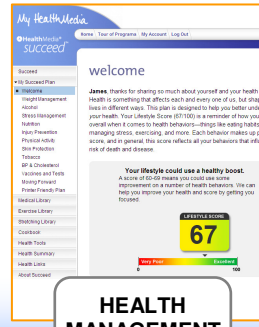


CONSUMER HEALTH PORTAL



PERSONAL HEALTH RECORD

HealthMedia®



HEALTH MANAGEMENT PROGRAMS

intel TeleMedCare



CONSUMER HEALTHCARE DEVICES

## CONSUMER HEALTHCARE

**Patient-Centric Health Record Platform With Standards-Based Data Integration-Hub**



## PROFESSIONAL HEALTHCARE

FOUNDATIONAL ENVIRONMENT IN PLACE FOR DEVELOPMENT OF:

- CLINICIAN PORTAL
- PATIENT-CENTRIC EHR PLATFORM

### CLINICAL / PROFESSIONAL HEALTHCARE APPLICATIONS

GP's, Specialists & Polyclinics

Hospitals

Payers (Gov't, Health Funds, Financial Services)

Allied Health (Physio, Dental, Optometry)

Pharmacy

Workplace Health & Rehabilitation Services

Aged Care Facilities (incl. Hospices & Step-Down)

Radiology / Pathology

Pro Sports & Fitness

PROFESSIONAL HEALTHCARE DEVICES



# Healthcare Informatics Standards

**Conforms to latest Healthcare Informatics Standards at a data level, not interface**

## Clinical Standards

- Practice Guidelines
- AU Red Book, MOH guidelines

## Messaging Standards

- HL7v3, 2.x, 1.x
- CDA/CCD

## Enterprise Terminologies Standards (ETS)

- SNOMED, ICD9, ICD10, LOINC, etc
- Semantic Interoperability; translate across multiple ETS
- Translated SNOMED into consumer friendly language

## Integration Standards

- IHE
- Continua

## Technical standards

- ADF JSF (Java Server Faces), AJAX
- JSR-168 Portlet compliant
- Service Oriented Architecture Development Platform
- Web Service enabled application, Application As Service
- Business Process Execution Language

The screenshot displays the Oracle Enterprise Manager 10g BPEL Control interface. The top navigation bar includes 'Dashboard', 'BPEL Processes', 'Instances', and 'Activities'. The main content area shows details for a BPEL instance: Instance #530005 of HL7\_V25\_PHR, Reference Id: 530005, BPEL Process: HL7\_V25\_PHR (v. 1.0), Last Modified: 10/09/08 00:26:07, State: closed,completed, and Priority: 0. Below this, the 'Audit' tab is selected, showing an audit trail for the instance. The trail includes a log entry: '[2008/09/10 00:25:45] New instance of BPEL process "HL7\_V25\_PHR" initiated (= "530005").' This is followed by an expanded view of the process execution, showing a 'receiveInput' step and a 'CopyRawMessage' step. The 'CopyRawMessage' step displays the raw message content, which is an XML document with a root element 'Message' containing various lookup elements and data.

# Summary

## Core Platform

- Secure Portal & Health Record engine
- Accelerated, cost-effective, risk-mitigated
- Supports interoperability & integration
- Oracle technology environment

health<sup>e</sup>

ORACLE

## Connectivity

- Fast, cost-effective integration to:
  - Consumer Health Management app's
  - Clinical Healthcare / Payer app's
  - Devices (telehealth-ready Plug 'n' Play)

HealthMedia getfit WELLNESS

MD MEDICAL DIRECTOR ibahealth An IBA Health Group Company iSOFT

Continua HEALTH ALLIANCE

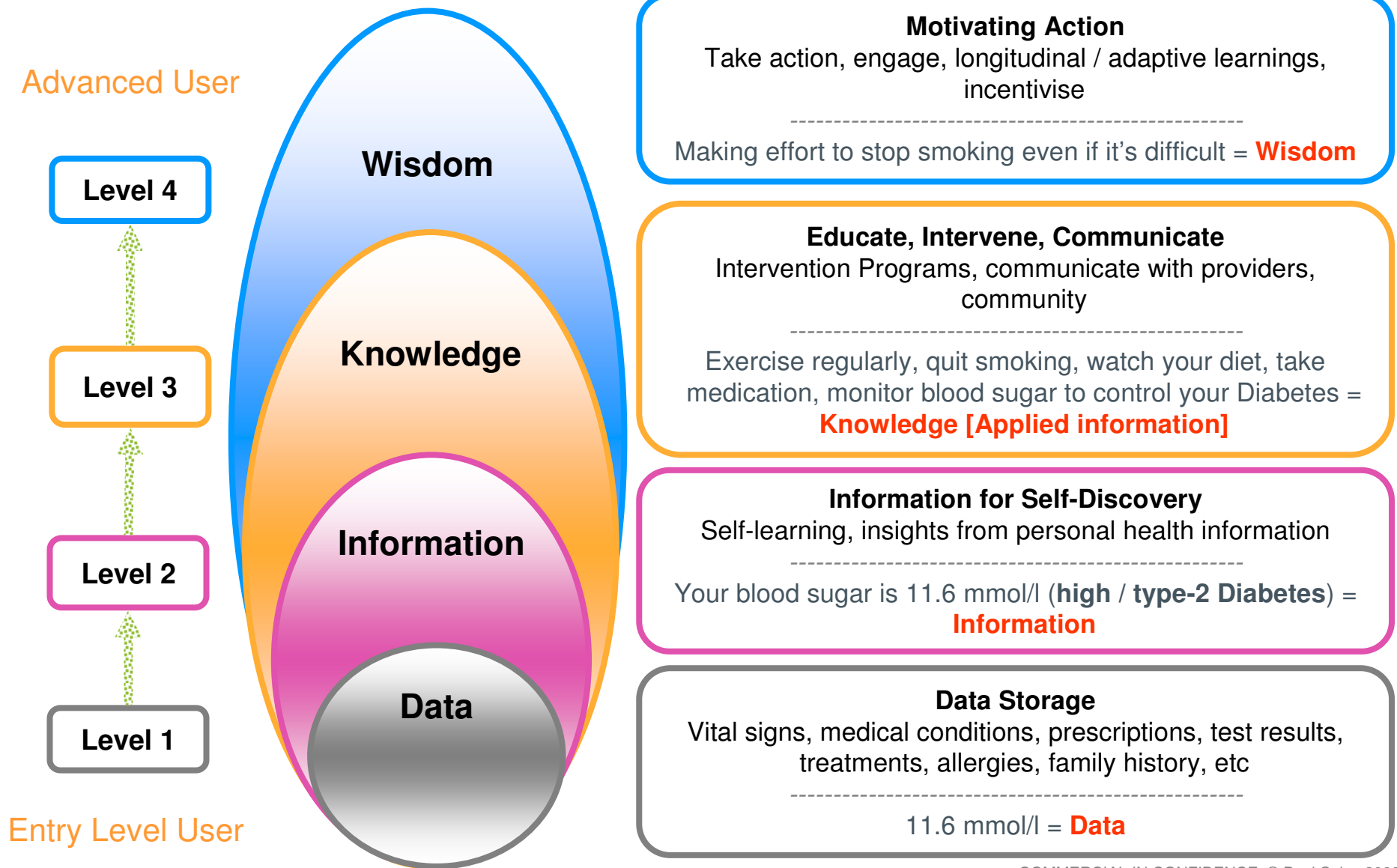
TeleMedCare

intel

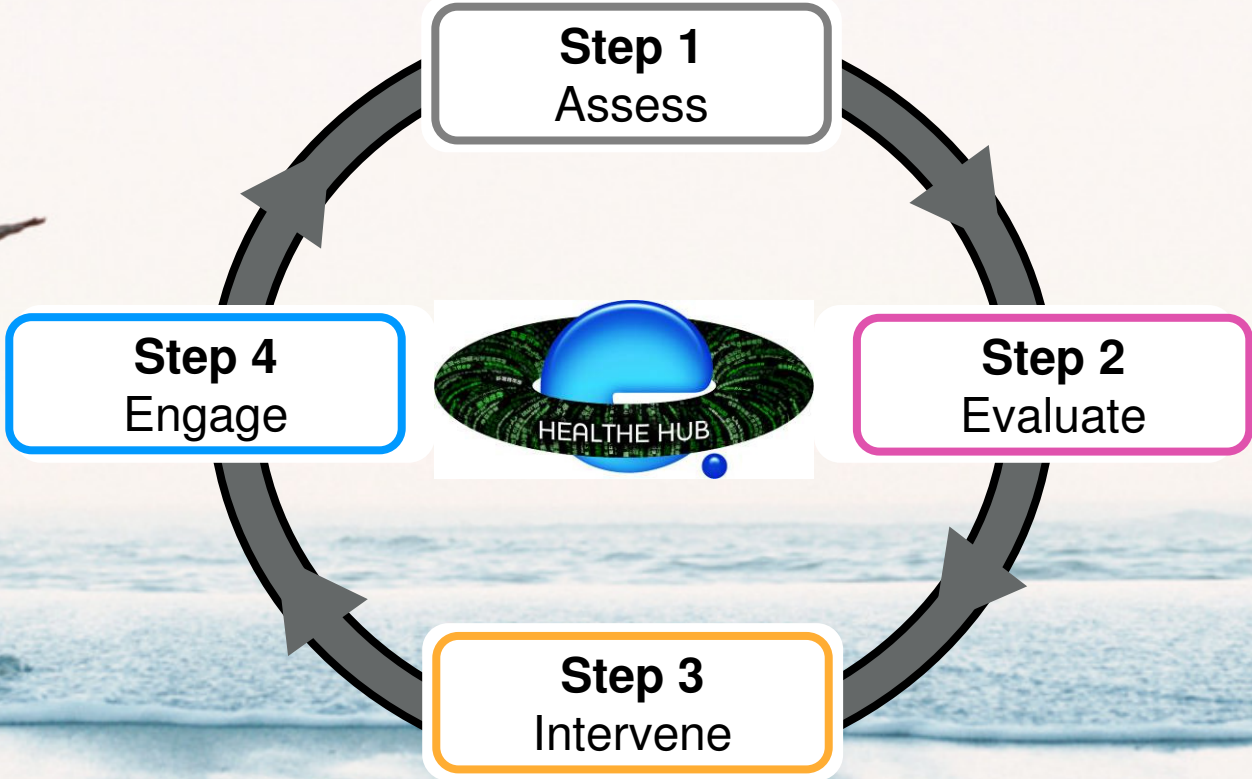
## Customisation-Ready

- Fast, cost-effective configuration, tailoring, implementation

# Consumer Health Management Approach



# Methodology

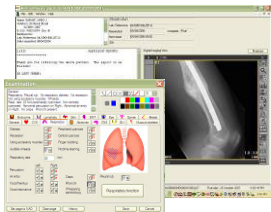


# Step 1 Assess

## DATA

- Establish Health Profile
  - PHR data [HIS, screening, devices, user-entered]
  - Health Risk Assessment [behaviour patterns, lifestyle, goals]

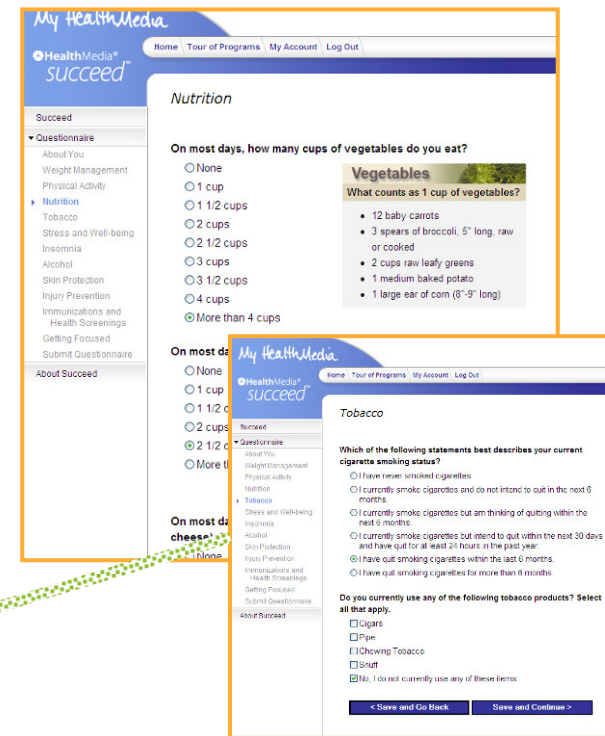
### HIS



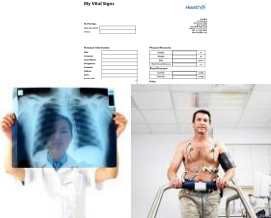
### PHR



### HRA



### HEALTH CHECKS



### DEVICES

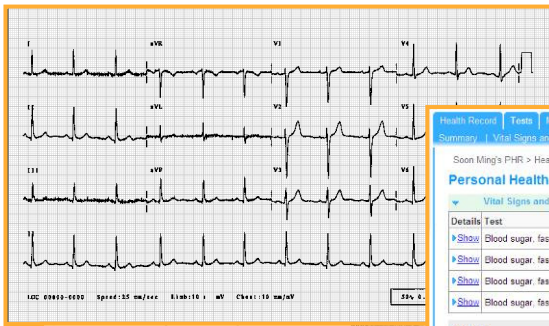


Assess

# Step 2 Evaluate

## INFORMATION

- Analyse Health Profile
- Personalised Health & Wellness Overview



### PHR

Health Record | Tests | My Contacts | Documents | Print

Summary | Vital Signs and Lab | Radiology | Graphs

Soon Ming's PHR > Health Record > Vital Signs Graph

#### Personal Health Record of Mr. Soon Ming Tan

Vital Signs and Lab

Details	Test	Result	Date/Time Tested	Last Updated
Show	Blood sugar, fasting	4.25 mmol/L	04/11/2008 16:51	04/12/2008 19:43
Show	Blood sugar, fasting	4.35 mg/dL	04/10/2008 18:54	04/12/2008 18:54
Show	Blood sugar, fasting	4.10 mmol/L	04/09/2008 11:41	04/09/2008 11:42
Show	Blood sugar, fasting	4.40 mg/dL	04/08/2008 06:56	04/12/2008 18:56

Graph

Step 1. Select Vital Sign or other Test: Blood sugar, fasting

Step 2. Select Field: Blood sugar, fasting

Step 3. Select Unit of Measurement: mmol/L

Step 4. Select Data Entries to Graph: Entries from Last Week

**Body Composition Analysis**

Your body weight, **147.5lbs.**, is the sum of your body fat, **56.7 lbs.**, and your lean body mass, (LBM). LBM consists of dry lean mass, **24.0lbs.**, and Total Body Water, **65.5lbs.**. Total Body Water is dry water inside the cells, (intracellular water) and water outside the cells, (extracellular water). Thus, the TBW is the sum of intracellular water, **40.7lbs.**, and Extracellular water, **25.8lbs.**. Keeping these components appropriately balanced is the key to staying fit and healthy. Compositional imbalance in the body is closely related to obesity, malnutrition, edema and osteoporosis.

**1** **Body Composition Analysis**

Category	Value	Normal Range	Over
Weight	147.5 lbs	110 - 160	Over
Body Mass	147.5 lbs	110 - 160	Over
Body Fat Mass	56.7 lbs	10 - 20	Over
Body Water	65.5 lbs	40 - 60	Over
Intracellular Water	40.7 lbs	25 - 35	Over
Extracellular Water	25.8 lbs	15 - 25	Over
Body Water	66.5 lbs	40 - 60	Over

**2** **Body Water Balance**

**3** **Body Fat Diagnosis**

**4** **Segmental Lean Development**

**5** **Impedance**

### HRA

My HealthMedia

HealthMedia\* Home | Tour of Programs | My Account

succeed

welcome

James thanks for sharing so Health is something that affect lives in different ways. This plan your health. Your Lifestyle Score overall when it comes to health managing stress, exercising, a score, and in general, this score risk of death and disease.

Your lifestyle score is a score of 60-69 means improvement on a regular basis to help you improve your health.

**LIFESTYLE SCORE**

**67**

Very Poor | Excellent

90-100 = Doing very well.  
80-89 = Doing well.  
60-79 = Could use some improvements.  
0-59 = A lot to work on. Start with top behaviors.

Your Prioritized Behaviors

- Weight Management
- Alcohol
- Stress Management
- Nutrition

Are you ready to change? Using the information you provided to us, we have prioritized your behaviors so you'll know where to focus your attention in order to have the best chance of making or maintaining lasting improvements. If you didn't seem ready to change an area that needed work, it might not be a top priority. People vary in their readiness for change. The goal is to meet you wherever you are, providing you with individualized strategies to take greater control of your health. Below you'll see your top behaviors.

Now, let's get started.

Evaluate

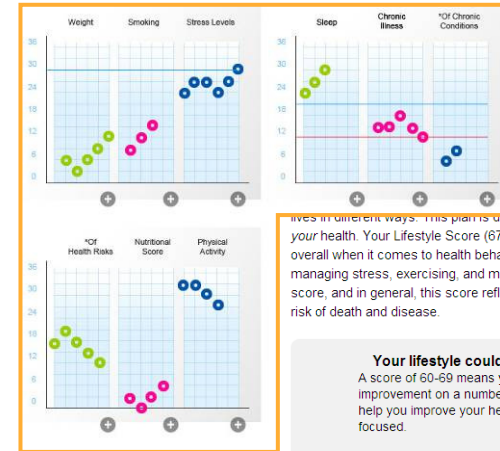




# Step 4 Engage

## WISDOM

- Engagement
- Intelligent Personalisation engine
- Alerts / Calendar / Reminders
- Web 2.0 Community tools
- Incentives / Health Scorecard KPI's



lives in different ways. This plan is designed to help you better understand your health. Your Lifestyle Score (87/100) is a reminder of how you are overall when it comes to health behaviors—things like eating habits, managing stress, exercising, and more. Each behavior makes up part score, and in general, this score reflects all your behaviors that influence risk of death and disease.

**Your lifestyle could use a healthy boost.**  
A score of 60-69 means you could use some improvement on a number of health behaviors. We can help you improve your health and score by getting you focused.

**LIFESTYLE SCORE**  
**67**

Very Poor 0 100 Excellent

The screenshot shows a calendar for the month of April. It includes a header with the user's name 'Hello Soon Ming', the date 'Wednesday 16 April 2008, 13:28', and a 'Logout' link. Below the header, there are sections for 'Reminders', 'Upcoming Events', and 'Upcoming Appts'. The main calendar grid shows dates from 1 to 30, with various appointments marked, such as '11am Appointment with Dr Tan' on the 1st, '10am Diabetic Counseling appointment' on the 4th, '1pm Fitness @ Work Event at Raffles Place' on the 8th, and '1:30pm Smoking Cessation Education event' on the 25th.



The screenshot shows a 'Women's Health Message Board' interface. It includes a header with the board name and navigation links. Below the header, there are several threads listed with titles like 'The Abortion issue >>> Make sure to read this', 'Bacterial vaginosis, hydrogen peroxide and lactobacillus', 'SO tired and don't know why', 'No Health Insurance -- any ideas?', 'Am I pregnant or is it just my period coming?', 'novasure 2mnts ago tomorrow', and 'Problems with Thermal Ablation'. Each thread includes a rating and the last post information.

The screenshot shows a promotional banner for 'Win Great Prizes in 3 Easy Steps'. It features three numbered steps: 1. Sign up today to have a chance to win health rewards and team prizes. 2. Register your visit and purchases at the Health partner outlets to collect Health Hearts. 3. Collect 3 matching Health Hearts to win or be rewarded with instant prizes for you and your team. The banner also includes logos for various brands like adidas, KODAK, BIKINI YOGA, SINGAPORE SPORTS COUNCIL, SUNTO, SINGA RESTAURANT, and BRANDS HEALTH SUPPLEMENTS.

Engage

# Consumer Health Management

## Platform Overview

### Healthe Me Platform

- Interactive Portal
- Customised Dashboard
- PHR / XHR engine
- Personalised Experience
- Rich Demographics Database (Personal, Health, Behaviour)
- Educational Content
- Intelligence & Web 2.0 in development



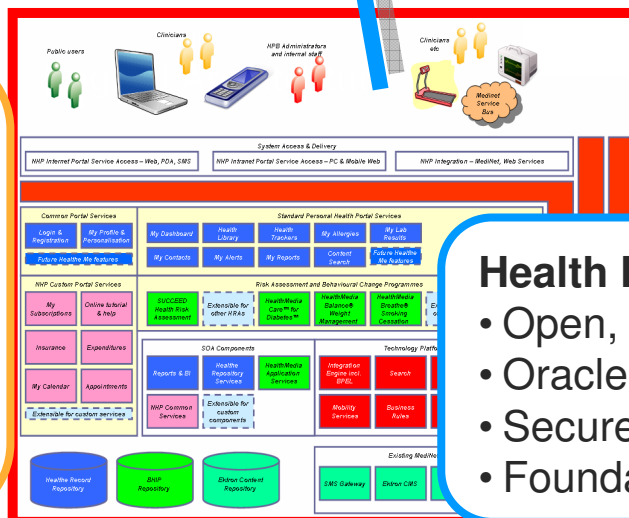
### Health Management

- HRA + BHIP's incl:



### Tailored to Client Requirements

- Integrate portlet applications & data
- Personalised Offerings
- Admin enabler
- Commercial hub incl claims
- Population Analytics



### Health Management Platform

- Open, Standards-Based architecture
- Oracle Technology Environment
- Secure & Scalable
- Foundation for future development

# Consumer Health Platform

## Customisable Dashboard

**myHEALTHPORTAL** My Dashboard

Hello Soon Ming Monday, 30th June 2008 17:56 | Logout

- my dashboard
- my health risks
- my programs
- my messages
- my health record
- my trackers
- my fitness
- tools & calculators
- health library
- my calendar
- helpdesk

**Tobacco Kills 7 Singaporeans Every Day**

READ the latest news in our health library or the best of local and global health information

**Health Risk Assessment**

How does your lifestyle affect your health?

HealthMedia Succeed® helps you learn more about yourself and your health choices by providing you with comprehensive quality health assessments to help you stay fit and healthy.

[Click here](#) to discover the connection between your behaviours and health.

**Weight Management**

HealthMedia Balance helps you tackle your weight and fitness issues through focus on three keys to successful weight loss - mind, food and body.

Balance includes personalised plans, fitness calculators, healthy food recipes and exercise videos.

[Click here](#) to start now

**MessageCenter**

You have 1 New message

[Click here](#) to access your message centre

**Smoking Cessation**

Thinking about quitting smoking?

HealthMedia Breathe® can help you quit smoking for good.

**Welcome**

Click on the links below to get started

1. [Assess your potential health risks](#)

**myHEALTHPORTAL** good health - a click away

Singapore Government Integrity · Service · Excellence

Home | Contact | Help | Sitemap

Search  Advance Search

Home | About my HealthPortal | my Health | my Schedule | my Expenses | my Profile

Hello Soon Ming | Logout Personalise this page

**Welcome**

Click on the links below to get started

1. [Assess your potential health risks](#)
2. [Access programmes to better manage your health](#)
3. [Store your personal health and emergency information](#)
4. [Find quality local international health information through our comprehensive Health Library and SuperSearch engine](#)

**My Latest Results**

Test	Measurement	Date/Time
Body mass index	24.62	14 - Aug - 2008
Blood pressure	140mmHg/90	07 - Aug - 2008
Total cholesterol	241.00mg/dl	03 - Jul - 2008

How does your lifestyle affect your health?

HealthMedia Succeed® helps you learn more about yourself and your health choices by providing you with comprehensive quality health assessments to help you stay fit and healthy.

Begin your [health risk assessment](#)

**Diabetes Management**

Start taking charge of your diabetes today.

HealthMedia® Care™ for Diabetes can help you become an expert in managing your diabetes.

[Access your program now.](#)

**Smoking Cessation**

Thinking about quitting smoking?

HealthMedia Breathe® can help you quit smoking for good.

[Stop smoking now.](#)

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Balance includes personalised plans, fitness calculations, healthy food recipes and exercise videos.

[Start now.](#)

Last Updated 25 Sept 2008

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# Consumer Health Platform

## Core PHR Engine

myHEALTHPORTAL

Hello Soon Ming Tuesday, 01st July 2008 10:40 | Logout

my dashboard  
my health risks  
my programs  
my messages  
my health record  
my trackers  
my fitness  
tools & calculators  
health library  
my calendar  
helpdesk

my account settings

Select language  
English

VeriSign Secured  
POWERED BY  
health e

My Health Record


Health Record | Tests | My Contacts | Documents | Print

Summary | Allergy | Conditions | Directives | Family History | Immunisations | Medications | Surgeries | Visits

Soon Ming's PHR > Health Record > Summary

### Personal Health Record of Mr. Soon Ming Tan

Member ID: 200885986872  
Emergency Contact: Bee Choo Tan  
Distinguishing Marks: Tattoo on right forearm  
Religious Affiliation: Christian  
Relationship: Spouse  
Blood Group: B+  
Contact: 62872981

Photo:  Browse... Update

Print Save

Minimize All

Allergies ? New

Allergen	Allergic Reaction	Notes	Author/Source:	Last Updated:	Action
Fish	Swelling	Around the neck	Mr. Soon Ming Tan	26/06/2008 11:09	View Edit Delete

Conditions ? New

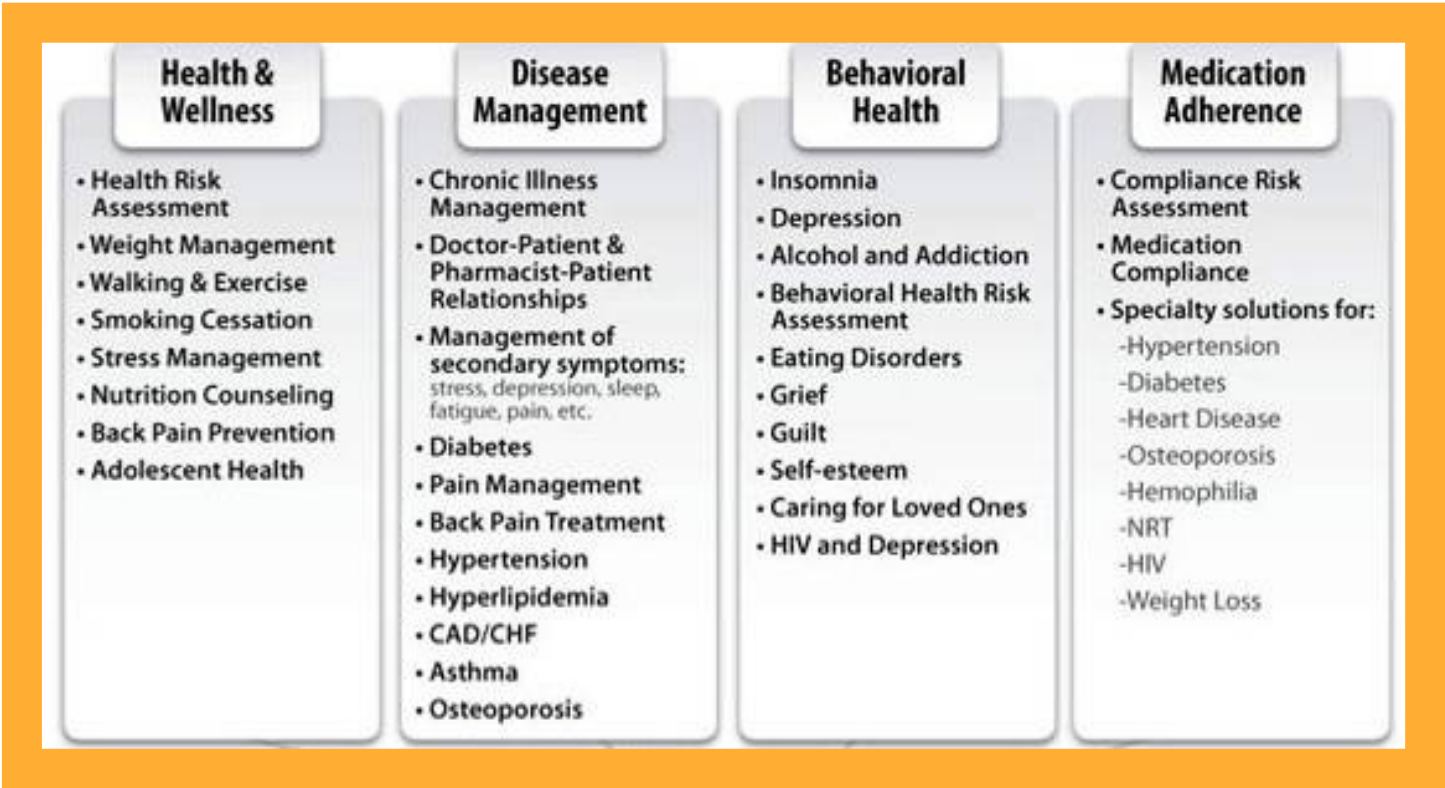
Status	Condition	Start Date	Author/Source:	Last Updated:	Action
ACTIVE	Stomach - Gastric Ulcer	01/07/2008	Mr. Soon Ming Tan	01/07/2008 10:14	View Edit Delete
INACTIVE	Diabetes Type 2	05/05/2008	Mr. Soon Ming Tan	12/06/2008 19:05	View Edit Delete
ACTIVE	Angina	05/05/2008	Mr. Soon Ming Tan	05/05/2008 10:53	View Edit Delete
ACTIVE	High Cholesterol	05/05/2008	Mr. Soon Ming Tan	05/05/2008 10:52	View Edit Delete
ACTIVE	High Blood Pressure	05/05/2008	Mr. Soon Ming Tan	05/05/2008 10:52	View Edit Delete
ACTIVE	Obesity/Overweight	05/05/2008	Mr. Soon Ming Tan	05/05/2008 10:20	View Edit Delete

## PHR Features

- Family history
- Medical Conditions
- Allergies
- Vital Signs (Lab tests, DI, Devices)
- Visits, Events, Surgeries, Interventions
- Medications
- ICE data & Emergency Directives
- Document / Image Lockbox
- Contact Management
- Demographics
- Record Access Control
- Print PHR / ICE reports

# Consumer Health Platform

## Integrated Health Management Programs



# Engaging. Scalable. Effective.

Highly-tailored health interventions with interactive tools—delivered to your entire population.



## Web Interventions

HealthMedia® Succeed™

HealthMedia® TeenSucceed™

HealthMedia® Balance™

HealthMedia® Breathe™

HealthMedia® Nourish™

HealthMedia® Relax™

HealthMedia® Overcoming™ Insomnia

HealthMedia® Overcoming™ Depression

HealthMedia® Care™ for Your Health

HealthMedia® Care™ for Diabetes

HealthMedia® Care™ for Your Back

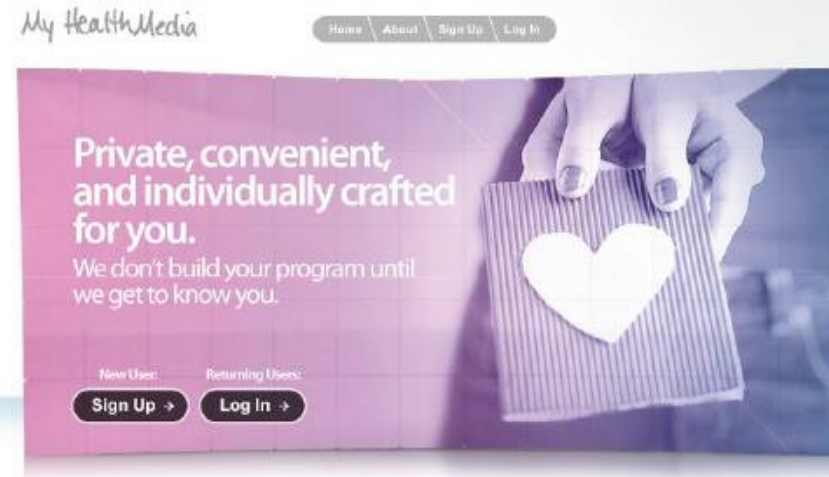
HealthMedia® Care™ for Pain

HealthMedia® Overcoming™ Binge Eating

Web Content



Web Interventions



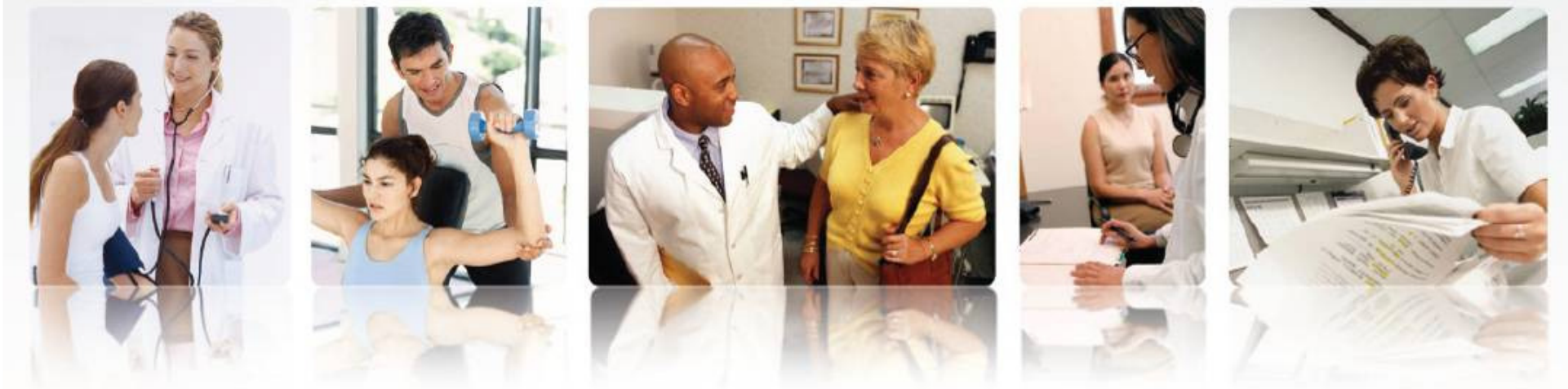
John,  
 Being able to live a full and active life despite your health issues is obviously important to you. Your **HealthMedia® Care™ for Your Health plan** is complete with the skills you need to successfully manage your condition. You'll find skills like staying motivated and confident when times get tough and knowing the right questions to ask your health care provider - skills to help you remain in control.

Your Personalized Plan >



# This Is An Intervention

Modify / Change Undesirable Health Behaviour



- 1 Effective Engagement**
- 2 Assessment**  
An assessment to understand a person's unique **needs, motivation, confidence, and change barriers.**
- 3 A Structured Action Plan**
  - Establish an **emotional connection**
  - Uniquely **tailored to each individual**
  - Longitudinal
  - Follows **proven clinical guidelines**
  - Incorporates **proven behavioral science models**
  - Offers tools and resources
- 4 Quantifiable Outcomes Measures**

# HealthMedia

## Evidence-Based. Proven Outcomes

**Diabetes Management**  
In-depth education. Increased adherence. Improved A1c levels.



HealthMedia® Care™ for Diabetes

### UNMATCHED OUTCOMES

- A1c numbers **dropped 1.36 points** from 7.26 to 5.90 at 180 days
- **73%** improved their medication habits
- **83%** said they are able to better communicate with their health care provider
- Productivity savings of **\$1,000/year per participant**

**Smoking Cessation**  
Discover seven key characteristics that promote individual success and prevent relapse.



HealthMedia® Breathe™

### UNMATCHED OUTCOMES

- **53%** quit smoking
- A Breathe formulated random control trial showed a **19% Intent-to-Treat quit rate**
- **92%** of participants who quit smoking indicated they were Confident, Very Confident, or Extremely Confident they could remain quit

**Weight Management & Physical Activity**  
Mind, body and food—the foundation for success.




HealthMedia® Balance™

### UNMATCHED OUTCOMES


- **55%** of participants lost weight
- **29%** with a BMI 30+ lost at least 5% of their body weight
- **45%** increased their physical activity habits
- Productivity savings of **\$970/year per participant**

# Consumer Health Platform

## Quality Educational Content



Comprehensive Library




Wednesday 16 April 2008, 13:28 | Logout

Health Library

Main | Feature Stories | News & Articles | Directories | Health Links | Video


**Feature Story**



**The Story of Mrs Koh ...**  
Mrs. Maria Koh thought it was a routine check-up that she was going for when she saw her doctor on a Friday afternoon. But by the time she left the Singapore General Hospital (SGH) it was dusk and she was scheduled for a major spine operation the following Monday...

[More News](#)

**Videos**



**Common Cold**  
How to get through one?  
[Watch Video](#)

**Directories**


- Public Hospitals
- Private Hospitals
- Health Organisations

**News**

**Medishield Premiums to Increase**  
Medishield premiums are set to rise by S\$120  
[Full Story](#)

**Illegal Sex Drug Affects Blood Sugar Levels**  
Six men between the ages of 30 and 70 found themselves with low blood sugar levels  
[Full Story](#)  
[More News](#)

**FAQ of the day**



**Is there any exercise that can help me grow taller?**  
If you are still growing, you can increase your height by exercising regularly and maintaining a balanced diet. However, do note that your genes will also affect your height so if your family members are short on average, chances are high that you will be of a similar height.  
[More FAQs](#)

**my dashboard**

**my health risks**

**my programs**

**my messages**

**my health record**

**my trackers**

**tools & calculators**

**health library**

**my calendar**


**helpdesk**


**my account settings**


**view tutorial**

Select Language  
English


ABOUT SSL CERTIFICATES



Powered by 



Powerful Health Search



Hello Soon Ming

Monday, 30th June 2008 18:47 | Logout

health

All [Drugs](#) [Medibank Private](#) [HPB](#) [Videos](#) [more »](#)

Suggested Links

[Diabetes.com.sg was set up as a collaborative effort between patients, doctors, and other healthcare providers and aims to organise the local resources available to Diabetics in Singapore.](#)  
<http://www.diabetes.com.sg>

[Singapore Health Promotion Board guide to diabetes](#)  
[http://www.hpb.gov.sg/hpb/default.asp?pg\\_id=865&aid=1324&altid=0](http://www.hpb.gov.sg/hpb/default.asp?pg_id=865&aid=1324&altid=0)

---

Results 1 - 10 of about 340 matches for **diabetes**.

**Filter Results By**

- ▼ Topic (100)
- ▶ heart (62)
- ▶ diabetes center (62)
- ▶ blood (20)
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# Consumer Health Platform

## Other Features

Health & CRM  
Messaging Centre

### Your Message Center

Check back often to see if you have new messages from your HealthMedia® programs and health tools. We also care about how you're doing, so look for your program evaluations or feedback surveys.




Useful Calculators  
& Quick Checkups

### Other Tools

From determining how much calcium you need to understanding your Body Mass Index, these simple tools offer general guidelines.

- Body Mass Index
- Body Fat Percentage
- Ideal Body Weight
- Calcium Requirement



Calendar, Alerts

