

CHAT

Talk with other e-patients!

911

emergencies only.

DOCTOR

a quick, direct connection to your doctor by e-mail, skype, or phone.

STRESS

record your stress levels.

FIT

record diet + exercise

Rx

record + refill your meds.

welcome back, Jane Doe 34!
Please check for updates.

How are you feeling today?



Friends who are online:

Suzy Q2
[Profile icon] [Smiley face] [Message icon]

James S:40
[Profile icon] [Sad face] [Message icon]

(send James an encouraging star!)

Updates:

- Your prescription for drug X runs out in 1 week! Refill ASAP.
- Your appointment with Dr. Shepherd is at 9 am tomorrow.
[click here](#) to view his message about how you should prepare for this appointment. (Doctor.)
- See the body diagram for tips on how to manage your most common, problematic symptoms.
- Your "fit" records indicate a possible deficiency in vitamin X, which may be contributing to your pain levels. Be sure to get your full serving of vegetable Y + fruit Z today!

Click on the boxes next to the updates to address each concern.

Update your medical story!

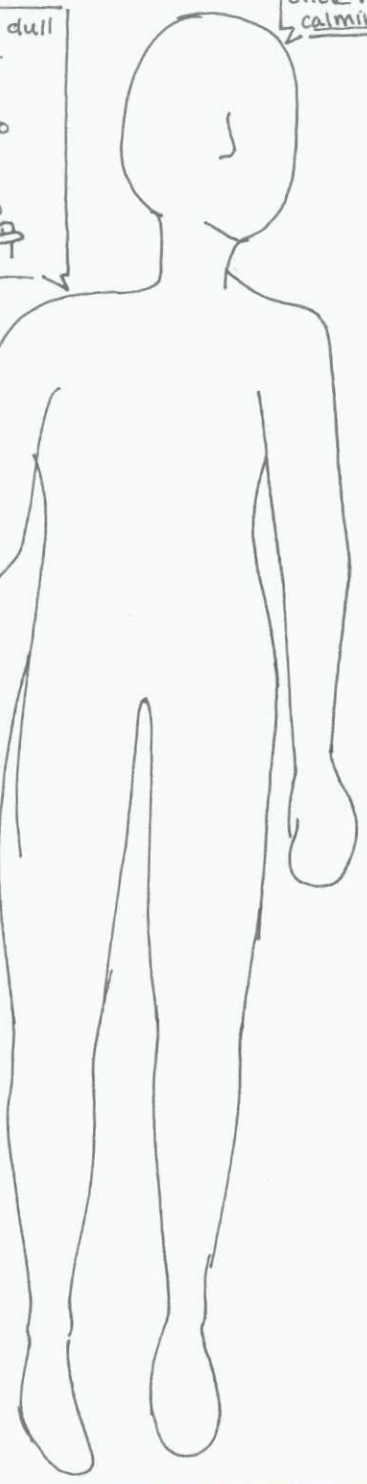
Your story. Your treatment. Your solution. All in one place.

You frequently report dull aches in your right shoulder. Try this exercise + stretch to calm your pain.

You have some depression symptoms. [Click here for calming activities!](#)

Is this pain sharp + searing or dull and aching?

both descriptions are hyperlinks, clickable → frame changes to question about severity of pain (rate 1-10) + end on frame giving both allopathic + Rx remedies.



This introductory page + doctor info., etc., are based on the initial profile filled out TOGETHER by doc. + patient. It includes a section for patient's med. narr.