Healthy Me – The Journey to a Healthier You!

The Technology
Healthy.me is a highly innovative consumer e-health system developed and evaluated by researchers at UNSW over the last 3 years, with ~$1 million support from the HCF Research Foundation.

Originally billed as a ‘Facebook for Healthcare’, Healthy.me is a significant advance on current approaches to supporting consumer health choices online. Healthy.me is a web-based system that allows users to create a personal account, and within that account to manage their health information and decisions. This system uses an ‘open’ publishing model centred around a user's health journeys. Journeys provide a direct connection and innovative link for clinical services to the user.

Healthy.me enables greater personal control and input into healthcare decisions, and provides clinicians with new channels to interact with their patients. The system incorporates:

- A personal health record, which captures medications, allergies, events, treatment choices, and personal data such as weight, blood pressures, and any available laboratory or imaging data;
- Patient journeys, these are condition-specific user guides to management, written by service providers or community groups. The journeys are tailored to the user and integrate with all elements of the system. It is an active element that allows intelligent schedule management, information exchange and decision-making;
- Self-Management Tools such as schedules and to-do lists;
- Community spaces for discussion forums and blogs enable users to discuss conditions and provide community ratings for services and treatments;
- Functionality which allow users to share information with trusted people, known as ‘my team’. The user can determine the access allowed to personal records and schedules with family, friends and clinicians.

Healthy.me has already undergone three clinical trials, and demonstrated a statistically significant impact on clinical outcomes.

An overwhelming 71% of the users from one trial with 709 users said they would recommend Healthy.me to others.

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Investment Opportunity
With demonstrated immediate benefits to users, we are looking for a partner to intensify the impact and increase the accessibility to people globally.

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