



mymedhub
SMART HEALTH ASSISTANT

Application for effective
work with patients



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About preventive health care from Mymedhub



PREVENTIVE HEALTH CARE GOAL

Prevention of the development of chronic diseases through daily preventive measures and early detection of diseases in preclinical stages



PREVENTIVE HEALTH CARE TASK

Formation in the patients of an understanding of personal responsibility for their own health and of a conscious attitude towards it



INTERACTION PRINCIPLE

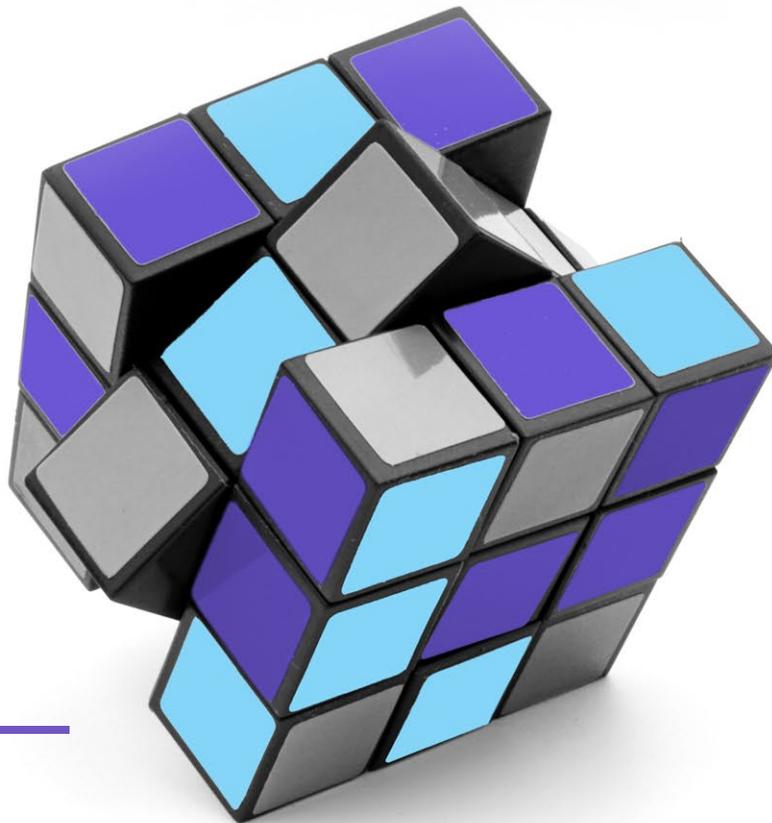
Active doctor participation and continuous monitoring of patient health parameters using the Mymedhub app



RESULT OF WORK IN THE DIGITAL SYSTEM

Improving the objectivity and efficiency of the doctor's work, thanks to a smart assistant – the Mymedhub app, which automates interaction with each patient

Common challenges of a preventive health care doctor



An objective analysis of the patient's current condition requires the collection of more than 30 different health indicators for at least 3 months. At the same time, health data should be collected discretely (laboratory and physiological tests), periodically (independent hardware measurements) and continuously, through integration with personal wearable devices. Thus, the collected information represents an impressive array of data, the reliability and relevance of which play a key role in the individual approach to each patient

HIGH LEVEL OF ROUTINE OPERATIONS AFFECTING OVERALL PRODUCTIVITY

- manual collection, recording and processing of incoming information about each patient
- the need to independently compare the actual information from the patient with the data obtained earlier, and to compare them with the reference values
- long-term familiarization with information about the patient's health
- work with disparate sources of information (paper documents, electronic files, messages in messengers, etc.)
- the complexity of analytics and visualization of the dynamics of the patient's health
- the need to plan working hours and keep a schedule

THE DIFFICULTY OF COLLECTION, ACCUMULATION AND PROCESSING OF INFORMATION. LOW DATA RELIABILITY

- lack of standardization of the format for providing information by the patient
- scattered sources of information
- high probability of losing information (health indicators, tests results, etc.)
- the need to manually record and enter information about the patient's health status
- discreteness and unsystematic collection of information
- the need for an independent multivariate analysis of a large number of different parameters
- high probability of fixing inaccurate data due to deliberate distortion and falsification by the patient himself

Common challenges of a preventive health care doctor

LACK OF COMMON INFORMATION AND CONCEPTUAL FIELD WITH THE PATIENT

- low awareness and lack of understanding by the patient of the criticality of his state of health
- high need for education and patient motivation
- lack of a single communication channel with the ability to save the history of interactions
- high dependence of the result on discipline and patient adherence
- lack of a clearly set, therapeutically achievable goal and an understandable calendar of actions required from the patient

ZEITNOT AND PROFESSIONAL BURNOUT

- the need to perform related non-medical operations
- lack of reliable data and information about the current state of patient health
- non-compliance by the patient with the recommendations given, as a result of low adherence



These aspects of a preventive health care doctor's activity directly affect productivity and performance, which inevitably reduces the effectiveness of patient treatment and leads to limited offers for the provision of preventive personalized health care services in high demand.



Common challenges of a patient

Patients who want to improve their own well-being and quality of life and to maintain good health (prevent the occurrence of diseases and the severity of their consequences), as well as slow down aging and prolong active longevity, face the following challenges:

01

The difficulty of finding a qualified preventive health care doctor

02

High cost of preventive health care doctor services

03

Necessity of a long wait for the first appointment

04

Lack of understanding the recommendations and lack of knowledge to implement them

05

Lack of motivation to follow the doctor's recommendations

06

The difficulty of collecting and storing data on the current health state

07

The difficulty of objective analysis of the current health state

08

Lack of possibility to track the dynamics of improving current health state

09

Reduced commitment to new strategies and low willingness to modify lifestyle in general

10

Dissatisfaction with the provided services as a consequence of the lack of visible results

There is a solution! Preventive health care digital system Mymedhub

- Up to 50% reduction of administrative tasks when working with a patient
- Automated process of interaction with a patient
- Uniform data storage format for each patient
- Simultaneous management of an unlimited number of patients
- One tool for communication with a patient
- The ability to advertise professional profile to attract patients



- Increase in the number of patients
- Increase in active income

Main functionality of the Mymedhub app



HUMAN DIGITAL AVATAR

This functional block of the MMH app, consisting of screening tests, makes it possible to independently determine the patient's current state of health.

It allows a periodic survey on various human body systems with a presentation of the dynamics of changes in the patient's well-being. Thus, this system allows the doctor to assess the current state of the patient, and the patient himself will be able to observe changes in his health and the body's responses to changes in lifestyle.



DOCTOR SEARCH

The MMH app allows the user to select a doctor of preventive personalized health care according to specialization from the formed database of doctors.



MONITOR SYSTEMS

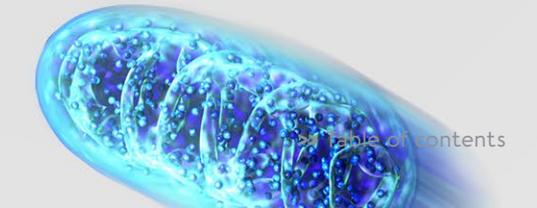
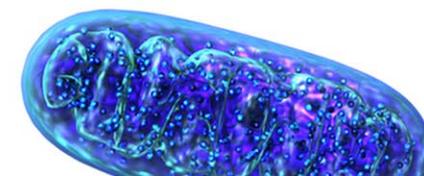
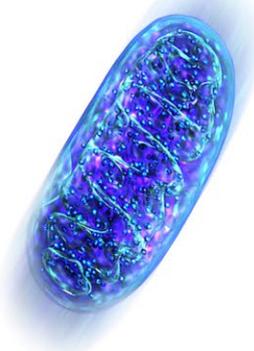
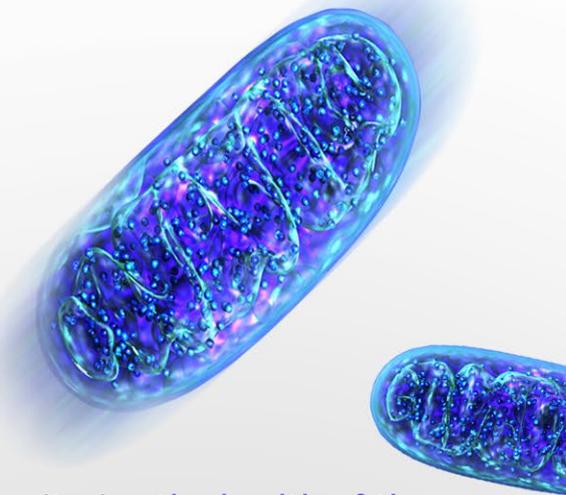
Functional block of the MMH app for an objective analysis of the patient's health parameters. The MMH app contains different types of monitors:

- Analog – involves the continuous collection of data on various parameters of a person through integration with personal wearable devices: physical activity, quality and duration of sleep, stress level, physical activity, etc.
- Discrete – involves the daily entry of data by the patient himself: weight, sugar level, glucose level, blood pressure, body temperature, etc.
- Periodic – allows the record of the results of laboratory and physiological tests. It is assumed that the results of the tests are entered by the labs themselves.

Mymedhub experts have configured the system in such a way that, based on the collected data, the doctor can judge the basic physiological functions both at the level of each cell and at the level of the body as a whole.

Dynamic monitoring of the functioning of metabolism and, above all, of the energy metabolism of the patient's body as the basis of health, allows not only to take adequate measures to correct it, but also to prevent chronic diseases long before their manifestation in the form of symptoms.

Monitoring the health of the cell and its energy allows the doctor to continuously assess the health of the patient's mitochondrial pool, quickly and dynamically making adjustments to the lifestyle, nutrition, physical activity and other areas of life. The result of such monitoring of the patient's health at the cellular level and the application of personalized measures will be the most effective prevention of both chronic diseases and premature aging.



Main functionality of the Mymedhub app



REFERENCE VALUES

A personalized approach to patients means individual analysis of laboratory parameters depending on many factors.

The MMH app allows the doctor to set limits of the reference values of laboratory parameters for each patient individually. At the same time, the app allows not only setting individual limits of normal for each observed indicator, but also registering the values in a convenient for the doctor graph form.

Moreover, the MMH app allows the doctor to automatically track those laboratory parameters that go beyond the individual norms of each patient, with the provision of information about this patient on the app desktop in the form of a warning. Thus, the doctor instantly sees those changes in the patient's health that need to be quickly responded to.



DATA VISUALIZATION AND DYNAMICS TRACKING

The MMH app helps to qualitatively change the initial appointment with a patient, optimizing its time. All questionnaires offered by the doctor, completed by the patient, are processed automatically. At the same time, the MMH app visualizes the current state of health in the form of intuitive graphics, focusing on problem areas in the body.

A unique characteristic of the app is the possibility of an integral assessment of the general state of the body, which is a derivative of the assessment of all organs and systems. All data about the patient's health is collected and processed by the app automatically and is presented in graphs

to track the dynamics of changes in the patient's health – so the app allows tracking of progress and adjustments in lifestyle. In addition, with a sufficient amount of accumulated data, the app can predict the health status of patients.



TASKS AND RECOMMENDATIONS

The MMH app allows the doctor to set tasks for the patient and to give medical advice. It will remind the patient to take vitamins, minerals and medications, to follow the recommendations on the daily regime and physical activity. The doctor will always be able to control the implementation of the recommendations given by the patient.



INTEGRATION WITH LABS

The MMH app will be integrated with the databases of partner labs: after the tests are submitted, the results of laboratory tests will be displayed automatically in the app in the form of graphs. Thus, the app, while storing the values, will demonstrate the dynamics of changes in various health indicators in subsequent medical studies.

Main functionality of the Mymedhub app



STORAGE OF MEDICAL FILES

The MMH app allows the user to photograph and save important medical documents, such as doctor's prescriptions, tests results, etc. All of them will be stored in one place and will not be lost.



AUDIO/VIDEO CALLS AND CHAT

The MMH app allows the patient to exchange messages with their doctor in an individual chat with the ability to send photos, as well as communicate via audio and video calls. Thus, the MMH app is an independent communication channel that makes it possible to do without other messengers.



STORED INTERACTION HISTORY

The MMH app saves the entire history of interaction with the doctor, allowing you to find the information you need and return to it if necessary.



PRESCRIPTION OF A DIET

The MMH app allows the doctor to set the diet to be maintained by the patient. The selected diet contains information with its description and recommendations that the patient needs to follow.



ONLINE DOCTOR'S ACCESS TO THE PATIENT'S RECORD

The MMH app provides the doctor with access to the patient's record and data. The doctor can observe changes in the patient's health parameters on monitors, set reference values, set tasks, make appointments and monitor their implementation. Thus, the app ensures continuous monitoring of the patient's health status by the doctor and the implementation of the recommendations given to him.



CALENDAR OF EVENTS

The MMH app contains a unified calendar of events, which displays all the planned events, such as consultations, calls and appointments with patients.



ADD NOTES

The MMH app allows the doctor to record important information about each patient. This information becomes available only to the doctor and can serve as working information necessary for the management of the patient.

DIGITAL AVATAR

01

A digital avatar is used for the convenience of assessing the patient's health status and tracking the dynamics of its changes. It is a visual display of data on patient's current well-being, obtained after passing screening tests, covering all organs and systems of the body.

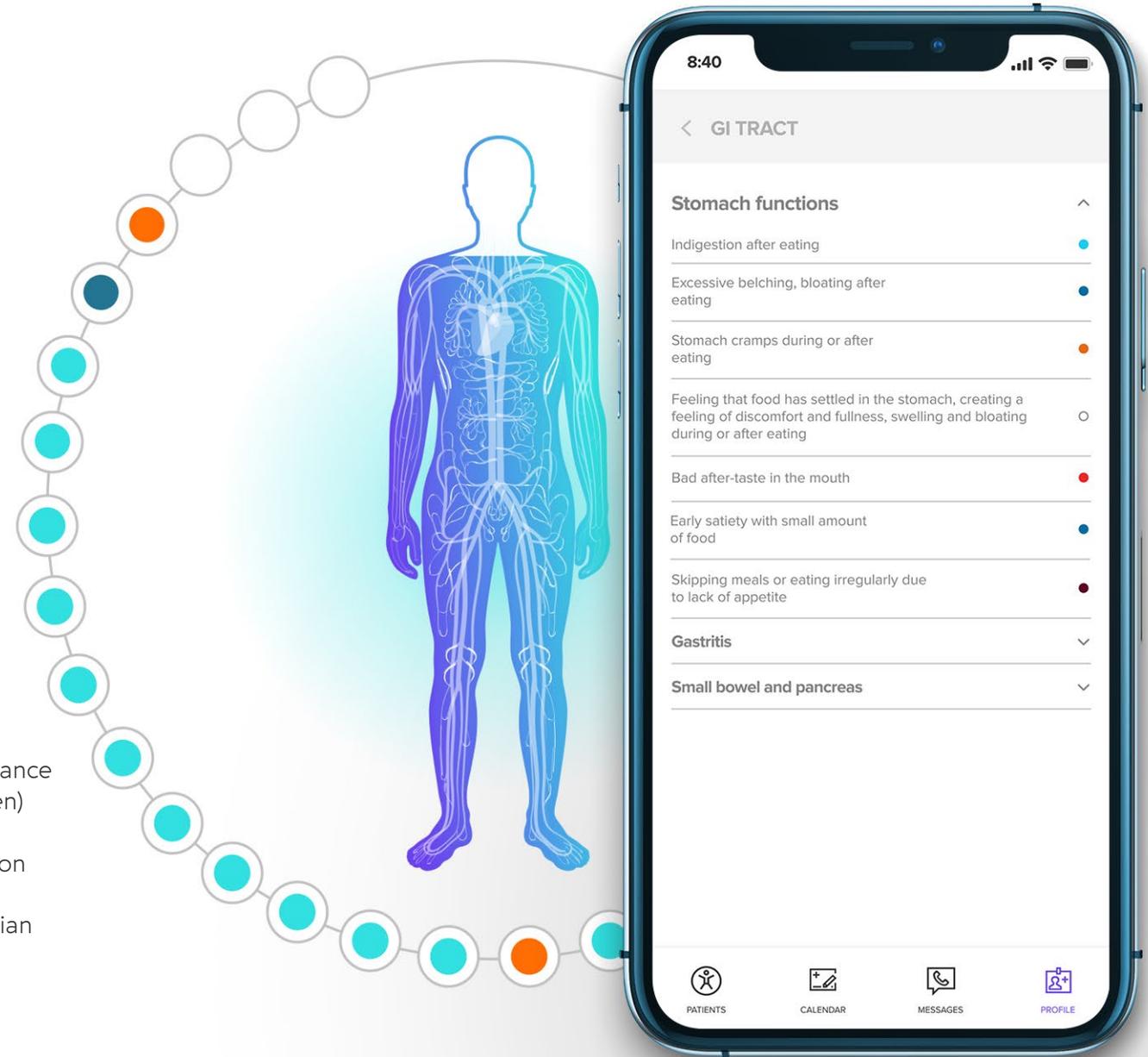
These tests consist of 25 questionnaires for men and 29 for women (additional questionnaires on the hormonal balance).

They assess the condition of:

- gastrointestinal tract
- liver and gallbladder
- endocrine system
- cardio-vascular system
- immune system
- kidney and bladder
- musculoskeletal system

As well as:

- carbohydrate and lipid metabolism
- mood state
- exposure to toxic load
- oxidative stress
- energy losses
- methylation
- deficiency of fatty acids, vitamin D, magnesium and zinc
- exchange of neurotransmitters
- appetite control
- inflammation, hormonal balance and prostate health (for men)
- premenstrual syndrome, menstrual cycle, inflammation of the reproductive system, hormonal balance and ovarian function (for women)



DOCTOR SEARCH

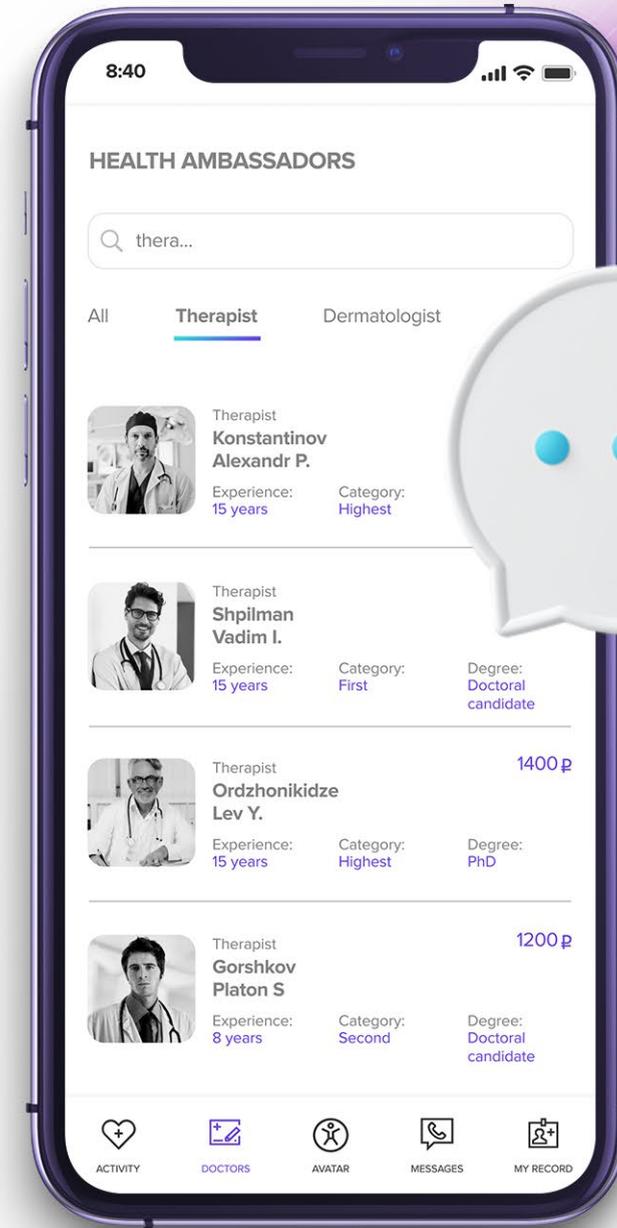
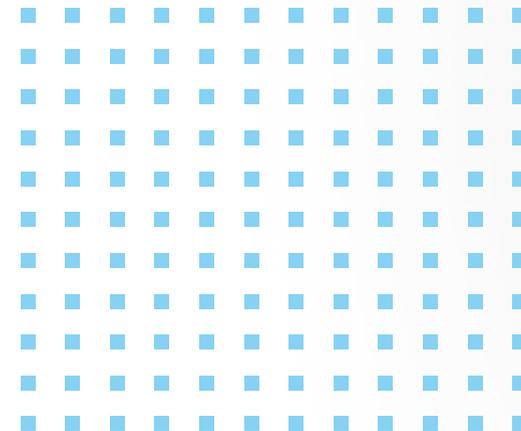
The Mymedhub system allows users to choose their health ambassador. All Mymedhub health ambassadors are doctors and confirm their qualifications and specialization with appropriate documents (such as diplomas, additional education and trainings certificates, etc.).

The search for a specialist can be made according to his specialty, or full name, if the patient already knows his doctor.

For quick reference, the system offers mini-records of health ambassadors, which display a photograph of a doctor, his specialty, full name, work experience, category and degree, as well as the cost of an initial consultation.

If desired, the system allows users to go to the full doctor's record, which additionally displays information about education and professional development.

When a patient is interested in a particular health ambassador, he can send a request for communication with this doctor. After the approval of the request, chat, audio and video calls become available, through which the doctor and the patient can agree on an initial consultation and further support.

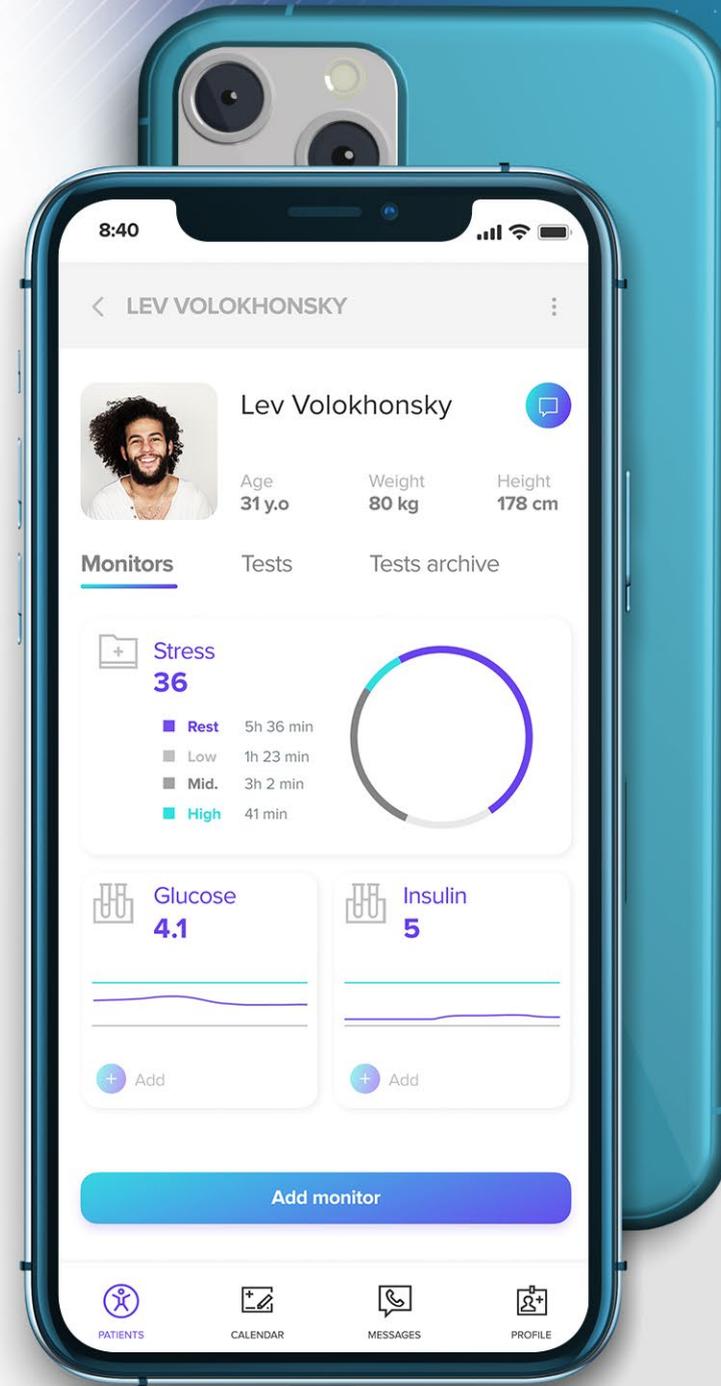


MONITOR SYSTEMS

03

Daily automated monitoring of baseline heart rate and blood pressure, blood glucose, urine ketones, physical activity and total number of steps per day, sleep quality and SpO₂ at night allow the doctor to assess the patient's level of involvement in the treatment process, the adequacy of implementation of recommendations, and to predict the course of therapy, rehabilitation or preventive measures.

If any of the indicators displayed in the form of visual monitors goes beyond the individual normal established by the doctor, the Mymedhub app will notify him in order to make a timely management decision.



ALL MONITORS

The Mymedhub preventive health care system displays 13 monitors that demonstrate data entered by the patient into the Mymedhub app, or automatically loaded into the system from his wearable device. The doctor can choose for tracking several basic monitors that are necessary to work with a particular patient, depending on his condition and tasks, or use all of them.

Reflecting the real picture of changes in the patient's health status, these monitors give the doctor an understanding of which factors in the process of treatment and adherence/non-adherence to recommendations influenced progress or regression.

03.1

Built-in sources:

- Pulse
- Blood pressure
- Glucose level
- Ph urine
- Ketones in urine
- Waist circumference
- VO2 max
- Weight

Sources from wearable devices:

- Sleep
- Steps
- Saturation
- Pulse during exercise
- Stress

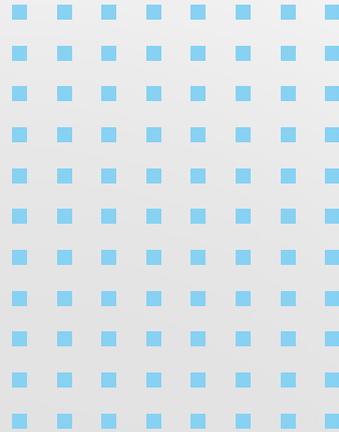
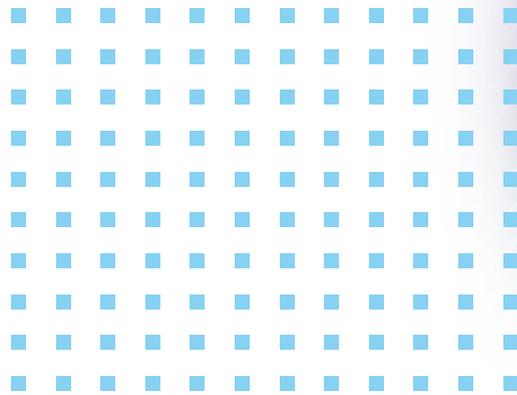
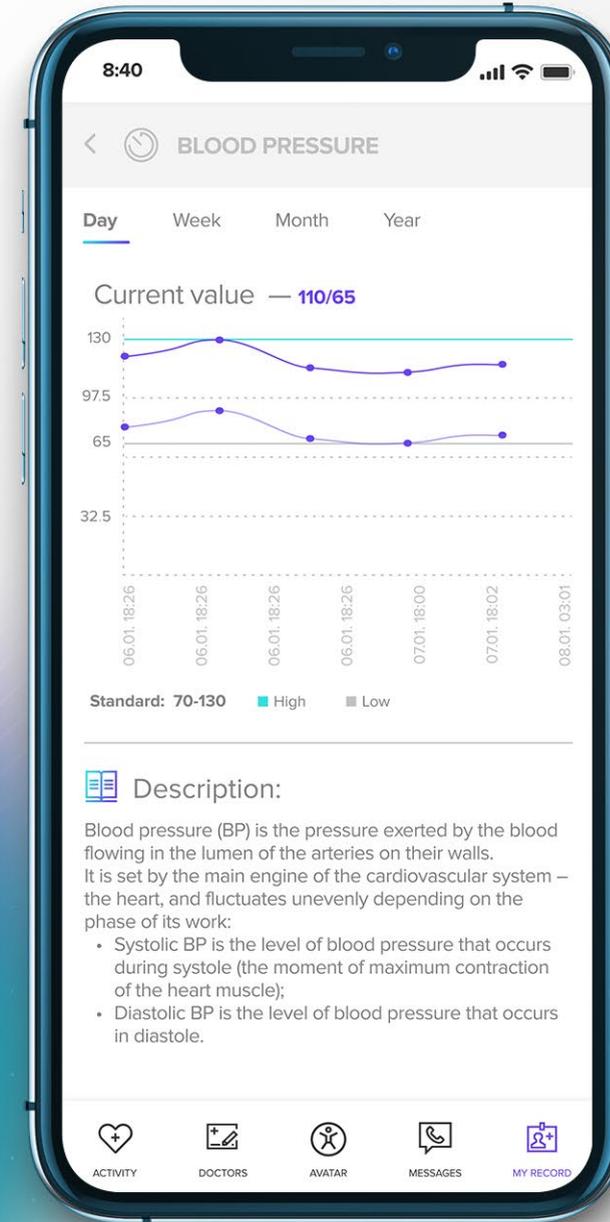


REFERENCE VALUES

04

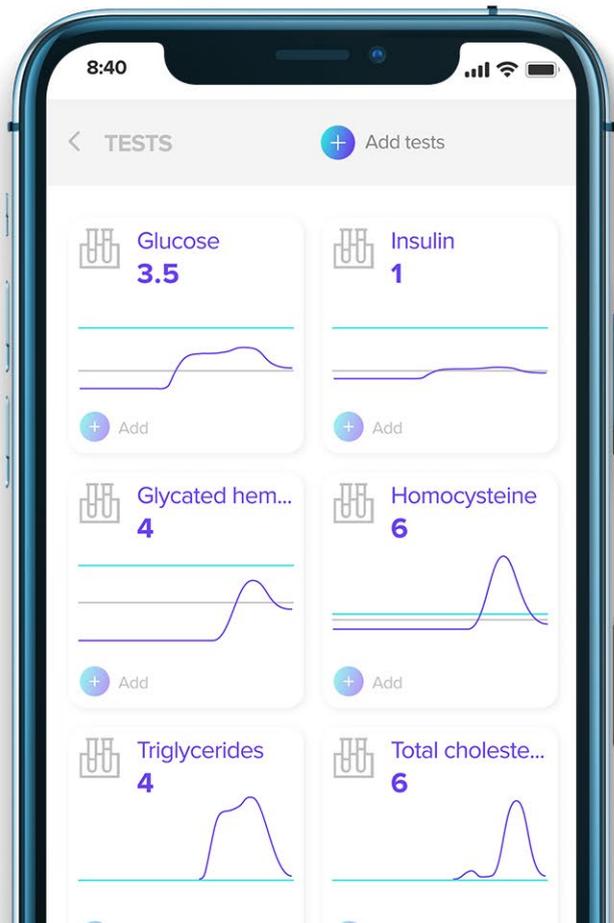
The Mymedhub app allows the doctor to automatically track the dynamics of a patient laboratory parameters, taking into account the reference values set in the system. If necessary, the doctor can change the reference values for each parameter of every patient individually.

If the indicator goes beyond the individual normal established by the doctor, the app will notify him in order to make the necessary management decision.



DATA VISUALIZATION AND DYNAMICS TRACKING

05

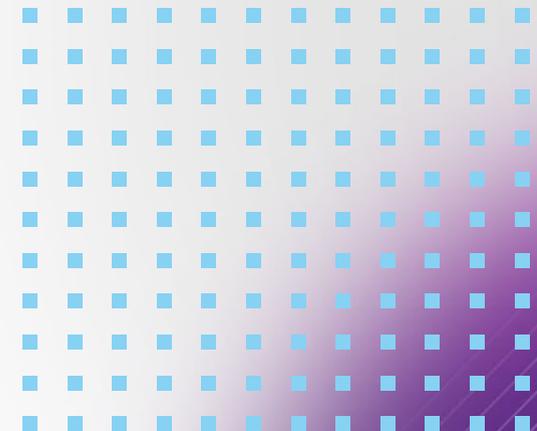
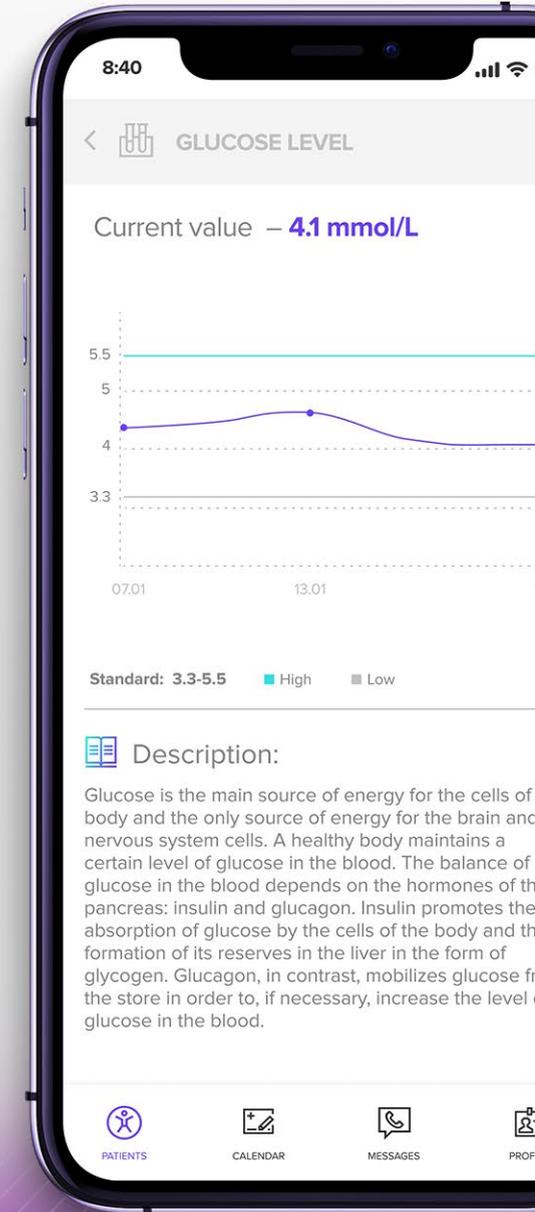


A screen with mini-graphs displaying the data received by the Mymedhub system allows the doctor to instantly assess the dynamics of each patient state, saving time.

The ability to conduct a retrospective analysis for each parameter without switching screens allows the doctor not only to perform fewer actions, but also to qualitatively analyze a certain observed parameter of each patient.

As for patients, they can observe changes on the charts, and become more motivated to follow personal recommendations.

If necessary, the doctor can also open a full version of any mini-graph and see a detailed graph and additional information on this parameter on the monitor.



TASKS AND RECOMMENDATIONS



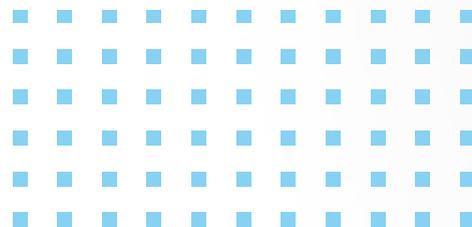
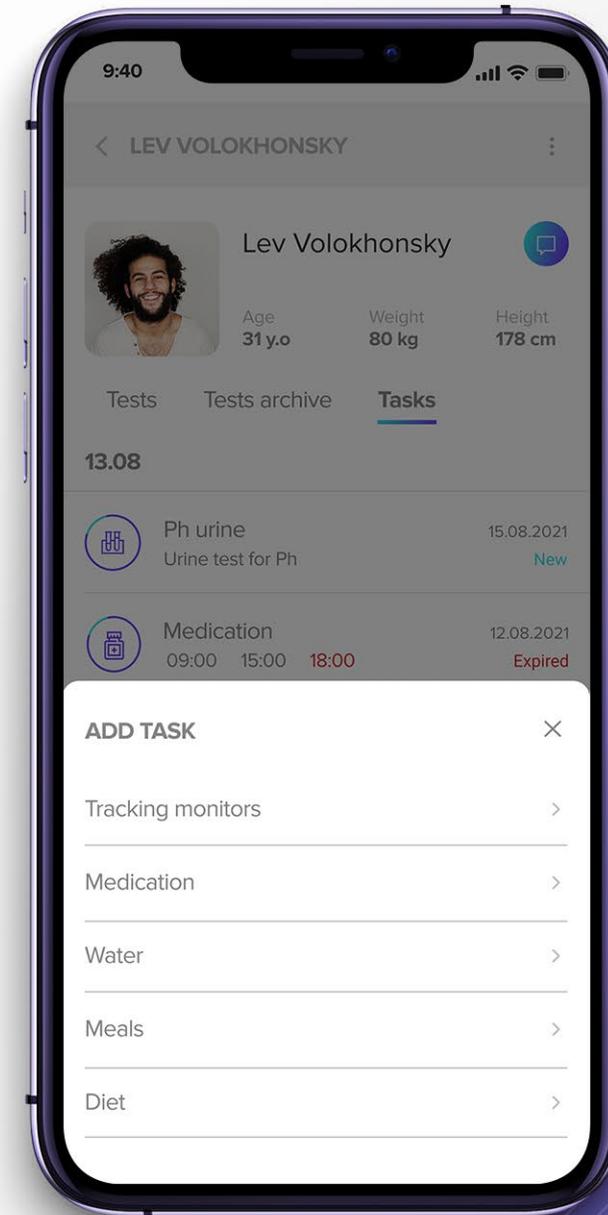
The Mymedhub app allows the patient to share his record with the required preventive health care doctor from the Mymedhub database. Thus, the doctor will be able to see all the information about the patient on the screen of his phone and will be able to set tasks for the patient and issue recommendations.

It can be:

1. the intake of medication, vitamins and minerals, indicating the name, dosage and frequency,
2. laboratory and physiological testing,
3. measurement and entering various health indicators such as glucose level, ketones in urine, Ph urine, oxygen saturation, etc. into the Mymedhub app.

The Mymedhub app will remind the patient of the assigned tasks by sending notifications.

After the task is completed, the app assigns the status «completed» to it. If the patient does not complete any task on time, the doctor will be notified and will be able to contact the patient to discuss it.



INTEGRATION WITH LABS

07

For a high-quality and timely diagnosis of a health condition, it is required to study and observe a significant number of physical, biochemical and genetic parameters.

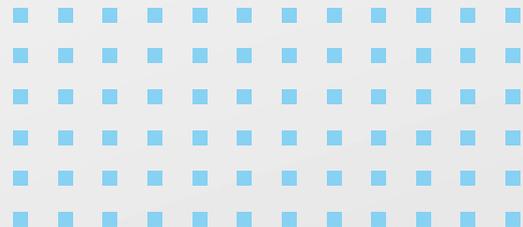
In the interaction of a doctor, patient and laboratory, in the process of document flow, many questions arise related to a large array of data, printed materials, interpretation of information and specific terminology. There is a risk of error during manual entry of values, which takes a lot of time, as well as the possibility of losing paper records or photographs of tests.

In order for information on the results of the tests performed to be automatically transferred to the patient's profile in the Mymedhub app without the above risks, in 2022 the Mymedhub system will be integrated with the laboratory information system of the Chromolab scientific and laboratory complex and other laboratories in Russia.

When visiting the laboratory, the patient will only need to provide the promo code "mymedhub" to its employee, after which all test results will be sent from the laboratory to the Mymedhub system automatically and will be adapted for the convenience of further use.

The Mymedhub system will allow for an unlimited storage and use of laboratory test results for subsequent interaction between a doctor and a patient.

Such integration will lead to a decrease in the number of errors due to the human factor, accelerate the receipt of results by the doctor, and will also make it possible to profitably use the laboratory service at a promotional cost.



STORAGE OF MEDICAL FILES

In addition to data uploaded by laboratories automatically, the Mymedhub app allows the user to save any other medical files that can be photographed – X-rays, ultrasound scan images, results of previous tests, doctors' reports, etc.

Thus, all information about the patient's past medical history will be stored in one place.

ONLINE DOCTOR'S ACCESS TO THE PATIENT'S RECORD

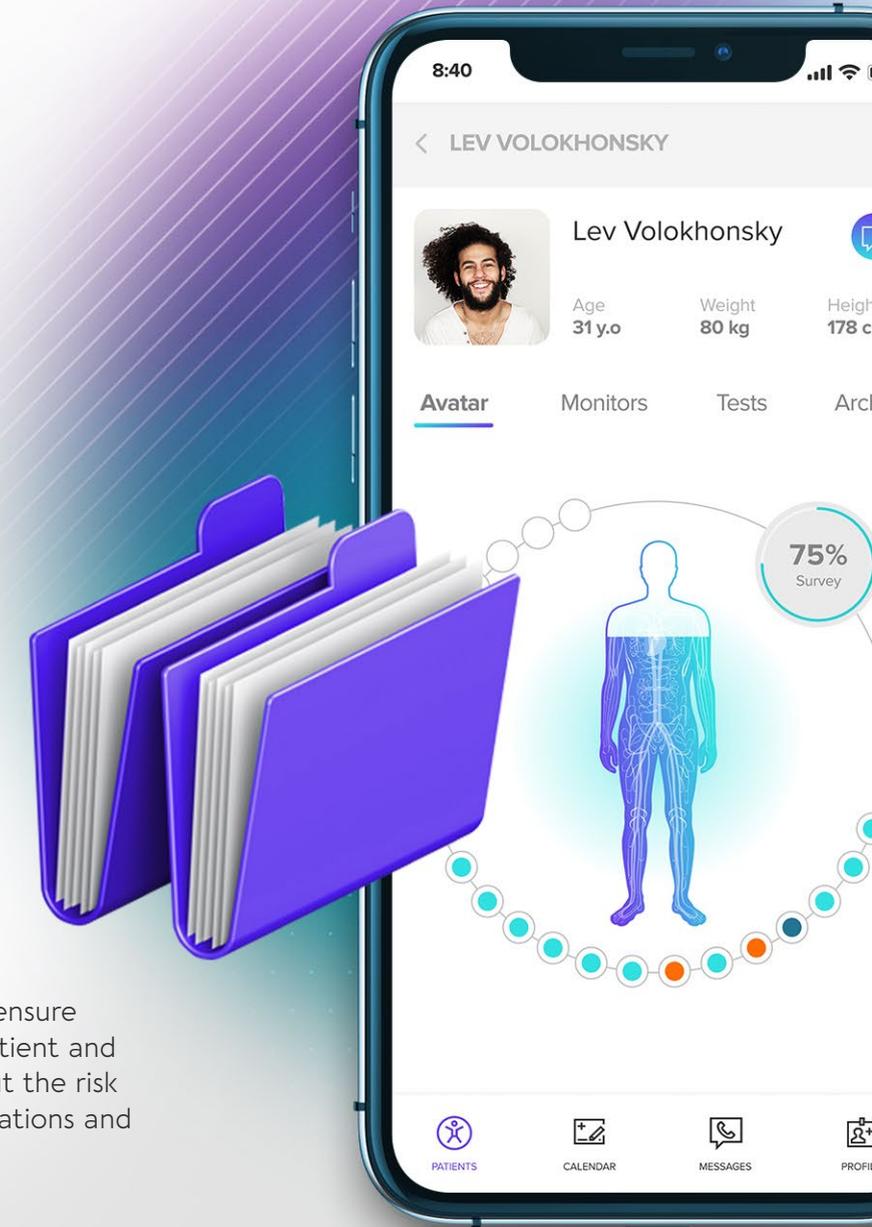
After the doctor and the patient have agreed on support, which can last from 1 month to a year, depending on the goal, the doctor acquires access to the patient's record by way of monthly payments.

After that, he gets the opportunity to use all the data entered in the patient's record and displayed on his digital

avatar, data on previous tests and laboratory results uploaded by partner labs, as well as data from monitors coming from the patient's wearable device.

Also, the doctor can set tasks for the patient, issue recommendations and track their implementation on monitors independently, or by receiving notifications from the Mymedhub app.

This allows the doctor to ensure constant monitoring of the patient and control over his health, without the risk of missing any changes or deviations and untimely response to them.



AUDIO/VIDEO CALLS AND CHAT

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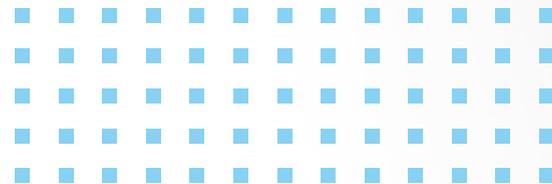
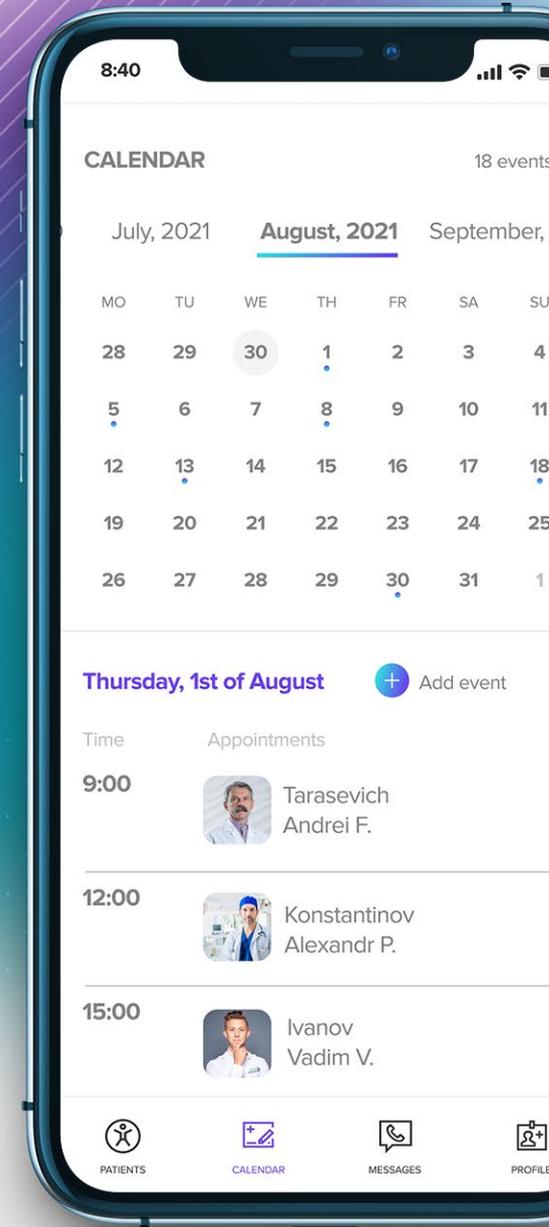
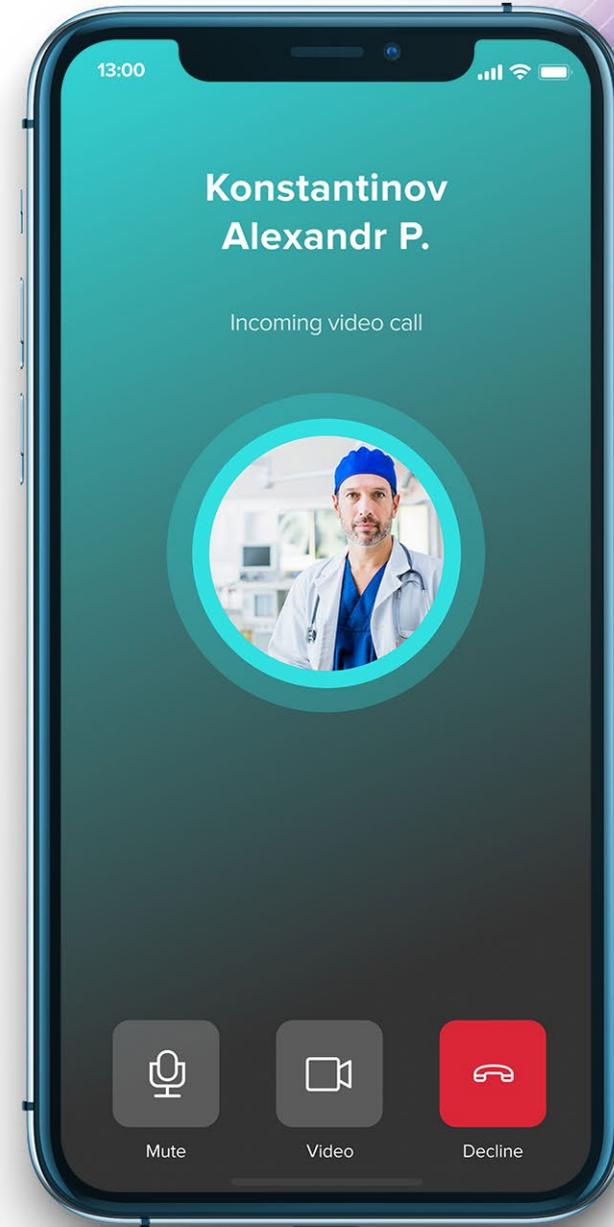
The Mymedhub app allows the doctor and patient to communicate directly through the app, avoiding email and other messengers. The app allows users to exchange messages and files in the chat and make audio and video calls.

Like this the doctor and patient can use their own special tool of interaction without the need to exchange personal phone numbers. By doing so, the entire history of communication will be stored in one place.

CALENDAR OF EVENTS

11

For a visual display of all consultations, calls and meetings with patients, the doctor has the ability to enter these data into a personal calendar of events. After they are marked in the calendar, the Mymedhub app will notify the doctor about the time of the events in advance as well as inform the patient by sending him a reminder.



STORED INTERACTION HISTORY

12

The Mymedhub app saves the entire history of the interaction between the doctor and the patient, as well as the dynamics of improving the parameters of the patient's health. This information becomes available to another doctor when

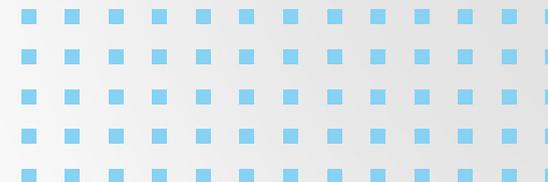
the patient decides to turn to any health ambassador again. Thus, the new history of interaction will not start from a blank slate anymore.

ADD NOTES

13

In addition to the official notes in the diary of the Mymedhub app, the doctor has the opportunity to keep individual records about each patient in the "Notes" section (complaints, medical history, life history, diagnosis, diaries), which is only seen by the doctor.

This allows not only to record all the necessary facts and individual characteristics of each patient, but also to store them in chronological order, having quick access to them if necessary.



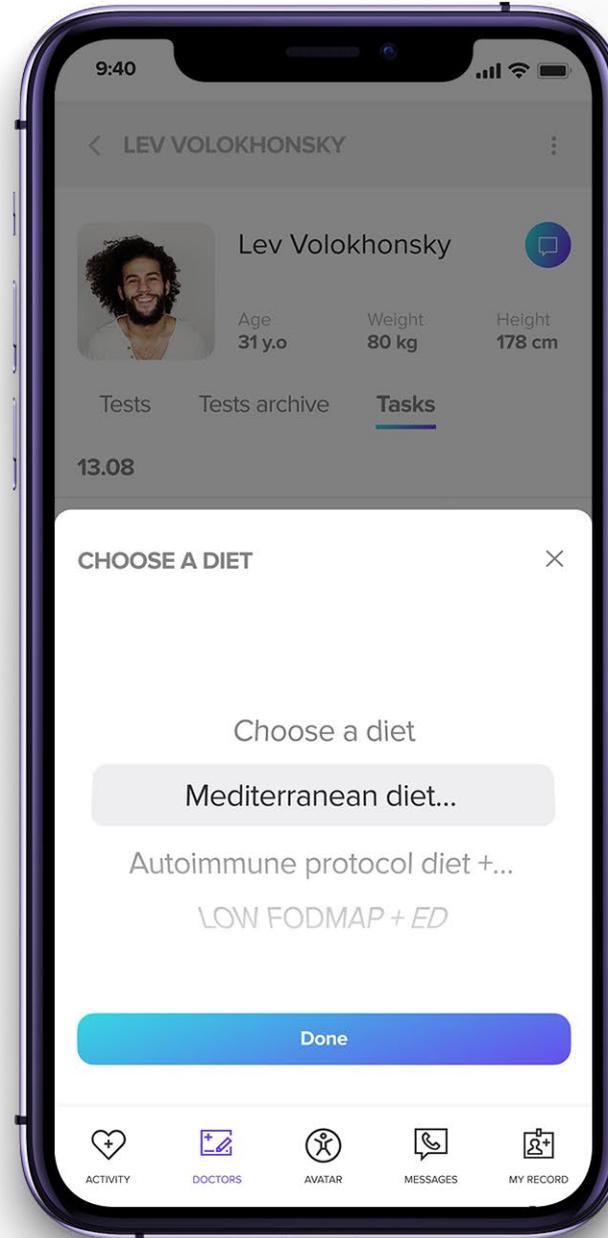
PRESCRIPTION OF A DIET

14

The Mymedhub system offers a choice of 5 nutritional strategies based on the elimination diet principle: Mediterranean diet, autoimmune protocol diet, low-FODMAP, candida diet and low-carb/high-fat diet.

For the convenience of the doctor, all of them contain a list of permitted and prohibited products – he just needs to assign a specific nutritional protocol to the patient and the information will immediately be displayed in the Mymedhub app.

In the future, the list of nutritional strategies is planned to be expanded, focusing on the needs of doctors and patients. A list of recipes corresponding to a particular protocol will be also added, as well as the ability to make changes to the list of prohibited and allowed products at the request of the doctor.



GARMIN | POLAR

CHROMOLAB

The Mymedhub app integrates with systems such as Polar, Garmin, Apple Health and Google Fit (with future integrations planned with other wearable device manufacturers), which allows the Mymedhub system to automatically continuously collect data from wearable devices and display them in the form of graphs. Thus, all the information about the patient's health parameters is stored in one app – a full-fledged source of up-to-date information.

The list of parameters available for analysis to the doctor:

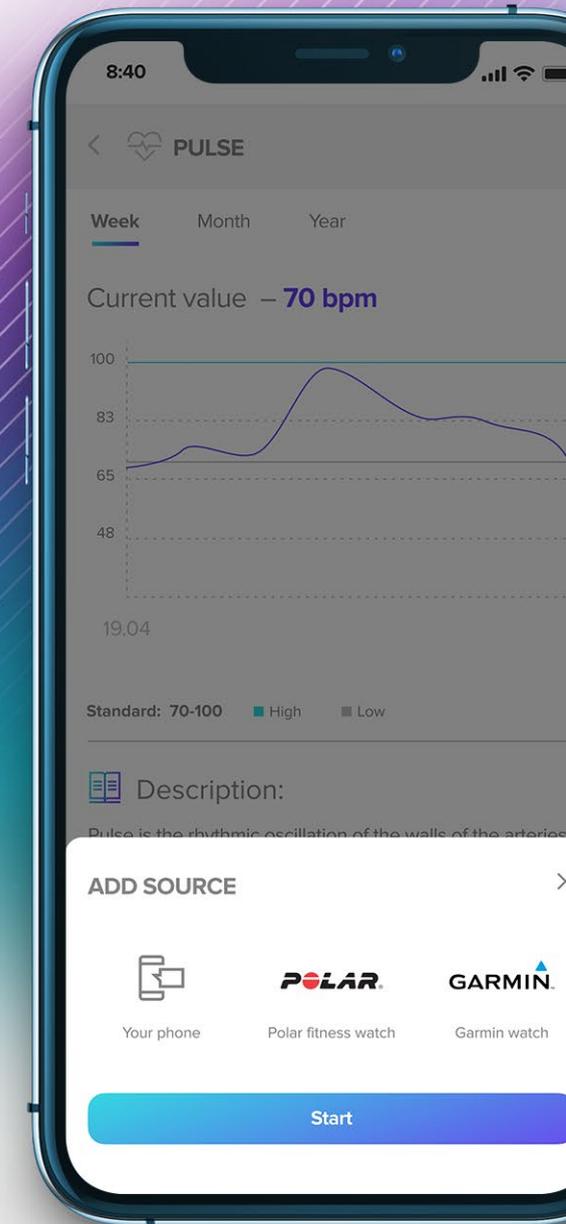
1. Physical activity level per day
2. Number of steps per day
3. Heart rate during exercise
4. Stress level
5. Peripheral oxygen saturation
6. Sleep duration and quality
7. Energy level



Mymedhub's partner, the Chromolab scientific and laboratory complex, offers patients more than 1,500 different tests, including their rare and unique types. With 10 years of experience in the diagnosis of diseases, Chromolab guarantees fast and accurate diagnosis using expert medical technology and the best equipment manufactured in Europe and Japan.

Mechanism for interaction:

- Via the Mymedhub app the doctor orders the patient to get tested
- The patient comes to the selected Chromolab lab and uses the promo code "mymedhub"
- He gets promo price for the tests
- At the end of the diagnostics, the test results will automatically be uploaded to the Mymedhub app



PREVENTAGE

The methodological partner of Mymedhub is PreventAge, an international institute for integral preventive and anti-aging health care. This is the first educational center in Russia specializing in training doctors in new technologies for restoring and preserving health, which are now widely used in the United States, Israel and European countries.

In its work, PreventAge uses new highly effective intelligent tools for the professional growth and success of doctors.

HEALTHNET

NTI Healthnet is an open ecosystem that supports and develops manufacturing companies and representatives of biotechnological and medical products and services that contribute to an increase in the duration and quality of life.

In accordance with the list of instructions of the President of Russia on the implementation of the Address to the Federal Assembly from December 4, 2014, the Russian government is implementing a long-term interdepartmental program of public-private partnership to promote the development of new promising markets based on high-tech solutions that will determine the development of the world and Russian economies in 10-15 years.

The main directions of NTI Healthnet

- IT in health care
- Medical genetics
- Biomedicine
- Sport and health
- Healthy longevity
- Preventive health care

Thus, defining the preventive health care market as one of the key ones, the implementation of the NTI Healthnet will ensure the leadership and competition of Russian companies in the global healthcare market.

Mymedhub – application for effective work with patients

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