

Thank you, for your interest in our handheld based personal health record management system. It is designed and developed for Windows Mobile based handheld systems. calPHR<sub>[M]</sub><sup>TM</sup> is a handheld based tool that enables the user to keep track of his / her complete personal health record.

The purpose of this software / tool is to act as a complete day to day personal health information manager. This tool will even remind the user of any medications, appointments and prescription refills. Eventually this tool will also guide him / her to measure and balance the important health / body aspects.

This tool allows you to store and manage all the health related information and also provides you full mobility. It features Health, Notification, Allergy, Vision, Fitness and Pregnancy modules to store respective health related records. You can also store family address information, physician contact details, Pharmacy and Hospital information in the Demographics section. You can also locate your preferred physician, pharmacy, hospital whenever you are mobile through internet. The software also provides you the facility to configure the settings and backup the information in SD Card.

Health module stores the Vital signs (Heart rate, Respiratory rate, Temperature etc), Blood Pressure, Blood Sugar, Cholesterol (LDL, HDL, Triglyceride, Total Cholesterol), Exercise information in the respective sub modules. You can also store other lab test records in "Other Lab Values" sub module of Health module. This module allows you to view the records with graphical view.

Notification module stores the medications, appointments and prescription refills records. You can set alarms against the records in this module. For medication records you can set reminders against the time of taking different medicines.

Allergy module stores the allergy related (Name of the allergy, Type, Reactivity) information with respect to time.

Vision module stores the refractive power, acuity and color blindness information.

This tool also provides you to view the status of the growth of the child members, enlisted in this system with the growth chart.

Fitness module allows you to view the Calorie requirement information and BMI information of members, enlisted into this system. It also provides you the diet plan to provide the normal weight with respect to all other particulars of the selected member.

Pregnancy module stores the important health information, required at the time of pregnancy of the pregnant member with respect to the specific time span.

We are sure that you will recommend this tool to your friends and other contacts. Please feel free to beam this tool to anyone interested in using it. Please visit [www.cal2cal.com](http://www.cal2cal.com) to check for updates and enhanced version of this tool.