



MyHealthMonitor

All in one

HEALTH & WELLNESS MONITORING

BETTER HEALTH &
WELLNESS for
everyone



ORIGINALLY DESIGNED FOR ELITE
ATHLETES

NOW AVAILABLE FOR
HIGH RISK EMPLOYEES

GET THE MOST ACCURATE HEALTH PROFILE
ON YOUR EMPLOYEES

Exposed to OCCUPATIONAL HEALTH & WELLNESS RISKS

With daily carnage on the roads, increased amount of protest and violence, it is not only the victims exposed to trauma, but our First Responders, Healthcare Professionals, Fire fighters, EMT s and Armed Forces that's more often than not overlooked.

According to African Health Sciences; emergency rescue & high risk related personnel can be considered a "high risk" occupational group in that they could experience a broad range of health and mental health consequences as a result of work-related exposures to critical incidents.

My Health Monitor, seeks to address mental & occupational health challenge in order to improve mental & physical health among "high risk" employees. The system is designed to identify any health issues & facilitate early interventions.

MyHealthMnitor

Seeks to address
OCCUPATIONAL HEALTH,
WELLNESS RISKS &
MENTAL HEALTH



MyHealthMonitor

Is a PRODUCT of
www.athletemonitoring.com &
delivered from the FITSTATS platform.

Technology is used in 53 COUNTRIES &
is designed to MONITOR the WELLNESS,
HEALTH, CONDITIONING &
PERFORMANCE of elite athletes since
2004.

OSTRC is an IOC Research Centre for
PREVENTION of INJURY & PROTECTION
of athlete health & the
FIFA Medical Centre of Excellence..

OSTRC Questionnaire is the injury
surveillance approach recommended by
the International Olympic Committee
(IOC). It can identify
x 10 more health risks than
traditional methods.

When a wellness alert, injury or
an illness is detected by the system,
My Health Monitor automatically alerts
health practitioners linked to the
employee's account.

It includes:

- The Oslo Sport Trauma Research Centre (OSTRC) Questionnaire
- An evidence-based & scientifically validated process for detecting health & injury risks in youth, amateur, Olympic & professional athletes.

OSTRC Questionnaire is compatible with:

- FIFA injury definition
- Sport Medicine Diagnostic Coding System (SMDCS) &
- Orchard Sports Injury Classification System (OSICS-10)

Report & track real-time:

- COVID-19 exposure & symptoms
- Physical & Mental Health issues.

Practitioners can use the built-in
electronic medical record system to:

- Record diagnoses
- Update incidents
- Record SOAP notes, treatments or
- Attach files & documents to the employee's profile.



WELLNESS MONITORING

Gives you the ability to detect and mitigate lifestyle related risks factors and support the development of a healthy lifestyle.

HEALTH RISK SURVEILLANCE

Provide an accurate picture of any individual's current health risk profile and is used to inform prevention and treatment programmes.

ELECTRONIC MEDICAL RECORD KEEPING

Electronic Medical record keeping creates the ability to access medical records when required to inform any preventative measures or treatment programme.

ONLINE QUESTIONNAIRE TOOL

Gives the ability to create, publish and administer online surveys (psychological, return to active duty intake assessments etc.) in seconds.



FILE & MEDIA SHARING

Gives the ability to securely share files, videos and pictures with all members /employees to inform or educate where applicable.


STATISTICS & REPORTING

Support the design of informed interventions, develop strategies to mitigate health risks or to receive feedback on the outcome of health and wellness programmes.



SEAMLESS DATA INTEGRATION

On selected devices



The world's most
comprehensive WELLNESS
MONITORING, INJURY &
ILLNESS TRACKING,

.....
health screening, assessment,
reporting & risk management
monitoring solution in mining.

API INTEGRATION

Activate the API integration of your choice in your Settings, or use the use our built-in Excel templates to import data from any device.

DATA TRANSFER

Automatically transfer data in less than 10 seconds.

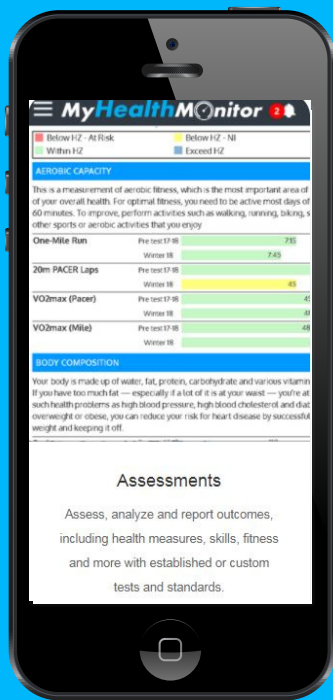
REAL-TIME DATA

Automatically analyze data using evidence-based analytics. Actionable alerts, dashboards, graphs and reports are automatically generated.

INFORMED DECISIONS

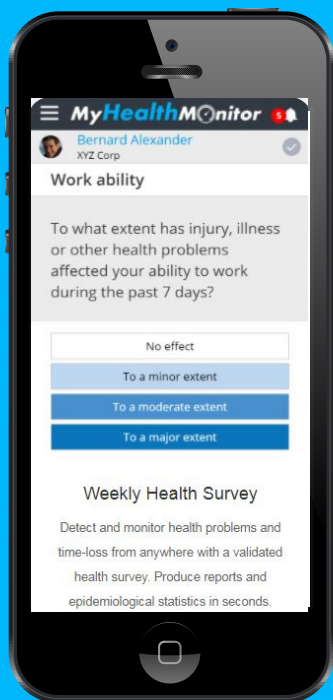
Make more informed decisions based on the nature of alerts, fatigue (physical and psychological), wellness, fitness, health and recovery levels.

A complete CARE SOLUTION & Turnkey HEALTH MONITORING solution



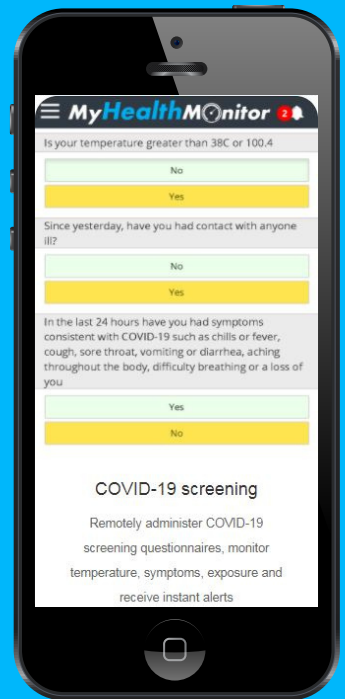
ASSESSMENTS

Assess, analyze and report outcomes, including health measures, skills, fitness and more with established or custom tests and standards.



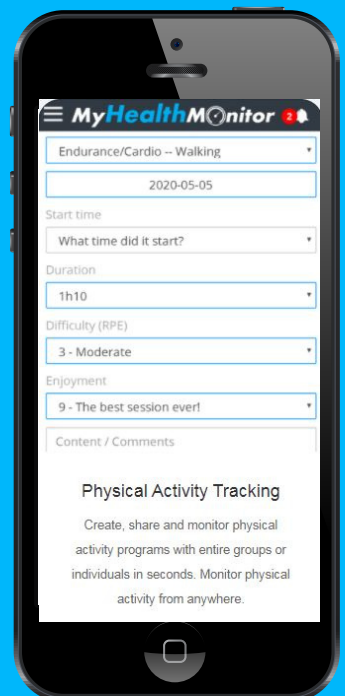
WEEKLY HEALTH SURVEY

Detect and monitor health problems and time-loss from anywhere with a validated health survey. Produce reports and epidemiological statistics in seconds.



COVID-19 TESTING

Remotely administer COVID-19 screening questionnaires, monitor temperature, symptoms, exposure and receive instant alerts.



PHYSICAL ACTIVITY TRACKING

Create, share and monitor physical activity programs with entire groups or individuals in seconds. Monitor physical activity from anywhere.



BOOK A FREE DEMO

www.myhealthmonitor.online

Find out how it can help your
organization and your employees.

MyHealthM**nitor**