



**MyHealthMonitor**

All in one

# HEALTH & WELLNESS MONITORING

BETTER HEALTH &  
WELLNESS for  
everyone

ORIGINALLY DESIGNED FOR ELITE  
ATHLETES

NOW AVAILABLE FOR  
INDUSTRIAL COMPANIES

GET THE MOST ACCURATE HEALTH PROFILE  
ON YOUR EMPLOYEES

## Exposed to OCCUPATIONAL HEALTH & WELLNESS RISKS

Employees are more often, than not exposed to:

- Silicosis,
- Tuberculosis (TB)
- Noise-Induced Hearing Loss (NIHL)
- Diesel Particulate Matter (DPM) etc.

The extent of exposure differ from mine to mine due to the diverse nature of mine operations, which includes both underground & open pit mines.

A particular challenge lies in the stigma attached to addressing Mental Health issues, which can prevent an individual from seeking help.

My Health Monitor, seeks to address mental challenge in order to improve mental health & suicide prevention initiatives. The system is designed to identify mental health issues & facilitate early interventions.

### **MyHealthMonitor**

Seeks to address  
OCCUPATIONAL HEALTH,  
WELLNESS RISKS &  
MENTAL HEALTH



# MyHealthMonitor

Is a PRODUCT of  
[www.athletemonitoring.com](http://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

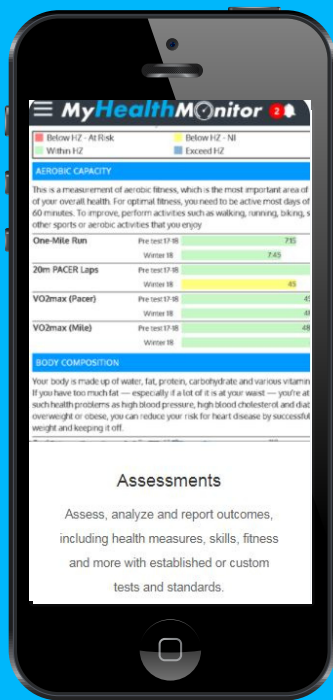
Automatically analyze data using evidence-based analytics. Actionable alerts, dashboards, graphs and reports are automatically generated.

## INFORMED DECISIONS

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

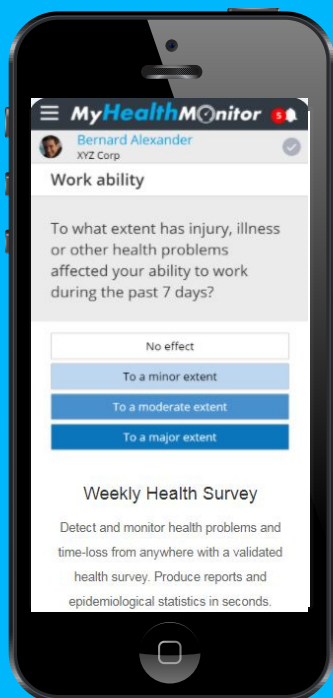
**MyHealthMonitor**

# A complete CARE SOLUTION & Turnkey HEALTH MONITORING solution



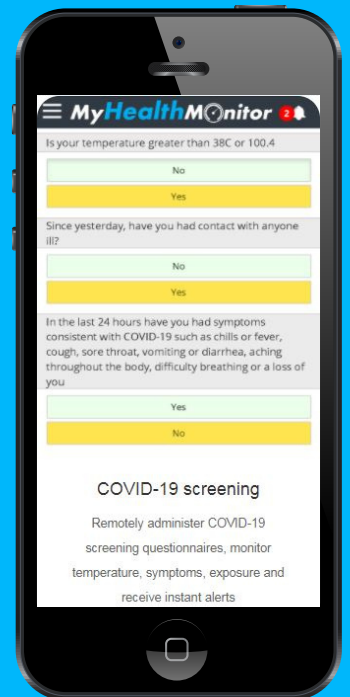
## ASSESSMENTS

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



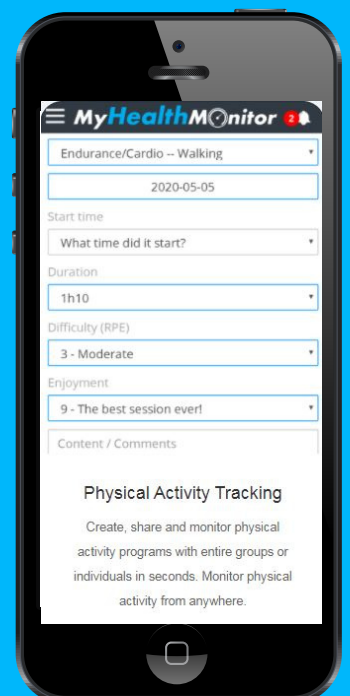
## WEEKLY HEALTH SURVEY

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](http://www.myhealthmonitor.online)

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

**MyHealthM****nitor**

