

Discover your family's health story

Computer Lab Session: LAB2124-S - Discover Your Family's Health Story (S)

Speaker: Heather Holmes, TapGenes CEO

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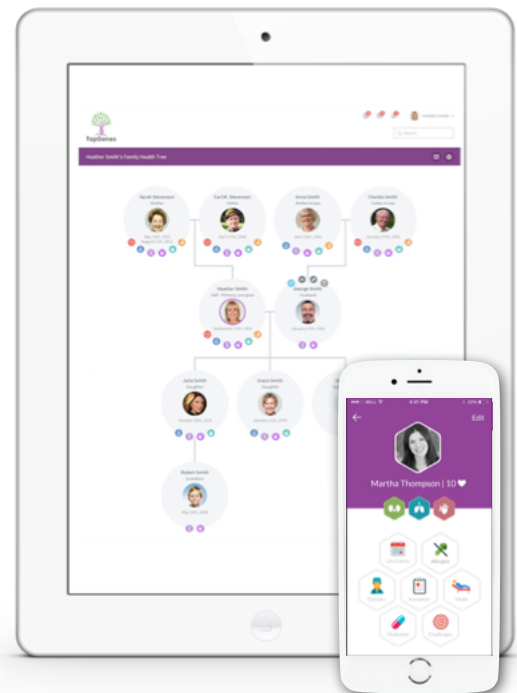
SYLLABUS

Objective

Knowing your Family Health History could save your life. Now for the first time with TapGenes, you have the tools to identify the genetic thread that ties your family together. Healthy living includes many things – physical health, emotional well being, strong support systems and yes, even genetics.

Family health history is a risk factor for many health problems including asthma, cancer, diabetes, and heart disease. When close family members have the same health problem, this can increase other family members' risk of developing the problem. This is because families share their genetics, lifestyles, and environment.

A family's health history is considered the single strongest predictor of disease risk yet only 4% of Americans have a documented health history past their parents in medical records¹.



Goals

TapGenes is a tool that can help you understand how genetics impacts your health and the health of younger family members. Knowing what health problems run in your family can guide lifestyle choices and screening tests to prevent or detect disease early.

In our digital age, we think paper seems so antiquated. So we've excelled at creating an easy-to-understand Family Health Tree where all that 'runs in your family' is recorded. And most importantly, preserved. Access this information whenever you need to – just think, your family's health history could be a mere tap away!

1. Powell et al., 2013. NC Institute of Medicine, The Duke Endowment.



What's the best benefit you ask?

Having your family health history all in one place not only allows you to safeguard it, but also share it if you choose. After all, this is data that's personal and private so know that with TapGenes you are free to share the information with doctors, school nurses or caregivers or whoever you designate. But the best benefit is that the choice to share or not is solely yours.

Invite the whole family...

Sharing your family health history with your children and grandchildren is very important. They can benefit greatly from knowing what health problems run in the family. Work together to make healthy choices like eating a healthy diet and exercising. Encourage younger family members to share this information with their health care provider.

Every family member who becomes part of your Family Health Tree gets an unparalleled Personal Health Portrait that holds information like your medications, allergies, and medical records and can be accessed anywhere any time. A health care provider can help you understand your risk for developing a health problem and make recommendations about lifestyle choices and screening tests to lower your risk.

Your privacy & safety matter.

TapGenes understands that your medical history and notes are personal and private. That's why we use the 128-bit encryption and the same physical security that banks use -- all to ensure that only you have access to your files on TapGenes. Additionally, families can be as anonymous as they want to be, TapGenes only requires an email address to get started. No personally identifiable information will ever be shared without your permission.



What will I learn in this class?

- Why Family Health History is important
- Getting started with your TapGenes Family Health Tree
- What to expect: types of Family Health History questions
- What to do if you don't know your family's health history
- How to track down medical records & other important health information
- What is a Personal Health Portrait & what information should you preserve in it
- Best practices for inviting & collaborating with family members
- How to share information with doctors, school nurses, & non-family caregivers
- Further your knowledge: additional TapGenes Health Assessments
- Next steps: take the TapGenes 21 Day Family Health History Challenge
- Post-course support & resources:
 - Site: tapgenes.com
 - Email: team@tapgenes.com
 - Additional resources: tapgenes.com/family-search