

Symptom Journal Membership Product FAQ Sheet:

The following suite of web-based health tools is included in a Symptom Journal membership:

Symptom Checklists: Some of the most comprehensive and extensive symptom checklists on the Internet. The goal of the symptom checklist is to give an individual a snapshot of their health condition as it is today.

Comprehensive information for each featured chronic health condition: Provides comprehensive information about each health condition covering a wide range of topics: disease description, cause, risk factors, diagnosis, treatment, alternative and complimentary treatments, self-care, nutrition, with resources and support for each health condition.

Daily and Monthly Questions: Designed specifically for that health condition to help track the most important factors contributing to a person's symptoms increasing or decreasing along with what influences their daily quality of life and health outcomes.

An integrated Exercise and Nutrition module: This helps track how a person's food and exercise impacts their health outcomes.

Reporting technology giving with customized daily, weekly, and monthly reports: Shows a person what is specifically impacting their symptoms, and enables the individual and their doctor to see trends, giving their doctor and themselves the information on how to reduce their symptoms, allowing for timely decision making, and better health outcomes.

A Writing Journal: Gives a person a place to write about what is important to their health and life.

A Goal setting section: Helps a person set and achieve goals with your health.

Friends Network: A place to connect with other people with the same health condition and share your experiences while gaining support and community.

Discussion Community: Is a place to enter into dialogue about topics that of interest to the individual.

Inspiration Toolkit: Designed to be a place for support, motivation, and inspiration with tools and exercises to support a person's health journey.

The health tools at symptomjournal.com are fully integrated modules that that work together to help the individual understand how to reduce their symptoms and create a better quality of life with their chronic health condition.