

# Symptom Journal Media Fact Sheet

**Find out more about Symptom Journal's membership health tools website.**

Welcome to Symptom Journal's Media Kit. This resource is provided for journalists as our Media Kit providing basic company information.

## Who We Are:

Symptom Journal is a membership website dedicated to improving the health of people with chronic health conditions through our web-based suite of health tools. With our team's 17 years of combined experience delivering educational training and with over 35 years combined business knowledge, our team brings educational knowledge and business analytics to creating groundbreaking web-based health tools to support people with chronic health conditions in reducing their symptoms and improving their quality of life.

For more information, call 707-632-6100 or visit: <http://www.symptomjournal.com>

## Where We Are Located:

Symptom Journal  
P.O. Box 36  
Jenner, CA 95450-0036  
707-632-6100

## Media Contact:

Tamara Zablocki, CEO  
707-632-6100  
[t.zablocki@symptomjournal.com](mailto:t.zablocki@symptomjournal.com)

## What We Do:

At symptom Journal we provide a system that allows individuals and their doctors to see trends in reports that shows what changes could bring a reduction in a person's symptoms through modifying their treatment plan by:

- The ability to generate custom reports showing how, what, when, and why symptoms increase or decrease based on daily choices, diet, exercise, and treatment plan
- The ability to have consistent, timely data tracking the most important symptoms and choices for each chronic health condition
- The ability to share reports with an individual's healthcare or educational team that creates better choices being made based on real time data

At Symptom Journal, we are dedicated to providing patients, doctors, and educators with consistent, accessible, timely data that allows for symptom reduction and a better quality of life for individuals with chronic health conditions.

## How We Are Different:

Symptom Journal's health tools were developed for patients by patients to help people with chronic health conditions reduce their symptoms and live a healthier life. Symptom Journal is unique in the breadth of tools that are available to members and we are dedicated to assisting individuals reduce their symptoms through:

- **Symptom Checklists**- comprehensive symptom checklists per health condition
- **Comprehensive Information**-a full range of information per health condition
- **Daily and Monthly Questions**- questions tailored specifically to each health condition
- **Exercise and Nutrition Module**-a fully integrated module
- **Report Technology**-enables individuals to reduce symptoms by seeing cause and effect
- **Writing Journal**-online writing journal
- **Goals Section**-assists individual in setting and achieving health goals
- **Friends Network**-a place to connect with others people with the same health condition
- **Discussion Community**-a place to discuss topics of interest
- **Inspiration Toolkit**-provides support and tools for a person's health journey

These tools are currently provided on our website for seventeen chronic health conditions including, Adult ADHD, ADHD-Child, Anxiety, Adult Asperger Syndrome, Asperger Syndrome-Child, Autism, Bipolar Disorder, Depression, Fibromyalgia, Graves' disease, Hashimoto's Thyroiditis, Hormone Imbalance, Hyperthyroidism, Hypothyroidism, Migraine, Multiple Sclerosis, and Rheumatoid Arthritis.

## Management:

Tamara Zablocki, CEO/Founder inventor of the symptom journal technology

Alisa Etzel, M.B.A.

Lisa Cain, PhD.

Jennifer Sobrero, M.S., CCC-SLP

## Philosophy:

Symptom Journal's web-based health tools are designed to help people with chronic health conditions reduce their symptoms and live a healthier life. By answering daily questions and then discovering through their reports how, what, why, and their symptoms increase or decrease because of their daily choices, nutrition, and treatment plan that allows an individual and their doctor to make timely decisions that can reduce their symptoms and improve their quality of life. Symptom Journal believes in giving an individual the tools to understand their health and be active partners with their doctors in making better health decisions based on having consistent data.

## **Mission:**

Our mission is to create an opportunity for individuals with chronic health conditions to have better health outcomes and improved quality of life. Our state-of-the-art-technology can facilitate improved decision-making between health care professionals and individuals through consistent symptom journaling in the individual's daily life. We, the founders of the Symptom Journal, are intimately associated with these chronic conditions and are committed to providing a valuable and cost-effective resource that will support you in your health journey. We want to improve and enhance the lives of those whom we touch and assist people in attaining their health goals. Our dream is that the Symptom Journal provides hope and empowered choices to people with chronic health conditions, enabling them to have healthier tomorrows.