



New technology helps you manage your well-being and self-care and gives you 24/7 access to your personal health records.

Health care for the mobile

Have you ever had your patient records printed or handwritten on different paper pads in order to summarise your medical history for a doctor who does not know you nor has access to your files?

By Taina Värri | Photos: Pixmac

Finnish technology company Mediconsult has thought this over and spent the last five years developing the next step in health care. Highly automated mobile platform Medinet aims to help save the precious time of health care professionals while giving the patients an up-to-date tool for the management of their own well-being and self-care.

The purpose of the system is to enable the patients to access, study and fill their own data via the web, wherever they may be. That way, there will be a detailed history of each person's health and medical history in one single database. It will provide more time for face-to-face consultation, but also detailed background data when using different health care services in different locations.

The Medinet system will not mend a broken leg, not to mention a broken heart. But it can, however, be used as a lifestyle monitor that supports you in maintaining a healthier lifestyle and managing your current medical condition. Users can measure their own blood pressure, blood sugar, weight or pedometer step counts, put the data in the system and that way keep track of their own health status.

Personal assistant in your pocket

The application works as a notebook and a personal assistant, sending you text messages when your new prescription is ready to be picked up in the pharmacy or when your lab results are available on your Medinet account. Another essential part of the service will be a special social media platform for peer support and

communication with health care professionals.

Your digital health diary can naturally be accessed only by the health care professionals and yourself, using strong and reliable identification, much like online banking. The log will record all activity on your account and that data will be separately stored for possible further investigation. Moreover, if there is a strong practical need to combine the data from the social services and the health care system, the patient, and only the patient, can give permission to combine the two in the one database.



For more information, please visit:
www.mediconsult.fi