

## **World Renowned Doctors Release Version 2.1 of MyGiHealth**

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My Total Health, Inc. announces MyGiHealth 2.1, an important update to their popular digestive symptom tracker for iOS devices. MyGiHealth is a powerful personal health tool for the 70 million sufferers of digestive diseases in the US. Designed to answer key questions that people have when first experiencing Gi symptoms, the app assesses the severity of those symptoms, helps them to decide whether they need to visit a doctor and so much more. Version 2.1 offers new and improved on-boarding.

Los Angeles, California - My Total Health, Inc. is excited to announce the release of MyGiHealth 2.1, an important update to their popular digestive symptom tracker developed exclusively for iPhone, iPad and iPod touch devices. MyGiHealth is a powerful personal health tool for the 70 million sufferers of digestive diseases in the US. It is designed to answer key questions that people have when first experiencing Gi symptoms. The app assesses the severity of those symptoms, helps them to decide whether they need to visit a doctor, and then prepares them for the visit using an automated history taker.

Developed by world renowned clinical investigators and authors Dr. Brennan Spiegel MD and Dr. William D. Chey MD, the core technology is based upon five years of research conducted by teams at Cedars-Sinai Medical Center, the University of Michigan, and UCLA. It is supported by grants from the National Institutes of Health (NIH), and is published in peer-reviewed literature.

"This is where digital health is at its best, by offering a simple yet compelling way to take better care of patients," said Spiegel. "MyGiHealth offers initial proof that an application can create meaningful and relevant patient histories that are useful in the clinical setting."

MyGiHealth's features empower patients to log and learn about their digestive history. This is a huge step toward a better dialogue between doctors and sufferers as patients are frequently embarrassed about their symptoms and don't know where to start describing them.

A study conducted by Cedars Sinai found computer-generated reports written by MyGiHealth, were more complete, organized and useful than narratives generated by physicians during office visits. This both saves doctors' time and improves relationships with their patients.

"MyGiHealth leverages real world experiences to bridge the growing gap that separates patients and providers. We believe that MyGiHealth represents the next generation of health information technology - technology which improves user's awareness of their illness experience and empowers them to take control of their gut health," added Chey.

About Dr. Brennan Spiegel:

Dr. Brennan Spiegel MD, is a Professor of Medicine, Public Health, and Digestive Diseases, runs UCLA's Public Health curriculum on big data science, digital health science, and health analytics, and is also Director of Health Services Research for Cedars-Sinai Health System and Co-Editor-in-Chief of the American Journal of Gastroenterology, the leading clinical GI journal in North America. Forbes magazine covered Dr. Spiegel's work in digital health, describing it as on the "bleeding edge of technology."

About Dr. William D. Chey:

Dr. William D. Chey MD, is a Professor of Medicine, Director of the GI Physiology Lab, Director of the Digestive Diseases Center for Nutrition & Lifestyle, and Co-Director of

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the Michigan Bowel Control Program at the University of Michigan and former Co-Editor in Chief of the American College of Gastroenterology. TedEd featured Dr. Chey's work in digestive health.

Device Requirements:

- \* iPhone, iPad, and iPod touch
- \* Requires iOS 8.1 or later
- \* 46.5 MB

Pricing and Availability:

MyGiHealth 2.1 is Free and available worldwide exclusively through the App Store in the Medical category. For more information, please contact Duncan McLaren.

MyGiHealth 2.1:

[https://go.mygihealth.io/?\\_branch\\_match\\_id=343500608978980080](https://go.mygihealth.io/?_branch_match_id=343500608978980080)

Download from iTunes:

<https://itunes.apple.com/app/mygihealth-symptom-tracker-for-gi-ibs-ibd-gerd/id964527560>

Forbes covered MyGiHealth's Dr. Spiegel and his work:

<https://www.forbes.com/sites/davidshaywitz/2015/08/12/translating-digital-health-into-practice-is-hard-give-credit-to-those-trying-to-get-it-right/#267837616d50>

TedEd featured MyGiHealth's Dr. Chey and his work:

<http://ed.ted.com/lessons/what-s-the-big-deal-with-gluten-william-d-chey>

Screenshot:

<http://a5.mzstatic.com/us/r30/Purple111/v4/c3/6e/10/c36e10ac-c202-74f4-c99d-b28f14a7d970/screen696x696.jpeg>

App Icon:

[https://pbs.twimg.com/profile\\_images/831615180404428800/nLkXeqiA.jpg](https://pbs.twimg.com/profile_images/831615180404428800/nLkXeqiA.jpg)

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