



I am a _____ (*chronic disease *undiagnosed *patient or caregiver) or challenged by _____ disease or condition.

Where is my path to wellness?

My Story

Symptoms, traumas & life stresses, treatments, diagnoses, medications, doctors...timelines, visualizations...

Health Records

What do I have?
How can I get & understand my records?

Tracking & Journaling:

symptoms, interventions, food, sleep, medications, surgeries, mental health...What helps?

How can I find my power & personal agency to guide my care?

What devices & trackers are safe? How do I know if they're effective?



Are there Integrative or alternative health providers? How to find them?

How to find a doctor who will listen & collaborate, and respect my lived experience of my condition?

Define wellness for you!

How can I better understand & interpret my own data? How can I visualize trends positive or negative?

What works?
How to share with others?
Find your voice!

Are there specialized tests I can take? Where to go? How to get them? Costs?

Project Apollo
can help – Please contact us!

<https://precisionhealthcareecosystem.org/contact-us/>

Are there other patients like me that I can learn from? Organizations? Resources? Patient Communities?

What about health apps? Which ones don't sell my data?

Are there researchers looking for me?
Am I a candidate for any clinical trials?

What can I learn from websites? How do I find trusted information? What about privacy?

How can I better advocate for my care with doctors?
Insurance companies?
The healthcare system?



Please reach out to us!

Researchers & Physicians

Do you need access to empowered, data-aware patients?
Do you practice patient-centered approaches?