

My Recommended Healthy Behaviors

Vaccination Schedules

At 2 months old, newborns should receive multiple vaccinations.

Newborns:
2 months: Hep B, RV, DTaP, Hib, PCV, IPV

Request Appointment and go to the doctor =

+ 50 XXX Points

[REQUEST APPOINTMENT](#)



Walking Outside

Studies show that walking outside twice a week can boost your metabolism

[LOG MY EXERCISE](#)

YOUR HEALTH SURVEY QUESTIONS

Answer Todays Questions

Answer todays health survey questions to gain more Points.

[ANSWER QUESTIONS](#)



Blood Pressure Screening

It is suggested that people with high blood pressure should limit the intake of sodium.

[LOG BLOOD PRESSURE](#)

Plants Reduce Stress

Studies show that having plants in the work environment increases productivity by 48%. An independent research group tested ABC company in California to find the best plants to have are ferns and cactus. Unpopular are the flowering kind that can spread pollen inside.

[READ THIS ARTICLE](#)


- Home


- Request Appointment

- Log Health Data

- Add Medication Reminder

- Rewards Catalog

-  Patient Portal

-  Edit my Profile

- My App Number is 8675309

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[READ THIS ARTICLE](#)

[REQUEST APPOINTMENT](#)

Walking

Distance: Miles

Time: Hours. Minutes

On:

Blood Pressure

Distance: Miles

Time: Hours. Minutes

On:

[Home](#)[About XXXXPoints](#)[Benefits](#)[Rewards](#)[Health Information](#)[Request Appointment](#)[Contact](#)

Health Information

Learn About Health and Wellness to Make Healthier Choices

XXXX Points gives you the tools to make better health choices. An important part of improving health is learning about medical conditions and healthcare management. With more information, it's easier to make healthier lifestyle choices and to understand the importance of health.

At XXXX Points, we want you to earn points for healthy choices. We also want you to understand why certain choices improve your health and reduce your risk of disease. This Health Information section helps you access articles and blog posts that explain the fundamentals of positive health choices.

We know that sometimes doctor advice can be confusing. The XXXX Points Health Information section is written just for you. We give you the information you need about the health and wellness challenges affecting your everyday life.

Points provides two easy ways to learn more about your health and wellness, health articles and our healthy living blog. Read more below about the differences between our health articles and our healthy living blog:

Health Articles

Have you ever been curious about the symptoms of type 2 diabetes, or what happens during a heart attack?

Our health articles look at the science and medicine behind common health concerns. XXXX Points provides easy to read, informational articles that help you understand how health choices affect your body.

Healthy Living Blog

Looking for recipes that cut out salt, or easy to follow tips for improving upper body strength?

The XXXXPoints healthy living blog looks at different way to incorporate health and wellness into everyday life. Our fun and informative blog addresses top health and wellness concerns, like eating health and

Request Doctor
Appointments Online

[Request Doctors
Appointment](#)

Bike

Distance: Miles

Time: Hours, Minutes

On:



High Cholesterol

Do you or your family have a history of high cholesterol?

Yes

No



High Cholesterol

Thank you for answering today's survey.

You have earned 3 ChoicePoints!

Continue



High Cholesterol

Who in your family suffers from high cholesterol?

- Self
- Parent
- Sibling
- Aunt / Uncle
- Grandparent
- Other

Continue

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REQUEST APPOINTMENT



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LOG MY EXERCISE

YOUR HEALTH SURVEY QUESTIONS

Answer Today's Questions

Answer today's health survey questions to gain more ChoicePoints.

ANSWER QUESTIONS



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LOG BLOOD PRESSURE

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READ THIS ARTICLE



Add A Medication

Keep track of when to take your medications by setting a notification.

MEDICATION REMINDER



Ride a Bike Outside

Studies show that riding a bike twice a week can boost your metabolism

LOG MY EXERCISE

Look for an Appointment

By Specialty

By Doctor

City, State or Zip

Choose a Specialty ▼

Find

Findings for OB-GYN near Atlanta, GA [Start Over](#)

[First Availability](#)

[Distance](#)

📍 17.57 miles



[Neale Freeman, MD](#)

Southside Medical Center, Inc

1046 Ridge Ave SW
Atlanta, GA 30315



Unrated

[Show Availabilities](#)

OR

[Send Appointment Request](#)

for another appointment with this doctor

📍 0.0 miles 🛡️



[Cherise M. James, MD](#)

Southside Medical Center

1046 Ridge Ave SW
Atlanta, GA 30315



Unrated

[Send Appointment Request](#)

for an appointment with this doctor

Book an Appointment



You have **500** Points



Neale Freeman, MD

Southside Medical Center, Inc

1046 Ridge Ave SW
Atlanta, GA 30315

★★★★★
Unrated

	Fri 11 Sep	Sat 12 Sep	Mon 14 Sep	Thu 17 Sep	Mon 21 Sep	Sat 26 Sep	Fri 2 Oct
	10:10am 2:50pm 4:40pm	6:20am 6:40am 7:40am 6:30pm	9:10am 1:20pm 3:20pm	10:30am 12:00pm 4:10pm	6:50am	7:40am 5:30pm	8:00am 12:50pm

Couldn't find an appointment for the time you were looking for? [Send Request](#)

Close

★★★★★
Unrated

0.0 miles



Cherise M. James, MD

Southside Medical Center

1046 Ridge Ave SW
Atlanta, GA 30315

★★★★★
Unrated

[Send Appointment Request](#)

for an appointment with this doctor

If you think you have a medical emergency, please call 911 or go to the nearest hospital. Please do not attempt to request emergency care through this website.

In order to process your request, please provide the following details

My Info.

First Name

Last Name

Date of Birth (MM/DD/YYYY)

Select Gender

Check here to book appointment for someone else

Provide your contact phone and email*

phone

Email

Reason for the visit*

Reason for the Visit

Info. for the Provider(Maximum characters: 250)

Text area for provider information

Your Appointment Provider



Neal P. Freeman, MD
 Southside Medical Center,
 Inc
 1046 Ridgeway Ave SW
 Atlanta, GA 30315

Thank You

Your Appointment Request has been sent.

Your provider's office will contact you to confirm your appointment time & date.

[Home](#)

[View History](#)



MENU

You have
500
Points

My XXXX Points History

11/4/14	Requested App with Dr. No. You will receive 50 XXXX Points when you check in at the doctor's office.	+50
9/12/14	Appointment Kept	+600
9/20/14	Vaccination	-700
10/14/14	Redeemed Points for Carseat Reward	-300
10/22/14	Reported a Pregnancy	-600
Total	XXXXPoints available today	900

Enter Medication

Notifications: ON OFF

Leave notifications on to receive an alert for this medication.

For	<input type="text" value="Name >"/>
Medication	<input type="text" value="Not Set >"/>
Frequency	<input type="text" value="Not Set >"/>
Times	<input type="text" value="Not Set >"/>
Doses	<input type="text" value="Not Set >"/>

Rewards Catalog



Concert Tickets

synth art Austin street
Brooklyn whatever fund
butcher dreamcatcher
actually street food
seitan a art PBR kitsch
Life tousled swag
Austin they trust tote
DIY Truffaut

REDEEM 500 POINTS



Sports Apparel

freegan axe Austin
chambray mlkshk try-
hard Marfa keytar street
art swag Pinterest
Tumblr polaroid Tumblr
trust fund street
biodiesel craft biodiesel
they Park Pinterest
tattooed truck

REDEEM 600 POINTS



Toothbrush

fingerstache mlkshk art
food sustainable
Tumblr fanny art
butcher bag art PBR
trust Echo pack Tonx
banjo normcore bag
lomo Put Tonx
normcore Austin
tattooed art DIY hoodie

REDEEM 800 POINTS



Contact Solution

biodiesel synth before
Vice Marfa sold Tonx
selfies craft hoodie
Pinterest umami
Brooklyn butcher DIY
whatever umami trust
craft whatever Park
banjo whatever cred
chambray seitan
Pinterest biodiesel
mlkshk paleo

REDEEM 700 POINTS



Duffel Bag

banjo Put Austin
whatever bag
Thundercats normcore
sold keytar fund Austin
truck

REDEEM 700 POINTS



Lotions

brunch art swag
polaroid Put Vice

Doctors Visit Copay

Dr. Visit Copay

freegan swag selfies
banjo they cray lomo



Baby Car Seat

kitsch Tonx party
Pinterest Intelligentsia
sustainable they



Jump rope



Band-Aids

truck art synth Put a
seitan butcher sold
banjo butcher flannel
art

REDEEM 200 POINTS



Now let's retrieve your secure medical record.

Tell us a little about yourself so we can match you to your medical record.

First Name *

Last Name *

Address Line 1*

Address Line 2

City

State

Date of Birth *

Gender *

Home Phone

Cell Phone

Last 4 digits of social security number

Continue



Based on your answers, here are some records that look close to what you described.

Are any of these records you?

	Name	Phone	Date of Birth
<input type="radio"/>	*a*dy Nic*ol*	(*7*) 5*6-9*16	08/0*/****
<input type="radio"/>	**m N**on	(*0*) 9*5-4*1*	1*/0*/****
<input type="radio"/>	**acy **ray*	(***) 67*-62*6	01/2*/****

Yes

No



To verify your identity, answer the question.

Security Question

According to this health record, you have visited the doctor recently. What city did you visit the doctor in?

- Norcross, GA
- Carrollton, GA
- Woodbine, KY
- Sykesville, MD
- Benson, AL
- Clemson, NC
- Dallas, GA
- Marietta, GA

Continue

Thanks! Your information has been saved.

Secure Patient Portal

Here is your information that is available to your ChoicePoints provider.

First Name	Sandy
Last Name	Nichols
Address Line 1	9562 Vallo Vista Ct
Address Line 2	
City	Atlanta
State	GA
Zip	30342

Date of Birth	1982
Born Gender	Female
Home Phone	7705551212
Cell Phone	4042225655

[Save my Profile](#)

Your logged activities

Blood Pressure

10/1/14 - 117/76
 10/5/14 - 140/90
 10/15/14 - 160/99

Walking

10/2/14 - 2 miles
 10/3/14 - 1 mile

Your Questionnaire Answers

Secure Patient Portal

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First Name	Sandy
Last Name	Nichols
Address Line 1	9562 Vallo Vista Ct
Address Line 2	
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State	GA
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10/15/14 - 160/99

Walking

10/2/14 - 2 miles
10/3/14 - 1 mile

Your Questionnaire Answers

Demographics
(no history of)

Heart Disease
(Family history: Mother)

Age Specific
(none recent)



Login

Your health data is protected on a secured website. Please Login.

Email
Password

or [SignUp](#)

Incoming Appointment Requests

<p><u>Nichols, Sandra</u></p> <p>8/6/99 F 770-596-9216 s@sandy.net</p> <p>Reason for Visit: RASH</p> <p>Read more info</p> <p>Nov 2, 3PM CONFIRM THIS APPT</p> <p>Edit Date or Time</p> <p>App # 8675309 EHR Available</p>	<p><u>Cagle, Shane</u></p> <p>7/6/88 M 678-334-7403 scagle@LMI.com</p> <p>Reason for Visit: COUGH</p> <p>Read more info</p> <p>Nov 1, 9AM CONFIRM THIS APPT</p> <p>Edit Date or Time</p> <p>App # 9035768</p>	<p><u>Pope, James</u></p> <p>9/22/52 M 404-494-0839 jpope@MMI.com</p> <p>Reason for Visit: VACCINATION</p> <p>Read more info</p> <p>Nov 1, 9AM CONFIRM THIS APPT</p> <p>Edit Date or Time</p> <p>App # 7654321 EHR Available</p>	<p><u>Hutinson, Kandice</u></p> <p>5/6/76 F 678-332-6366 khutchinson@gmail.com</p> <p>Reason for Visit: FLU</p> <p>Read more info</p> <p>Nov 1, 10PM CONFIRM THIS APPT</p> <p>Edit Date or Time</p> <p>App # 1234567</p>
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History of Appointment Requests

Date Requested	Time Requested	Name	DOB	M/F	Phone	Email	Reason	More Info	App #	EHR?	Status
Nov 2	3 PM	<u>Nichols, Sandra</u>	8/6/99	F	770-596-9216	sandy@sn.net	Rash	I have a rash on my arm.	8675309	YES	confirmed
Nov 1	9 AM	<u>Cagle, Shane</u>	7/6/88	M	678-334-7403	scagle@localmarketinginc.com	Cough	I have a cough since last Tuesday. I think I have the Swine Flu.	9035768	No	confirmed
Nov 1	9 AM	<u>Pope, James</u>	9/22/52	M	404-494-0839	jpope@gmail.com	Flu	I am so sick I can hardly type this.	1234567	YES	confirmed
Oct 30	1 PM	<u>Smith</u>	8/6/99	F	770-243-	lieksit@gmail.com	Vaccine	I am traveling to India and need all the over-seas vaccinations that is recommended. I am very scared	9368200	No	confirmed

Incoming Appt Requests

Look Up a Patient

Reporting

Set Schedule Availability

Incoming Appointment Requests

[Nichols, Sandra](#)

8/6/99 F
770-596-9216
sandy.net

Reason for Visit:
RASH

[Read more info](#)

**Nov 2, 3PM
CONFIRM THIS
APPT**

[Edit Date or Time](#)

App # 8675309
EHR Available

[Cagle, Shane](#)

7/6/88 M
678-334-7403
scagle@LMI.com

Reason for Visit:
COUGH

[Read more info](#)

**Nov 1, 9AM
CONFIRM THIS
APPT**

[Edit Date or Time](#)

App # 9035768

[Pope, James](#)

9/22/52 M
404-494-0839
jpope@MMI.com

Reason for Visit:
VACCINATION

[Read more info](#)

**Nov 1, 9AM
CONFIRM THIS
APPT**

[Edit Date or Time](#)

App # 7654321
EHR Available

[Hutinson, Kandice](#)

5/6/76 F
678-332-6366
khutchinson@gmail.com

Reason for Visit:
FLU

[Read more info](#)

**Nov 1, 10PM
CONFIRM THIS
APPT**

[Edit Date or Time](#)

App # 1234567

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The page at xxx.com says:
 A confirmation notice will now be sent to the patient.
 OK

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☰ MENU



LOGOUT

Patient Record

Enter app # or Patient Name:

Search

Reporting

	Diabetes	Hypertension	Heart	Cholesterol	Respiratory	Asthma/Allergy	Cancer	Children	COPD	Arthritis	Depression	Mental	Medications
NO	130	22	0	62	0	75	31	4	62	0	3	99	32
Yes	50	59	23	0	0	99	64	103	22	74	33	0	80
Logged Health Data	5	3	1	0	0	10	2	0	22	7	3	0	8
Req Appt	2	1	0	0	0	6	9	0	12	2	1	0	1

Set Doctor Schedule Availability

November 2014 ◀ ● ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

Mar 30, 2014 - Apr 05, 2014 ◀ ▶

	Sun 03/30	Mon 03/31	Tues 04/01	Wed 04/02	Thur 04/03	Fri 04/04	Sat 04/05
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							