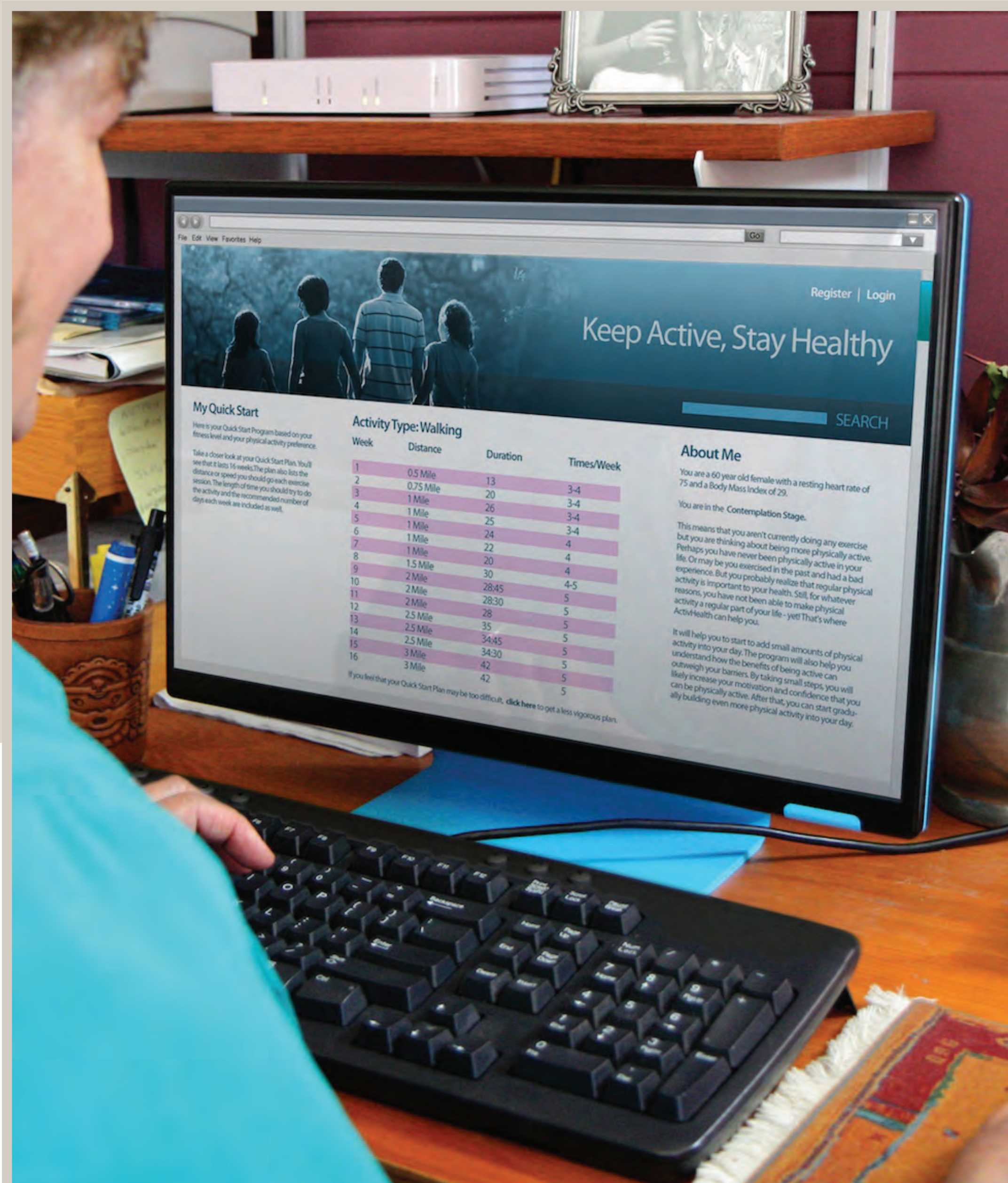


**"WE KEEP TRACK OF OUR WALKING, AND NEXT THING YOU KNOW, WE'VE EACH LOST A FEW POUNDS."**

**ANA, 60**



The RTI International team, working with The Cooper Institute, is developing a personal health record application to help sedentary adults with or without chronic diseases to become more physically active. Through a Web portal, individuals can enter personalized information on their activity level and lifestyle and then receive a customized plan of activities designed to increase their physical activity within the context of their daily routines.

**About Project HealthDesign**

Project HealthDesign is a \$5 million national program designed to support health and information technology pioneers in creating a new generation of personal health records (PHRs).

**Project HealthDesign**

Rethinking the Power and Potential of Personal Health Records



Robert Wood Johnson Foundation

with additional support from the California HealthCare Foundation