



THE UNIVERSITY OF
**WESTERN
AUSTRALIA**

School of Psychiatry and Clinical Neurosciences



Physical Health Diary App + Website

Keep your own personal medical records with the Physical Health Diary. This evidence-based, informative diary has been developed to assist people to track and improve their health (particularly those who take mental health medications).

Additional Features:

- **Sharing – In this app, you can register as a:**
 - * Consumer
 - * Carer
 - * Health Practitioner
- Consumer directed—only a consumer can record and share test results with others (Health Practitioner or Carer)
- Health Practitioners and Carers can record results for the consumer if the consumer has shared their information with them.
- Push notifications to remind you when your tests are due – Carers and Health Practitioners can set their own push notifications.
- Notes – write and keep personal notes for each section.
- Private and secure – your personal information is completely confidential and secure.
- Evidence-based – all information detailed in the app is empirically sourced.
- Contacts list – keep a list of important people, addresses and phone numbers.
- Website – once you download the app you can login to the website with similar functions to the app.
- One-off download fee (no in-app purchases)

Download now at the App Store and Google Play
or via the website @ www.Physicalhealthdiary.com.au

(contact Susanne.Stanley@uwa.edu.au)

