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## **MGH Hospital Monitors and Educates Patients With The Help of Nutrihand Wellness Tools**

*Nutrihand Wellness Platform is helping to change patients' behavior and lifestyle*

**Mountain View, California – July 21, 2006** – Nutrihand Inc., the leading provider of wellness applications, today announced a partnership with Marquette General Health System (MGH) to offer Nutrihand Wellness Tools to their outpatients. They can now attend more patients and monitor them remotely.

Marquette General liked the way Nutrihand platform provides tools for their staff as well as for their patients. Nutrihand Pro for professionals, allows MGH dietitians to perform food analysis, create personalized plans for their patients, and also allow them to monitor their patients remotely. Nutrihand Wellness portal for consumers was linked directly to MGH e-Balance program and allow patients to self-manage their nutrition, fitness, and medical vitals.

MGH attends a large number of patients and provides a series of nutritional programs, Nutrihand applications are helping them to save time and generate revenue.

Nutrihand provides access to a large database which includes nutritional facts for over 25,000 foods, hundreds of exercises caloric burn-out values, over 400 diet plans for 9 different caloric levels and hundreds of fitness plans (Nutrihand adds new items daily).

Their Chief Dietitian understands that: "Self-Monitoring involves the systematic observation and recording of behaviors, and typically involves food and activity diaries. It may be effective because the act of writing down the behaviors in a diary can be reinforcing and although patients will under report food and over report activity, the act of having to pay attention to these behaviors is the reason why it works." Obesity Management April 2005

"Nutrihand Wellness Platform makes possible for healthcare providers to offer their patients the choice of being monitored online, offline, or both. If today, a patient is using the outpatient portal, and cannot come to the healthcare provider's clinic or office, professionals can still get their patient reports and make recommendations," says Soraya Bittencourt, Nutrihand founder and CEO – original Expedia.com creator.

Nutrihand is changing the way healthcare services are delivered, providing flexibility and quality tools at low cost. .

**About Nutrihand**

Nutrihand Inc is a private company founded in 2004 to develop health management solutions over the Internet. Nutrihand offers three revolutionary services: Nutrihand Wellness Center for consumers to plan and track fitness, nutrition and medical; Nutrihand Pro for professionals to create personalized plans, to analyze meals and exercises, and as well as a revolutionary online monitoring capability, where professionals can remotely see how their client/patients are doing. And Nutrihand Wellness Platform Wellness Portal for businesses, where companies can offer wellness services to their customers or employees.