

Notes from the Village

Building the trust network around your health data, one update at a time.

Which Task is Golden Now?

My golden task last week was coordinating care with my PCP. This week it's tracking progress with my physical therapist. Next week, I'll be seeking answers about how to improve my mobility so I can hike more with my wife. Mostly balance, limb strength, and assistive devices.

Some tasks are activities of daily living (ADL): moving, bathing, eating, dressing. Others involve personal health data. I guess mobility is an ADL and requires information about my progress.

Whichever task matters most right now is the golden task. It shifts. We need our personal health data to inform the golden task when we need it, in a form we can use and share safely.



Sharing our Process

- Locking in legal language around Reserved Owner Rights. Deliberate, not quite tedious, vital.
- Continuing schedule of presentations for varied audiences. Testing, listening, savoring.
- Website live with 25 subscribers in first week. Wow, more than I expected.
- Identifying volunteers for use case testing. This is the meat.

Please share newsletters. <https://TrustMyOwnHealth/newsletters>.
Onward, Danny



<https://TrustMyOwn.Health>