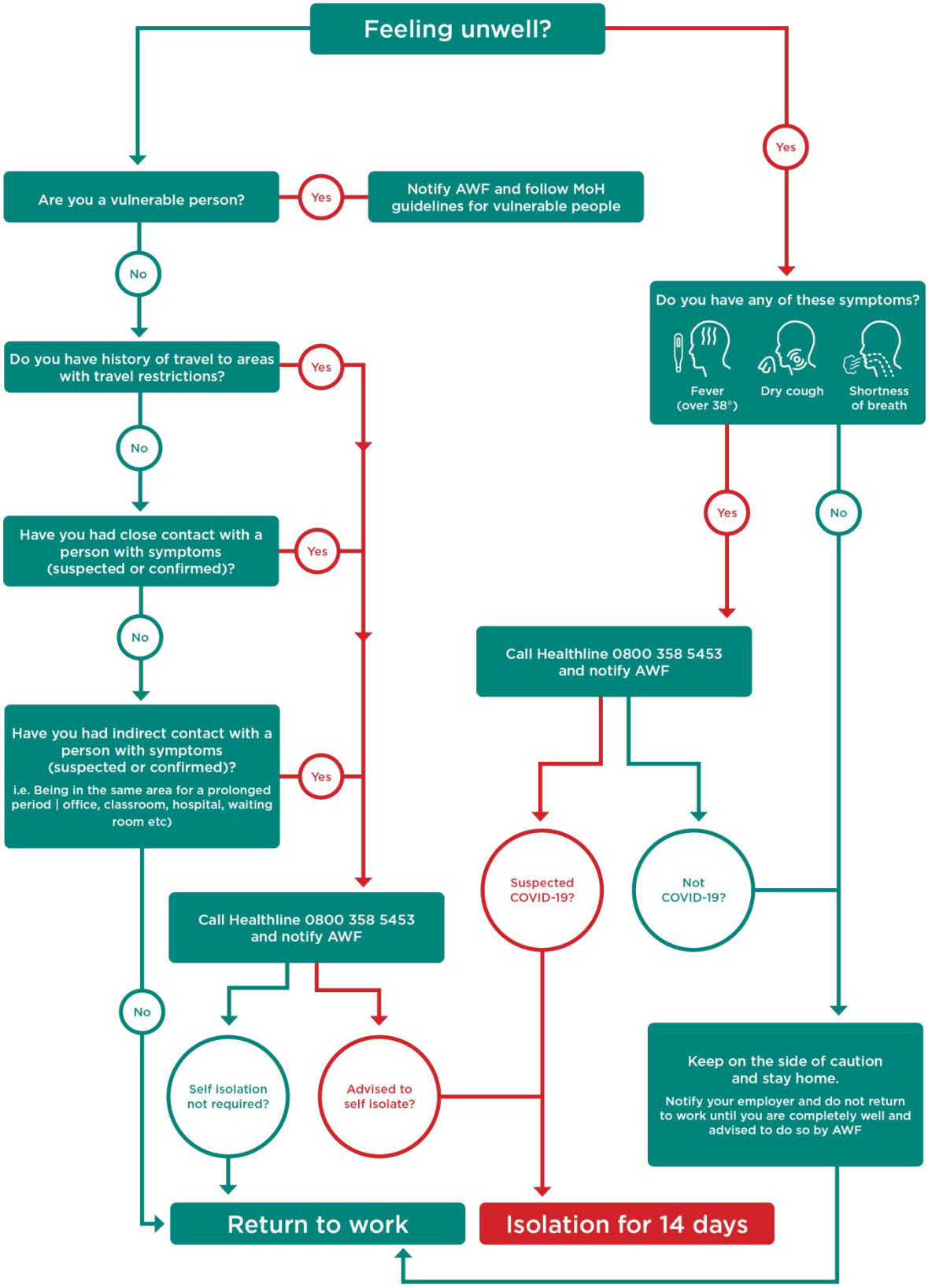Personal Health Flow Chart