

Instructions for Completing the Shape Shift Assessment

1. Go to www.healthcoach.com
2. Under FOR PATIENTS click enter
3. Under New Patient , Start Your Health Assessment, Health Code type in health2004 and click enter
4. Will show that your health professional is Dr Tim Houlton. Click on SHAPE SHIFT ASSESSMENT.
5. PROGRAM OVERVIEW – overviews key points of assessment. Read through this page for an overview and then, Click BEGIN YOUR HEALTH ASSESSMENT.
6. ENTER BASIC INFO. Fill this out, if you don't have an email address put in drtim@kingkom.com Then Click Male or Female
7. FILL OUT CONTEXT OF CARE. Fill in any details as prompted in drop down boxes.
8. DIETARY FACTORS. The next series of pages are personalized questions, designed to assess and customize your needs. Follow instructions and click answers that best represent your current state of health and lifestyle. At the bottom of each page, click CONTINUE. If you have forgotten any question, you'll be prompted in red colour, where to go to complete. Then click CONTINUE again.
9. Under BIOMARKER ENTRY – if you don't know any of this data from recent tests, click CONTINUE.
10. Under DRUG SEARCH, follow instruction to list any drugs/medications you're currently taking, finding the drug and pressing SELECT. When finished or if not taking any meds, press CONTINUE.
11. REGISTER. Follow instructions, if username and or password have already been used, you'll be prompted in red to pick a new one. Please take the time now to record your username and password somewhere at home where you can remind yourself, as you'll need these to further access to your results and other communication and education from Dr. Houlton. Then click CONTINUE.
12. After a minute your HEALTHCOACH HEALTH PROMTION REPORT will come up. Please read and/or make a copy for yourself. This is an incredible health education tool and will be a great resource for you and for Dr Houlton to review with you. Click any links (especially next to any frown faces) for further information on specific nutrition and lifestyle considerations.
MY DRUG-NUTRIENT INTERACTION REPORT – If taking any prescribed medicine please click to review this report.
MY PERSONALIZED VITAMIN RECOMMENDATIONS- click to give feedback to Dr. Houlton and learn about your personal custom formulation.
13. FORWARD ASSESSMENT- click to forward results to Dr. Houlton. This is confidential and will be reviewed by Dr. Houlton ONLY.