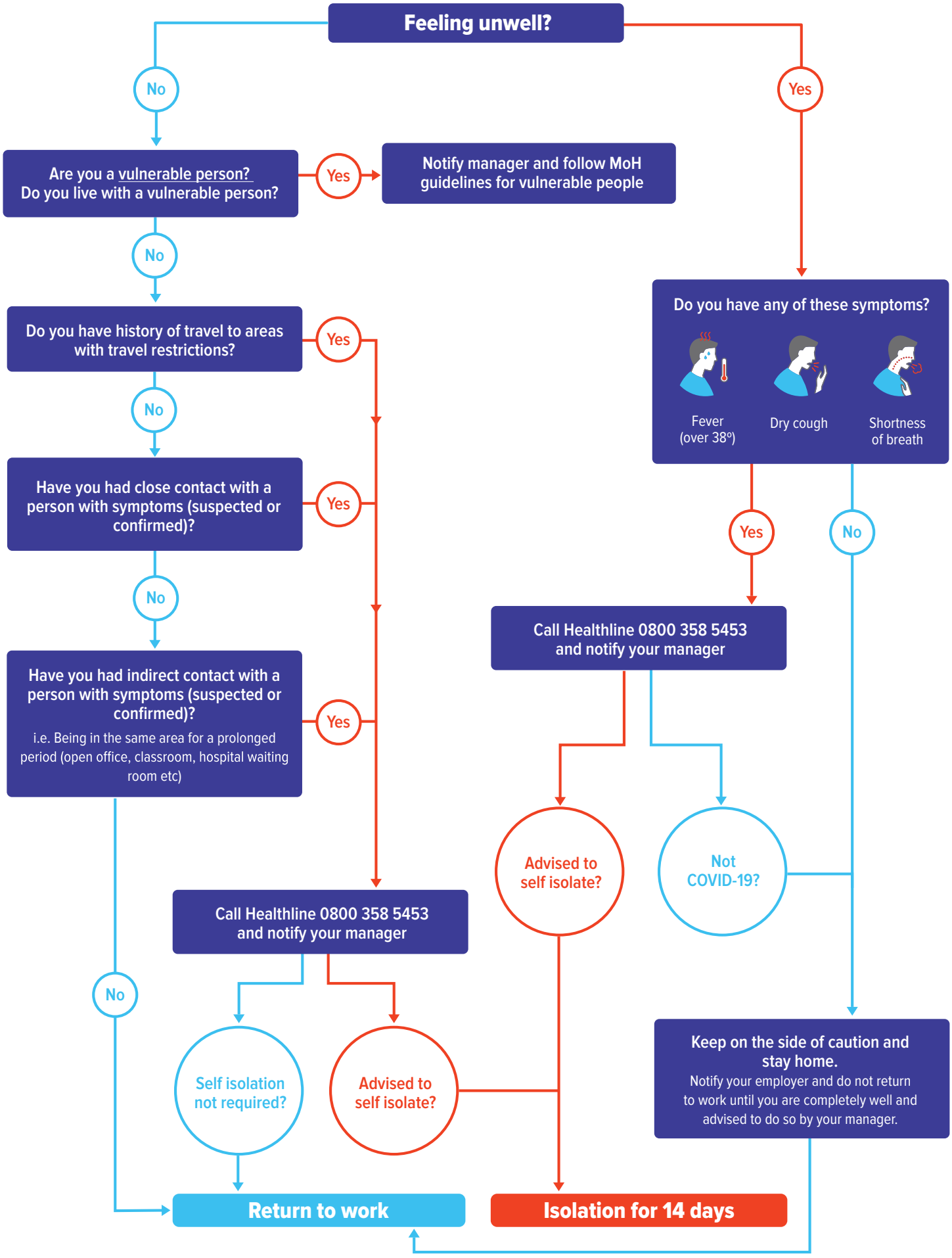Personal Health Flowchart