

Jack Stock

DIABETES / WELLNESS

“I want to be around to see my grandchild.”

But, 46-year-old Jack Stock, feels pressured by the clock. His family has a history of early death, including his brother who passed away at age 42. And, says Jack, “I’ve been overweight all of my life.”

Nine years ago, his doctor said he was at risk of becoming diabetic. Six years ago it became a fact. And then five years later... nothing. As in nothing changed. Still diabetic. Still taking medications. And, standing six-foot-five and weighing 330 pounds, still overweight.

“Dr. Nasr saw that I really needed some extra help,” Jack said. The Cleveland Clinic’s Dr. Christian Nasr (Endocrinologist) was familiar with an innovative home health monitoring pilot program being conducted by the Cleveland Clinic to help patients better manage their conditions through active monitoring.

“That’s when I was introduced to the MedApps® HealthPAL™.”

HealthPAL is a small, cell-phone-sized device that automatically records readings from patients’ personal health monitoring equipment such as glucose meters, blood pressure monitors, scales and pulse oximeters. HealthPAL automatically transmits the data to both a patients’ personal health record and to their physician’s health information system.

“I’m very competitive by nature,” Jack said. “Especially in trying to beat my own numbers.”

Jack uses the HealthPAL in conjunction with the **Cleveland Clinic’s Mind, Body, Food Connection Program**. The HealthPAL automatically sends his blood pressure, sugar levels, weight and pedometer readings to his Microsoft HealthVault personal health record as well as to the health information system (MyChart®) used by the Cleveland Clinic and Dr. Nasr. Jack said that knowing he will be comparing himself to his previously logged data and that someone else is monitoring and coaching, motivates him to be disciplined in taking his readings and ensuring those readings are progressively improving.

“It has been one year in using the HealthPAL. I have lost

30 pounds and dropped my sugar [A1C] level from 7.0 to 6.0,” Jack said. “It was 6.4 within the first three months.”

And he knows his doctor is staying on top of his health and overall best interests.

“Right after the holiday, I got an e-mail from Dr. Nasr congratulating me on holding the line during the holidays. But he also chided me a little because I let my sugar [A1C] level get a bit elevated. This type of feedback has really helped me build a relationship with him,” Jack said. “Before, it was no more than visits twice a year.”

Unlike nine years ago. Unlike six years ago. Unlike five years ago. Jack is emphatic that this past year’s success wouldn’t have happened without the HealthPAL keeping score and putting the numbers in front of him – nudging him to do all of the things he must do in order to “win.”

And for a guy who is competing against himself for the prize of seeing his grandchild... that is something that will be a part of his game plan forever.

“Jack is emphatic that his past year’s success wouldn’t have happened without the HealthPAL...”



Jack Stock (Now)



Jack Stock with his son (Then)



Jack Stock works in Information Technology. He likes the HealthPAL for its simplicity. “I always try to look at things through the eyes of the ‘average Joe’ or ‘Josephine’, and HealthPAL is totally plug and play – but without the ‘plug’ and no buttons to push.”

