

User Guide

Kaiser Permanente

Breeze Healthy App

Background

Our application Breeze Healthy seeks to assist KP's patients in living a healthy lifestyle to prevent chronic diseases and avoid the harmful impacts they have on their health. Our app offers features to improve many facets of your life, including a fitness plan, a nutrition plan, medication reminders, daily walking, water intake reminders, and much more.

Details


In our application, we'll walk you through the process of building a healthy lifestyle. You only need to be determined and take the first step toward change, and we'll support you to reach your desired goal!

1. Login process

1

Once the app has been downloaded from the Apple or Android store, launch it, then select the register button, and enter your personal information that has been registered already with the Kaiser Permanente system.

Note: If you did not receive a verify code via SMS, please try to receive it via your E-mail.



9:41

Full Name

Phone Number

Email

Password

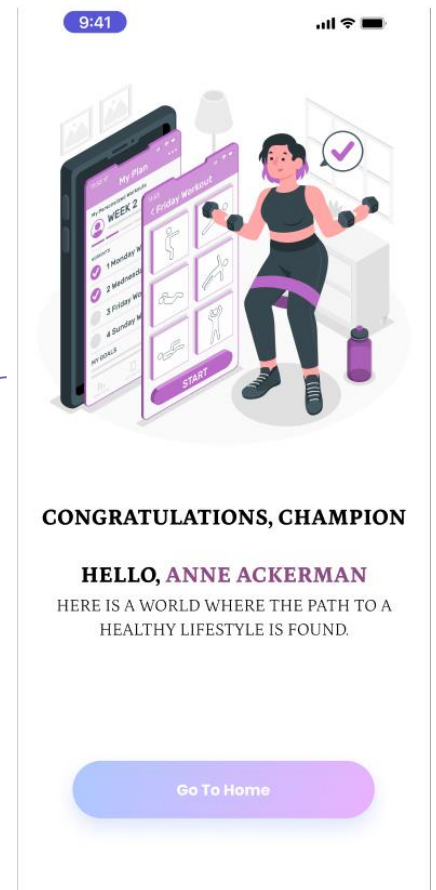
☐ By continuing you accept our [Privacy Policy](#) and [Term of Use](#)

Confirm

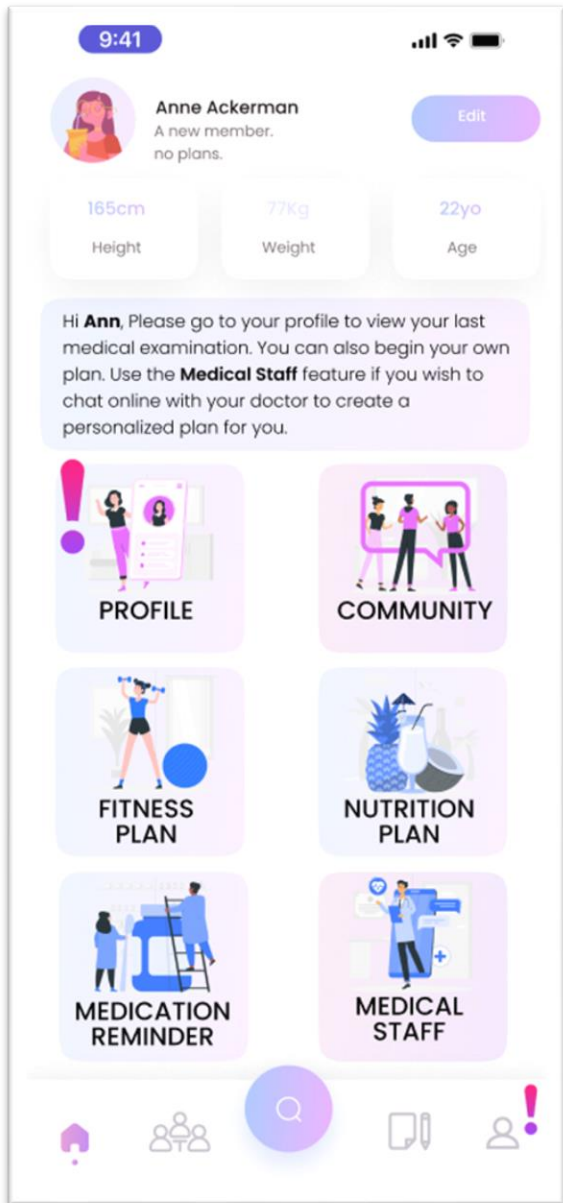
2

Congratulations!

You can now access the application and discover its features to begin set plans for a bright, healthy life!



2. Home Page



PROFILE

1

You can access the most recent test results from the clinic as well as information about your health.

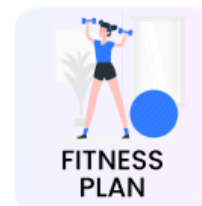
Note: If you spot the exclamation mark, you either have a health issue or need to go to the doctor for your yearly checkup.



COMMUNITY

2

You can share your achievements with your friends and build a collaborative motivational environment.



FITNESS PLAN

3

You can begin a healthy fitness plan with a variety of exercises and trainers.



NUTRITION PLAN

4

You can keep an eye on your nutrition, count calories, and learn about nutritious foods.



MEDICATION REMINDER

5

Set a timer to serve as a reminder to take your medication.

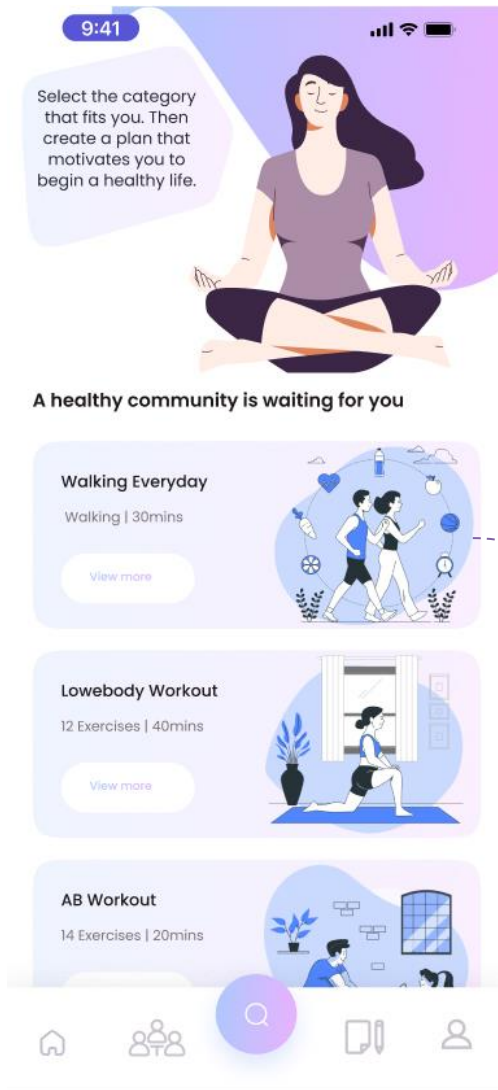


MEDICAL STAFF

6

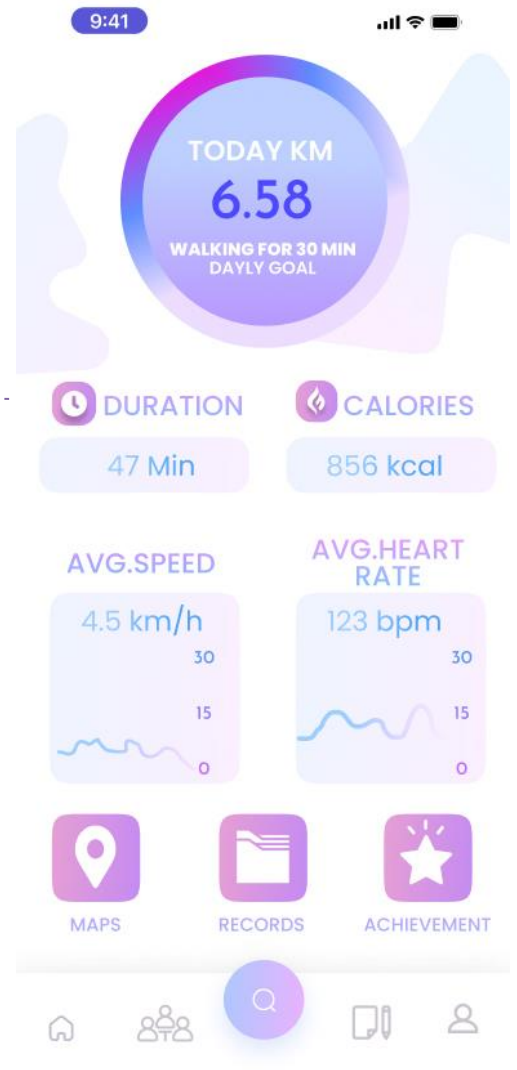
Send us your health-related issues / doubts; our staff is available to assist you at any time.

3. Login process



1

Select the category that fits you. Then create a plan that motivates you to begin a healthy life, or else, you can contact our medical staff section to determine which fitness plan is best for you.



2

If you set a walking goal every day, it will direct you to your personal page with information about your daily exercise routine and your achievement, including the number of calories you've burned and more.

Issues And Upcoming Updates

- You may experience some app crash while you play some videos due to the size of the files. This problem will be resolved in the next version, as you can download the fitness videos only once on your own fitness file.
- Currently, when you search for some nutritional facts for some products, you do not find them registered in the system, and therefore you are required to register the information manually, but in the next version we will upload the most used Nutrition Facts products in U.S.
- Uploading pictures of weight and meals, etc. is not available yet, but it will be available in the next update.