

Health Platform - Scope of Deliverables

General Requirement & Consideration

I. Responsive Design.

- The site will be built with a flexible grid foundation.
- Images that are incorporated into the design must be flexible themselves.
- Different views must be enabled in different contexts via media queries.

Responsive Areas:

- Front end public display
- Back-end admin control panel

ii. Platform must be tablet optimized (ipad, android, and windows tablet).

- Touch friendly on all OS
- Flexible layout
- Fluid design

iii. Allow for white-labeling and re-skin for re-license purpose.

- Copyright and header logo
- Component generic renaming

iv. Web Services driven & API enabled to allow extension to Native Mobile App.

v. Multi-Language – allow addition of new languages easily. Automatically and can be manually overwritten

vi. Code Snippets Install - Ability to install various third party code for analytics purposes (i.e. Google Analytics).

vii. Designed as common platform with ability to add additional modules.

viii. CMS Driven – ability to add/edit/delete contents via CMS.

ix. Safe Harbor & HIPAA Compliance

x. Separate environment for Development, Testing/UAT, and Production.

xi. Minimum requirement of browser accessibility version: IE 8+, Chrome 13+, Firefox 3.6+, and Safari 5+.

Project Scope for Phase 1 - Requirements Analysis & Design

1) Requirements Analysis

- i. Clarification & Defining Project Scope
- ii. Low Level Development Spec Drafting
- iii. Database Schema Design
- iv. Database Structure Setup
- v. Process Flow Mapping

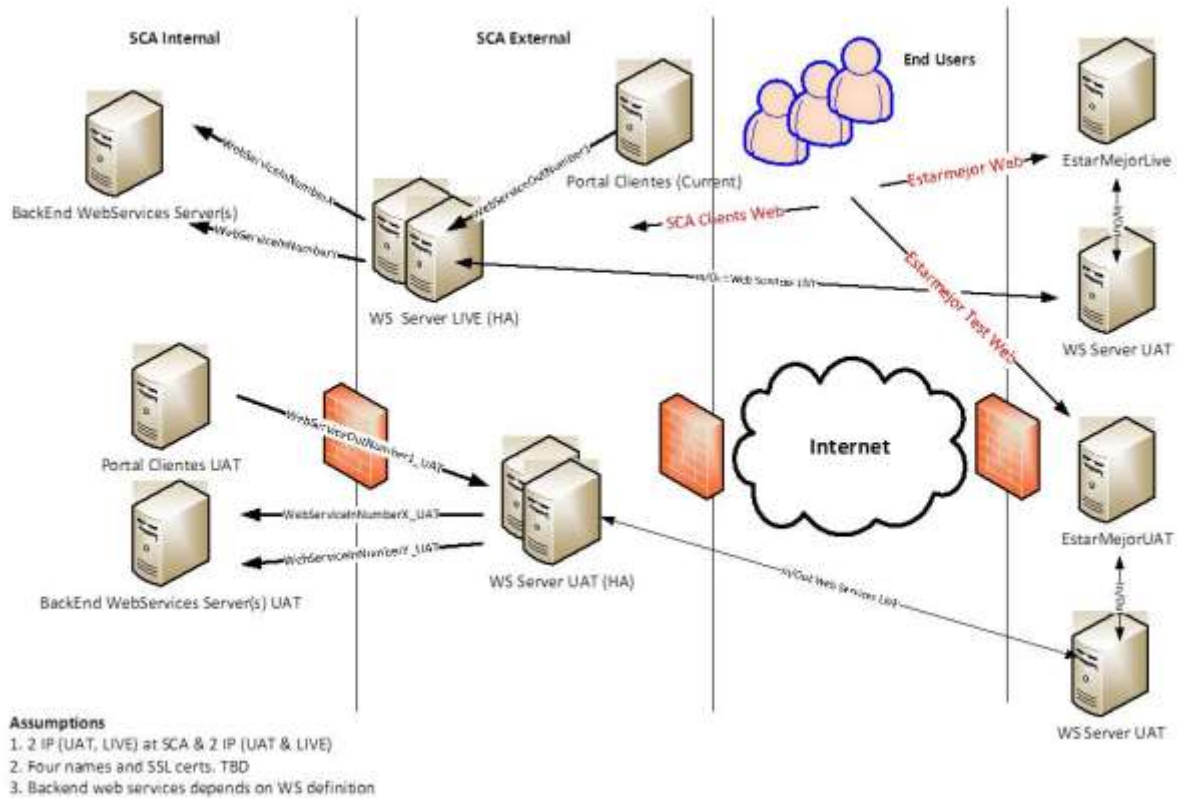
2) Wireframe & GUI Design

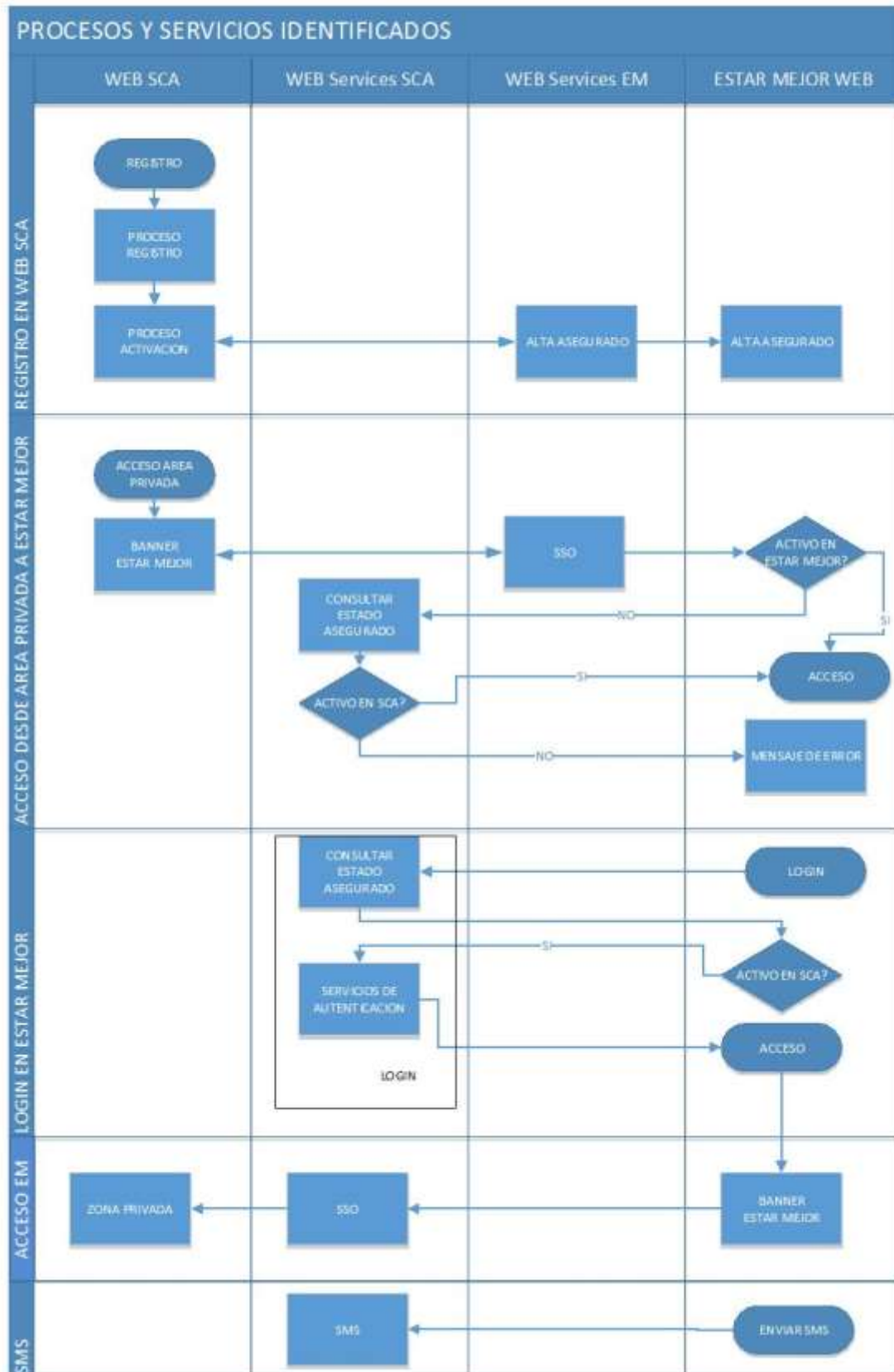
- i. Logo, Contents & Custom Images to be provided by Client
- ii. Wireframe Design to be provided by Client

Project Scope for Phase 2 - Development

3) Develop Single Sign On Web Services

Single Sign On will be developed and enabled via standard SOAP or HTTPS Post calls per configuration and workflow provided by the client below. The exposed web service request and response parameters will be defined and provided by the client.





4) Migrate Primary Health Risk Manager (HRM) Assessment and implement the localization in Spanish, including the HRM in the following categories:

a) HRM Categories:

1. Health History
2. Existing Conditions
3. Emotions / Mental Health
4. Self-Awareness
5. Lifestyles
6. Productivity
7. Additional categories (as identified)

b) Generate Personal Report for the completed HRA. Personal report will include the following elements:

1. Summary page report detailing health and wellness score
2. Personal biometric profile table listing age, gender, BMI calculation, Blood pressure, cholesterol, triglycerides, blood sugar and smoking status, family history of disease.
3. Graphical illustration of scores in key risk categories of fitness, nutrition, stress, safety, heart health and cancer risk
4. Detailed narrative reports and risk assessment for general health, physical exercise health risk, nutritional health risk, stress risk, heart health risk, cancer health risk.
5. Specific risk assessment information and evaluation of lifestyle activities provided in the responses and answers to the questionnaire including narrative and text content addressing each of the following subjects:

- a. Smoking
- b. Exercise
- c. Consumption of fruit
- d. Consumption of vegetables
- e. Consumption of refined vs. whole-wheat grains
- f. Consumption of saturated fats
- g. Consumption of alcohol
- h. Depression
- i. Blood pressure
- j. Cholesterol (LDL and HDL)
- k. Gender-specific screenings (e.g. Pap smear, mammogram, prostate, etc)

c) Incorporate / migrate logic, algorithms, branching, weighting, and HRA contents from existing platform.

5) Migrate Secondary Condition Specific Assessments and implement the localization in Spanish, including the Secondary Assessments in the following categories:

a) Secondary Condition Specific Assessments Categories:

- a. Diabetes,
- b. Cardiovascular health,
- c. Cancer risk,
- d. Stress risk,
- e. Hypertension,
- f. Obesity.

b) Generate Personal Report for the completed Secondary Condition Specific Assessments

c) Incorporate / migrate logic, algorithms, branching, weighting, and Secondary Condition Specific Assessment contents from existing platform.

6) Migrate and localization in Spanish of "My Health Center" Modules for:

- a) Management of stress
- b) Prevention of cancer
- c) Prevention of diabetes
- d) Prevention of hypertension
- e) Prevention of cardiovascular disease
- f) Prevention of obesity

7) Develop Exercise and Nutrition Tools and localization in Spanish with the following features:

- a) Personal wellness record
- b) Personalized exercise program
- c) Exercise scheduler
- d) Weight loss exercises
- e) Increasing energy exercises
- f) Increasing strength exercises
- g) Flexibility exercises
- h) Resistance exercises
- i) Illustrated exercise database
- j) Virtual fitness trainer
- k) Journal and diary
- l) Progress tracker
- m) Personal diet plans
- n) Illustrated recipe database
- o) Tools and calculators, including (at least) heart-rate, BMI & calories

Note: suggest additional features that we can add?

8) Develop "Action Centers" Module to display materials, contents, and collaterals for the following categories:

- a) Smoking cessation
- b) Alcohol and drug addiction
- c) Eating disorders
- d) Pregnancy care
- e) Child safety

Note: Contents and localization of contents in Spanish will be provided by third party.

9) My Health Center Health & Wellness Content Library and Linkages

a) Integrate Spanish content of the following EBSCO library:

- 1. Disease and condition fact sheet
- 2. Disease and condition center
- 3. Certification
- 4. Process and tests
- 5. Health and wellness centers
- 6. Content editorial
- 7. Updates



b) Integrate Web video library – up to five (5) new educational Spanish language videos approved by Client, in addition to the standard EBSCO Health Library. Web video library will be provided by third party

10) Administrative Tools (Back Office):

- a) Company/Site Manager to support creation of child sites and white-labeled sites.
- b) User Manager to manage users, including their social network profiles & activities.
- c) Content Management System (CMS) to manage site contents, resource libraries, and publication of new contents
- d) Assessment Manager to manage Primary & Secondary HRA

- a. Creation of new HRA
- b. Weighting, branching, algorithm, and logic management
- c. Management of Personalized Report

e) Dynamic Links Manager to manage:

- a. Dynamic content from Client approved sources
- b. Integrated content from other approved sources
- c. Creation of referenced external links
- d. Evaluation reports with links for further related information

f) Incentive & Gamification Manager for awarding, tracking & rewarding activities and participation – sample incentive award triggers may include:

- a. Registration
- b. Web site log on
- c. Completion of Primary Risk Assessment
- d. Completion of Secondary Risk Assessments
- e. Program participation
- f. Nutrition Center participation
- g. Utilization and reporting on nutrition programs
- h. Physical Activity Center participation
- i. Utilization and reporting on exercise programs
- j. Health Modules participation
- k. Utilization of health encyclopedia
- l. Completion of biometrics
- m. Completion of preventive screenings
- n. Tracker updates
- o. Journal updates
- p. External activity (data provided)
- q. Referrals
- r. Completion of goals.
- s. Completion of assigned activities
- t. Completion of coaching session

g) Exercise and Nutrition Tool Manager

h) Reporting Manager – up to thirty (30) reports on aggregate population data, applicable and available via HRM; number, contents and format to be provided by Client. Capability to export data in multiple formats such as PDF, RTF, Excel, and delimited files.

Note: suggest additional features that we can add?

11) Case Manager Coach Module supporting coaches with the following functionalities:

- a) Secure personal coach access/logon to coaching software
- b) Tracking and reporting of candidates (by coach) incl., candidate name, address, location, email and telephone number
- c) Tracking and maintenance of coach appointment calendar
- d) Tracking and reporting of events and interactions with candidates
- e) Content manager with resource library of both Client sourced material, and other approved sources, for posting to candidate private resource pages
- f) Tracking of all reports, articles and materials sent to each coach's candidates
- g) Personal goal setting for candidates, including tips, advice, and shared goals
- h) Coaches notes and log section to record coaches observations and notes
- i) Mirrored access to candidate's personal health assessment pages
- j) Private (internal) encrypted messaging between coach and candidate
- k) Shared access to candidate's journal section for tracking, notes, tips, etc.

12) Case Manager User Module & Dashboard with the following functionalities:

- a. My Messages – private messages (internal encrypted mail) with Coach
- b. My Links/Resources – list & archive links and resources from Coach
- c. My Trackers – personalized tracking, logging and monitoring of goals
- d. My Calendar – calendar of events, activities & journal entries by date
- e. Site Search – user search of resource materials, advice and articles
- f. Goals/Journal – personal goal setting, action steps & tracking

Note: suggest additional features that we can add?

13) Data Export/Import for custom messaging & reminders meeting Client requirements

14) User Dashboard with the following feeds & functionality:

- a) Display Profile Picture
- b) Current Points earned
- c) Current Badges/Achievements
- d) Status update
- e) My wall/newsfeed
- f) Friends List
- g) Summary of current goals & progress
- h) Coach notification feed
- i) Action center feed
- j) Challenge feed
- k) Next Step (i.e. complete HRA)
- l) Access to HRA history
- m) My Community

15) Integrate Goals Module with the following functionalities:

A. List of Current Goals

- i) Shows progress bar for each goal
- ii) Expand a goal to view details
 - (1) More details of progress
 - (2) Definition of success and its benefits to user
 - (3) Related reading content
 - (4) Social share button (Facebook and Twitter)

(5) Edit goal

iii) New goal recommendations

B. Check-In/Record button

i) Pick a goal (and optionally select the date of checking in)

(1) Share

C. Add goals

- i) Search
- ii) Browse by recommended
- iii) Browse by category
- iv) Enter a custom goal
- v) Browse goal programs

D. Journal

i) Write a new entry

(1) Tag goals relevant to this entry

ii) Review previous entries

E. Stats

i) Goal History

(1) Remove goal from history

(2) Add goal from history back to Current Goals

16) Integrate Social Media/Network tools

a) Designed to facilitate three (3) types of member interaction:

1. 1:1 communication, incl. updates, notifications, messaging and posting
2. Participation in special interest groups and fora (e.g., stress reduction)
3. One to many interaction (e.g., expert advisor on health-related issue)

b) Social Network Module to include the following functions:

1. Personal profiles
2. Groups
3. Friends
4. Forums
5. Journals
6. Status Updates
7. Discussions
8. Links
9. Notes

- 10. Documents
- 11. Events
- 12. Messaging & notification
- 13. Photos
- 14. Materials

17) Integrate Gamifications/Challenge Module with the following functionalities:

- a) Lock/Unlock challenges
- b) Associate challenges with activities (i.e. completing a quiz, etc)
- c) Associate points with challenges
- d) Leaderboard
- e) Badges/Achievements
- f) Integration with social network modules, including comments, likes, share, etc

18) Migrate existing platform services and tools, as required and directed by Client

19) Integration of additional Third Party Applications, as required and directed by Client

Project Scope for Phase 3 UAT & Sign Off

20) Launching

- i. Beta Launch
- ii. Clean code testing
- iii. QA & Bug Fixing
- iv. UAT & Sign Off
- v. Training

Project Scope for Localization

21) Localization of Platform and Contents to Spanish

- i. Spanish translations to be provided by Client
- ii. Platform configuration for localization
- iii. Integration of Spanish translation
- iv. User Acceptance & Testing (UAT) & Sign Off

Project Scope for Deployment Phase

22) Live Server Deployment

- i. Cloud Hosting (i.e. Amazon AWS)
- ii. High Volume Dedicated Web socket
- iii. DB setup with procedural transaction
- iv. Web Services setup on multiple nodes
- v. Web Services API Integration Test
- vi. Session Control Test
- vii. API Engine Capacity Load Test
- viii. Installation & configuration
- ix. Live Testing
- x. Launch

23) Integration & Testing

- i. Web Services API Integration Test
- ii. Session Control Test

24) Automated Database Backup, Restore

- i. Database mirror- instant
- ii. Transactional Database – every 10 mins
- iii. Full Database – Hourly
- iv. Full Server – Daily
- v. Remote External Backup – Daily
- vi. Cron Tasks

25) malware monitoring & firewall

26) Infrastructure requirement:

- i. Server
- ii. High volume visitor at the same time
- iii. Joomla framework? Twitter bootstrap
- iv. Joomla CMS? Other?
- v. Deployment