# User Guide

## Background:

Healthy Living Partner is a subscription based mobile app that monitors, tracks, and recommends diet and exercise activities. It provides user performance data analysis, as well as Application Programming Interface (API) for integration with other complimentary products.

For wellness and healthy lifestyle enthusiasts that want to take advantage of  state- of-the-art apps that offer easy and convenient access to preventative monitored diet and exercise routine, Healthy Living Partner is the one-stop-shop app for  healthy lifestyle habits anywhere at any time. It combines all the essential components of health and wellness into one.

The main goal of this product is to offer a cost effective preventative solution to the increasingly rising cost of healthcare and diagnosis. Reducing and possibly eliminating this staggering cost of healthcare problem is achieved through monitored and controlled healthy habits, which is what Healthy Living Partner app is all about. This product has the potential to assist users to live a healthy lifestyle. It is a mobile app that monitors glucose level, tracks and recommend daily diets, along with appropriate routine exercise activities. The user gets to have total control of daily diets and exercise habits, which will enhance healthy lifestyle. With proper use of this app, the development of chronic disease can be controlled and eliminated, thereby allowing healthcare providers to save significantly on costs to diagnose and treat less severe cases.

## Details:

### Features

#### Health Status Check (Health Status)

Provides analytical report of user health condition

When the user signed on to the app, the user is taken to the Main Menu page, with a list of different options. The user selects Health Status, and will be required to input some information. The app will then analyze and return with a report on the user's health status. The goal is to give the user an insight to the level of urgency that will be required for his or her routine.

#### Diet Assistant (Diet List)

Provides a list of diet menu with recommended options for Breakfast, Lunch and Dinner

Entering the Main Menu page, Diet List button is one of the options. Users can select the button and will have access to a diet list. Users will also be presented with the options for Breakfast, Lunch or Dinner.

#### Exercise Activity Mate (Exercise List)

From the Main Menu page, one of the option buttons is the Exercise List. Selecting this button

will give access to a list of exercise activities from which the user can select. There are more options for recommended activities.

## Glucose/Sugar-Level Monitor (Glucose Monitor)

The Glucose Monitor can be accessed from the Main Menu page by selecting the Glucose Monitor button. After supplying the required input, the Glucose Monitor will display the reading of the measure of blood sugar-level.

## Performance Monitor (Performance Monitor)

Provides the user with an analysis and percentage rating of completion of tasks in a routine.

This is another option available on the Main Menu page. Select the Performance monitor button after completing an exercise routine. Users will get a display with analysis of the measure of completion, which transforms to level of achievement of and commitment to healthy lifestyle practices.

## Application Programming Interface (API)

This feature is a technical development component purposely for integration with other complimentary products. API documentation is provided to developers upon request.

**Recommended Excercises**

Walk (30 minutes)

Jumping Jacks (10 minutes)

Squat with 10lb dumbell (2 minutes)

Crunches (3 minutes)

**Timer**

00:45:00
HRS    MIN    SEC

Begin Workout

Activity Summary

Help

# HEALTHY LIVING PARTNER

Email

Password

Create Account

Welcome to your healthy lifestyle place