USER GUIDE

REVITALIZE APP

Luke Schipper
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Aim and Audience

This document is aimed at those who are using the Revitalize system for the first time or need assistance. It will serve as a guide for navigating webpages and making use of some of the features that are available on the website.

Each section of the guide was designed with the assumption that the user is starting on the About Us page of the application.

Table of Contents

Revitalize User guide sections

The Home Screen View

On this page, once you have landed on the Revitalize App webpage, you will be greeted with the About US, Support, and Contact tabs. To the right of the header tabs will be the Language selector and the Sign In button for which you may use to log into your account.

REVITALIZE   ABOUT US   SUPPORT   CONTACT US

Coming Soon!
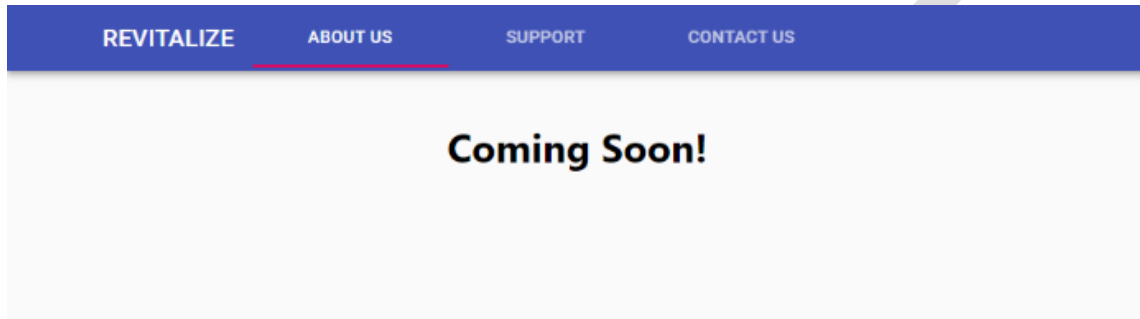
## The About Us Page

The About Us page doubles as the landing page and is the first visited page on the website when not logged in. The page will contain details of the team behind the website and the goal the website aims to achieve for its clients.
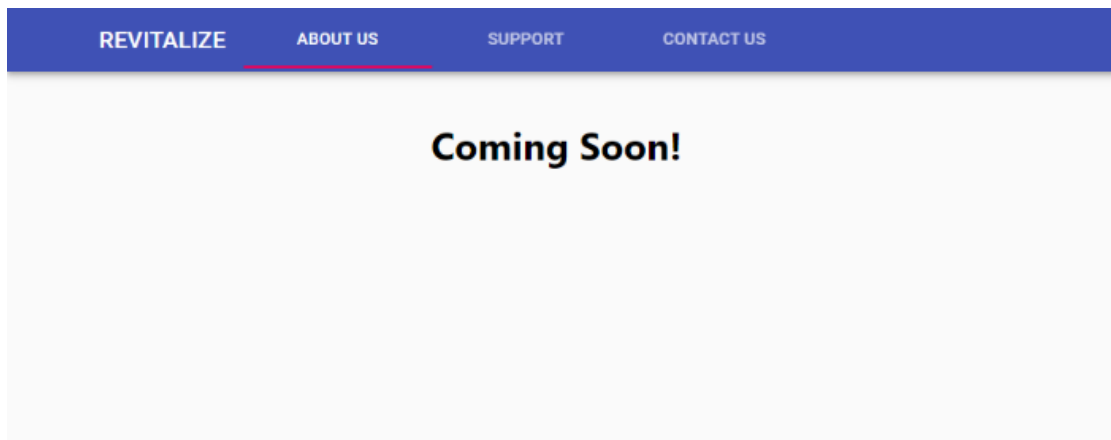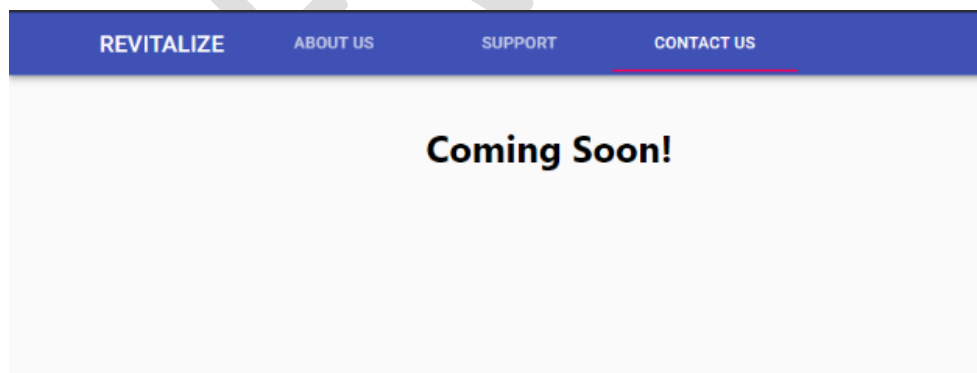
The Support Page

The Support Page is positioned beside the About Us page and will possess information on how to get quick support via FAQs and such.
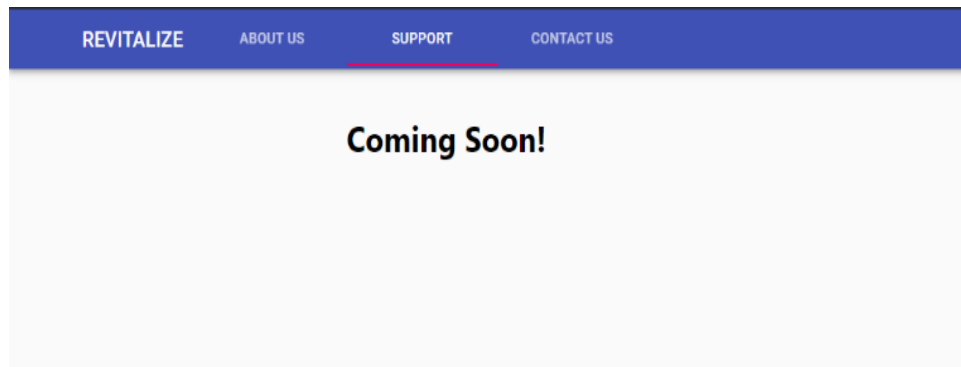
The Contact Us page

The Contact Us tab in the header will navigate you to the Contact Us page which will posses the information to call or attain customer support help.

The Language Selector (Changing the language)

If English is not your default language, there is a drop down with a language globe icon at the top right corner of the webpage which will assist you with changing your language between the ones that are available.

Language Selector

Signing into your account

If you already have an account, you will be able to log into your account using the "SIGN IN" button to the top right of your screen.

Sign in Button
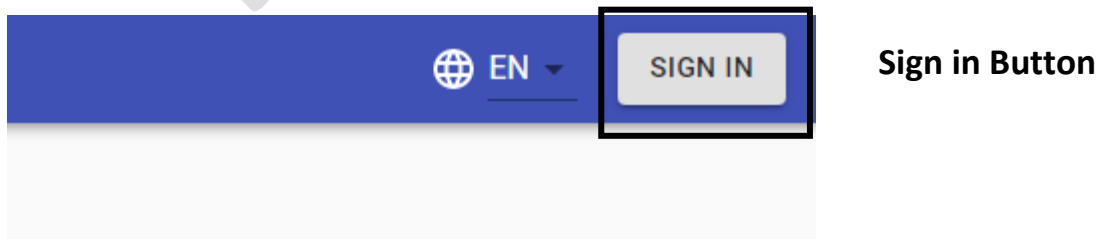
It will bring up a popup which will require you to enter in your username and your password and will highlight in red if data is not present in these important fields.
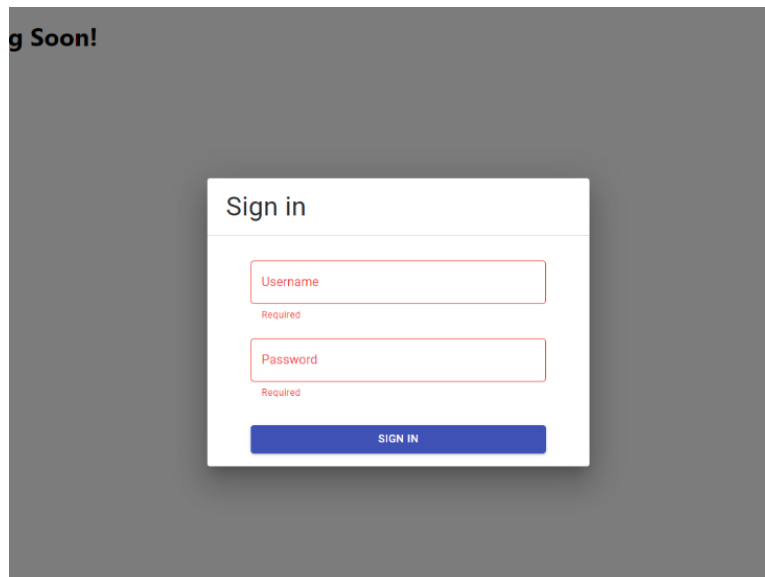

If you input the wrong information into the username and the password when you sign in, you will be met with a notification at the top of the screen stating that you have input in the wrong information.
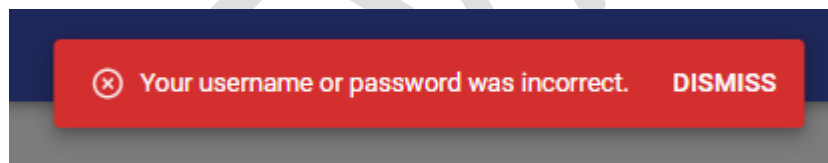
After you have logged into your account and you wish to log out of the account, you will be able to do so by heading to the top right part of the screen and clicking

on the log out link that is present right beside the profile login name. The profile name along with the avatar icon will be visible once the user is logged in.
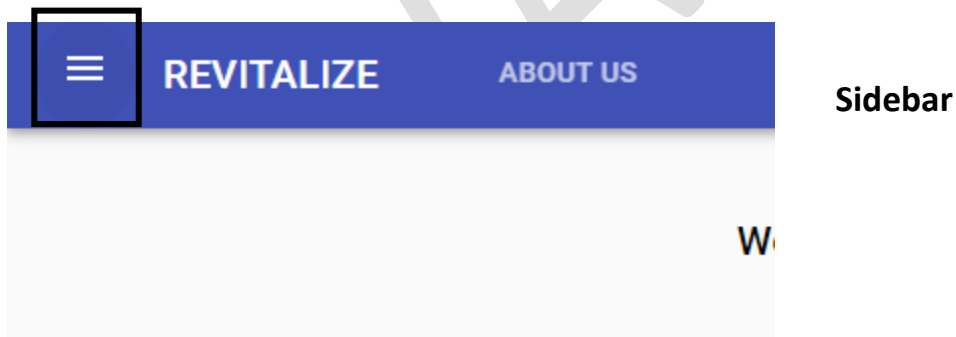

Sign Out Link

Accessing the Sidebar

The side panel is only visible and accessible to users who are logged in to their account. It looks like 3 horizontal lines and is placed besides the REVITALIZE name plate at the top left of the page.

Sidebar

In there you will be able to access the "Your Program" view which contains the Profile, Lab Values, Surveys, Dietary Journal and Goal Progress.
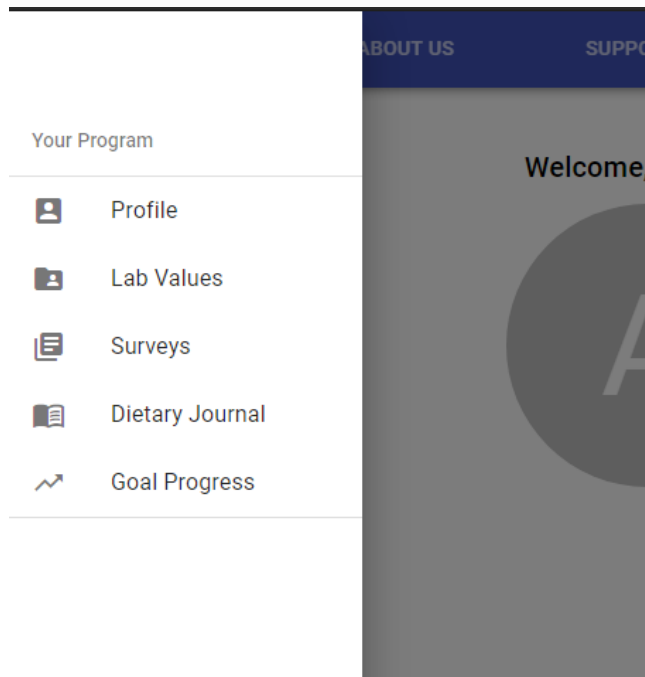
Accessing the Profile Screen

When you are logged into the system, you will be able to view the Profile page of your account. There you will find your name in the top right corner of the screen with a "sign out" link and Icon. At the centre container of the page you will see your profile icon, your name and your profile information screen which has a drop down to be able to view more information. Below the information panel, you will have a view of your 'Summary of Lab Values' and 'Summary of Surveys' both of which have links called "see more" which will take you to their main Survey and Lab Value Pages.

Summary of Lab Values

Current Physical Measurements

| Height: 73.9 m | Weight: 30.2 kg |

Recent Lab Values

Name	Value	Unit	Submission Date
BMI	19		April 26, 2020 9:06 AM
BMI	17		April 26, 2020 9:07 AM
Weight	30	kg	April 26, 2020 8:59 AM
Height	73	m	April 26, 2020 8:55 AM

Summary of Surveys

Recent Surveys

Name	Submission Date
My New Survey	April 26, 2020 10:10 AM

Accessing the Survey Page

There are two ways to access the Survey Page, both of which will require you to be logged into your User account to be able to view. You can access the Survey Page by clicking on the "see more" link in the profile page and you can also access the survey page by accessing the side panel to view Your Program and clicking on

the Surveys link that is visible. On the Survey page, you will be presented with 2 tables, one named "Available Surveys" and the other named "Survey History".

Most recent survey:

- **Self-Efficacy for Managing Chronic Disease 6-item Scale** on **April 1, 2020 1:01 AM**

Available Surveys

Name	Description
Self-Efficacy for Managing Chronic Disease 6-item Scale	This 6-item scale contains items taken from several SE scales developed for the Chronic Disease Self Management study.
The RAND 36-Item Health Survey	The RAND 36-Item Health Survey (Version 1.0) laps eight concepts: physical functioning, bodily pain, role limitations due to physical health problems, role limitations due to personal or emotional problems, emotional well-being, social functioning, energy/fatigue, and general health perceptions. It also includes a single item that provides an indication of perceived change in health.
Patient Health Questionnaire 9	The Patient Health Questionnaire 9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression.
Generalized Anxiety Disorder 7-item Scale	The Generalized Anxiety Disorder 7-item Scale measures the severity of anxiety.

Click on a row to select a survey.　　　　　　　　　　　　　　**DO SURVEY**

On the "Available Surveys" table, you will be able to see the surveys that are currently available and awaiting your completion. You will also be able to see the "Do Survey" button, this is selectable only after you have selected a survey which you wish to do. The survey will be displayed for you to complete on the screen. When you are done, you will be able to submit the survey, then it will be added to your recent surveys.

Generalized Anxiety Disorder 7-item Scale

The Generalized Anxiety Disorder 7-item Scale measures the severity of anxiety.

Over the last 2 weeks, how often have you been bothered by the following problems?

1: Feeling nervous, anxious, or on edge

○	○	◉	○
Not at all sure	Several days	Over half the days	Nearly every day

2: Not being able to stop or control worrying

○	○	◉	○
Not at all sure	Several days	Over half the days	Nearly every day

3: Worrying too much about different things

6: Becoming easily annoyed or irritable

○	○	◉	○
Not at all sure	Several days	Over half the days	Nearly every day

7: Feeling afraid as if something awful might happen

○	○	◉	○
Not at all sure	Several days	Over half the days	Nearly every day

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

○	○	◉	○
Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

SUBMIT SURVEY

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Below the "Available Surveys" table, you will see your "Survey History" table which will you show the surveys that you have completed in the past, but will only show you 5 per page and can be scrolled through at the bottom right of the table.

Accessing the Lab Value page

There are two ways to access the Lab Value page, both of which will require you to be logged into your User account to be able to view. You can access the Lab Value page by clicking on the "see more" link in the Lab Values table in the Profile page. You can also access the Lab Value Page by heading to the side panel to view Your Program and clicking on the Lab Values link that is visible. On the Lab Value page, you will be able to see your Lab Value History which will show you your recent lab value numbers and statistics, in the form of a graph.

Lab Value Progress

Height
Weight
BMI

Target Value is Good

| Height	73	m	April 26, 2020 8:55 AM
Height	2	m	April 26, 2020 8:54 AM

Rows per page: 5 ▾   1-5 of 7   ‹   ›

Accessing the Dietary Journal page

To access the dietary journal page, you will need to be logged into your user account on the system, after you have done this, the side panel button will be visible to you.
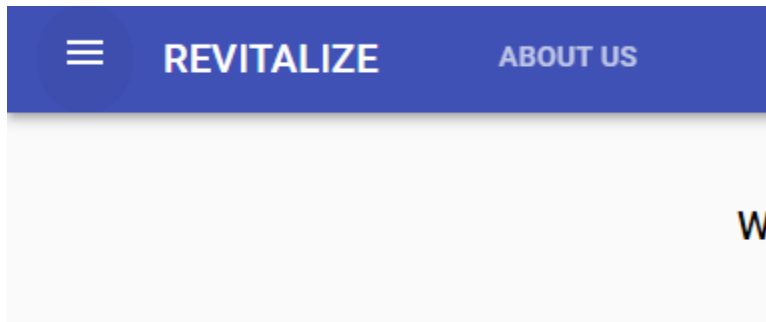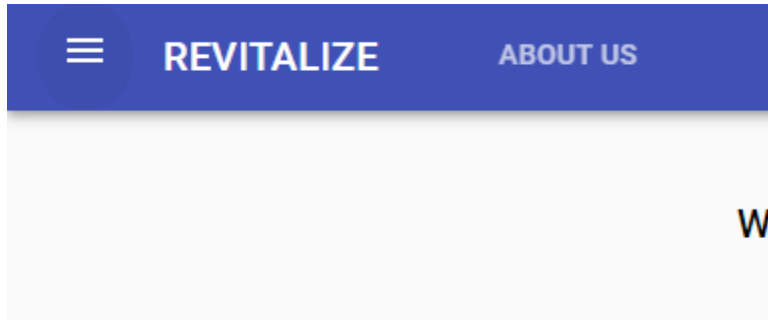

From there you can then navigate your way to the Dietary journal page, as shown in the photo below.
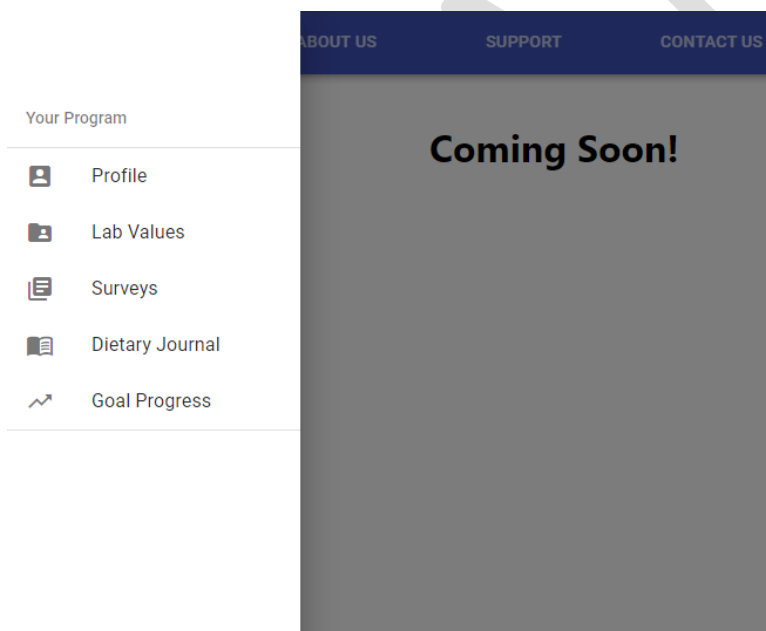
Accessing the Goals Progress page

To access the Goals Progress page, you will need to be logged into your user account on the system, after you have done this, the side panel button will be visible to you.

From there you can then navigate your way to the Goal Progress page, as shown in the photo below.