

Transpire User Manual

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Transpire

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Introduction

General information

This document is a user-manual for the Transpire dashboard, a health platform developed for Nuffield Health. The audience for the document includes mainly for Nuffield Health users and the assumption was that the users are not very technically savvy, so both the application and user manual has been written in a way to be intuitive and easy to use.



Setup

Online Access

The app does not need any installation as it is available from the following link: <https://transpiredashboard.westeurope.cloudapp.azure.com/>. However, it is possible to setup the source code provided on your local machine. These are the instructions to setup the app.

Requirements

The app is written in node version 4.4.2, please ensure you have the correct version of node installed. After you have downloaded the software, please run the `npm install` command. The `server.js` and `queue_tasks/index.js` should be run. The system should now be working, but you can also setup your own services.

The following Azure technologies are being used:

- **Azure Storage Account (for message queues) – Standard performance:**
Three queues should be setup, by default they should be named (`v44hnc76pf`, `3lqxqdiphi` and `xc27hvrny0`). If you would like to change that, change the settings in the `queue_tasks/mq/config.js` where you should also edit the connection string to connect to your account.
- **Azure Machine Learning Studio – Standard Paid:**
You are advised to use the Azure ML web services provided by our project as we cannot provide you with our trained models in the submission
- **Document DB:**
Although you are advised to use our Document DB, you can setup your own. The connection string for the database can be changed in `config/database.js`.

The following non-Azure services are being used:

- **Facebook and Google API:**
You are advised to use our services for identity management, but if you would like to setup your own, you can change the credentials in the `config/auth.js` file.



Getting Started

First-time Access to the homepage

During the first time visiting the homepage of Transpire you will be able to use three methods of logging in.

- Social Login – If a user has a Facebook account, they can log in using their own Facebook by clicking the Facebook icon
- Local Login – If a user does not hold a social login they can create a local account using their email account by pressing the “local sign up” and login using the “local login” icons.

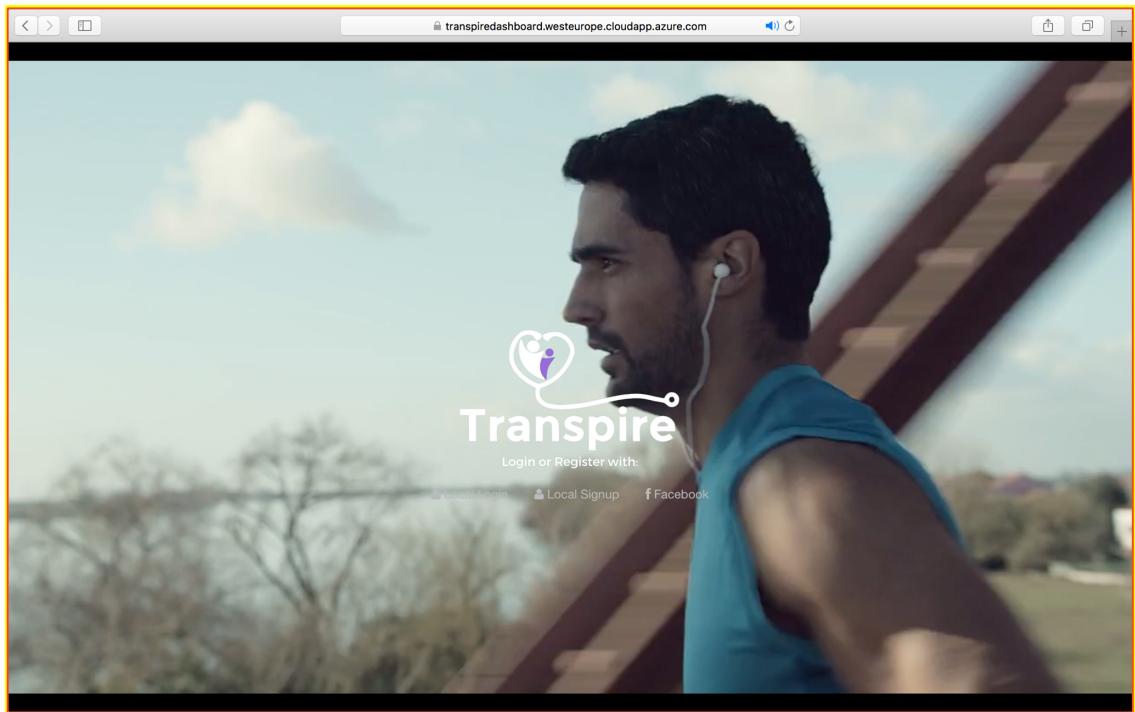


Figure 1: Homepage of transpire, three icons available for logging in



First-time Logging in

During the first time of logging in to the website the user is presented with a “nearly done” page to explicitly fill out more details about themselves. This information is changeable once the user is on the actual dashboard

- Personal Info – Nickname, Email Address, Address, City, Country, Postal Code and a About Me Section

Nearly Done!

Personal Info		
Nickname	Email address	
choose a nickname	Email	
Address		
Home Address		
City	Country	Postal Code
City	Country	Postcode
About Me		
Enter your description here		
Next >		

Add Data

Share Data

- Adding Health Data – Require a Nuffield Health ID, GoogleFit Account, you can customize from when you would like data to be visible from

Nearly Done!

Personal Info		
Add Data		
 Nuffield Health	 Google Fit	 Start Date
Enter Your Nuffield ID	Connect	dd/mm/yyyy
< Previous Next >		
Share Data		



- Share of data – A user can decide if they would like to share their data with the third party applications such as Open MRS and Microsoft Health

Nearly Done!

Personal Info

Add Data

Share Data

 Open MRS

 Microsoft Health

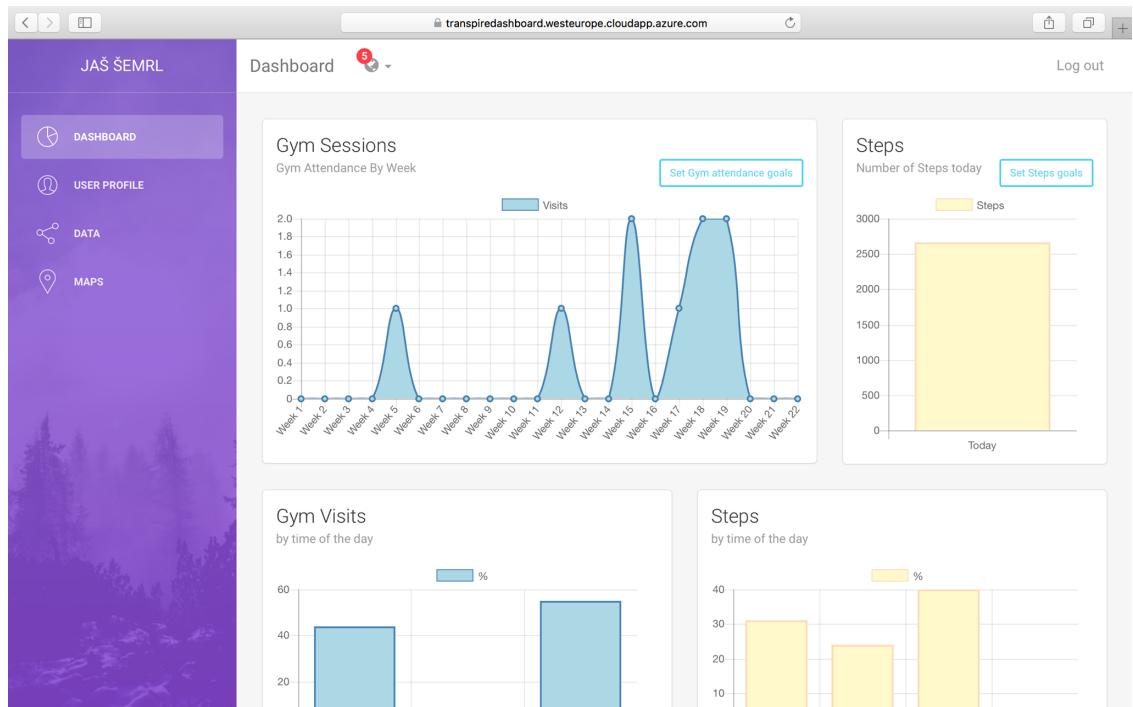
< Previous | Finish >



Dashboard

General

The dashboard consists of many graphs which will visualize data for the user. If the user has provided their Nuffield Health ID they can view their gym visits during a weekly period, as well during which part of the day they have visited the Gym. Additionally, if they have connected their google fit they can view their googleFit data such as the number of steps, number of steps within different times of day and within what location.



Goals

The user is also able to add personal goals to their personalized graphs. By pressing the “set gym attendance goals” or the “set Steps goals” they can provide a number of gym visits or number of steps they would like to achieve during a week or a day. This data is then visualized for the user to be able to track their goals and their progress.

[Set Steps goals](#)

[Set Gym attendance goals](#)



Notifications

The notification button at the top of the dashboards provides guidelines and messages to the user based on the goals set. It is intended to motivate the user to set realistic goals to achieve the goals they have set.

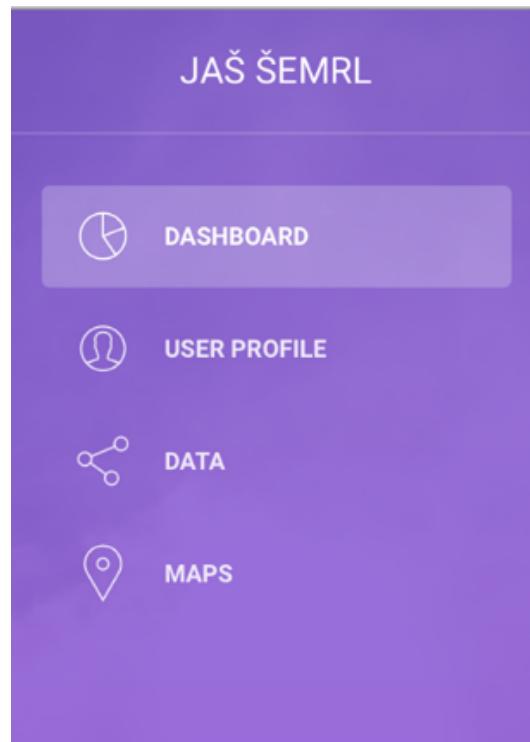


Logout

A logout button is also presented on every page if the user would like to logout during their session, placed on top right of every page

Navigation

On the left hand side of every page a navigation panel is set where the user can navigate to different pages such as their user profile, data and maps.



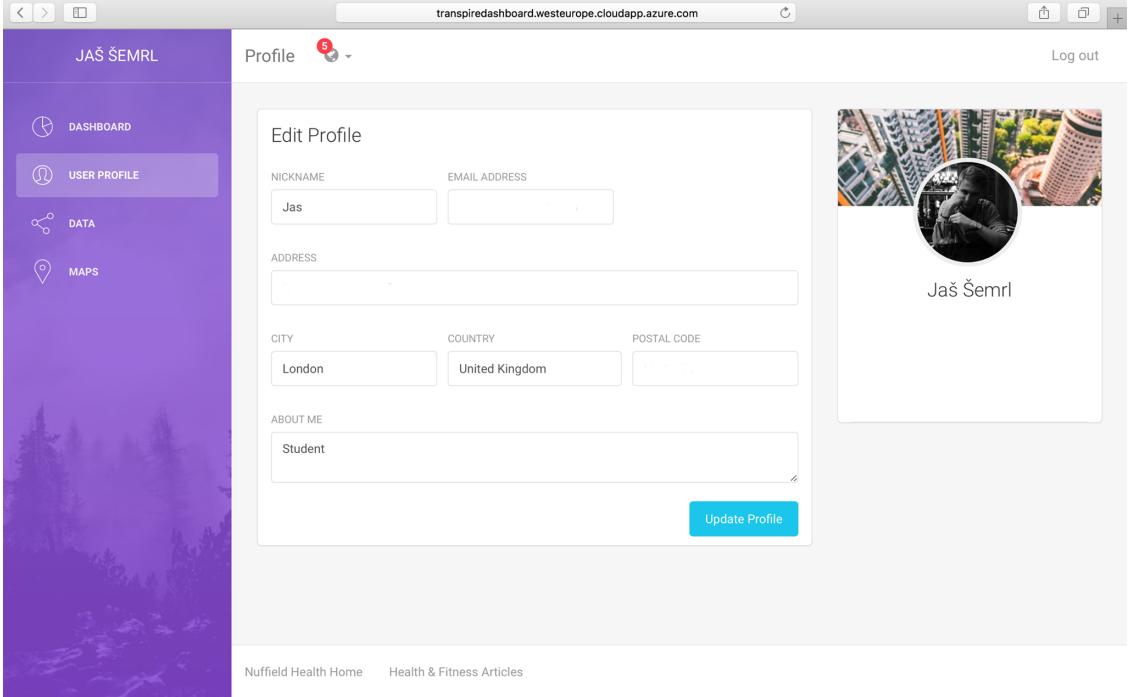


User profile

General

This is a simple page where the user can update their previous filled out data. By filling out the appropriate section can press the “update profile” button to update their newly entered information.

It is also good to note that on most pages the user can find links to the Nuffield Health home page and articles at the footer of the page.



A screenshot of a web browser showing the 'Edit Profile' page. The URL in the address bar is 'transpiredashboard.westeurope.cloudapp.azure.com'. The page title is 'Profile'. On the left, there's a sidebar with navigation options: DASHBOARD (selected), USER PROFILE (highlighted in purple), DATA, and MAPS. The main content area is titled 'Edit Profile'. It contains several input fields: 'NICKNAME' (Jas), 'EMAIL ADDRESS' (empty), 'ADDRESS' (empty), 'CITY' (London), 'COUNTRY' (United Kingdom), 'POSTAL CODE' (empty), and 'ABOUT ME' (Student). At the bottom right of the form is a blue 'Update Profile' button. To the right of the form is a sidebar featuring a circular profile picture of a man and the name 'Jaš Šemrl'. At the bottom of the page, there are links to 'Nuffield Health Home' and 'Health & Fitness Articles'.

Figure 2: User is able to update their personal information



Data

General

This page is identical to the first page the user also sees to update their data sharing information. If a user would like to update or connect a new data information they can do during this page.

Data Source

As explained previously the user can fill out their Nuffield Health ID and connect to the relevant data sources. By pressing the Save button all the information will be saved and their information updated.

Sharing of Data

Additionally, a user can decide if they would like to continue or discontinue sharing of their data to third party organizations in this page.

A screenshot of a web-based application titled "Manage Data". The left sidebar shows navigation options: DASHBOARD, USER PROFILE, DATA (which is selected and highlighted in purple), and MAPS. The main content area has a header "Choose Data Sources". It lists two data sources: "NUFFIELD HEALTH" (represented by a green square icon with the Nuffield Health logo) and "GOOGLE FIT" (represented by a red heart icon). Below each source is a "Connect" button. Under the heading "Share Data With", there are two checked checkboxes: "OPEN MRS" (with its logo) and "MICROSOFT HEALTH" (with its logo). At the bottom, there is a "Start Date" field containing "2016-11-01" and a "Save" button. The URL in the browser bar is "transpiredashboard.westeurope.cloudapp.azure.com".



Maps

General

This page includes all of Nuffield Health London based gym locations and their information

Map Icons

By clicking a map icon, a pop up window will appear displaying relevant data about the Nuffield health gym chosen by the user. Additionally, a “learn more” button is present to view further information about the gyms.

