

Transpire User Manual

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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.



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.

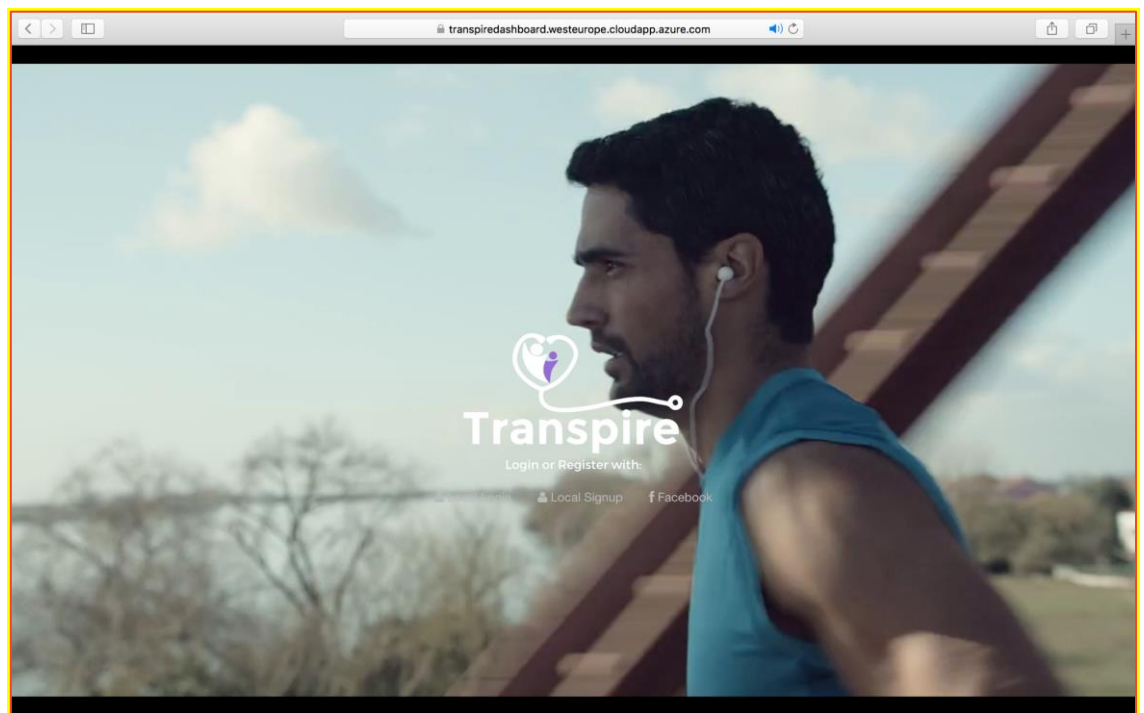


Figure 1: Homepage of transpire, three icons available for logging in



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
choose a nickname

Email address
Email

Address
Home Address

City
City

Country
Country

Postal Code
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
Enter Your Nuffield ID

Google Fit
Connect

Start Date
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

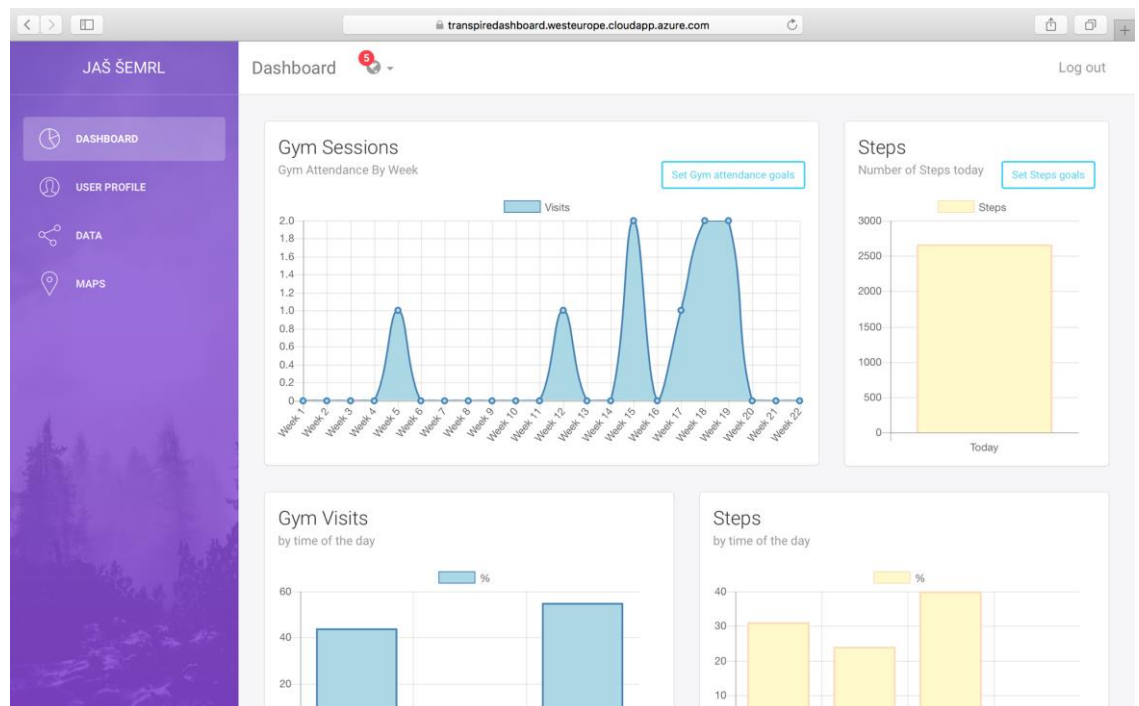
Finish >



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.

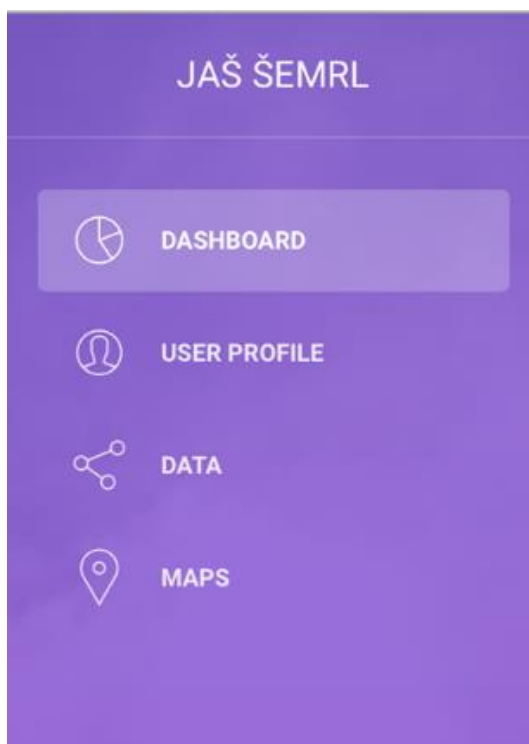


Logout

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 browser's address bar displays "transpiredashboard.westeurope.cloudapp.azure.com". The page has a purple sidebar on the left with the user's name "JAŠ ŠEMRL" at the top. Below the name are four menu items: "DASHBOARD", "USER PROFILE" (which is highlighted), "DATA", and "MAPS". The main content area is titled "Profile" and contains an "Edit Profile" form. The form has several input fields: "NICKNAME" (containing "Jas"), "EMAIL ADDRESS", "ADDRESS", "CITY" (containing "London"), "COUNTRY" (containing "United Kingdom"), "POSTAL CODE", and "ABOUT ME" (containing "Student"). A blue "Update Profile" button is at the bottom right of the form. To the right of the form is a circular profile picture of a person and the name "Jaš Šemrl". At the top right of the main content area is a "Log out" link. At the bottom of the page, there are two links: "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 application interface titled 'Manage Data'. The interface has a purple sidebar on the left with navigation links: 'DASHBOARD', 'USER PROFILE', 'DATA' (highlighted), and 'MAPS'. The main content area is white and contains three sections. The first section, 'Choose Data Sources', shows two options: 'Nuffield Health' with a green square icon and a text input field containing '2C16EE9C6678F1DAD20', and 'Google Fit' with a red heart icon and a 'Connect' button. The second section, 'Share Data With', shows two options: 'Open MRS' with a blue and orange cross icon and a checked checkbox, and 'Microsoft Health' with a purple square icon and a checked checkbox. The third section, 'Start Date', has a text input field containing '2016-11-01' and a 'Save' button. The browser's address bar shows the URL '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.

