Bariatric Support: MVP for native ios app

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| User Login – using Email and password (API to wlfmedical account)  Or: Registration - invited to create an account at amiacandidate.com |
| User Profile   * Upload Before/Starting Picture * Upload profile picture * Highest Weight * Starting Weight * Current Weight * Goal Weight * Type of surgery * Surgery Date – with feature to update/ change   Manage Profile |
| Goal Setting Tool (Input Variable)   * Enter Height, Weight and Calculate BMI * Allow patient to choose BMI   + Some will chose a higher or lower BMI depending on their goal   + Show patient number of pounds needed to reach goal BMI   + Can change * Provide protein / supplement intake goal (based on weight) * Provide Water intake goal (based on weight) * Provide sleep goal * Input Non Scale Victory goals * Input Health Goals |
| Track   * Weight   + Morning weight (reminder notification should be sent)   + Should show highest weight, previous day’s weight, weight left to reach goal   + Large type with today’s weight loss to date from highest recorded weight   + Encouraging text (great job!, way to go!, you are doing great! Etc) * Sleep   + Morning entry (reminder notification should be sent)   + Enter estimated time they fell asleep, Enter time they woke up   + Calculate number of hours slept   + Show hours slept previous night   + Show goal of 8 hour minimum (can change in goal tools)   + Encouraging text (great job!, way to go!, you are doing great! Etc) * Food   + Depending on the stage food tracking (based on surgery date)   + Clears / full / softs / solid (Breakfast/lunch/dinner/ snack)   + Should have a TIPS area they can select to explain ideal foods   + Reminder notification to track * Water   + Updates data from other tracking sections (ie. Protein shakes, soups, etc count toward water goals)   + Reminder notification to drink set by user (5 minute sips, ½, 1 hour reminders, etc)   + User inputs amount   + Should have a TIPS area they can select to explain ideal water intake * Supplement / Vitamins   + Depending on the stage food tracking   + Reminder notification to track   + Tips to show ideal supplements   + Can add their own vitamins and medications for reminders * Activity   + Walk / Cardio / Srength / Swimming / Yoga / other   + All activities tracked should be shareable as a post or photo   + post it publicly, privately, share it with a specific person, or email it, sms it, facebook it, or pin it * measurement   + record waist measurement weekly or monthly   + options to measure if patient desires: bust / hips / upper arms / neck / thighs / calves * Progress   + Should be able to show weight loss with graph   + Save progress pictures (user chooses daily, weekly, monthly, etc)   + Progress pictures should show weight loss   + Should be able to create slide show of progress pictures |
| Notification   * Based on the activity defined, push notifications will be triggered * Mark the task as complete or not complete, and take a photo if applicable. |
| * Guidelines - allow the users to view the postoperative guidelines (pdf) for their phase (preoperative, clear fluids, full fluids, soft foods, solids). * Blog - integrated with the existing blog feed to fetch results and display it. * Tips should be added for each tracking function to help patients understand what is ideal. |
| News Feed   * Patients must be able to see each other’s posts and comment, like, follow, friend and message each other. * Posts can be made private or public * User can share photos : before and after / food pics / progress pics / activity pics / Add writing over pics or create motivational image post * should be able to select if comments are allowed or not allowed * able to mark if they like another patient’s post |
| Tool to allow user to add text over images and crop |
| Messaging to success coaches   * Send Text Messages * Send Emails Messages (should push to patient account at wlfmedical.ca) |
| Alerts and notification – User should be able to control and turn off all reminders and set timing for push notifications |
| Social Sharing -   * Facebook / Pinterest / Twitter / Email / SMS |
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| Coaches section   * Login using username and password * Ability to send message – SMS/ Email or in –app message to patients * View and read messages * View patients progress |
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| Web Based Admin Section   * Dashboard design * DB design, setup and customization * Web services integration * Manage patients/ user and Coaches * Manage patients details, activity tracking * Manage Notification and alerts |
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