



**Demo 2:**  
User Documentation

**Class**  
ECE 567 – Software Engineering 1

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**Group #2**  
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**Github Website:** [RU Healthy?](#)  
**Application Webpage:** [ruhealthy](#)

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# 1 Introduction

The RU Healthy? application is a platform that allows you as a patient, doctor, or physical therapist to interact with one another in order to evaluate activity and health levels. As a patient or physical trainee, this app assists you in reaching certain activity levels or health goals by enforcing accountability with your physician or physical trainer. Additionally, it helps you see your progress by providing useful activity, heart rate, and calorie burnt summaries. Whether you are a doctor or physical trainer, you will find this advantageous, because it allows you access to your patient's/client's activity, calorie intake, and heart rate statistics. With this information you will be able to provide a more informed evaluation of their health progress.

## 2 Device requirement

### 2.1 Android App

**Android version:** Android 4.0 (Icecream Sandwich) and higher

**API level:** API 15 and higher

\*You need an active camera on your phone to use the heart rate monitor feature.

### 2.2 Web App

**Device:** A mobile or personal computer devices with web access.

**Supported Browser Versions:** The web app is supported on the following web browsers:

Google Chrome (version 61.0.3163.100)

Internet Explorer (version 11.674.150.63.0)

Mozilla Firefox (version 56.0.2)

Microsoft Edge (version 40.15063.674.0)

Safari (version 5.1.7 (7534.57.2))

Please note that the software was tested with these versions but may work with older versions of the browsers versions as well.

## 3 Tutorials

### 3.1 Android Application

#### 3.1.1 Getting Started

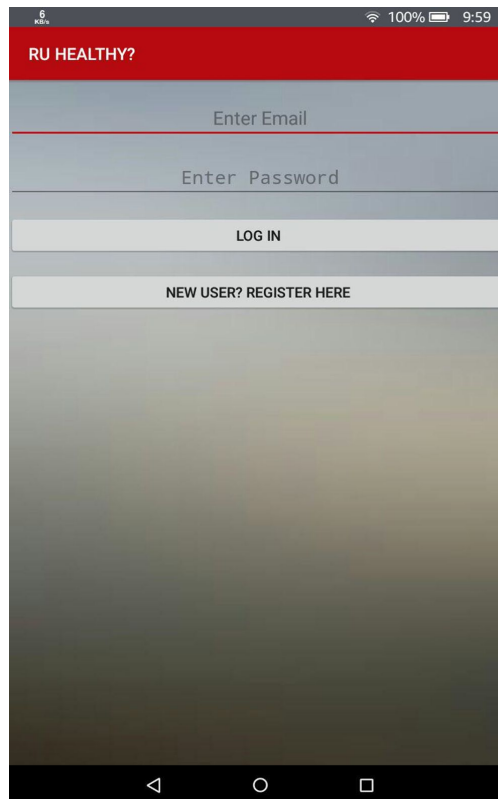
Thank you for joining the community of RU Healthy? users! The following section will guide you through the features of our system from initiation through exit.

**Note:** You must install the app on your handheld device or run it on an emulator to follow through the next steps.

#### 3.1.2 Getting a user account

All users of RU Healthy? Android application need to have a registered account with the system to be able to access and use the features of the app. A valid email address and a password are required to open an account

1. Run the app.
2. Once the app is successfully running, you should be able to see a screen like following:



## User Log in

a) If you are already a registered user:

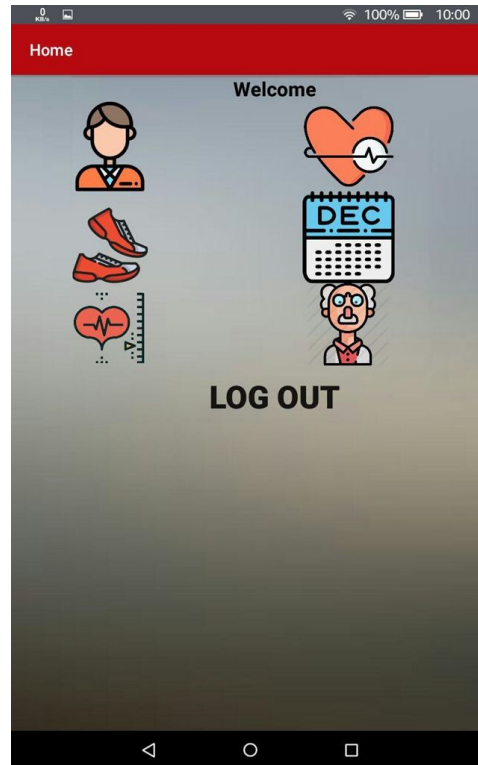
- 3a. Type in your email address (e.g. [john.doe@gmail.com](mailto:john.doe@gmail.com)) and press 'Enter'.
- 4a. Type your password in the next text field (e.g. Hk6yw9) and press 'Enter'.
- 5a. Scroll down and click on 'LOG IN'.

b) If you are not registered yet:

- 3b. Click on 'NEW USER? REGISTER HERE'.
- 4b. Type in your name (e.g. John Doe) and press 'Enter'.
- 5b. Type in a unique username (e.g. Doe) and press 'Enter'.
- 6b. Type in your email address ( (e.g. [john.doe@gmail.com](mailto:john.doe@gmail.com)) and press 'Enter'.
- 7b. Type your password and press 'Enter'.
- 8b. Retype your password to confirm and press 'Enter'.
- 9b. Scroll down and click on 'Register'.
- 10b. You have just become a registered user with RU Healthy! Click on 'Login' and you will be directed your account dashboard.

### 3.1.3 Using the Dashboard

Dashboard is the page from where you can navigate to the features of our app. In our current version, the dashboard looks like the following:



Application Dashboard

From dashboard, you can navigate to the following features by clicking on the buttons:

- 1) *Profile* - This page will ask you to provide some information about yourself to make a user profile.
- 2) *Heart rate monitor* - This will measure your heart rate during the activity period.
- 3) *Step counter* - This will measure the steps taken, distance covered and calories burnt during the activity period.
- 4) *Scheduler* - This feature allows you to create exercise schedule and set reminder.
- 5) *Heart-rate Recovery rate* - This allows you to check the time your heart takes to stabilize after exercise.

6) *Log-out* - This will log you out of the app and you will be back to the Login page again.

### 3.1.4 Creating a profile

1. Once you are at the dashboard page, click on 'Profile'.
2. Once clicked, you will be directed to the page for creating profile.
3. Type in your age and press 'Enter'.
4. Type in your gender and press 'Enter'. Scroll down to see more text fields.
5. Type in height and press 'Enter'.
6. Type in your weight and press 'Enter'.
7. Type in your daily target of steps to take and Click on 'Submit'.

### 3.1.5 Using Step counter:

1. Click on 'Step counter' from the dashboard.
2. You will be directed to the daily activity page that looks like following:

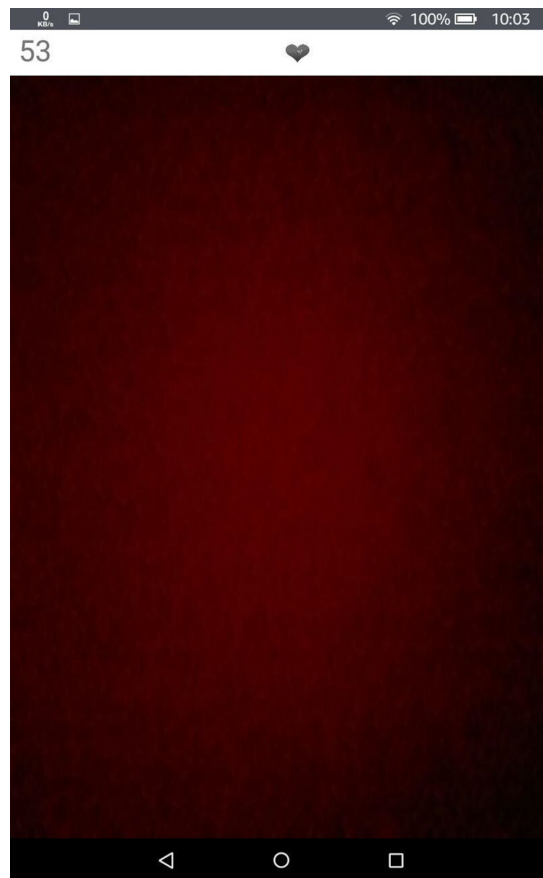


User Activity Count

3. Once you start your activity, the black circular ring will display your progress towards your goal.
4. You can also view the step counts inside the circular progress bar.
5. The graph at the bottom lets you navigate by touch interaction with screen. You can zoom in or out to view your performance for a period of time.

### 3.1.6 Using Heart Rate monitor

1. Click on 'Heart rate monitor' from the dashboard.
2. You will be directed to the Heart rate monitor page that looks like following:

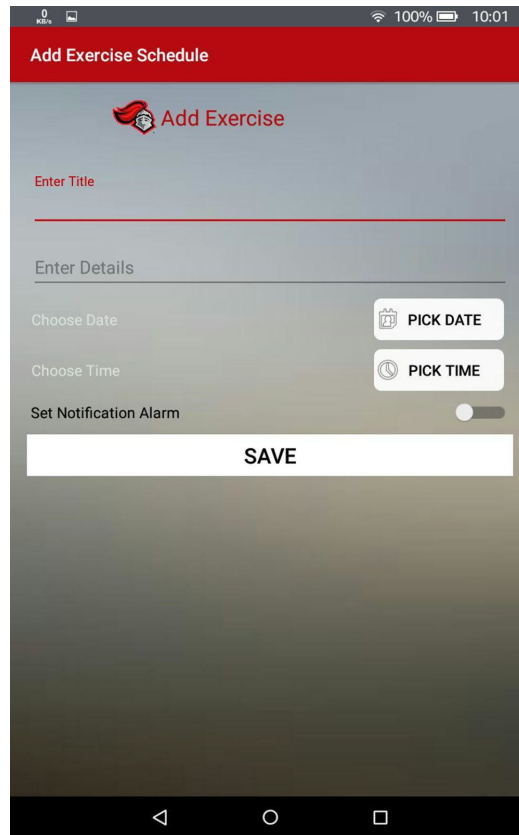


Heart Rate Monitor

3. Place your finger on the back camera of your mobile device.
4. To allow the camera sensor enough time to sense your pulse, wait until the heart icon turns red.
5. Wait while the heart icon continues to blink and stabilizes to display your heart rate count at the top of the screen. This should not take more than 25-30 seconds.

### 3.1.7 Using Scheduler

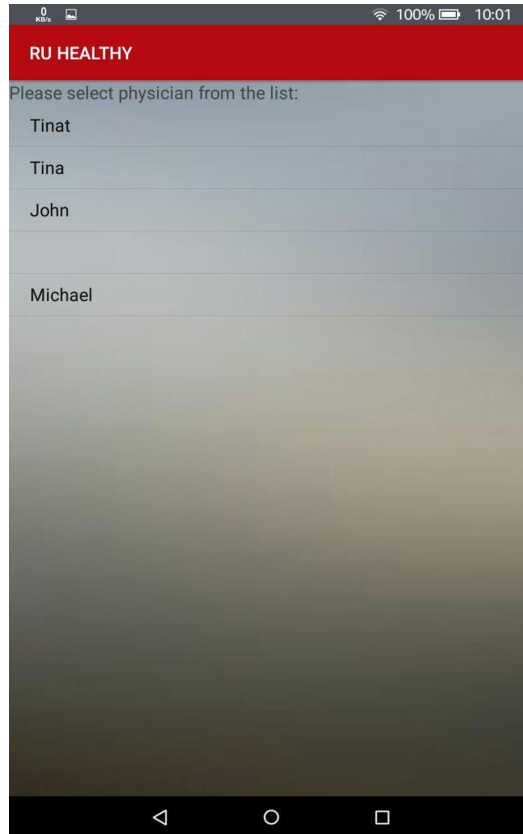




Scheduler

1. Click on 'Scheduler' icon from the dashboard.
2. Click on the text field under 'Enter Title' to write the name of your exercise schedule.
3. Click on the next text field to enter a description of your exercise schedule.
4. Select the date of your schedule by clicking on 'PICK DATE' and select a date from the calendar.
5. Select the time of your schedule by clicking on 'PICK DATE' and select a time from the clock.
6. Turn on 'Set Notification Alarm' to allow the app notify you with an alarm
7. Click on 'Save' to save your schedule.

### 3.1.8 Using Select Physician



Select Physician

1. Click on 'Select Physician' icon from the dashboard.
2. Click on the name of your preferred physician from the list.
3. Once you click, the physician will be added to your profile and will be able to view your activity.

**Please note that -**

To navigate between different pages of the app, use the back button of your device. Once you click the back you will be directed to the dashboard.

Presence of ambient lighting is needed for the heart rate monitor to work effectively.

## 3.2 Web Application

### 3.2.1 Getting Started

Getting started with the RU Healthy? web application is simple. Just follow the steps below:

- 1) Type <https://ruhealthy.github.io/ruhealthy> into web browser on your phone, computer, or tablet
- 2) Then press enter.
- 3) You will be directed to the RU Healthy? Home page



Figure 4.2.1.1: RU Healthy? Login Page

The homepage provides access to login and registration pages with the buttons near the bottom of the page.

### 3.2.2 Accessing Your Account

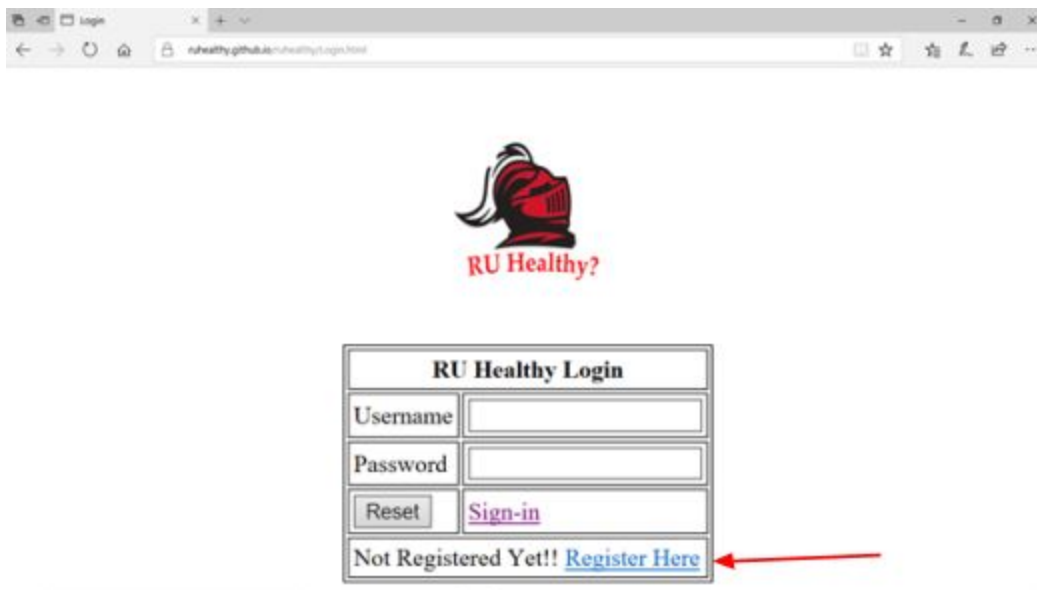
To use the RU Healthy? web application you must be signed into a registered account.

a) If you are already a registered user:

1a.. Select **Login** on the home page



2a. You will be directed to the login page.



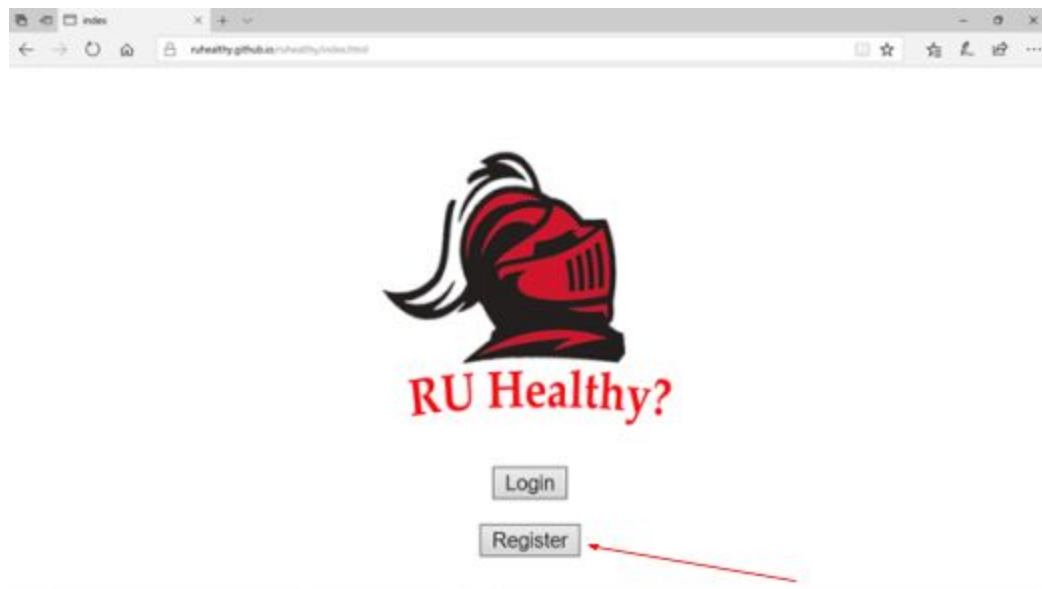
3a. Type in your username and press 'Enter'.

4a. Type your password (e.g. Hk6yw9) and press 'Enter'.

5a. Scroll down and click on 'Log in'.

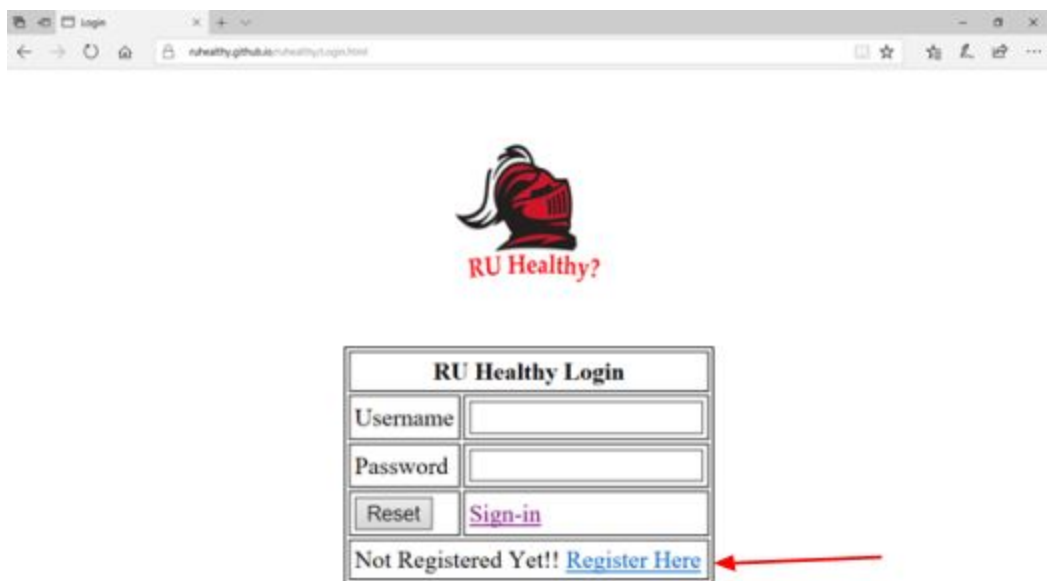
b) If you are not registered yet:

1b. Select **Register** on the home page



ALTERNATIVELY

2b. Select **Register Here** text on the bottom of the login page



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3b. You will be directed to the Registration page.

RU Healthy?

**RU Healthy Registration**

Name: John Doe

Office Address: 555 No Name Lane

Sex: ☒ Male ☐ Female

User Type: Doctor

EmailId: john.doe@gmail.com

DOB: xx/xx/xxxx

MobileNo: 555-555-5555

Reset Submit Form

Already Registered!! [Login Here](#)

4b. Type in your name (e.g. John Doe) and press 'Enter'.

5b. Type in a unique username (e.g. Doe) and press 'Enter'.

6b. Type in your email address ( e.g. [john.doe@gmail.com](mailto:john.doe@gmail.com)) and press 'Enter'.

7b. Type in password and press 'Enter'.

8b. Select your sex category (i.e. Male or Female)

9b. (OPTIONAL) Enter the information in for the other fields and press 'Enter'.

8b. Scroll down and click on 'Submit Form'.

Congratulations you have just created an account in the RU Healthy? web application! Once you have registered, you can login to the system.

After you have registered on the website, your information will be uploaded in our database and made available to patients or clients that are using the android app. They will be able to select you as their doctor/physical trainer on the mobile app side. Once they have selected you, they will come up as patients on the profile page. Then you will have access to their activity and health information in the patient summary pages.

### 3.2.4 Accessing patient profile information

To access patient profile information

1. Login the system from the RU Healthy? login page.
2. You will be directed to the your profile page.

The profile page serves as your main page. This page will contain a list of your patients/clients that are using the app that have granted you access to their information. This “list” will be linked to your patient’s RU Healthy? statistics. If patients/clients have not selected in the mobile app, the page will not have any available patients. Also, if a patient/client chooses to remove you from the selection, their name and link will be removed from your profile page.



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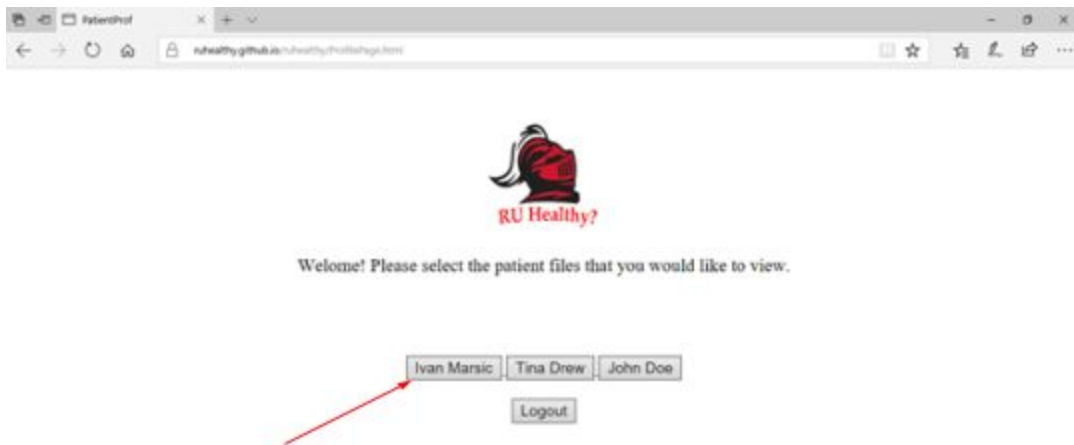
RU Healthy? Webpage - Populated Profile Page



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RU Healthy? Webpage - Non-Populated Profile Page

3. Select the name of the patient of that you want to retrieve information on

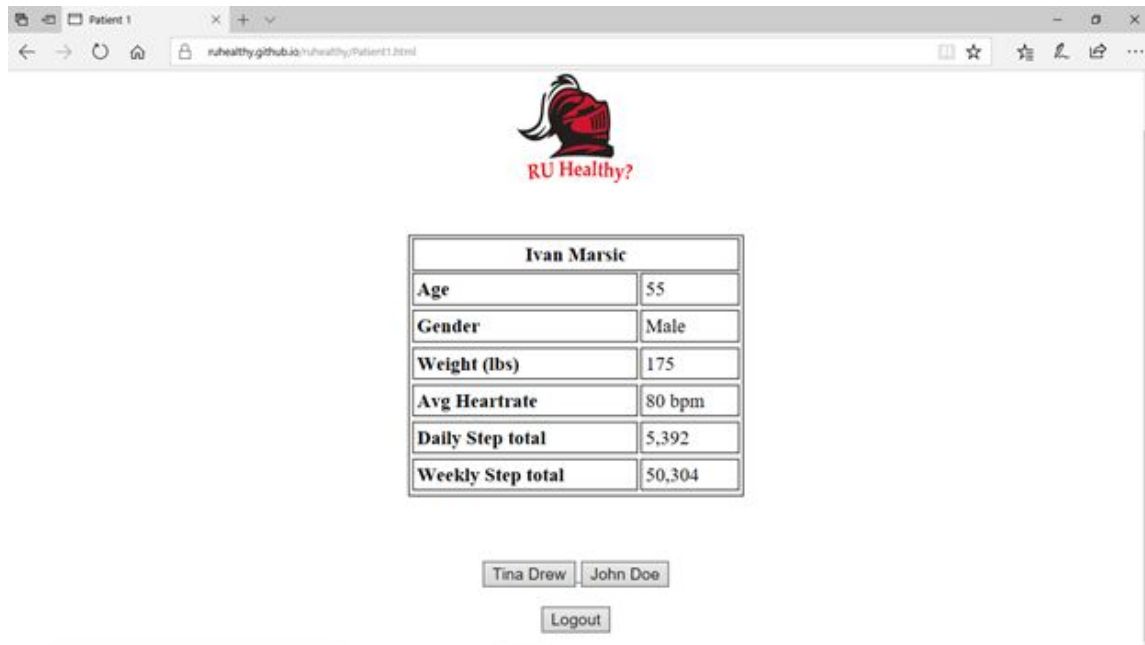


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**Figure 4.2.5.1:** RU Healthy? Webpage - Populated Profile Page - Patient Pointer



4. You will be directed to their summary page.

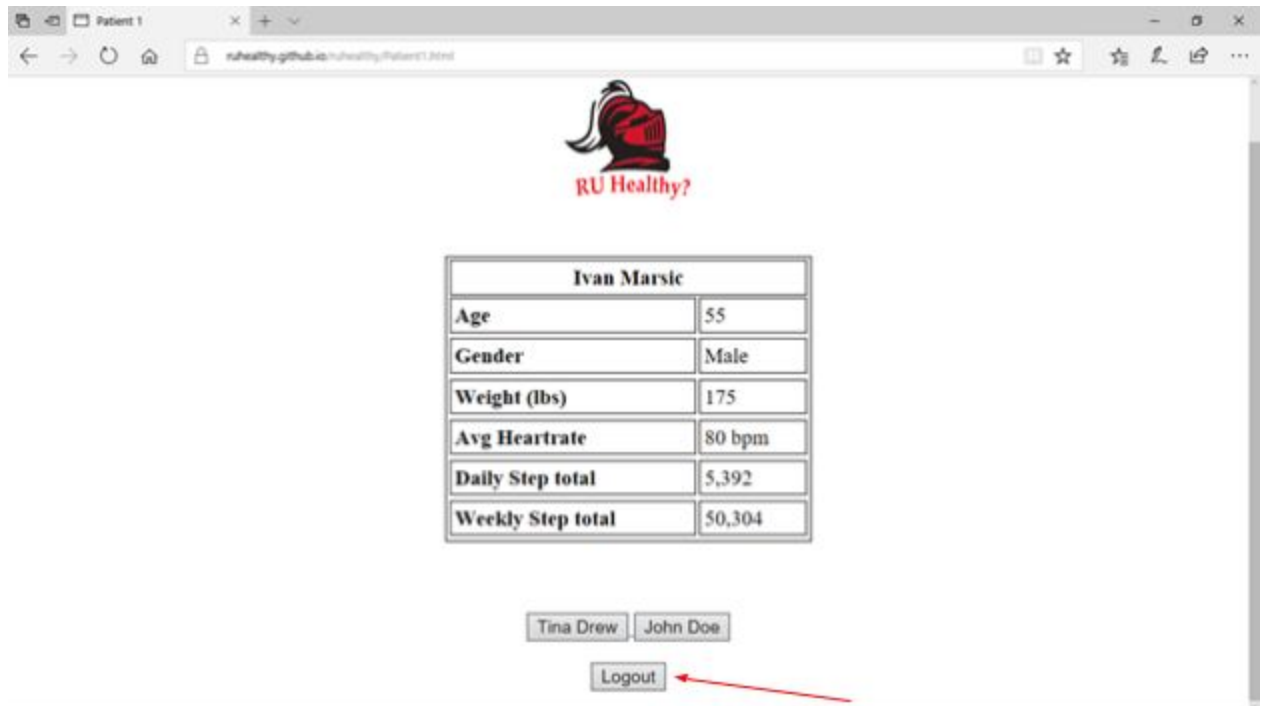


RU Healthy? Webpage - Patient Summary Page Example

The Patient Summary Pages, allow you access to your patient/client RU Healthy? statistics. It will show a summary of that patient's activity (i.e. steps), calorie intake, and heart information for the week. These pages can be accessed by selecting the the patient/client name from your Profile page. A sample patient summary page is shown below:

### 3.2.6 Logging out of the system.

1. Select the **Logout** button at bottom of the page.



RU Healthy? Webpage - Logout pointer

2. You will be logged out of the system and directed back to the RU Healthy? home page.

## 4 Acronyms & Abbreviations

API - Application Program Interface

App - Application

UI - User Interface

## 5 Troubleshooting & Help Contact

For any assistance, comments or updates regarding our system, please visit our website [RU Healthy?](https://ruhealthy.github.io)