



Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

13:00

Blood sugar



Upcoming Activity

18:00

Go for a walk



Done Measurement

09:00

Go for a walk

5,3 km





Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

13:00

Blood sugar



Upcoming Activity

18:00

Go for a walk



Done Measurement

09:00

Go for a walk

5.2 km



✓ Your changes were successfully saved!





New measurement



Todays date



Please enter your measurement

Measurement type

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Edit Measurement



Today's date



Please enter your measurement

Activity

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Todays date



You have successfully
saved a new measurement!

Saved

XX

unit

Goal

XX

unit

You're not quite there,
but getting closer every day!



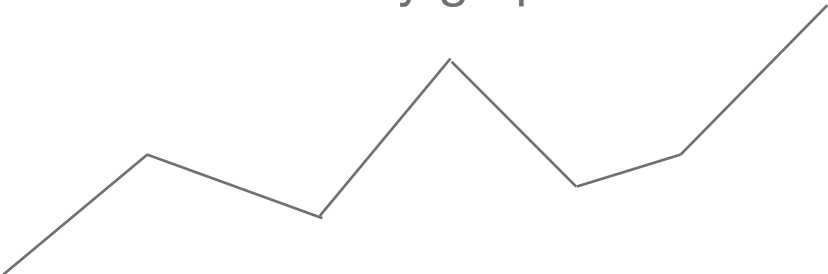
+1



4/10

Streak
10 days

Weekly graph



FINISH





Today's date



+1



4/10

Streak
10 days

Today's measurements

All done!

Done Measurement

18:00

Go for a walk

3,1 km



Done Measurement

13:00

Blood sugar

8,8 mmol/L



Done Measurement

09:00

Go for a walk

5,3 km





Oak sapling



3/10

Tree info

A Oak is a mighty tree when it is full grown. However, it takes some patience in order for it to reach its full potential.

How to achieve

This tree is received when you have:

* Maintained an activity streak for 10 days





Today's date



Longest streak
9 days

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

13:00

Blood sugar



Upcoming Activity

18:00

Go for a walk



Done Measurement

09:00

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5,3 km



Today's date

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9 daysStreak
9 days

Today's measurements

2 remaining

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13:00

Blood sugar



Upcoming Activity

18:00

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Done Measurement

09:00

Go for a walk

5.2 km



Your changes were successfully saved!





New measurement



Todays date



Please enter your measurement

Measurement type

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Edit Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Saved Measurement



Today's date



You have successfully
saved a new measurement!

Saved

XX

unit

Goal

XX

unit

You're not quite there,
but getting closer every day!

Longest streak
10 days

Streak
10 days

Weekly graph



FINISH





Today's date

Longest streak
10 daysStreak
10 days

Today's measurements

All done!

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18:00

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3,1 km

Done Measurement

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8,8 mmol/L

Done Measurement

09:00

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5,3 km



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Today's measurements

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Upcoming Measurement

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9 days

Streak
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Today's measurements

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Upcoming Activity

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Done Measurement

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5.2 km



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New measurement



Todays date



Please enter your measurement

Measurement type

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Edit Measurement



Today's date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Saved Measurement



Today's date



You have successfully
saved a new measurement!

Saved

XX

unit

Goal

XX

unit

You're not quite there,
but getting closer every day!

Longest streak
10 days

Streak
10 days

Weekly graph



FINISH





Today's date

Longest streak
10 daysStreak
10 days

Today's measurements

All done!

Done Measurement

18:00

 Go for a walk
3,1 km

Done Measurement

13:00

 Blood sugar
8,8 mmol/L

Done Measurement

09:00

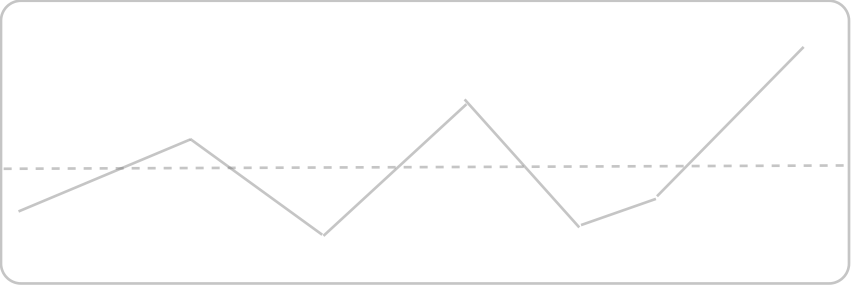
 Go for a walk
5,3 km



All measurements



Activity

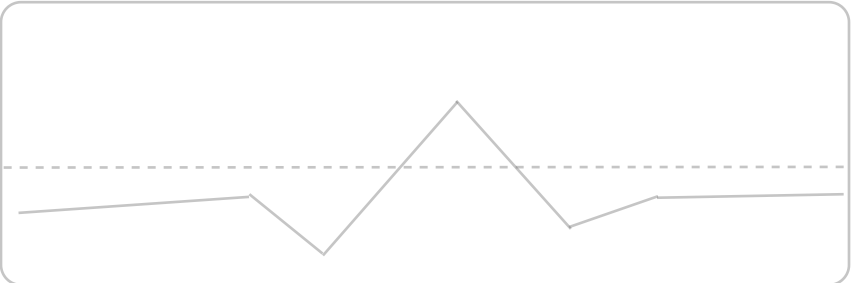


XX
Latest

XX
Goal



Blood pressure



XX
Latest

XX
Goal





History



From - date



To - date

 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit





Activity



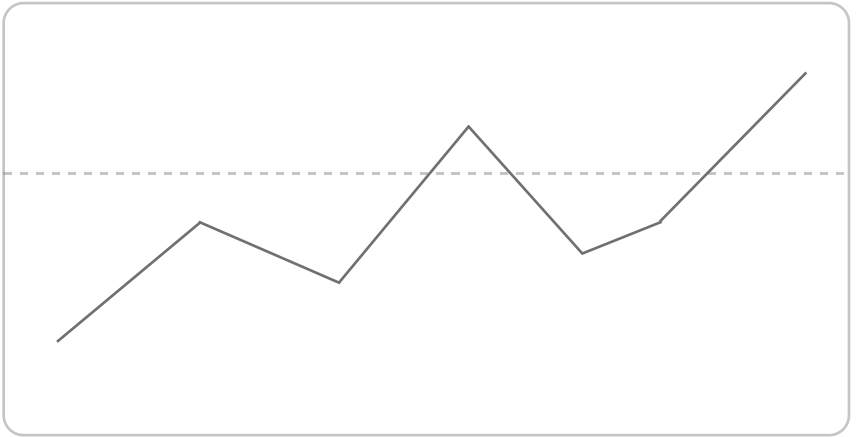
XX
Progress

XX
Goal

From - date



To - date



From - To

 13:00 20/11/2020

 Activity

XX unit



 13:00 20/11/2020

 Activity

XX unit





Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

EDIT





Edit Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Measurement



Today's date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

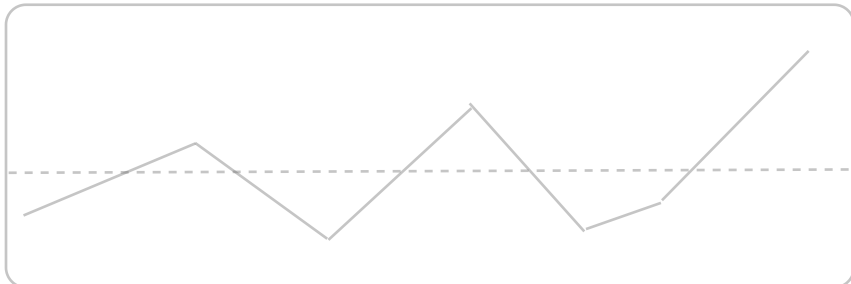
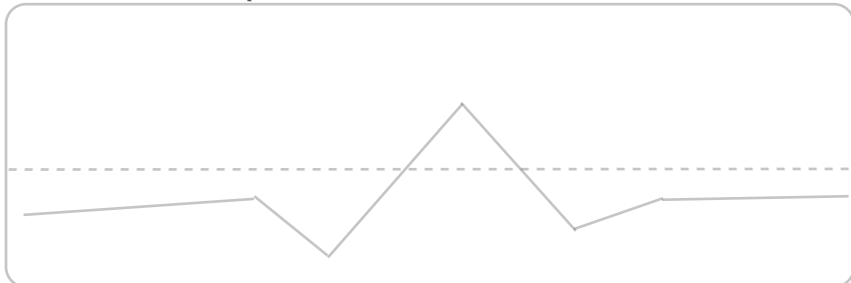
FINISH

✓ Your changes were successfully saved!





All measurements

 ActivityXX
LatestXX
Goal Blood pressureXX
LatestXX
Goal



History



From - date



To - date

 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit





Activity



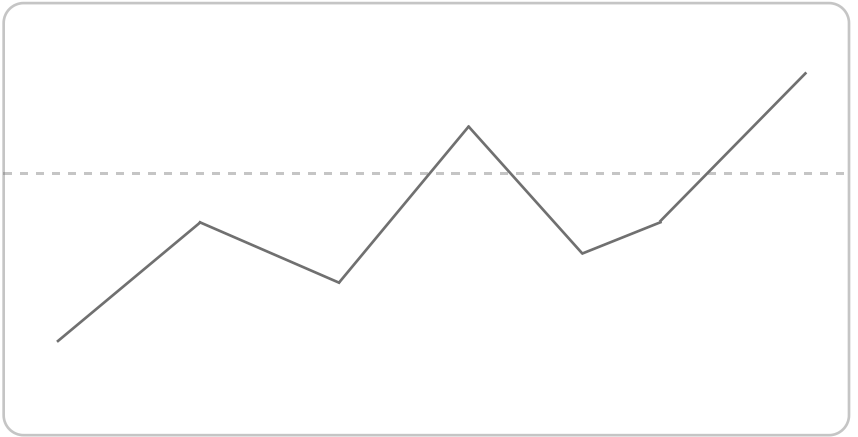
XX
Progress

XX
Goal

From - date



To - date



From - To

 13:00 20/11/2020

 Activity

XX unit



 13:00 20/11/2020

 Activity

XX unit





Measurement



Today's date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

EDIT





Edit Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Measurement



Today's date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

FINISH

✓ Your changes were successfully saved!

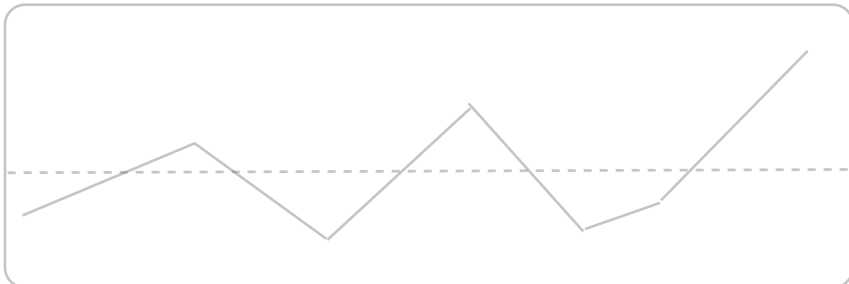




All measurements



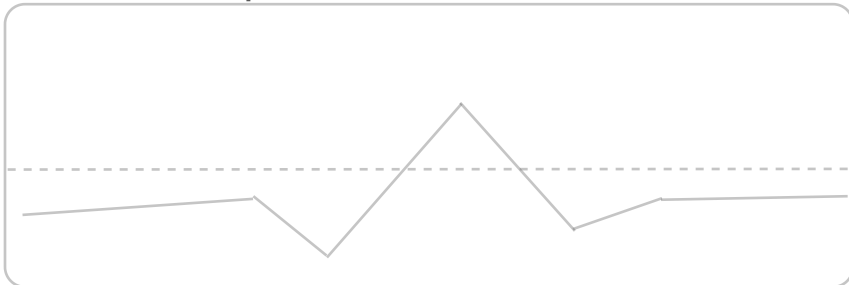
 Activity



XX
Latest

XX
Goal

 Blood pressure



XX
Latest

XX
Goal





History



From - date



To - date

 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Activity

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit



 13:00 20/11/2020



 Blood Sugar

XX unit





Activity



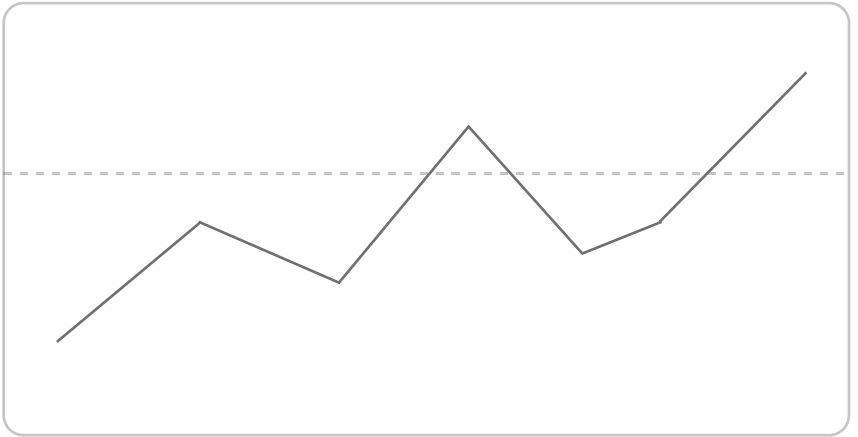
XX
Progress

XX
Goal

From - date



To - date



From - To

 13:00 20/11/2020

 Activity

XX unit



 13:00 20/11/2020

 Activity

XX unit





Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

EDIT





Edit Measurement



Todays date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

SAVE





Measurement



Today's date



Please enter your measurement

Measurement type

XX

unit

Previous

XX

unit

Goal

XX

unit

FINISH

✓ Your changes were successfully saved!





Forest



Achievements

Goals by disease

Diabetes



Cardiovascular disease

(For future imp.)



COPD (KOL)

(For future imp.)



Hypertoni

(For future imp.)





Goals



3/10



7/10

Goals



Lose 5 kg



Lower avg blood sugar
levels than previous week



Consistent measurements
7 days in a row



Reached goals



Lose 2 kg



Consistent measurements
7 days in a row





Forest



Growing



Oak sapling



3/10

Upcoming trees



Your fully grown trees



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name





Your latest achievements



Name



Name



Name



Upcoming achievements



Name



Name



Name



All achievements



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name





Name of achievement



7/10

Achievement info

Granted to you when...





Oak sapling



3/10

Tree info

A Oak is a mighty tree when it is full grown. However, it takes some patience in order for it to reach its full potential.

How to achieve

This tree is received when you have:

* Maintained an activity streak for 10 days





Achievements

Goals by disease

Diabetes



Cardiovascular disease

(For future imp.)



COPD (KOL)

(For future imp.)



Hypertoni

(For future imp.)





Goals



7/10

Goals



Lose 5 kg



Lower avg blood sugar
levels than previous week



Consistent measurements
7 days in a row



Reached goals



Lose 2 kg



Consistent measurements
7 days in a row





Your latest achievements



Name



Name



Name



Upcoming achievements



Name



Name



Name



All achievements



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name



Name





Name of achievement



7/10

Achievement info

Granted to you when...





Goals by diseasease

Diabetes



Cardiovascular disease

(For future imp.)



COPD (KOL)

(For future imp.)



Hypertoni

(For future imp.)





Goals



Goals

Lose 5 kg



Lower avg blood sugar
levels than previous week



Consistent measurements
7 days in a row



Reached goals

Lose 2 kg

Consistent measurements
7 days in a row





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



Help





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



✓ Your settings were successfully saved!





User Name

First Name	Amanda
Last Name	Teir
Sex	Female
Date of Birth	17/02/1997
Phone Number	+4673-368 24 77

Contact XXX to change your personal information





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



Help





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



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First Name	Amanda
Last Name	Teir
Sex	Female
Date of Birth	17/02/1997
Phone Number	+4673-368 24 77

Contact XXX to change your personal information





Change Password



User Name



Enter current password

Enter new password

Confirm password

SAVE





Authorized Relatives



User Name



Amanda Teir

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements



Evren Bostanci

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements

ADD RELATIVE

SAVE





User Name



Amanda Teir

DISABLE

Set relative access

Do you want to disable all access
for Amanda Teir?

DISABLE

CANCEL

- ☐ Goals
- ☐ Achievements
- ☐ Measurements

ADD RELATIVE

SAVE



Third Party Applications



User Name



Google Fit



Apple Health



Pokemon Go





User Name

Handled outside app





User Name



Choose your gamification level



Level 1

No gamification



Level 2

Goal related badges and streak counter



Level 3

Goal related badges and streak counter connected to trees

SAVE





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



Help





User Name



Personal information



Authorized relatives



Gamification level



Change password



Third party applications



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User Name

First Name	Amanda
Last Name	Teir
Sex	Female
Date of Birth	17/02/1997
Phone Number	+4673-368 24 77

Contact XXX to change your personal information





Change Password



User Name



Enter current password

Enter new password

Confirm password

SAVE





Authorized Relatives



User Name



Amanda Teir

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements



Evren Bostanci

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements

ADD RELATIVE

SAVE





Authorized Relatives



User Name



Amanda Teir

DISABLE

Set relative access

Do you want to disable all access
for Amanda Teir?

DISABLE

CANCEL



Goals



Achievements



Measurements

ADD RELATIVE

SAVE





Third Party Applications



User Name



Google Fit



Apple Health



Pokemon Go





User Name

Handled outside app





User Name



Choose your gamification level



Level 1

No gamification



Level 2

Goal related badges and streak counter



Level 3

Goal related badges and streak counter connected to trees

SAVE





Change Password



User Name



Enter current password

Enter new password

Confirm password

SAVE





Authorized Relatives



User Name



Amanda Teir

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements



Evren Bostanci

DISABLE

Set relative access

- ☐ Goals
- ☐ Achievements
- ☐ Measurements

ADD RELATIVE

SAVE





User Name



Amanda Teir

DISABLE

Set relative access

Do you want to disable all access
for Amanda Teir?

DISABLE

CANCEL



Goals



Achievements



Measurements

ADD RELATIVE

SAVE





Third Party Applications



User Name



Google Fit



Apple Health



Pokemon Go





User Name

Handled outside app





User Name



Choose your gamification level



Level 1

No gamification



Level 2

Goal related badges and streak counter



Level 3

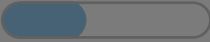
Goal related badges and streak counter connected to trees

SAVE





Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

🕒 13:00

📈 Blood sugar



In the bottom navigation bar
you can access the main
pages of the application.

EXIT

NEXT





Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

13:00

Blood sugar



Upcoming Activity



Don't



5



This icon will direct you to the home page where you are currently at. Here you can see an register your daily measurements.

PREVIOUS**NEXT**



Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upcoming Measurement

13:00

Blood sugar



This list shows you the measurements that you need to provide today. You can register a measurement by tapping the box. Tap the measurement box to continue.

PREVIOUS



New measurement



Today's date



Please enter your measurement

Blood sugar

unit

Enter your measurement
in the input box and tap
save to register your
measurement.

Tap save to continue.

PREVIOUS



SAVE





Saved Measurement



Today's date



You have successfully
saved a new measurement!

Saved

XX

unit

Goal

XX

unit

Once you have completed
a measurement, you will
be shown a confirmation
and some additional
information on your progress

Tap finish to continue.

PREVIOUS



FINISH





Today's date



Once completed, the measurement turns blue and is moved to the bottom. If you wish to edit a measurement, you can tap the pen icon.

PREVIOUS**NEXT**

Done Measurement

13:00

Blood sugar

8,8 mmol/L



Done Measurement

09:00

Go for a walk

5,3 km





Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

The streak displays the number of consecutive days that you have completed all your measurements. By building your streak, you will also contribute to the growth of a tree, as shown in the progress bar on the left hand side.

PREVIOUS**NEXT**



Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Your measurement history is reached by tapping this icon. Here you can view and edit all your registered measurements, as well as see graphs of your progress.

Tap the history icon to continue.

PREVIOUS

5,3 km

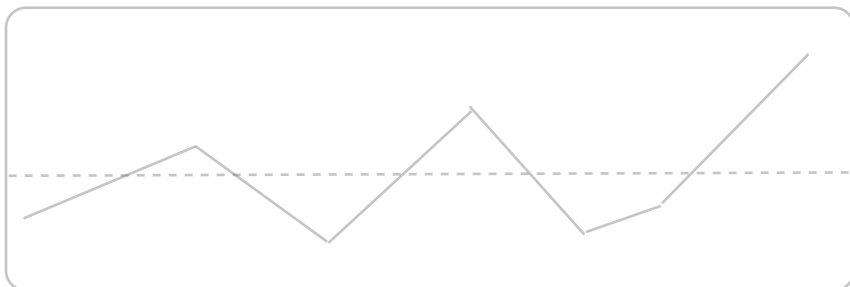




All measurements



Activity

XX
LatestXX
Goal

You can view all your previous measurements by tapping all measurements, or you can tap on a measurement type to see your progress and registered measurements in that area.

Press the star icon to continue to your goals.

PREVIOUS



Forest



Achievements

Goals by disease

Diabetes



In the goals page you can access your personal goals by disease as well as see your forest and achievements.

Press the user icon to continue to your settings.

PREVIOUS



User Name



Personal information



Authorized relatives



From the user page you can edit your settings. This includes the gamification level, authorised relatives and changing your password.

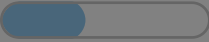
PREVIOUS**FINISH**

Help





Today's date



3/10

Streak
9 days

Today's measurements

2 remaining

Upd



You have now successfully
completed the introduction!

If you wish to access this
again, you can do so from
the help option under the
profile menu.

EXIT

Upd



Done measurement

09:00



Go for a walk

5,3 km

