

User Guide

Background:

Preventable diseases are a serious threat for our community. Friends, family and colleagues need to live longer - and we want to support everyone with the Fooducate Healthy app. With Fooducate Healthy we establish an intelligent solution for advanced proactive care. It's for you - learn about your risks, help to get you on track, and support you to have a healthy, richful life without any unwanted surprises!

Details:

The Fooducate Healthy app will guide you through your journey to reach personal goals, being more active, eating healthier and losing bad habits. The App is simple, but powerful and you will be able to get intelligent advice from our expert system or you will be able to set your own goals manually. All goals that we advise have been proven by our latest findings from our scientists and research experts.

a) Login to the app

You will start by opening the app.

As a User, you can log into the app by entering their Kaiser Permanente Member ID (see Screenshot 1.1). No password is required. If you don't know your member ID anymore, you can click on "I DON'T HAVE AN ID". In the screen, you can email yourself your KP member ID by entering your known email address (See Screenshot 1.2). You can also call the Support hotline, if you don't know which email address you registered with.

Non-KP members will not be able to login.



Screenshot 1.1: Regular Login Screen



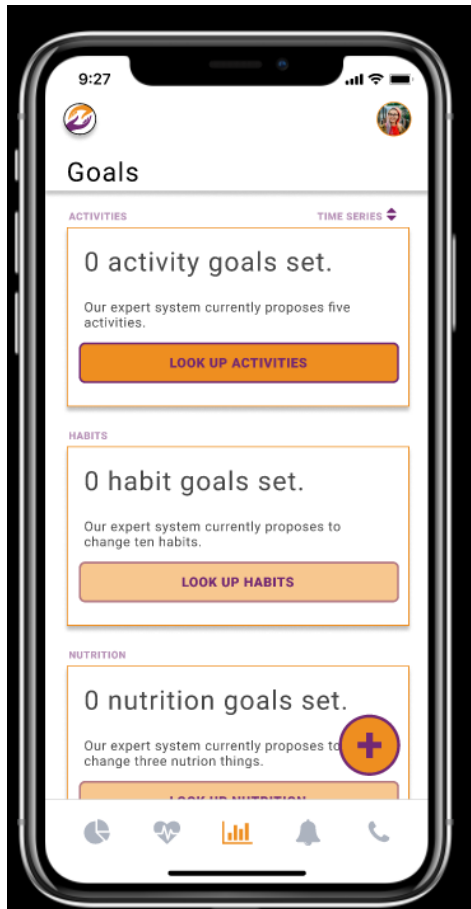
Screenshot 1.2: ID Forgotten Screen

b) Add a Goal

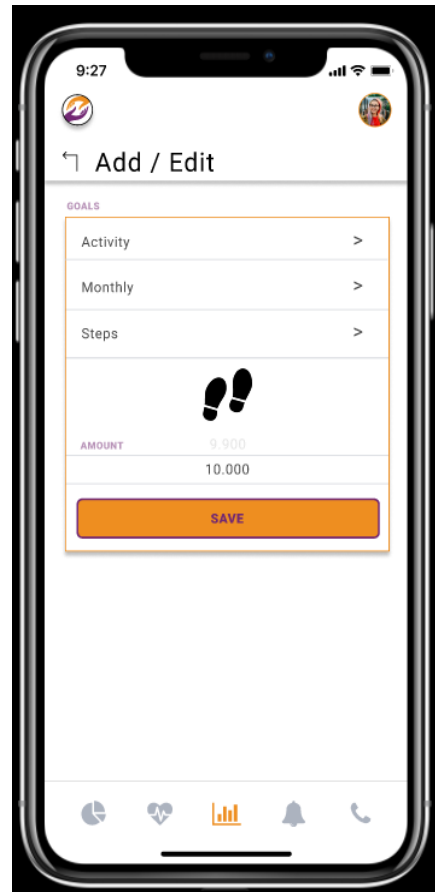
Goals can be added and modified by the user manually. If you click on the (+) Button on the main Goals screen (see Screenshot 2.1), you will be brought to the Add/ Edit Goals screen (see Screenshot 2.2).

You will be able to add a goal in the following groups:

- Activities
- Habits
- Nutrition



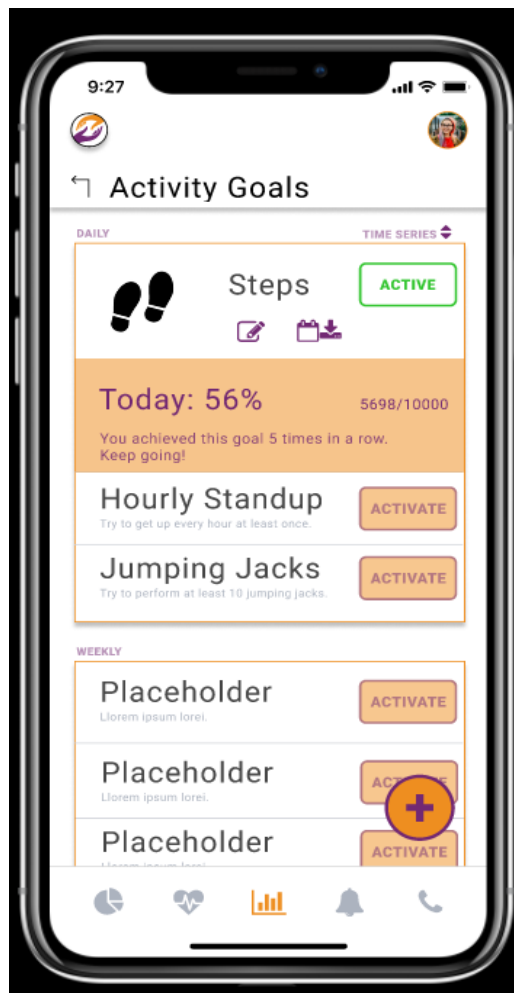
Screenshot 2.1: Goals Screen



Screenshot 2.2: ID Add a Goal Screen

A goal is something you want to achieve in the upcoming days/weeks/months. You can set the time frame and the series you want to achieve something. You will be able to add a specific goal, e.g. a number of steps you want to reach every day. Every goal needs an icon.

After you added a goal, it will appear in your goals screen. You can see the status and the current achievement and streak right next to being able to download a calendar notification for each goal (see Screenshot 2.3). Calendar dates should be according to the time series and should include the information of What, When and How.



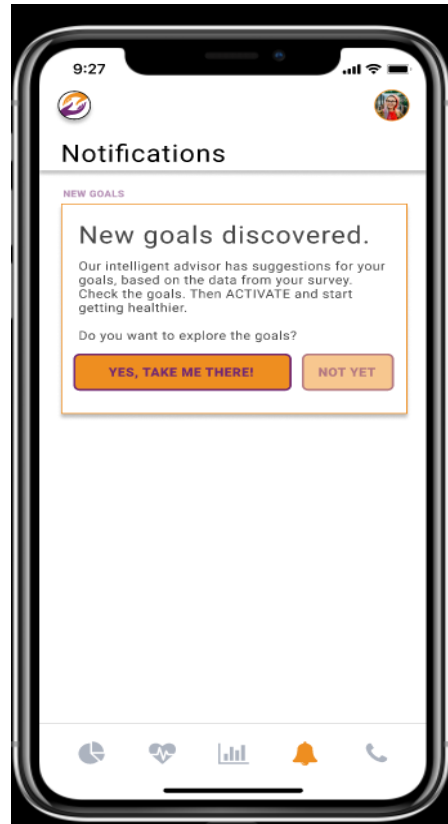
Screenshot 2.3: Goal Status Screen

c) Intelligent Advisor

Users should be able to get advice from the expert algorithms (“Intelligent Advisor”) based on the survey conducted.

The advice should include specific goals for the categories Activity, Habits and Nutrition, based on the current best practices of the KP scientific research.

The advice will be shown in the Notifications screen (see Screenshot 3.1)



Screenshot 3.1: Notifications

Known Issues

Please find below the list of known issues with version 1.0:

1. Currently, profile pictures will only be accepted if they are smaller than 1MB. Pictures with a size of more than 5MB will crash the app. This will be fixed in the next release.
2. As a User, you're currently not able to delete a goal. This will be fixed in the next release.