

User Guide

Background:

We live in a global, health-obsessed world. Yet not all world citizens are as active, as society demand. In fact, in daily life, many of us are *physically inactive*. Worldwide, **1 in 4 adults** (age 18+ years), *and 3 in 4 adolescents* (age 11-17 years) **do not meet the global physical activity recommendations set by the World Health Organization** [1](#),p.6. This is causing severe health conditions and tremendous Health Costs that could be prevented.

Problem statement:

Bad lifestyle habits such as a sedentary lifestyle, poor nutrition, alcohol abuse and smoking often lead to chronic diseases and premature death. The US alone spend **\$4.1 Trillion** in Annual Health Care Costs [2](#) on chronic disability such as diabetes, depression, high blood pressure and heart diseases care and premature death. **90% are spent on chronic diseases that could have been saved** creating healthier lifestyles [3](#).

Take **Diabetes**. In 2022, 133 million Americans (both children (12.2%) and adults (77.8%)) were diagnosed Diabetes (37M) and Pre-Diabetes type 2 diabetes (96M). That year, **\$327 billion** is spent on treating diabetes, a chronic disease related to lack of physical activity and poor nutrition. In addition, *\$117 billion* is spent annually on treating diseases related to insufficient physical activity and *\$173 billion* related to poor nutrition. Leading to **Preventable Diabetes healthcare costs for adults of \$2,8 billion** [4](#), [5](#).

Product goals:

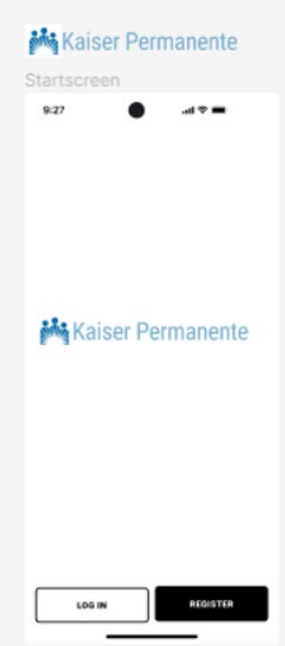
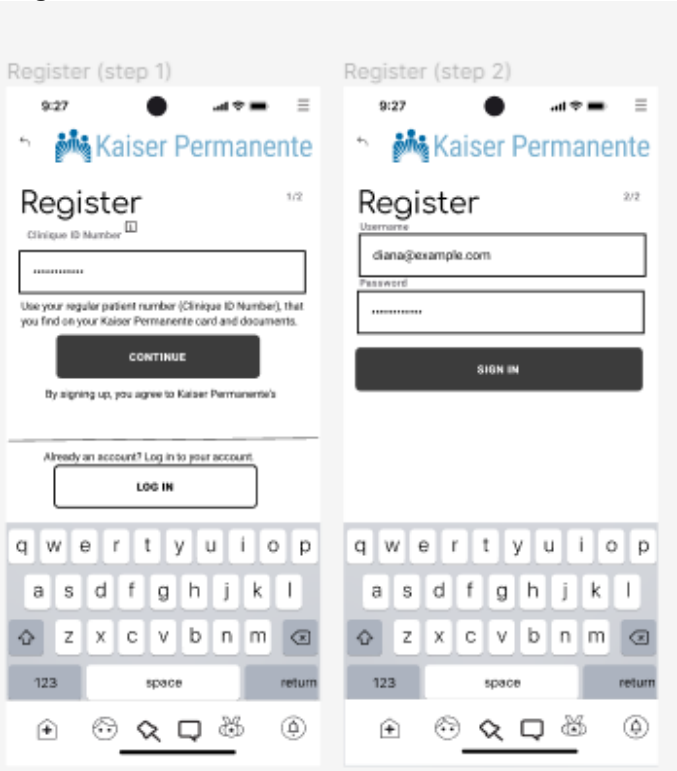
HealthY is a **Paid Subscription add-on Module** to the existing application to promote physical activities and improve customers' nutrition. With Kaiser Permanente preventive health care Fitness Application, "HealthY", we *prevent chronic diseases* by "**improving your health one step at a time**".

Our all-in-one health platform consists of the following main goals:

- 1- **Reduce expenses on preventable diseases**,
such as Diabetes and Diabetes type 2 (Pre-Diabetes).
- 2- **Increase health awareness.**
- 3- **Promote fitness and physical activity as a healthcare provider.**

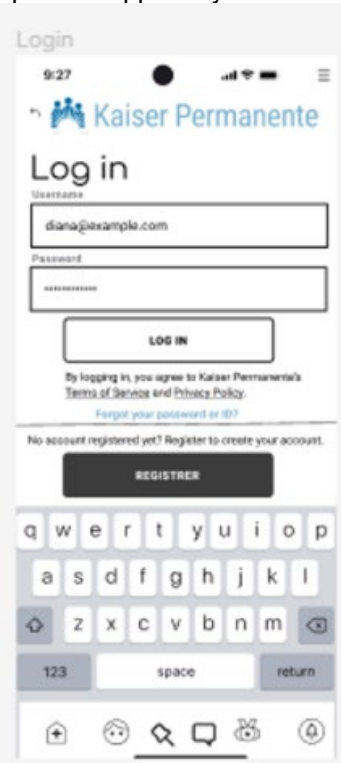
Details:

How to

<p>Open the app</p>	<p>Open the app and you will see the Start screen of the app: Here you can choose to either login or register.</p> 
<p>Register for the product</p>	<p>Register screen</p>  <p>Requirement: valid e-mail address & safe password</p>

Log-in for the product

Open the app and you will see the **Log-In screen** of the app:

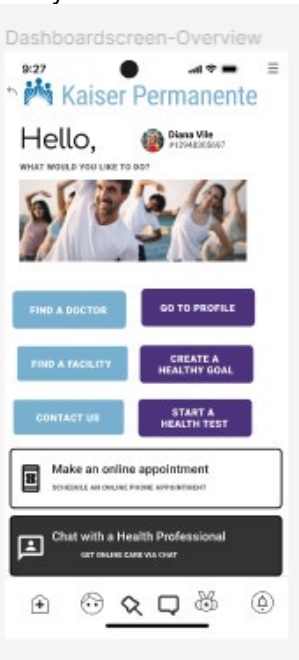


Requirement: valid e-mail address & safe password

How to

View the main options on the dashboard screen.

Now you are directed to the **Dashboard screen**:

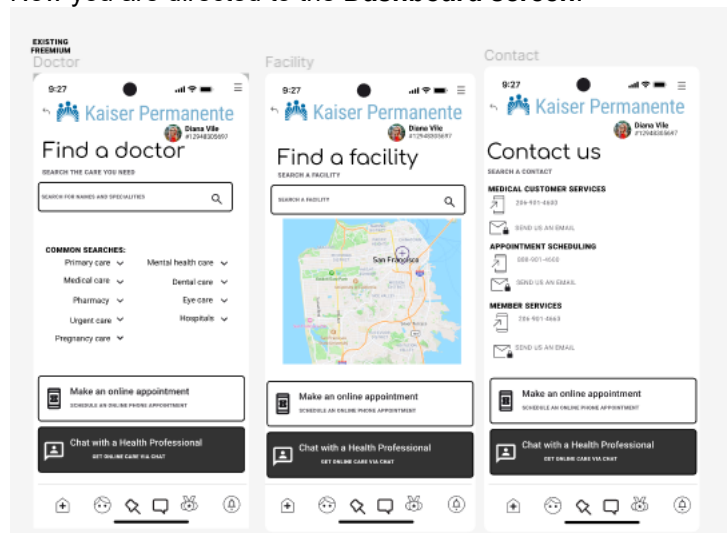


In here you find all the options of the app, including both the **freemium options** and the **paid option**.

How to

View the freemium options on the **dashboard screen**.

Now you are directed to the **Dashboard screen**:



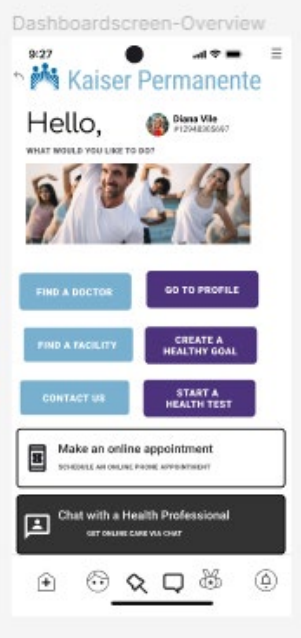
In here you find all the free options of the app, including:

- **Find a doctor.**
- **Find a facility.**
- **Contact us.**

How to

Access the paid options.

On the dashboard screen, you will find the freemium options on the left (as stated above) and the **paid options on the right**.



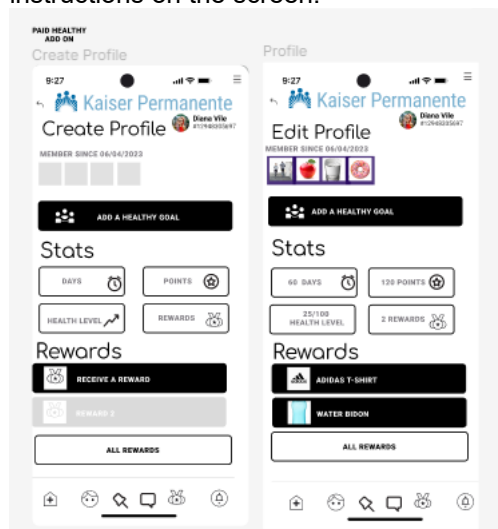
In here you find all paid options of the app, including:

- **Create a Profile.**
- **Create a HealthY Goal.**
- **Start a Health Test.**

Create a profile

Open the app and create a profile.
instructions on the screen:

Follow the



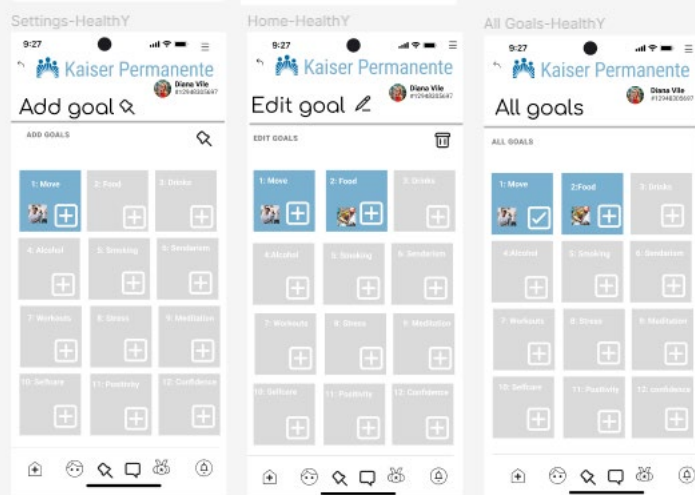
Requirement: Click on blue “Go to Profile” button.
An empty Profile will open.

Add the following information to create your account:

- Name
- Picture
- Goals (in Home Page) will be available here)
- Friends
- Stats (The number of days, health level, health points and rewards will automatically appear here after you start using the app).
- Rewards (The overview of your rewards will automatically appear here after you start using the app. You will be informed by a notification when you gained a reward.)

Create a goal

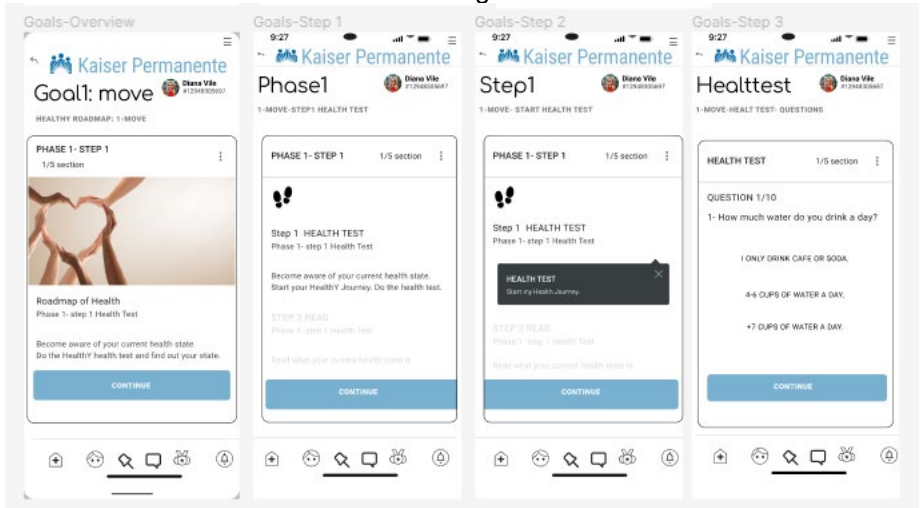
Requirement: Click on the blue “Create a Healthy Goal” button.



Follow the instructions on the screen, to add, edit and see all goals.

Goals are preterminated healthy roadmaps you can choose from.

- 1- **Click on the black + sign** below to create a new goal. A new blue box (max 12) will appear in the home screen.

	<p>2- Click on Goals to write and log your health goal. The goal will automatically be available here and as a small icon on your profile page.</p>
Do the Health Test	<p>Requirement: from the dashboard screen, click on the blue “Start a Health Test” button. Follow the instructions on the screen to get started.</p>  <p>1- Each goal follows a fixed HealthY Roadmap path with several sections. 2- You must follow the steps on the screen to follow the Healthy Roadmap. 3- The Health Test is the first step in each HealthY Roadmap.</p>

FUTURE BUILD FEATURE:

- 4- At the end of the Health Test, you will see your **results** on the screen:
- **RED:** negative: much improvement possible.
 - **ORANGE:** neutral: improve to optimize your health.
 - **GREEN:** positive: you have reached your goal.

Download the app from the:

1. Kaiser Permanente | Apple- App Store [\[18\]](#).
2. Kaiser Permanente Washington | Google Play Store [\[19\]](#),