COC App

Circle of Care App tracks your daily intake of nutrients, vitamins and minerals from your diet and compares that with genetic markers in your genome for optimal health and wellness.

RESEARCH

SME Interview Naturopathic Doctor

Interviewee: Dr. Thomas Shandelyer, Naturopathic Doctor, Dr. Thep Kharatsuvor

"About 15% of Food Court Food has disease-fighting food in a hospital. The Sunnybrook food court does an insignificant job at providing nutrient density and disease-fighting foods to patients, staff members and visitors."

– Dr. Thep Kharatsuvor

Food Court Offers
- Processed calories
- No fiber
- Low nutrient-dense syrup
- Nutrient-void
- Processed
- Pasta
- Rice
- Fried food
- Soup
- Chicken
- Beef
- Cold meat/hot
- Chips
- Cookies
- Brownies
- Muffins
- Cakes

Recommended
- Nuts
- Vegetables
- Fresh fruits / fresh salad bar
- Healthy cooked foods / no-dairy tea
- Nutrient-dense soup
- Bone broth
- Nutrient-dense salad
- Berries
- Monkfruit grains

Focus On
- Microinstallations tips
- Nutrient-dense options
- Complex carbohydrates
- Healthy options
- Bone broth/bone in vegetable tofu
- Bone selection or homemade tofu
- Nutrient
- Healthiness

Questionnaire

Software: GoogleForms

The questionnaire was developed with Dr. Thep after a qualitative interview at Sunnybrook Hospital Food Court.

Questionnaire

1. How many times do you eat outside of your regular meals, snacks?
2. How many times a day did you eat processed food?
3. How many servings of fresh fruit do you eat a day?
4. How many servings of fresh vegetables do you eat a day?
5. How many times do you eat processed food in one meal/ day?
6. How many times a day did you eat yogurt?
7. How many times a day did you eat dairy products?
8. How many times a day did you eat fast food / fried foods?
9. How many times do you eat dark leafy greens?
10. How many times do you drink alcohol a week?
11. How many times do you eat fast food per week?

Literature Review

Canada's Dietary Guidelines Report Audit

The report states that nutritious foods and beverages are the foundation for healthy eating while types of foods and beverages can harm health when consumed regularly.

Key Point 1 – Nutritious foods are the foundation for healthy eating and thriving.

Key Point 2 – Processed or prepared foods and beverages contain added sugars, salt, fat, sugars, or saturated or trans fats, and/or have been made with ingredients that are considered negative.

Key Point 3 – Food policy are needed to navigate food environments that support and support healthy eating.

Key Point 4 – Implementation requires nutritious foods be available and accessible.

MODELING

Persona

Kara Thrace

Quote

Sometimes we must embrace that which covers us in oil.

Bio

Kara is a web developer working for a startup company. She lives downtown – a one-condo with her rescue cat but, she wishes her was Wendell corriage as a kitchen and that's why she chose this condo. Kara is a vegetarian and she wishes to eat with her loved ones but she must do so on her diabetic accommodation. After freshers-flu and several years, she was forced to go on anti-coming, unfortunately, she has to take a daily medication as autoimmune condition that affectation her digestive tract.

Kara is extremely passionate about her career to the point of pulling her health – etc diabetes, like a borderline alcoholic, or a person a lot of her time at work. Kara is a fan of Netflix, Hulu, and Disney+ and she has her membership for her will purchase for sentimental reasons.

Kara believes, shifting that her fitness is manageable through efficient – and cutting-edge tech, is dedicated to her team, as she crises her wellness and career as synergists.

Goals

Grow in career
Put her autoimmune condition on hold
Live fast free for 5 years

Concerns

Her MS getting worse and stopping her from working
Taking time off work
Finding a way to take care of herself
Finding better treatment options for MS

REQUIREMENTS

Problem+

Needs To Change? – Consumers are not given proper information about their food, and nutrients of importance are often ignored, despite scientific evidence that shows that they are important.

User Issues – People are unaware that different food groups have different effects on their health, and are not given a choice to make informed decisions about their nutrigenetics.

Impact – Disease caused by foodborne is a massive problem in Canadian society. It is estimated that approximately 4 million people are affected by foodborne illness every year. Foodborne illness is known to help people from eating healthier and contributes to the National Average of 3.5 days of lost productivity per year per employee, and the economic impact of foodborne illness is estimated at $1.3 billion annually.

Vision+

Will Change – Consumers are given acceptable information about their health and nutrigenetic information, and improve their self-efficacy and self-esteem.

User Gain – Users will gain a greater chance of being healthier, and improve their chances of preventing their genetics with the help of nutrition. Users will also be given a sense of strength that they have control over their health.

Benefits – The benefits range from the individual to the macro, with greater health and sustainability for everyone. Users will be able to take ownership of capacity and control through optimal health of a website.

SCENARIOS

Key Path 1 – Kara wakes up from a stressful night of sleep and realizes that she ate a lot of cookies in her sleep, giving her terrible stomach pain. She opens her app, and finds that the app knows what she ate, and suggests a cup of tea to help her gastrointestinal issues. She feels her symptoms easing, and she feels better.

Key Path 2 – Kara goes to the kitchen and forgets to suggestions for her day, which basically means that she eats a bowl of cereal and a cup of coffee. The app reminds her that she needs vitamins and minerals.

Key Path 3 – Kara does bugs her MS medication into suggestions and reminders, and the app reminds her that she needs her further optimal health benefits.

Key Path 4 – She goes to work feeling strong and healthy, and she feels like she can take on any challenge. She gets a call to a meeting with her boss, and she feels a little nervous. The app sends her a notification that the Market Manager, Jim, is a fan of Kara's work and suggests that she should give Jim the information she has prepared for the meeting.

Key Path 5 – After work she goes to the gym and hits the bags to have pent-up energy and stress. The app knows that she is at the gym and suggests a workout routine based on her goals. She feels better after her workout with after further App suggestions.

Key Path 6 – Kara opens in the Kara app and finds that she has gone over her daily sugar limit and suggestions for her day.

FRAMEWORKS

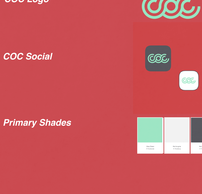
Technical Requirements
- Google Single Representation Markers (Firebase)
- Nutrition Database
- Nutrient recommendations (agnostic)
- Nutrient/food/microbiome/ genome/ancestry/ethnicity/ age/ sex/ medical/ medication/ supplement/ lifestyle/ etc.
- Mobile/desktop app updated/ maintained
- Algorithm for nutrition/supplementation/ etc.

Functional Requirements
- Automatic user focus for GDPs
- Tech-based data header for GDPs
- Nutrition/supplementation/ etc. for GDPs
- Product/ service recommendations with affiliate/ Kara suggestions

Data Requirements
- DNA? Haplotype? Electro-Chemical Sensors?
- Nutrient
- Nutrigenomics
- Microbiome
- Elimination data needs
- Food supply/ security

Features
- Wireless/ galvanic connectors in the clothing/ shoes
- Wireless/ Kara/ Kara relevant/ users/ etc.
- Accounts for data values of daily nutrition/ supplements
- Accounts for data values of daily nutrition/ supplements
- Accounts for data values of daily nutrition/ supplements
- Accounts for data values of genome/ ancestry/ ethnicity/ etc. data
- Automatic notifications of low health/ nutrition
- Large accounts for genome/ ancestry/ ethnicity/ etc.
- Diagnostic report for early stage diagnostics/ tracking
- Nutrition/ supplement guide for users/ followers/ in-network

PROTOTYPE



BRANDING

Typographic Scale

Header1
Header 2
Header 3

14
Body Copy
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COC Logo

COC Social

Primary Shades

Primary Shade 1
Primary Shade 2
Primary Shade 3