User Guide

Background:

Preventable diseases are a serious thread for our community. Friends, family and colleagues need to live longer - and we want to support everyone with the PreMCare app. With PreMCare 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 PreMCare 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).

Non-KP members will not be able to login.

Screenshot 1.1: Regular Login Screen

Screenshot 1.2: ID Forgotten Screen

b) 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.
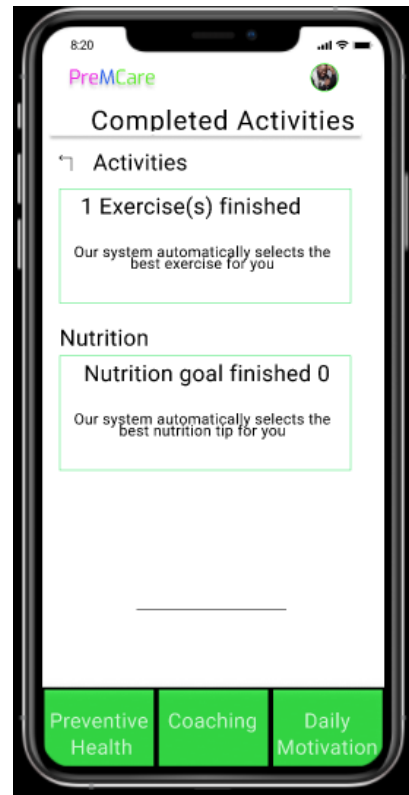
The advice will be shown in the Daily Motivational screen (see Screenshot 2.1) where one can engage with them and have them completed(see Screenshot 2.2 & 2.3

Screenshot 2.1: Daily Tips(Goals)   Screenshot 2.2: Activity tip   Screenshot 2.3: Completed Goals

c) Habit Change

Users should be able to get targeted habit-change advice from the expert algorithms ("Intelligent Advisor") based on the survey conducted.Added to that they need to have general habit change preventive health advice related to their categorized issues
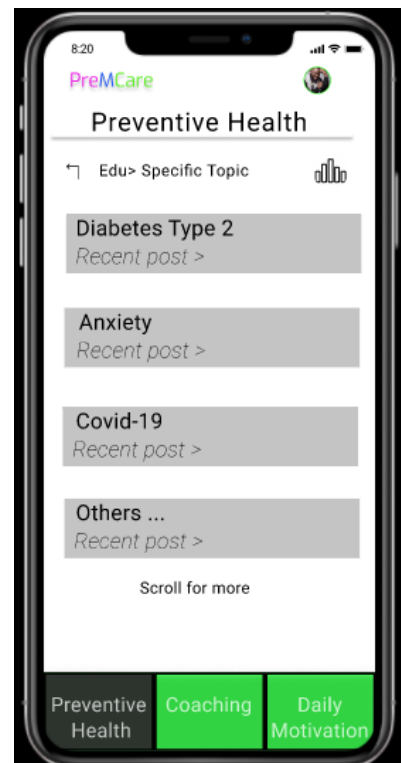
The habit change advice will be shown in the Preventive Health screen (see Screenshot 3.1) where one can see more details upon clicking and read more topics(see Screenshot 3.2 & 3.3

Screenshot 3.1: Preventive Health
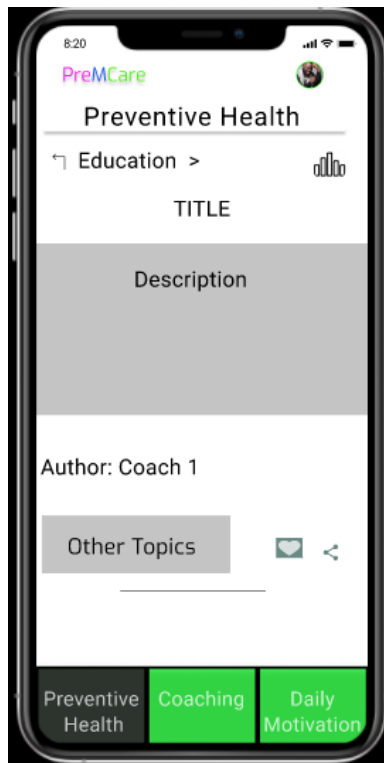
Screenshot 3.2: Preventive health Article

Screenshot 3.3: Preventive health topics

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.