NutriCare Prototype

# Overview

Welcome to the NutriCare prototype, designed to promote healthy aging for older adults with chronic health conditions by enhancing nutrition. This readme provides instructions on accessing and exploring the prototype created in Figma.

# Accessing the Prototype

To view the NutriCare prototype, follow this [Figma Prototype Link](https://www.figma.com/proto/3D4yBlXmcXIwzmDDLrx0Mt/NuriCare?page-id=1%3A857&type=design&node-id=54-30406&viewport=2049%2C434%2C0.53&t=yvcqfH4FhXXvJfgJ-1&scaling=min-zoom&starting-point-node-id=56%3A32347&show-proto-sidebar=1&mode=design).

# Software Requirements

To experience the full functionality of the prototype, ensure you have the following:

**Web Browser**: Use a modern web browser like Google Chrome, Mozilla Firefox, Safari, or Microsoft Edge.

# How to Explore

## 1. Onboarding:

Start your journey by navigating through the onboarding process. Familiarize yourself with the app's layout and initial setup. The onboarding is made easy for users with an impressive welcome page with sign-in and sign-up functionalities.

## 2. Tell us about yourself:

Dive into the "Tell us about yourself" section. Input your body composition, diseases, and allergies for personalized nutrition recommendations.

This is important to set up recommendations and provide suggestions to the customer since their existing health.

## 3. Home Page Functionalities:

The Home page is the main page of the application where the customer will be able to see the three main features of the application.

**a) Track and Set Up Meal Plan**: Discover how to track meals and set up personalized meal plans based on your individual health needs and choice of diet.

**b) Expert Consultation:** Experience the expert consultation feature. Get personalized advice from nutrition experts to enhance your well-being.

Chat box where an expert who has pre-knowledge of your health can help you assist in case of queries/suggestions/discussions.

**c) Meal Recommendation:** Explore the meal recommendation system. Make healthier food choices with tailored suggestions. This feature makes the app more engaging as the customer can navigate the app and provide recommendations to customers.

## 4. Profile:

Customize your profile settings to ensure the NutriCare app caters to your requirements.

After clicking through the prototype, you'll comprehensively understand NutriCare.

We look forward to the possibility of bringing this innovative and health-focused app to life!