Healthy Living

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About Healthy Living



Healthy Living is a product developed by eFluzx Mobile Solutions to promote healthy living. The solutions makes available to subscribers videos of health tips for healthy living.

Access to the videos is by subscription.

Login



The *Login* module provides access to the portal for authenticated users.

TO SIGN IN USERS

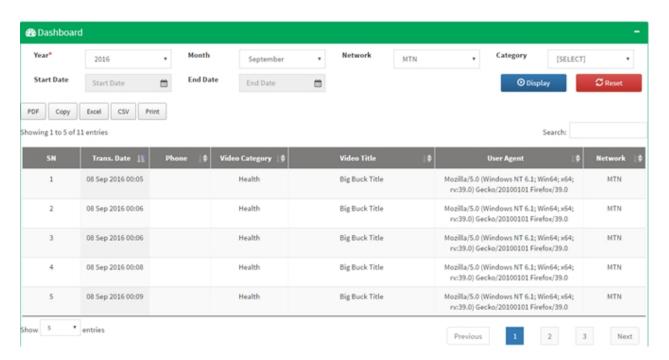
- 1. Enter a valid *Username*
- 2. Enter a valid *Password*
- 3. Click on Sign In button

Quick Video Streaming Process

The summary of how to start the portal is given below.

- Create Input and output buckets on the Amazon Web Service (AWS), from the S3 console.
- Set portal settings/parameters through the **Portal Setting** module. These values include Amazon S3 input and output buckets.
- Upload videos to the S3 input using the Videos module. Each video must not exceed 60MB in size. A
 maximum of 10 files can be uploaded at once. Uploaded files MUST be in mp4 format.
- Add each video's title and description to the uploaded video records.
- Create a pipeline on the AWS Elastic Transcoder through the portal's **Videos** module to control movement of data between the services.
- Create jobs for each of the uploaded video file through the portal's Videos module. Each job produces 3 output files with 3 resolutions. the resolutions are 360p (SD), 480p (SD) and 720p (HD)
- Create a streaming distribution on the AWS from the Cloudfront console.
- Set the active distribution to use in streaming the videos. This is done in the Set Video Distribution module.
- Set Active RSS feed through the portal's RSS Feed module. This process creates a file **rss.xml** which is used by the telecommunications companies to make the videos available to subscribers.

Dashboard



The dashboard is the landing page after successful sign in. It displays the transactions that have taken place on the platform. These transactions are the requests for the health videos made by subscribers.

The displayed transactions can be filtered based **Year Of Transaction**, **Month Of Transaction**, **Telecommunication Network** through which the requests came, **Video Category**, **Start Date** and **End Date**.

The only required filter parameter is the **Year Of Transaction**. When the dashboard is initially opened, the default Year and Month are the current system year and month. Default Telecommunication Network can also be set from the Portal Settings module so that initial loading will consist of transactions from through the default network.

HOW TO DISPLAY TRANSACTIONS

- 1. Click on the **Dashboard** menu item (if dashboard is not the displayed menu).
- 2. Select the filter parameters as desired. Year selection is mandatory.
- 3. Click on Display button.

Note that the displayed transactions can be exported as PDF, Excel and CSV documents. The transactions can also be copied to system clipboard or sent to external printer.

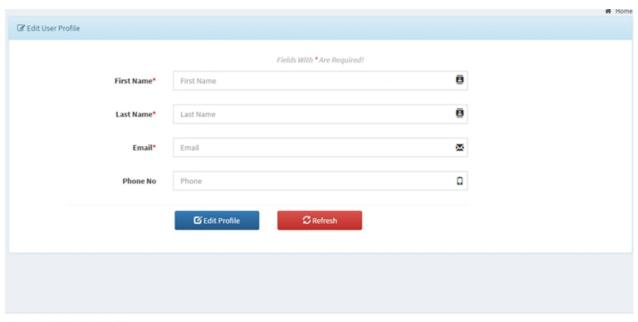
Edit User Information



Edit User Information menu has 2 menu items which are described in details in the sub-sections. These menu items include:

- Edit Profile
- Change Password

Edit Profile



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Portal users modify their profile through the *Edit Profile* module. To edit profile a user must first sign in.

Users can edit the following fields: First Name, Last Name, Email and Phone Number.

First Name, *Last Name* and *Email* fields are mandatory. That is, valid values must be entered before you can successfully edit the profile.

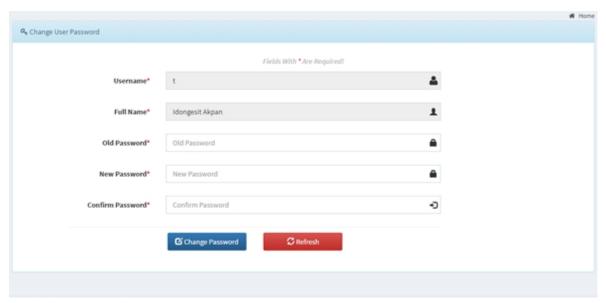
HOW TO EDIT USER PROFILE

- 1. Click on the *Edit Profile* menu item under *Edit User Information* menu.
- 2. Edit the fields as desired. All fields with red asterisk (*) are mandatory.
- 3. Click on *Edit Profile* button. A confirmation prompt (below) appears.



4. Click on **OK** button to continue with the editing or **CANCEL** button to abort the action.

Change Password



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Portal users can change their access password through the *Change Password* module. To change password a user must first sign in.

Users can edit the following fields: Old Password, New Password and Confirm Password.

All the editable fields are mandatory. That is, valid values must be entered before you can successfully change the access password.

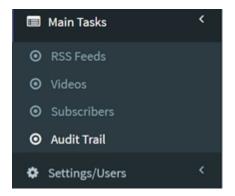
HOW TO CHANGE USER PASSWORD

- 1. Click on the *Change Password* menu item under **Edit User Information** menu.
- Enter the current password (the Old Password you want to change).
- 3. Enter the New Password.
- 4. Enter the New Password a second time to confirm your entry.
- 5. Click on *Change Password* button. A confirmation prompt (below) appears.



6. Click on **OK** button to continue with the change or **CANCEL** button to abort the action.

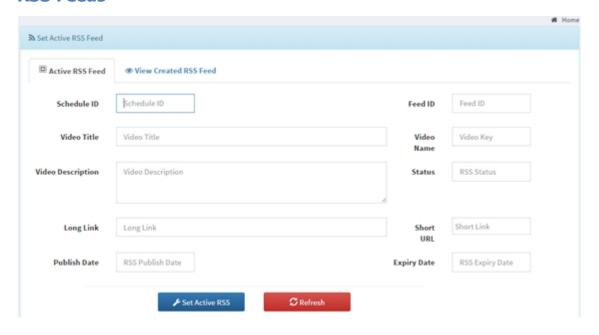
Main Tasks

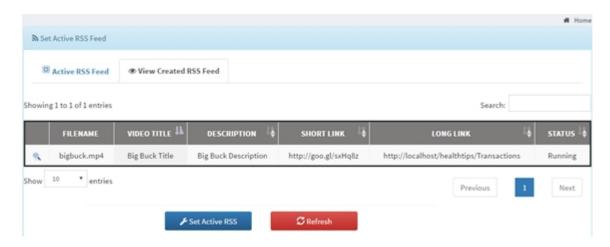


Main Tasks menu has 4 menu items which are described in details in the sub-sections. These menu items include:

- RSS Feeds
- Videos
- Subscribers
- Audit Trail

RSS Feeds





Healthy Living works with the telecommunications (telecoms) companies. One of the methods of integrating with the telecoms companies is through the use of RSS feed. The RSS feed module generates the RSS feed used by the telecoms companies and also sets the active RSS. The active RSS carries information about the currently running video.



- Note that RSS feeds are generated after videos have been successfully uploaded to Amazon Web Services (AWS) and encoded.
- Necessary permissions are required to access this module

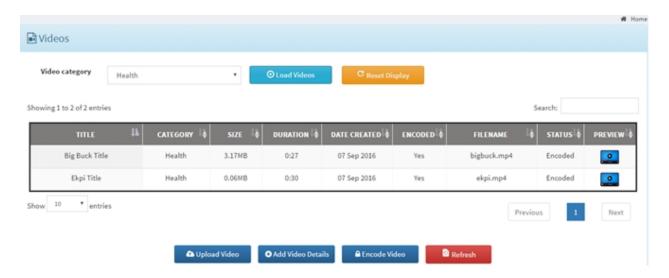
HOW TO GENERATE RSS FEED AND ALSO SET ACTIVE RSS

- 1. Click on the RSS Feeds menu item under Main Tasks menu.
- 2. Click on Set Active RSS button. A confirmation prompt (below) appears.



Click on **OK** button to continue with the setting of the active RSS feed or **CANCEL** button to abort the action.

Videos



This module handles all video related activities from uploading to encoding.

Videos are uploaded to Amazon Web Services (AWS) from where the are streamed to subscribers. The following services are used in Amazon for the streaming process:

- Simple Storage Service (S3): This service is responsible for the storage of the video files. Both the original and encoded files are stored in S3. Files are stored in folders called *Buckets*. Two of the buckets created on healthy living Amazon account are used for file storage by the portal. healthytips-videos is used for storing the original files (uploaded files) while healthytips-output is used for storing the encoded files. Files are stored in sub-folders based on their categories. Each sub-folder name represents a category. For example files in a category called HEALTH will be stored in a sub-folder called HEALTH in S3. The sub-folders are created automatically during video upload from the portal. Uploaded files are in mp4 format.
- Elastic Transcoder: This service encodes uploaded video files into formats suitable for streaming. Each uploaded (input) file is transcoded into 3 output (encoded) files with 3 different resolutions. The resolutions are 360p (Standard Definition SD), 480p (Standard Definition SD) and 720p (High Definition HD). The 360p SD resolution enables users of older devices to stream videos on their phones, while the 720p HD resolution enables new devices to stream in a better resolution. Users can, however, select any resolution they want from the video player (JWPlayer) during streaming. Output files are also in mp4 format.
- **CloudFront**: This service creates a streaming (distribution) platform from the transcoded files. A single distribution is used for streaming videos in a particular output bucket.

HOW TO VIDEO UPLOADED VIDEOS

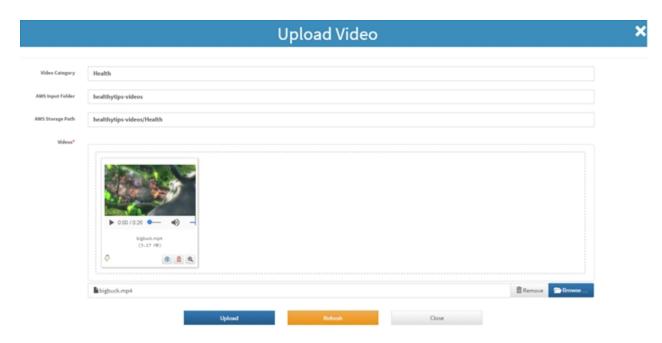
- 1. Click on the Videos menu item under Main Tasks menu (the screen above will be loaded).
- Select the Video Category from the drop down.
- 3. Click on **Load Videos**. All the available videos in the select category will be displayed in the table on the screen.

Videos can be previewed. The image () in the last column (*PREVIEW*) of each row contains a link to preview the video description in each row. Clicking on the icon will load the video in a pop-up screen.

NOTE:

- Only videos with status Encoded can be previewed. Uploaded but not transcoded videos cannot be previewed.
- Necessary permissions are required to access this module

Upload Videos



This module is used in uploading videos to Amazon S3 (storage service).

HOW TO UPLOAD VIDEOS

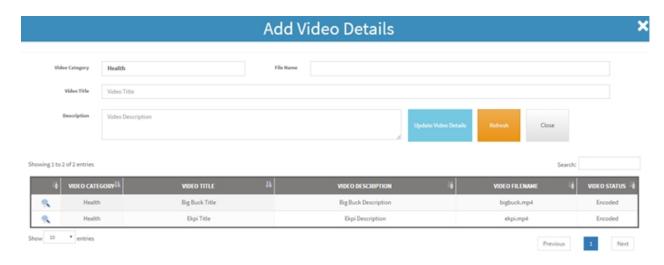
- 1. Click on the *Videos* menu item under **Main Tasks** menu.
- 1. Select the Video Category from the drop down.
- 2. Click on *Upload Video* button to load the screen above.
- 3. **Drag and Drop** the videos to upload, or click on **Browse...** button to select the videos to be uploaded from their storage location. Loaded videos can be previewed, enlarged or deleted.
- 4. Click on *Upload* button to upload the selected file(s). A confirmation prompt (below) appears.



5. Click on **OK** button to continue with the upload or **CANCEL** button to abort the action.

Note: A maximum of 10 videos can be uploaded at once. Maximum file size for each uploaded video file is 60MB. Videos must be in mp4 format.

Add Video Details

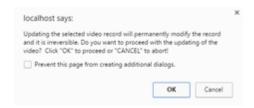


Every video file must have a *Title* and a *Description* which are not captured during file upload. This module enables capturing of video *Title* and *Description*. This module comes up automatically immediately after a successful file(s) or it can be opened manually from that main video module.

When loaded automatically, only the uploaded files are displayed in the table. When launched manually, all the files in the selected video category are displayed in the table.

HOW TO ADD VIDEO DETAILS (TITLE AND DESCRIPTION)

- 1. Click on the *Videos* menu item under **Main Tasks** menu.
- 1. Select the Video Category from the drop down.
- 2. Click on Add Video Details button to load the screen above.
- 3. Click on the image (\sqrt{s}) in the first column of the row containing the file record you want to modify. This will load the file name and any available detail on the boxes above the table. Enter or modify the **Video Title** and **Description** details.
- Click on *Update Video Details* button to update the video record. A confirmation prompt (below) appears.



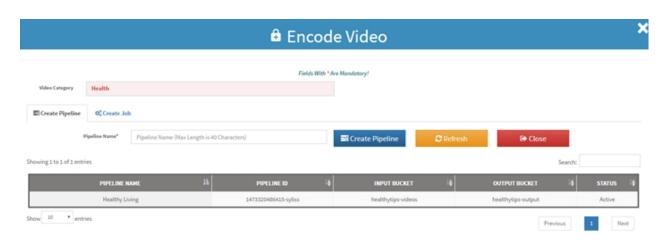
5. Click on **OK** button to continue with the update or **CANCEL** button to abort the action.

Encode Video

Videos must be transcoded before they can be streamed in the video player. The Encode Video module enables transcoding of videos.

Video encoding on this platform involves two processed - Creation Of Pipeline and Creation Of Job.

(a) Creation Of Pipeline



Amazon Web Service (AWS) Pipeline is a web service that is used to automate the movement and transformation of data (videos). As a result of its critical nature in video processing, a pipeline is first create before any form of transcoding can take place. You don't have to create a pipeline every time you want to transcode a video file.

A single pipeline can be used to transcode as many video files as possible. Each pipeline is linked with an input bucket from where video files are selected, and an output bucket where transcoded files are stored. For this implementation, we will use a single pipeline for each category of videos (and related categories). Creating a pipeline has been greatly simplified by the portal.

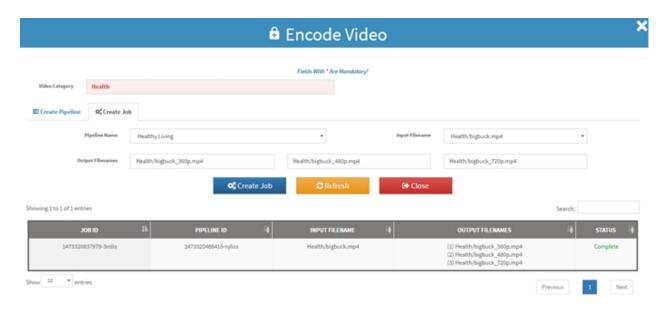
HOW TO CREATE A PIPELINE

- 1. Click on the *Videos* menu item under **Main Tasks** menu.
- 1. Select the Video Category from the drop down.
- Enter the *Pipeline Name*. Pipeline name must not exceed 40 characters and cannot be changed after creation.
- 4. Click on Create Pipeline button to create the pipeline. A confirmation prompt (below) appears.



Click on OK button to continue with the pipeline creation or CANCEL button to abort the action.

(b) Creation Of Job



In Amazon Web Service (AWS) the actual transcoding is carried out by a process called *Job*. Creating of Job is done after the pipeline to be used has been created. You DON'T create different pipelines for different jobs. A single pipeline is used for related video files (for example, files in the same category or related categories). The portal has greatly simplified the process of creating a job.

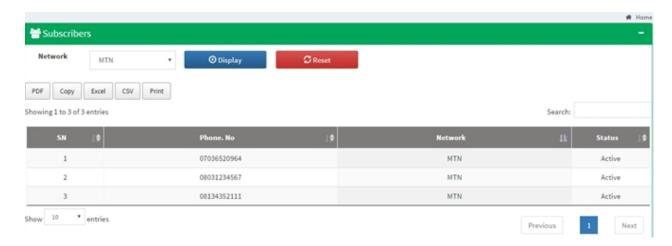
HOW TO CREATE A JOB

- 1. Click on the *Videos* menu item under **Main Tasks** menu.
- 1. Select the Video Category from the drop down.
- 2. Click on *Encode Video* button to load the screen above.
- 3. Select the Create Job tab.
- 4. Select the *Pipeline Name*. This will load the names of all the uploaded videos (*Input Filename*) in the input bucket linked with the selected pipeline.
- 5. Select the *Input Filename*. The format of the filename is *[Category Name]/[Video File Name]*. The names of the 3 output files for the 3 resolutions (360p, 480p and 720p) are displayed. The names are preceded by the video category name in the format *[Category Name]/[Video File Name]* [Resolution].mp4.
- 6. Click on Create Job button to create the job. A confirmation prompt (below) appears.



7. Click on **OK** button to continue with the job creation or **CANCEL** button to abort the action.

Subscribers



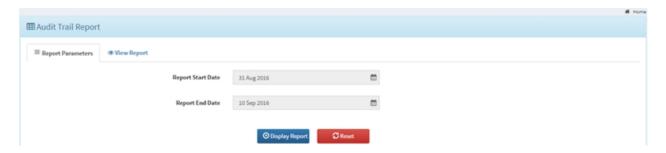
The subscribers module displays the names of subscribers and their subscription status.

HOW TO VIEW SUBSCRIBERS

- Click on the Subscribers menu item under Main Tasks menu. The default network is loaded (if set in the Portal Settings under Settings/Users menu). Records of subscribers in the default network are displayed in the table.
- To display subscribers from networks other than the default network, select *Network* button and click on *Display* button.

NOTE: If no network is selected, all the available subscribers from all the networks will be displayed when the **Display** button is clicked.

Audit Trail



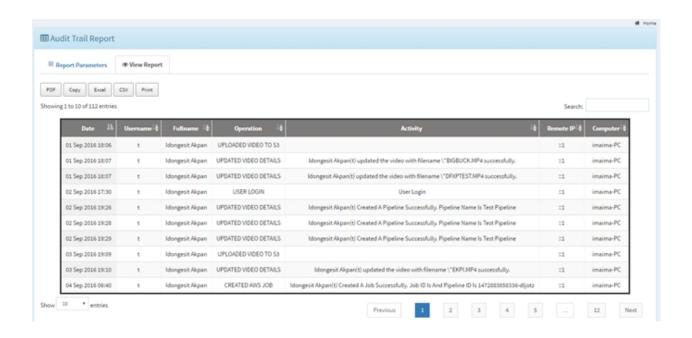
Vital activities carried out on the portal are logged. The log reports showing the activities of each system user are available to users with the right permissions to do that.

Audit Trail module provides access to system logs. The audit reports are date based.

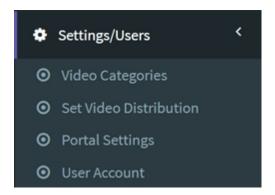
HOW TO DISPLAY AUDIT TRAIL REPORTS

- 1. Click on the *Audit Trail* menu item under **Main Tasks** menu.
- Select Report Start Date and Report End Date. To display reports of a single day's activities, the Report Start Date and Report End Date selection are made to be the same.
- Click on Display Report button. Sample of display Audit Trail report is shown in the picture below.

NOTE: The fetched audit records are displayed in View Report tab. Report Start Date and Report End Date are displayed in the Report Parameters tab.



Settings/Users



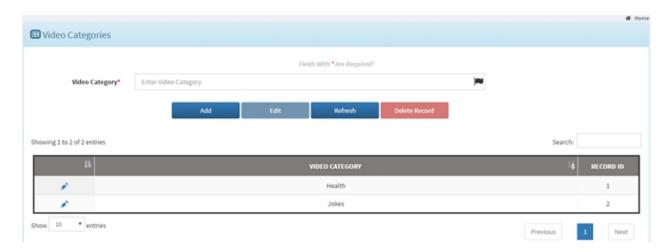
The portal requires some vital data to run. Some modules also require certain predefined values to run. For example, the video module requires the video category to run. These vital values are captured in the **Settings/Users** menu. Portal users accounts are created in this menu also.

The Settings/Users menu has the following menu items:

- Video Categories
- Set Video Distribution
- Portal Settings
- User Account

The above menu items are described in more details in the sub-section below.

Video Categories



Healthy Living videos are categorized. The video categories are defined in the Video Categories module.

Categories are added, edited and deleted from this module.

ADDING NEW CATEGORY

- 1. Click on the Video Categories menu item under Settings/Users menu.
- 2. Enter the Video Category.
- 3. Click on *Add* button. A confirmation prompt (below) appears.



4. Click on **OK** button to continue with the adding or **CANCEL** button to abort the action.

EDITING EXISTING CATEGORY

- 1. Click on the Video Categories menu item under Settings/Users menu.
- 2. Click on the view image () in the first column of the row containing the category record you want to edit. This will load the category name entry field.
- 3. Enter the Video Category entry.
- 4. Click on *Edit* button. A confirmation prompt (below) appears.



Click on OK button to continue with the editing or CANCEL button to abort the action.

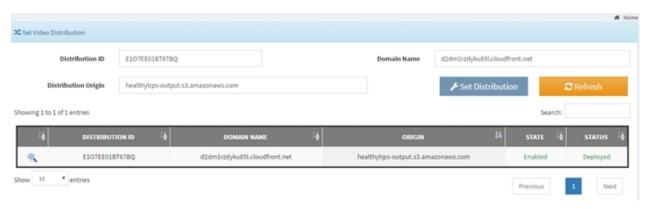
DELETING EXISTING CATEGORY

- 1. Click on the *Video Categories* menu item under *Settings/Users* menu.
- 2. Click on the view image (\sqrt{s}) in the first column of the row containing the category record you want to delete. This will load the category name entry field.
- 3. Click on **Delete Record** button. A confirmation prompt (below) appears.



4. Click on **OK** button to continue with the deleting or **CANCEL** button to abort the action.

Set Video Distribution



Amazon distribution is a service used in the actual streaming of the videos.

A single distribution is used to stream videos in a particular output bucket. Distributions for Healthy Living portal are created directly on the Amazon console. Since it is possible to have many distributions in any given Amazon Cloudfront account, it is necessary to connect a single distribution to the portal for use in video streaming.

Set Video Distribution module is used to select and set the Amazon distribution to use in video streaming. The process is greatly simplified by the portal.

HOW TO SET VIDEO DISTRIBUTION

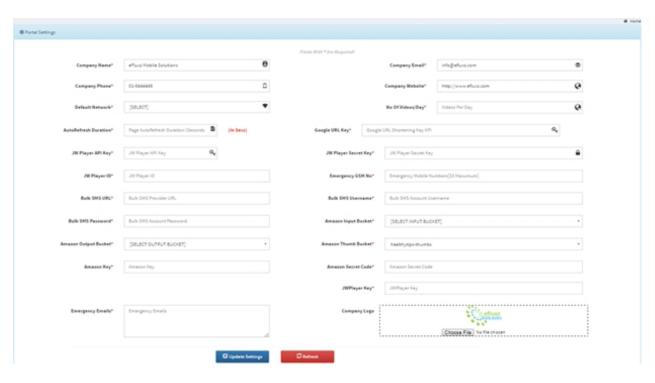
- Click on the Set Video Distribution menu item under Settings/Users menu. A list of all the distributions created on the Healthy Living Amazon account are displayed in a table.
- 2. Click on the view image () in the first column of the row containing the distribution record you want to set. This will load the *Distribution ID*, *Domain Name* and *Distribution Origin* in the respective boxes.
- 3. Click on Set Distribution button to set the active distribution. A confirmation prompt (below) appears.



4. Click on **OK** button to continue with the setting of the distribution or **CANCEL** button to abort the action.

NOTE: The current active distribution is loaded in the display boxes when the screen is loaded.

Portal Settings



Parameters required for running Healthy Living portal are set in the Portal Settings module. Necessary permissions are required to access this module.

The following parameters are set in this module: Number Of Videos/Day, Company Name, Company Email, Company Phone, Company Website, Refresh Duration (number of minutes before certain values are refreshed in some modules), Default Network, Company Logo, Google Url Shortener Api, JWPlayer Api Key, JWPlayer Api Secret, JWPlayer Id, Emergency Numbers, Emergency Emails, Bulk Account Sms Url, Bulk Sms Acount Username, Bulk Sms Account Password, Amazon S3 Input Bucket, Amazon S3 Output Bucket, Amazon S3 Image Thumbnail Bucket, Amazon Web Service Key, Amazon Web Service Secret and JWplayer Key.

HOW TO UPDATE PORTAL SETTINGS

- 1. Click on the *Portal Settings* menu item under *Settings/Users* menu.
- Enter the values for the different parameters.
- Click on *Update Settings* button. A confirmation prompt (below) appears.

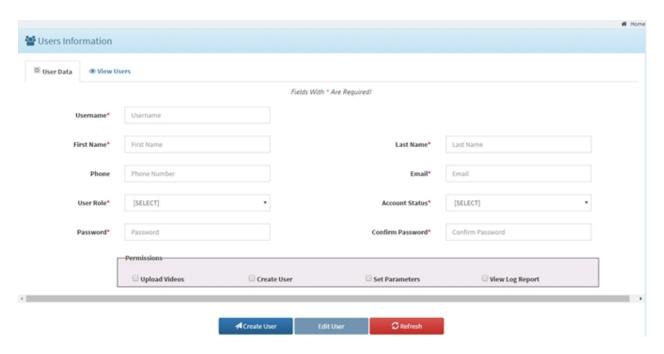


Click on **OK** button to continue with the adding or **CANCEL** button to abort the action.



NOTE: Appropriate user permission is required to modify the entries in the Portal Settings form.

User Account



User Account module is used to create and modify the portal users accounts. Like other sensitive modules, this module requires the relevant user permission for anyone to access it. The module has 2 tabs. the first tab, **User Data**, is where the user information are entered and updated. The second tab, **View Users**, displays all the available portal users captured by the portal.

CREATING NEW USER ACCOUNT

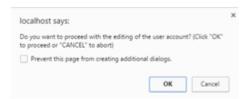
- 1. Click on the *User Account* menu item under *Settings/Users* menu.
- 2. Make sure the active tab is *User Data*. Enter the user information.
- 3. Select the user *Permissions* as required.
- 4. Click on *Create User* button. A confirmation prompt (below) appears.



5. Click on **OK** button to continue with the creation of the account or **CANCEL** button to abort the action.

EDITING EXISTING USER ACCOUNT

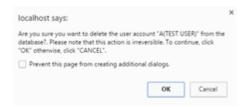
- 1. Click on the *User Account* menu item under *Settings/Users* menu.
- 2. Click on View Users tab to select it as the active tab.
- Click on the pencil image (♠) in the first column of the row containing the user record you want to edit.
- 4. Modify the user information.
- 5. Click on *Edit User* button. A confirmation prompt (below) appears.



6. Click on **OK** button to continue with the editing or **CANCEL** button to abort the action.

DELETING EXISTING USER ACCOUNT

- 1. Click on the *User Account* menu item under *Settings/Users* menu.
- 2. Click on View Users tab to select it as the active tab.
- 3. Click on the delete image () in the second column of the row containing the user record you want to delete. A confirmation prompt (below) appears.



4. Click on **OK** button to continue with the deleting or **CANCEL** button to abort the action.



- Appropriate user permission is required to modify the entries in the Portal Settings form.
- Fields with * are mandatory.

Sample View User tab is displayed below.

