Heart Health Tracker Android Application Manual

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1 INTRODUCTION

This application was developed to assist users in tracking their heart health through a series of metrics. The information gathered from users is uploaded anonymously for use by healthcare researchers. The purpose of this manual is to explain the use of the android application.

2 USE REQUIREMENTS

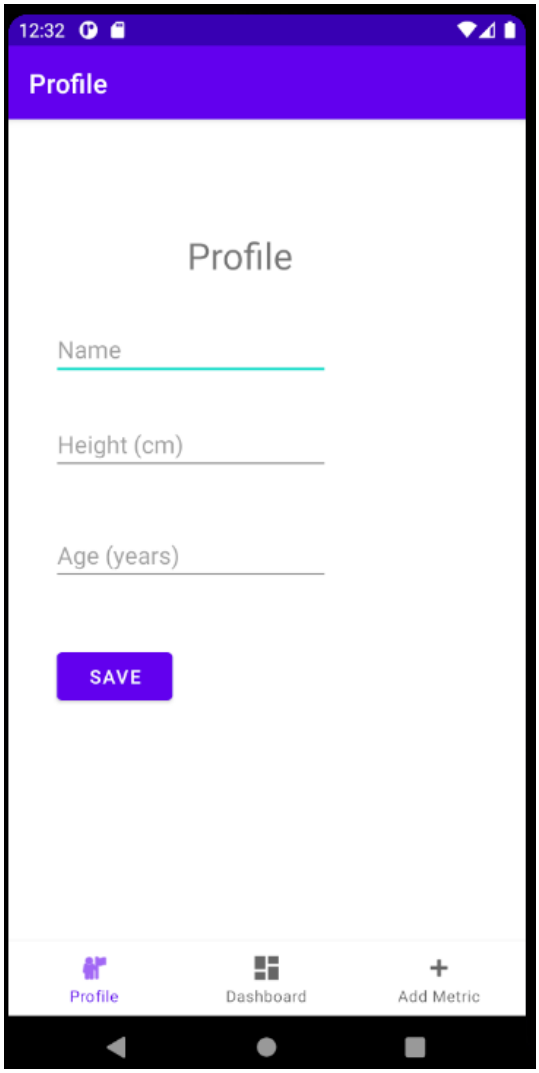
1. An android phone with android OS 8.
2. An internet connection accessible by the android phone.
3. Access to the application APK.

3 HOW TO INSTALL

1. Download the application APK from this link via the mobile browser on the phone. https://github.com/jamiegatech/heart-health-android-app/blob/master/application.zip
2. Open the application.zip file.
3. Open the application.apk file.
4. Agree to install the application.
5. Ignore any warnings about application origin.
6. Open application.

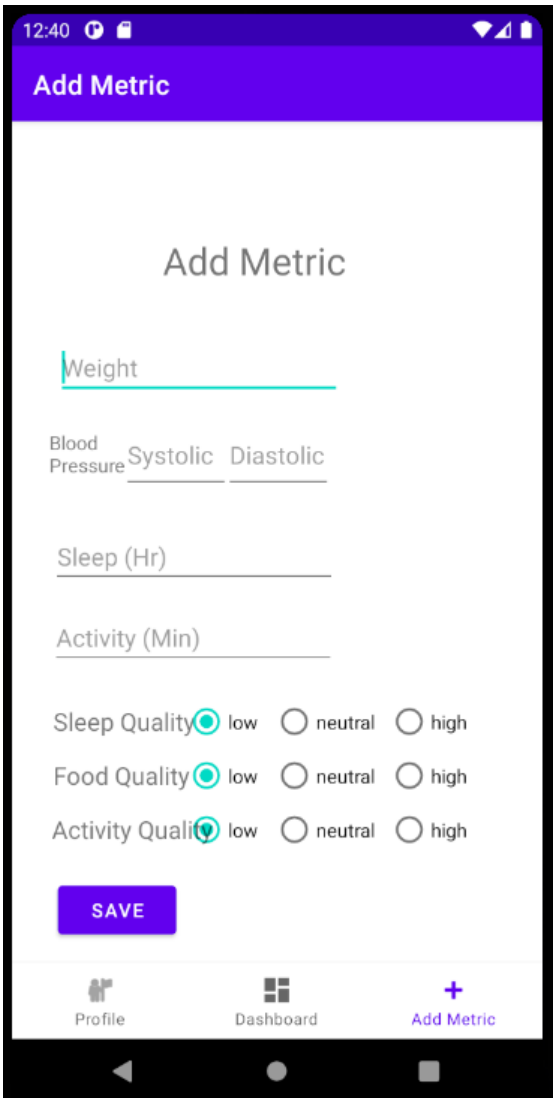
4 SETTING UP YOUR PROFILE

When the application first opens, it will contain default user data. On the “Profile” tab, remove the data provided in the three fields. Add your name, height (cm), and age. When finished, press the “Save” button at the bottom of the screen.



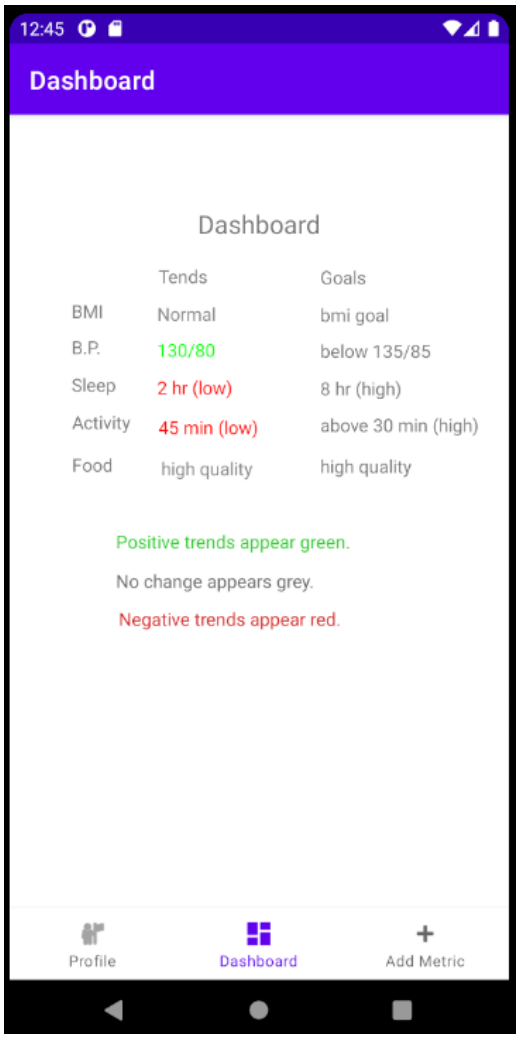
5 ADDING METRICS

In order to track your health as a user, metrics must be added to the application on a daily basis. At the end of every day, open the application and proceed to the “Add Metric” tab. This form allows the entry of users' health metrics for weight (kg), blood pressure (systolic/diastolic), sleep (hr), activity (min), and quality of sleep, activity, and food. Quality metrics are based on low, neutral, and high quality values, but are subjective to the user. Once all metrics have been entered, press the “Save” button.



5 THE DASHBOARD

The primary purpose of the application for users is to provide trend data from metrics as they are entered. Trends can be described as being either positive, negative, or no change. When a trend is positive, ie: moving in the good direction, it will appear green. When a trend is negative, ie: moving in a poor direction, it will appear red. When a trend is unchanged, it will appear grey. In the example below, the users BMI is unchanged, and normal, while their blood pressure is below target goal and trending in a good direction. Their sleep unfortunately is poor in duration and quality, and they appear to be getting less sleep than before. Meanwhile their activity, while above the goal, is moving in a less active direction. Their food quality remained high.

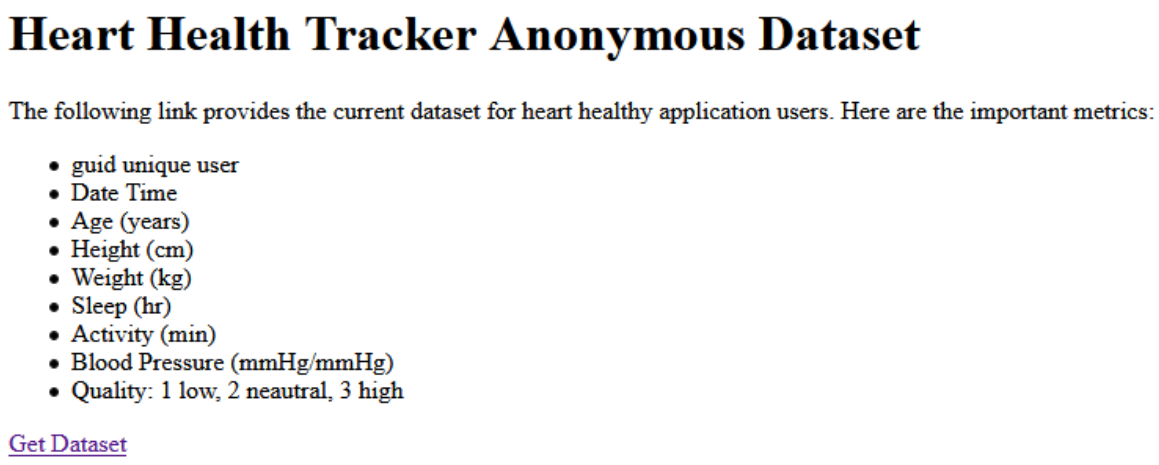


As metrics are added, the dashboard will change over time. It is important to aspire to both good trends, and good metrics. It should be noted that weight is not listed. This is because a

user's weight is a meaningless metric so long as it is a healthy weight within the appropriate BMI standards of 18.5 to 25.0 kg/m2.

6 THE ANONYMOUS DATASET

The other purpose of the application is to generate data useful to healthcare researchers. That data can be located at this website: https://afternoon-taiga-96123.herokuapp.com/ There a link is available to download the data. For privacy reasons, user names are not uploaded or stored within the dataset.



Heart Health Tracker Anonymous Dataset

The following link provides the current dataset for heart healthy application users. Here are the important metrics:

- guid unique user
- Date Time
- Age (years)
- Height (cm)
- Weight (kg)
- Sleep (hr)
- Activity (min)
- Blood Pressure (mmHg/mmHg)
- Quality: 1 low, 2 neautral, 3 high

Get Dataset

The dataset is available for direct consumption via Restful API, or manual download as a JSON by clicking the link on the page.