



MY TIMELINE

JUN 13 TODAY
Captopril Prescription JUN 20

[REFILL NOW](#)

MY CARE

[+ ADD NEW](#) [EDIT](#)

- My Care Team
- My Pharmacy
- Virtual Health Assistant

HEALTHY LIVING

WEEKLY STEPS



9:00 AM



MY TIMELINE



JUN 13



TODAY

Captopril
Prescription

JUN 20

[REFILL NOW](#)

MY CARE

DONE



My Care Team



My Pharmacy



Virtual Health Assis...



HEALTHY LIVING



WEEKLY STEPS



9:00 AM



MY CARE

CARE TEAM



Dr. Roger Clark
Primary Care



Dr. Karina Garcia
Dermatology



NEXT APPOINTMENT



TODAY | 2 PM

Dr. Roger Clark Appointment
Please arrive 15 minutes early





9:00 AM



MY TIMELINE



JUN 13



TODAY

Captopril
Prescription

JUN 20

[REFILL NOW](#)

MY CARE

DIABETES MANAGEMENT

Your Blood Glucose
is On Target

Last Reading: Today 9am

M
D
RE
CA
CR

HEALTHY LIVING



WEEKLY STEPS



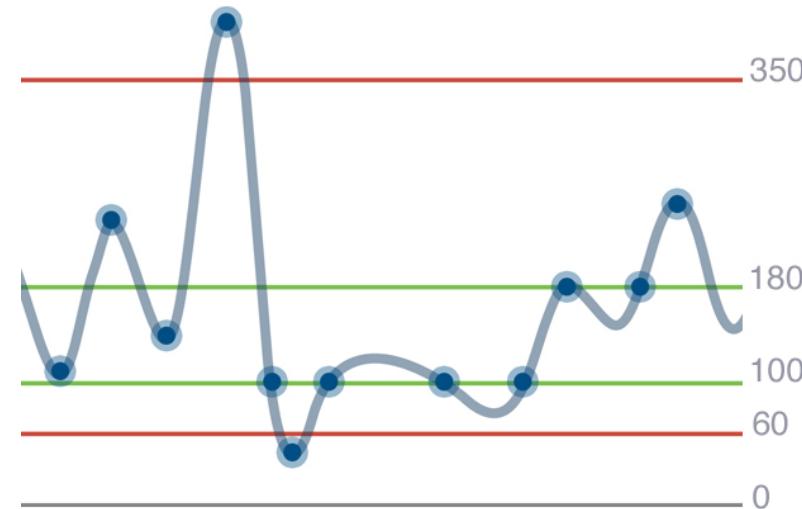
9:00 AM

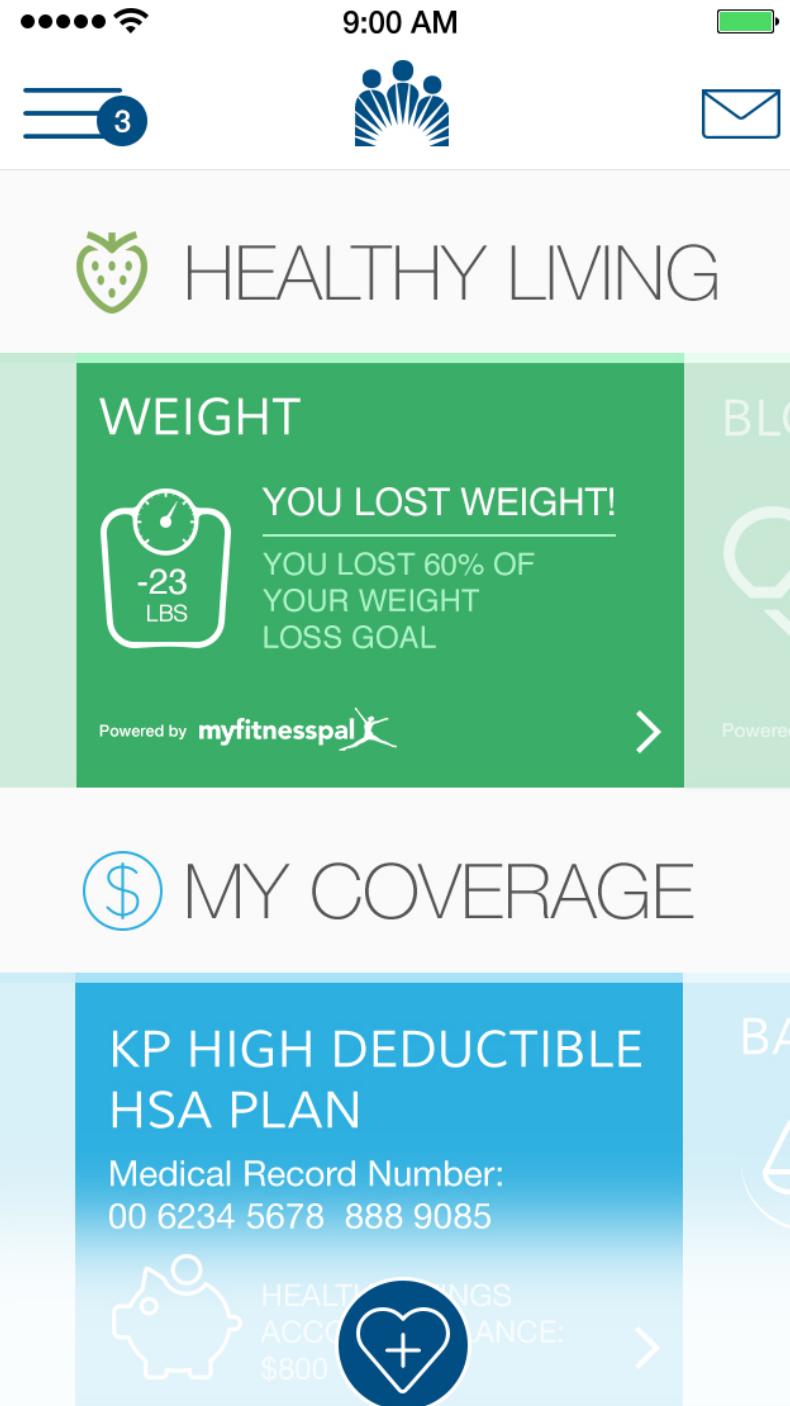


MY CARE

DIABETES MANAGEMENT

CUMULATIVE BLOOD SUGAR







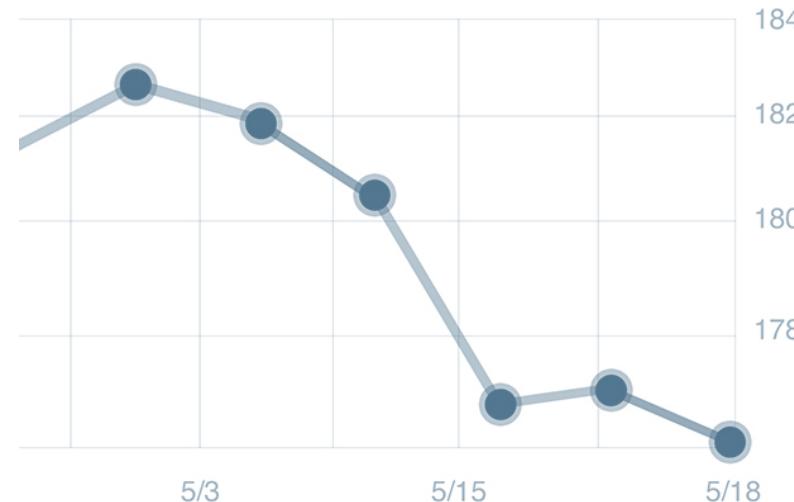
9:00 AM



HEALTHY LIVING

WEIGHT

YOUR PROGRESS



Powered by myfitnesspal

RECORD TODAY'S WEIGHT





HEALTHY LIVING

BLOOD PRESSURE
 CHECK NOW
LATEST READING:
YESTERDAY 9PM
Within your normal range

Powered by **Withings**

MY COVERAGE

KP HIGH DEDUCTIBLE HSA PLAN
Medical Record Number:
00 6234 5678 888 9085

HEALTH SAVINGS ACCOUNT BALANCE:
\$800



9:00 AM



HEALTHY LIVING

BLOOD PRESSURE

Powered by **Withings**Latest Reading
Yesterday 9pm SYS
mmHg DIA
mmHgHEART RATE
BPM

121

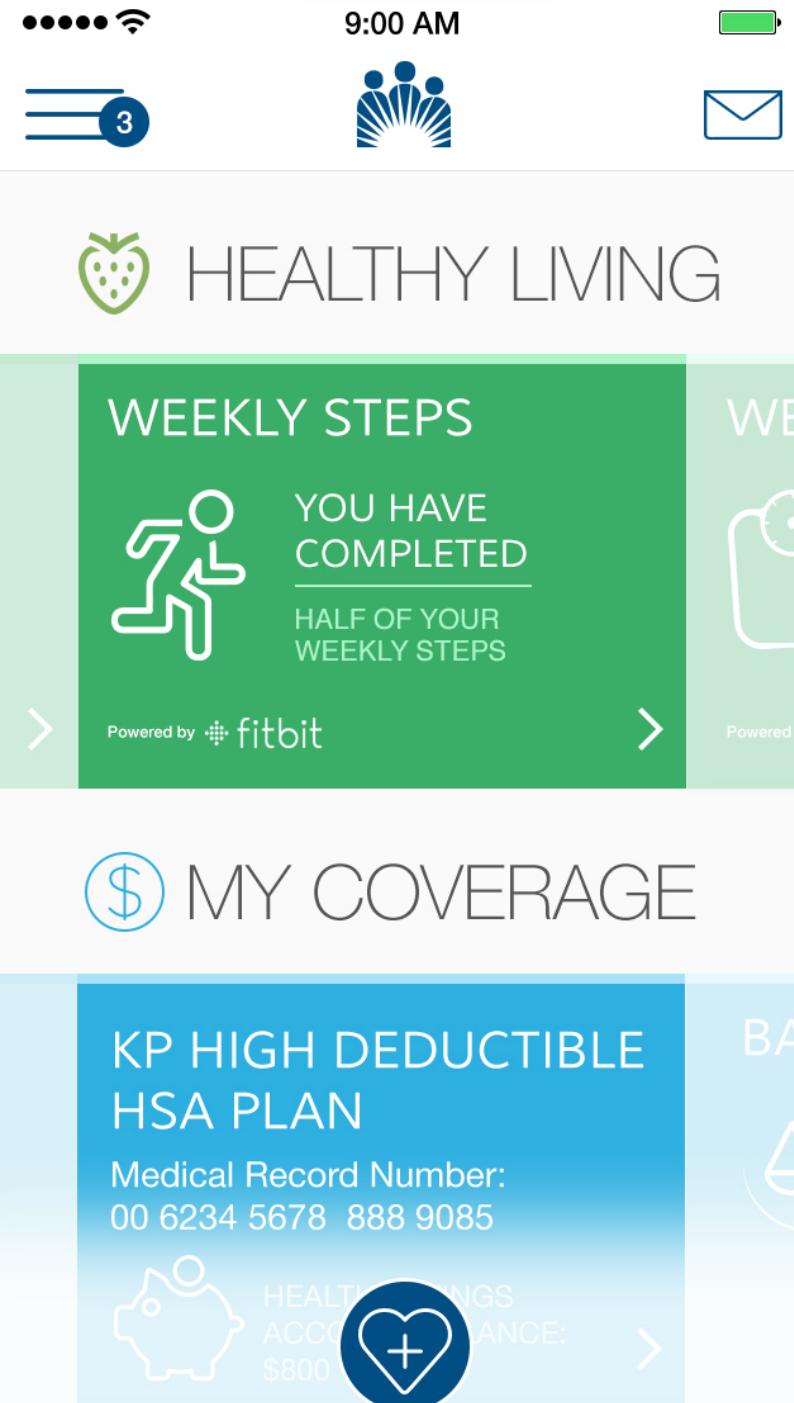
78

62

Within your normal range

CHECK NOW







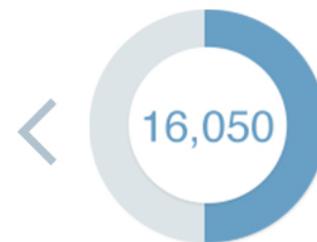
9:00 AM



HEALTHY LIVING

WEEKLY STEPS

Powered by fitbit



You have completed
half of your weekly steps.
Your goal is 32,000 steps.

YESTERDAY

1,423

TODAY

6,240

EDIT GOAL





9:00 AM



MY COVERAGE

KP HIGH DEDUCTIBLE
HSA PLANMedical Record Number:
00 6234 5678 888 9085HEALTH SAVINGS
ACCOUNT BALANCE:
\$800 >

MY



THRIVE POINTS

THRIVE POINTS



1230 POINTS

770 MORE POINTS
NEEDED

LEA



CLICK



9:00 AM



MY COVERAGE

KP HIGH DEDUCTIBLE
HSA PLAN

Plan Detail



My Benefits



Accounts & Balances



My Documents

DEDUCTIBLE BALANCE



MAKE PAYMENT



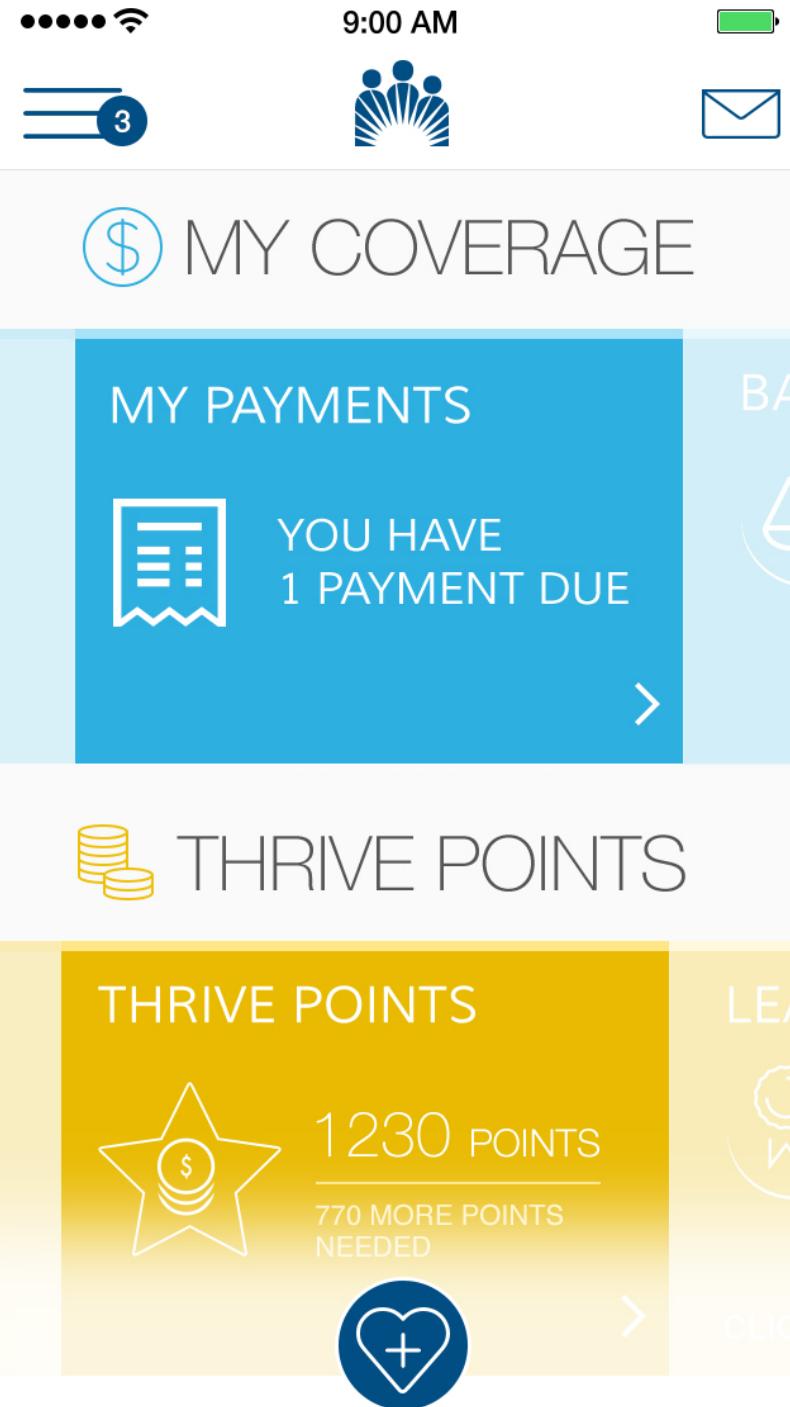


9:00 AM

 [My Benefits](#) [Accounts & Balances](#) [My Documents](#)

DEDUCTIBLE BALANCE

[MAKE PAYMENT >](#)





9:00 AM



MY COVERAGE

MY PAYMENTS

DATE	STATUS	PAYMENT	AMOUNT
07/15/14	PAYMENT DUE	DR. JANE SMITH	347.32
06/20/14	Paid	Kaiser Permanente Member Services	3,522.34
05/21/14	Paid	Geary Pharmacy	150.05
03/08/14	Paid	Dr. Roger Clark	110.00
01/02/14	Paid	Dr. Roger Clark	110.00





9:00 AM



MY COVERAGE

MY PAYMENTS

01/02/14 Paid

Dr. Roger
Clark

110.00

MORE

PAYMENT METHOD

*****-***-1029 (default)
[Edit](#)

MAKE PAYMENT



••••• ⌂ 9:00 AM 

ALL APPOINTMENTS MED

 SEE ALL APPOINTMENTS

  Jun 10, 2014
Dr. Jane Smith
Dermatology

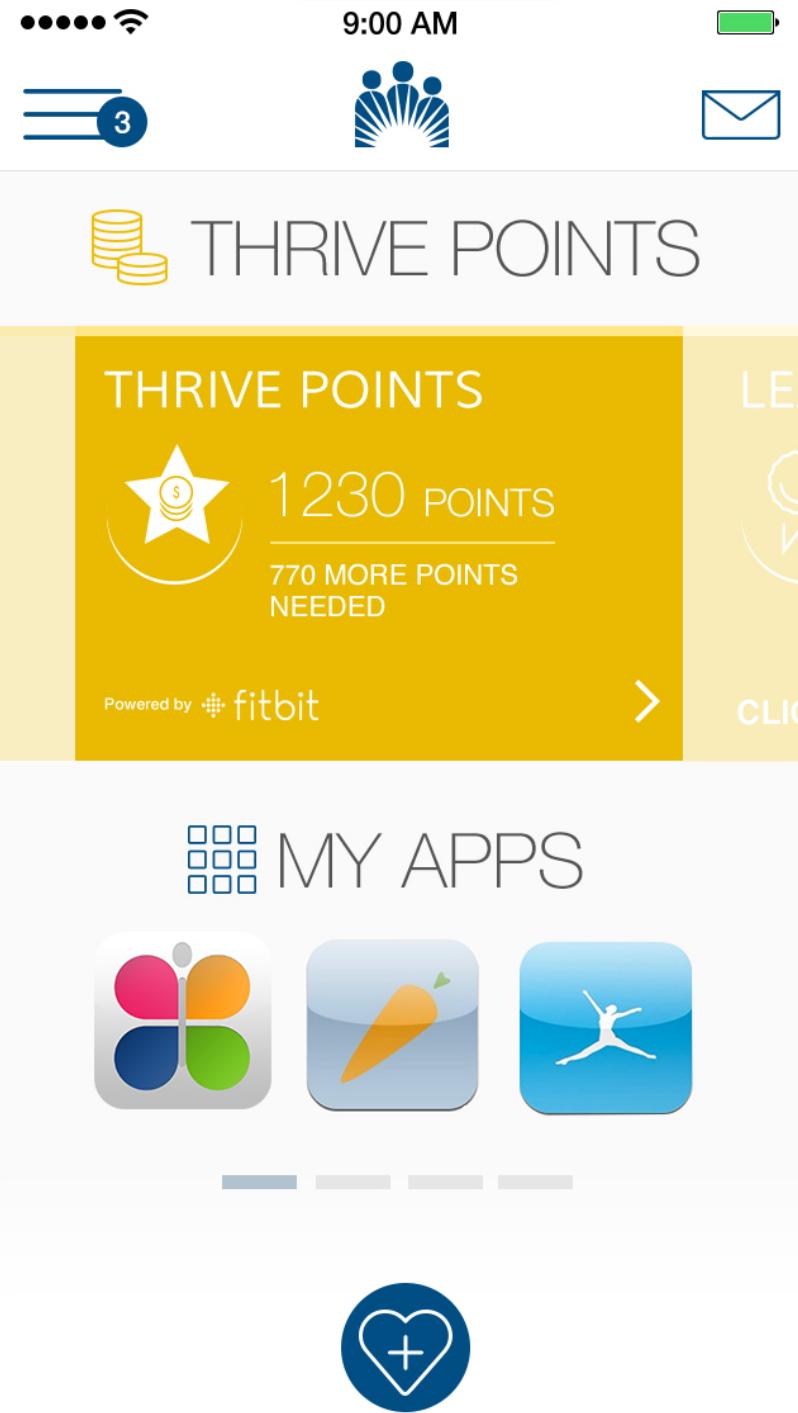
\$330 \$360 \$1000

Current Payment

 Payment Specialist

 Pay Now





••••• ⌂ 9:00 AM 

STONES ALL APPO



 
Jun 20, 2014 | 2 PM
Dr. Roger Clark
Primary Care



Jun 19, 2014
Cardiovascular Tests
[VIEW SUMMARY >](#)



Jun 16, 2014
Your blood pressure
has reached a healthy level

Jun 15, 2014
Crestor (20mg)
[REFILL NOW >](#) 

••••• ⌂ 9:00 AM 

ALL APPOINTMENTS MED



 
Jun 20, 2014 | 2 PM
Dr. Roger Clark
Primary Care

 
Jun 10, 2014 | 5 PM
Dr. Jane Smith
Dermatology

 
Jun 02, 2014 | 9 AM
Dr. Ashley Porter
Optometry

 
Jun 01, 2014 | 9 AM
Dr. Linda Jimenez
Pathology 

The screenshot displays a mobile application interface titled "Kitchen Sink Mobile". At the top, there are standard iOS-style icons: signal strength, time (9:00 AM), and battery level. Below the header, a navigation bar includes tabs for "ALL", "APPOINTMENTS", and "MED". The main content area shows a vertical timeline of three expanded appointment cards. Each card features a blue circular icon with a white stethoscope outline. To the right of each icon is the appointment details: date and time, provider name, and specialty. Below the provider's name, the reason for the visit is listed. At the bottom of each card is a row of five circular action buttons with corresponding icons: "Call", "Email", "Directions", "Change", and "Cancel".

Date & Time	Provider	Specialty	Reason for Visit
Jun 20, 2014 2 PM	Dr. Roger Clark	Primary Care	Physical Examination
Jun 10, 2014 5 PM	Dr. Jane Smith	Dermatology	
Jun 02, 2014 9 AM	Ashley Porter	Nutrition	

••••• ⌂ 9:00 AM 🔋

3  

MEDICINE MEDICATIONS MEDI



Jun 22, 2014
Captopril Refill
Home Delivery

Jun 15, 2014
Rosuvastatin Refill
Geary Pharmacy

May 22, 2014
Captopril Refill
Home Delivery

April 22, 2014
Captopril Refill
Home Delivery

••••• ⌂ 9:00 AM 

MEDICINE MEDICATIONS MEDICAL



Jun 22, 2014
Captopril Refill
Home Delivery

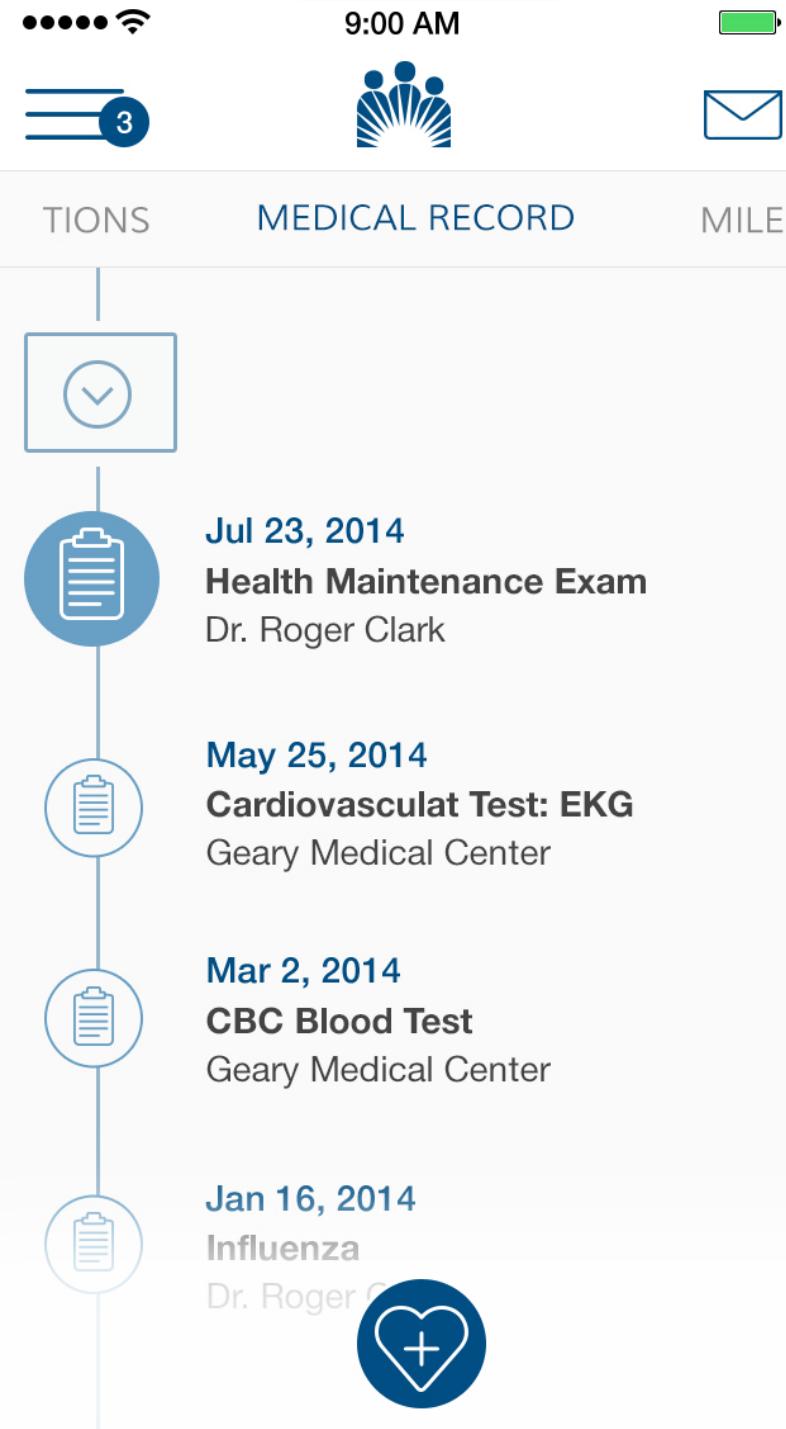
Jun 15, 2014
Rosuvastatin Refill
Geary Pharmacy

Take Once Daily with Food
25mg

  
Detail Pharmacy Refill

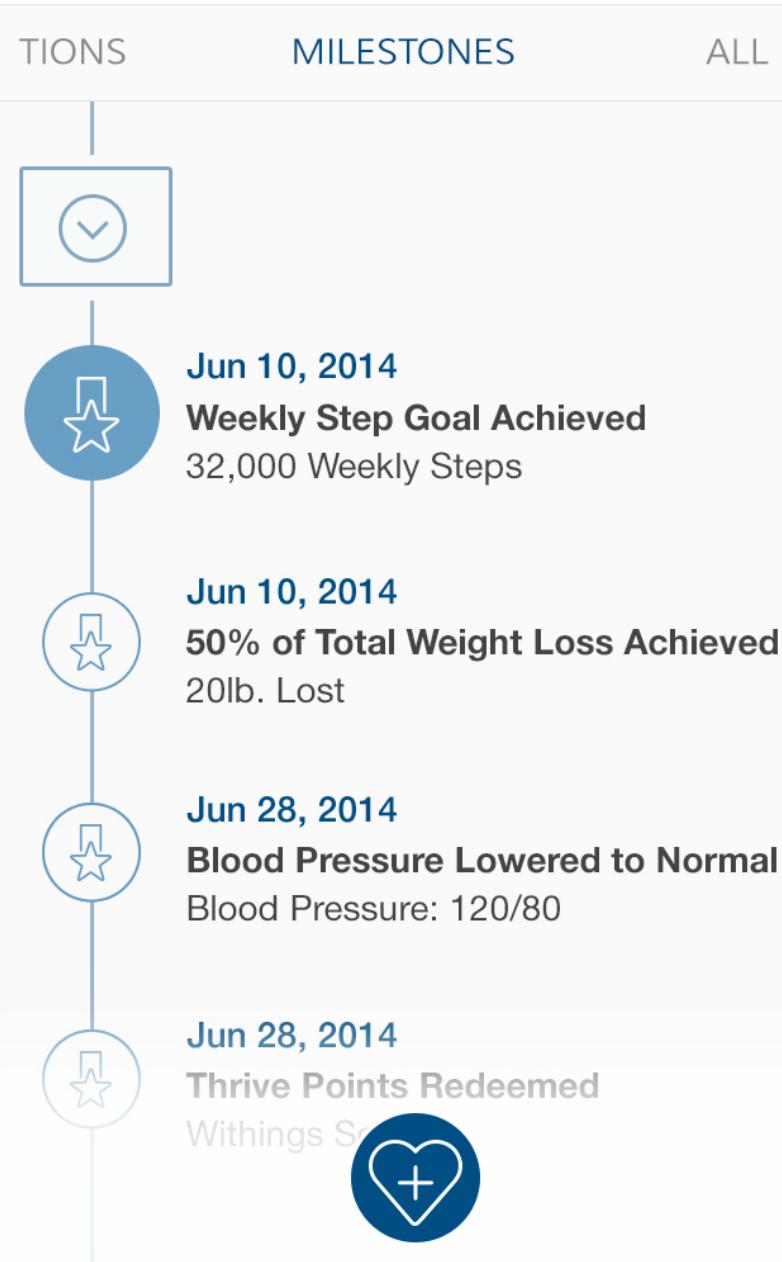

May 22, 2014
Captopril Refill
Home Delivery



••••• ⌂ 9:00 AM 

TIONS **MILESTONES** **ALL**



Jun 10, 2014
Weekly Step Goal Achieved
32,000 Weekly Steps

Jun 10, 2014
50% of Total Weight Loss Achieved
20lb. Lost

Jun 28, 2014
Blood Pressure Lowered to Normal
Blood Pressure: 120/80

Jun 28, 2014
Thrive Points Redeemed
Withings Scale



9:00 AM



Dr. Helen Harris
Endocrinologist
San Francisco, CA

AVG. USER RATING



REVIEWS (54)

Sven Marcus



What can I say, the best Endocrinologist in SF, that's it!

Marin Gonzalez



Impressive knowledge and attention. She loves what she does.





9:00 AM



Search

RECOMMENDED

CATEGORIES

MOST POPULAR



Diabetes Management

Health Management



Add



Virtual Health Assistant

Health Management



Add



Heart Rate Monitor

Health Management



Add



Withings

Fitness



Add



9:00 AM



RECOMMENDED

CATEGORIES

MOST POPULAR



NUTRITION



FITNESS



FAMILY

CONDITION
MANAGEMENT

SPORTS



DIABETES



••••• ⌂ 9:00 AM 

 3  

[+ ADD TO DASHBOARD](#)

Diabetes Management

Recommended by

 Dr. Roger Clark

A tool to help you manage your diabetes every day. Upload your glucose readings directly from your meter. Create a record of your numbers so the information is available to you at all times. View the statistics breakdown anytime in graph form. Track your goals and share the information with your doctor. Keep track of your diet, exercise routine, and medications. You can sync all your data and view it online.

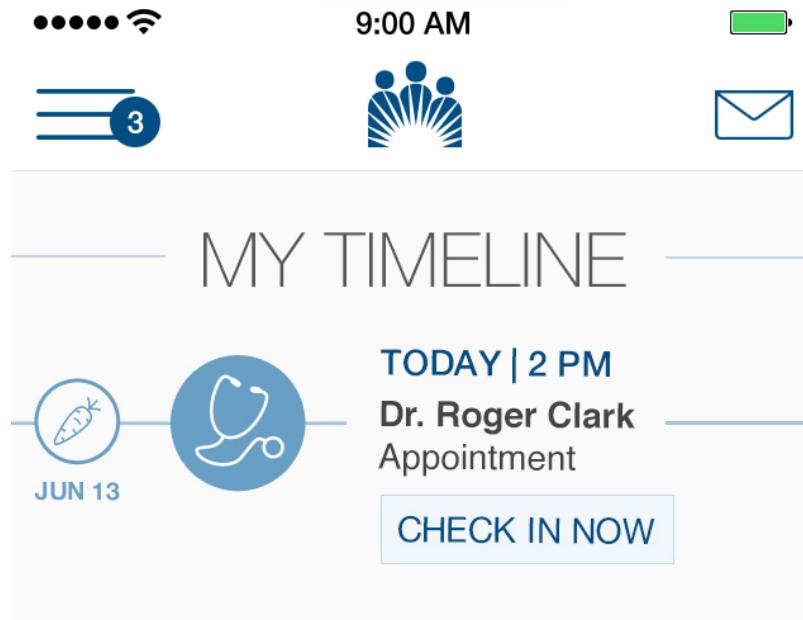
Rate the app

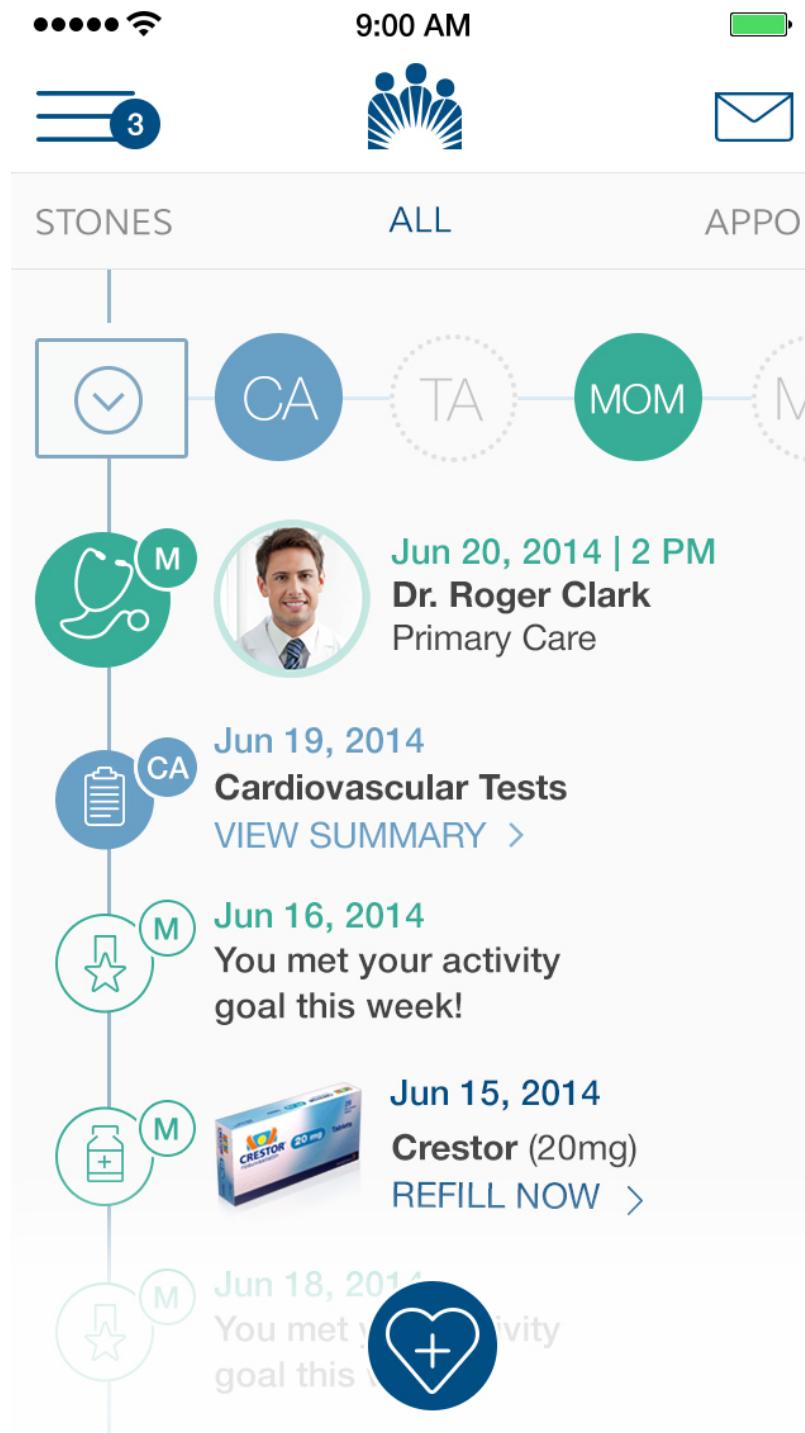
Dennis Dean

 Avg. User Rating >

Works Great! 

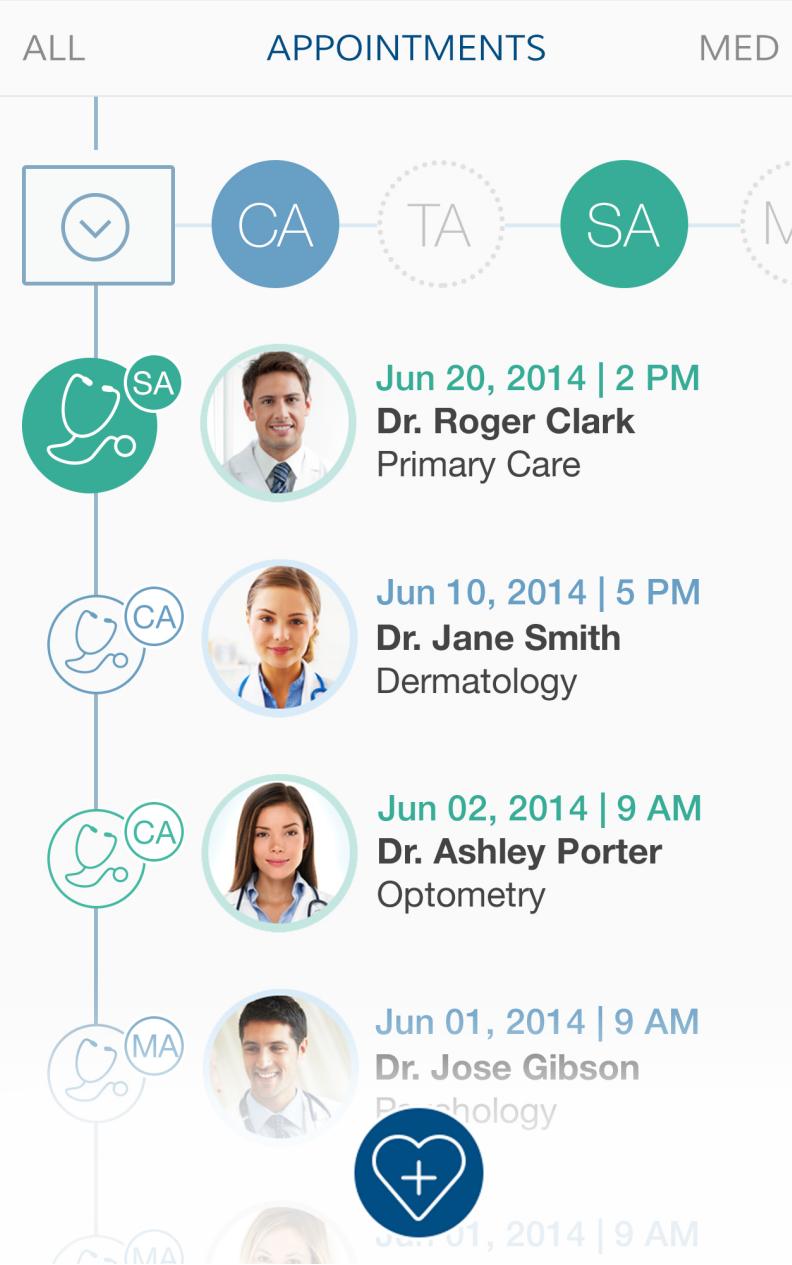
Michelle Lewis







9:00 AM





9:00 AM



FIND A PLAN

RECOMMENDED

GET HELP WHY THIS PLAN?

Zip Code

94588



Gender

Male



Date of Birth

JUL

16

1982



+ ADD A DEPENDENT

In Household

2

Annual Income

\$60,000

Search



9:00 AM



FIND A PLAN

RECOMMENDED



GET HELP



WHY THIS PLAN?

Zip Code

94588



Gender

Male



Date of Birth

JUL

16

1982

+ ADD A DEPENDENT

In Household

2

Annual Income

\$60,000

Search



9:00 AM



REFINE YOUR SEARCH

Recommended Plan

Copayment Gold

KP CA Gold

Available through Covered CA

Annual Deductible: **\$1500**Max Out-Of-Pocket: **\$5200**Primary Care Office Visit: **\$40**[GET A QUOTE](#)[COMPARE PLANS](#)[SET AUTO-ENROLL](#)

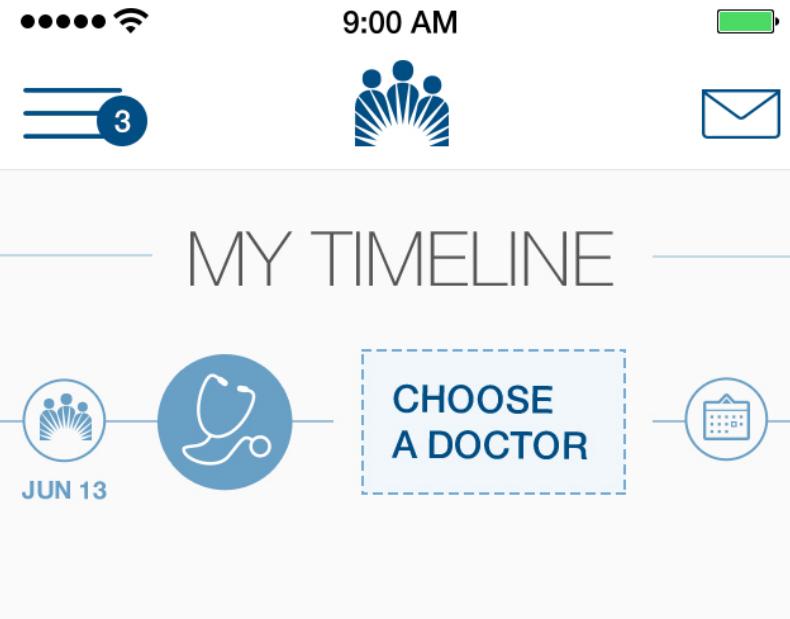


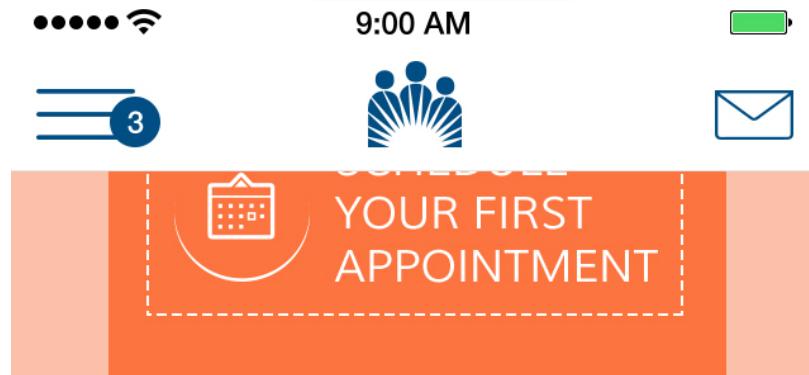
9:00 AM



COMPARE PLANS

Current Plan
Deductible Silver**KP CA Silver**
Available through Covered CAAnnual Deductible: \$2500
Max Out-Of-Pocket: \$7000
Primary Care Office Visit: \$50[GET A QUOTE](#)Recommended
Copayment Gold**KP CA Gold**
Available through Covered CAAnnual Deductible: **None**
Max Out-Of-Pocket: **\$6,350**
Primary Care Office Visit: **\$30**





HEALTHY LIVING

A green rectangular button with a white dashed border. Inside, there is a white icon of a trophy and the text 'SET A GOAL'. Below the button, the text 'Powered by fitbit' is visible. To the right of this button, the letters 'BL' are partially visible, and to the left, 'LAT 11:' is partially visible.

MY COVERAGE

A blue rectangular button with a white dashed border. Inside, there is a white icon of a heart with a plus sign and the text 'SELECT A PLAN'. To the left of this button, there is a small white icon of a calendar.



9:00 AM



HEALTHY LIVING

MY GOALS

+ ADD



FITNESS



NUTRITION



SLEEP



CUSTOM





9:00 AM



MY CARE

CARE TEAM

+ ADD

PRIMARY CARE	

A large blue circular button with a white heart and plus sign is centered below the grid.



The image shows a desktop dashboard for Kaiser Permanente. At the top, there's a navigation bar with links for MY ACCOUNT, APPOINTMENTS, PRESCRIPTIONS, MEDICAL RECORD, COMMUNITIES, EDUCATION, CONTACT US, a search bar, and a log out button.

The main content area features several sections:

- MY TIMELINE:** A timeline showing events from JUNE 4 to JUN 15. An event on JUN 13 is highlighted: "TODAY Fluticasone Prescription". A "REFILL NOW" button is available for this prescription.
- MY CARE:** This section includes a "CARE TEAM" card with a calendar icon and a "NEXT APPOINTMENT" entry for "TODAY - 2PM DR. ROGER CLARK". It also includes a "MEDICATION" card with a bottle icon and a "REFILL NEEDED" entry for "CAPOTEN I CAPTOPRIL (25MG) CRESTOR I CRESTOR (20MG)".
- HEALTHY LIVING:** This section includes a "WEIGHT" card showing "-23 LBS" and a "YOU LOST WEIGHT!" message. It also includes a "BLOOD PRESSURE" card with a heart icon and a "CHECK NOW!" button.
- MY COVERAGE:** This section includes a "KP HIGH DEDUCTIBLE HSA PLAN" card with a piggy bank icon and an "HSA BALANCE: \$800". It also includes a "MY PAYMENTS" card with a receipt icon and a message "YOU HAVE 1 PAYMENT DUE".
- THRIVE POINTS:** This section includes a "THRIVE POINTS" card showing "1230 POINTS" and "770 MORE POINTS NEEDED". It also includes a "LEADERBOARD" card showing "You are #3".

At the bottom, there's a footer with links for CONTACT US, MY ACCOUNT, SITE MAP, ACCESSIBILITY, PRIVACY POLICY, TERMS OF USE, ABOUT, and a copyright notice: "© 2014". There are also social media icons for Facebook and Twitter.

The screenshot displays the Kaiser Permanente desktop website with a "Kitchen Sink" layout, featuring multiple interactive modules:

- MY TIMELINE:** Shows a timeline from June 4 to June 15. An "RX" icon is highlighted for June 13, with a "TODAY Fluticasone Prescription" message and a "CHECK IN NOW" button.
- MY CARE:** Includes a "CARE TEAM" section with a doctor's profile and appointment details, and a "MEDICATION" section showing a bottle icon and a "REFILL NEEDED" message for Capoten I Captopril (25mg) and Crestor I Crestor (20mg).
- HEALTHY LIVING:** Features a "WEIGHT" section showing a scale icon and a "YOU LOST WEIGHT!" message, powered by myfitnesspal. It also includes a "BLOOD PRESSURE" section with a blood pressure cuff icon and readings of 121 mmHg (SYS), 78 mmHg (DIA), and 62 BPM.
- MY COVERAGE:** Displays the "KP HIGH DEDUCTIBLE HSA PLAN" with links to "Plan Detail", "Accounts & Balances", "My Benefits", and "My Documents".
- MY PAYMENTS:** Shows a "YOU HAVE 1 PAYMENT DUE" message with a payment icon.
- THRIVE POINTS:** Includes a "POINTS EARNED" section showing 900 points and a "REDEM POINTS" section showing 7,000 points. A "LEADERBOARD" section shows the user is ranked #3, with a "CHECK THE REST" button.

At the bottom, there is a dark footer bar with social media icons (Facebook, Twitter, etc.), and links for CONTACT US, MY ACCOUNT, SITE MAP, ACCESSIBILITY, PRIVACY POLICY, TERMS OF USE, ABOUT, and © 2014.



The image shows the Kaiser Permanente Get Care mobile application interface. At the top, there's a dark blue header with the text "Get Care" and "KP Has You Covered." Below this are five navigation icons: "CHECK SYMPTOMS" (hand icon), "LIVE ADVICE" (person icon with a plus sign), "SCHEDULE AN APPOINTMENT" (person icon with a checkmark), "GET MEDICATION" (pill bottle icon), and "FIND CARE" (suitcase icon with a plus sign). To the right is a "CLOSE" button (an 'X' icon).

The main content area features the Kaiser Permanente logo and a navigation bar with links: MY ACCOUNT, APPOINTMENTS, PRESCRIPTIONS, MEDICAL RECORD, COMMUNITIES, EDUCATION, CONTACT US, and a "GET CARE" button. There's also an "APP GALLERY" link, a search bar, and a "FULL SITE" dropdown.

The central feature is the "MY TIMELINE" section, which displays a timeline of medical events. It includes icons for a lab test (JUNE 4), a walk (JUNE 10), another lab test (JUNE 12), a doctor visit (JUN 13), and a prescription (RX). A callout for the RX event on JUN 13 indicates a "TODAY Fluticasone Prescription" with a "REFILL NOW" button. The timeline continues with a walk (JUN 13) and a doctor visit (JUN 15).

Below the timeline is the "MY CARE" section, which is divided into two orange boxes: "CARE TEAM" and "MEDICATION". The "CARE TEAM" box shows a calendar icon and the text "NEXT APPOINTMENT TODAY - 2PM DR. ROGER CLARK". The "MEDICATION" box shows a pill bottle icon and the text "REFILL NEEDED CAPOTEN I CAPTOPRIL (25MG) CRESTOR I CRESTOR (20MG)". Both sections have navigation arrows.



KAIER PERMANENTE

MY ACCOUNT APPOINTMENTS PRESCRIPTIONS MEDICAL RECORD COMMUNITIES EDUCATION CONTACT US

GET CARE APP GALLERY

FULL SITE

Log out

BROWSE ALL CLASSES

NUTRITION FITNESS FAMILY

CONDITION MANAGEMENT SPORTS DIABETES

RECOMMENDED FOR YOU

NUTRITION CLASS
with Dr. Melissa Bates
Because you saw a Health Cooking Class

SPORTS CLASS
with Dr. Anna Woods
Because you saw an Sport Class

Fitness
with Dr. Melissa Bates
Because you saw a Fitness Class

MY CLASSES

MANAGING MY DIABETES

VIDEO CLASS Dr. Melissa Bates 31 STUDENTS

You may have heard people say they have "a touch of diabetes" or that their "sugar is a little high." These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy.

Next Class | Today 4:00 PM

INTRO TO HEALTHY COOKING

VIDEO CLASS Dr. Anna Woods 100 STUDENTS

You may have heard people say they have "a touch of diabetes" or that their "sugar is a little high." These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy.

Next Class | Today 5:30 PM

1 2 3 4 5 LAST

PAST CLASSES

FITNESS

INTRO TO FITNESS

VIDEO CLASS Dr. Jessica Mendez 100 STUDENTS

You may have heard people say they have "a touch of diabetes" or that their "sugar is a little high." These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy.

Next Class | Today 4:00 PM

FITNESS FOR ALL

VIDEO CLASS Dr. Ashley Patterson 100 STUDENTS

You may have heard people say they have "a touch of diabetes" or that their "sugar is a little high." These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy, but it's worth it!

Next Class | Today 5:30 PM

1 2 3 4 5 LAST

SOCIAL MEDIA:   

CONTACT US MY ACCOUNT SITE MAP ACCESSIBILITY PRIVACY POLICY TERMS OF USE ABOUT © 2014



Login with Touch ID

Place your finger on the home button to get started



or

User ID

SIGN IN

Password

[Forgot User ID / Forgot Password](#)



Support



Find Location

≡ 3

MY TIMELINE

JUNE 4 JUNE 12 JUN 13

RX

TODAY
Fluticasone
Prescription
CHECK IN NOW

JUN 13

MY CARE

CARE TEAM

NEXT APPOINTMENT

TODAY - 2PM
DR. ROGER CLARK

MEDICAT



A dashboard tablet showing a woman's face in the background. In the top left corner is a blue circular icon with three horizontal lines and the number '3'. In the top right corner is a blue circular icon with an envelope and the number '3'. The main content area has an orange header with the text 'NEXT APPOINTMENT' and 'TODAY - 2PM DR. ROGER CLARK'. Below this is a white rectangular area containing a calendar icon and a large orange arrow pointing to the right.



A dashboard tablet showing a woman's face in the background. The main content area has a green header with the text 'WEIGHT' and 'BLOOD'. Below this is a green rectangular area containing a white scale icon, the text 'YOU LOST WEIGHT!', 'YOU ARE HALF WAY OF YOUR TARGET', and a blue circular icon with a heart and a plus sign. At the bottom left is the text 'Powered by myfitnesspal' with a small figure icon. At the bottom right is the text 'Powered by With' with a heart and pulse line icon. A large orange arrow points to the right at the bottom of the green area.

The image shows a tablet screen with a dark blue background. At the top left is a sunburst icon followed by the word "HOME". Below it is a large search bar with a magnifying glass icon. On the right side, there is a vertical sidebar with a blue header containing three horizontal lines and a small circular icon with the number "3". The main content area contains several icons and labels:

- My Account** (User icon)
- Appointments** (Calendar icon with "17")
- Prescriptions** (Rx icon)
- Medical Record** (Clipboard icon)
- Doctors & Locations** (Doctor and location pin icon)
- My Communities** (Two people icon)
- Education Center** (Book icon)
- App Gallery** (Grid icon)
- Contact Us** (Speech bubble icon)

At the bottom of the screen, there are links for "App Version", "Privacy Policy", "Terms & Conditions", and "© 2014". To the right of these links is a vertical sidebar with a blue header containing three horizontal lines and a small circular icon with the number "3". The sidebar has two sections: one orange section labeled "CARE" and one red section labeled "HEALTH".



IT'S TIME TO THINK ABOUT MEDICARE

From: Kaiser Permanente Member Services

To: Kevin Graham

Kaiser Permanente stands apart from other Medicare health plans by providing coordinated care as well as coverage. Our doctors, nurses, pharmacists, and X-ray and lab technicians all work together for you and are usually in one location.



[LEARN MORE](#)





ANAHEIM MEDICAL CENTER

Discharge Assessment | Leo Gold | July 11, 2014



OVERVIEW



CONDITION



MEDICATION



NUTRITION



WEIGHT



ASSESSMENT

Manage your Condition





ANAHEIM MEDICAL CENTER

Discharge Assessment | Leo Gold | July 11, 2014



OVERVIEW



CONDITION



MEDICATION



NUTRITION



WEIGHT



ASSESSMENT

Capoten Captopril (25mg)

Take once daily with food



[SIDE EFFECTS >](#)

[INTERACTIONS >](#)

Captopril is an ACE inhibitor, ACE stands for angiotensin converting enzyme.

Captopril is used to treat high blood pressure (hypertension), congestive heart failure, kidney problems caused by diabetes, and to improve survival after a heart attack.

Captopril may also be used for purposes not listed in this medication guide.





DISCHARGE ASSESSMENT

Anaheim Medical Center | Leo Gold | July 11, 2014



OVERVIEW



CONDITION



MEDICATION



NUTRITION



WEIGHT



ASSESSMENT

Eat Healthy



TO EAT	TO AVOID
 Low-Sodium Vitamin A, D, C	 High-Fat Red meat





DISCHARGE ASSESSMENT

Anaheim Medical Center | Leo Gold | July 11, 2014



OVERVIEW



CONDITION



MEDICATION



NUTRITION

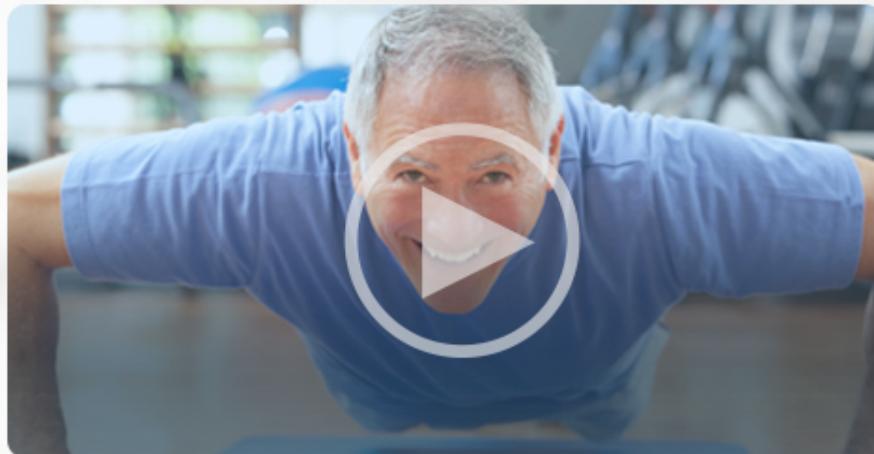


WEIGHT

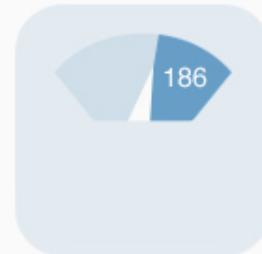


ASSESSMENT

Keep Training



TARGET WEIGHT | 186 Lbs



Get in a little cardio, without any impact on your joints, by doing modified seated jumping jacks. While sitting on the edge of your chair...

[READ MORE >](#)





MY CARE

HEALTHY LIVING

MY COVERAGE

THRIVE POINTS

SS
gout

Weekly Steps
Today · 4,3 miles
fitbit

Care Team

Next Appointment
Today - 2pm
Dr. Helen Harris
VIDEO VISIT

BLOOD PRESSURE

Withings

WEIGHT

myfitnesspal

Healthy Food
Video Class | Tomorrow 3 PM

Gym Routines
Video Class | Friday 11 AM

Cooking
G+ Hangout

Reminder: Today 2 PM, Dr Helen Harris



11:22AM
Sept 7



MY CARE

HEALTHY LIVING

MY COVERAGE

THRIVE POINTS

CALLING
Dr Helen Harris

END CALL

Weekly Step
Today · 4,3 miles
fitbit

Reminder: Today 2 PM, Dr Helen Harris

11:22AM
Sept 7

The image shows a Smart TV interface with a dark blue background. At the top, there are five navigation icons: a stylized person icon, a heart icon with a plus sign, 'MY CARE', 'HEALTHY LIVING', 'MY COVERAGE', and 'THRIVE POINTS'. Below these is a large central window titled 'Care Team' with a calendar icon. Inside the window, a female doctor in a white coat is smiling while holding a tablet. To her right is a portrait of a young woman, and below them is a portrait of an older couple. The bottom of the window has a blue bar with the text 'Dr Helen Harris' on the left, and 'END CALL' on the right, along with three small icons: a person, a speaker, and a video camera. On the left side of the screen, there is a vertical sidebar with a woman's profile picture, a 'Weekly Step' summary ('Today · 4,3 miles' from 'fitbit'), and a '5S' icon. On the right side, there are two smaller windows: one showing a bowl of raspberries with a play button, and another showing a hand holding chopsticks over a bowl of noodles with the text 'Cooking G+ Hangout'. At the bottom, there is a reminder message: 'Reminder: Today 2 PM, Dr Helen Harris'. On the far right, there are icons for notifications (with a '3' badge), settings, and a sunburst, next to the time '11:22AM' and date 'Sept 7'.

The image shows a Smart TV interface with a dark blue background. At the top, there are five navigation icons: a stylized person icon, a heart icon, 'MY CARE', 'HEALTHY LIVING', 'MY COVERAGE', and 'THRIVE POINTS'. Below these, a large central window titled 'Care Team' displays a video call with 'Dr Helen Harris'. The video shows Dr. Harris smiling and wearing a white lab coat. On the left side of the video call window, there are three health metrics: 'Calories Burned' (537 cal), 'Heart Rate' (85 bpm), and 'Temperature' (35,6°). Below the metrics is a sleep summary: '7h 25m Total Sleep Time', '2h 21m Deep', and '5h 4m Light'. The video call controls include a 'NEXT' button, a 'CLOSE' button, a 'Dr Helen Harris' name label, and a blue 'END CALL' button. To the right of the video call window, there are several cards: a 'Weekly Step' card (Today · 4,3 miles, fitbit), a food card ('Food tomorrow 3 PM'), a couple card ('Cooking G+ Hangout'), and a reminder card ('Reminder: Today 2 PM, Dr Helen Harris'). At the bottom right, there are icons for notifications (3), settings, and a weather forecast ('11:22AM Sept 7').

MY CARE HEALTHY LIVING MY COVERAGE THRIVE POINTS

Care Team

Calories Burned: 537 cal

Heart Rate: 85 bpm

Temperature: 35,6°

7h 25m Total Sleep Time

2h 21m Deep

5h 4m Light

Dr Helen Harris

END CALL

Reminder: Today 2 PM, Dr Helen Harris

11:22AM
Sept 7

The image shows a Smart TV home screen with a dark blue background. At the top, there are five navigation icons: a stylized person icon, a heart icon with a plus sign, 'MY CARE', 'HEALTHY LIVING', 'MY COVERAGE', and 'THRIVE POINTS'. Below these are several cards with health and fitness information:

- Care Team:** Shows a photo of an elderly man jogging, a calendar icon, and the text 'Care Team'.
- Next Appointment:** Shows 'Today - 2pm Dr. Helen Harris VIDEO VISIT'.
- myfitnesspal:** Shows a photo of a couple jogging, a scale icon, and the text 'WEIGHT'.
- Weekly Steps:** Shows a photo of a yellow Nike sneaker, the text 'Weekly Steps Today · 2,3 miles', and the 'fitbit' logo.
- Thrive Points:** Shows a photo of a bowl of berries, the text 'BLOOD PRESSURE', a heart icon, and the 'Withings' logo.
- Gym Routines:** Shows two people doing yoga, a play button icon, and the text 'Gym Routines Video Class | Friday 11 AM'.
- Healthy Food:** Shows a photo of raspberries, a play button icon, and the text 'Healthy Food Video Class | Tomorrow 3 PM'.
- Cooking:** Shows a photo of a hand holding chopsticks over a bowl of noodles, a speech bubble icon, and the text 'Cooking G+ Hangout'.

At the bottom left, there is a reminder: 'Reminder: Today 2 PM, Dr Helen Harris'. On the bottom right, there are icons for notifications (3), settings, and a weather forecast showing '11:22AM Sept 7'.