



Wellness Plus

Using the dashboard | The Support Team Guidebook



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Get Started

- | Mobile Device, Wearable Device & Browser Compatibility
- | Login

Last update: August 17, 2023, Version 39



| Mobile Device, Wearable Device & Browser Compatibility

A) Device Model & OS:

- iPhone 7 (iOS - 15.4)
- iPhone XR (iOS - 14.8, 15.4)
- iPhone 11 Pro (iOS - 16.4)
- iPhone 11.12.13 Simulators (iOS - 15.4)
- iPhone 13 pro max (iOS - 15.6.1)
- iPhone X (iOS - 15.4)
- Galaxy Note 9 (Android 10)
- Google Pixel 6 (Android 13)
- Vivo V21 (Android 13)
- Galaxy Note20 (Android 13)
- Redmi Note 11S (Android 12)
- One Plus 6T (Android 11)

B) Wearable Device:

- Fitbit
- Apple Watch

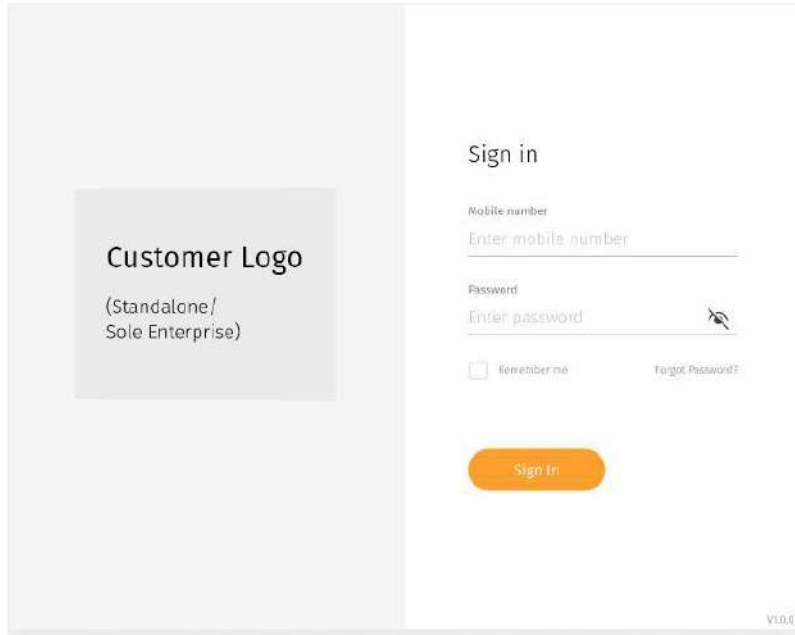
C) Browser:

- Chrome
- Microsoft Edge

- This is a list of mobile devices, browsers & wearable devices that are best suited for Wellness Plus.
- We encourage users to check this list to ensure their mobile devices, browsers & wearable devices are compatible with the app before using it.
- Customers using Fireball may experience some compatibility issues while using the app.



| Login



The screenshot shows a login interface. On the left, there is a grey box containing the text "Customer Logo" and "(Standalone/ Sole Enterprise)". On the right, the "Sign in" section includes a "Mobile number" field with the placeholder "Enter mobile number", a "Password" field with the placeholder "Enter password" and a visibility toggle icon, a "Remember me" checkbox, and a "Forgot Password?" link. An orange "Sign In" button is positioned below the password field. The version number "V1.0.0" is visible in the bottom right corner of the form area.

← Enter your email address and password



| Login (cont.)

Customer Logo
(Standalone/
Sole Enterprise)

Verify OTP
Please enter the 6 digit OTP sent via SMS
to your registered mobile number.

OTP
123456

Submit Back to Sign In

V1.0.0

Customer Logo
(Standalone/
Sole Enterprise)

Verify OTP
Please enter the 6 digit OTP sent to your
registered email address.

OTP
123456

Submit Back to Sign In

V1.0.0

↔ Enter your OTP sent to your registered phone number or email address (whichever applicable).



| Login (cont.)

Customer Logo
(Standalone/
Sole Enterprise)

Verify OTP

Please enter the 6 digit OTP sent via
Email & SMS to your registered mobile
number.

Email OTP
123456 Verified

SMS OTP
[Resend \(112\)](#)

[Submit](#) [Back to Sign in](#)

v1.0.0

← There may be a scenario where you have to retrieve your OTP through both phone number and email address for security reasons.



Managing Users

- | About My Users
- | Unassigned Users
- | Filtering Users
- | Customizing User List View (Add/Remove Columns)
- | Onboarding a First-Time User
- | Editing a User's Details
- | Assign Users
- | Sending a Broadcast Message to Users
- | Viewing User's Alert
- | Viewing User's Key Parameter



About My Users

The screenshot shows a dashboard titled "My Users" with a sub-header "Assigned to Me". It features a table of users with columns for Name, Support Team, Facility & Department, Alerts, Act Parameters, Medical Conditions, and Overall Urgency. A dropdown menu is open over the first user, "Alicia Sanchez", showing fields for Gender (M), Age (50), and Onboarding Date (1/19/2023). Another dropdown menu is open over the "Medical Conditions" column, listing "Known Case Of Asthma" and "Type 1 Diabetes".

NAME	SUPPORT TEAM	FACILITY & DEPARTMENT	ALERTS	ACT PARAMETERS	MEDICAL CONDITIONS	OVERALL URGENCY	EDIT
Alicia Sanchez (DRN123)			Severe	31	Yes	0 →	
Gender: M					Known Case Of Asthma		
Age: 50					Type 1 Diabetes		
Onboarding Date: 1/19/2023							
Marie Brown			Severe	31	Yes	0 →	
Michael Brown			Severe	31	Yes	0 →	
Patricia Sherman (DRN123)			Severe	31	Yes	0 →	
Benjamin Rodriguez (DRN123)			Severe	31	Yes	0 →	
Anna Rodriguez (DRN123)			Severe	31	Yes	0 →	
Tom Rodriguez (DRN123)			Severe	31	Yes	0 →	
William Simpson (DRN123)			Severe	31	Yes	0 →	

↑ Hover over user's name to view the **gender**, **age** and **onboarding date** of the User.

↑ Hover over to view **Medical Condition (Known case of)** of the user.

Assigned to Me
Pending Onboarding Users

← In the "Users" panel, you will be able to see an overview of all the users under your care. Users are arranged by alert level severity, with the users displaying the highest alert type at the top of the list.

← Each user has their own detailed page that you can view to see details on a more individual level. Features such as geolocation, medication adherence and schedule would be under the individual User page.

← ↑ Users assigned to you are displayed by default. To view "Pending Onboarding Users", click on the "Assigned to Me" to view the drop down menu and select "Pending Onboarding Users".



About My Users (cont.)

↑ PII enabled

↑ PII disabled

← Your organisation administrator may restrict your access to personal identifiable information (PII). Your admin may enable/disable your access at any points in time.

← Note that if your PII access is disabled, you will not be able to view your users' names (which will be fully blurred) or edit their information. You can refer to their User ID as required.



Pending Onboarding Users



The screenshot shows a web interface for managing users. At the top, there are tabs for "Customer Login" and "My Users", and a user profile for "Welcome, Support Team". The main heading is "My Users" with a sub-heading "Pending Onboarding Users". Below this, it says "Total 24" and "Showing 10 per page". There is a search bar and a "Sort" dropdown. The table has columns for "NAME", "GENDER", "AGE", "SUPPORT TEAM", "FACILITY & DEPARTMENT", and "SORT". Each row represents a user with a checkbox, a name, gender, age, a status icon, a facility/department, and an "Onboard" button.

NAME	GENDER	AGE	SUPPORT TEAM	FACILITY & DEPARTMENT	SORT
<input type="checkbox"/> Sarah Thomas	F	42			Onboard
<input type="checkbox"/> Michael Stewart	F	38			Onboard
<input type="checkbox"/> Andrew Roberts	M	34			Onboard
<input type="checkbox"/> Anthony King	M	70			Onboard
<input type="checkbox"/> Lisa Foster	M	52			Onboard
<input type="checkbox"/> Jeff Hall	F	40			Onboard
<input type="checkbox"/> Tamara Simpson	M	76			Onboard
<input type="checkbox"/> Nathan Davies	F	34			Onboard
<input type="checkbox"/> Maria Hernandez	F	43			Onboard
<input type="checkbox"/> Roger Morrison	M	44			Onboard

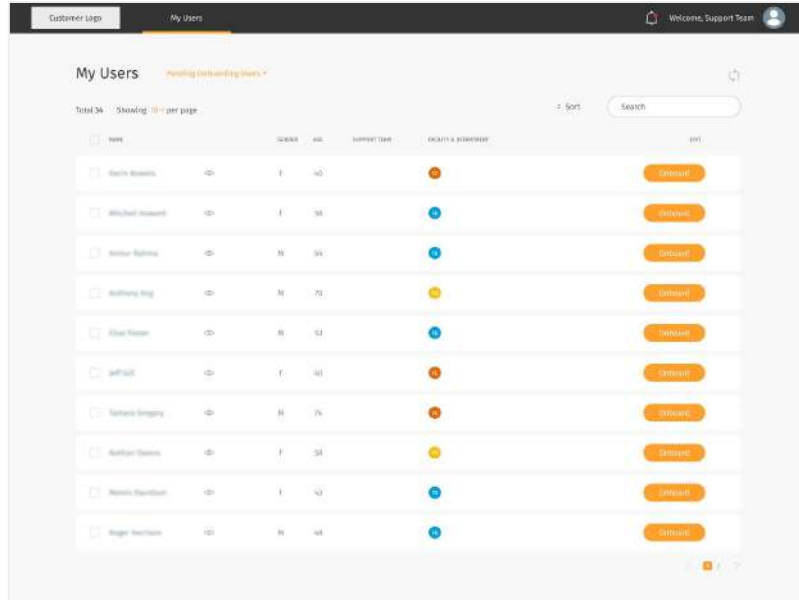
← In this panel, you will be able to view the list of Pending Onboarding Users, where their facility & department will be shown.

← Users who are in the list of **Pending Onboarding Users** are user who selected a facility but has not selected any Support Team members during registration.

←↑ To assign a user yourself, you look for the user in this list, and onboard the user, and assign them to your care.



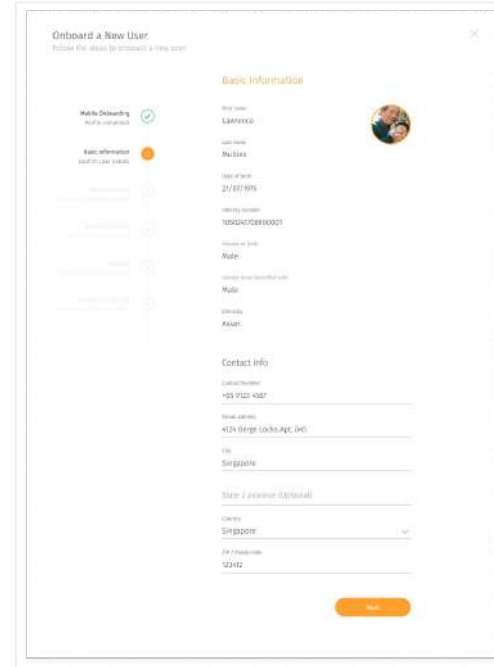
Onboarding Users



The screenshot shows a web application interface for managing users. At the top, there are tabs for 'Customer Logs' and 'My Users'. The 'My Users' tab is active, and it displays a sub-tab for 'Pending Onboarding Users'. Below this, there is a summary: 'Total 34' and 'Showing 10 per page'. A search bar and a sort dropdown are also present. The main content is a table with columns for 'NAME', 'GENDER', 'AGE', 'SUPPORT TEAM', 'AVAILABILITY & PERMISSION', and 'PHOTO'. Each row represents a user with an 'Onboard' button.

NAME	GENDER	AGE	SUPPORT TEAM	AVAILABILITY & PERMISSION	PHOTO
Becky Roberts	F	40			
Michael Roberts	M	38			
Anna Roberts	F	34			
William King	M	70			
Ellen Foster	F	51			
John King	M	40			
Thomas Simpson	M	76			
Madison Roberts	F	38			
Walter Hamilton	M	43			
Roger Hamilton	M	48			

Find the User you want to onboard in the pending onboarding list under the “**My Users**” Tab. Click on the “**Onboard**” button. a



The screenshot shows a form titled 'Onboard a New User' with a subtitle 'Enter the basic information of the user'. The form is divided into two main sections: 'Basic Information' and 'Contact Info'. The 'Basic Information' section includes fields for 'First Name' (Liam King), 'Last Name' (No Last Name), 'Date of Birth' (21/07/1976), 'Identity Number' (9800007000000000), 'Gender' (Male), 'Country' (United Kingdom), and 'Nationality' (Malta). The 'Contact Info' section includes fields for 'Contact Number' (+353 9722 1027), 'Email Address' (Liam.King@Lacko.Agency), 'City' (Singapore), 'State / province (optional)', 'Country' (Singapore), and 'Zip / Postal Code' (123456). A 'Next' button is located at the bottom right of the form.

Edit the basic information for the User. Click “**Next**” to continue.



Onboarding Users (cont.)

The screenshot shows the 'Onboard a New User' form with the 'Medical History' section highlighted. On the left, a progress indicator shows 'Medical History' as the current step. The 'Medical History' section includes:

- Previous diagnoses & treatments** (Medical History & treatments): Type 2 Diabetes
- Surgical history** (Surgical history): Cataract surgery
- Family medical history** (Family member): Mother
- Drug Allergy** (Surgical history): Cataract surgery

At the bottom of the section are 'Back' and 'Next' buttons.

Step 3: Click on the “” button to add medical history for the User. Click “**Next**” to continue.

The screenshot shows the 'Onboard a New User' form with the 'General Readings' section highlighted. On the left, a progress indicator shows 'General Readings' as the current step. The 'General Readings' section includes:

- Readings** (Readings): Blood pressure, Height, Weight, BMI, Heart rate, Blood cholesterol, Blood glucose, Hemoglobin A1c, Fasting blood sugar, Fasting triglycerides, Fasting total cholesterol, Fasting LDL cholesterol, Fasting HDL cholesterol, Fasting total protein, Fasting albumin, Fasting creatinine, Fasting urea nitrogen, Fasting calcium, Fasting phosphorus, Fasting magnesium, Fasting potassium, Fasting sodium, Fasting chloride, Fasting bicarbonate, Fasting anion gap, Fasting lactate, Fasting ammonia, Fasting bilirubin, Fasting total bilirubin, Fasting direct bilirubin, Fasting indirect bilirubin, Fasting total protein, Fasting albumin, Fasting creatinine, Fasting urea nitrogen, Fasting calcium, Fasting phosphorus, Fasting magnesium, Fasting potassium, Fasting sodium, Fasting chloride, Fasting bicarbonate, Fasting anion gap, Fasting lactate, Fasting ammonia, Fasting bilirubin, Fasting total bilirubin, Fasting direct bilirubin, Fasting indirect bilirubin.

At the bottom of the section are 'Back' and 'Next' buttons.

Check the general readings. Click “**Next**” to continue.



| Onboarding Users (cont.)

Onboard a New User

Follow the steps to onboard a new user.

- Mobile Onboarding** Profile completed ✓
- Basic Information** Confirm user details ✓
- Medical History** Concerns & past occurrences ✓
- General Readings** Vital health & condition ✓
- Lifestyle** Smoking & drinking history **✗**
- Appointment Scheduling** Appointment history & alerts

Lifestyle

Smoking History

Smoking history
Not Currently

Time since last smoked
2 years 8 months

Alcohol Drinking History

Frequency of drinking alcohol
Once in a week

Approximate units of alcohol drunk at a time
4% beer, 250ml | 2 units; 13% wine, 76ml | 1 unit

[Back](#) [Next](#)

← Check the lifestyle. Click “**Next**” to continue.



| Onboarding Users (cont.)

Onboard a New User

Follow the steps to onboard a new user.

Vehicle Onboarding
[Completed]

Basic Information
[Completed]

Medical History
[Completed]

General Settings
[Completed]

Location
[Completed]

Geolocation Setting
[In Progress]

Geolocation Setting

User's geolocation status

Enable if the user needs to be at a designated area or emergency location.

Geolocation address

Geolocation address

424 Berge Locks Apt. 045

Or drag the pin to the location



Set geolocation radius

Geolocation radius (m)

50 m

1m

1000m

Enable if the user needs to be at a

ON

Stop Using GPS Data

Back

Go back to User

Patient's Consent on Location Sharing

OFF

Request Consent from Patient

Patient's Consent on Location Sharing

ON

Stop Using GPS Data

Geolocation Setting.

← If **User's geolocation status** is **ON**, you are required to set geolocation address and geolocation radius.

← **"User's Consent On Location Sharing"** is set by the User when creating their account.

↑ If the location sharing setting is **"OFF"**, you can request Users to turn on the location sharing by clicking on **"Request Consent from User"**. The User will receive a request in the mobile app.

↘ If a User's location sharing is **"ON"**, you can turn off their location sharing, by clicking on the **"Stop Using GPS data"** without User's consent.



Assign Users

The screenshot shows the 'My Users' page in a web application. At the top, there are navigation links for 'Customer Login' and 'My Users', and a welcome message for 'Support Team'. The main heading is 'My Users' with a sub-heading 'Assigned to Me'. Below this, there are filters for 'Showing 10 per page' and 'Assign Users'. A table lists users with columns for Name, Support Team, Faculty & Department, Alerts, Not Parameters, Medical Condition, and Social Links. The table contains 10 rows of user data.

NAME	SUPPORT TEAM	FACULTY & DEPARTMENT	ALERTS	NOT PARAMETERS	MEDICAL CONDITION	SOCIAL LINKS	EDIT
Ashley Watson (DR0042) (DR0042)			Overseer	3	Yes	0	
Cheryl Lee (DR0042)			Overseer	3	Yes	0	
Deborah Emily Reid (DR0042)			Overseer	3	Yes	0	
David Roberts			Overseer	3	Yes	0	
Michael Howard			Overseer	3	Yes	0	
Malcolm Sherman (DR0042)			Overseer	3	Yes	0	
Jonathan Redinger (DR0042)			Overseer	3	Yes	0	
Anna Sullivan (DR0042)			Overseer	3	Yes	0	
Tom McRae (DR0042)			Overseer	3	Yes	0	
William Simpson (DR0042)			Overseer	3	Yes	0	

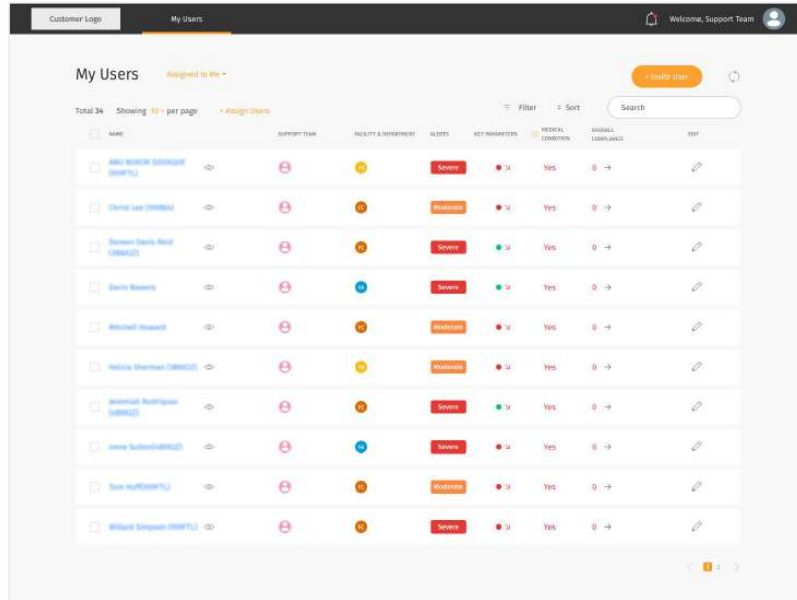
The screenshot shows a dialog box titled 'Assign Users to Support Team'. It features a search bar labeled 'Search by user's name'. Below the search bar is a list of users with checkboxes and circular icons. A secondary list on the right shows '10 Users Selected (Max 20)'. At the bottom right, there is a 'Confirm' button.

← Under “My Users”, click **“Assign Users”**.











↑ Assign User for the member by selecting through the list of Users or search the User through the search box.



Editing a User's Profile



The screenshot displays the 'My Users' management interface. At the top, there are navigation options for 'Customer Login' and 'My Users', along with a 'Welcome, Support Team' message and a user profile icon. Below this, the 'My Users' section is titled, and there is a '+ Create user' button. The main area shows a table of users with the following columns: NAME, SUPPORT TEAM, FACILITY & DEPARTMENT, ALERTS, ACT PARAMETERS, MEDICAL CONDITIONS, PHYSICAL CAPABILITY, and EDIT. The table lists ten users, each with a corresponding edit icon (pencil) in the 'EDIT' column.

NAME	SUPPORT TEAM	FACILITY & DEPARTMENT	ALERTS	ACT PARAMETERS	MEDICAL CONDITIONS	PHYSICAL CAPABILITY	EDIT
Abby Watson (00000000000000000000000000000000)			Severe	31	Yes	0 →	
Cheryl Lee (00000000000000000000000000000000)			Outbreak	31	Yes	0 →	
Deborah Emily Reid (00000000000000000000000000000000)			Severe	31	Yes	0 →	
David Roberts			Severe	31	Yes	0 →	
Michael Howard			Outbreak	31	Yes	0 →	
Patricia Sherman (00000000000000000000000000000000)			Outbreak	31	Yes	0 →	
Jonathan Rodriguez (00000000000000000000000000000000)			Severe	31	Yes	0 →	
Anna Sullivan (00000000000000000000000000000000)			Severe	31	Yes	0 →	
Tom Hall (00000000000000000000000000000000)			Outbreak	31	Yes	0 →	
William Simpson (00000000000000000000000000000000)			Severe	31	Yes	0 →	

You may choose to edit the User's information by clicking on the edit icon button

What can be added/edited:

- Basic Information
- Medical History
- General Readings
- Lifestyle
- Geolocation Settings

Note: "General readings" are editable within 7 days from the onboarding date.



Sending broadcast message to user(s)

The screenshot shows the 'My Users' interface. At the top, there are tabs for 'Customer Login' and 'My Users', and a 'Welcome, Support Team' message. Below the tabs, there's a '+ Invite user' button and a search bar. The main area is a table with columns: NAME, SUPPORT TEAM, FACILITY & DEPARTMENT, ALERTS, ACT PARAMETERS, MEDICAL CONDITIONS, SOCIAL LINKS/URLS, and EDIT. The table lists 10 users, each with a speaker icon in the 'ALERTS' column. At the bottom, it says '5 patients selected' and 'esc to deselect all'.

NAME	SUPPORT TEAM	FACILITY & DEPARTMENT	ALERTS	ACT PARAMETERS	MEDICAL CONDITIONS	SOCIAL LINKS/URLS	EDIT
Abby Walker (SMB42)			Speaker	3	Yes	0 →	
Chanel Lee (SMB42)			Speaker	3	Yes	0 →	
Deborah Smith (SMB42)			Speaker	3	Yes	0 →	
David Roberts			Speaker	3	Yes	0 →	
Michael Howard			Speaker	3	Yes	0 →	
Patricia Sherman (SMB42)			Speaker	3	Yes	0 →	
Jonathan Rodriguez (SMB42)			Speaker	3	Yes	0 →	
Anna Johnson (SMB42)			Speaker	3	Yes	0 →	
Tom Williams (SMB42)			Speaker	3	Yes	0 →	
William Simpson (SMB42)			Speaker	3	Yes	0 →	

The dialog box is titled 'Sending message to 3 users'. It contains a text input field with the message 'Please sync your wearable device with the mobile app!'. Below the input field, it says '1600 characters left'. There is a 'Send message' button at the bottom right.

← Select the user(s) you want to send message to on the “**My Users**” screen.

← You are able to send a broadcast message to your user(s) by clicking on the “**Speaker**” icon

↑ Once you have type out the message you wish to send to the user(s), click send message to send it out to your user.

You may send your user message containing links as well.



Schedule broadcast message to user(s) (cont.)

Sending message to 3 users ✕

Please sync your wearable device with the mobile app.

1500 characters left.

🕒 Send message

Search ✕

Please complete the questionnaire by following this link: <https://metabolic-syndrome-solangevitae.ca/connectedlife.ca/>

Please take a glucose reading and input it into the app.

Please take an ECG reading on your wearable device and upload it to the app.

Please take a temperature reading and input it into the app.

Please take a weight reading and input it into the app.

Please take a waist circumference reading and input it into the app.

Create scheduled message

Next

You may create and send a scheduled message to your Users if need be.

↩ Click on this “🕒” icon and a popup containing pre-created scheduled message template for you to choose from.

↩ ↩ You may create your own custom message to send to your User. Otherwise, you can select the existing message template and press “Next”.

Schedule broadcast message to User(s) (cont.)

The screenshot shows a mobile application interface. At the top, there is a search bar with the text 'Search' and a close icon. Below it, a list of messages is displayed. The messages are:

- Please complete the questionnaire by following this link: <https://metabolic-syndrome-solongevity-gcoa.connectedlife.io/>
- Please take a glucose reading and input it into the app.
- Please take an ECG reading on your wearable device and upload it to the app. (This message is highlighted in orange)
- Please take a temperature reading
- Please take a weight reading and input it into the app.
- Please take a waist circumference reading

Below the list, there is a section titled 'Create scheduled message' with a text input field. A 'Schedule Message' dialog box is overlaid on the screen. The dialog box contains the following fields and options:

- Title:** Please take an ECG reading on your wearable device and upload it to the app.
- Start Date:** 24 Apr 2022
- End Date:** 30 May 2022
- Recurrence:** Everyday
- Frequency:** 2 times a day (Max 7 times)
- Timing:** 9:30 am to 6:00 pm
- Select email/phone number to share with the patients:**
 - Email
 - Phone Number
- Buttons:** Cancel and Next

Schedule the message.

- 1) Set **Start Date** and **End Date**
- 2) Set **Recurrence**
- 3) Set **how many times a day** (maximum 7) the message will be sent to the user
- 4) Set **Timing**
- 5) Set if the user will receive the message via email/phone number, other than in-app message
- 6) Click **“Next”** to set the scheduled message

Viewing User's Alerts

NAME	SUPPORT TEAM	FACILITY & DEPARTMENT	ALERTS	NOT PARAMETERS	MEDICAL CONDITION	OVERALL COMPLIANCE	EDIT
Abdu-Rahman Siddiqui (SMAFTL)			Severe	31	Yes	0 →	
Chanel Lee (SMAFTL)			Moderate	31	Yes	0 →	
Deborah Emily Reid (SMAFTL)			Severe	31	Yes	0 →	
Shane Roberts			Severe	31	Yes	0 →	
Michael Howard			Moderate	31	Yes	0 →	
Malina Sherman (SMAFTL)			Moderate	31	Yes	0 →	
Jessica Ruth Wagner (SMAFTL)			Severe	31	Yes	0 →	
Heena Subudhi (SMAFTL)			Severe	31	Yes	0 →	
Sam MARRS (SMAFTL)			Moderate	31	Yes	0 →	
Willard Simpson (SMAFTL)			Severe	31	Yes	0 →	

- Last alert: 8:59pm, 14 Feb 2022
- SpO2
 - RHR
 - Blood Pressure
 - Breathing Rate
 - PMCC-Vomiting (10+ times)
 - PMCC-Bowel movement (0 times)
 - PMCC-Nausea
 - PMCC-Wellbeing
 - Sleep (hrs)
 - Steps
 - Temperature
 - HRV
 - Overall compliance

← The **Alert** column displays a label summarising the User's status.

←↑ You can view the details of the User's self-reported status by hovering your cursor over the alert label.

↑ Different alert colours will help you to identify the conditions that need to be addressed on priority. They range from red being **Severe**, to yellow being **Mild**.

↑ The severity label depends on the User's data such as PMCC, SpO2, body temperature, blood pressure, resting heart rate, and respiratory rate. The severity displayed for each User is the data with highest alert.



Viewing User's Key Parameter

Name	Support Team	Health & Performance	Alerts	Notifications	Remote Connection	Overall Connection	Key
Alan Williams (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍
Sharon Lee (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍
Gregory Smith (SMB)	→	🟡	🔴	🟢	🟢	🟢	📍
David Roberts	→	🟢	🔴	🟢	🟢	🟢	📍
Michael Howard	→	🟡	🔴	🔴	🟢	🟢	📍
Debra Williams (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍
Jonathan Robinson (SMB)	→	🟡	🔴	🟢	🟢	🟢	📍
Steve Robinson (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍
Tom Hall (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍
Michael Simpson (SMB)	→	🟡	🔴	🔴	🟢	🟢	📍

SPO2	91	↘	14 Feb 2022
RHR	90	↘	14 Feb 2022
Blood Pressure			
Breathing Rate	14	→	14 Feb 2022
Sleep(hrs)	4	↘	14 Feb 2022
Steps	5000	→	14 Feb 2022
Temperature	37	→	14 Feb 2022
HRV	23	↘	14 Feb 2022
Nausea	2/10	↗	14 Feb 2022
Vomiting	10+ times	→	14 Feb 2022

The **Key Parameter** column displays a summary of the users health condition and improvement. You can view the details of the user's self-reported conditions by hovering your cursor over the dot.

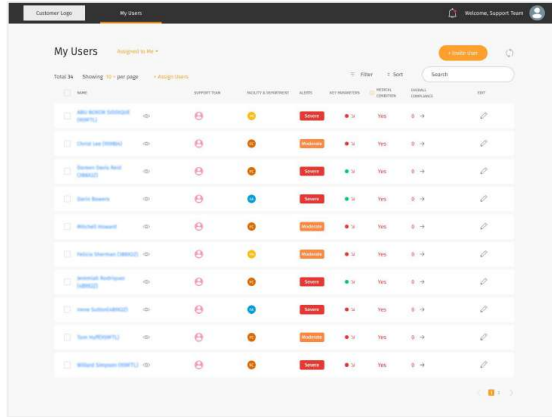
Different colours of the numbers will help you to identify if the numbers are within/outside the normal range; green being **within the normal range**, red being **outside the normal range**.

Different direction of the arrows will help you to identify if the condition is in a good trend or bad trend. Arrow pointing up shows **improving condition**, arrow pointing down shows **worsening condition**.

You can view the key parameter information by hovering your cursor over the “” icon.



Viewing User's Compliance percentage



The screenshot shows a dashboard titled 'My Users' with a table of user compliance data. The table has columns for Name, Overall Compliance, Health & Wellness, Alerts, Medication, Exercise, Hydration, and Overall Compliance. The Overall Compliance column shows percentages and colored dots (green, yellow, orange, red) representing the user's compliance level. A tooltip is visible over the first user, showing a detailed schedule of adherence for that user.

Name	Overall Compliance	Health & Wellness	Alerts	Medication	Exercise	Hydration	Overall Compliance
Alan Williams (2022)	90	100	100	100	100	100	90
David Lee (2022)	80	100	100	100	100	100	80
James Smith (2022)	70	100	100	100	100	100	70
John Brown (2022)	60	100	100	100	100	100	60
Michael Jones (2022)	50	100	100	100	100	100	50
Patricia White (2022)	40	100	100	100	100	100	40
Robert Black (2022)	30	100	100	100	100	100	30
Sarah Green (2022)	20	100	100	100	100	100	20
Tom Hall (2022)	10	100	100	100	100	100	10
William King (2022)	0	100	100	100	100	100	0



The **Overall Compliance** column displays a summary of the user's daily schedule adherence. You can view the detailed schedule of the user by hovering your cursor over the dot.

The overall completion rate is calculated based on the average of medication schedule adherence, exercise schedule adherence, hydration goal completion rate and completion of condition report (at least once a day, where 1 time = 100%).

Different colours of the numbers will help you to identify if the percentage is in a good or bad range. Green being **range of 61%-100%**, yellow being **41%-60%**, orange being **21%-40%**, red being **0%-20%**.

You will receive an alert message if the user's overall compliance drops below 61%.

The direction of the arrows will help you to identify if the percentage is in a good trend or bad trend compared to the day before. Arrow pointing up shows **improving adherence**, arrow pointing down shows **worsening adherence**.

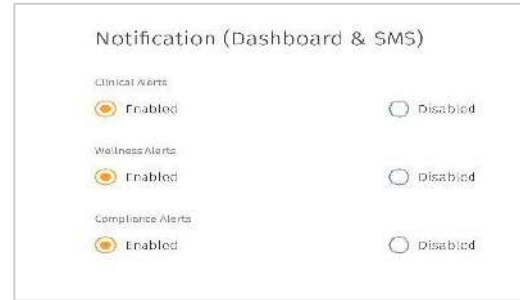
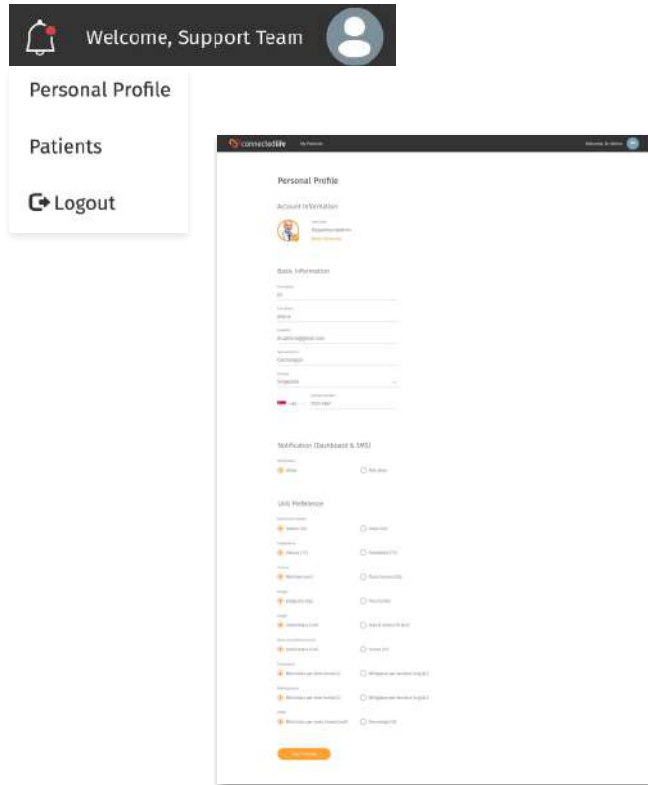


Profile

| [Edit Personal Profile](#)



Edit Personal Profile



↩ In the top navigation bar, click on the **avatar**.

↩ Click **“Personal Profile”**

↩ Update your **profile, notification settings** and **unit preference**, and then click **“Save Changes”**.

Note: Once select **“Disabled”**, you will no longer be able to receive any SMS & Dashboard message from the User.



User's Dashboard

| Overview

| Analysis

- Wellness Score
- Activity and Sedentary Classification
- General Symptom Tracker
- Medicine Intake
- Geolocation
- Heart Rate
- Cholesterol
- Blood Pressure

○ Blood Glucose

○ Self-reported SpO2 & PR bpm

○ Weight

○ Steps, Distance, Floors Climbed &

○ Stride Length

○ Water Intake

○ Sleep Analysis

| AICVD

○ AICVD Score

○ Sending eCOA AICVD link to User

| Sending Private Messages/eCOA Links to a User

| Sending Scheduled Messages to a User

Last update: August 10, 2023

Overview

Basic Information

The data is filled up by the user while onboarding

Reported Data

Shows the average values of conditions reported by the user

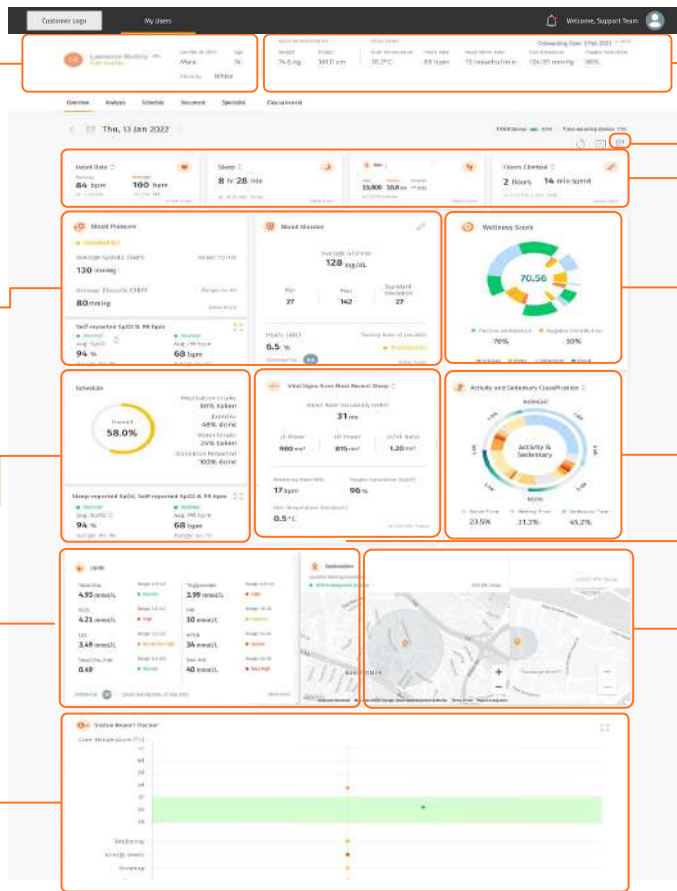
Schedule adherence

The overall completion rate is calculated based on the average of medication schedule adherence, exercise schedule adherence, hydration goal completion rate and completion of condition report (at least 1 per day, 1 time = 100%).

Lipids

Shows the data of the user's lipids from their most recent report.

Manual log of **symptoms** throughout the day with input from the watch or the mobile application



General Readings

The data is filled up by the user while onboarding

Parameter Widget

Shows a list of the users health parameters you are monitoring. You can show hide/ show parameters as per your requirement.

Wellness

The data is gathered from Fitbit Sense device

Wellness Score

Shows the long term wellness score based on users daily data. The data is gathered from Fitbit Sense device and user's status report.

Activity Classification

Shows the activities that the user has done

Vital Signs from Most Recent Sleep

Shows the data of the user's vital signs from their most recent sleep gathered from their Fitbit device

Geolocation

Shows the location of the user and their geolocation address



Overview

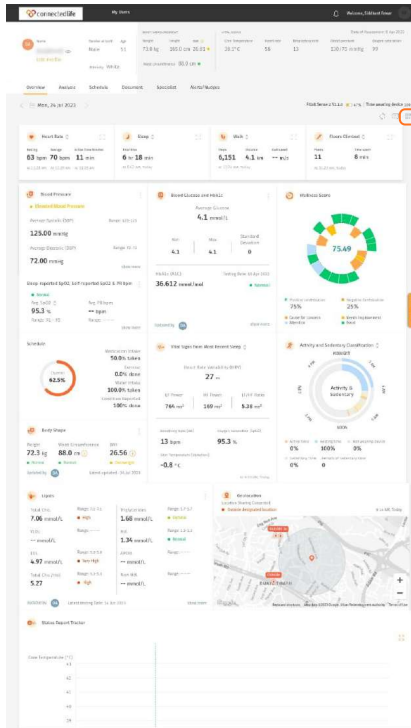


Basic Information

The data is filled up by the user while onboarding



Overview



Parameter Widget

This widget can be used to see all the health parameters of the user & can also be used to switch on / switch off parameters as per your requirement.

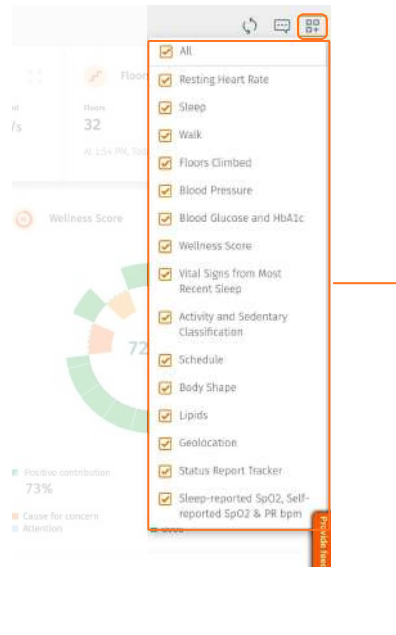


Overview

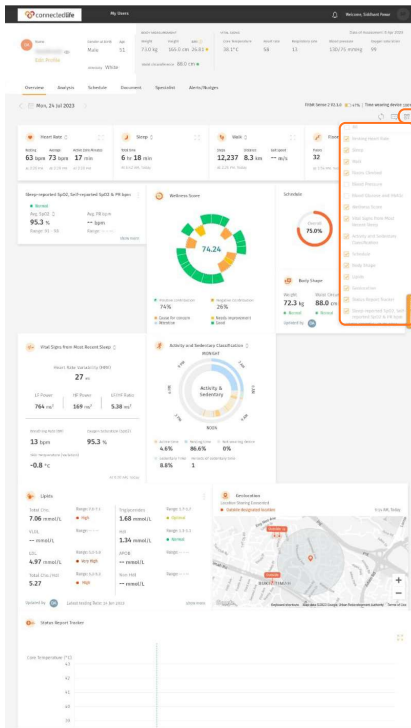


Parameter widget

- Press on the button.
- A drop down menu with all user health parameters will appear.

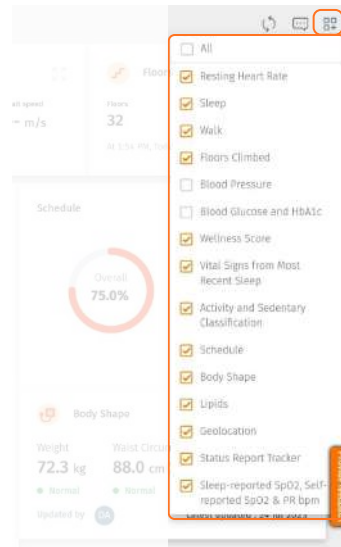


Overview

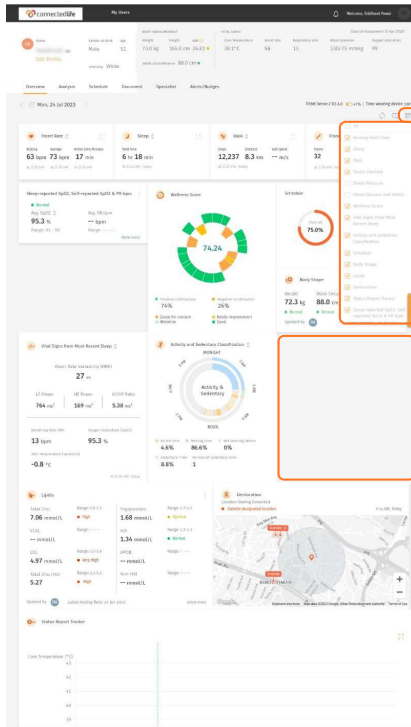


Parameter widget

- Press on the button.
- A drop down menu with all user health parameters will appear.
- You can deselect a parameter that is not required.



Overview

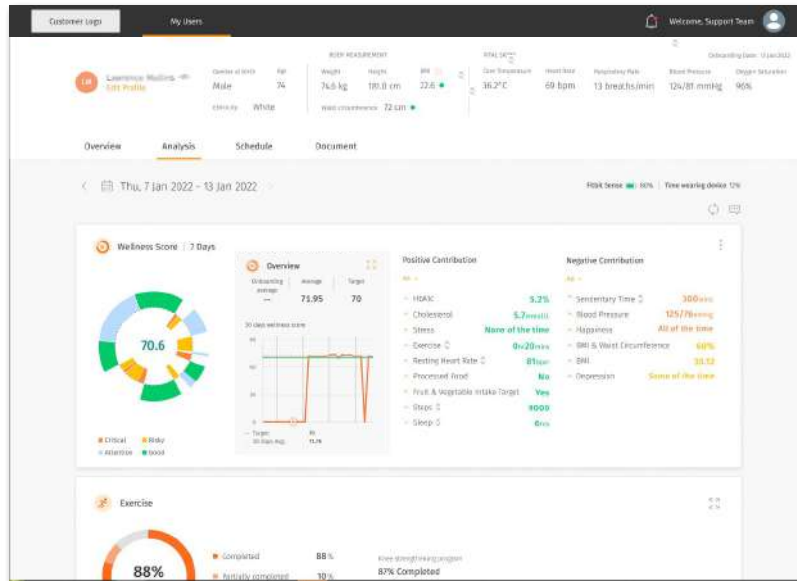


Parameter widget

- Press on the button.
- A drop down menu with all user health parameters will appear.
- You can deselect a parameter that is not required.
- The deselected parameter will disappear from the dashboard.
- A new wellness score will be calculated as per the selected parameters by the support team member



Analysis



← The analysis section includes the user's information, plotted into a graphical report format for easy viewing.

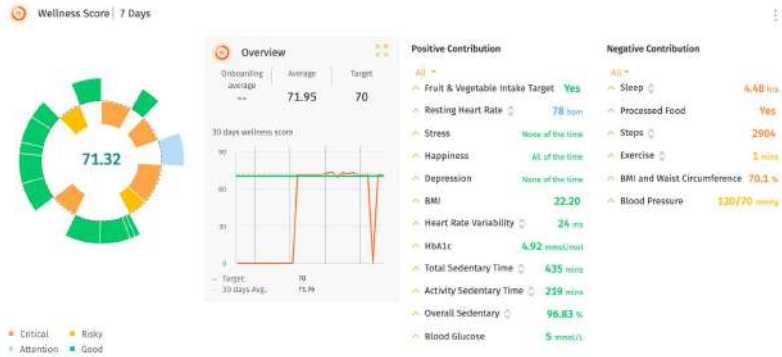
← The data is mapped out in a format that allows you to see trends and understand the evolution of symptoms throughout the day.

← You can use this information to track the user's recovery and update their treatment if required.

← You can choose to see the analysis of a particular day or week by changing the date range on top left corner.



Analysis ○ Wellness Score



- All
- Diet & Nutrition
- Vitals
- Wellness
- Exercise
- Stress

← To view the parameters in a specific category, tap on the dropdown marked 'All' to filter.

↪ You can have an overview of the user's health and wellness from the 'Wellness Score' chart. The wellness data is retrieved from the activities recorded via the smartwatch device and the information they enter from their schedule screen.

Each sector on the chart represents one parameter that contributes to the Wellness Score. The colours marked on the sectors will help you identify the parameters that need to be addressed on priority. They range from orange being **critical**, to green reflecting **good condition**.

A total wellness score is generated by calculating the hazard ratio for each parameter, and adding or subtracting the number for each positive or negative contribution respectively. The **green (Good)** and **blue (Attention)** conditions give a positive contribution, while the **yellow (Risky)** and **orange (Critical)** conditions give a negative contribution. The total wellness score indicates how well the user is doing.



Analysis ○ Wellness Score (cont.)

To view a specific parameters details, tap on its name in the contribution list.



Positive Contribution

- All ▾
- ^ Fruit & Vegetable Intake Target **Yes**
- ^ Processed Food **No**
- ^ Resting Heart Rate **60 bpm**
- < **Steps** **15362**
- ^ Exercise **92 mins**
- ^ Happiness **All of the time**
- ^ BMI **26.81**
- ^ BMI and Waist Circumference **100 %**
- ^ Heart Rate Variability **24 ms**
- ^ HbA1c **33.33 mmol/mol**

Onboarding average /Average/Target value

Onboarding value shows the value recorded in the first 7 days of onboarding, average value shows the average value of the day recorded, while target value shows the ideal value that the user should achieve in order to have a better long-term health condition.

Reference Range

Reference range shows the user's current condition. The colours, ranging from orange to green, help you easily identify if the current value is within or outside the target range.

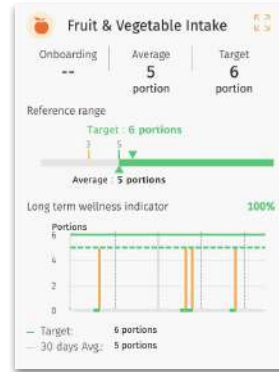
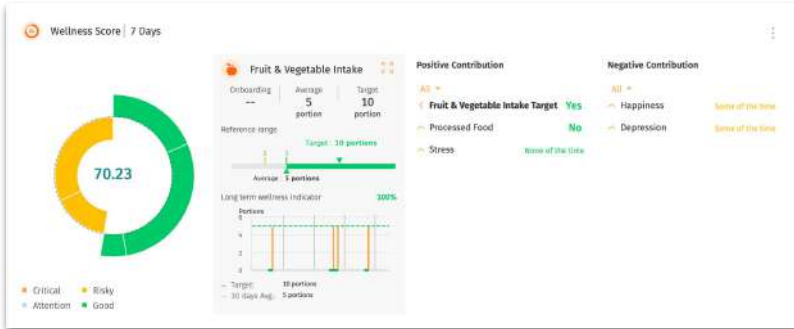
Long term wellness indicator

The percentage shows how well the user will be in the future if they keep up their current condition.

The chart below shows an overview of the user's data for the specific parameter over the last 30 days. To view the chart in detail, click on the expand button on the top right corner of the box.



Analysis ○ Wellness Score - Edit Targets



The 'Parameters' dialog box for 'Diet & Nutrition' shows the 'Fruits and vegetables intakes' parameter set to 10. The dialog box is open, and the 'Save' button is visible at the bottom right.

✦ You can change the target value of the parameter based on your user's condition. Take "Fruit & Vegetable intake" target portion as an example:

✦ On the top right-hand side of the lipids section, click "⋮" and select "Add/edit values"

✦ Find "Fruits and vegetables intakes" under "Diet & Nutrition" category.

✦ Click "✓" to select the new target portion number.



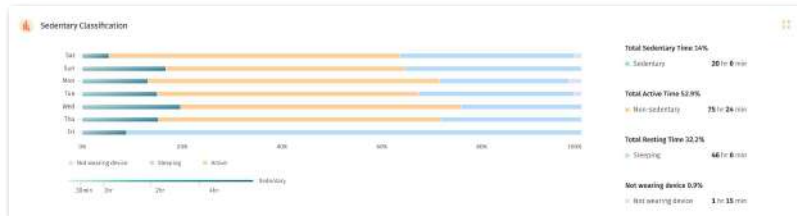
Analysis ○ Activity and Sedentary Classification

Single Day View



← You can view the activities performed by the user, via the activity and sedentary classification charts.

Week View



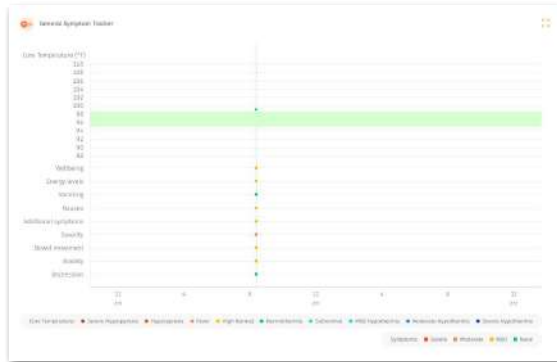
← The various activities and sedentary times are colour coded for quick & easy identification.

← Fitbit now captures your sedentary score after 6 minutes.



Analysis ○ General Symptom Tracker

Day View



← You can have an overview of all symptoms reported by the user, using the 'Symptom Tracker' graph.

Week View



The colours marked on the symptoms will help you to identify the symptoms that need to be addressed on priority. They range from red being **severe**, to green reflecting **no indication** from the User.

You will receive the SMSs if the User has reported body temperature, nausea and vomiting readings that may need your interventions.

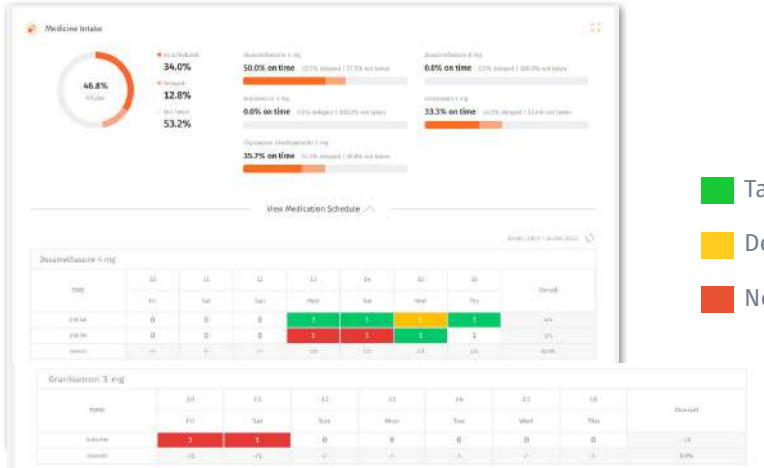


Analysis ○ Medicine Intake

Day View



Week View



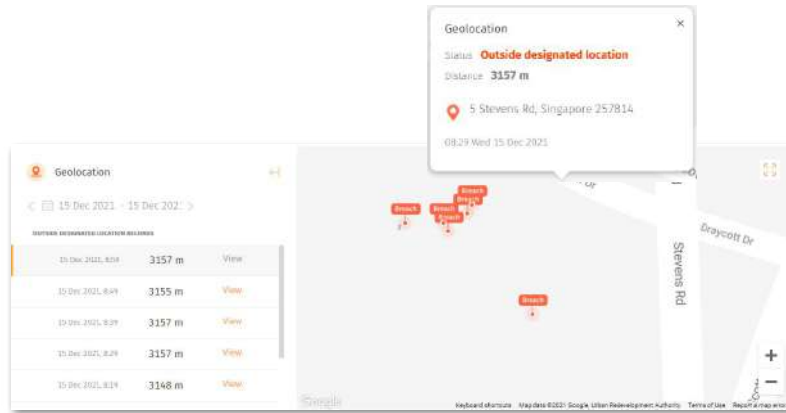
← The medicine intake chart will give you a quick view of the medication prescribed to the user, as well as their daily intake.

← You can view if a particular medicine has been taken by the user **at the scheduled time** (marked in green), or it was **delayed** (marked in yellow) or **not taken** (marked in red).

← You can check the user's medication intake for the entire week as well.



| Analysis ○ Geolocation



← The geolocation map will help you view the user's current location and their breaches (if any) on any particular day or through the week.

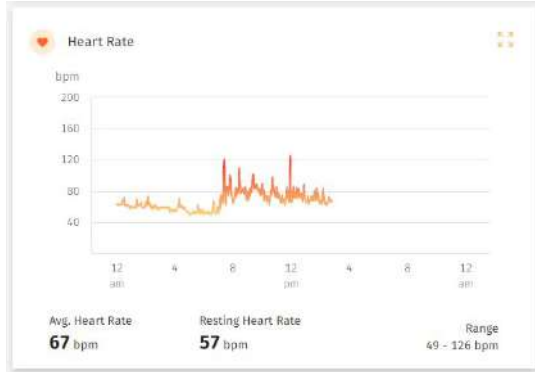
← All the **breach (outside designated location) records** will be show up in the **Geolocation** widget.

← The timestamp and breach distance are captured for each record.



Analysis ○ Heart Rate

Day View



Week View



Resting Heart Rate **58** bpm
Max. Heart Rate **145** bpm
Min. Heart Rate **51** bpm
Wed Dec 15 2021

← In this chart, the range of bpm can be viewed at a glance to track the user's heart rate.

← You can switch to the week view to check the average heart rate through the week.

← You will receive a SMS if the user has resting heart rate readings that may need your interventions.



Analysis ○ Lipids

Day View (Average Record)



Week View (Last Record)



This table provides a detailed view of the cholesterol values for the date 28 Jun 2013.

Test	Value (mmol/L)
Total Cholesterol	7.071
HDL Cholesterol	1.347
LDL Cholesterol	4.973
Triglycerides	1.664

28 Jun 2013

← You can view the user's cholesterol values here. The status labels are colour-coded to help you track the user's status at a glance.

← If the selected time range does not have any recorded data, you can view the last recorded cholesterol values along with the date of record.



Analysis ○ Edit /Add/Delete Lipids values

The screenshot displays a 'Lipids' section with two columns of data. The left column lists Total Cho. (250 mg/dL, High), VLDL (8 mg/dL, Optimal), LDL (150 mg/dL, Borderline High), and Total Cho./Hdl (2.78 mg/dL, Normal). The right column lists Triglycerides (200 mg/dL, High), Hdl (90 mg/dL, Optimal), APOB (170 mg/dL, Severe), and Non Hdl (160 mg/dL, Borderline High). Each value is accompanied by its range and a status indicator. Below the results, it shows 'Updated by: a' and 'Testing Date: 12 Jul 2022'. A 'show more' link is present. An overlay modal titled 'Lipids | 12 Jul 2022' is open, showing a table of values for Total cholesterol, Triglycerides, HDL, and LDL, with a 'Save' button at the bottom.

Test	Value	Unit	Range	Status
Total Cho.	250	mg/dL	250-250	High
VLDL	8	mg/dL	8-8	Optimal
LDL	150	mg/dL	150-150	Borderline High
Total Cho./Hdl	2.78	mg/dL	2.8-2.8	Normal
Triglycerides	200	mg/dL	200-200	High
Hdl	90	mg/dL	90-90	Optimal
APOB	170	mg/dL	170-170	Severe
Non Hdl	160	mg/dL	160-160	Borderline High

There might be times when you need to edit / add /delete the lipids values for your User.

Note: Maximum 3 sets of lipids values can be added in a day.

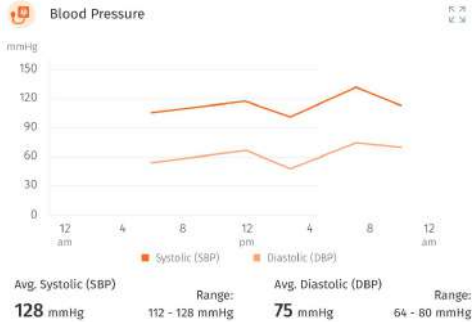
↩ On the top right-hand side of the lipids section, click “ : ” and select “Add/edit values”

← Select “Add value” , “ ” / “ ” to add/edit/delete values

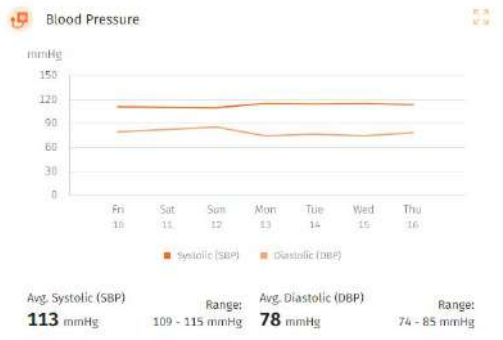


Analysis ○ Blood Pressure

Day View



Week View



← You can view the average and range of blood pressure levels in the Blood Pressure widget.

← Switch to the week view to check the average blood pressure through the week.

You will receive a SMS if the User has reported blood pressure readings that may need your interventions.



| Analysis ○ Edit /Add/Delete Blood Pressure values

The screenshot displays a user interface for blood pressure monitoring. At the top left, there is a red circular icon with a white 'BP' symbol and the text 'Blood Pressure'. Below this, a red alert banner reads 'High Blood Pressure - Stage 2 Hypertension'. Underneath the alert, the text 'Average Systolic (SBP)' is followed by 'Range: 100-100' and a large '100.00 mmHg' value. Similarly, 'Average Diastolic (DBP)' is followed by 'Range: 100-100' and a large '100.00 mmHg' value. On the top right of the main panel, there is a vertical ellipsis menu icon and a button labeled 'Add/edit values'. A modal window is open in the foreground, titled 'Blood Pressure | 31 Aug 2022'. It contains a table with columns for 'Systolic', 'Diastolic', and 'Time', with values '100 mmHg', '100 mmHg', and '11:18 AM' respectively. There are edit and delete icons next to the values. At the bottom right of the modal is an orange button labeled 'Add value'.

There might be times when you need to edit / add /delete the blood pressure values for your User.

◀ On the top right-hand side of the blood pressure section, click “ ⋮ ” and select “Add/edit values”

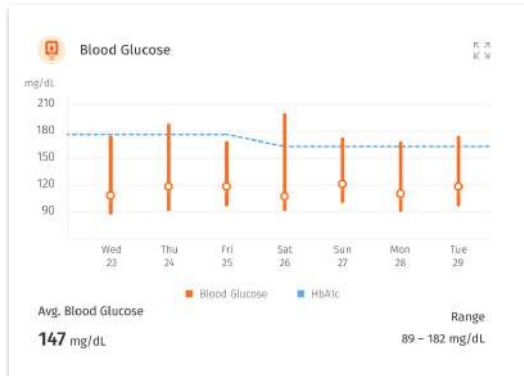
← Select “Add value” / “ ✎ ” / “ ⊖ ” to add/edit/delete values

Analysis ○ Blood Glucose and HbA1c

Day View



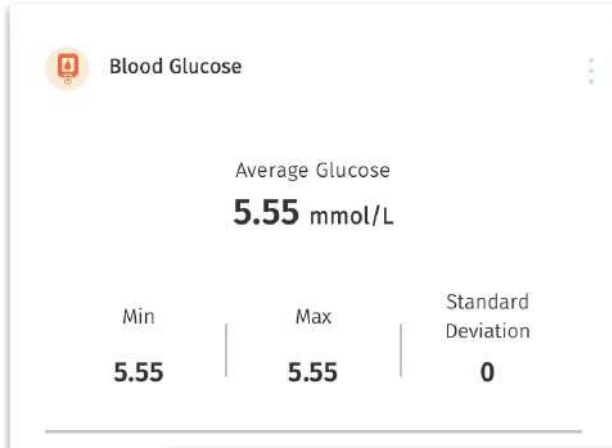
Week View



- ← This chart displays the average and range of blood glucose and HbA1c of the User.
- ← You can easily identify the activity detail for each input in the day view through the icons at the bottom of the graph.
- ← Switch to the week view to check at a glance the User's range of blood glucose through the week.



Analysis ○ Edit /add/delete Blood glucose and HbA1c values



Add/edit values



There might be times when you need to edit / add /delete the Blood glucose and HbA1c values for your User.

Note: Maximum 1 set of HbA1c value can be added in a day.

↩ On the top right-hand side of the lipids section, click “ : ” and select “Add/edit values”

← Select “Add value” / “ ” / “ ⊖ ” to add/edit/delete values

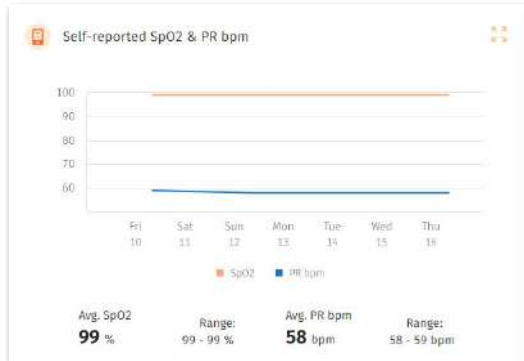


Analysis ○ Self-reported SpO2 & PR bpm

Day View



Week View



← In this chart, you can view the User's SpO2 and PR bpm levels that they have reported themselves throughout the day or week.

You will receive a SMS if the User has reported SpO2 readings that may need your interventions.



Analysis ○ Edit /add/delete Self Reported SpO2 & PR bpm Values

Add/edit values

Sleep-reported SpO2, Self-reported SpO2 & PR bpm

● Normal ● Bradycardia

Avg. SpO2 

98.0 %

Range: 98 - 98

Avg. PR bpm

29 bpm

Range: 29 - 29 [show more](#)

Self-reported SpO2 & PR bpm | 31 Aug 2022


SP02	PR bpm	TIME
98 %	29 bpm	11:36 AM

[Add value](#)

There might be times when you need to edit / add /delete the Self reported SpO2 & PR bpm values for your User.

Note: Maximum 1 set of HbA1c value can be added in a day.

↩ On the top right-hand side of the Self reported SpO2 & PR bpm values section, click “ ” ; id select “Add/edit values”

← Select “Add value” / ”  ” / “  ” to add/edit/delete values

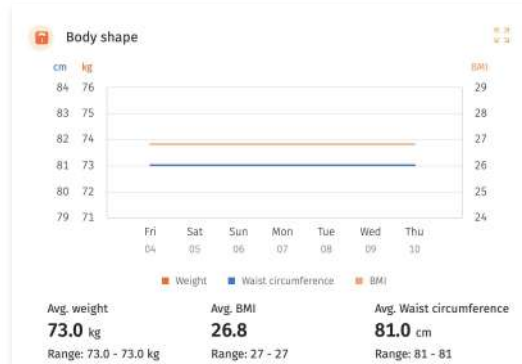


Analysis ○ Body Shape

Day View



Week View



← In this chart, you can view the User's weight inputs throughout the day or week.



| Analysis ○ Edit /add/delete Body Shape values



Body Shape

Weight **62.0 kg** ● Normal

Waist Circumference **50.0 cm** ● Normal

BMI **22.77** ● Normal

Updated by TX Latest updated : 16 Aug 2022

Add/edit values





Body Shape | 31 Aug 2022

Weight	Waist Circumference	BMI	Read time	
50.0 kg	50.0 cm	22.04	11:29 AM	 

Add value

There might be times when you need to edit / add /delete the Body shape values for your User.

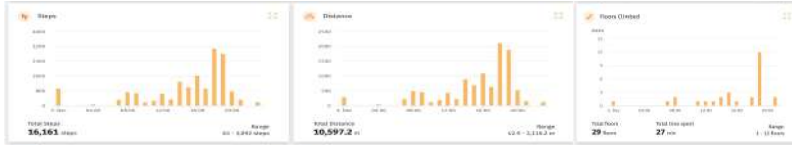
◀ On the top right-hand side of the body shape section, click “ : ” and select “Add/edit values”

← Select “Add value” / “  ” / “  ” to add/edit/delete values



Analysis ○ Steps, Distance & Floors

Day View



Week View



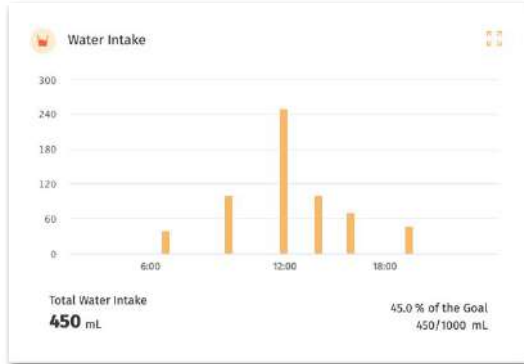
← The steps, distance, floors and floors will help you to monitor their activity, as well as their average stride length.

← The weekly view will show an average of the same classifications during the selected week.

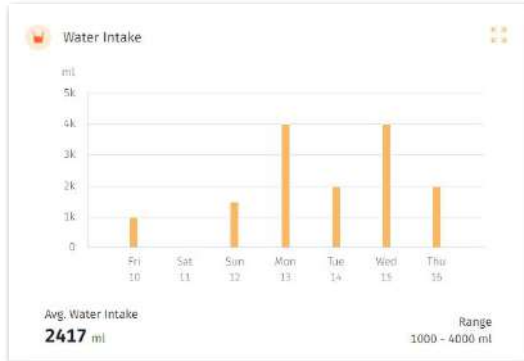


Analysis ○ Water Intake

Day View



Week View



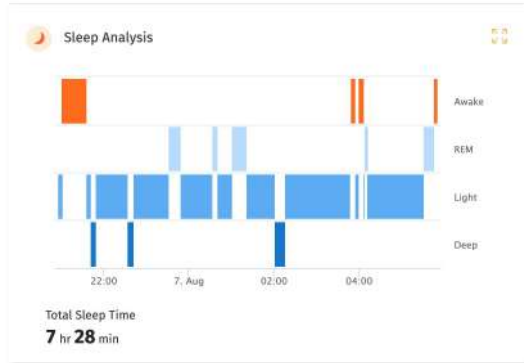
← You can view the water intake level logged by the User.

← The daily water intake goal can be set in the "Schedule Management" screen.

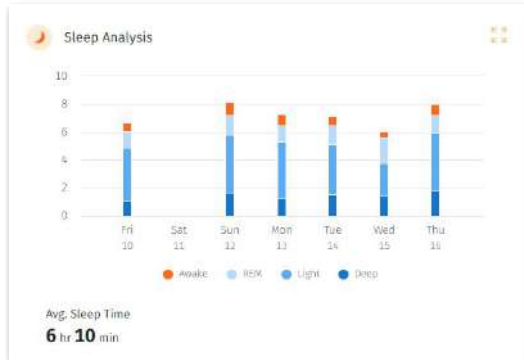


Analysis ○ Sleep Analysis

Day View



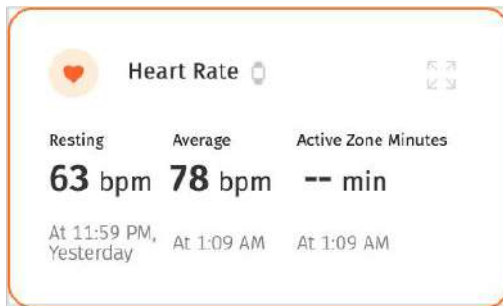
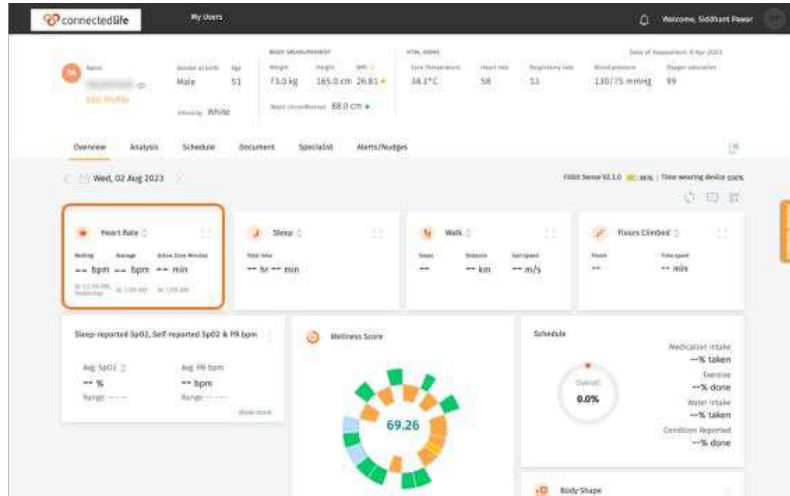
Week View



← After seeing the detailed analysis of your User's sleep pattern, you can suggest the necessary treatments or set reminders to make sure they rest well.

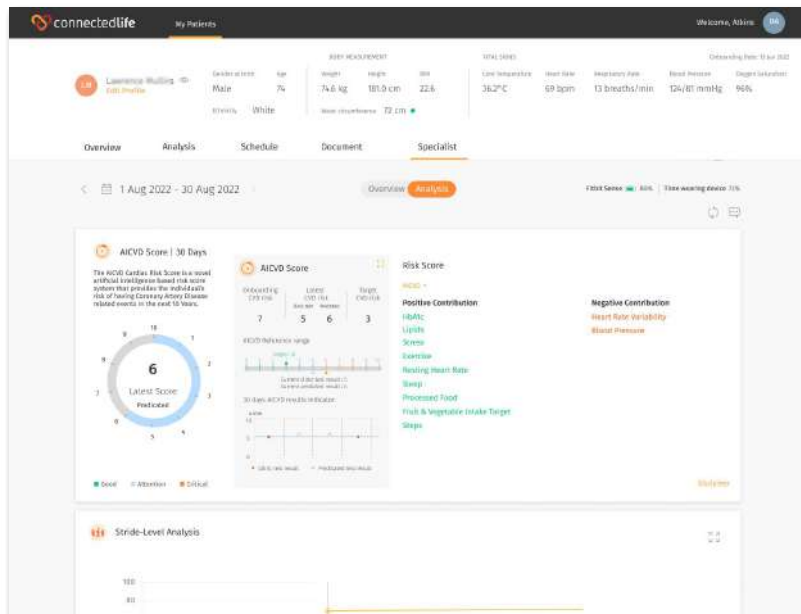


Logging in Information on User's Behalf



← If your user has not been entering data for a while you can directly go to a specific parameter and log in information on behalf of the user.





← Over on the “Specialist > Analysis” section on each of your individual User dashboard, you are able to find the User’s AICVD score.

The AICVD Cardiac Risk Score is a novel artificial intelligence based risk score system that provides the individual’s risk of having Coronary Artery Disease related events in the next 10 Years.

NOTE: Do click on the “Disclaimer” and learn more about the **AICVD Score**.



AICVD Score

First clinic test result

AICVD Graph:

Time range changes based on the time period selected by the clinician.

Clinic Test:

eCOA links test send to the User. Once they have done the test, a result (0-10) will be auto generated and displayed in the graph

Latest clinic test result

Latest predicted result

Expansion view of the AICVD score graph

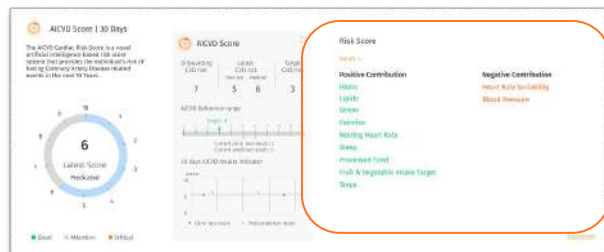


The AICVD Score is populated based on the AICVD Risk Questionnaire send out by the Support Team to the user to do.

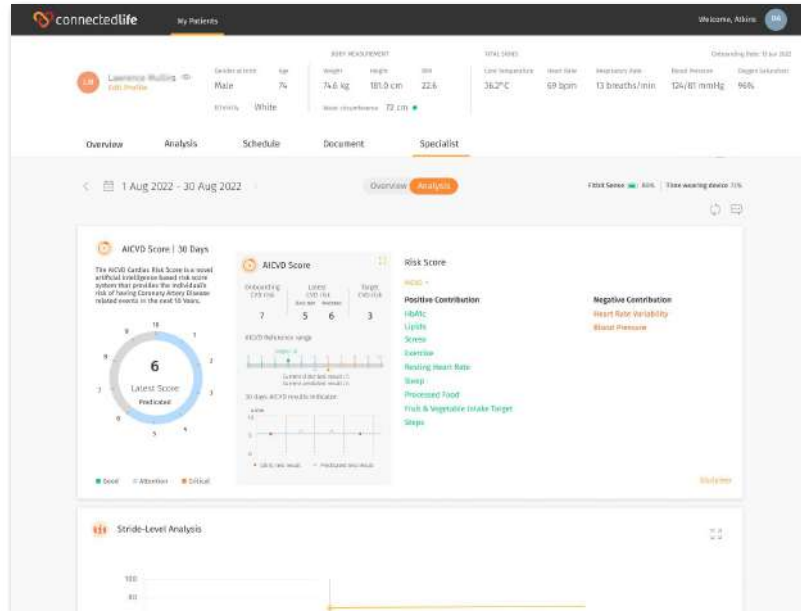
The dashboard will also indicate what are the contributing factors that affect the risk score.

Predicted Test:

Result auto generated every two weeks after the User get his first clinic test result



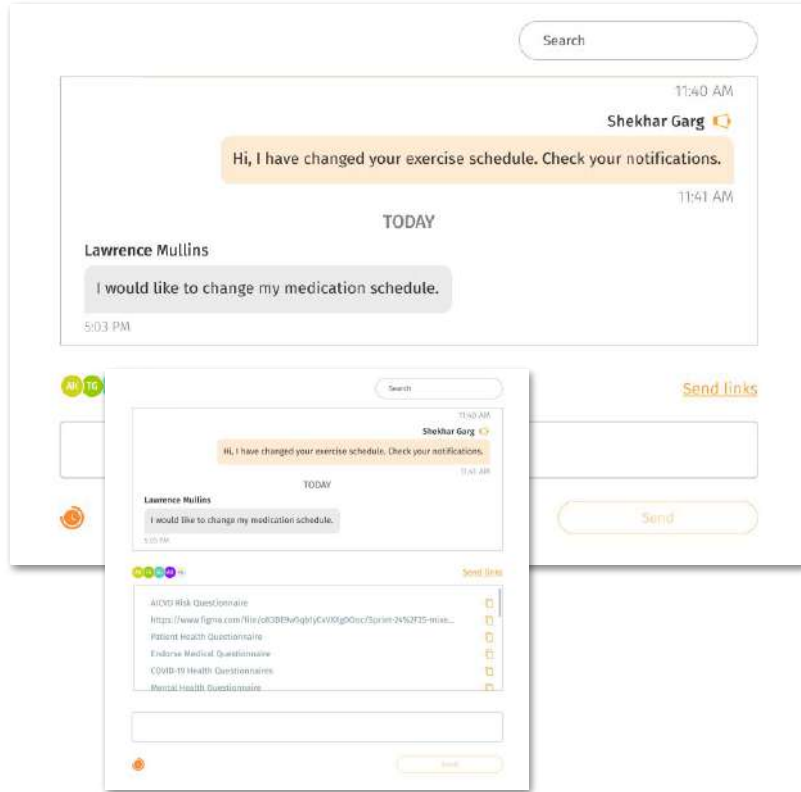
| AICVD - Sending eCOA AICVD link to User



← Click on the chat message button on the User dashboard



AICVD - Sending eCOA AICVD link to User



← Click on **“Send Links”**

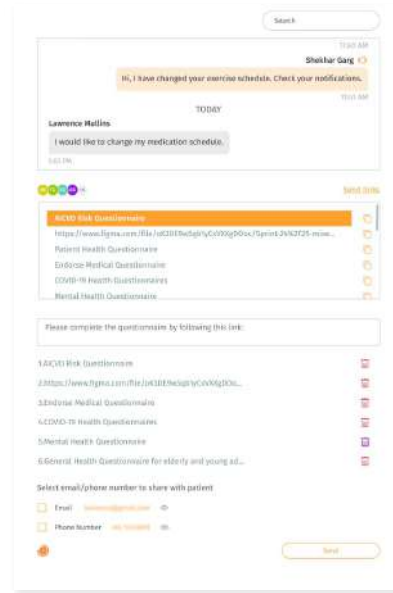
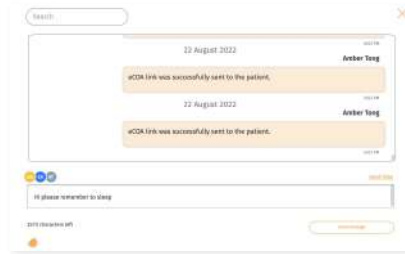
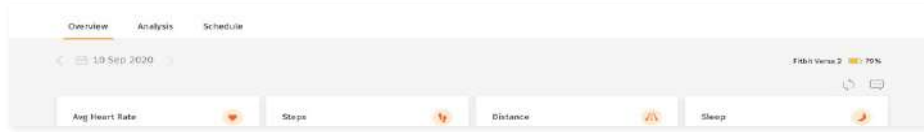
← Select the **“AICVD Risk Questionnaire”** follow by clicking on this “📄” button.

A message, **“Please complete the questionnaire by following this link.”** will be Auto generated once the link is selected and display in message box.

← Click send once confirming your selection.



Sending Private Messages/eCOA links to a User



There might be times when you are taking a look at the User's report, and the need arises to contact the User. For eCOA links, missed medications or notes on any particular activity, you can send a private message to the User.

Send eCOA links : Type Send links, select share with email/ phone number, then click "Send".

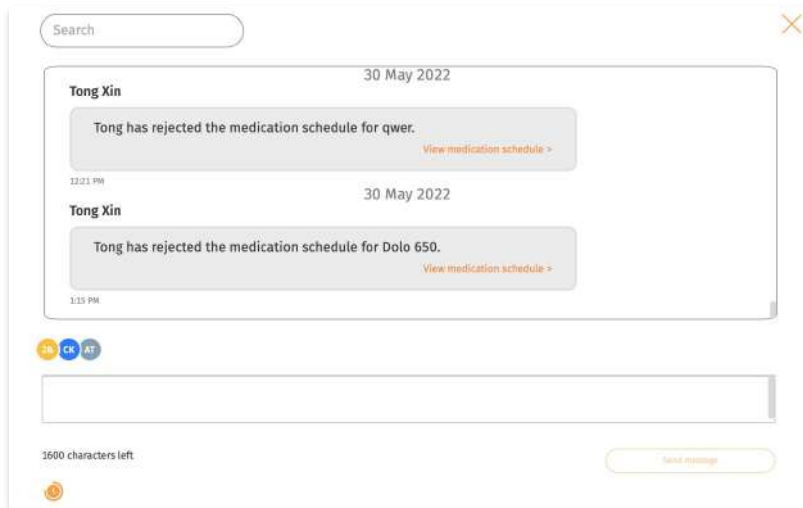
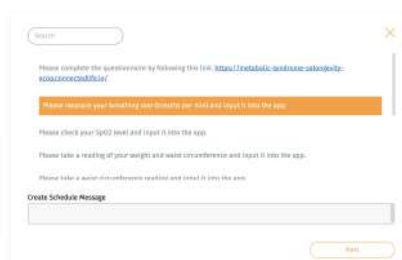
Under the Overview or Analysis tab, click on the message button " " at the top right of the screen.

Send message: Type message then click "Send".


Your User will receive the message in the mobile app.




Sending Scheduled Messages to a User



There might be times when you need to schedule messages that repeat every day/ week/ month to a User.

Under the **Overview** or **Analysis** tab, click on the message button “

← **Send message:** Click 

↑ **Select the message :** Select the message you would like to send the User, and click “**Next**”

↑ You can also create your own message in the box.



| Sending Scheduled Messages to a User

Please measure your breathing rate (breaths per min) and input it into the app.

Start Date: 13 Jun 2022

Duration: Number of Days: 10 (max 365 days)

Recurrence: Specific Days: Mon Tue Wed Thu Fri Sat Sun

Frequency: 4 times a day (Max 7 times)

Timing: 12:00 am

Select email/phone number to share with the patients:

Email

Phone Number

Cancel Next

← Schedule the message.

- 1) Set **Start Date** and **End Date**
- 2) Set **Recurrence**
- 3) Set **how many times a day** (maximum 7) the message will be sent to the User
- 4) Set **Timing**
- 5) Set if the User will receive the message via email/phone number, other than in-app message
- 6) Click **“Next”** to set the scheduled message



User's Schedule Management

- | Schedule
- | Managing Schedule
 - Report Condition
 - Take Medicine
 - Stay Hydrated
 - Exercise
 - Take a Rest



Schedule

The screenshot displays a user profile for 'Laurina Walling' with various vital signs and a 'Schedule Management' section. The 'Schedule Management' section includes a 'Report symptoms' table and several reminder categories.

Start Date	End Date	Frequency
8 Jan 2022	27 Jan 2022	Every Day

Other reminder categories shown: Take medication, Stay hydrated, Exercise, and Take a rest, all with 'No reminders'.

← Based on the day's overview and the analysis report, you can administer a schedule for the user.

← Apart from medication, the schedule also allows you to set reminders for staying hydrated, reporting symptoms at specific times per day, or to exercise and rest.

These reminders are set in place to help nudge the user to perform the required logs. These logs will help the user better track the development of their symptoms and help you better understand how they are progressing in their recovery.



Managing Schedule ○ Report Condition

Schedule Management

Schedule

Report condition
Last updated: 25 Jul 2021

Report condition
8:00 am, 11:30 am, 2:00 pm, 7:00 pm, 7:15 pm, 9:30 pm

Take medication
No reminders

Stay hydrated
9:00 am, 11:15 am, 5:00 pm

Exercise
No reminders

Take a rest
7:15 pm, 7:00 pm, 7:45 pm

Report condition

Start Date	End Date	Reminder
22 Jul 2021	3 Aug 2021	Everyday

Frequency
6 times a day

Timing	Timing	Timing	Timing	Timing
8:00 am	11:30 am	2:00 pm	7:00 pm	7:15 pm
Timing	Timing	Timing	Timing	Timing
9:30 pm				

↪ On the left-hand side of Schedule screen, select the tab **"Report Condition"**.

↪ Click **"Edit"** (Pencil Icon).

← Set reminder.

Report Condition

Start Date
22 Jul 2021

End Date
01 Aug 2023

Reminder Setting

Reminders
Everyday

Frequency
6 times a day

Timing	Timing	Timing	Timing	Timing
8:00 am	11:30 am	2:00 pm		
Timing	Timing	Timing	Timing	Timing
7:00 pm	7:15 pm	9:30 pm		

Existing Schedule

Take Medication
No reminders

Stay Hydrated
9:00 am, 11:15 am, 5:00 pm

Report Condition
8:00 am, 11:30 am, 2:00 pm, 7:00 pm, 7:15 pm, 9:30 pm

Exercise
No reminders

Take Rest
7:15 pm, 7:00 pm, 7:45 pm

Drug Allergy
No Allergies

Medical History
Orthostatic

Orthostatic

Save

- 1) Set **Start Date** and **End Date**
- 2) Set **how many times a day** (maximum 6) you want the User to be reminded
- 3) Set **Timings**
- 4) Click **"Save"** to update the reminder.



Managing Schedule ○ Take Medication

The screenshot shows the 'Schedule Management' interface. At the top, there are navigation tabs: Overview, Analysis, Schedule (selected), Document, and Specialist. The main content area is divided into three sections:

- Schedule:** A list of events including 'Report Condition' (5:00 pm), 'Medication' (11:30 am, 10:00 pm), 'Stay Hydrated' (8:15 am, 3:00 pm, 6:30 pm), 'Activity' (9:30 am), and 'Take a Rest' (11:00 pm).
- Medication:** A list of medications with a '+ Add New Medication' button. The selected medication is 'Zevit 1 mg, Capsule'.
- Zevit Zevit 1 mg, Capsule:** A detailed view of the medication with a 'Regime' tab. It shows:
 - Start Date: 5 Apr 2023
 - End Date: 30 Apr 2023
 - Recurrence: Everyday
 - Timing: Once
 - Time: 10:00 pm
 - Dose: 1
 - Last Updated: 3 Apr 2023
 - Notes: (empty)

The 'Add New Medication' dialog box is shown, with the instruction 'Add medication schedule by selecting a medicine or regime'. It features a search bar and a table of available medications:

Name	Dose	Time	Form
Zevit	1 mg	10:00 pm	Capsule (Oral)
MG 101	10 mg	12:00 pm	Tablet
test medicine	100 mg	12:00 pm	Tab.
400 050 s	Macro Labs Ltd	450 gm	Tab.

↩ On the left-hand side of Schedule screen, select the tab **"Take Medication"**.

↩ Click **"Add New Medication"**.

↩ Search or select a medicine in the list.



Managing Schedule ○ Take Medication

Zathrin 5 mg Capsule (Liquid)

Start Date: 10 Sep 2020 | End Date: 30 Sep 2020

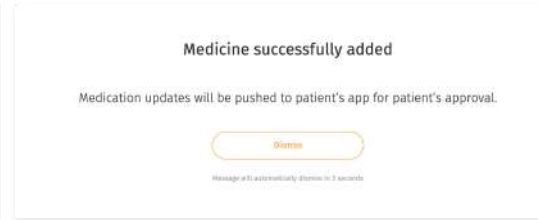
Recurrence: Everyday

Frequency: 1 times a day

Timing: 12:00 am | Dose: 0.5 | Dose Unit: Capsule (Liquid)

Notes: Eg. Take after food, patient not comfortable with tablets, etc.

Save Medication



Set Medication.

- 1) ⏪ Set **Start Date** and **End Date**
- 2) ⏪ Set **Recurrence**
- 3) ⏪ Set **how many times a day** (maximum 6) that the User will need to take the medicine
- 4) ⏪ Set **Timing & Dose**
- 5) ⏪ Add **Notes** if any.
- 6) ⏪ Click **“Save”** to update the reminder

Start Date	End Date	Recurrence
25 Aug 2020	30 Sep 2020	Everyday
Timing	Dose	
12:15 pm	0.50	
Last Updated: 25 Aug 2020		
Timing	Dose	
2:00 pm	0.50	
Last Updated: 25 Aug 2020		



Managing Schedule ○ Stay Hydrated

Overview Analysis **Schedule** Document Specialist

Schedule Management

Schedule Stay Hydrated
Last Updated: 30 Mar 2023

Report Condition
5:00 pm

Medication
11:30 am; 3:00 pm

Stay Hydrated
8:15 am; 3:00 pm; 6:30 pm

Activity
9:30 am

Take a Rest
11:00 pm

Water Intake Goal
2,000 ml

Start Date 30 Mar 2023 **End Date** 30 Apr 2023 **Recurrence** Everyday

Frequency
3 times a day

Timing **Timing** **Timing**

Stay Hydrated

Start Date 29 Aug 2020 **End Date** 06 Mar 2021 **Recurrence** Everyday

Medication 300ml

Frequency 5 times a day

Timing

Timing	Timing	Timing	Timing	Timing
11:00 am	11:45 am	3:00 pm	3:15 pm	3:30 pm

Timing Schedule

Take Medication
11:00 am; 3:00 pm; 3:15 pm; 3:30 pm

Stay Hydrated
11:00 am; 11:45 am; 3:00 pm; 3:15 pm; 3:30 pm

Report Condition
5:00 pm; 6:30 pm; 11:00 pm

Take Exercise
9:30 pm; 10:00 pm

Take Rest
11:00 pm; 11:30 pm

Drug Allergy
No Allergies

Medical History
No History

↩ On the left-hand side of Schedule screen, select the tab **"Stay Hydrated"**.

↩ Click **"Edit"**(Pencil Icon).

Set reminder.

1) ↩ Set a **Hydration Goal**

**Hydration goal updates will be reflected on the following day.*

2) ↩ Set **Start Date** and **End Date**

3) ↩ Set **how many times a day** (maximum 7) the User will be reminded

4) ↩ Set **Timings**

5) ↩ Click **"Save"** to update the reminder



Managing Schedule ○ Activity

Overview Analysis **Schedule** Document Specialist

Schedule Management

Schedule

Report Condition
5:00 pm

Medication
11:30 am; 10:00 pm

Stay Hydrated
8:15 am; 3:00 pm; 6:30 pm

Activity
9:30 am

Take a Rest
11:00 pm

Exercise Group

Exercise Non Walking
9:30 am - 10:00 am

+ Add New Exercise Group

Exercise Non Walking

Start Date End Date Recurrence
29 Mar 2023 30 Apr 2023 Every Day

1 Straight Leg Raise In Supine

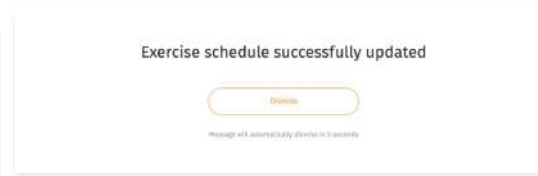
Sets Reps
2 10

Notes for the exercise

Notes

Suggested Time Range
9:30 am - 10:00 am

Save



↳ In the left-hand side of Schedule screen, select the tab **"Activity"**.

↳ Click **"Edit"** (Pencil Icon).

Set reminder.

- 1) ← Set **Start Date** and **End Date**
- 2) ← Set **how many times a day** (maximum 7) you want the User to be reminded
- 3) ← Set **Timings**
- 4) ← Click **"Save"** to update the reminder



Managing Schedule ○ Take a Rest

The screenshot displays the 'Schedule Management' interface. At the top, there are navigation tabs: Overview, Analysis, Schedule (selected), Document, and Specialist. The main content area is titled 'Schedule Management' and contains a 'Schedule' section on the left and a 'Take a Rest' section on the right. The 'Take a Rest' section shows a list of items: Report Condition (5:00 pm), Medication (11:30 am; 10:00 pm), Stay Hydrated (8:25 am; 3:00 pm; 6:30 pm), Activity (9:30 am), and Take a Rest (11:00 pm). The 'Take a Rest' entry is highlighted. Below this, there is a detailed view of the 'Take a Rest' entry, showing fields for Start Date (30 Mar 2023), End Date (30 Apr 2023), Frequency (Everyday), Frequency Setting (1 times a day), Timing (11:00 pm), and a 'Save' button. To the right of this view is a 'Editing Schedule' section with fields for Start Medication (11:00 am; 10:00 pm; 11:00 am; 10:00 pm; 11:00 am; 10:00 pm), End Medication (11:30 am; 10:30 am; 11:30 am; 10:30 am; 11:30 am; 10:30 pm), Report Start/End (11:00 am; 10:00 pm; 11:00 am; 10:00 pm), Take Medication (11:00 am; 10:00 pm), Take Rest (11:00 am; 10:00 pm), Drug Allergy (No Allergy), and Medical History.

↪ In the left-hand side of Schedule screen, select the tab **“Take a Rest”**

↪ Click **“Edit”**(Pencil Icon).

Set reminder.

- 1) ↪ Set **Start Date** and **End Date**
- 2) ↪ Set **how many times a day** (maximum 7) the User will be reminded
- 3) ↪ Set **Timings**
- 4) ↪ Click **“Save”** to update the reminder.

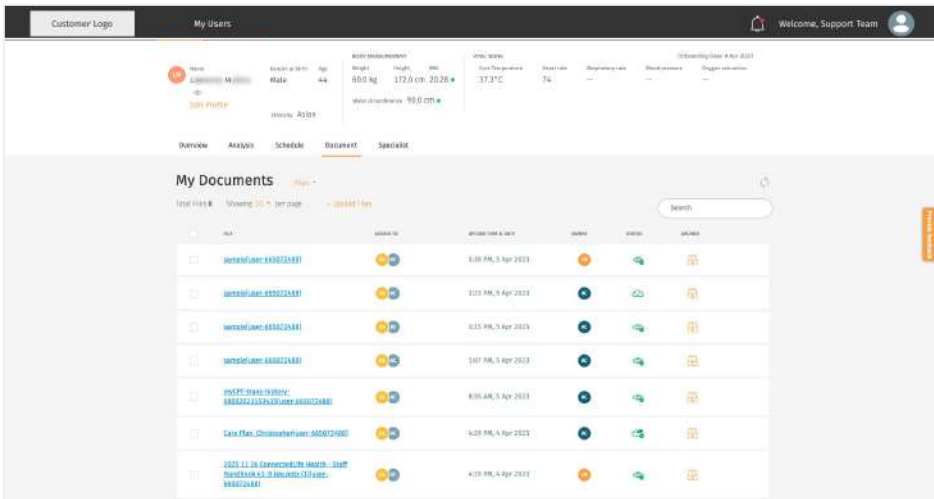


User's Document Management

- | About Document
- | Managing Document
 - Upload Files
 - View File
 - Share Files with the User
 - Sending Messages to the User



About Document

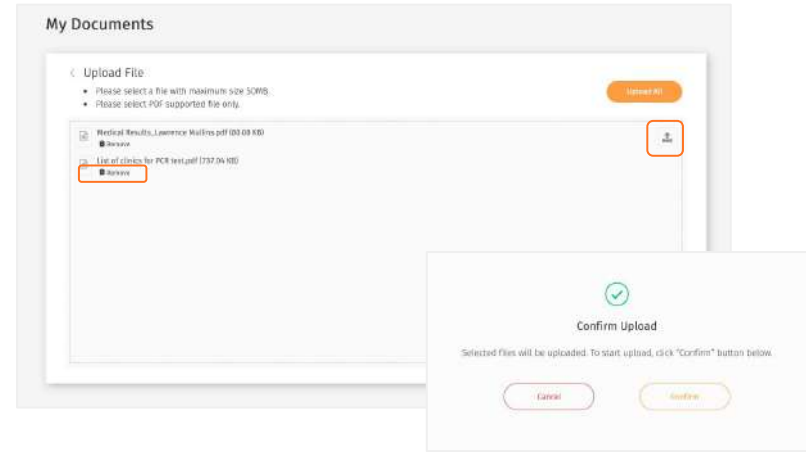
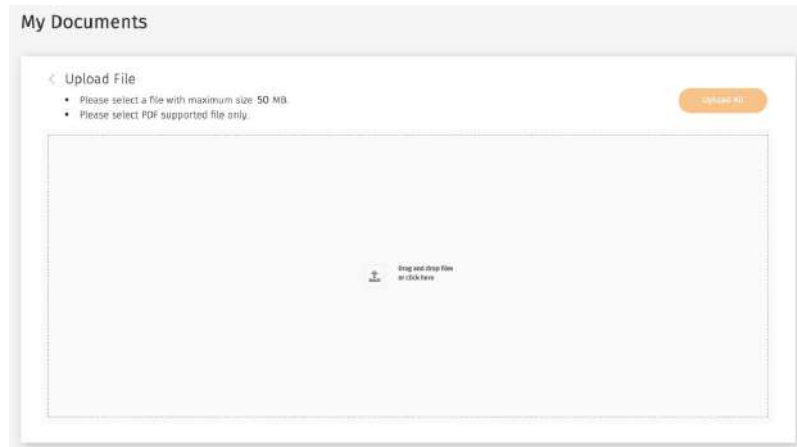
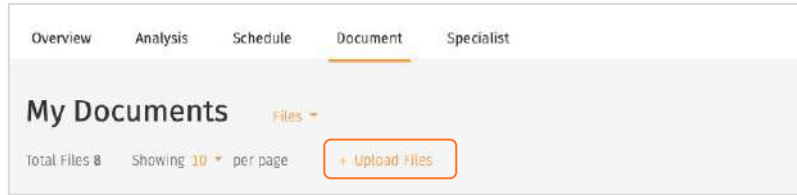


← The Document section allows you to view, upload and share PDF files with the User.

You can also view and download PDF files shared by the User from their Wellness Plus app.



Managing Documents ○ Upload Files



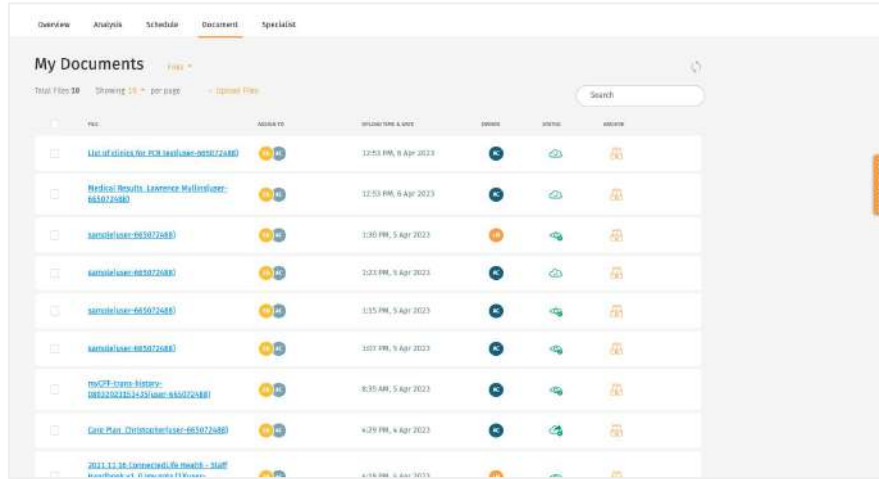
↖ On the left-hand side of My Documents screen, select the text "Upload files" under My Documents.


↖ Then, drag and drop files or click "📁" to select files from your computer.

↑ Selected files will be listed in the box. You can delete unwanted files by clicking "Remove" or add new files by clicking "📁". Once you are ready to upload, click "Upload All". Click "confirm".




Managing Documents ○ Upload Files (cont.)



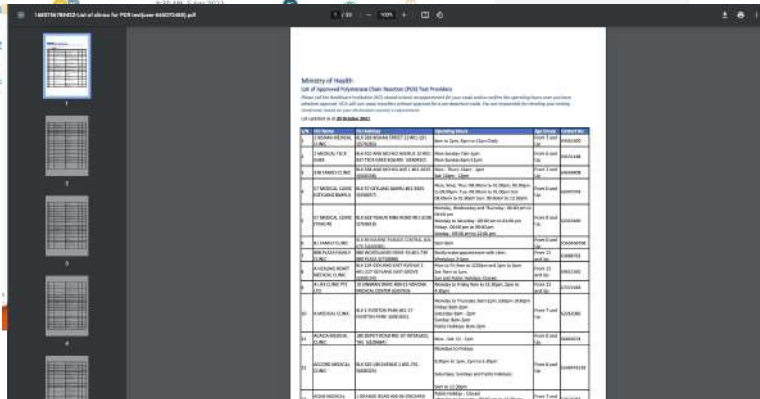
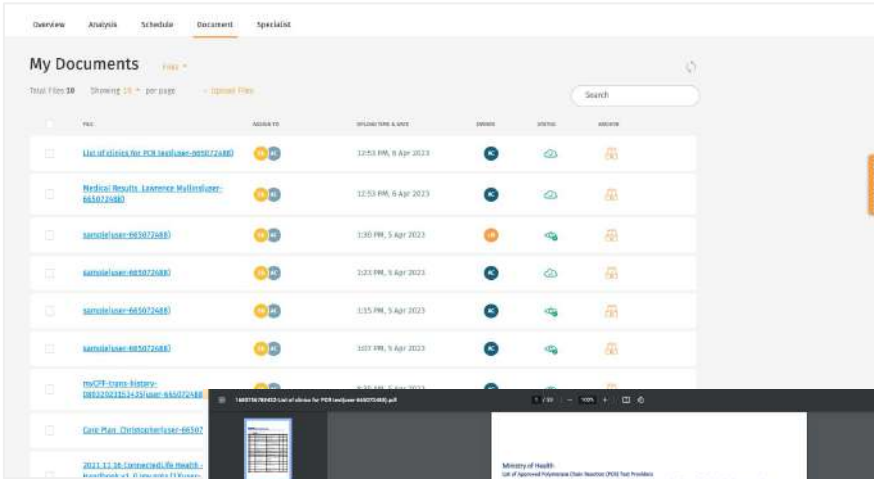
← Once uploaded, the file will be listed under “My Documents”. The status will be marked as “” to indicate that the file is uploaded successfully.



← Unsuccessful uploads will be listed under “My Documents”. Click “” to delete the file.



Managing Documents ○ View Files

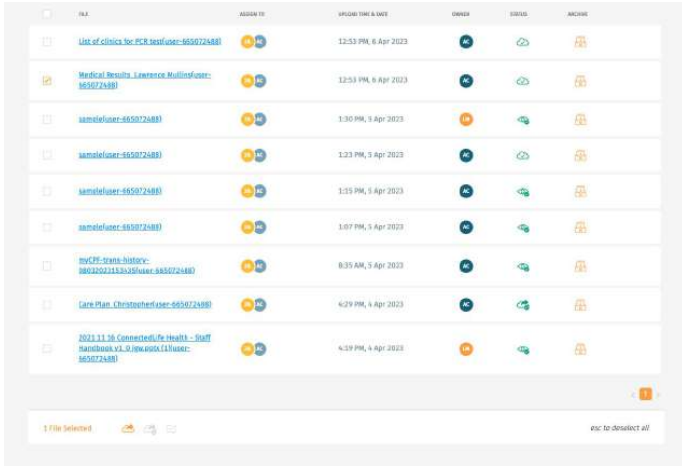


◀ You can view the file by clicking the file name. It will be opened in a new tab.

You can also download the file.



Managing Documents ○ Share Files with User



There may be times when you would like to share uploaded files with the user for them to view or download the files.

✦ Select the file you would like to share with the user on the “My Documents” screen. You can select multiple files at one time. At the bottom of the screen, click on the Share button “”.

✦ Type message then click “Send”.

✦ Once shared, the status of the file will be marked as “” to indicate the file is shared with the User successfully.

✦ Your user will receive the file with your message on their mobile app. File status will change to “” if the User has viewed the shared file.

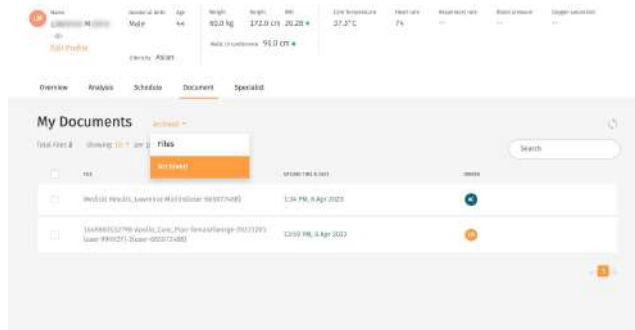


Managing Documents ○ Archive Files


FILE	ASSIGNED TO	UPLOAD TIME & DATE	OWNER	STATUS	ARCHIVE
List of clinics for PCR test[user-665072488]	[User]	12:53 PM, 6 Apr 2023	[User]	[Status]	[Archive]
Medical Security_Lawrence.Nullin[user-665072488]	[User]	12:53 PM, 6 Apr 2023	[User]	[Status]	[Archive]
[User]	[User]	1:30 PM, 5 Apr 2023	[User]	[Status]	[Archive]
[User]	[User]	1:23 PM, 5 Apr 2023	[User]	[Status]	[Archive]
[User]	[User]	1:15 PM, 5 Apr 2023	[User]	[Status]	[Archive]
[User]	[User]	1:07 PM, 5 Apr 2023	[User]	[Status]	[Archive]
toyCFE-frank.histocv-8803202113333[user-665072488]	[User]	8:35 AM, 5 Apr 2023	[User]	[Status]	[Archive]
Care Plan_ChrisTeucher[user-665072488]	[User]	4:29 PM, 6 Apr 2023	[User]	[Status]	[Archive]
2021_11_26_ConnectedLife_Health - Staff Handbooks_v1.0.pdf[user-665072488]	[User]	4:59 PM, 6 Apr 2023	[User]	[Status]	[Archive]

Confirm Archive

Some of the selected files are shared with the patient. The patient will no longer be able to view the files once they are archived.

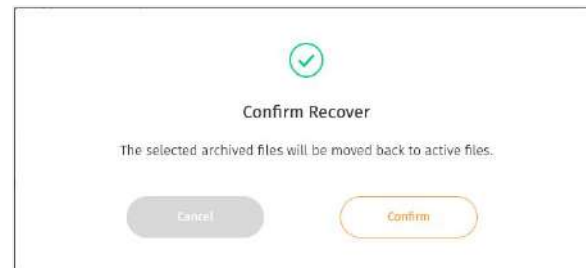
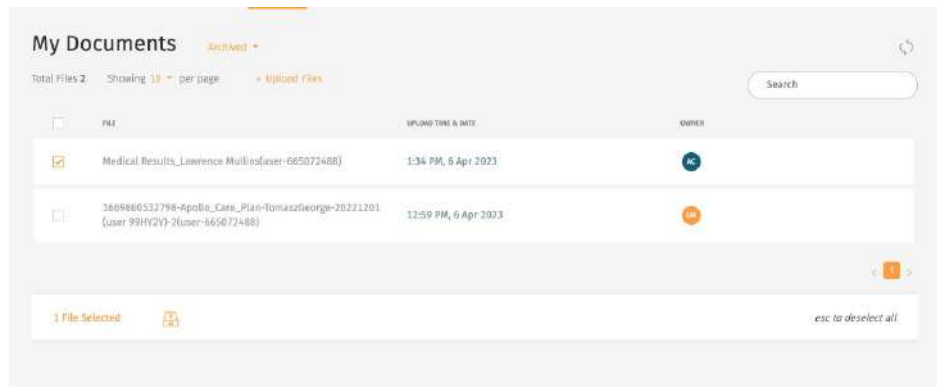


Select the file you would like to archive on the “My Documents” screen. You can select multiple files at one time.

- ↖ On the right-hand side of the list, click on the Archive button “”.
- ← Click “Confirm” to archive the selected files.
- ↑ You will be able to view the file in the “Archived” section.



Managing Documents ○ Recover Files



Select the file you would like to recover in the “Archived” section. You can select multiple files at one time. Note: Files archived for more than 6 months are not recoverable.

↶ At the bottom of the screen, Click on the Recover button “”.

↑ Click “Confirm” to recover the file. Recovered files can be viewed in “Files” section.

Managing Documents ○ Sending Messages to User

The screenshot shows the 'My Documents' interface. At the top, there's a search bar and a 'Files' dropdown. Below that, a table lists documents with columns for 'File', 'Admin ID', 'Upload time & date', 'Owner', 'Status', and 'Action'. The second document, 'sampleuser-665072488', is selected. At the bottom of the document list, a toolbar shows '1 File Selected' and a message icon (two speech bubbles) which is highlighted with a red box. Other icons in the toolbar include a trash can and a refresh icon.

File	Admin ID	Upload time & date	Owner	Status	Action
List of clinics for PCR test(user-665072488)	15 AC	12:53 PM, 6 Apr 2023	AC	📁	🔒
<input checked="" type="checkbox"/> sampleuser-665072488	15 AC	1:30 PM, 5 Apr 2023	15	🗨️	🔒
sampleuser-665072488	15 AC	1:23 PM, 5 Apr 2023	AC	📁	🔒
sampleuser-665072488	15 AC	1:15 PM, 5 Apr 2023	AC	🗨️	🔒
sampleuser-665072488	15 AC	1:07 PM, 5 Apr 2023	AC	🗨️	🔒
myCPD-trans-history-04032023153435(user-665072488)	15 AC	8:35 AM, 5 Apr 2023	AC	🗨️	🔒
Care Plan_Cristopher(user-665072688)	15 AC	4:29 PM, 4 Apr 2023	AC	🗨️	🔒
2021.11.16.ConnectedLifeHealth-StaffHandbook.v1.D_jem.pptx(1)(user-665072488)	15 AC	4:19 PM, 4 Apr 2023	15	🗨️	🔒

The screenshot shows a dialog box titled 'Message and Share to Lawrence Mullins'. It contains a text input field with the placeholder text 'Dr. Atkins has sent you file. Please have a look.' and a character count '350 characters left'. Below the input field, there is a list of documents: '1. Medical Results_Lawrence Mullins(User-665072488)'. At the bottom right of the dialog, there is a 'Send' button.

Select the document you would like to send a message with to the User on the “My Documents” screen. You can select multiple files at one time. Note that you can only send message to documents which you have shared.

↩ At the bottom of the screen, click on the message button “🗨️”.

↑ Type the message then click “Send”.



Specialist

| Overview

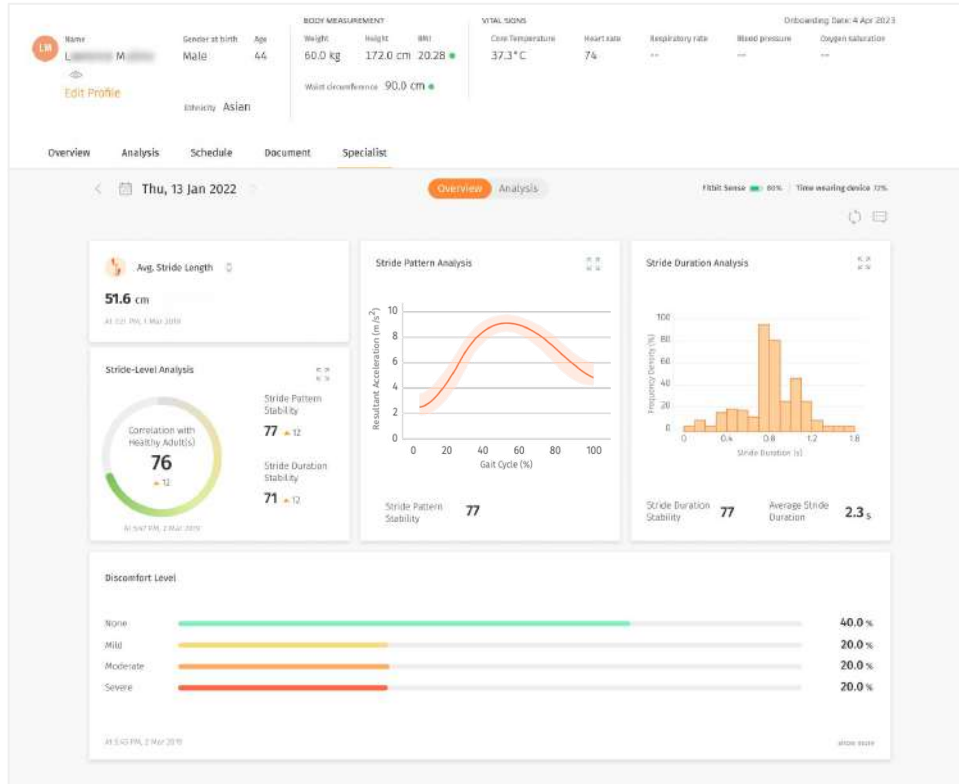
- Stride Level Analysis
- Stride Pattern Analysis
- Stride Duration Analysis

| Analysis

- Stride Level Analysis
- Discomfort Level
- Discomfort Log



About Overview



The Specialist tab provides more in-depth information about a user's wellbeing based on our unique AI models.

A glimpse of the features can be found below:

- ← Avg. Stride length: The data is gathered from Fitbit Sense device.
- ← Stride-Level Analysis: The data are generated by JIKU model based on accelerometer and gyroscope data.
- ← Stride Duration Analysis Distribution of the stride duration of the day. The data are generated by JIKU model.
- ← Stride Pattern Analysis Average pattern of User walking session. The data are generated by JIKU model.
- ← Discomfort Level: Manual log of discomfort level by Users.



Overview ○ Stride Level Analysis (ConnectedLife & JIKU Model)

Biomechanical Model

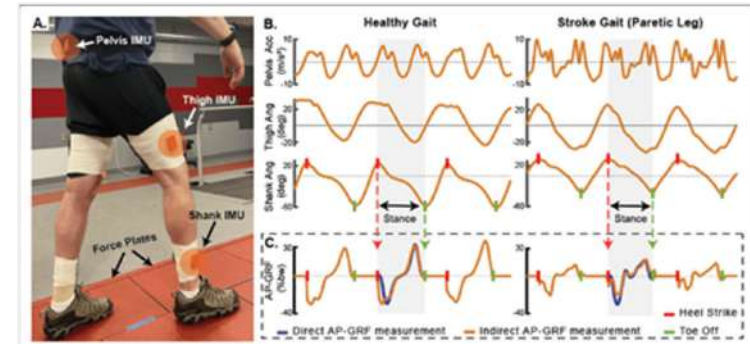
ConnectedLife has applied multivariate continuum statistics technologies to provide a variety of novel bio-mechanical metrics which summarize the spatiotemporal nature of wrist-worn wearable measured (inc. accelerometer and gyroscope) effects, in terms of both within- and between-individual variability, and including both continuum asymmetry assessments, and micro- and macro-scale movement stability.

Sensors and Associated Recording

Accelerometer measures activity against gravity. When we walk, we lift our foot up, we work against gravity and the work done increases gradually as we lift our foot upwards. When we gradually put our foot down, the work done decreases as we are working with gravity.

Hence any walking pattern will have an up and down pattern helping to determine a step. Please note when we turn, the step pattern will have a much bigger swing than observed in the normal walk.

Accelerometer and gyroscope data from a consumer health / fitness tracker can be recorded over time and this time series data can be analyzed to infer the health of a person's gait by evaluating walking pattern and stride duration.



Overview ○ Stride Pattern Analysis

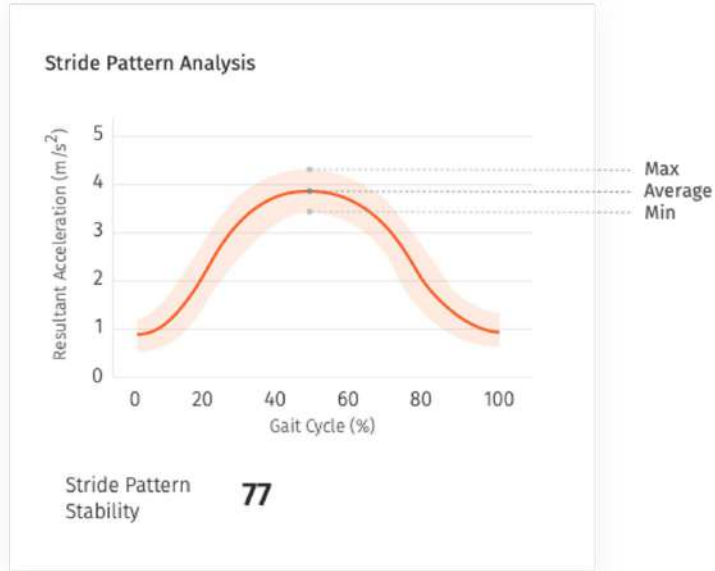


Fig. 1

Every walking session will have a series of ups and downs, and when we overlap them all we will get the average pattern of the walking session. The consistency of this pattern is called Stride Pattern Stability which is indirectly proportional to the width of the band. Wider the band, less the pattern stability. This is seen in the widget (Fig 1):

There are 3 properties to review:

1. Acceleration absolute value
2. Shape of the curve (relative)
3. Width of the band

Overview ○ Stride Pattern Analysis (cont.)

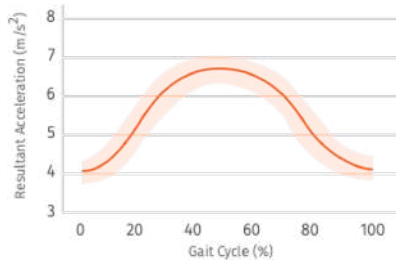


Fig. 2

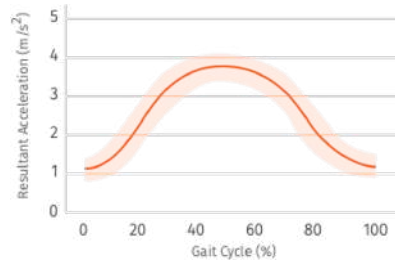


Fig. 3

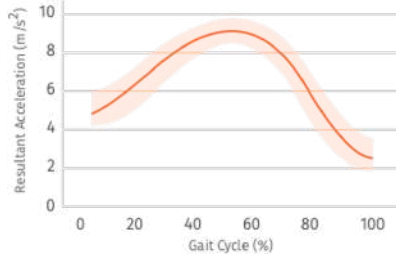


Fig. 4

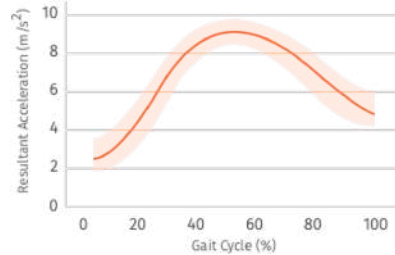


Fig. 5

1. Acceleration Absolute Value

This is dependent on many external factors such as the height of the person, the environment they are walking in and the surface they are walking on, e.g.

(a) Position of the curve

For a clinician both Fig 2 and Fig 3 would mean the same as the curves look similar and height of the curve is also similar.

(b) Start and end points of the curve

For a clinician, Fig 4 is of a person walking downhill with greater emphasis and extension on the placement of the foot down working with gravity, whereas Fig 5 is of a person walking uphill with greater emphasis and effort on the placement of the foot up working against gravity.



Overview ○ Stride Pattern Analysis (cont.)

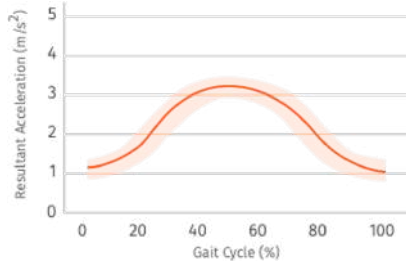


Fig. 6

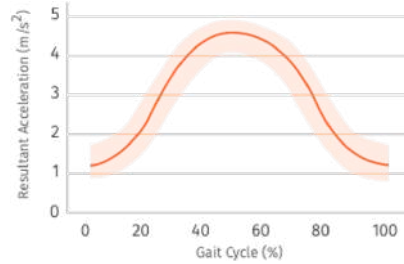


Fig. 7

(c) Height of the curve

Greater the height of the person, greater the swing of the leg and so the difference between min and max values will be higher.

An unhealthy or shorter or older person walking gait will display smaller steps and will have shorter height Fig 6, whereas a healthy or taller or younger person walking gait will display longer stride and have a higher resultant acceleration Fig 7.

Overview ○ Stride Pattern Analysis (cont.)

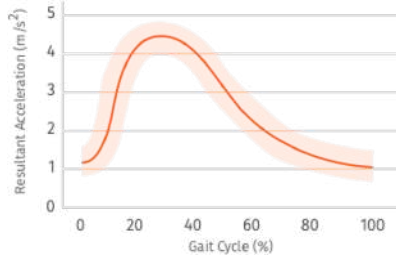


Fig. 8

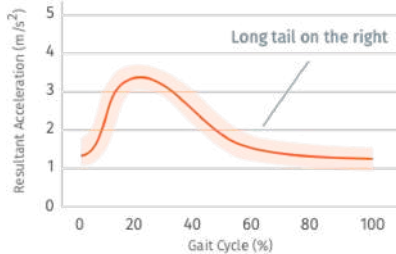


Fig. 10

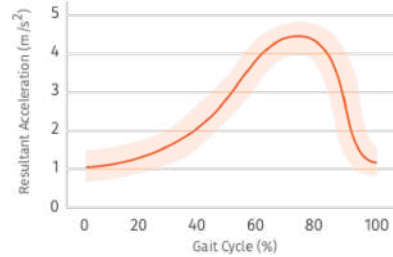


Fig. 9

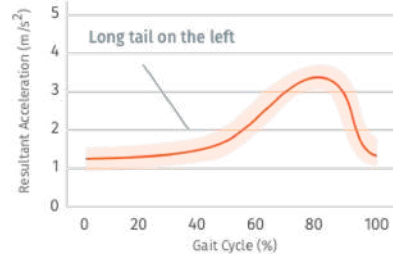


Fig. 11

2. Shape of the curve (relative)

Shape of the curve gives a hint about the person's walking pattern. For a healthy walking gait, the curve should uniformly increase and uniformly decrease.

(a) Limping gait

Fig 8 the step down of the foot on the same side of the health tracker / smartwatch began earlier in the cycle than healthy / norm implying the person is limping on the same side of the tracker / watch.

Fig 9 the step down of the foot on the same side of the health tracker / smartwatch began later in the cycle than healthy / norm implying the person is limping on the same side of the tracker / watch.

(b) Dragging gait

Fig 10 the step down after the foot is put down lasts for a longer time. This implies the person is dragging their foot and on the same side of the watch. In Fig 11, the person is dragging their foot on the opposite side of the watch.



Overview ○ Stride Pattern Analysis (cont.)

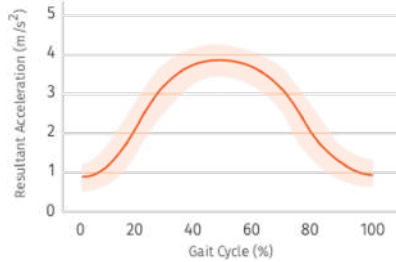


Fig. 12

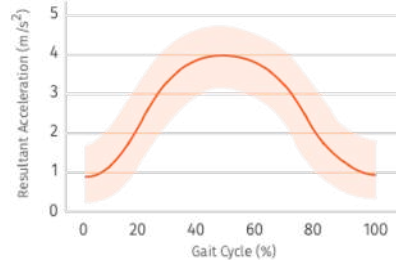


Fig. 13

3. Width of the band

Width of the band is another interesting factor to observe, the thinner the band the more confident we are of the quality of the data, i.e. there is less noise.

Fig 12: the pattern is consistent.

Fig 13: the variation in walking pattern is high.

The width of the band is inversely proportional to the stable walking data.



Overview ○ Stride Duration Analysis

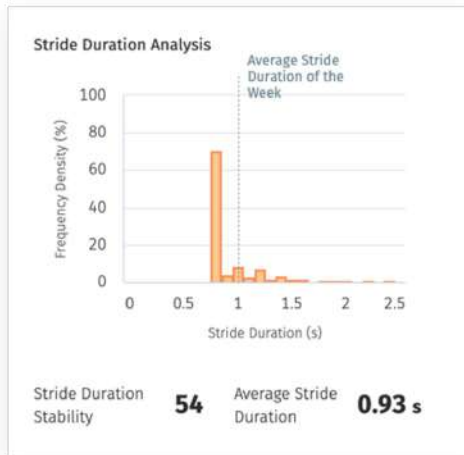


Fig. 14

Stride Duration (Step start time and end time)

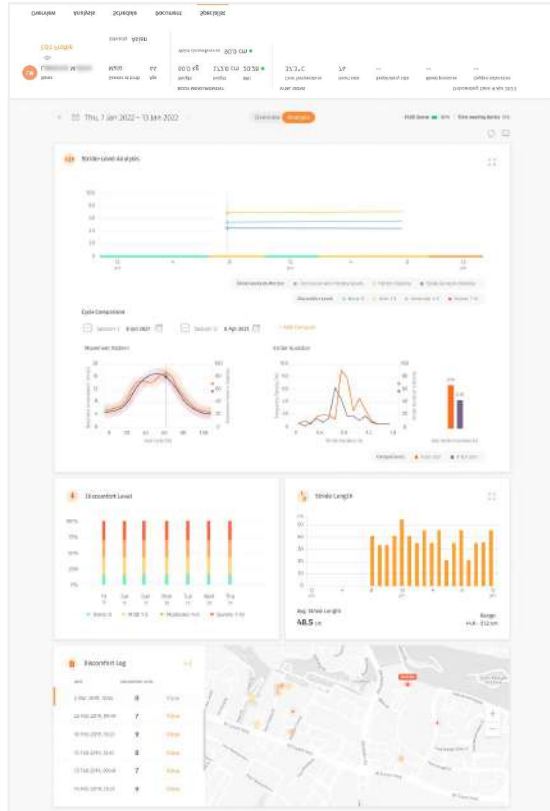
If a person has a consistent walking pattern their stride time will more or less be consistent (same). However, take a scenario of a person who started walking at an expected pace and then due to discomfort (pain) had to slow down, monitoring such an occurrence would be useful.

Separately, when a person is making multiple u-turns while walking, the stride detected would be placed into two clusters.

Fig 14 is of a person that walks with speed 0.8s/ stride 70% of the time. Stride Duration Stability is how stable the stride time is.

Note: If the chart has just one bar to 100%, stride duration stability = 100%, the greater the spread of the chart the lower the stride duration stability.

About Analysis



The analysis section includes the user's information, plotted into a graphical report format for easy viewing.

The data is mapped out in a format that allows you to see trends and understand the evolution of symptoms throughout the day.

You can use this information to track the User's recovery and update their treatment if required.

You can choose to see the analysis of a particular day or week by changing the date range on top left corner.



Analysis ○ Stride Duration Analysis

Week View



Day View



In the stride-level analysis widget, you can check the stride pattern of a user. The main metrics are Correlation with healthy Adults, Stride Pattern and Stride Duration.

In Cycle Comparison, You can make comparison between individual session or average session of a day. “Session” here means a continuous walking session.

For data collection purpose, you need to assign the exercise “walking” to your Users, so they can record their walking on their smartwatch. The walking data will be collected by the smartwatch during the recording.



Analysis ○ Stride Duration Analysis Cycle Comparison



Cycle Comparison allows for multiple session comparison and plots.

The latest 2 sessions are shown by default. You can click on the “⊖” button to remove a session.

You can click on the “Add Compare” button to add a new comparison. Select a date first, then select a individual session or ‘day average’. Day average is average of all the session of the day.

Note: Maximum comparison allowed is 4.

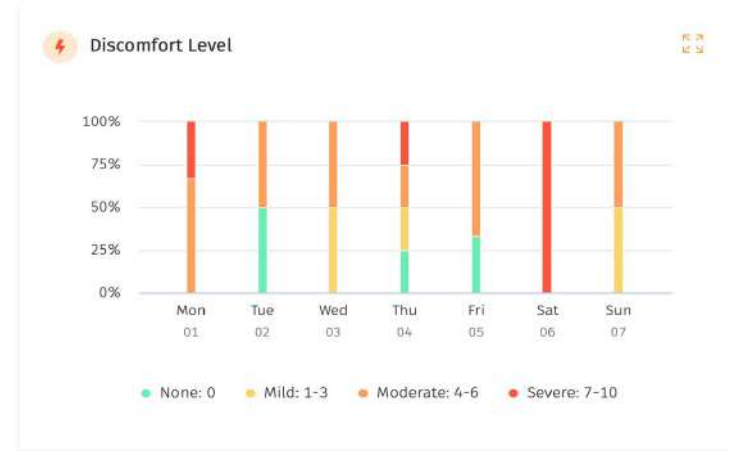


Analysis ○ Discomfort Level Analysis

Day View



Week View



You can check the discomfort levels of the User in the following charts.

The user will log their discomfort level via the mobile app or smart watch.

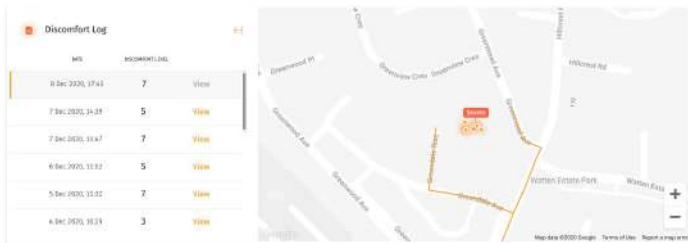


Analysis ○ Discomfort Level Analysis

Day View



Week View



The discomfort log will reveal the location at which the User reported a certain discomfort level.

The timestamp and location are captured for each record.



User's Alerts/Nudges Management (coming soon)

- | View/Edit/Delete Alerts/Nudges
- | Adding Alerts/Nudges Template
 - Add From Template
 - Add Custom Alerts/Nudges
 - Configuring the Rules Table
 - Configuring the Alert/Nudge Message



Alerts/Nudges ○ View/Edit/Delete Alerts/Nudges

The screenshot displays a user dashboard with a profile section and an 'Alerts/Nudges' tab. The profile section includes fields for Name, Gender (Male), Age (28), Weight (67.5 kg), Height (175.8 cm), Blood Pressure (110/70 mmHg), Oxygen Saturation (99%), Core Temperature (37.5°C), Heart rate (81), Respiratory rate (14), Blood pressure (110/70 mmHg), Oxygen saturation (99%), Ethnicity (Asian), and Waist circumference (90.0 cm). The 'Alerts/Nudges' tab shows a table with columns for Alert Name, Description, Type, Recurrence, Rule, and Edit. The table contains three rows: 'AGE RULE' (Test Description2, Scheduled, Daily, 3:00 PM), 'Heart Rate Variability' (Heart Rate, Scheduled, Weekly, Sun, Mon, Tue, Wed, Thu, Fri 8:00 PM, Heart Rate > 146 Bpm), and 'Steps Nudges' (12345, Scheduled, Daily, 4:30 PM, If Daily Steps Are Less Than 5000). A search bar and a '+ Add a New Alert/Nudge' button are also visible.

ALERT NAME	DESCRIPTION	TYPE	RECURRENCE	RULE	EDIT
AGE RULE	Test Description2	Scheduled	Daily, 3:00 PM		
Heart Rate Variability	Heart Rate	Scheduled	Weekly, Sun, Mon, Tue, Wed, Thu, Fri 8:00 PM	Heart Rate > 146 Bpm	
Steps Nudges	12345	Scheduled	Daily, 4:30 PM	If Daily Steps Are Less Than 5000	

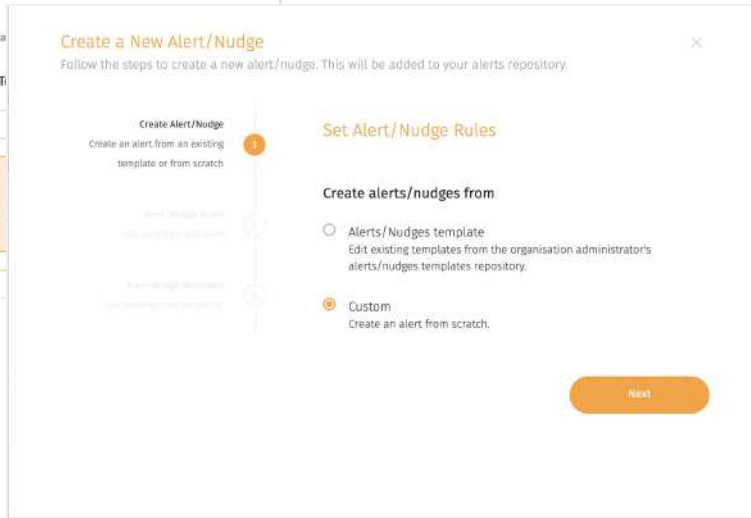
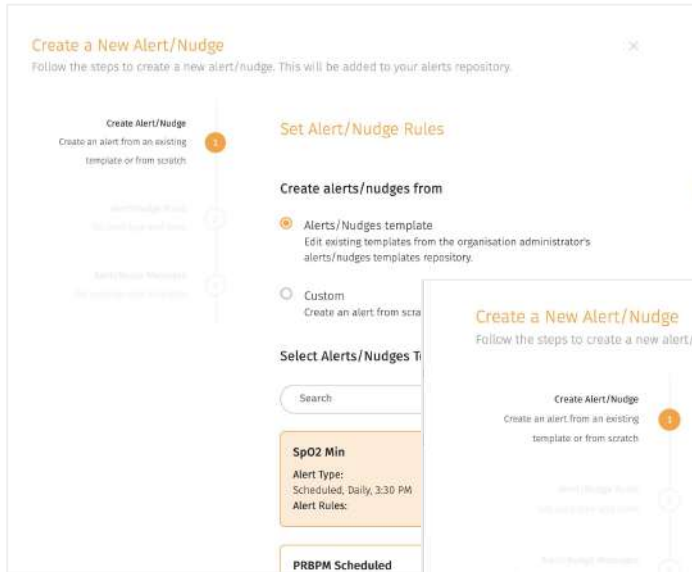
↳ You can set alerts/nudges for a specific user under the user dashboard > **Alerts/Nudges tab.**

↳ Here the organisation administrator can create templates for alerts/nudges to be sent out to users, administrators, or support team members based on certain scenarios (e.g. if at 3pm, steps <3000, send nudge to “move more”).

↳ You can edit using the button, delete the template by clicking on . You can also do a bulk delete by clicking on the checkbox and selecting the button below.



Alerts/Nudges ○ Add Alerts/Nudges






✦ You can set alerts/nudges for a specific user under the user dashboard > **Alerts/Nudges tab**.

✦ Here you can create alerts/nudges to be sent out to users, administrators, or other support team members based on certain scenarios (e.g. if at 3pm, steps <3000, send nudge to “move more”).

There are two options to do so:

- Create from template (based on the organisation’s existing repository)
- Create custom from scratch

✦ You can edit alerts/nudges using the  button or delete the template by clicking on  button.

You can also do a bulk delete by clicking on the checkbox and selecting the  button below.



Adding Alerts/Nudges ○ Configuring the Rules Table

Creating rules

Select the variables you want to include using the "Add" button. Add new columns to create AND rules and rows for OR rules. For more info, please contact your service provider.

Rules ⓘ

	Inputs Add	Outputs Add	
	Daily data steps.dailyData[...]	Valid isValid	Description
1	>10	<input checked="" type="checkbox"/> Enabled	

+ Add row

Add a column

Choose from list

Label

Field

Default Value

Cancel Add

Add a column

Choose from list

- User profile
- Steps**
- Sleep
- Resting heart rate
- Submission weekly average
- Daily data
- Minimum steps
- Maximum steps

Default Value

Cancel Add

Add a column

Choose from list

Steps / Minimum steps

Label

Minimum steps

Field

steps.minimumSteps

Default Value

Cancel Add

◀ Add columns or rows of the parameters (fields) you want to include in your rules.

Combine different parameters in a single rule (e.g. when Steps >3000 and heart rate > 100 bpm) by adding more columns. Add different rules (e.g. Steps >3000 OR heart rate >100 bpm) by adding more rows.

For more info, please refer to the detailed documentation [here](#) (1) and [here](#) (2).

