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Healthy Habit Building

Highlights -

1:04 🖅		al ⊗ ⊞				
< Home ≡						
Home Mess	Alerts					
Welcome back Ste	ď					
Snapshot ⑦ Last Recording Trend						
/營• Glucose	132 07/01/20	↓ 1.3 Percent				
Blood Oxygen	96 07/05/20	↓ 0.2 Percent				
 Blood Pressure 	173/104 07/12/20	Limited Data				
-√- Pulse	67 07/01/20	- 0 Percent				
Setup Temperature	No Data	No Data				
Setup Weight	No Data	No Data				
Healthy Habit Building <> > (As per my schedule) ⑦						
July 2020 1 2 3 4						
5 6 7 :	8 9	10 11				
12 13 14 1	5 16	17 18				
19 20 21 2	2 23	24 25				
26 27 28 29 30 31						
Highlights ⑦						
Your average blood down this month!	Your average blood pressure has gone					
July 1, 2020	Last 9) Days				
125/92	↓2	-				
LAST BLOOD PRESSURE	LAST BLOOD PRESSURE BLOOD PRESSURE AVG.					
You have exceeded your weigh loss goal for this month!						
July 1, 2020	Last 9) Days				
225	↓1	5 LBS				
WEIGHT LBS	WEIGH	IT LOSS				

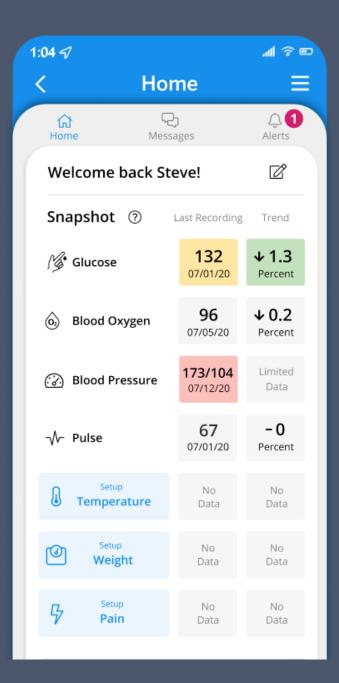
Mobile Health Application

This is the starting page for the health application. It has three sections:

• Snapshot

- Healthy Habit Building
- Highlights

Go to the next page...



Read each question and answer out loud

Take a minute and review the "Snapshot" area on the screen

Question 1: Please describe some of the

Please describe some of the things that you see in "Snapshot"?

Read each question and answer out loud

Question 2: What is "Glucose"? Why is it important to health?

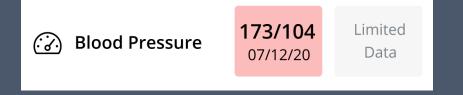


Question 3: The number "132" is in a yellow box. What does this tell you about the number?

Question 5: What do the numbers and arrow in the green box mean?

Read each question and answer out loud

Question 6: What is "Blood Pressure"? Why is it important to health?

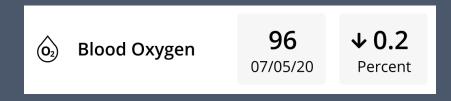


Question 7:

The numbers "173/104" are in a red box. What does this tell you about these numbers?

Question 8: The grey box says, "Limited Data" what does this mean?

Read each question and answer out loud



Question 9: What is "Blood Oxygen"? Why is it important to health?

Question 10:

The number "96" is in a grey box. What does this tell you about this number?

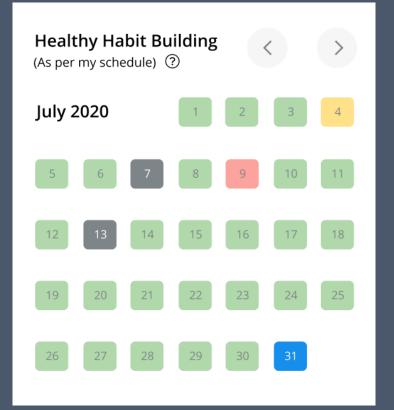
Read each question and answer out loud



Question 11: This row has no numbers why?

Question 12: What would you do to start getting the numbers?

Healthy Habit Building



Mobile Health Application

Read each question and answer out loud

Task 13:

Take a minute to review this section of the screen. What are some of the things you see?

Question 14: Consider the colors: What does a green box mean?

Question 15: What does a yellow box mean?

Question 16: What does a blue box mean?

Question 17: You want to review June. How would you find June?

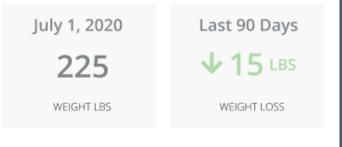
Highlights

Highlights 🗇

Your average blood pressure has gone down this month!

July 1, 2020	Last 90 Days
125/92	↓ 20 %
LAST BLOOD PRESSURE	BLOOD PRESSURE AVG.

You have exceeded your weigh loss goal for this month!



Mobile Health Application

Read each question and answer out loud

Task 18:

Take a minute to review this section of the screen. What are some of the things you see?

Blood Glucose	?	ľ
130 Current		140 Predicted
Trend		ţĴ;
		ţ;
MTH - 00		MTH - 00

Read each question and answer out loud

Question 19: Here is another section in the health application What are some of the things you see?

Question 20: Why is part of the line red?

Question 21: Why is part of the line dashed?

Question 22: If you did not understand this chart how would you get more information?

Question 23:

If you wanted to change the chart how would you begin?

You have completed this review!

Thank you for your time!