



MyHealthAvatar

Starter Kit



COVER AND CONTROL PAGE OF DOCUMENT	
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Contents

1	INTRODUCTION	4
2	BASIC SETTINGS	5
2.1	SIGN UP & SIGN IN	5
2.2	BASIC SETTINGS ON THE WEB APPLICATION	7
2.3	BASIC SETTINGS ON THE MOBILE APP	11
3	FAQS	15
4	CONTACT	16
4.1	GENERAL AND TECHNICAL ENQUIRY	16
4.2	SPEAK TO THE PROJECT MANAGER	16



1 Introduction

MyHealthAvatar is a non-profit research project to study how technologies help citizens and patients look after their own health and wellbeing. The diagram below illustrates the steps needed to start to use MyHealthAvatar. The flow chart on the left shows the steps and more explanations are given on the right.

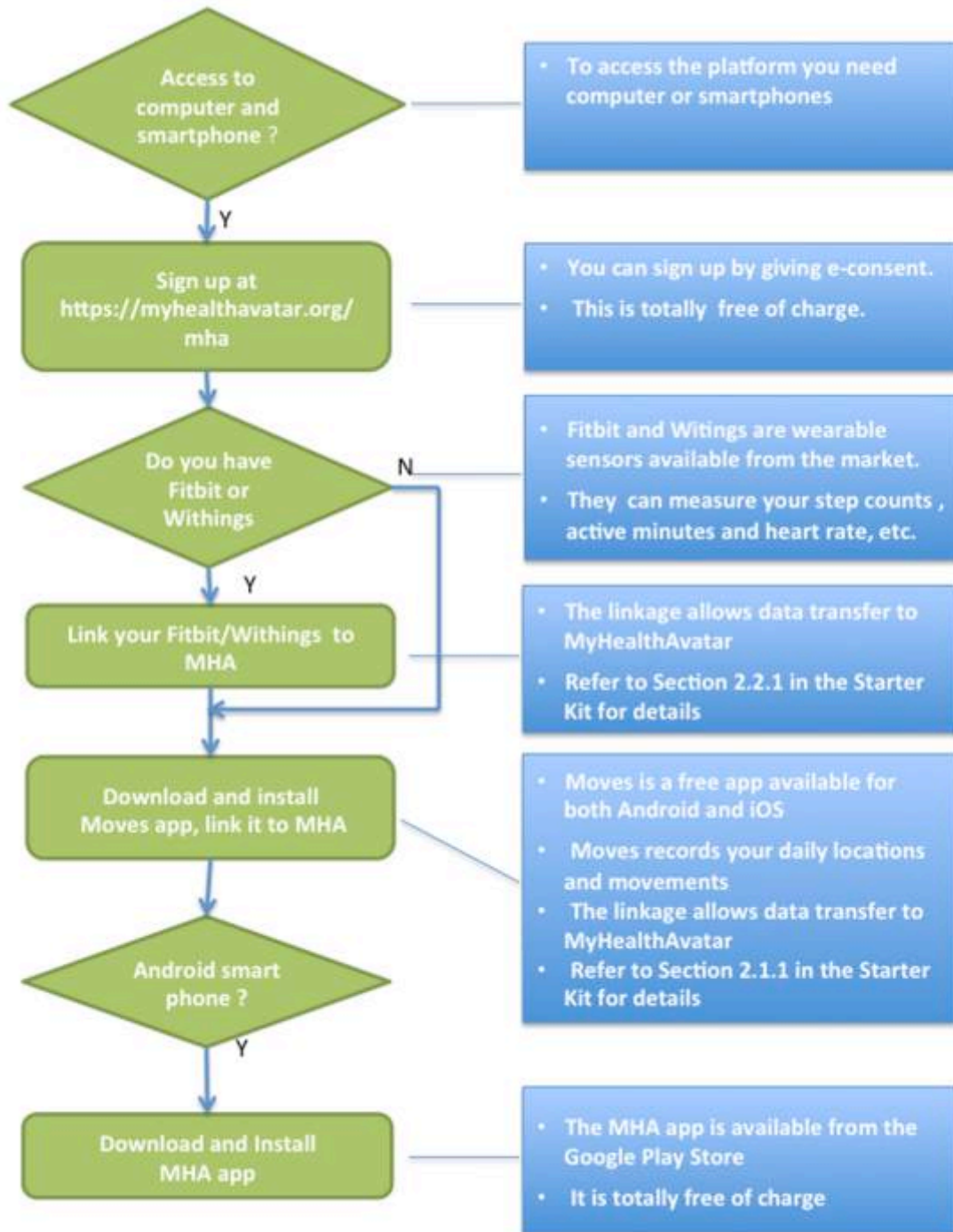


Figure 1 Steps involved to start to use MyHealthAvatar



2 Basic Settings

2.1 Sign up & Sign in

You can access to the web application of MyHealthAvatar at <https://myhealthavatar.org/mha/>

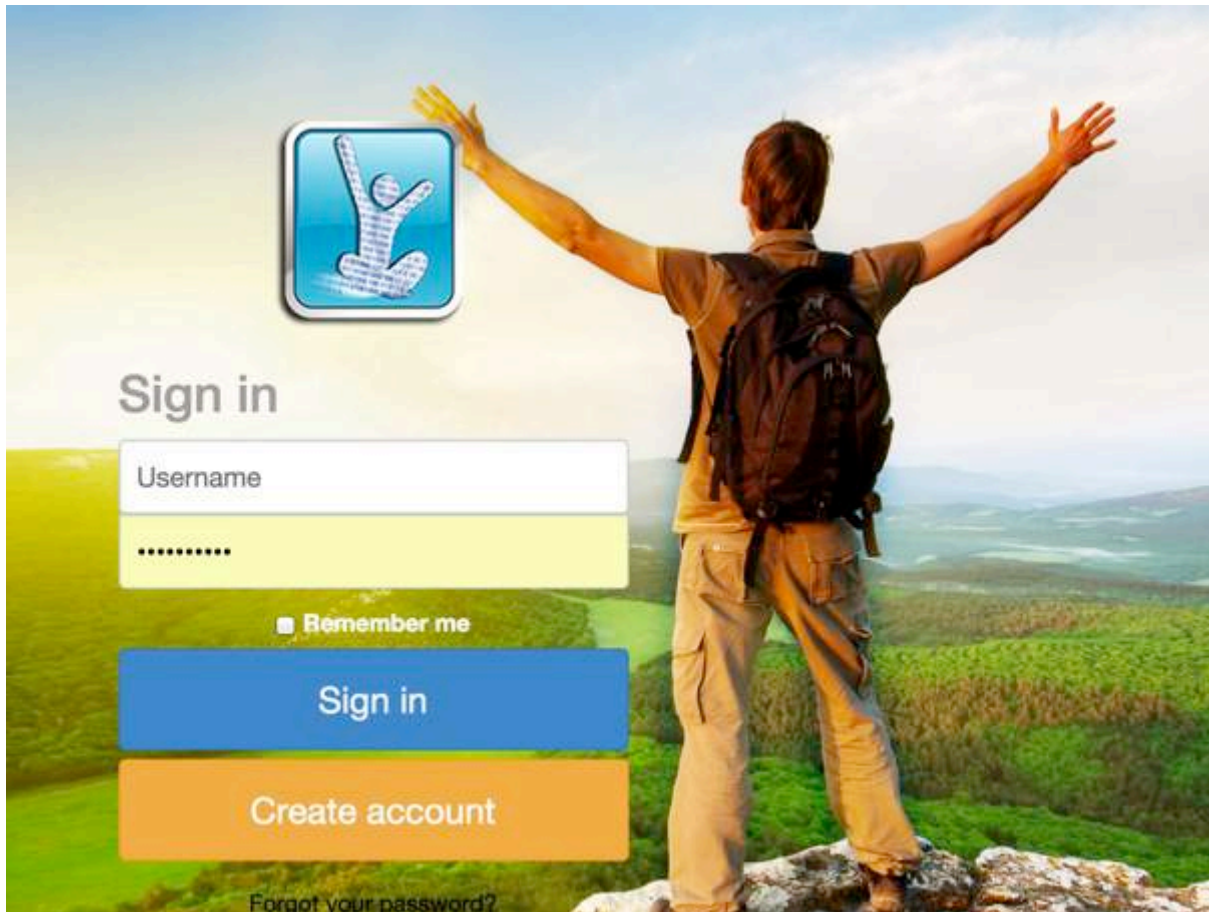


Figure 2.1A MyHealthAvatar login page



You can also download and install the MyHealthAvatar app from the Google Play Store – just go to the store and search for it using the keyword MyHealthAvatar in one word.

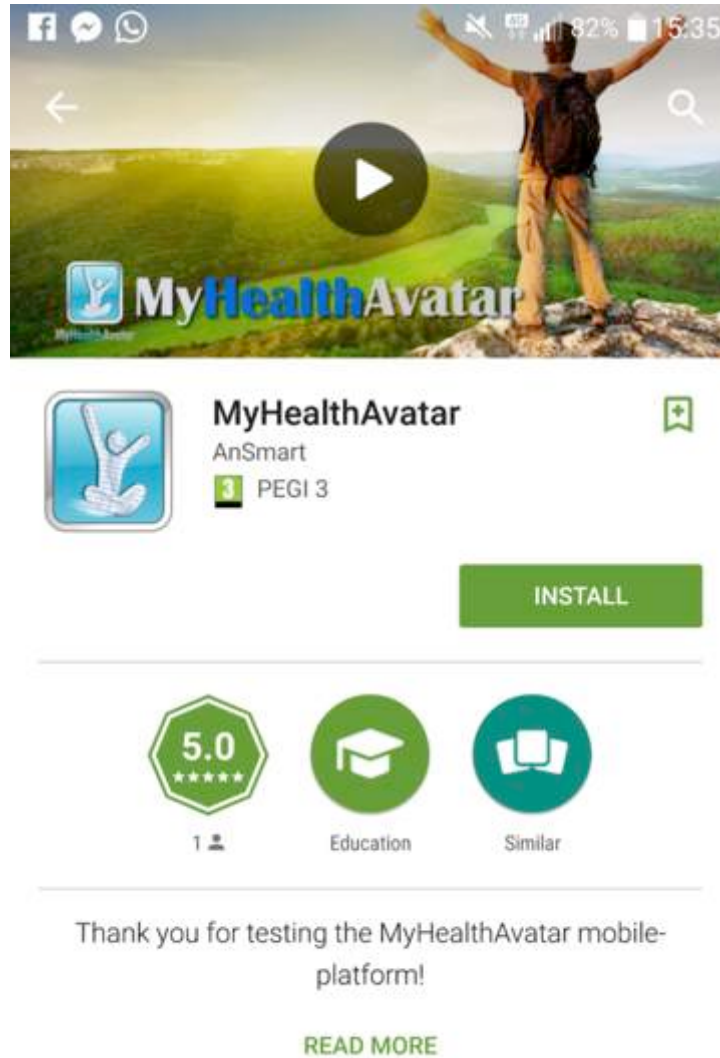


Figure 2.1B MyHealthAvatar is available from the Google Store



2.2 Basic settings on the Web Application

2.2.1 Link your devices and Input your data from sensors

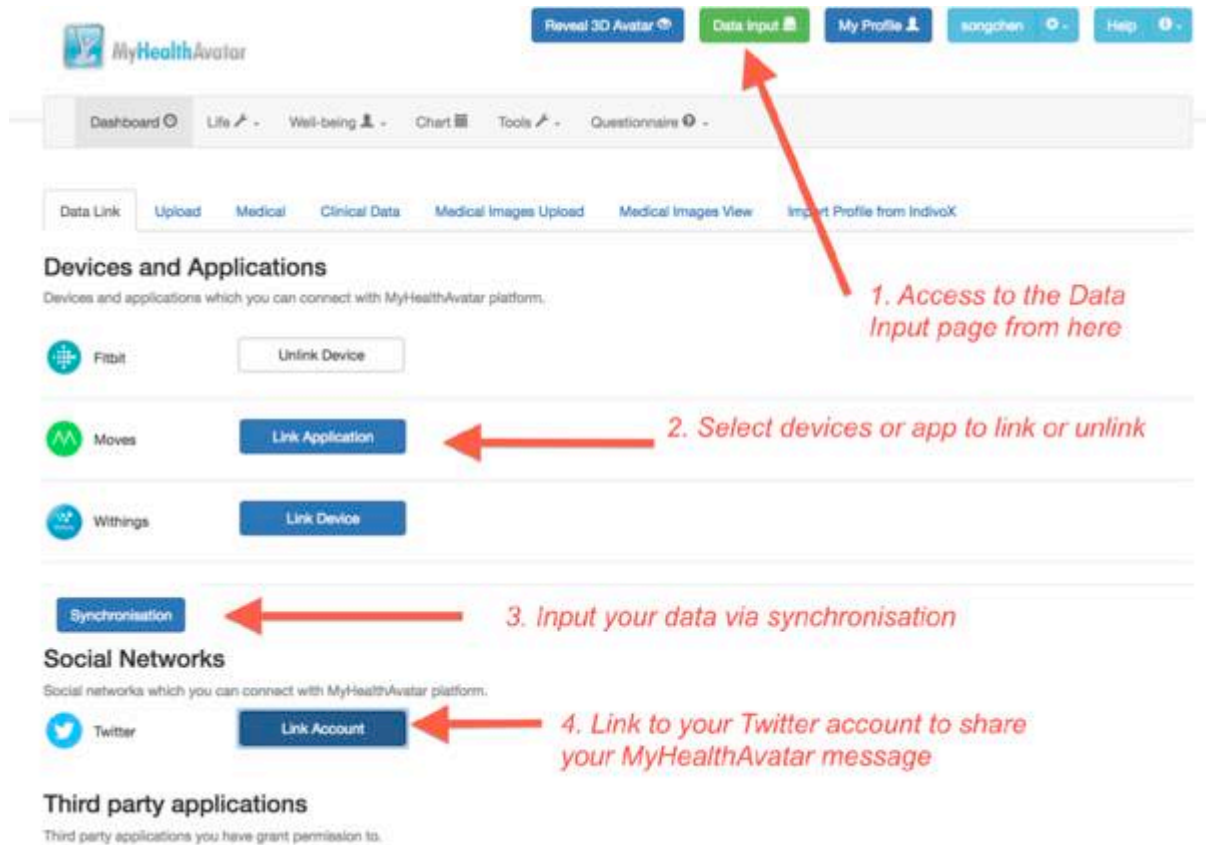


Figure 2.2A Device Linking and data input

To track your daily activity, you need to wear sensors. Currently MyHealthAvatar supports a range of activity sensors:

- Step count, calories burns, heart rate and sleep from Fitbit (One, Flex, Zip, Charge, ChargeHR, <https://www.fitbit.com/>)
- Step-count, pulse, oxygen level in blood, sleep from Withing Pulse O2 (<http://www.withings.com/uk/withings-pulse.html>)
- Locations, activities and steps-count from Moves (a free mobile app <https://www.moves-app.com/>)

You can link your devices and input from the sensors by following the instruction in Figure 2.2 – A.



2.2.2 Medical data input

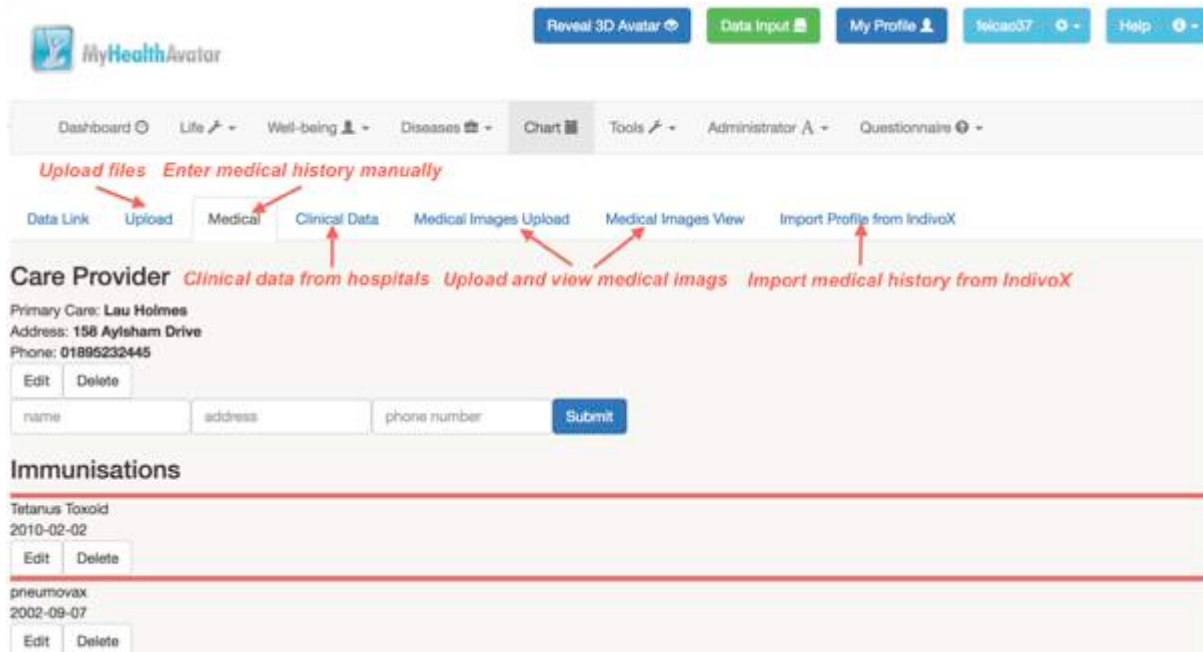


Figure 2.2B A range of medical data input methods

You can use many different ways for entering medical data entering into the web application via

- Uploading medical files
- Entering your medical history manually
- Linking to hospital information systems
- Uploading and viewing medical images
- Importing medical history from IndivoX (i.e. a PHR system)

More details can be found from Figure 2.2B.



2.2.3 Enter your Profile

Patient Profile

Patient

First Name:	Fel
Last Name:	Cao
Gender:	Male
Marital Status:	
Religious Affil:	
Ethnicity:	White/Caucasian
Language:	India
Address:	
Telephone:	
Date of Birth:	1990-08-01

Care Provider

Primary Care:	Lau Holmes
Address:	158 Aylsham Drive
Phone:	01895232445

Immunisations

2005-12-01
Hepatitis B Series completed

Allergies

Latex
nuts

Figure 2.2C Enter and view your profile in MyHealthAvatar

Figure 2.2C shows you the steps to enter and view your general and medical profiles. On the profile overview page, there is an interactive 2D body map to show your medical history – see Figure 2.2 D



Medical History Snapshot

Patient: Fei Cao
Address:
Date of Birth: 1990-08-01
Phone:

Primary Care: Lau Holmes
Address: 150 Aynham Drive
Phone: 01895232445

Body Map

Condition

- 01** Glaucoma
Medications:
Birth:
Updates:
Discovered in Dec 2018
- 02** Cancer
Medications:
N/A
Updates:
- 03** Gout
Medications:
N/A
Updates:

Figure 2.2D An interactive 2D body map to show your medical history



2.3 Basic settings on the mobile app

2.3.1 Mobile App Interface Basics

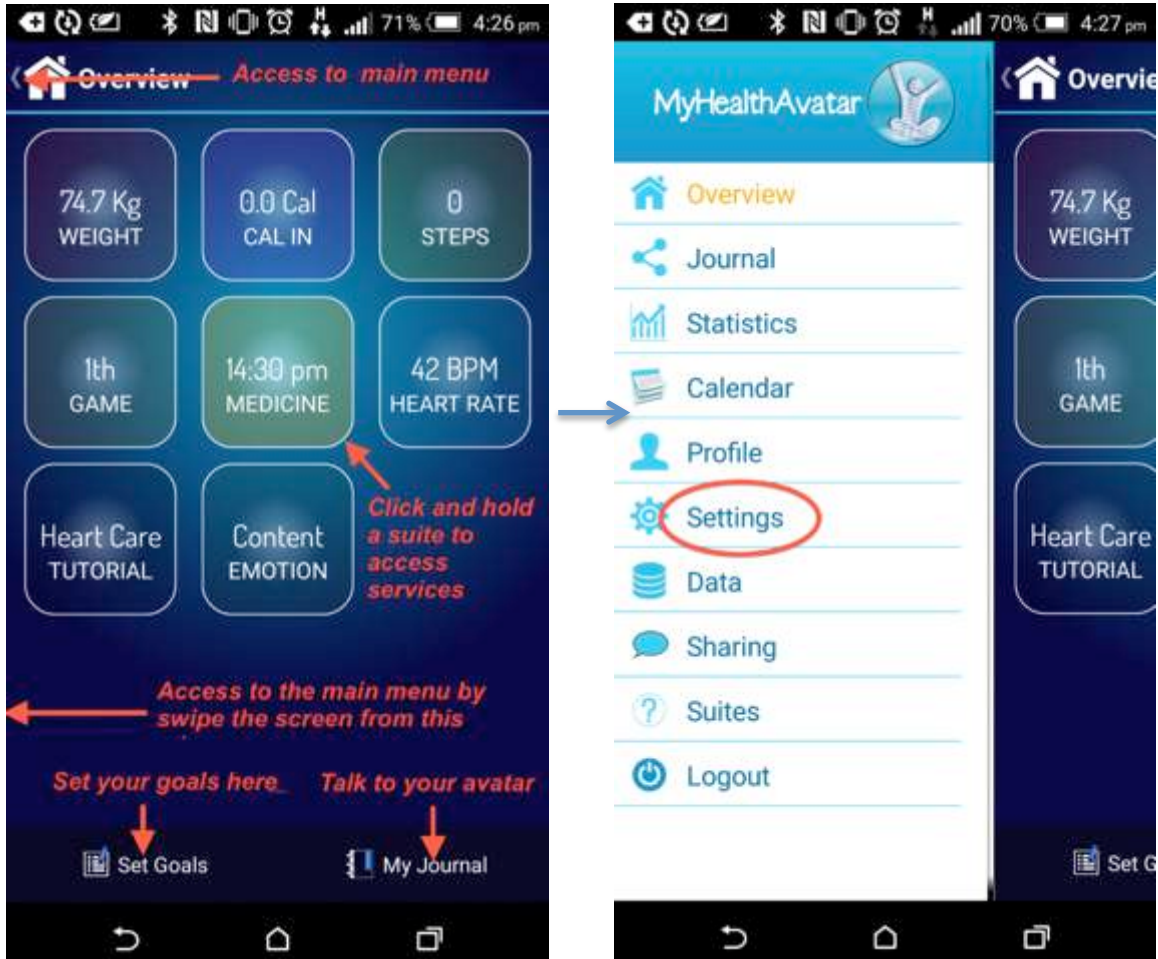


Figure 2.3A The front page of the MyHealthAvatar app (left) and the access to the main menu (right). The setting page can be accessed via the main menu.



2.3.2 Settings

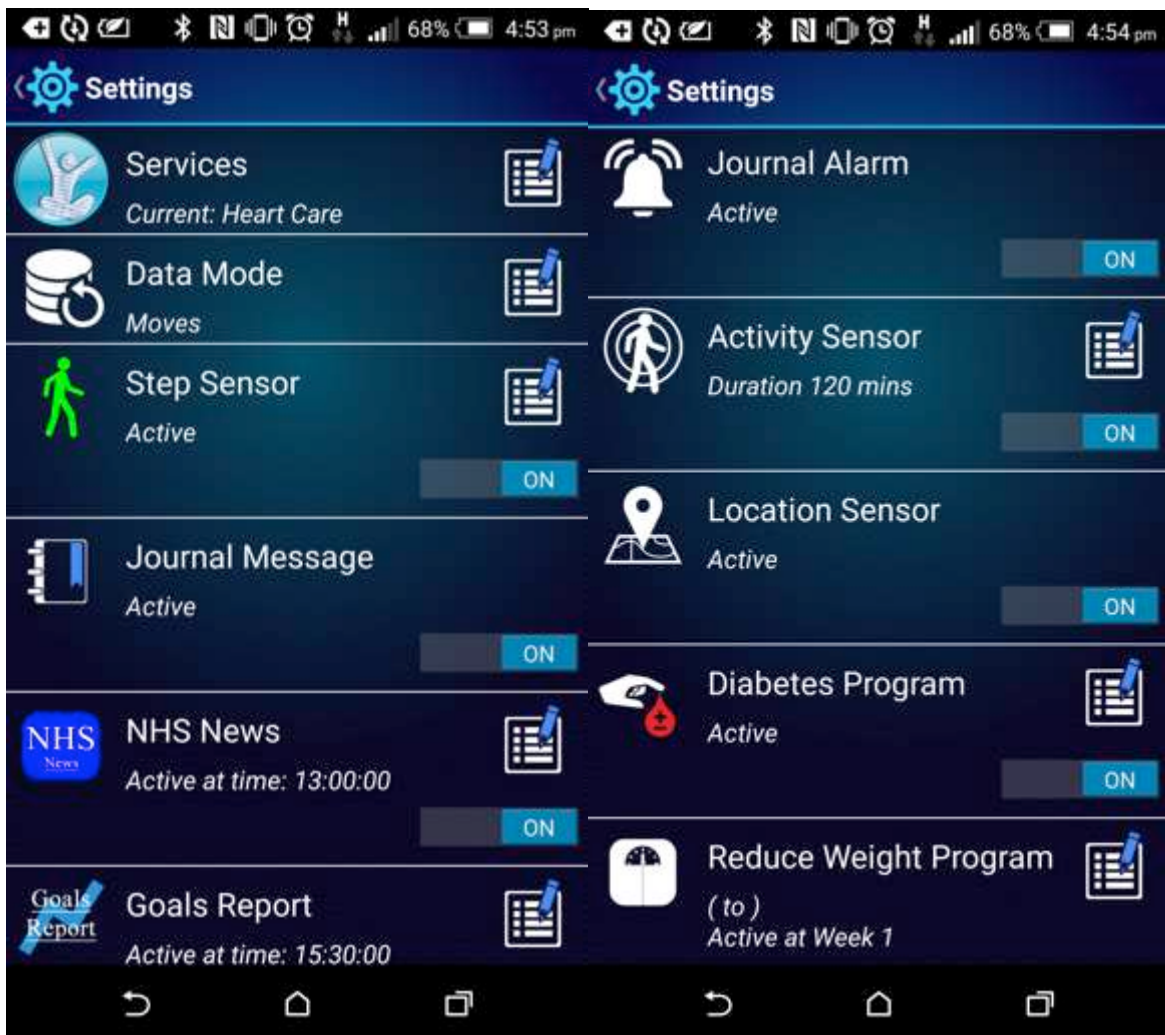


Figure 2.3B The Setting page: This allows you to choose a health service and the data mode (i.e. the data source), to turn on integrated sensors (i.e. step, location and activity), messages and alarms (i.e. from the Journal, healthcare news), and to select a healthcare programme (i.e. Diabetes, Weight Reduciont)



2.3.3 Profile

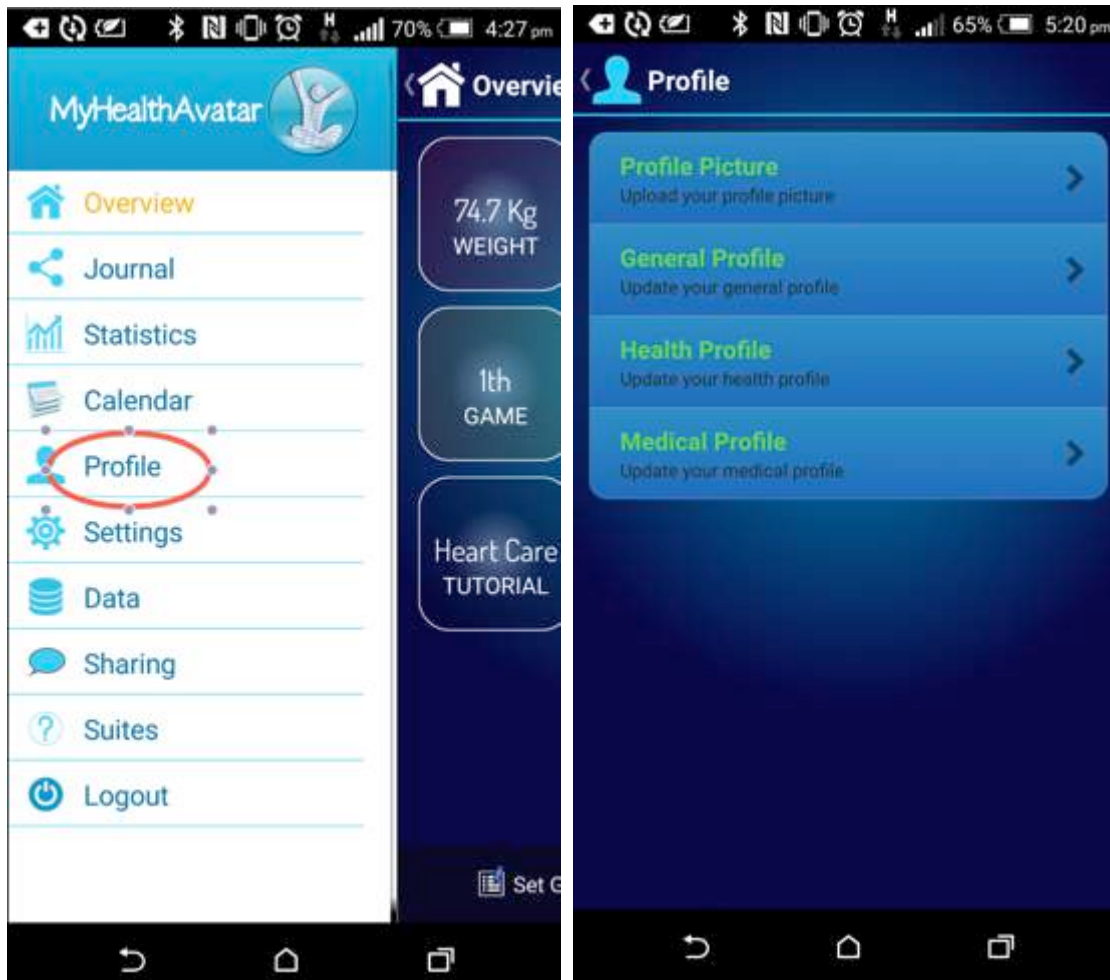


Figure 2.3C Profile: Access to the MyHealthAvatar profile via the app



2.3.4 The MHA Journal

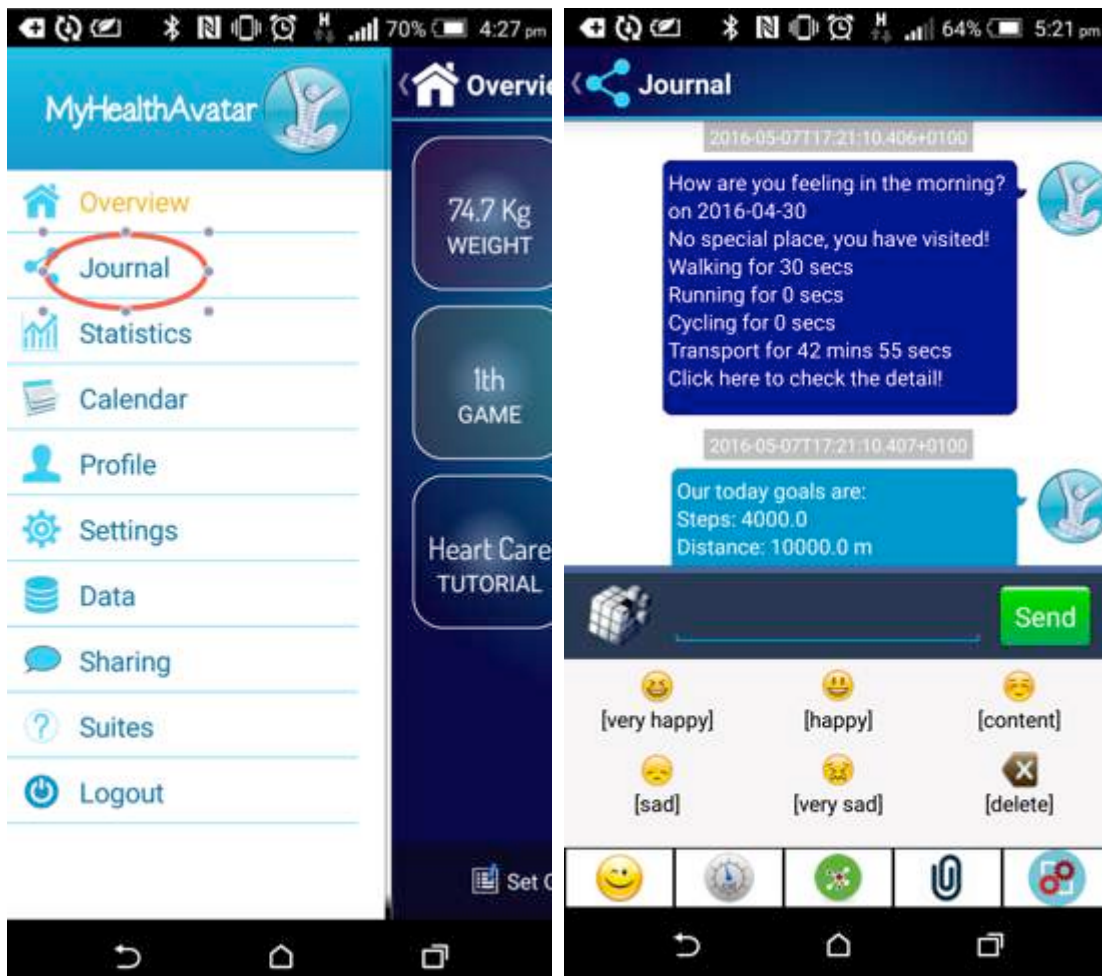


Figure 2.3D Journal: The Journal is designed as a chat interface for you to log your food consumption, mood and other health-related information using text, photo, icon and voice through chatting with the “virtual avatar”. The MyHealthAvatar app asks for this information at appropriate time and places. It also delivers you tips and reminders for healthy behaviours, for example, breakfast recommendations, makes suggestions for a walk if you have been sitting for too long.



3 FAQs

1. *What devices do I need in order to use the MyHealthAvatar platform?*

A: You need a desktop PC/Laptop/Tablet to access the platform using your Internet browser. You also need a smartphone in order to connect to the abovementioned sensors/apps.

Hardware requirements

- A desktop PC /Laptop/Tablet with a modern Internet browser.
- A modern smartphone running Android or iOS.
- (Optional) Sensors – see more details in the **Add your activity data** section.

The PC/laptop/Tablet is used to access the platform, while the smartphone is to connect to the sensors.

An Android based smartphone can be used to install the MyHealthAvatar app.

Platform access via browsers

The platform is available at <https://myhealthavatar.org/mha/>

The following Internet browsers have been tested to access the platform:

- Google Chrome v38
- Firefox v33
- Safari v5(Windows) v7 (OS X)
- Internet Explore 11

2. *Do I have to purchase one of the sensors?*

A: Not necessarily. You can use the platform as long as you have the Moves app downloaded to your smartphone, which is completely free of charge.

3. *Who will control my data?*

A: MyHealthAvatar is funded by the European Commission for the research of self-monitoring and life-management. You can access your own data in your user account with security measures incorporated. The data will only be processed by the institutions participating in the project.

4. *How do I sign up?*

A: The e-consent is available from the sign-up page. You need to read and agree with the Terms and Conditions.

Contact

Email: info@myhealthavatar.org for further enquiries.



4 Contact

4.1 General and technical enquiry

Please email to info@myhealthavatar.org for further help and general enquiries about how to access and use the platform.

4.2 Project manager

Please contact the project manager to discuss further research and innovation collaborations.

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