



MyHealthAvatar

Look After Your Own Health



COVER AND CONTROL PAGE OF DOCUMENT	
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1 Introduction

MyHealthAvatar offers a range of tools for the management of your general health, wellbeing and diseases. These tools can be accessed through both the web application and the mobile application. These tools are mainly designed to target citizens and patients as end-users and help them to:

- Know their health status and performance by viewing their self-collected data
- Improve their knowledge about health and diseases by tailored information provision
- Raise their risk awareness and perceptions about diseases by personalised risk assessment
- Engage in health and fitness activities by recommending relevant programmes and courses

For general health, the tools are designed to help you look after your:

- Weight
- Fitness
- Diet
- Heart
- Emotion
- Sleep

For disease management, the following tools are designed for tailored services in the management of:

- Diabetes
- Cardiovascular
- Hypertension
- Stroke
- Dementia
- Eyelid problem



2 Services for wellbeing and diseases from the web application

2.1 Access to tools for general health

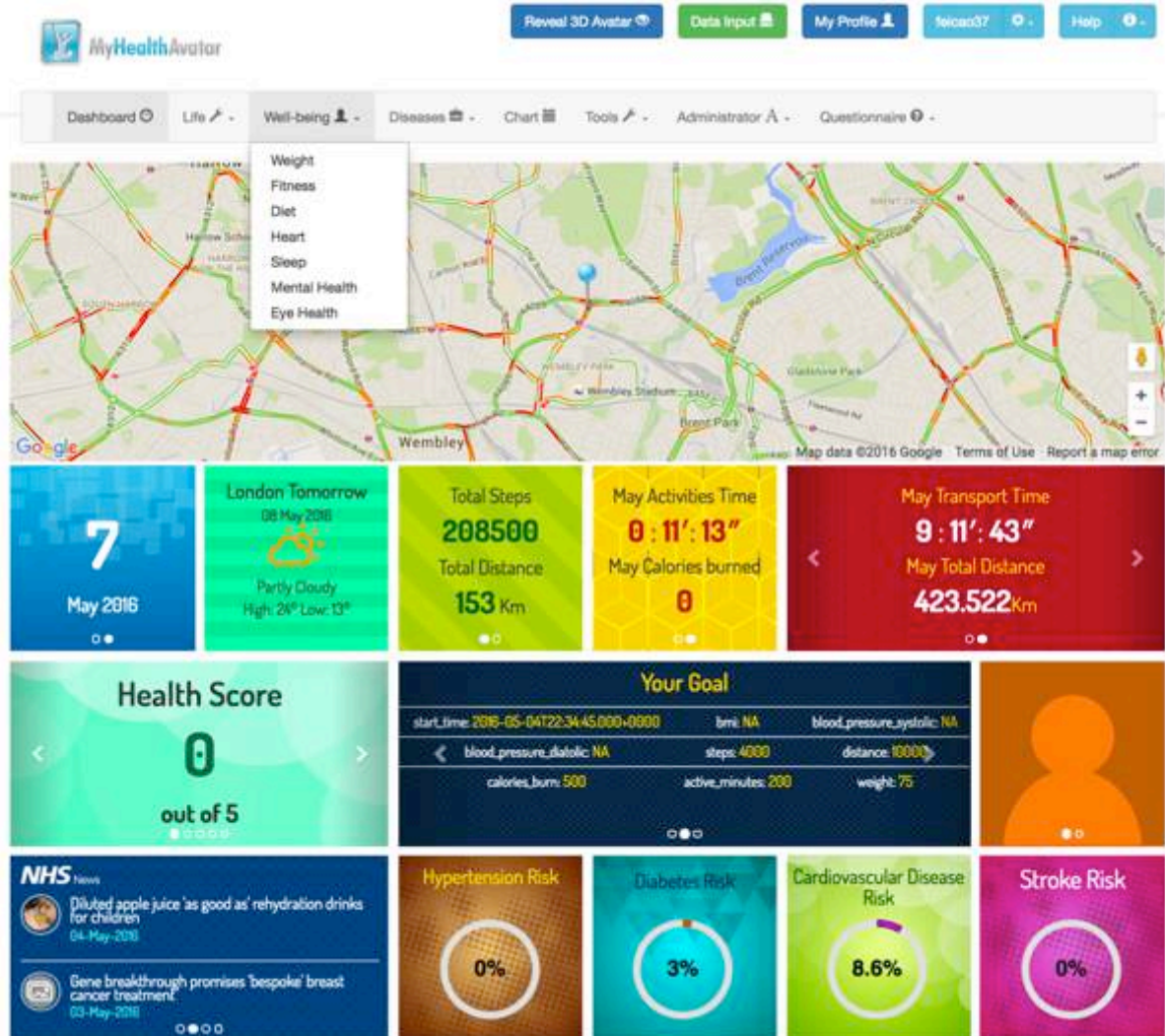



Figure 2.1 A – MyHealthAvatar Tools for general health and well-being

A range of tools are available to help you look after your general health and well being, including

- Weight,
- Fitness
- Diet
- Heart
- Sleep
- Mental Health
- Eye Health



Healthy Heart



Top 10 healthy heart tips

Heart disease can be prevented by maintaining a healthy lifestyle. Find out the top 10 ways to a healthy heart.

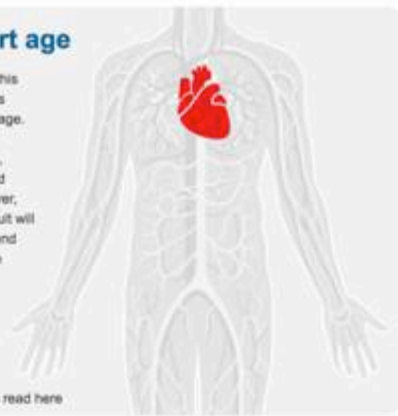
[Learn Information about Coronary Heart Disease from UK NHS](#) [Monitor Your Heart on ChartView](#)

Check your heart age



How healthy is your heart? Use this tool to find out if your heart age is higher or lower than your actual age.

Anyone over 30 can use the tool, even if you don't know your blood pressure and cholesterol. However, without these numbers, your result will be an estimate and we recommend you get tested to get an accurate result.

[Start](#)



Full [terms and conditions](#) can be read here

  **JBS3**
Joint British Societies
for the prevention of
cardiovascular disease

This tool is a collaboration between NHS Choices, Public Health England and the British Heart Foundation.
[More information about partners](#)
Full [credits](#) can be read here

Your blood pressure



Enter your blood pressure reading to find out what it means

/ mmHg


[Submit](#)

[Don't know your blood pressure?](#)

Figure 2.1 B Healthy Heart Service: The top panel: Healthy tips; Bottom Left: a tool to check your heart age; Bottom right: a tool to check your blood pressure



Your Fitness




Benefits of cycling

Find out how regular cycling can help you lose weight and boost your health, plus tips on road safety.

[Learn information about Health and Fitness from UK NHS](#) [Track your Fitness on ChartView](#) [Weight Watcher](#) [Diet Watcher](#)

Couch to 5K


A running plan for beginners



This is an audio running plan designed to get complete beginners from couch potato to running 5K (or 30 minutes) in nine weeks. Simply download the podcasts and off you go!

It is:

- **Achievable:** starting with a mix of running and walking and building up slowly.
- **Free:** all you need is a decent pair of trainers and an MP3 player.
- **Easy:** a motivating 'personal trainer' tells you exactly when to stop and start.

 See how C25K turned Laura from a fitness phobe into a keen runner

The plan sets three runs per week with a day of rest in between.


Find out more and download the weekly podcasts by clicking the boxes below

Week 1 Week 2 Week 3 Week 4 Week 5
Week 6 Week 7 Week 8 Week 9

[Download podcasts from iTunes](#)

Strength and flexibility


A five-week exercise plan for beginners



Fancy a free personal trainer? Download our Strength and flexibility podcasts and get your own personal trainer without the expense.

Let Laura talk you through a series of equipment-free exercises to improve your strength and flexibility. Workout instructions and timings are easy to follow to ensure you perform each exercise correctly and keep up.

By podcast 5, you'll be doing press-ups, squats and stretches with ease, feeling stronger, more flexible and full of energy.

 Watch Laura demo all the exercises in the series

Each podcast is between 35 and 45 minutes in length and can be downloaded to any MP3 player, such as a mobile phone or iPod.

Find out more and download the weekly podcasts by clicking the boxes below

Week 1 Week 2 Week 3 Week 4 Week 5

[Download podcasts from iTunes](#)

Figure 2.1 C Fitness service: The top panel: Fitness tips and news; Bottom Left: a couch 5K programme ; Bottom right: a 5-week exercise programme



2.2 Access to tools for diseases

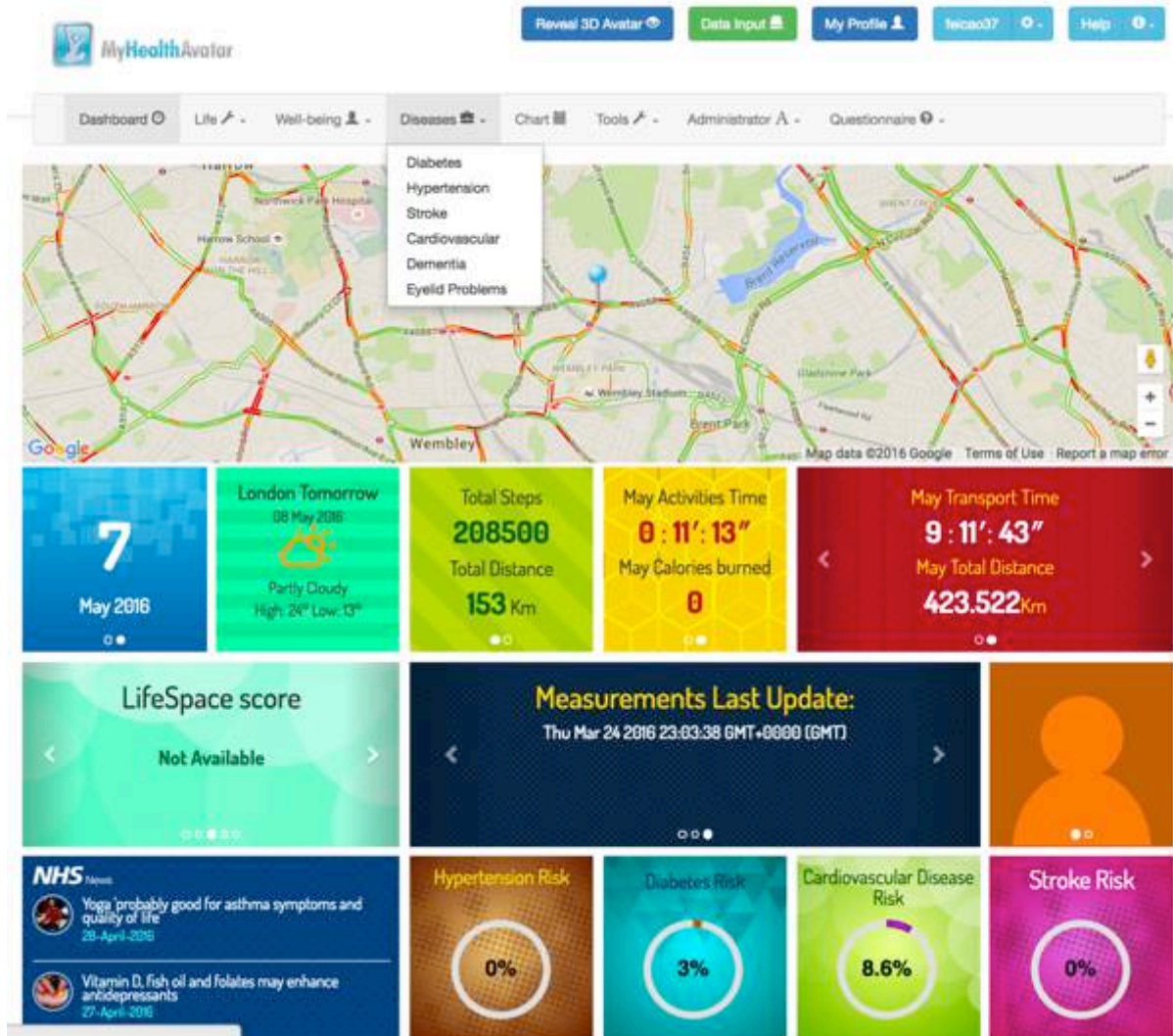


Figure 2.2 A MyHealthAvatar Tools for diseases



Diabetes Service

Superfoods

We examine the evidence behind the health claims of the most popular so-called superfoods.

[Learn information about Diabetes from UK NHS](#) [Learn information about Health and Fitness from UK NHS](#)

[Learn information about Healthy Eating from UK NHS](#) [Monitor Your Diabetes on ChartView](#) [Your Fitness](#) [Weight Watcher](#) [Diet Watcher](#)

Diabetes (8-Year Risk)

Population of interest Individuals 45 to 64 years

Gender Male Female

Age (years)

Systolic Blood Pressure

Diastolic Blood Pressure

Treatment for Hypertension?

Height (cm)

Weight (kg)

HDL cholesterol Level

Triglyceride Level (mg/dL)

Fasting Glucose Level (mg/dL)

Parental Diabetes

[Calculate Only](#) [Update Profile](#)

Your 8 year risk 3%

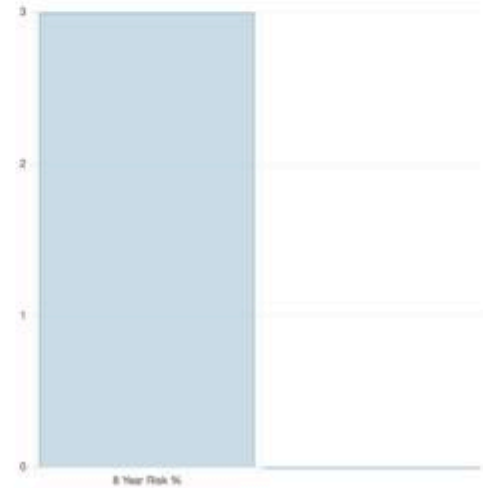


Figure 2.2 B Diabetes Service: The Top Panel: Diabetes Information and Tips, Bottom: a Risk Assessment Tool



2.3 Manage your medical records

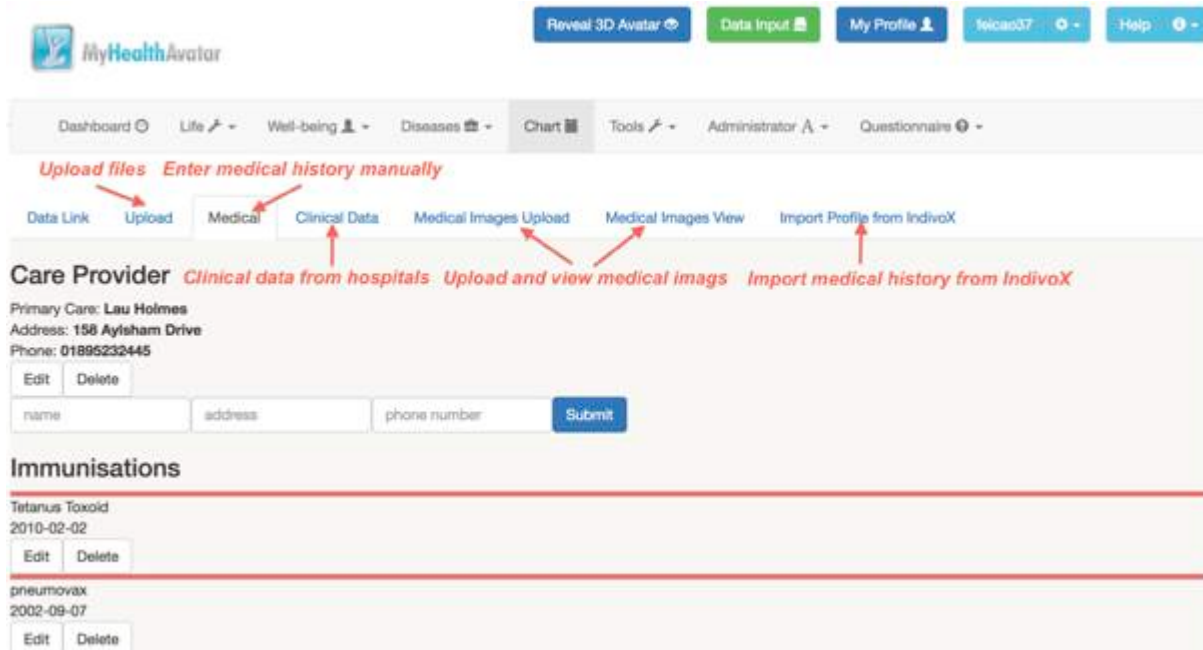


Figure 2.3 A range of medical data input methods

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 2.3.



3 Services for wellbeing and diseases from the mobile application

3.1 Choose your services

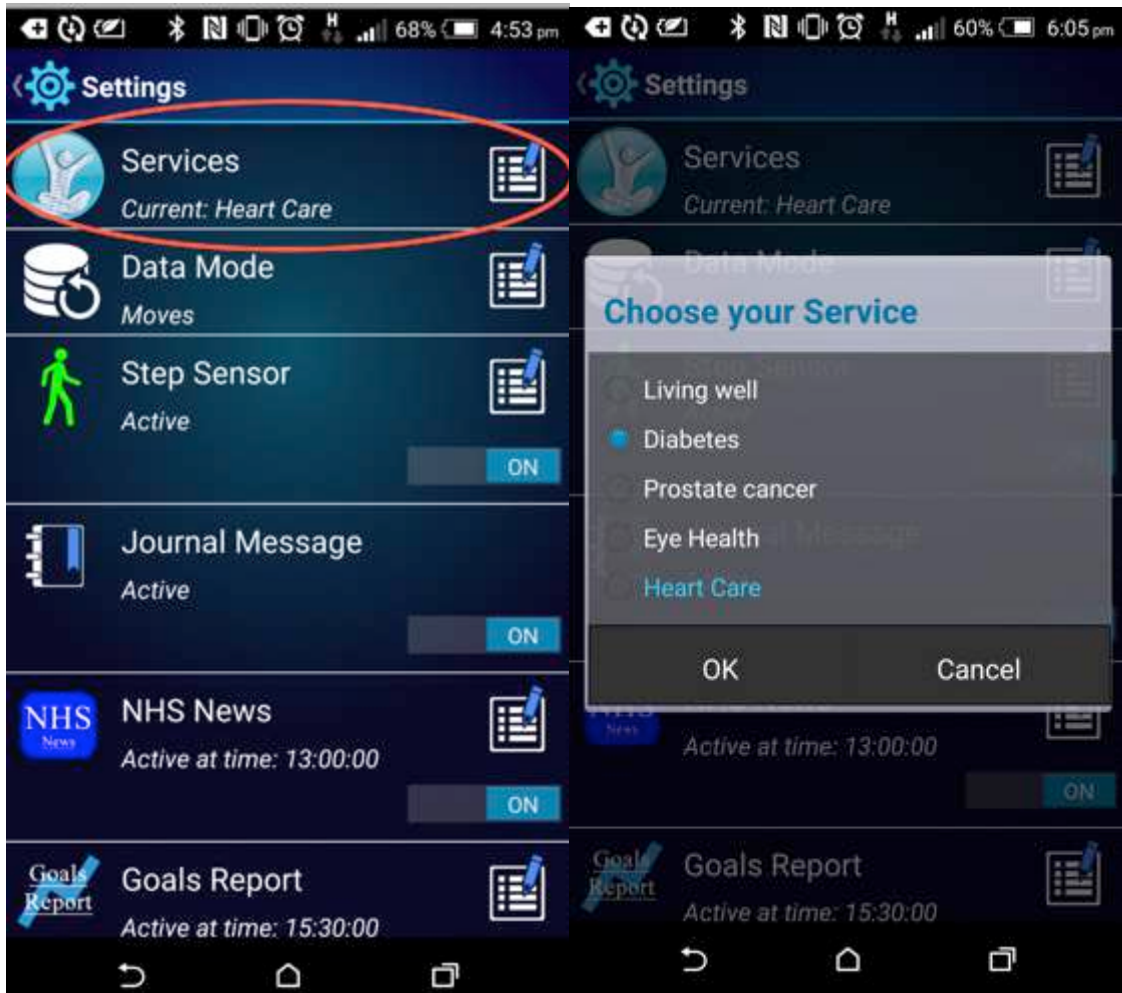


Figure 3.1 A – Choose your service from the setting page (left), and select one of the available services (right)



3.2 Weight



Figure 3.2 Weight Suite,



3.3 Fitness

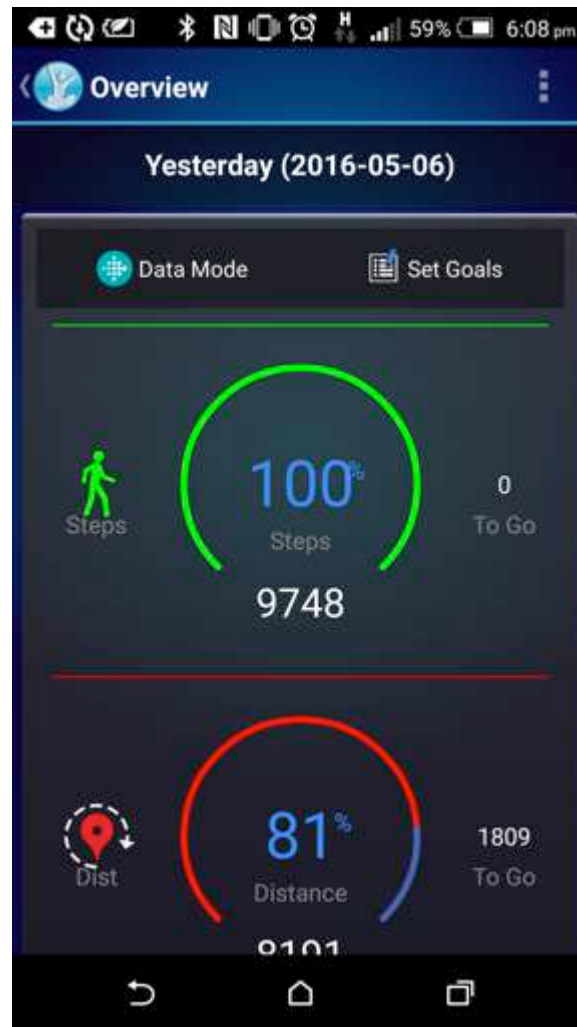


Figure 3.3 Fitness Suite



3.4 Diet

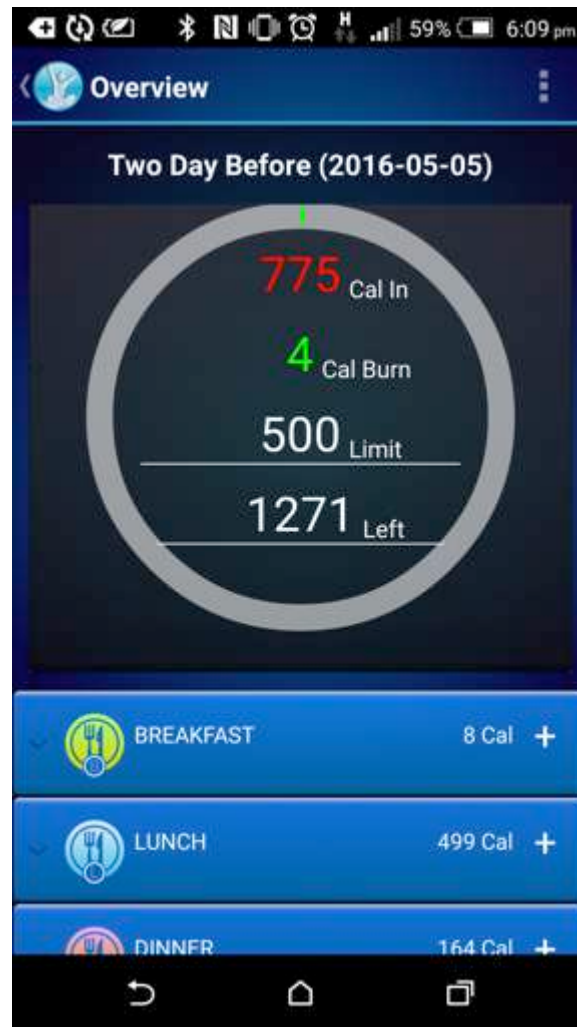


Figure 3.4 Diet and Calories Suite



3.5 Eye

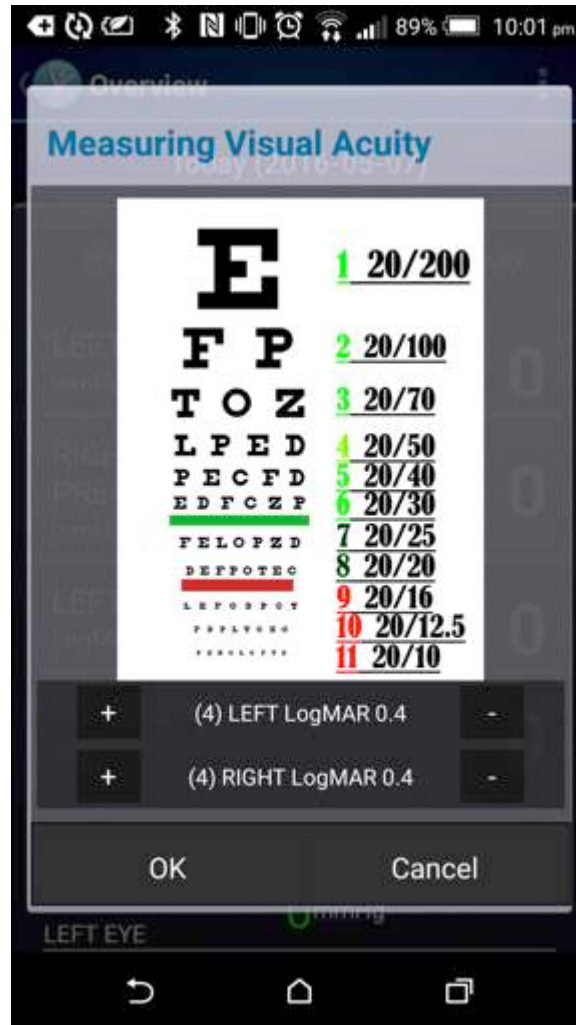


Figure 3.5 Eye Health Suite



3.6 Heart

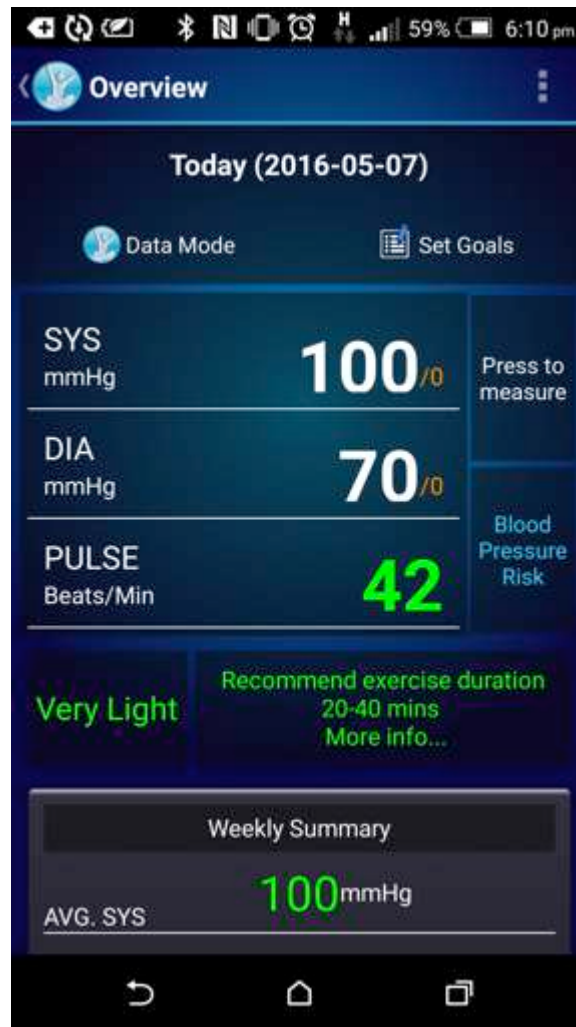


Figure 3.6 Heart Suite



3.7 Emotion

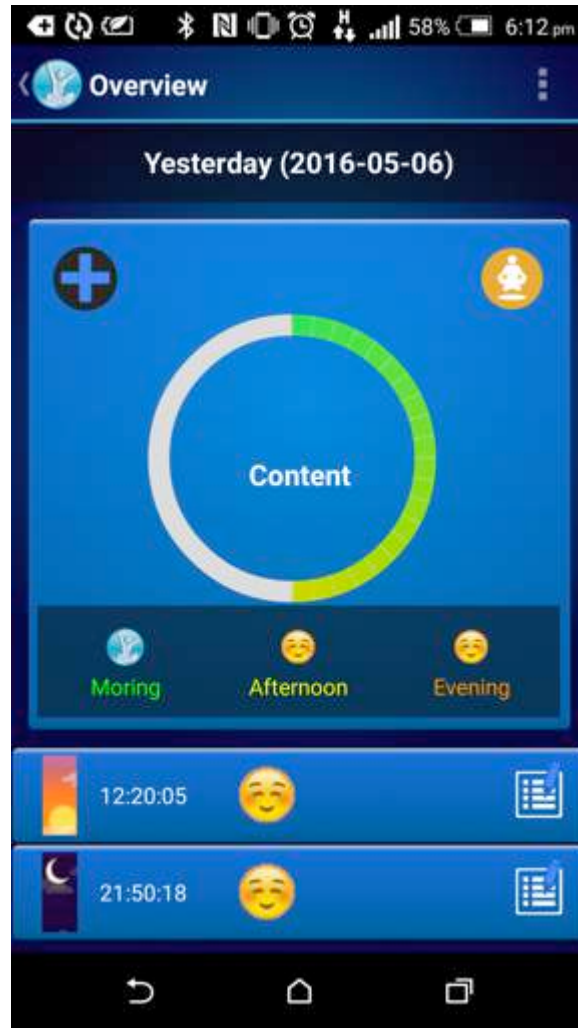


Figure 3.7 Emotion Suite



3.8 Glucose



Figure 3.8 Glucose Suite



3.9 Sleep

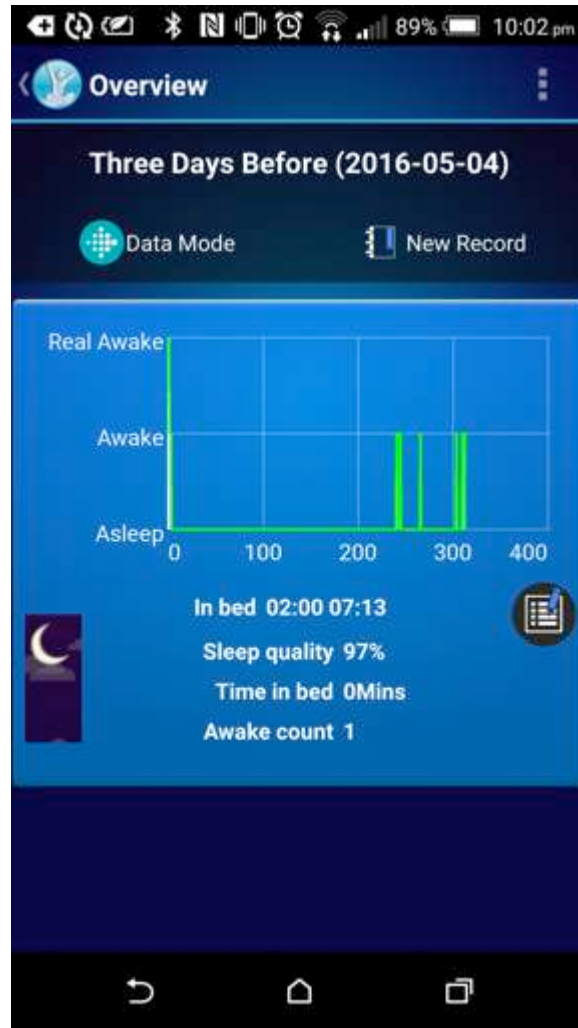


Figure 3.9 Sleep Suite



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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