



Betty Smith

44 yrs

My Dashboard

My Body

My Lifestyle

My Mind

My Bloods

My DNA

My X-Rays

My Risks

My Assessment Schedule



Switch between Consumer and Provider role

CONSUMER CARD

DEMOGRAPHICS

Born: 4 Apr 1972
 Gender: Female
 Height: 170 cm
 Weight: 58 kg

MEDICAL HISTORY

Conditions: Atrial Fibrillation
 Diabetes (Type 2)
 Allergies: Nil Known

GOALS

Goal Weight: 75 kg
 More Energy
 Run a marathon

MY HEALTHCARE TEAM



Ajay Isawesome
Personal Trainer



Dr Phil Headcase
Doctor

MY GROUPS

Toorak Mums
 Commonwealth Bank

MY DEVICES

FitBit
 Apple Watch

SUPPORTED BY:



Company 1



Company 2

Timeline

- Event 1 Date
- Event 2 Date
- Event 3 Date
- Event 4 Date
- Event 5 Date
- Event 6 Date

HEALTH SCORECARD

MY BODY

My MotivAGE



Current score

5 yrs
Younger
xx/xx/xx



Progress scores

MY LIFESTYLE

Score



78
out of 100
xx/xx/xx



MY MIND

Score



78
out of 100
xx/xx/xx



MY BODY

Weight



58 kg



Body Fat



22.0 %



VO2 Max



37.4



Push Ups



8 reps



Current score

Progress scores

MY LIFESTYLE

+



+



+



+



MY BLOOD TESTS

Total Cholesterol



5.6 mmol/L



+

MY DEVICES

Resting Heart Rate



68 bpm



Daily Steps



7,800 steps



MY RISKS

+



+

