

FORM

e-Clinic Mobile Guide



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1: Introducing FORM e-Clinic Mobile

FORM e-Clinic Mobile enables you to manage your nutrient intake and activity levels with absolute precision.

FORM e-Clinic Mobile can be used on a standalone basis or in conjunction with FORM dietitians. FORM e-Clinic Mobile users may also have access to a FORM e-Clinic Web account.

Users may backup / upload all their data from FORM e-Clinic Mobile to their FORM e-Clinic Web account where it may be accessed by FORM dietitian.

2: Downloading FORM e-Clinic Mobile

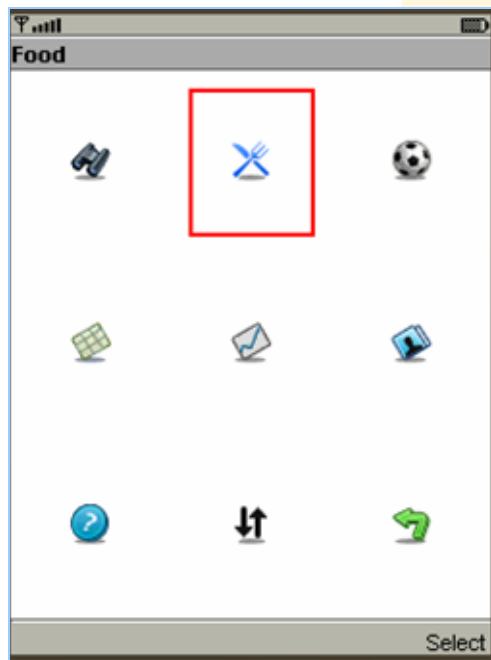
FORM e-Clinic Mobile runs on mobile phones that are Java™ and GPRS or Wireless Application Protocol compatible.

FORM e-Clinic Mobile should run on any phone that meets the required technical specifications:-

- JAVA MIDP 2.0 CLDC 1.1
- WAP 2.0 compatible
- Max JAR Size 250 kb

Downloading FORM e-Clinic Mobile:

- Ensure your phone can connect to the Internet via http.
- For some phones, you must ensure that WAP / Service / Internet messages are set to "ON".
- Most JAVA enabled phones with a Max JAR Size of 250kb will run FORM e-Clinic Mobile.
The Max JAR Size represents the maximum allowed size of an application that may be downloaded to your phone. This is different than total available memory in some cases. Go to www.form.me.uk to obtain list of compatible phones. Alternatively, email dietitian@form.me.uk to find out more information about phone compatibility.
A Download message is sent to your mobile phone.
- The location of the Download message depends on the type of phone you have. For example, the Download message will be stored in the browser messages folder on Motorola phones or in the services inbox on Nokia phones.
- The Download message contains a link to the purchased application. Open the link and the browser on your phone will then launch and download the application.
- The FORM mobile application will be downloaded to your games folder or applications folder depending on your phone type.
- You are now ready to start using FORM e-Clinic Mobile.

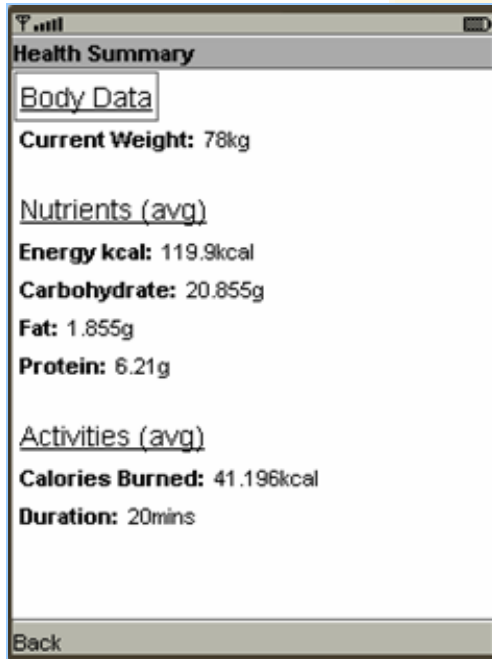


3: Main menu

The Main menu is the gateway into all FORM e-Clinic Mobile functions.

When you open FORM e-Clinic Mobile, the following options appear on the Main menu:

- Health Summary
- Food
- Activity
- Analysis
- Charts
- Personal
- Help
- Connect
- Exit



4: Health Summary

Select Health Summary to see an overview of your daily intake of nutrients and activity data plus body data.

In the Health Summary screen you can view:

- Current Weight
- BMI
- Calorie Intake
- Carbohydrate Intake
- Fat Intake
- Protein Intake
- Calories Burned
- Activities Duration

Nutrition and Activity totals are reset to zero at midnight so you can start fresh in the morning.

Weight and BMI are not reset to zero

BMI will change every time you enter your new weight.



5: Food

When you select Food, you open up the Food screen where you may access the food database and other functions.

Select Consume to access the food database. You may find a food by using the Search option or drilling down through the Food Groups

In the Consume Food screen, you may enter the exact quantity of food you have consumed. Select Options / Portion Sizes to assist you in estimating the exact quantity.

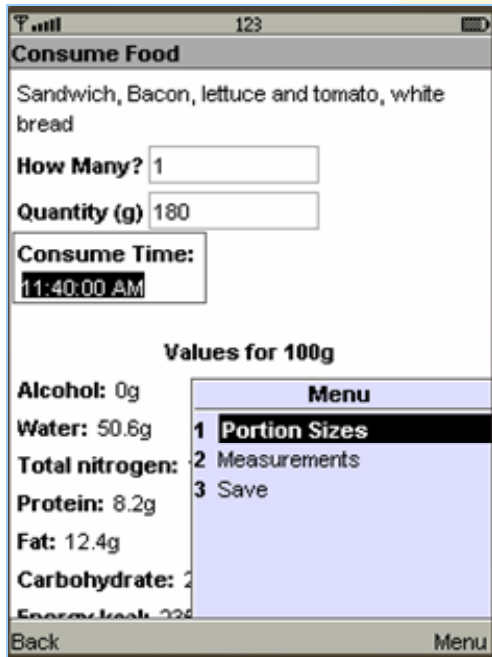
You may also add the foods you consume most often to My Foods option. You may also create your own foods and save them to My Foods.

Important!

During the first week of use, it is advisable to add as many of your preferred foods as possible to the My Foods list as this will make it much quicker and easier for you to use FORM e-Clinic Mobile.

In the Food menu option, you may also view meal plans that you can set for you by a FORM dietitian. Select View Plan to use this option and use the Connect function to download meal plans from FORM e-Clinic.

It is also possible to set daily Nutrient Limits and also set daily limits for intake of selected foods – Tracked Foods.

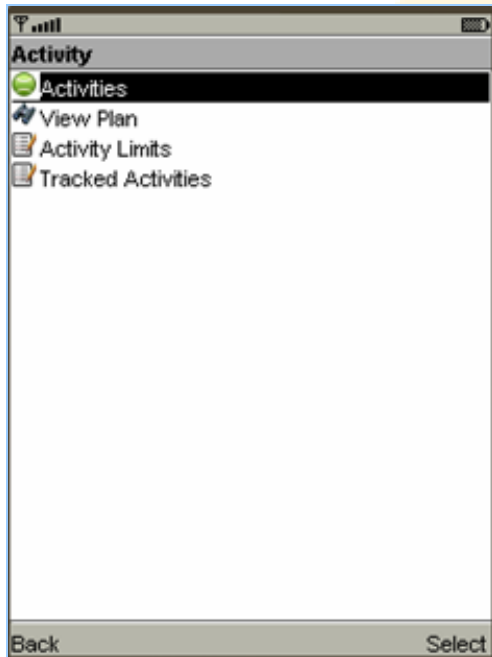


6: Consume Food

When you select a Food, either from My Foods or the main food database, the Consume Food screen appears. Here you can enter how many units of a food you have eaten, the exact portion size and the time. Select Options / Portion Sizes to see a list of standard portion sizes or Options / Measurements to see a list of standard measurements.

Select Options / Save to add this food to your food diary. You may also add this food to your My Foods list.

To delete a food, go to Analysis / Food Diary.



7: Activity

When you select Activity, you open up the Activity screen where you may access the activity database and other functions.

Select Activities to access the activity database. You may find any activity by using the Search option or drilling down through the Activity Groups

In the Activity screen, you may enter the exact duration of activities you have performed and the distance if appropriate.

You may also add the activities you perform most often to the My Activities option. You may also create your own activities and save them to My Activities.

Important!

During the first week of use, it is advisable to add as many of your preferred activities as possible to the My Activities list as this will make it much quicker and easier for you to use FORM e-Clinic Mobile.

In the Food menu option, you may also view meal plans that have been set for you by a FORM dietitian or Physiologist. Select View Plan to use this option and use the Connect function to download meal plans from FORM e-Clinic.

It is also possible to set daily Activity Limits and also set daily limits for selected activities – Tracked Activities.

Activity
Walking the dog
Duration (mins) 30
Distance (m) 1500
Activity Time:
08:43:00 AM
Mets Value: 3
Back Save

8: Activity - Input

When you select an Activity, either from My Activities or the main activity database, the Activity (Input) screen appears. Here you can enter the duration (time spent) doing your chosen activity.

You may also enter the distance covered if appropriate.

Select Options / Save to add the activity to your Activity diary. You may also add this activity to your My Activities list.

To delete an activity from your Activity Diary, go to Analysis / Activity Diary.

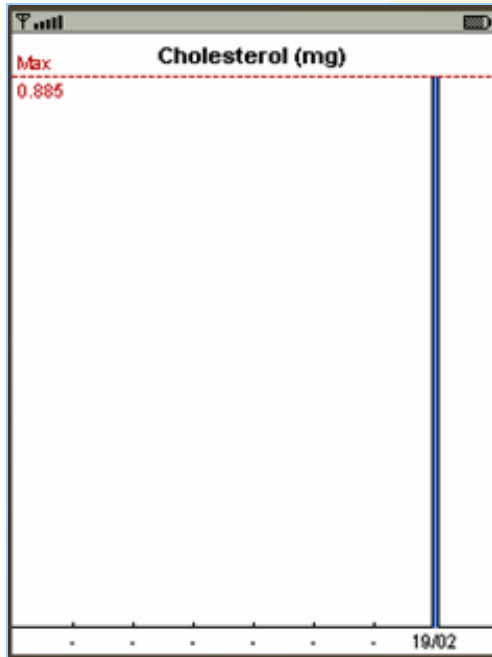


9: Analysis

The Analysis menu option provides you with all the information you need to take complete control of your nutrition, weight and health.

The Analysis menu contains the following menu options:

- Food Diary - View and edit your food diary. You may store up to 7 days data in your food diary.
- Nutrient Intake - View your intake of any of nutrient or mineral for up to 7 days.
- Activity Diary - View and edit your Activity diary. You may store up to 7 days data in your Activity diary.
- Activity Totals - View your calorie burn, duration and distance totals for up to 7 days.
- Body Data - View your weight, height, waist, chest, neck and bmi data for up to 7 days.



10: Charts

FORM e-Clinic Mobile enables you to view bar charts for each of the nutrients, the activity totals and your body data.

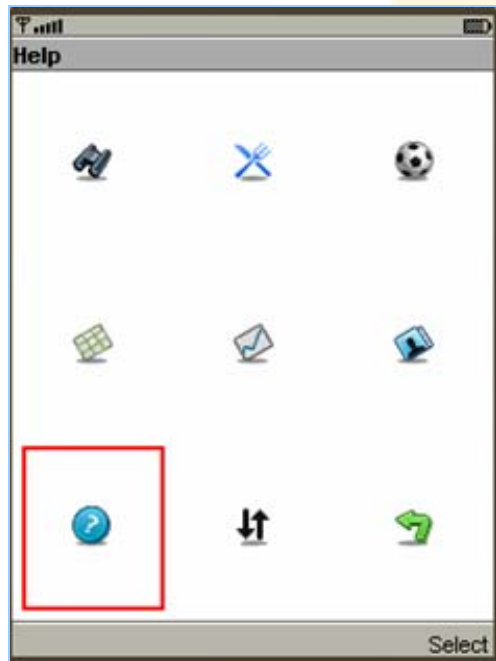
If you set a Target for any nutrient, activity total or weight, the corresponding chart will display the target line.



11: Personal

The Personal menu contains the following menu options:

- Personal Information - View and edit your personal information – name, date of birth and gender.
- Body Data - View and edit your body data information – weight, height, waist, chest and neck.
If you use the e-Clinic Connect function to upload your data to your FORM e-Clinic Web account, then this body data is uploaded each time.
- Units settings - In this screen, you can view and set your measurement unit preferences for weight, height, waist, chest, neck and distance.



12: Help

Here you can find information on how to use e-Clinic as well as information on foods and activities.



13: Connect

The Connect menu option lets you upload your data from FORM e-Clinic Mobile to FORM e-Clinic Web.

To use this function, you will require the username and password provided by FORM dietitian.

Enter your Username and Password. You will only be required to do this once unless your Username / Password is changed.

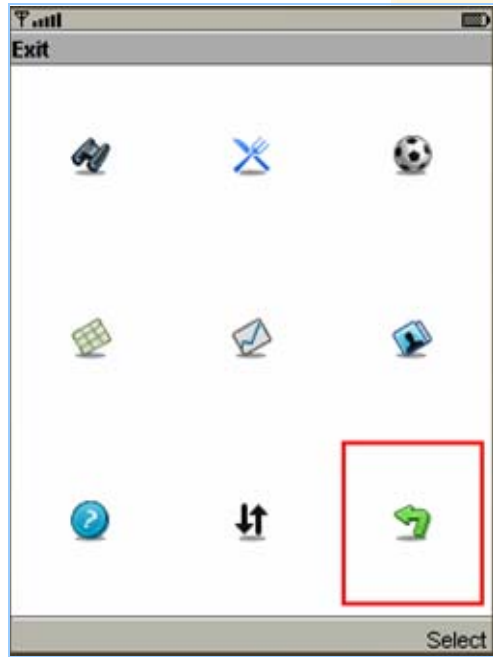
Select Upload Data to upload your data to your FORM e-Clinic Web account.

The uploaded data includes your food diary and nutrient intake data and your activity diary and associated activity totals.

All body data is also uploaded. Up to 7 days data may be uploaded.

The Connect function is also used to download meal plans or activity plans that your health professional or service provider has set for you.

These plans can then be viewed in the Food or Activity menu options.



14: Exit

The Exit menu option lets you close FORM e-Clinic Mobile. Data is automatically saved as you use FORM e-Clinic Mobile, not while exiting the system.