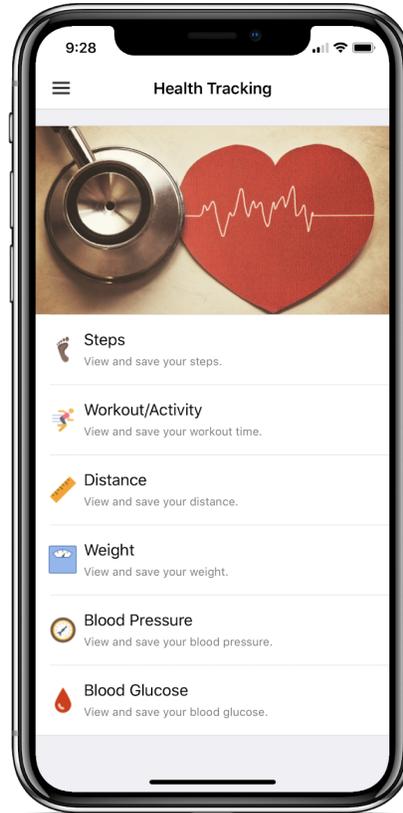
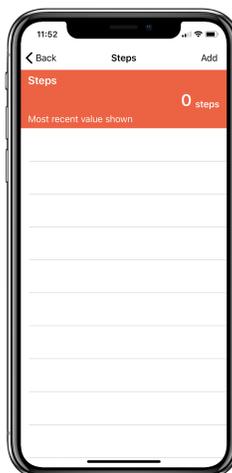


Health Tracking

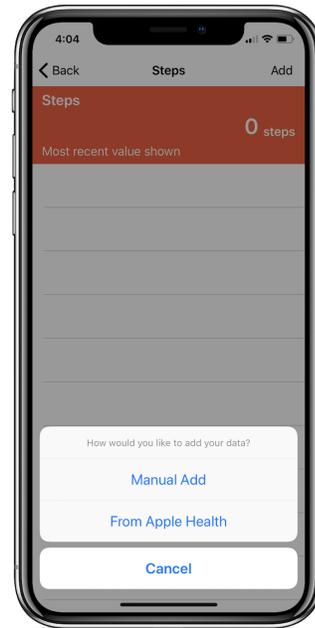


This portion of the app is able to pull data from Manual Entry or from Apple Health/Google Fit. By selecting any of the tracking categories, a screen like the one below appears. The “Add” button in the top right corner allows you to do a manual entry or gather data from an external application. For demonstration purposes, we will use the “Steps” feature.

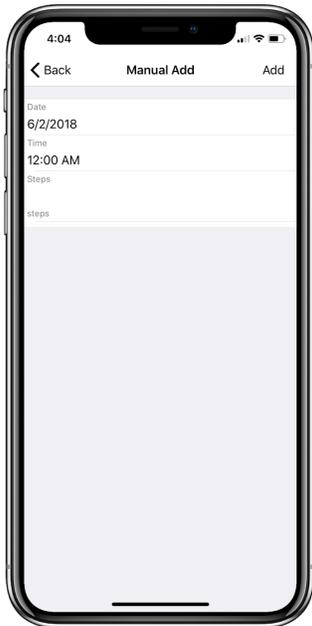


Health Tracking Data

To add steps into the application’s health tracker, tap “Add” in the top right corner. The screen will dim, and the menu below will appear, showing two options: Manual Add or From Apple Health. For Android users, the application would pull data from Google Fit. For this guide, we will demonstrate using Apple Health.



Manual Add



After selecting Manual Add from the options above, a screen like the one to the left will show up. On this screen, you have the option to change the date and time of the data taken. The app will automatically provide today’s date and say the time is 12:00 AM. Unless you change these inputs, the app will record the steps as steps taken on today’s date at 12:00 AM.

To change the date or time, simply tap the pre-set date, and a sliding menu will appear like that used for standard applications. Input the desired date and time to record your data accurately.

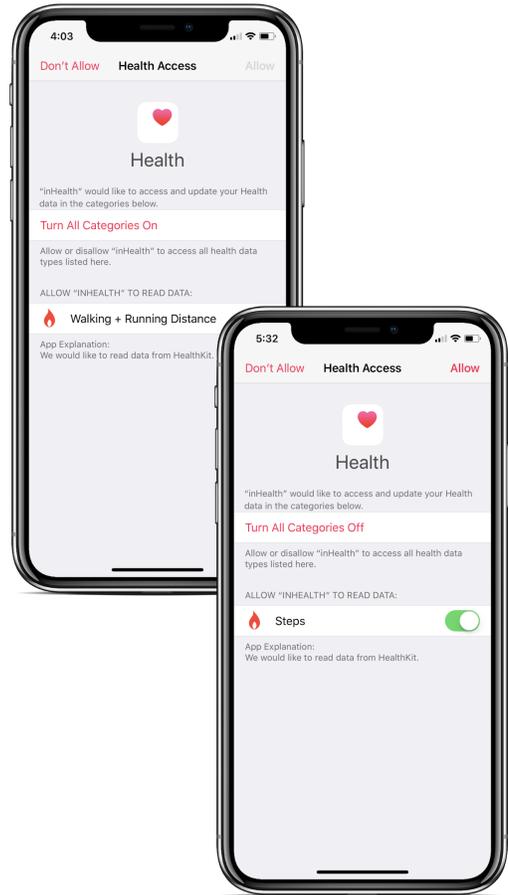
Before tapping “Add” in the top right corner, input the number of steps you tracked. To do so, tap on the blank, white space in the third row of data.

The app will save this information upon you tapping “Add.” The screen at the bottom of Page 12 will update with the most recent information you added, and older entries will appear in the white bars below the orange screen. The date and time of each entry will be recorded next to the entry.

From Apple Health

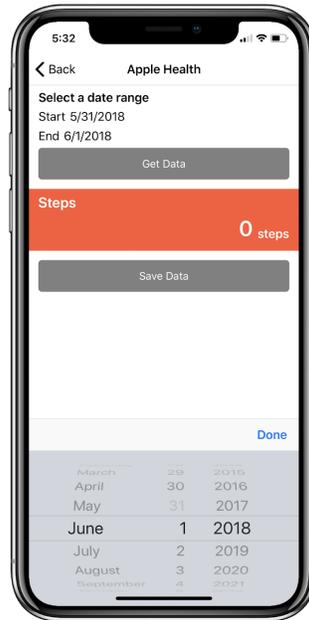
The first time you tap “From Apple Health” to pull data from elsewhere, the Apple Health application will require you to give the inHealth application permission to use its data. The data category (in this case Walking + Running Distance) will change depending on what health tracking category you are in. For example, Walking + Running Distance data correlates to the Distance tracking in the inHealth app. The Steps data allows the Steps section in the inHealth application to pull your total steps for a given time period. Each time you are pulling a new type of data from Apple Health to the inHealth app, you will have to give permission. All you have to do is move the switch to the “on” position (as seen in the right-hand picture) and tapping “Allow” in the top right corner. After giving your permission for one category, you need not do so again.

Tapping “Don’t Allow” will limit the inHealth app’s capabilities, and you will have to use only Manual Entries.

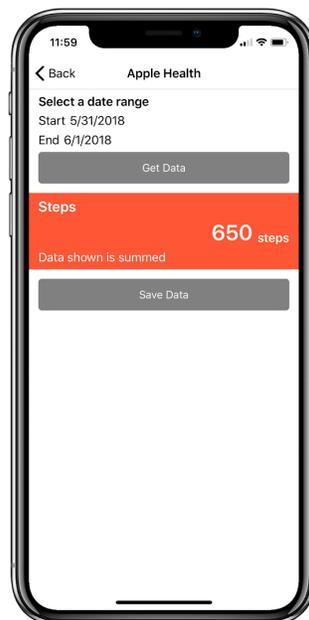


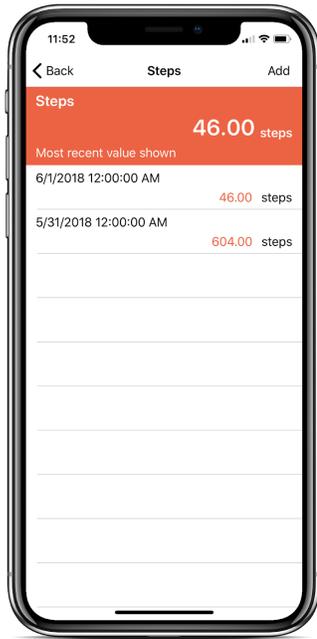
Once you have given Apple Health permission to share data with *inHealth: well-being*, you will see a screen like the one pictured.

In order to change the date range for which you want to pull data, tap either the Start or End date given. If you want to change both dates, you must do so by tapping on each one separately. When you tap on one of the dates to edit the range, the screen below will appear. Use the Date Picker to select a Start or End date.



Next, press “Get Data” to receive a summed number of steps you took during the date range provided. This participant took 650 steps during the range 5/31/2018 and 6/1/2018. To continue, press “Save Data.”





Pressing Save Data will bring you back to the original Step Tracker page. Because you pulled data from a range, you can see at what dates/times the 650 steps were taken. For example, this user pulled data from Apple Health from 5/31 to 6/1, and it showed they had 650 steps. They took 604 steps on 5/31.

The app displays the most recent step value in the orange section of the screen.

Other Tracking Tools

The app can also track your workout activity, weight, distance, blood pressure, and blood glucose. All of these tracking features have the capability to be entered manually or from Apple Health/GoogleFit. The screens all look the same but use different units. As a sample, below is a user's total distance from 6/1 to 6/2.

