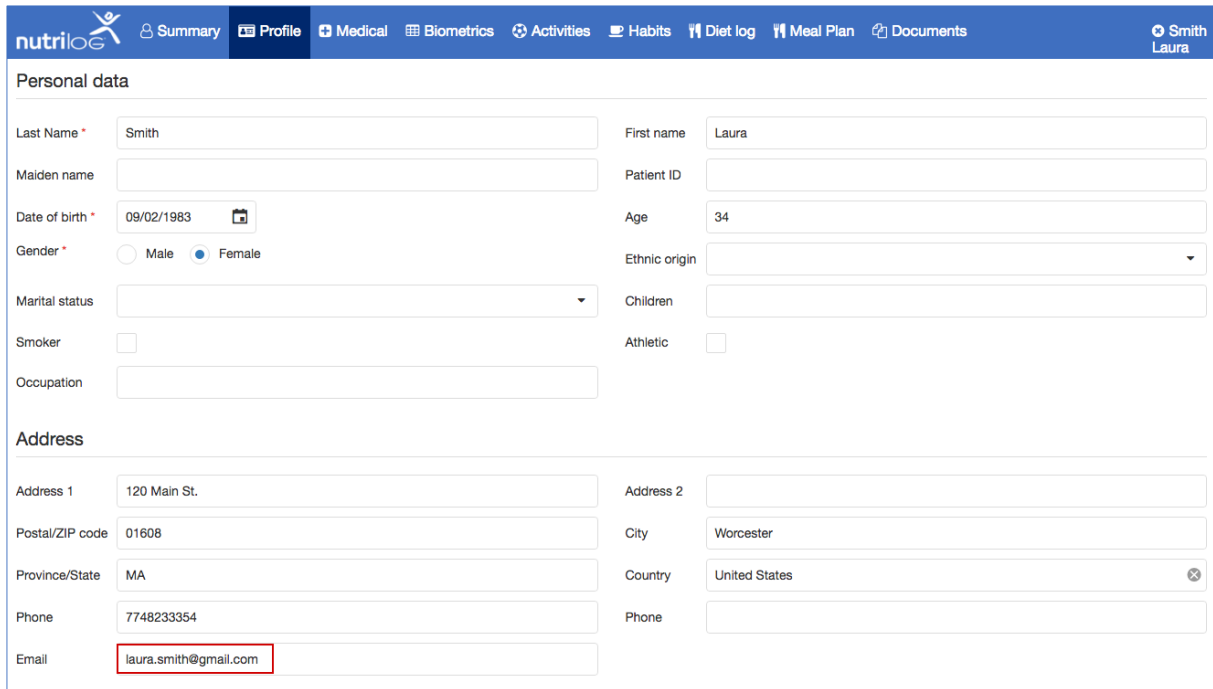


1. Enter the patient email address in Profile



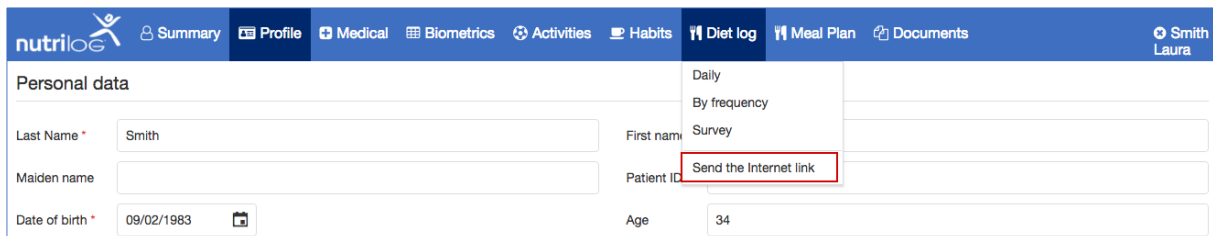
The screenshot shows the 'Profile' tab selected in the top navigation bar. The 'Personal data' section contains the following fields:

- Last Name: Smith
- First name: Laura
- Maiden name: (empty)
- Patient ID: (empty)
- Date of birth: 09/02/1983
- Age: 34
- Gender: Female (selected)
- Ethnic origin: (dropdown menu)
- Marital status: (dropdown menu)
- Children: (empty)
- Smoker:
- Athletic:
- Occupation: (empty)

The 'Address' section contains the following fields:

- Address 1: 120 Main St.
- Address 2: (empty)
- Postal/ZIP code: 01608
- City: Worcester
- Province/State: MA
- Country: United States
- Phone: 7748233354
- Phone: (empty)
- Email: laura.smith@gmail.com (highlighted with a red box)

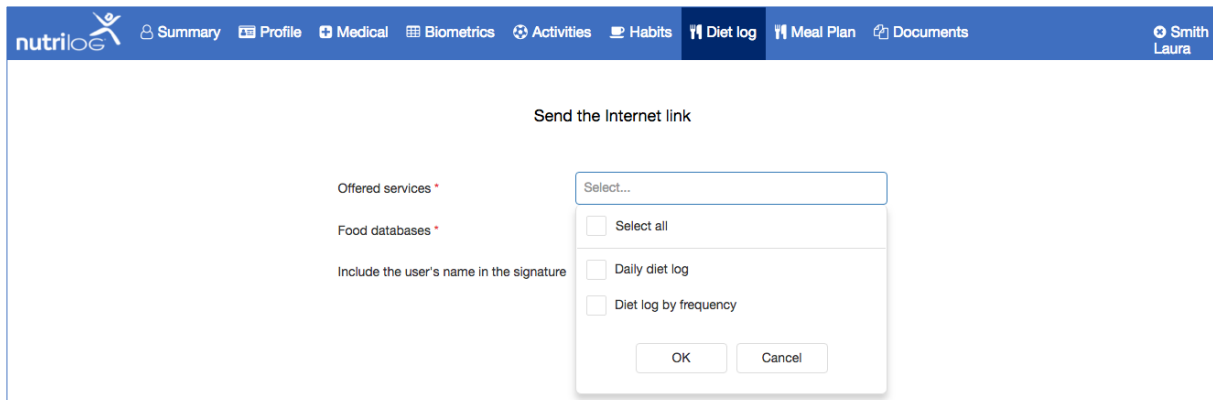
2. Click on the Diet Log tab and select "Send the Internet link"



The screenshot shows the 'Diet log' tab selected in the top navigation bar. A dropdown menu is open over the 'Patient ID' field, showing the following options:

- Daily
- By frequency
- Survey
- Send the Internet link (highlighted with a red box)

3. Select the type of Diet Log

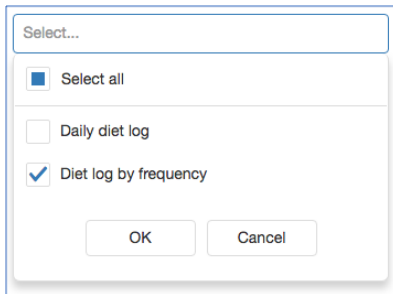


The screenshot shows a dialog box titled 'Send the Internet link'. It contains the following options:

- Offered services * (dropdown menu)
- Food databases * (dropdown menu)
- Include the user's name in the signature (checkbox)
- Select all (checkbox)
- Daily diet log (checkbox)
- Diet log by frequency (checkbox)

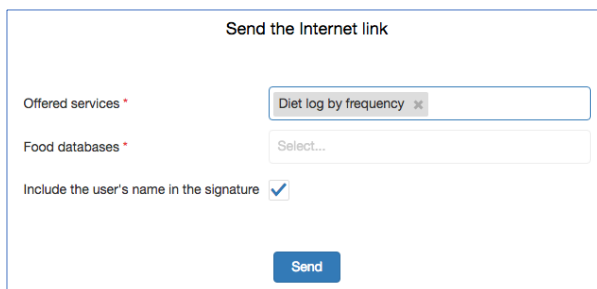
Buttons for 'OK' and 'Cancel' are located at the bottom of the dialog box.

4. Check the "Diet log by frequency" box and click on OK



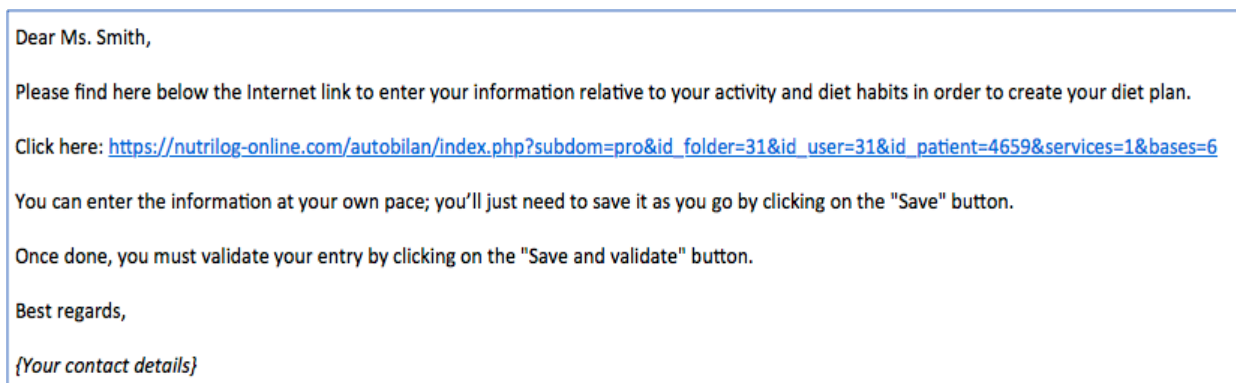
A dialog box with a title bar containing a "Select..." dropdown. Inside the dialog, there are three checkboxes: "Select all" (checked), "Daily diet log" (unchecked), and "Diet log by frequency" (checked). At the bottom, there are two buttons: "OK" and "Cancel".

5. Check the "Include the user's name in the signature" box if you want your name to show in the email sent to patients. Click on Send: The link is automatically sent to the patient email address shown in the Profile.



A form titled "Send the Internet link". It contains three rows of input fields: "Offered services" with a dropdown menu showing "Diet log by frequency"; "Food databases" with a "Select..." dropdown; and "Include the user's name in the signature" with a checked checkbox. A blue "Send" button is located at the bottom center.

6. The patient receives an email with the link to connect to the online diet log



Dear Ms. Smith,

Please find here below the Internet link to enter your information relative to your activity and diet habits in order to create your diet plan.

Click here: https://nutrilog-online.com/autobilan/index.php?subdom=pro&id_folder=31&id_user=31&id_patient=4659&services=1&bases=6

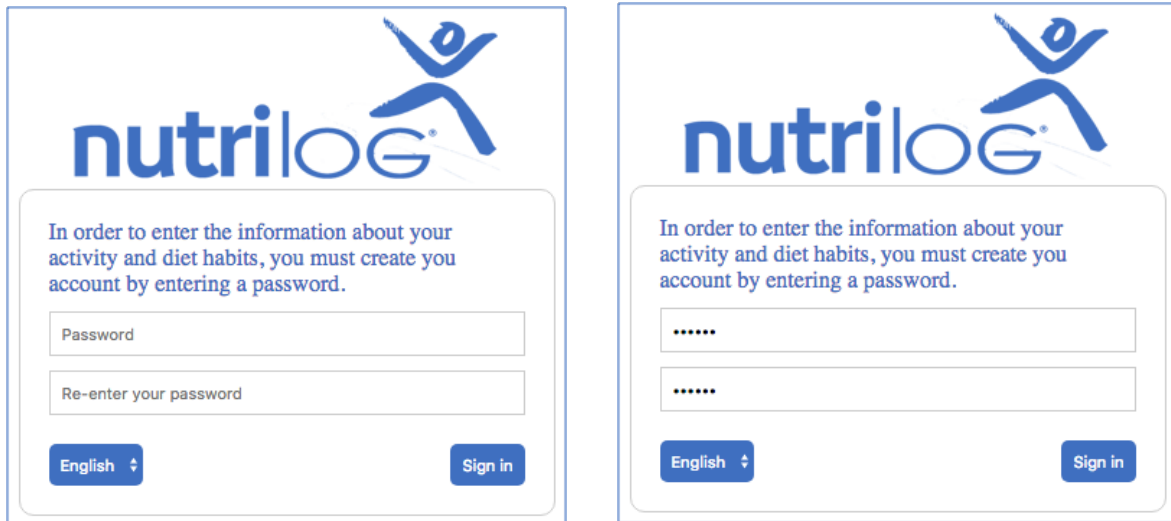
You can enter the information at your own pace; you'll just need to save it as you go by clicking on the "Save" button.

Once done, you must validate your entry by clicking on the "Save and validate" button.

Best regards,

{Your contact details}

7. The patient clicks on the link, accesses the login page and creates a password before clicking on “Sign in”



8. The patient has then access to the service homepage and may click on the “Diet log by frequency” option.

NUTRILOG



9. Once the screen is open, the patient can enter the portion for each food item in every category:

Category	Portion
Dairy products	<ul style="list-style-type: none"> Milk: Select... Cheese Yogurt: 1 small glass=120g Dairy dessert: 1 medium-size glass=150g, 1 large glass=200g
Meat, fish, eggs, giblets, cold cuts	1 small bowl=250g
Bread and Cereal	1 medium-size bowl=350g, 1 large bowl=450g
Starch	300g
Vegetables	250g
Fruit	200g

The frequency of consumption

Dairy products		Milk	1 large glass=200g	Select...
		Cheese	Select...	
		Yogurt	Select...	
		Dairy dessert	Select...	
Meat, fish, eggs, giblets, cold cuts				
Bread and Cereal				
Starch				
Vegetables				
Fruit				
Fat				

Frequency options (from dropdown):

- Once a day
- Twice a day
- 3 times a day
- 4 times a day
- 5 times a day
- 6 times a day
- Once a week
- Twice a week
- 3 times a week
- 4 times a week

And at what time of the day the food consumed

Meals

Breakfast

Lunch

Dinner

Morning snack

Afternoon snack

Evening snack

[Save](#)

10. Patients can simply “Save” their entry and come back later to finalize it, or “Save and validate” if their entry is completed.

Reset
Save
Save and validate
Cancel

11. The users receives a notification within the application



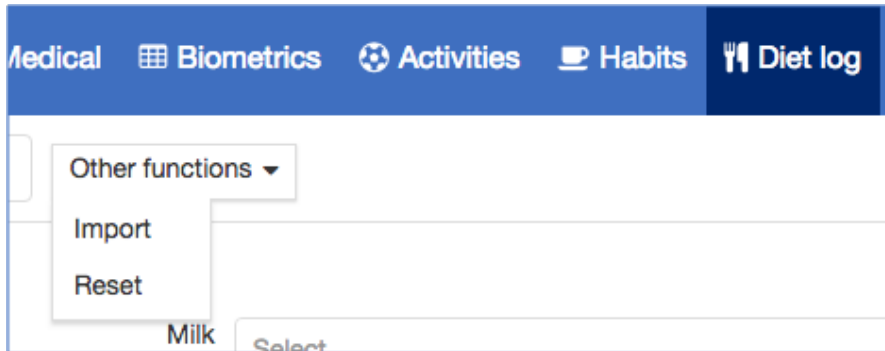
12. Notifications can be viewed by clicking on the “Bell” icon; Ongoing diet logs (saved but not validated) and validated diet logs are then displayed.

Notifications

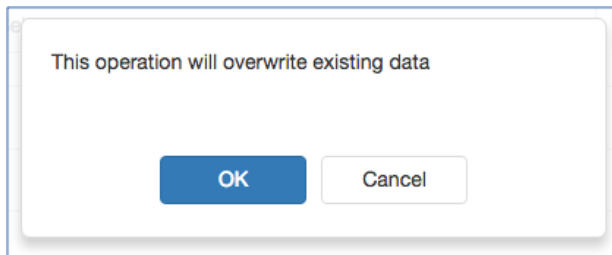
Validated diet logs			
SMITH Laura	Daily	09/01/2018	•
Ongoing diet logs			
SMITH Laura	By frequency	12/01/2018	•

[Delete all notifications](#)
[OK](#)

13. Back to the patient file, click on “Diet Log” and then on the menu icon to select the “Import” option to retrieve the patient’s diet log



14. Passed a last validation, data can be imported:



15. Imported data can then be analyzed

