



Welcome to the Liva app User Guide

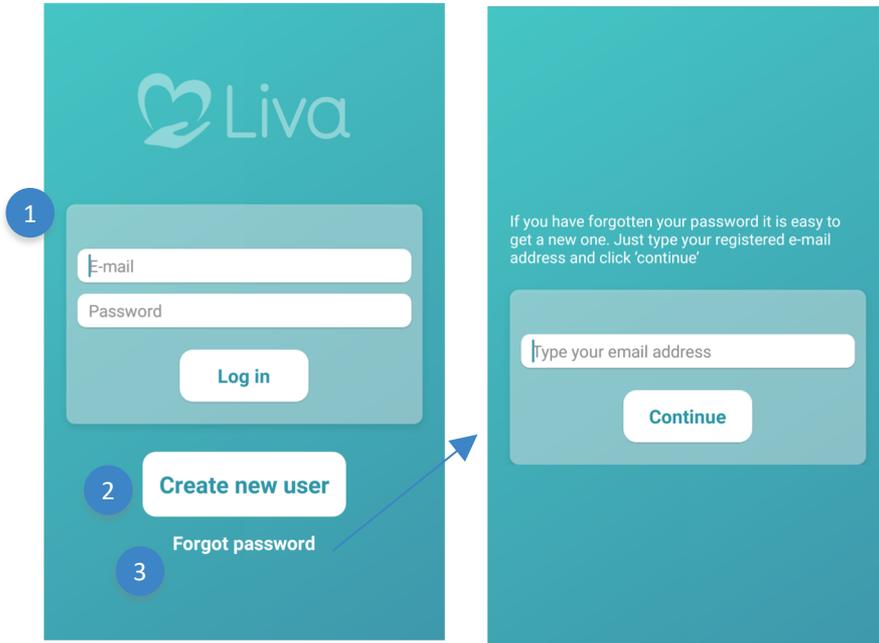
Welcome to the Liva app

The Liva app is the end users' access point to the lifestyle program.

The Liva app makes it possible for the end user to communicate with his or her personal health coach and other end users with lifestyle diseases.

Through the app, the end user can register daily activities and diet goals, as well as, set up and edit goals and goal achievements and much more.

Login and create new user



1. Login with existing user

If you already have a user, you can login with your email and password. Write your email and password and click on “Login”.

2. Create user

Click on “Create User” to register into the system. Be aware, that this will bring you through the registration process where you will choose your lifestyle goals. These goals can be adjusted through the app or with your health coach.

3. Forgot password

If you forget your password, you can click on “Forgot password” which sends you to the second screen, where you can type in your email address. You will then receive an email with a link, which you click on to create a new password. After creating a new password you can go back into the app and login with your email and new password.

Create user

Creation About you Your goals

Enter login information

1 E-mail

Choose password

Repeat password

2 I accept [terms of use](#)

You must accept that the app shares your data with your advisor

Previous Next

Creation About you Your goals

Enter name and number

3 Enter full name

Enter phone number

Enter date of birth

Male Female

Previous Next

1. Enter login information

On this page you need to enter your email address and decide on a password.

2. Accept terms and sharing information

You will need to accept “terms of use” and sharing your data with your health coach, by toggling the switches. Clicking the underlined text “terms of use”, allows you to read through them.

By clicking “Next” you enter the next page in your registration. You can click on “Previous” to go back, and thus navigate back and forth throughout the registration process.

3. Enter personal details

Enter your name, phone number, date of birth and gender.

Tip

Remember, that the registration process is designed so the app is customized specifically to your needs, in order to give you the best coaching process. The registration procedure is recommended to be done in collaboration with your personal health coach.

About you

The screenshot shows the 'About you' page with three tabs: 'Creation', 'About you', and 'Your goals'. The 'About you' tab is active. A progress indicator shows '1' in a blue circle. The main heading is 'What is your height?'. Below it are two tabs: 'Imperial' (selected) and 'Metric'. A scrollable wheel shows the number '172'. Below the wheel, the text '173 cm' is displayed. At the bottom, there is a 'Don't know' button and a 'Next' button.

The screenshot shows the 'About you' page with three tabs: 'Creation', 'About you', and 'Your goals'. The 'About you' tab is active. A progress indicator shows '5' in a blue circle. The main heading is 'What is your weight?'. Below it are two tabs: 'Imperial' (selected) and 'Metric'. A scrollable wheel shows the number '74 9'. Below the wheel, the text '75,0 kg' is displayed. At the bottom, there is a 'Don't know' button and a 'Next' button.

1. Enter height

On this page “About you”, you can enter your height.

2. Imperial or metric

Notice that you can choose between the imperial or metric system, by clicking on the tabs.

3. Select height

When you want to enter your height, you scroll the “wheel” to state your height.

4. Don't know

If you are not sure about your height, you can click on the button “Don't know”, and enter this information at another time.

5. Enter weight

On this page you can enter your current weight. You have the same options on this page as on the previous “Enter height” page.

Tip

We encourage you to enter this information in order to customize your goals. It's especially important if you wish to have a weight goal, as you can't change your start weight later on in the program.

About you

Creation About you Your goals

1 Are you smoking?

No Yes

9

10 cig./day

11

Don't know

Previous Next

1. Are you smoking

On this page you can enter if you are smoking by clicking on the tab “No” or “Yes”. By clicking “Yes” a “wheel” will appear where you can enter how many cigarettes on average you smoke per day.

Tip

By entering your average cigarettes per day, you can later create a goal, where you enter how many cigarettes you wish to reduce your smoking to.

This goal can also be created at a later time, under profile settings, after signing-up.

Your goals

The image displays two sequential screenshots of a goal-setting interface. The first screenshot, labeled with a blue circle containing the number '1', shows a teal header with three tabs: 'Creation', 'About you', and 'Your goals'. Below the header, the text reads 'For which areas will you set goals for yourself?'. There are seven goal categories, each with a toggle switch: 'Steps' (off), 'Diet goals' (on), 'Exercise' (on), 'Life goals' (off), 'Sleep' (on), 'Blood sugar' (off), 'Smoking' (on), 'Blood pressure' (off), and 'Weight' (off). The second screenshot, labeled with a blue circle containing the number '2', shows the same header and tabs. The text reads 'How many steps will you walk per day?'. Below this is a slider control with a white knob on a teal track. The current value is '10000 steps/day'. The number '2' is positioned above the slider.

1. Your goals

On this page, you enter which goals you wish to focus on, together with your coach. By toggling the switches you select the goals.

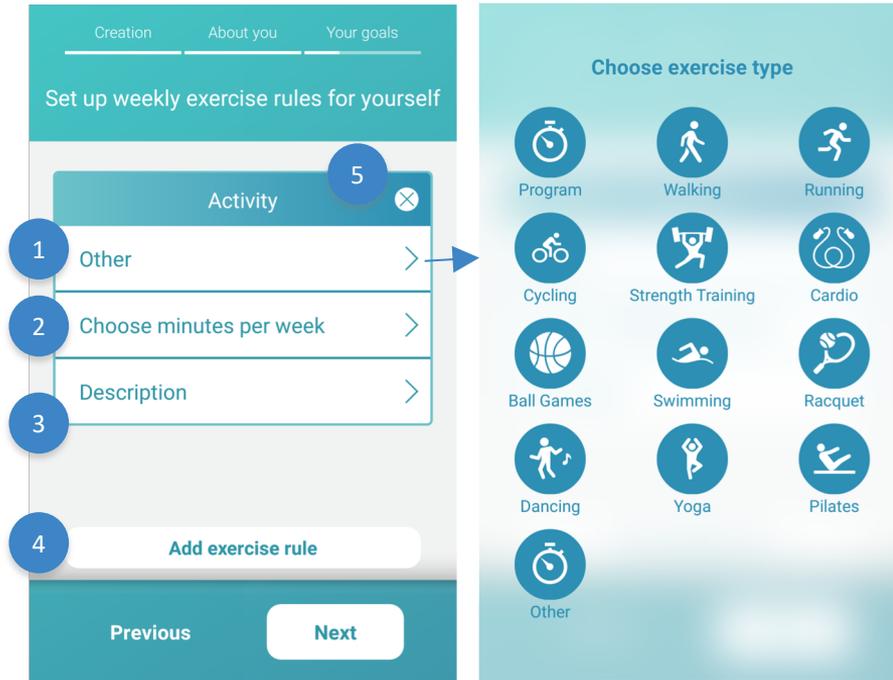
2. Steps

If you have selected steps as a goal, you need to decide on how many steps you wish to walk per day. Use the slider to lower or raise the amount of steps.

Tip

You can always choose to add or remove goals after sign-up under your profile. You can choose as many goals as you would like to. Together with your personal health coach you might decide on which goals to concentrate on initially. Click “Next” to continue.

Your goals



1. Exercise goal

Here you can choose your exercise goals. By clicking on the field “Other”, you are shown a page, from which you can pick a type of exercise. Select your activity.

Be aware that all exercise goals are aggregated on a weekly basis.

2. Minutes per week

When you click on “Choose minutes per week” a pop-up window will appear, there you decide on how many minutes you wish to spend on that specific activity per week.

3. Description

Under description you can write more about how you wish to follow your activity goal, e.g. if you have chosen “walking” as exercise, you can write “walking the dog” in the description.

4. Add exercise rule

If you would like to create more activities / exercise types, you can click on the button “Add exercise rule” and go through the same procedure as above.

5. Remove exercise rule

When you click on the “X” in the corner, you delete an exercise rule.

Your goals

Creation About you Your goals

How many hours will you sleep per day?

7 h 30 min



Creation About you Your goals

How much will you smoke per day?

5 cig./day



1. Sleep goal

On this page, you can decide on your goal for sleep. Use the slider to lower or raise the amount of hours you wish to sleep per night.

2. Smoking goal

By moving the slider you can decide on your goal for how many cigarettes you aim to smoke per day.

“Start” indicates the number you put in during registration, stating how many cigarettes you currently smoke per day. If your slider does not show “start”, it’s because you did not answer this question during registration.

Tip

You can always change your sleep- and smoking goal under your profile > goals, after sign up.

Previous Next

Previous Next

Your goals

The screenshot shows a mobile app interface for setting a weight goal. At the top, there is a teal header bar with three tabs: "Creation", "About you", and "Your goals". Below the header, the text "What is your weight goal?" is displayed. A horizontal slider is shown with a white circle indicating the current weight goal. The slider is labeled "Start" and "70 kg". A blue circle with the number "1" is positioned below the slider. At the bottom, there is a teal footer bar with two buttons: "Previous" and "Next".

1. Weight goal

On this page you decide on your goal for your weight. "Start" indicates your current weight, if you filled it in during registration.

Tip

You can always change your weight goal under your profile > goals, after sign up.

Your goals

Creation About you Your goals

1 Set up diet goals for yourself

Diet goal

2 No candy |

3 I will not eat candy on week days >

mon. tue. wed. thu. fri. sat. sun.

5 Add goal

Previous Next

Creation About you Your goals

Set up diet goals for yourself

I will not eat candy on week days >

mon. tue. wed. thu. fri. sat. sun.

Diet goal

6 Eat fish

Eat 125g of fish Monday and Th... >

mon. tue. wed. thu. fri. sat. sun.

4 Add goal

Previous Next

1. Diet goal

On this page you set up your diet goals.

2. Enter heading

In this field, you choose a short and precise heading. Be aware, that this field has a limitation on number of characters.

3. Enter diet goal

Here you can describe your diet goal.

4. Diet goal days

You can select the days you wish to follow a specific diet goal. E.g. you can add that Monday and Thursday should be the days you eat fish - then the goal will show up on those two days on the dashboard, there you can tick off the goals according to completion.

5. Add goal

Push the button to add extra diet goals.

6. Remove goal

Click the "X" to delete a goal.

Your goals

The screenshot shows a mobile app interface for setting life goals. At the top, there are three tabs: "Creation", "About you", and "Your goals". Below the tabs is a teal header with the text "Set up life goals for yourself" and a blue circle with the number "1". The main content area is a form titled "Life goal" with a blue circle and "6" and a close button "X" in the top right corner. The form has three input fields: "Enter a headline" (with a blue circle and "2"), "Enter life goal" (with a blue circle and "3" and a right arrow), and a row of seven checkboxes for days of the week: "mon.", "tue.", "wed.", "thu.", "fri.", "sat.", and "sun." (with a blue circle and "4"). Below the form is a white button with the text "Add goal" and a blue circle with "5". At the bottom, there are two buttons: "Previous" and "Next".

1. Life goal

On this page you can set your personal life goals - goals that go beyond the other categories.

2. Enter heading

In this field you choose a short, precise heading. Be aware that this field has a limitation on number of characters.

3. Enter life goal

Here you can describe your life goal, e.g. "Let go of work when I come home and during the weekends".

4. Life goal days

You can select the days where you wish to follow a specific life goal. The goal will show up on the chosen days on the dashboard, where you can tick off according to completion.

5. Add goal

Push the button to add more life goals.

6. Remove goal

Click the "X" to delete a goal.

Your goals

The screenshot displays a multi-step form titled "Your goals" with a teal header and navigation tabs for "Creation", "About you", and "Your goals".

- Step 1:** "What is your goal for glycated haemoglobin?"
- Step 2:** Input fields for "in mmol (i.e. 48)" and "in % (i.e. 6,5 %)". A slider below shows a value of "48 mmol/mol".
- Step 3:** A slider for setting a goal value.
- Step 4:** "What is your target for blood pressure?"
- Step 5:** "Systolic" blood pressure target. A slider shows a value of "120 mmHg".
- Step 6:** "Diastolic" blood pressure target. A slider shows a value of "80 mmHg".

At the bottom, there are two teal navigation bars, each containing "Previous" and "Next" buttons.

1. Glycated haemoglobin

If you monitor your blood sugar, use this page to enter blood sugar values.

2. Select measuring value

Use the tabs, to choose the measuring value you wish to use, either "mmol/mol" or "%".

3. Insert value

Use the slider to enter your goal value for glycated haemoglobin.

4. Target blood pressure

On this page you can enter your goal for blood pressure.

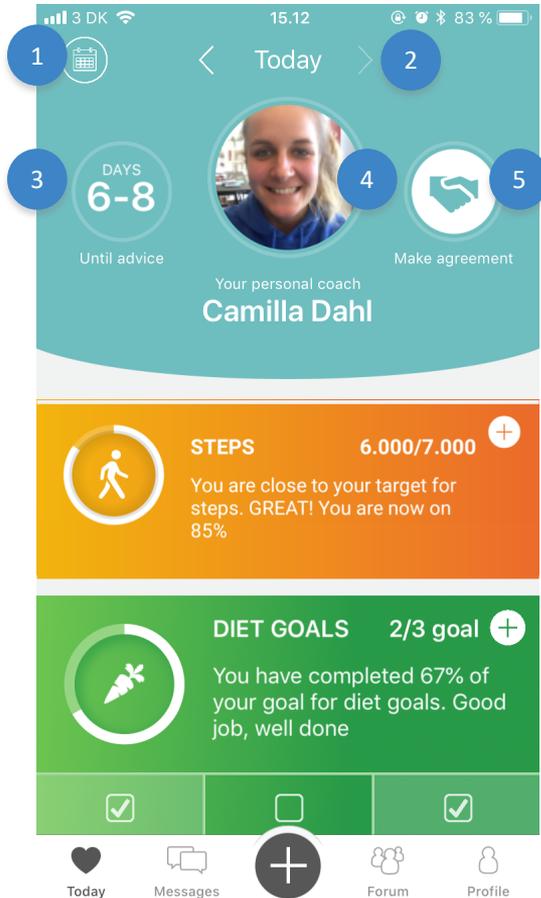
5. Systolic

Use the slider to enter Systolic goal value.

6. Diastolic

Use the slider to enter Diastolic goal value.

Dashboard (1 of 5)



1. Calendar

You can click on the calendar icon and select previous registration days. When choosing the day, the dashboard goes to that day, and shows you the specific registrations for that day. You can then enter registrations for the selected day, which you might have forgotten.

2. Today

By clicking the arrow, you can go back and forth between days. However, you cannot see future days.

3. Planned advice

This box shows you number of days until the next advice. Number of days will be shown within an interval of days.

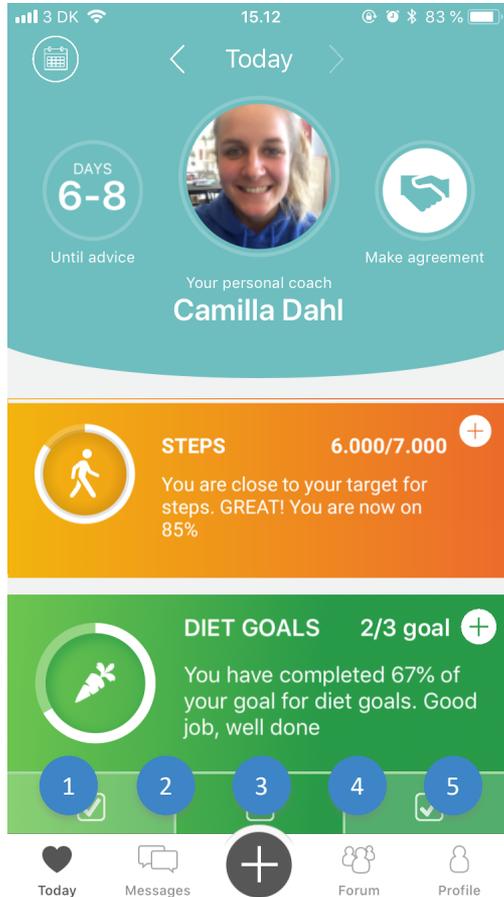
4. Health coach

On your dashboard will always be a photo of your personal health coach

5. Agreement

By clicking on the "agreement" button. You will always be able to see the agreement and commitment you made with your personal health coach.

Dashboard (2 of 5)



Menu bar

In the bottom of the app, you can find the menu. From there, you can navigate around in the app.

1. Today

This button will always bring you back to the dashboard, where you can see your goals, registrations, days until next advice and agreement.

2. Messages

Messages is the button that brings you to the page where you can communicate with your health coach.

3. “ + ”

When you click this icon, you get an overview of all your active goals. From here you can also select each goal to enter your registrations.

4. Forum

Forum is where you can connect with your community. Here, you can chat with other users of the app.

5. Profile

Click here to enter your profile where you can edit information, goals, logout and more.

Dashboard (3 of 5)

The screenshot shows a dashboard with three goal cards, each with a numbered circle on the left and a plus sign on the right. The first card is orange and labeled 'STEPS' with a progress of 6,000/7,000 and a message 'You are close to your target for steps. GREAT! You are now on 85%'. The second card is purple and labeled 'SLEEP' with a progress of 0/7.5 hours and a message 'Remember to register sleep - we still haven't heard from you?'. The third card is blue and labeled 'LIFE GOALS' with a progress of 0/1 mål and a message 'Remember to register life goal - we still haven't heard from you?'. Below the Life Goals card is a button with a square icon and the text 'Let go of work'.

- 1** **STEPS** 6.000/7.000 +
You are close to your target for steps. GREAT! You are now on 85%
- 2** **SLEEP** 0/7.5 hours +
Remember to register sleep - we still haven't heard from you?
- 3** **LIFE GOALS** 0/1 mål +
Remember to register life goal - we still haven't heard from you?
 Let go of work

General about registrations

On the dashboard you can see all your active goals and register data. All goals have the button “+” in the upper right corner. If you click it, you will enter that specific goal’s registration page, where you can register data and see graphs.

The circle around the left icon, will show how close you are to achieving your goal.

1. Steps

Steps shows your daily step count goal. You can fill this in manually by clicking the “+” in the right corner or connect it with Google Fit or Apple’s HealthKit and have your steps automatically imported.

You are asked when you enter your dashboard the first time, after sign-up, if you would like to connect with Google Fit/HealthKit. If you wish to change this later you can do it from your Profile > Settings.

2. Sleep

See your sleep goal and register your sleep by clicking the “+” button.

3. Life goals

Register by ticking off the box or clicking the “+” button.

Dashboard (4 of 5)

The screenshot shows a mobile dashboard with three goal cards. The first card is 'SMOKING' with a goal of 'max 2 cig. today' and a current count of '2'. The second card is 'ALCOHOL' with a goal of 'max 10 drinks per week' and a current count of '4', with a sub-question 'How many drinks have you had today?' and a current count of '2'. The third card is 'DIET GOAL' with a goal of '0/2 goal' and a reminder to register the goal. Below the diet goal card are two checkboxes: 'No candy' and '200g carrots'. At the bottom of the dashboard are three camera icons.

1 **SMOKING** +
Your goal is max 2 cig. today.
- 2 +

2 **ALCOHOL** +
Your goal is max 10 drinks per week
You have consumed 4 drinks this week
How many drinks have you had today?
- 2 +

3 **DIET GOAL** 0/2 goal +
Remember to register diet goal
- we still haven't heard from
you?
 No candy 200g carrots

Camera icons: [Camera] [Camera] [Camera]

1. Smoking

You can quickly register how many cigarettes you have smoked during the day. Furthermore does your goal also appear

2. Alcohol

You can quickly register how many drinks you have been drinking during the day. Furthermore does your goal and drinks already consumed this week appear.

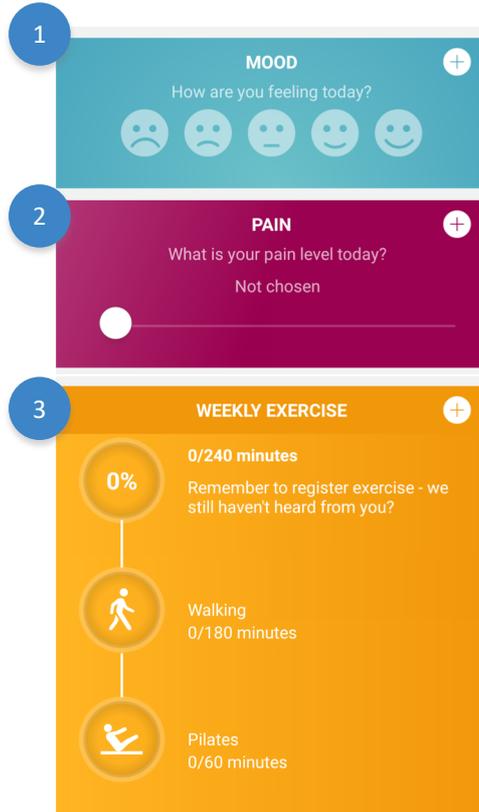
3. Diet goal

Diet goal on the dashboard shows your daily diet goal. That also means that it will not show a diet goal which is active on a Monday, if it is not Monday.

You can tick off the box when you have fulfilled the goal. Furthermore, you can decide to upload a picture to help remember what you have eaten, by clicking on the camera icon. Here, you also have the option to add a short text to the picture.

Tip: You can pose questions for your coach directed at a specific picture, e.g. "Is this portion of breakfast of the right size?"

Dashboard (5 of 5)



1. Mood

You can register your mood daily. Just click on the icon which represents very bad, bad, neutral, good and very good.

2. Pain

To register your pain level, just move the slider. The pain level goes from 0 to 10; 0 being “no pain” and 10 being “Intense pain”.

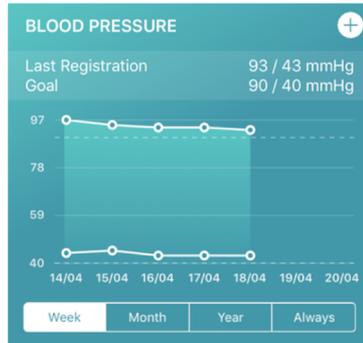
3. Weekly exercise

Under weekly exercise, you can see your overall exercise goal in minutes per week. Below this, you will see your specific exercise goals.

You can register your data by clicking the “ + ” in the corner or the specific icon for the exercise.

Be aware that weekly exercise is the only parameter that is counted on a weekly basis. That means it will reset on Mondays, compared to the rest of your goals which reset on a daily basis.

Dashboard (5 of 5)



Weight, blood pressure and blood sugar

These parameters are all shown with a graph. In this overview, you are able to see both your goal and your registrations. Furthermore, you can select to have registrations displayed across weeks, months, years or always.

Registrations (1 of 2)

The screenshot shows a mobile application interface for mood registration. At the top, there are three buttons: 'BACK' (callout 4), 'MOOD' (centered), and 'OK' (callout 3). Below these is a header 'Last Registration' with the value 'Good'. The main area contains a vertical scrollable list of five mood options, each with a corresponding emoji icon: a smiley face (callout 2), a neutral face, a frowny face, a sad face, and a very sad face. A horizontal date selector is positioned below the mood options, with a white circle indicating the current selection on the date '09/11'. Below the date selector are four buttons: 'Week', 'Month', 'Year', and 'Always'. At the bottom of the screen, there are three input fields: 'Date' (callout 1) with the value '09 nov. 2017', 'Mood' (callout 2) with the value 'Good', and a third field with the value 'Neutral'. Below these fields are three horizontal lines representing a list of mood options: 'Neutral', 'Good', and 'Very good'.

1. Date

You can pick the date you wish to make your registrations for, which means you can register back in time, in case you have forgotten a registration. The date will per default be the same as the one you have on your dashboard.

2. Registrations

Use the wheel to scroll up and down to choose your value.

OBS!

The wheel will automatically be on the value of your last registration. You have to actively scroll and choose the value again for it to register.

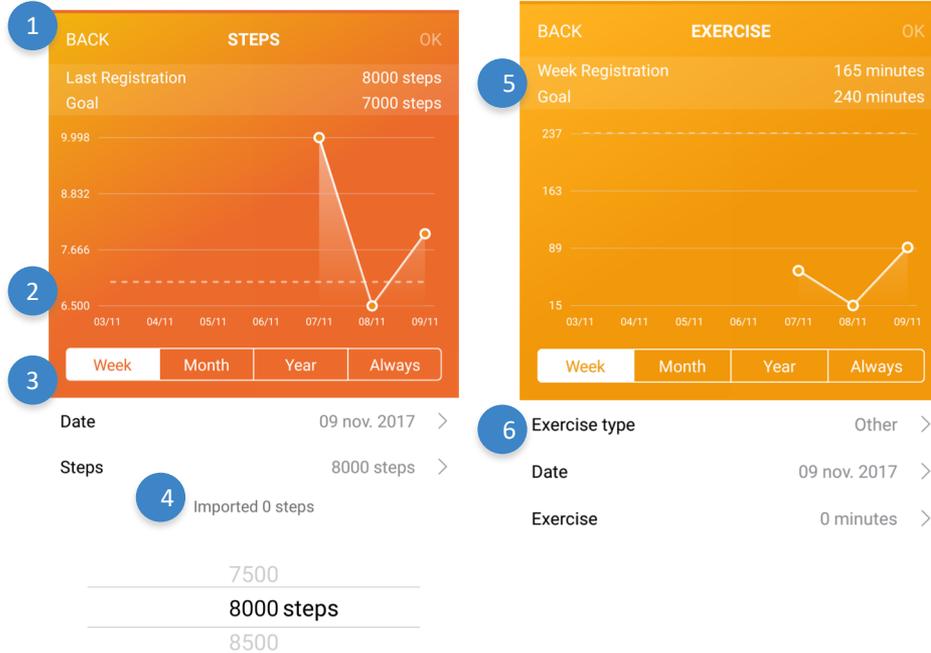
3. OK

Click the OK button to accept and send a registration to your health coach. You can't click OK before you have actively put in your values.

4. Back

Click back to return to the dashboard without saving your registrations. You will get a warning which you can respond "yes" or "no" to.

Registrations (2 of 2)



1. Last registration and goal

Above the graph you can see your last registration and goal.

2. Goal line

On the graph you can follow your registrations over time. You can also see a dotted line which shows your current goal.

3. Graph overview

You can select week, month year or always to have the graph show your registrations across different time spans.

4. Imported steps (only for steps)

You can connect steps with Google fit or Apple HealthKit to import steps directly into the app. Be aware of this function, before adding steps manually, to avoid double counting. If you have walked without your phone and hence have walked more steps than imported automatically you can add extra steps manually.

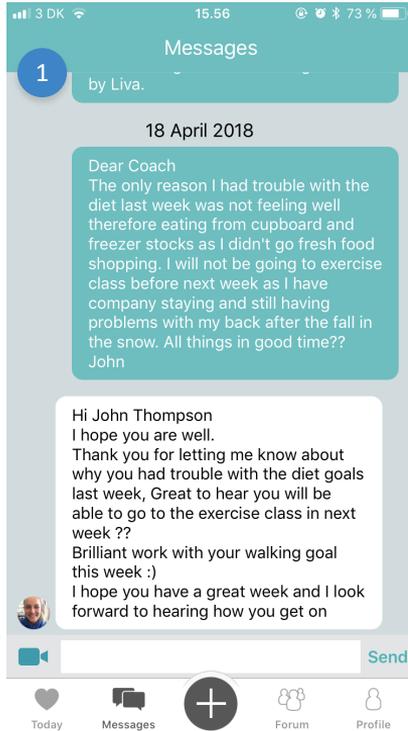
5. Weekly registration

Exercise is aggregated on a weekly - and not daily - basis, which differentiates from the rest of the goal registrations.

6. Registration type

Under some goals you can select different registration types, e.g. exercise type can be "Yoga". You need to select type, before applying your values.

Messages and Forum



1. Messages

In the menu you can choose messages. From here you can communicate with your health coach by sending text or videos.

You click the video camera to create a new video or pick one from your gallery. The white field is for text. Remember to click “Send” to share the message with your health coach.

Your health coach will respond in here sending you text, videos or pdf’s concerning e.g. workout programs.

You can scroll up and down to see previous messages.

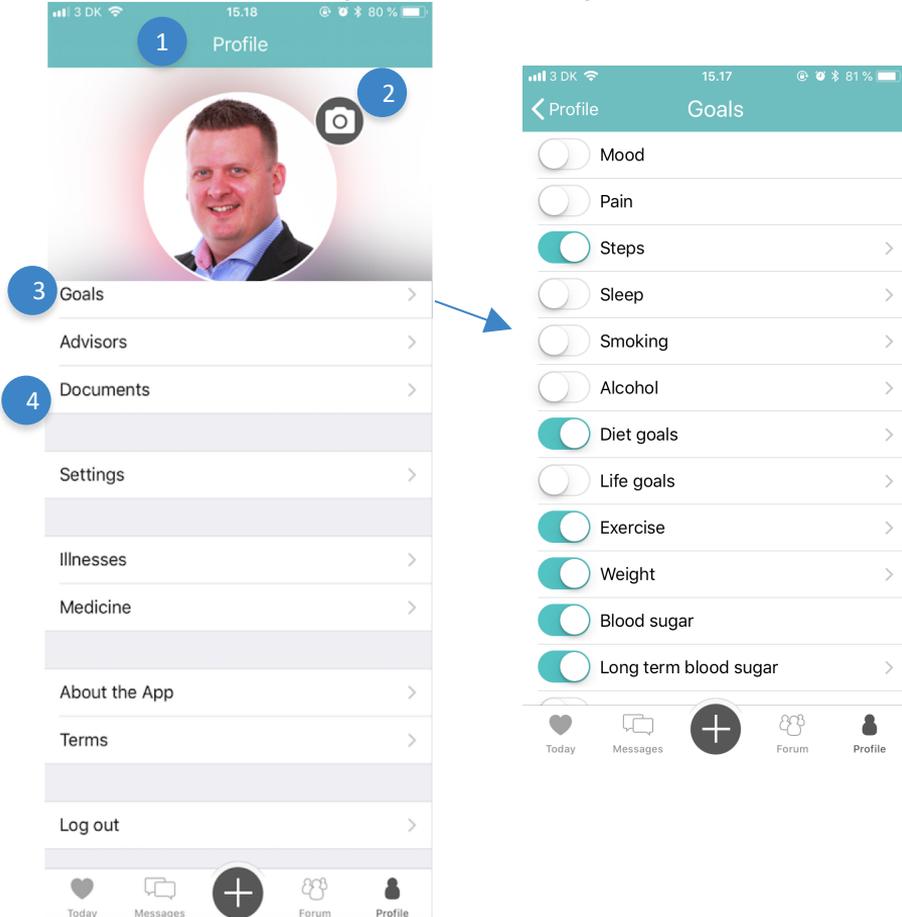
2. Forum

Forum is the community for other Liva users with an active program. From here you can chat with other members; for example, arrange to meet up for a walk.

You can switch between the tabs All and Me. Me only shows posts you have written or responded to.

Write a post by clicking the note icon in the bottom right corner. Be sure about your post before sharing, as you can’t edit it after posting.

Profile (1 of 2)



1. Profile

When you select “Profile” from the menu you are brought to your page. From here you have several options for customizing the app according to your needs.

2. Profile picture

Click the camera icon to add a profile picture. You can either take a new one or pick one from your gallery.

3. Goals

“Goals” will give you an overview of all possible goals in the app. You can turn them on and off by clicking the switch buttons. When you activate a goal, you can add specific objectives to that specific goal.

4. Documents

From documents you can see and access all the files your health coach has send you in messages.

Profile (2 of 2)



- Goals >
- Advisors >
- Documents >
- Settings >
- Illnesses >
- Medicine >
- About the App >
- Terms >
- Log out >



- Name John Thompson >
- Alias >
- Username John >
- E-mail john@b.com
- Password
- Height 5 ft 11 in >
- Cigarettes 0 >
- Unit for height feet and inches >
- Unit for weight st >
- Unit for distance miles >
- Unit for bloodsugar mg/dl >
- Unit for long term bloodsugar mmol/mol >



1. Settings

In settings, you can find all your personal information. You can also edit your height and how many cigarettes you smoked before starting your coaching program.

OBS! You can choose metric or imperial system under height - this also affects your weight system.

If you wish to use the Forum, you need to create a Username.

2. Illness and Medicine

With these two fields, you can register if you have an illness or medicine that you want your advisor to be aware of, besides the goals from the signup process.

3. About and Terms

Here, you can read about the app and the terms of use.

4. Log out

From your profile you can also log out of the app.