

Heart Health App



Introduction

- **Guidelines on cardiovascular disease prevention**
- **Creating heart healthy homes**

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Heart Health



At the heart of health

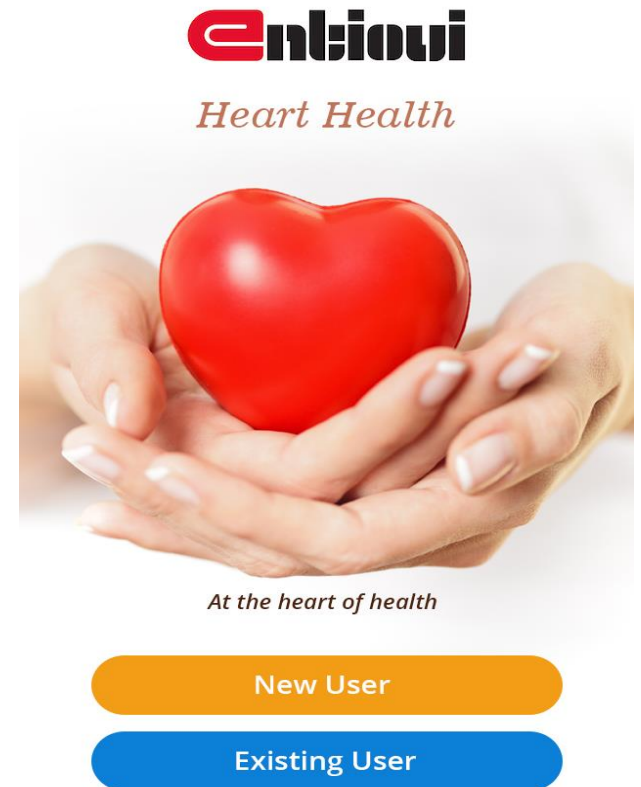
New User

Existing User

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Splash Screen

- **Splash screen of the app**
- **New Users will be directed to the Registration screen**



Registration Screen

- **New users will have to register to access the app**
- **Details related to Name, Email Id, Mobile No, Date of Birth, Gender & Ethnicity has to be entered**

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REGISTRATION DETAILS

Name

Email ID

Mobile Number

Date of birth

Gender

Male Female

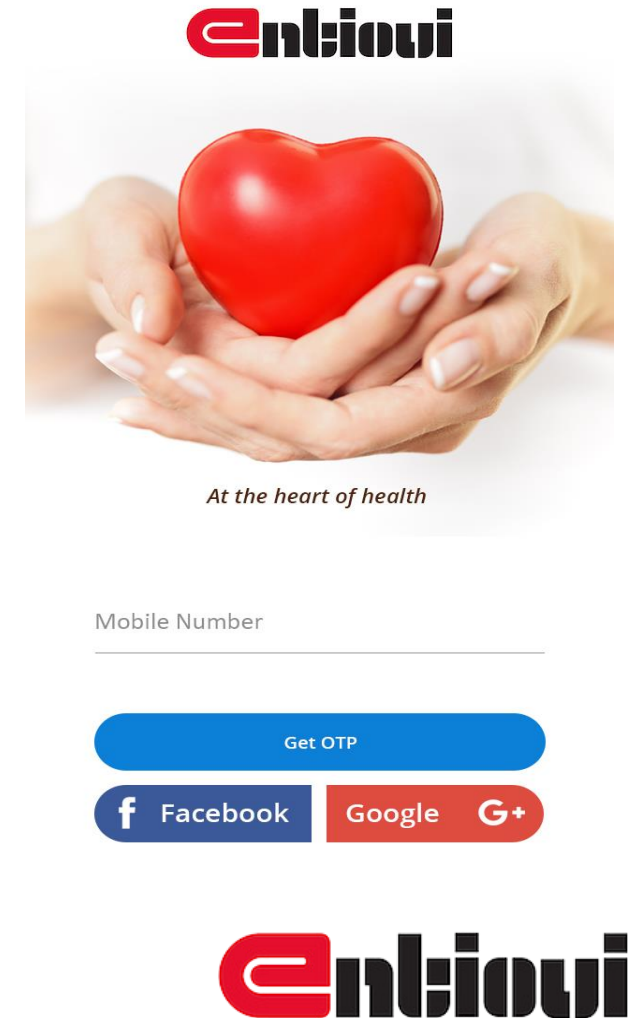
Ethnicity

Indian Non - Indian

SUBMIT

Login Screen

- Mobile no of registered users to be entered for generating OTP
- Option for logging through Facebook & Google account also provided



Home Screen

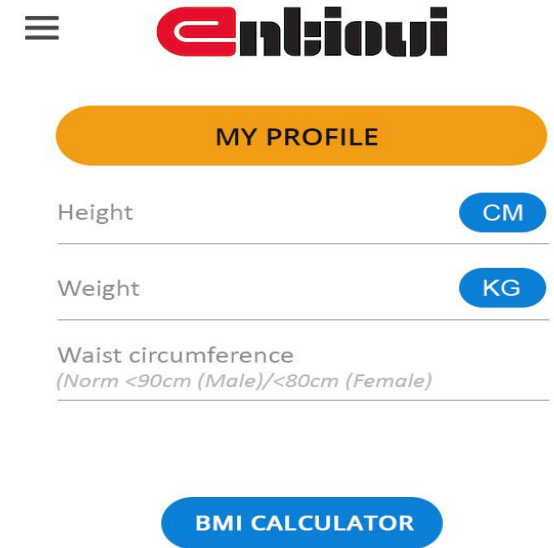
- The home page lists certain criteria which if true means the user falls in the known risk category
- Else the user is in the unknown risk category



The screenshot shows the Entiovi home screen. At the top left is a hamburger menu icon. The Entiovi logo is at the top right. Below the logo is a yellow button labeled "ARE YOU HAVING?". Underneath are three grey buttons, each with a yellow arrow icon on the left and text on the right: "Previous heart attack/ angioplasty/ CABG/brain stroke/aortic", "Diabetes with protein in urine/ smoking habits or high lipids?", and "Severe renal failure?". Below these is the text "IF YOU BELONG TO THIS GROUP" followed by a blue "CONTINUE" button. At the bottom is the text "IF YOU DO NOT BELONG TO THIS GROUP" followed by another blue "CONTINUE" button. A faint stethoscope graphic is visible in the background.

User Profile

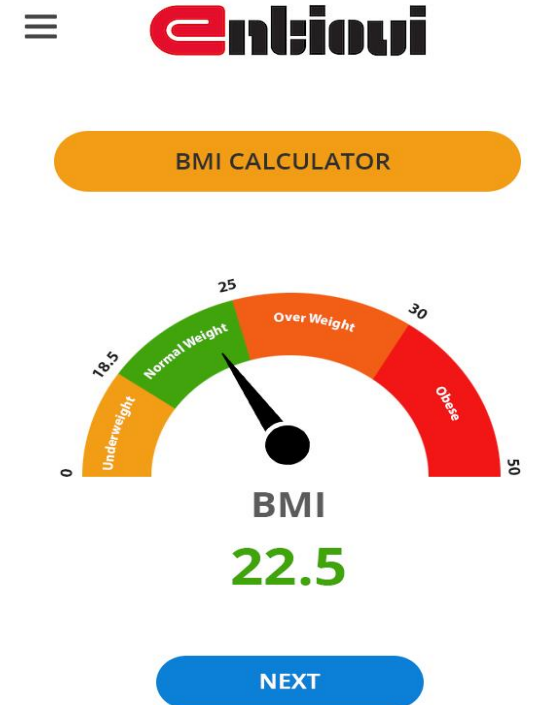
- User profile data will be entered through multiple screens
- In this screen weight, height & waist circumference will be captured
- Based on the entered data, BMI will be calculated in the next screen



The screenshot shows the Entiovi user profile interface. At the top left is a hamburger menu icon. The Entiovi logo is at the top right. Below the logo is a yellow button labeled "MY PROFILE". Underneath are three input fields: "Height" with a "CM" unit selector, "Weight" with a "KG" unit selector, and "Waist circumference" with a note "(Norm <90cm (Male)/<80cm (Female))". At the bottom is a blue button labeled "BMI CALCULATOR".

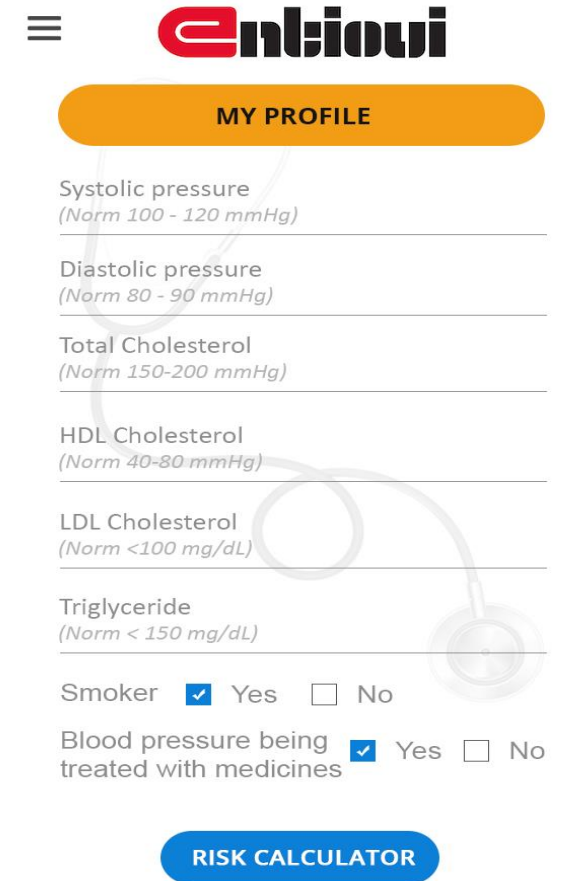
BMI Calculator

- BMI calculation will be done on the basis of weight & height entered in the previous screen
- The score will be shown in the analog dial and the value will also be displayed



User Profile Continued

- **Data required for CVD Risk calculation will be captured in this screen**
- **Based on the entered data, CVD risk calculation will be done in the next screen**



The screenshot shows the 'MY PROFILE' section of the Entiowi app. It features a list of health metrics with input fields and a 'RISK CALCULATOR' button at the bottom. The metrics include Systolic pressure, Diastolic pressure, Total Cholesterol, HDL Cholesterol, LDL Cholesterol, and Triglyceride. There are also checkboxes for 'Smoker' and 'Blood pressure being treated with medicines'.

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MY PROFILE

Systolic pressure
(Norm 100 - 120 mmHg)

Diastolic pressure
(Norm 80 - 90 mmHg)

Total Cholesterol
(Norm 150-200 mmHg)

HDL Cholesterol
(Norm 40-80 mmHg)

LDL Cholesterol
(Norm <100 mg/dL)

Triglyceride
(Norm < 150 mg/dL)

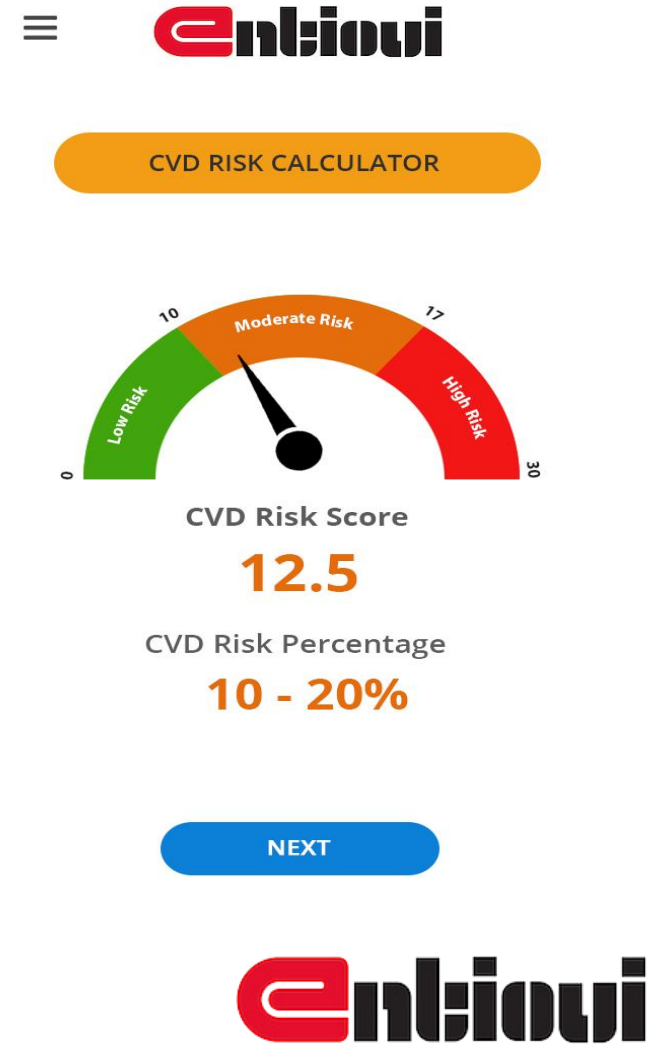
Smoker Yes No

Blood pressure being treated with medicines Yes No

RISK CALCULATOR

CVD Risk Calculator

- CVD risk score will be computed based on the entered data in the previous screen
- CVD Risk % will be shown in the analog dial and the computed value of the risk score will be displayed
- Depending on the CVD risk category appropriate pages will be shown



User Profile Continued

- The remaining profile data will be entered in this screen
- Based on the computed risk category, user will be shown the relevant screens



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MY PROFILE

Urea
(Norm 7 to 20 mg/dL)

Creatinine
(Norm 6 to 1.2 mg/dL)

Hba1c
(Norm 4 to 5.6%)

NEXT

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CVD Low Risk Category

- This is the first screen that will be shown for Low Risk category

The screenshot shows the Entiovi app interface for the 'LOW CVD RISK' category. At the top, there is a hamburger menu icon and the Entiovi logo. Below this is a green rounded rectangle containing the text 'LOW CVD RISK'. Underneath, the text 'CHANGE YOUR LIFESTYLE' is displayed in blue. The first section is 'DIET RESTRICTION' in red, followed by the text 'Click here to know more' and a green arrow pointing down. Below this is a grey rounded rectangle containing the URL 'http://www.shareguide.com/dietary.html'. The second section is 'SALT RESTRICTION < 1500 mg/day' in red, followed by 'EXERCISE Aerobic ; 90-150 mins/week' in green. Below this is the text 'Click here to know more' and a green arrow pointing down. Below the arrow is a grey rounded rectangle containing the URL 'http://www.uptodate.com/contents/salt-intake-salt-restriction-and-primary-essential-hypertension'. At the bottom of this section is the text 'Quit tobacco and alcohol' in red. Finally, there is a blue rounded rectangle at the bottom containing the text 'NEXT'.

CVD Low Risk Category Continued

- This is the second screen that will be shown for Low Risk category
- This screen will show the conditions for which pre-diabetes check should be done



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LOW CVD RISK

CHECK FOR PRE-DIABETES IF

YOUR BMI \geq 23 OR

You have one of the following –

FAMILY HISTORY OF DIABETES

HDL < 35 MG/DL

PHYSICAL INACTIVITY

POLYCYSTIC OVARIAN SYNDROME

Click here to know more



<http://www.healthline.com/health/polycystic-ovary-disease>

Check **HbA1c** 2hr after taking 75gm of glucose.

Prediabetes if **HbA1c > 6.4%**

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CVD Low Risk Category Continued

- This is the third screen that will be shown for Low Risk category
- The parameters based on which doctor consultation should be done will be shown in this screen
- There will be similar screens for Medium & High risk category



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LOW CVD RISK

TREAT IF

BP \geq 140/90

LDL < 130 MG/DL

TRIGLYCERIDE < 150 MG/DL

HBA1C < 7%

CONSULT DOCTOR

Doctor Nearby Click here 

<http://www.healthline.com/health/polycystic-ovary-disease>

NEXT

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Healthy Heart Tips

- **Tips for Healthy Heart**



7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Source: American Heart Association




Healthy Heart Food


- **Food for Healthy Heart**

EATING FOR A HEALTHY HEART 


LIMIT daily intake of saturated fats (fatty meats, full fat dairy, some plant fats)




REPLACE saturated fats with more unsaturated fats (nuts, seeds, avocados, fatty fish, olive oil)



AVOID replacing saturated fats only with carbohydrates, especially refined and processed carbohydrate foods



AVOID trans-fats (processed foods made with partially hydrogenated oils).



Source: Journal of the American Heart Association 