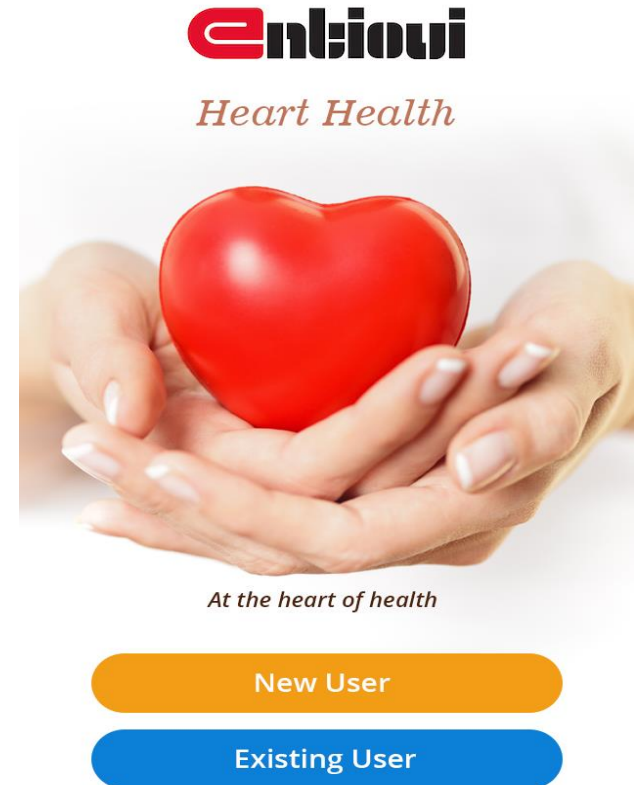


Heart Health App



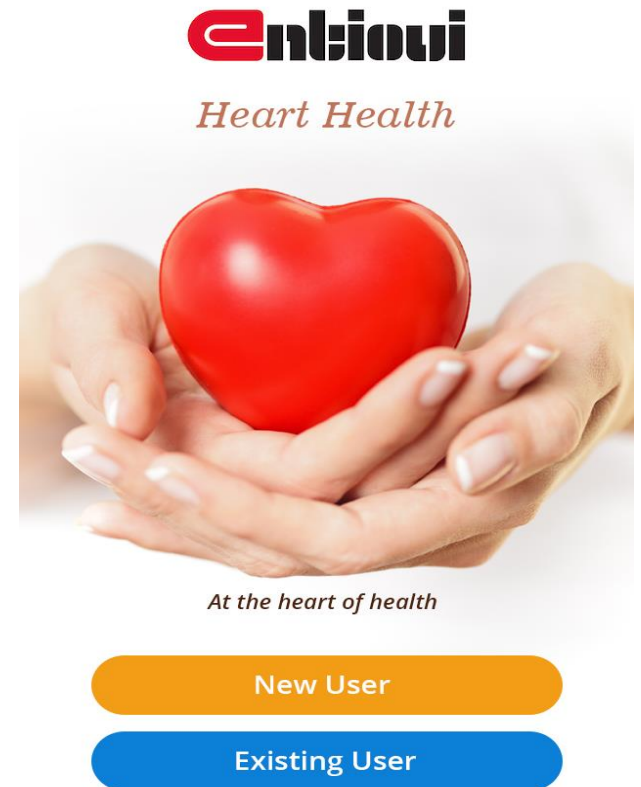
Introduction

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



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**

☰ **Entiowi**

REGISTRATION DETAILS

Name

Email ID

Mobile Number

Date of birth

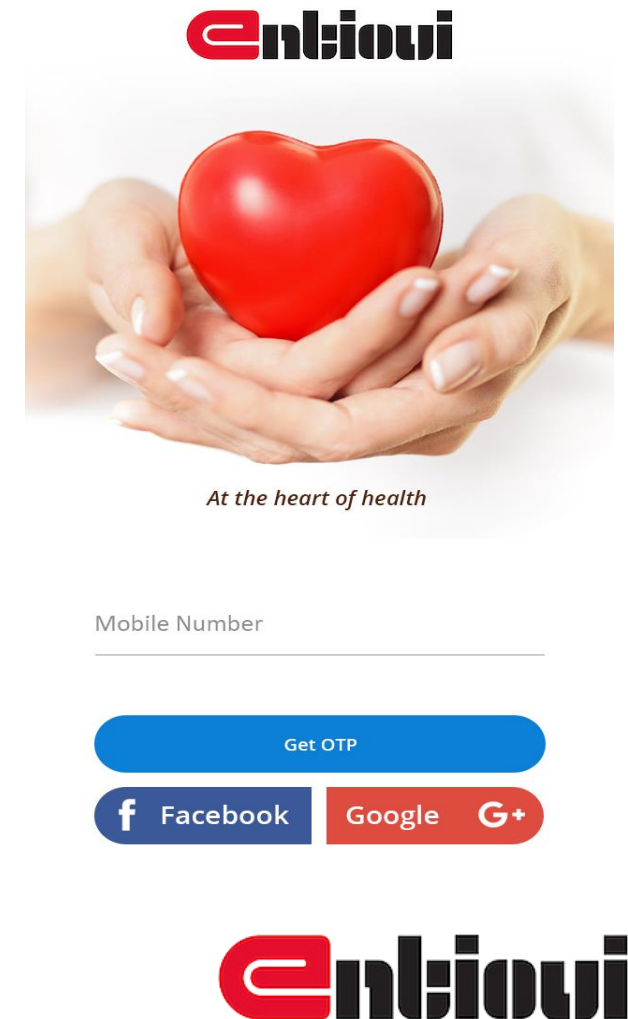
Gender
 Male Female

Ethnicity
 Indian Non - Indian

SUBMIT

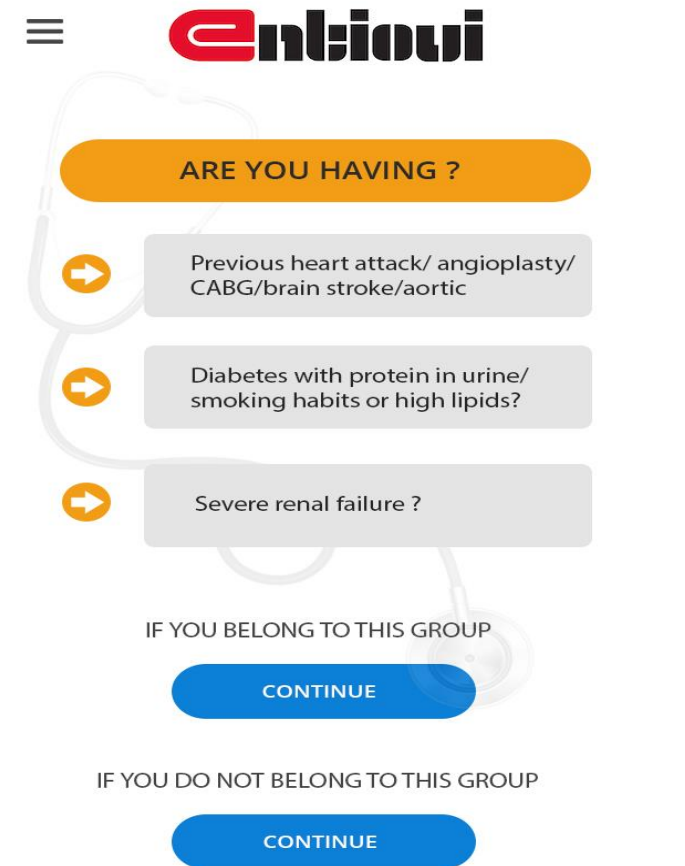
Login Screen

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



Home Screen

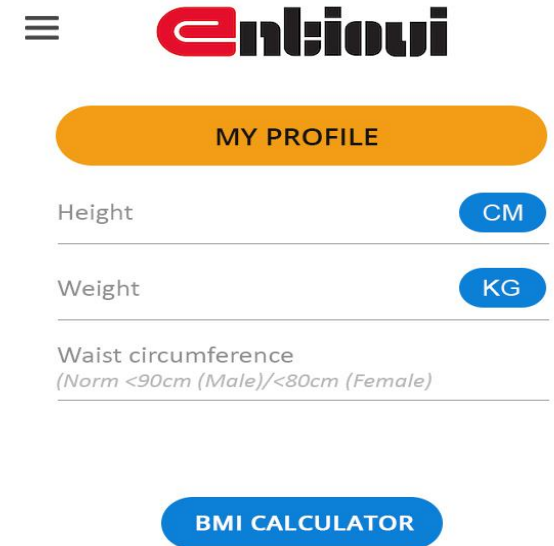
- The home page lists certain criteria which if true means the user falls in the known risk category
- Else the user is in the unknown risk category



The screenshot shows the Entiovi home screen with a risk assessment flowchart. The flowchart starts with the question "ARE YOU HAVING ?" in an orange rounded rectangle. Below this are three grey rounded rectangles, each with an orange 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 rounded rectangle with the text "CONTINUE". Below that is the text "IF YOU DO NOT BELONG TO THIS GROUP" followed by another blue rounded rectangle with the text "CONTINUE". The Entiovi logo is visible at the top right and bottom right of the screen.

User Profile

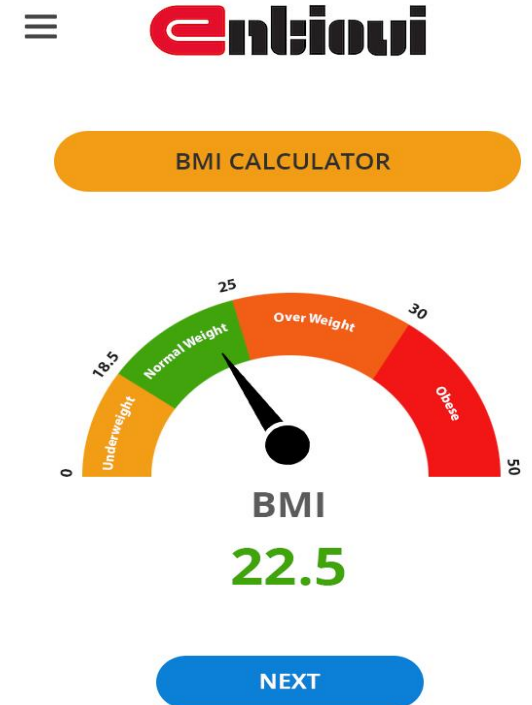
- User profile data will be entered through multiple screens
- In this screen weight, height & waist circumference will be captured
- Based on the entered data, BMI will be calculated in the next screen



The screenshot shows the Entiovi user profile interface. At the top left is a hamburger menu icon. To its right is the Entiovi logo. Below the logo is a yellow rounded rectangle containing the text "MY PROFILE". Underneath this 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 of the form is a blue rounded rectangle containing the text "BMI CALCULATOR".

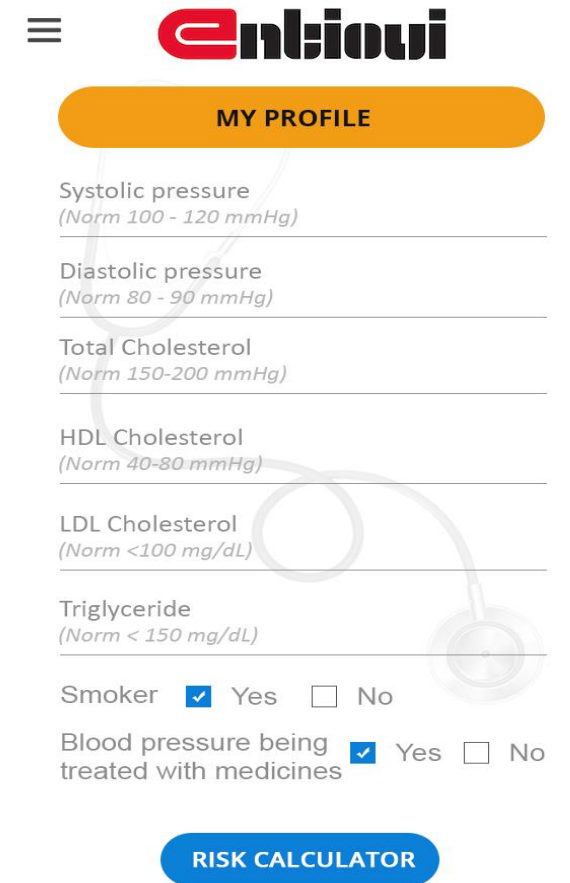
BMI Calculator

- 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-related fields for data entry, each with a horizontal line for input and a normal range in parentheses below it. The fields are: 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), and Triglyceride (Norm < 150 mg/dL). Below these fields are two checkboxes: 'Smoker' with 'Yes' checked and 'No' unchecked, and 'Blood pressure being treated with medicines' with 'Yes' checked and 'No' unchecked. At the bottom of the form is a blue button labeled 'RISK CALCULATOR'. The Entiowi logo is visible in the top right and bottom right corners of the screenshot.

Entiowi

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

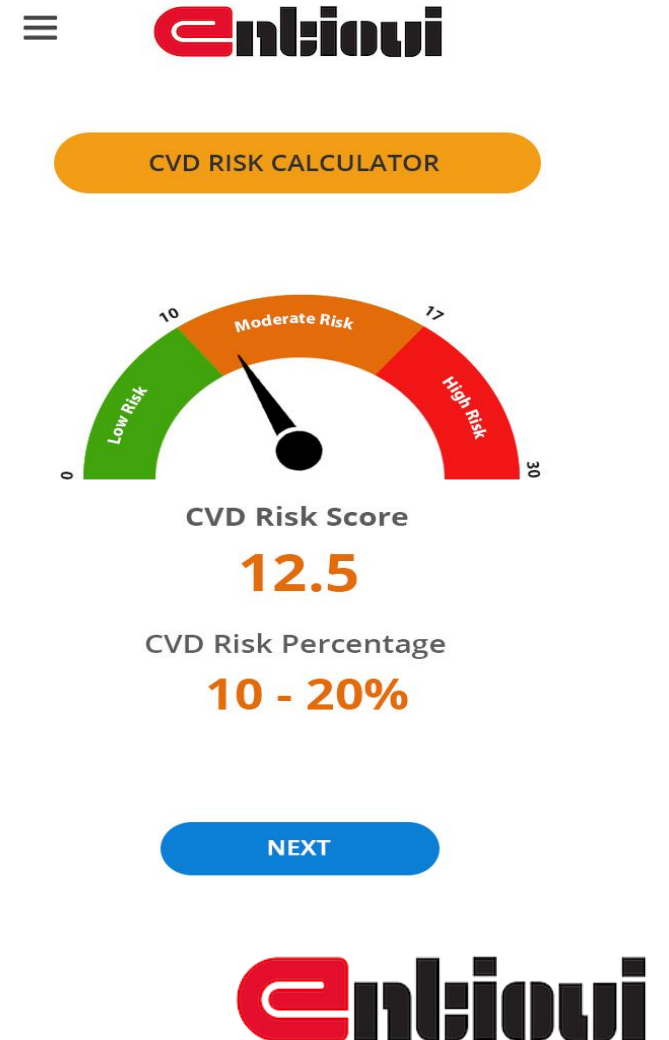
Blood pressure being treated with medicines Yes No

RISK CALCULATOR

Entiowi

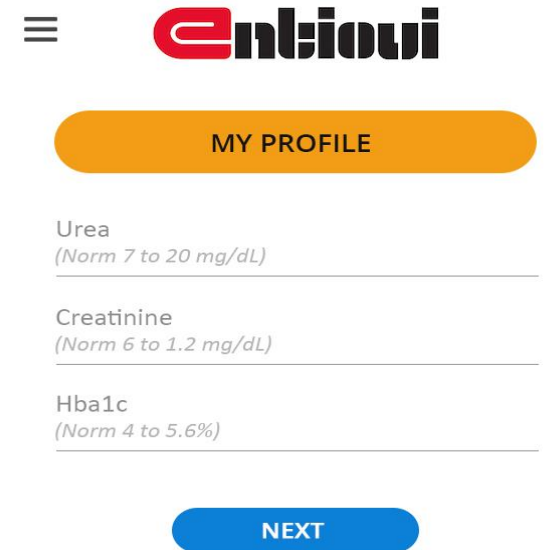
CVD Risk Calculator

- 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

CVD Low Risk Category

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

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, a green pill-shaped button contains the text 'LOW CVD RISK'. Underneath, the text 'CHANGE YOUR LIFESTYLE' is displayed in blue. The first recommendation is 'DIET RESTRICTION' in red, followed by the text 'Click here to know more' and a green arrow pointing down to a URL: 'http://www.shareguide.com/dietary.html'. The second recommendation is 'SALT RESTRICTION < 1500 mg/day' in green. The third recommendation is 'EXERCISE Aerobic ; 90-150 mins/week' in green. Below this, the text 'Click here to know more' is followed by another green arrow pointing down to a URL: 'http://www.uptodate.com/contents/salt-intake-salt-restriction-and-primary-essential-hypertension'. At the bottom of the list, the text 'Quit tobacco and alcohol' is shown in red. A blue pill-shaped button with the text 'NEXT' is located at the bottom of the screen.

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LOW CVD RISK

CHANGE YOUR LIFESTYLE

DIET RESTRICTION
Click here to know more ↴
<http://www.shareguide.com/dietary.html>

SALT RESTRICTION < 1500 mg/day

EXERCISE Aerobic ; 90-150 mins/week
Click here to know more ↴
<http://www.uptodate.com/contents/salt-intake-salt-restriction-and-primary-essential-hypertension>

Quit tobacco and alcohol

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.

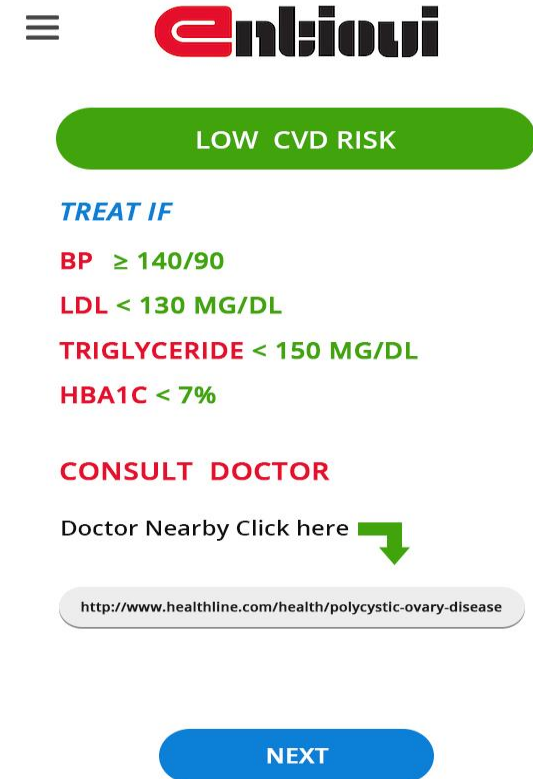
Prediabetes if **HbA1c** > 6.4%

NEXT

entiovi

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



The screenshot displays the Entiovi app interface for a 'LOW CVD RISK' category. At the top, there is a green pill-shaped button with the text 'LOW CVD RISK'. Below this, the text 'TREAT IF' is followed by four lines of medical parameters: 'BP ≥ 140/90', 'LDL < 130 MG/DL', 'TRIGLYCERIDE < 150 MG/DL', and 'HBA1C < 7%'. Underneath these parameters is a red heading 'CONSULT DOCTOR' and the text 'Doctor Nearby Click here' with a green arrow pointing down. A link to 'http://www.healthline.com/health/polycystic-ovary-disease' is shown in a light grey pill-shaped button. At the bottom, there is a blue pill-shaped button with the text 'NEXT'.

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**

