My-AHA

Deliverable 5.7

"My personal dashboard" version 2 update of D5.4

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Abstract

This deliverable (D5.7) describes the updates implemented for my-Dashboard available for the RCT. Due to the nature of the deliverable - D5.7 is a Demonstrator - and its dissemination level - "Confidential", only for members of the consortium – this document mainly aims at describing the functionalities of the dashboard in a s ort of user manual.

Although the Grant Agreement indicates the dissemination level of this deliverable as PU (Public), my-AHA consortium has decided to treat D5.7 as CO (Confidential) for IPR issues.

Disclaimer

[Full project title] MY-AHA– **myA**ctive and **H**ealthy **A**geing

[Short project title] MY-AHA

[Number and title of work-package] WP5 – Smart TV and Mobile Services

[Document title] "My personal dashboard" version 2 update of D5.4

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Executive summary

The My Personal Dashboard has been designed to provide a unifying layer to users, over the single platforms and organizations, and also to provide a coherent and integrated understanding and experience of the My-AHA system as a whole.

The web interface is responsive, accessible through the main recent browsers on the PC and on smartphones, in particular Firefox, Google Chrome and Microsoft Edge on the pc and the last versions of the browsers in the mobile platforms (Android and iOS).

The interface will be displayed accordingly with the devices used in order to guarantee a good user experience.

Due to practical reasons, the dashboard is also available through an app, downloadable from Google Play Store.

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Abbreviations

| my-AHA | my Active and Healthy Ageing |

1 Introduction

After Alpha Wave, some changes should be consider in the implementation of my-dashboard. The modifications have been mainly based on D2.12 and D2.15. These deliverables collected the outputs and the feedbacks of the Health Professionals and the elderly involved in the Alpha Waves.

Although the Grant Agreement indicates the dissemination level of this deliverable as PU (Public), my-AHA consortium has decided to treat D5.7 as CO (Confidential) for IPR issues.
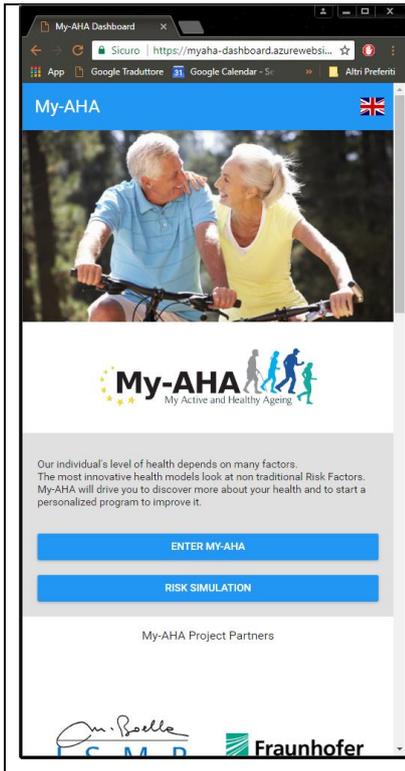
2   My-Dashboard

My-dashboard is available at this url:

https://myaha-dashboard.azurewebsites.net/ .

Due to practical reasons, an app is also provided in Google Play Store:

https://play.google.com/store/apps/details?id=it.ismb.mydashboard&hl=it

3 User manual

When you start the app of My-AHA for the first time, you will see information about the project, and two buttons: one to register or log in, and another to try the frailty risk simulation tool.
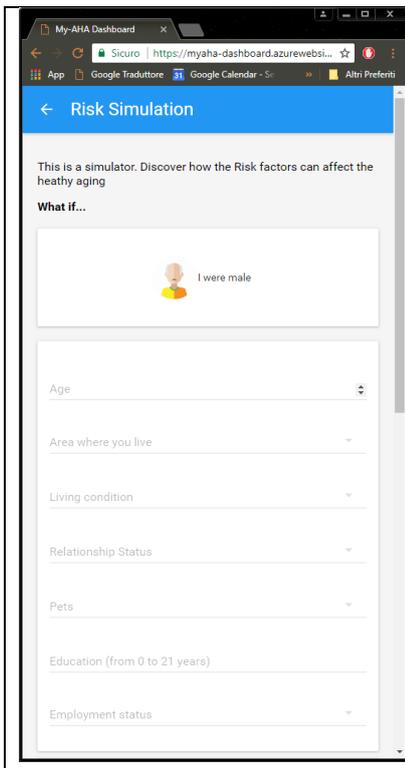
The risk simulation tool allows you to calculate your risk of frailty, depending on your gender, age and different aspects of your living conditions and life style. The tool will guide you to fill in those values step by step.
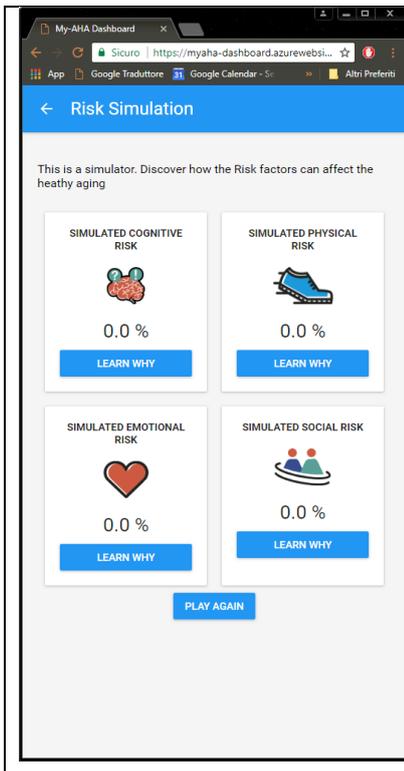
When you have entered your simulated profile, you will see the overall probability of developing frailty symptoms in different domains: cognitive, physical, emotional and social. Then you can click on the result of each domain to see more detailed information.
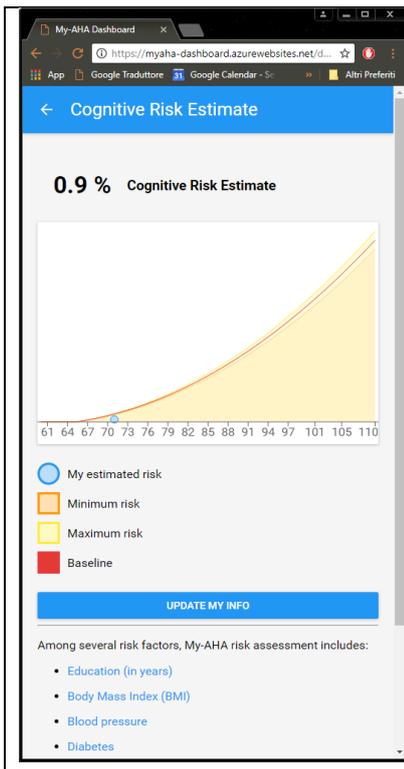
Your risk is represented in a plot that shows how you are in comparison with the average profile of older people, depending on their age.

If you register as a user of My-AHA, you will be able to monitor your risk continuously, and also reduce it through personalised interventions.
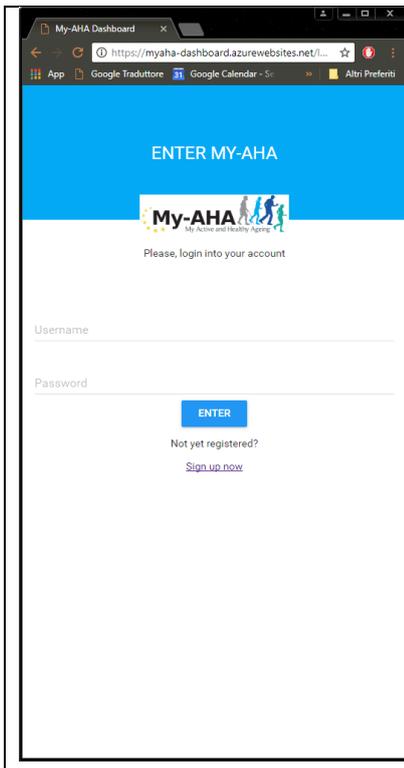
When you press the button "Enter My-AHA" of the initial screen, you will see the log-in form to enter your user name and password.

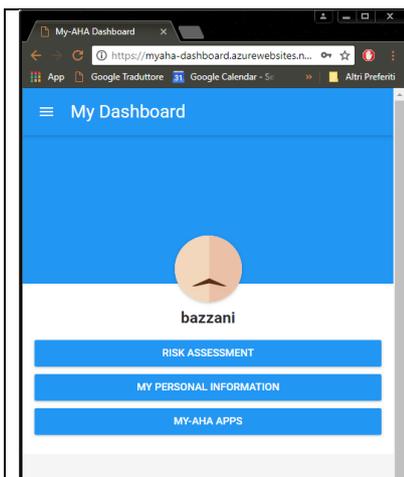If you are a new user you will have to go to the "Sign up" link at the bottom.

If you forgot your password, you ask My-AHA to send you a link to recover it (you will need to tell the e-mail account with which you signed up for the first time).
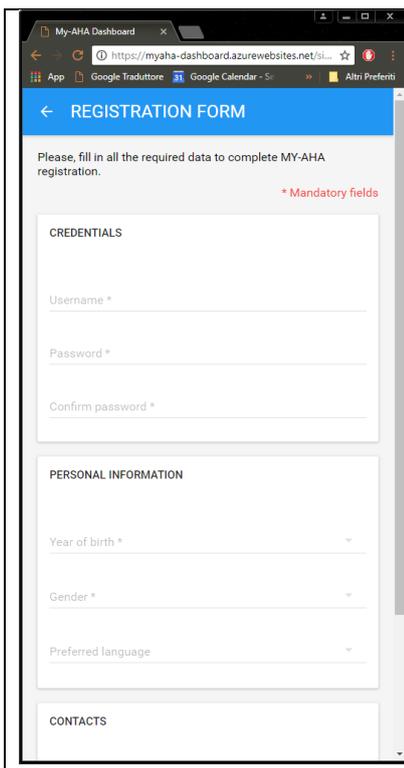
The sign up (registration) procedure consists in entering a user name and a password, together with other personal information that will help My-AHA to calculate your risk and provide you with the interventions that are appropriate for your profile
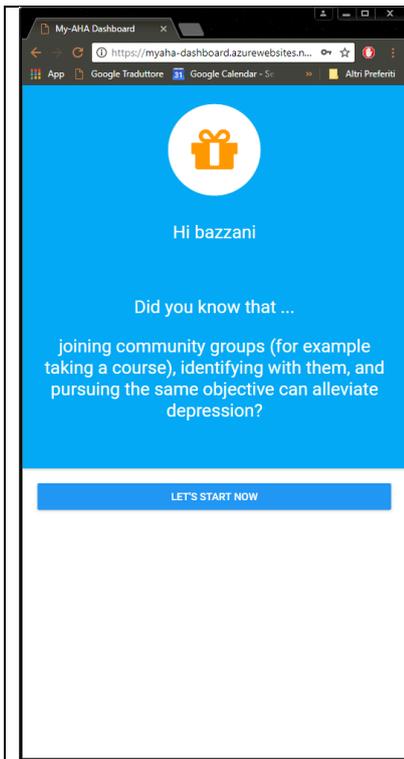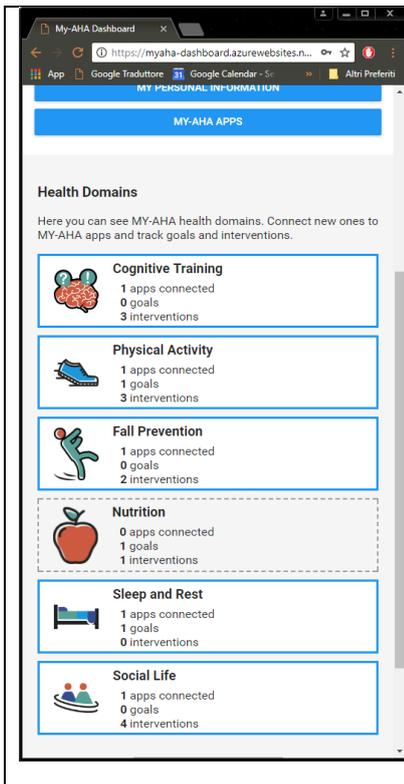
| | When you have signed up or logged in successfully, you will see a screen with a welcome message and a button to go to your dashboard. |

| | The "Dashboard" is the main screen, which has buttons with direct links to the main sections of My-AHA:

    •   Risk Assessment

    •   My personal information

    •   My-AHA apps |

Below there are boxes corresponding to the different domains where My-AHA can help you to improve your life conditions and style, in order to reduce frailty.

By clicking each of those domains you may set up the interventions, goals and apps related to each domain.

There are six aspects of your life that My-AHA can help you to improve:

- Cognitive
- Physical
- Fall prevention
- Nutrition
- Sleep and rest
- Social life

Some of those aspects coincide with the domains for which frailty is evaluated (cognitive and physical), although improving your life style related to some domain may have positive effects in the risk of all other domains too.
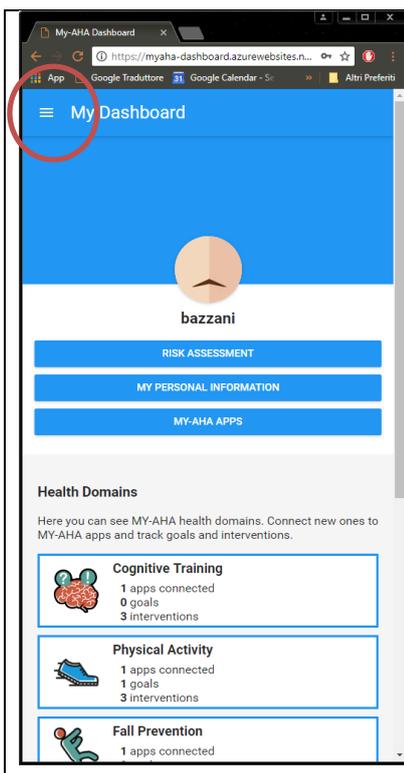

There is also a "hamburger button" in the top left corner of the Dashboard that will give you access to the full functions of the platform.
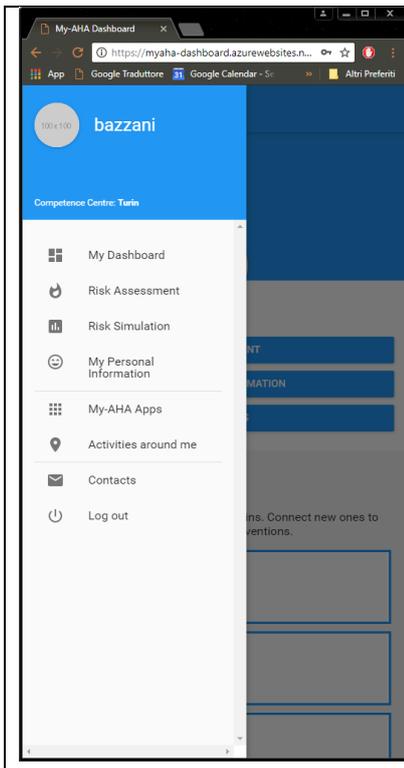
When you press the "hamburger button", a side menu opens with links to:

- My Dashboard (main screen)
- The three screens also accessible by the buttons in the dashboard (risk assesment, personal information, apps).
- The risk simulation tool.
- Activities around me: an app that gives you information about events and activities that may be useful and interesting to improve your social life.
- Contacts.
- Log out.
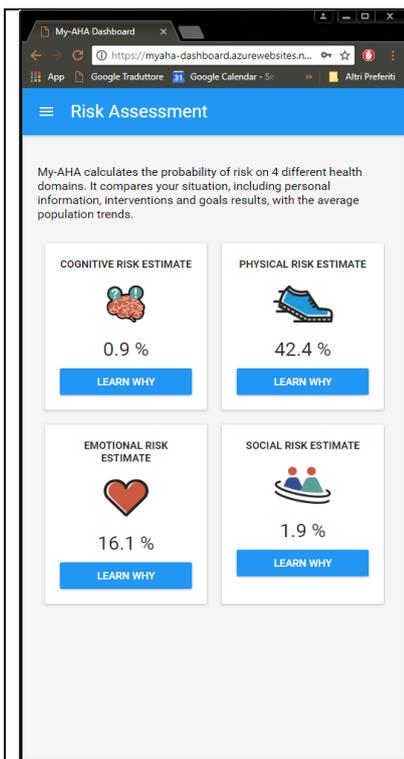
The "Risk Assessment" screen gives you information very similar to the risk simulation tool, but you don't have to enter your profile every time, since it is stored in My-AHA database, and some data may be automatically monitored by the apps connected to the platform.
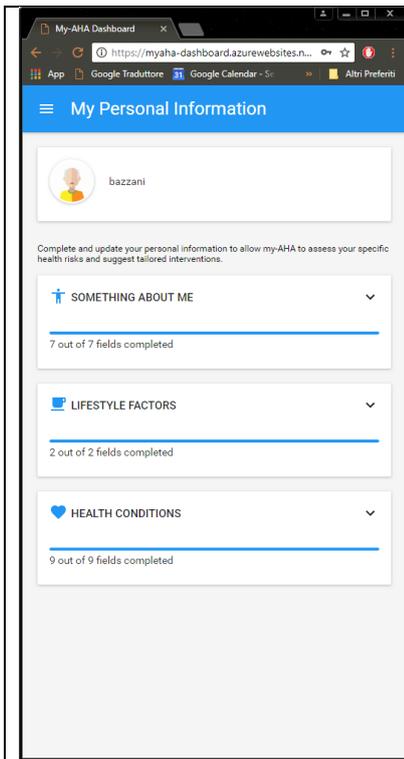
The screen of "My personal information" may be used to provide more details about your profile, that will help My-AHA to know you better and give you more personalised advice.

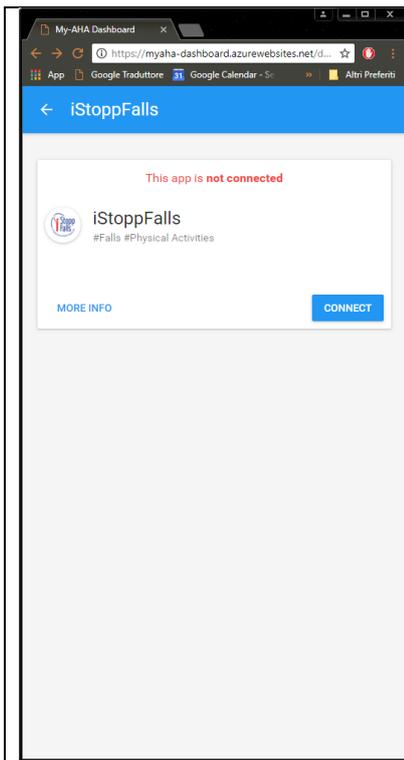The information is categorised into different sections:
- General personal data
- Life style (habits)
- Health conditions
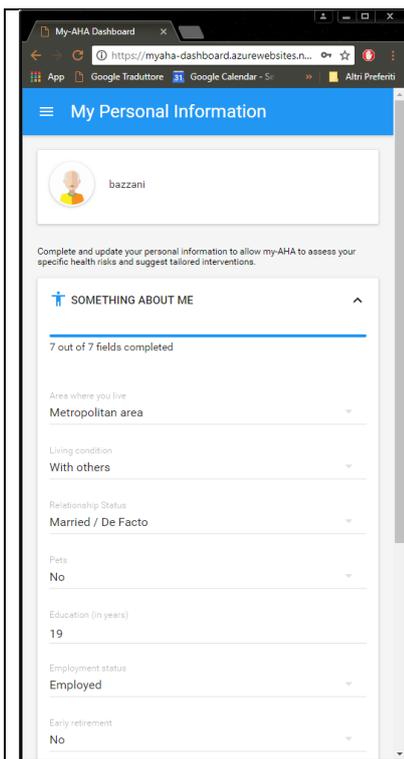
By clicking on each category of data a form will open (or close), with the full list of data that you can provide. The more information you give about you, the better will be the estimations and advice given by My-AHA.
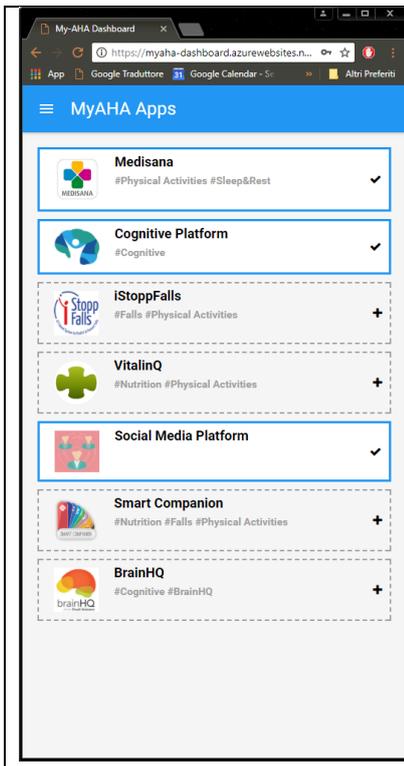
|	"My-AHA Apps" presents a list of the original platforms (independent of My-AHA) that users can have and connect, to monitor their activity and obtain interventions provided by other parties. To use those apps, the user must have to be previously registered in the original platforms.
	Clicking on an app will present a screen with information about the original platform, and a button to connect the profiles of the platform and My-AHA.
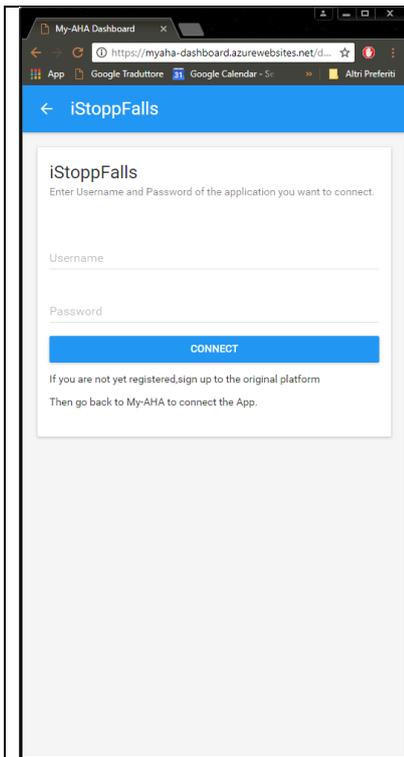
To connect My-AHA with your profile in another platform, you have to introduce your credentials (e.g. the user id and password with which you signed up in the other platform).

In some cases My-AHA may send you to the portal of the original platform that is asking for authorisation to link it to My-AHA.
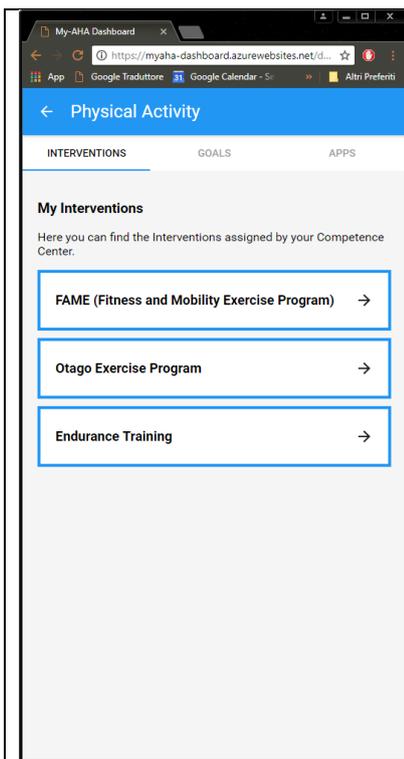

By clicking on each of the domains shown in the main Dashboard screen, you go to another screen with three tabs:

- Interventions
- Goals
- Apps

In the screen of interventions you will see the possible interventions that are related to that domain, and which ones have been selected for you depending on your profile.
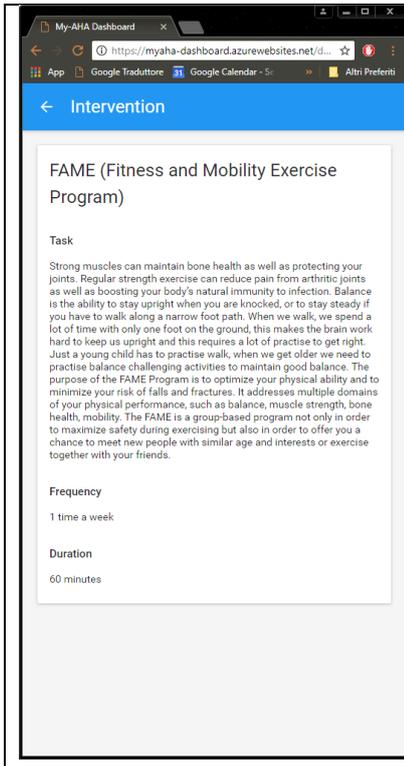
If you click on selected interventions, you will see a screen of information giving you guidelines, links and support to perform it.
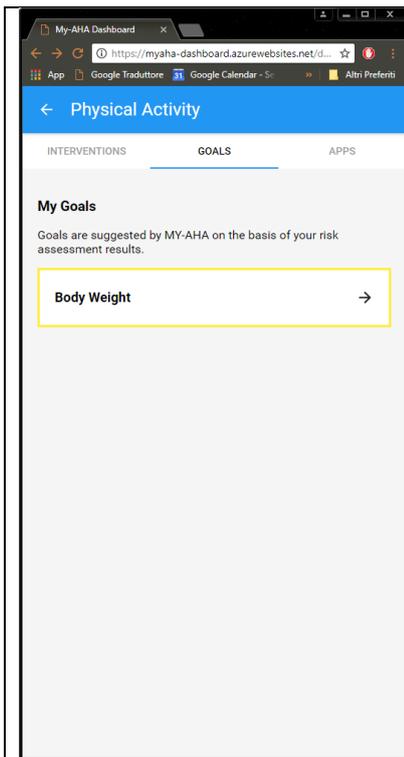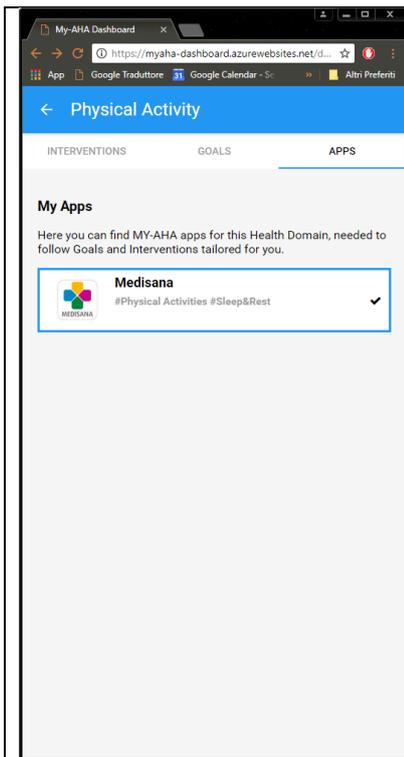

The tab of goals shows a list of metrics that are measured by My-AHA (normally through other apps), and are indicators of how good are you doing in that domain.
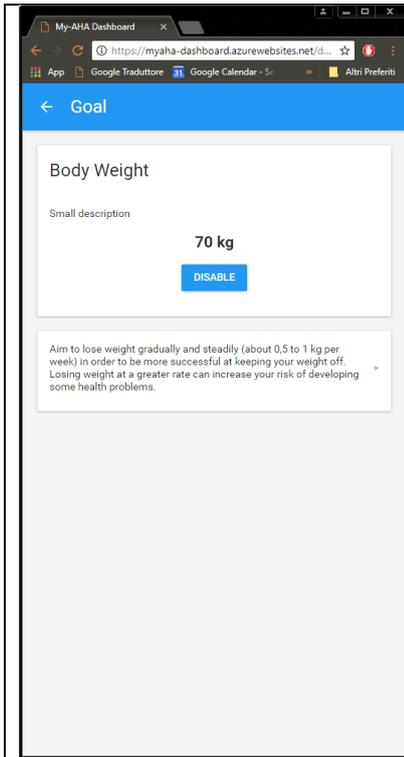
The details of each goal are:
- The target of the associated metric. (e.g. the time of your weekly physical activity that My-AHA apps have measured). You can set up that target.
- An advice and motivating message.

The tab of apps gives you a filtered list of the apps that you can use to measure the goals and obtain interventions related to that domain.

4   Conclusion and Outlook

This document has presented the user manual for my-dashboard usable for the RCT. The demonstrator developed has reflected the inputs of the WP2 and WP3 collected after the Alpha Wave.