



  
**Nutriinfo.com**  
Weight and Health Management Solutions

# Nutriinfo Program Overview

We provide our online weight and health management program to organizations to help their individuals develop healthy lifestyles and accomplish health goals. The program include two components:

## **Diet Manager for Individuals**

Self-monitoring tools for tracking individuals' weight, food intake, exercise, and health indicators. It also provides scientific analysis, individualized advice, and support to help individuals stay focused on their health goals.

## **Administration Features for Health Club Staff**

Administrators can monitor individuals' diet progress, provide individualized advice and health resources, and send bulk emails to each member in an individualized way, saving their time and effort.

# Diet Manager For Individuals

**Diet Manager** includes key self-monitoring tools for tracking individuals' weight, food intake, exercise, and health indicators. It also provides scientific analysis, individualized advice, and support to help individuals lose weight and accomplish their health and wellness goals.

The screenshot shows the Nutriinfo Diet Manager website interface. At the top, there is a navigation bar with the Nutriinfo logo, a "(Go to your admin page)" link, and a "Log out" button. Below the navigation bar, there are tabs for "Diet Manager", "My Account", "eTools", "Community", and "Help Center". The main content area is divided into several sections:

- Hello Michelle:** A personalized greeting section showing the user's current date (Wed, Jan 28, 2009), last login (Sat, Jan 24, 2009), membership type (Premium), and points (8,107).
- My Goal & Monthly Summary:** A section displaying the user's goal weight (120 lbs), weight change (0.0 lbs), food intake (0 Kcal/day), and exercise (0 day(s) / total 0 min).
- Health Tips:** A section with a photo of a woman and the tip "Remember to drink plenty of water."
- Diet Manager Play Demo:** A button with a play icon.
- Summary of my goals and progress:** A large section with a title and a photo of a woman. It includes a "My health profile" section with details like current weight (130.0 lbs), height (5 feet 3 inches), activity level (Very active), BMI (23.1), and caloric requirement (1,700 Kcal). It also has a "My Goal" section with goal weight (130.0 lbs), monthly weight loss goal (Weight maintenance of 130.0 lbs), and exercise goal (1 days / week). A "Monthly summary of progress and site usage" section shows weight change (0 lbs), exercise (Total 0 min over 0 days), login (3 days), messages posted (0 postings), and total points (8,107 points).

# Diet Manager for Health Professionals



The Admin Page is where health professionals or group admin can manage their individuals in a convenient way: They can monitor individuals' diet progress, provide individualized advice and health resources, and send bulk emails to each member in a personalized format.

Your Company Logo testadmin1 | Total Members : 5 Web admin: testadmin1 [Logout](#)

Member Management
Group Management
Content Management
Help Center

[Member list](#) : [Diet winner list](#)







### Member list



View diet progress of members. You may search members by categories shown below. Check on the box(es) on the left to select member(s), and click an icon on the right to back-up members' info, send email, or delete members. Click name of the member to view member's progress in detail. Select a member and click on  to assign the member to your staff. When questions or replies are posted, an alert icon  will be posted next to user's name. Click on the icon to view questions or replies from your individuals.

ID  
  Name  
  Gender  
  Login  
  Points  
  Weight loss  
  Exercise

**Name (Search by first name or last name):**

== Month ==   
 == Year ==   
 • Group Wt Change: **10 lbs**  
 • Group Ex. Time: **0 Min**

No	Start date	ID	Name	Age	G	Login (days)	Points	Act level	Ht ft.in	Weight (Wt)				Exercise		Calorie budget	Dis	NL	Staff	
										S	C	WC	G	T	D					
<input type="checkbox"/>	6	12/16/08	Lisa75	<a href="#">Thomas,Lisa</a>	33	F	2	<a href="#">4</a>	M	5.6	160	160	0	140	0	0	1900		H/G	Sarah23
<input type="checkbox"/>	5	12/16/08	James06	<a href="#">Anderson,James</a> 	40	M	2	<a href="#">1004</a>	M	5.11	210	200	-10	195	0	0	2600		H/G	
<input type="checkbox"/>	4	12/16/08	Mary50	<a href="#">Williams,Mary</a>	50	F	1	<a href="#">2</a>	L	5.1	155	155	0	140	0	0	1600		H/G	
<input type="checkbox"/>	3	12/16/08	Ashley24	<a href="#">Smith,Ashley</a>	27	F	1	<a href="#">2</a>	S	5.2	155	155	0	130	0	0	1200		H/G	
<input type="checkbox"/>	2	04/28/08	testadmin1	<a href="#">Smith,Jennifer</a> 	39	F	84	<a href="#">168</a>	L	5.8	200	200	0	170	0	0	2000	H	H	Sarah23
<input type="checkbox"/>	1	04/20/07	takeatour*	<a href="#">Smith,Jessica</a>	24	F	202	<a href="#">19339</a>	L	5.6	150	145	-5	120	4133	54	1500	D	H/G	

# How Does the Program Work?

Efficient Management

Diet Manager

Admin Page

**Food Intake History**

Based on your profile, weight loss goals, and exercise plan, your recommended daily caloric needs is 1,500 Kcal each day. Enter your daily intake by clicking on "Log a new day" and find out how close you are to your daily caloric needs. Click on "total calories" of the day to view your log results with nutrient charts or click on "Add/Edit" to modify or add your entries. To view all the entries, select "All" from the "Month" dropdown menu.

**Food log summary:** You have entered your food intake for 3 days this month, and your average daily intake is 1,489 Kcal each day.

Under daily caloric needs
  My daily caloric needs
  Over daily caloric needs

Average daily intake: 1,489 Kcal

Meal	Item	Quantity	Calories
Lunch	Grain	(1)	5 Kcal
	Vegetables	(1)	375 Kcal
	Fruits	(1)	
	Milk	(1)	
Dinner	Meat & Beans	(1)	285 Kcal
	Fats	(1)	
	Grain	(1)	
	Vegetables	(2)	
Snack	Milk	(1)	320 Kcal
	Fats	(1)	
	Grain	(1)	
	Vegetables	(1)	
Total			1465 Kcal
			1489 Kcal
			514 Kcal
			393 Kcal
			185 Kcal
			186 Kcal
			186 Kcal
			186 Kcal
			186 Kcal
			186 Kcal
		186 Kcal	

**[Note]**  
Log your food as often as possible. Dieters who log their food intake more frequently end up losing more weight.

Member list > View: **Smith, Jessica**

View member's diet progress, health logs, point history, and general information in detail by clicking each tab.

Type	Premium (PM)	Start date	04/20/2007
Name	Smith, Jessica	ID	takeatour
Age / Gender	24 / Female	Height	5 foot 6 inch

**Diet progress** | Health logs | Point history | General info

**Weight Progress & Diet Plan Settings**

Start weight	150 lbs (BMI = 24.3, Normal Weight)	Goal weight	110 lbs
Current weight	116 lbs (BMI = 18.8, Normal Weight)	Weight change	-34 lbs
Activity level	Light	Disease status	+D
Diet preferences	+Eat dairy product	Support options	+G

**Summary**

Daily food intake	1,051 Kcal/day (Avg based on 8 days of logging)	Exercise	To
Calorie budget	1,400 kcal (based on weight loss goal of 4.0 lbs/month)	Energy balance	To

**Energy Balance Info** (Click on food or exercise calories to view its details)

Date	Calorie calculation for				Macronutrient caloric distribution		
	Food (In)	Exercise (Out)	In - Out	Energy balance	CHO	Protein	Fat
04/02/08	481 kcal	0 kcal	481 kcal	-919 kcal	59% (73g)	4% (5g)	37% (20g)
03/31/08	684 kcal	572 kcal	112 kcal	-1,288 kcal	87% (165g)	8% (15g)	5% (4g)
02/18/08	325 kcal	562 kcal	-237 kcal	-1,637 kcal	56% (47g)	22% (18g)	22% (7g)
02/16/08	196 kcal	0 kcal	196 kcal	-1,204 kcal	56% (27g)	7% (3g)	37% (8g)



Individuals simply enter their health information and self-monitor their progress.

Health professionals can view individuals' progress, and provide advice and support.

Electronic Data Sharing

# Program Demo Videos

Click on each image to view a demo video.

## Diet Manager

Users enter their journal, weight, food, exercise, and health indicator information to monitor their progress.



## Admin Page

Administrators (Health professionals) monitor users' progress and provide advice, resources, and support.



# Why Unique?



- ❑ Provides individuals with comprehensive online health management tools for managing obesity-associated diseases as well as weight.
- ❑ Developed with **Rich Internet Application (RIA)** technology, creating a dynamic and user-friendly web experience.

- ❑ Engages individuals with health professionals or organization's staff to help them stay on track through motivation and support.
- ❑ Provides flexibility and convenience to both health professionals as well as individuals.



# Testimonials from Users

- ❑ I have found that **Nutriinfo Diet Manager is an excellent vehicle for my program with my dietitian.** What "works" best is that my dietitian can track what I am eating, my exercise levels, and my blood glucose readings on a "**Real-Time**" basis. I would recommend Nutriinfo to anyone and everyone!
- ❑ I found the **program easy to use and received prompt solutions to any problems I encountered.** The support and encouragement I have received from the dietitian, trainers, and even the president have been remarkable. I thank you and my employer for giving me this opportunity. **I feel enthusiastic about being healthier** and hope to keep on with the program for life.
- ❑ I want to thank Nutriinfo and my employer for the opportunity to use the program. I have found the program **very easy to navigate and very user-friendly.** **I find the email feedback of your program very encouraging and the ability to win prizes as added incentives.** I am now using my pedometer at work and **trying to develop healthy lifestyles.**