

Hitachi Smart Digital Diabetes Prevention

Beginners guide fundamentals (click on 'Resources' Link at bottom of page for full instructions)

1 Step One: Initial Login

After initial call with your PSF, check your email. Open email, click link.

- ✓ **Tip:** use Internet/Chrome browser if on your desktop/laptop
- ✓ **Tip:** check your junk mail folder if you haven't received it

You'll be taken to the login page, please:

1. Read/accept the consent by ticking the tick box, clicking 'next.'
2. Type in your email address
3. Type in your date of birth
4. Type in your desired password using the following format:

... **at least 8 characters**

... **at least 1 number**

- ✓ **Tip:** click on 'show' to display your password as you type it in.

Step Two: Self-Assessment

After completing your initial log in, you'll be asked to view the following 2 videos:

1. General introduction on program
 2. Introduction to your self-assessment
- ✓ **Tip:** click on the play icon in the video to view videos and then click next

You're now ready for your self assessment! This will consist of:

1. Your general habits, like sleeping times
 2. Your eating habits, on a typical day
 3. Your activity habits
- ✓ **Tip:** click on appropriate buttons at each stage and click next once done
 - ✓ **Tip:** in your eating habits, click on dark circle and enter the time of day
 - ✓ **Tip:** then click on the + sign and select your food/drink items for that time
 - ✓ **Tip:** click on 'add meal type' to add a new eating time.
 - ✓ **Tip:** choose your portion size and click next

Start your journey today – good luck! (click on 'Resources' link at bottom of page for further supporting materials)

Once you've entered your general, eating and activity habits, we'll calculate your suggested action plan for you. This will include:

1. Your default weight loss
 2. Your suggest eating habit changes
 3. Your suggested activity changes
- ✓ **Tip:** these are all based on what you have on your self-assessment.

You now need to do the following to complete your draft action plan:

1. Select **up to 3** eating habit suggestions that work for you
2. Select **up to 3** activity habit suggestions that work for you
3. Review your draft action plan and click submit.

- ✓ **Tip:** if you can't find any that you like, check the 'I can't find anything' box.
- ✓ **Tip:** once you submit, you can't go back!

Once you've submitted your draft action plan and completed your Action-Planning Call with your PSF, you will be free to use the **dashboard** which provides:

1. A timeline of your calls and progress
 2. A series of charts to help you manage your progress, including
 - A weight chart
 - A step count chart
 - An achievement chart
- ✓ **Tip:** your charts are all linked to the goals you agree with your PSF.

You can then use your My Lifestyle Log to:

- Enter your weight (weekly)
 - Enter your steps (weekly)
 - Enter your achievements.
- ✓ **Tip:** your dashboard can be seen by your PSF – they will discuss your progress on your next call

3 Step Three: Draft Action Plan

Step Four: My Lifestyle Log

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1 Step One: Initial Login

After you clicked on the link in your welcome email, you'll be re-directed to the login screen:

Hitachi Smart Digital Diabetes Prevention Service
Verify your new account *All fields are mandatory
Password must contain at least eight characters including uppercase letter(s), lowercase letter(s), sp

DOB as DD-MM-YYYY
Enter New Password
Confirm New password

Enter your DOB in requested format, and your password twice. Remember, these must match and have:

- ... at least 8 characters
- ... at least 1 number
- ... one special character eg @ # \$

You will also need to consent to participating in the service (first box-mandatory) and being contacted by researcher (second box - optional)

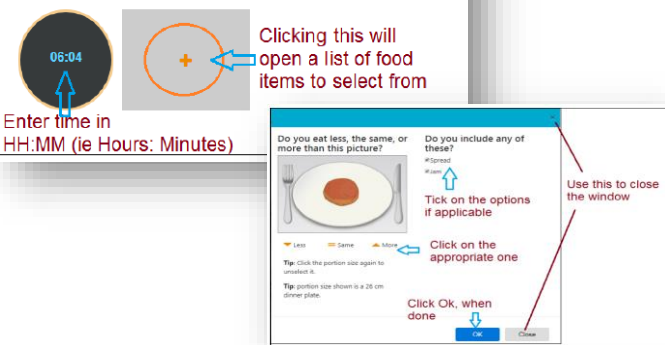
Step Two: Self-Assessment

These are your self-assessment stages and tabs for you to complete:



Eating Habits

Please enter your typical daily eating habits for Breakfast, Lunch, Meals and Snacks (e.g. cereal, eggs, toast, etc.)
To enter a meal, please click **Add Meal Type** and then enter Time and click on + but



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Your draft action-plan will provide you with suggestions for making eating and activity habits:

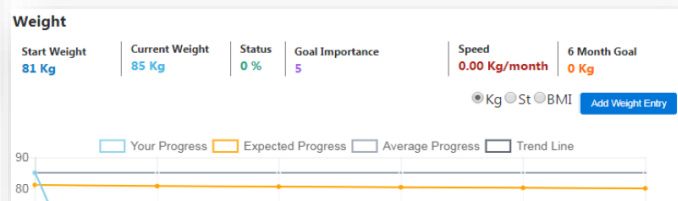
Remember, select **up to 3 eating habits and 3 physical activity habits**, or if you cannot find any that suit you, check this box:

I can't find anything I feel like I could do.

These are your dashboard tabs, you'll spend most of your time in your **My Lifestyle Log**:



Click on **Add Weight Entry** to populate your weight chart:



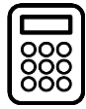
...To add steps. click **Add Step Entry** on the steps chart.

To add achievements, click **Add Achievements** in the achievements chart.

3 Step Three: Draft Action Plan

Step Four: My Lifestyle Log

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Start your journey today – good luck!

Don't forget to visit the:

'Resources' link – for further advice, manuals, videos, guides and links to local interests

'FAQ's link -- to answer questions you may have before you contact your PSF

'Contact Us' link at the bottom of each page – if you are stuck and need further help after you looked at the above or want to cancel your scheduled telephone appointment

Thank you.

