MEGATRIS COMP LLC

Fit Companion Guide

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# Login and registration with Megatris Services

*Megatris unified login permits to use all services with just one account.*

I n order to use Megatris Services you need to register using Fit Companion App. The registration permits to access to all of our services using our mobile apps or websites.

To register yourself we need your name, surname, email, password, sex and birthdate. Don't worry this data is private and we don't share it with anyone.
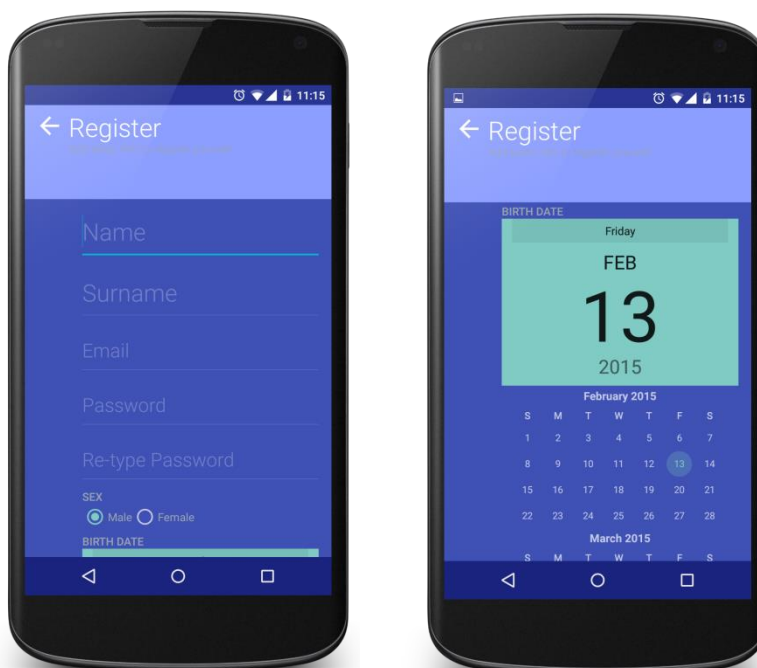
How to login

Every time you open the app you need to login. Insert **your email and the password** provided in the registration in order to access to our services.
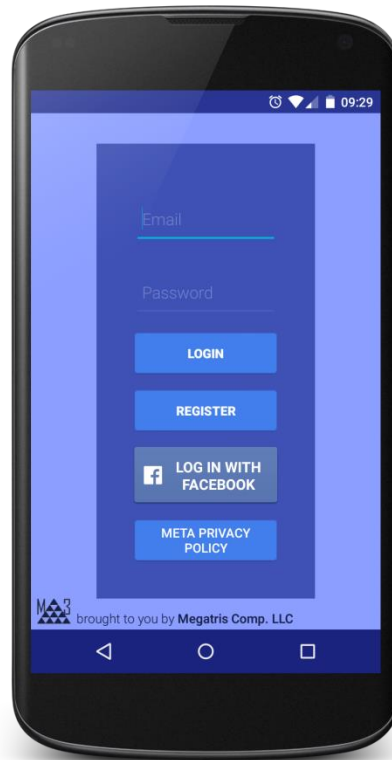
Add a personal device to monitor

With Fit Companion you can add devices to monitor your health status, activities and so on.

F it Companion is a set of services that help you to understand the data that comes from your devices and save time in the future improving your life quality.

In the field of Fitness and Health there is a growing diffusion of smart bands and measurement devices connected by Bluetooth to mobile apps. The user behavior can be analyzed using Descriptive Analytics answering to questions like:

What happened? Why did it happen?

The question to the correctness of such status is not answered depending on specific health and fitness models. What remains unclear is also what will happen in the future. To answer to this problem we have developed this software that uses the power of analytics to permit to all the users to understand their data

Analytics
The big amount of personal data collected can be usefully stored in a Personal Cloud and then Predictive Analytics and Simulation and multi devices context management tools can be used to have a complete picture of the user status of his fitness and health together to recommendation to maintain and improve such status.

Add a Blood Pressure Device

When you will open the app for the first time, after the registration, a view with a list of

Remember
In order to add your device you need to login with your withings or ihealth credentials!

devices will be visualized. Just tap on "ADD" button on the Withings Blood Pressure Device or the iHealth Blood Pressure Device (more devices will come) and you will start the device registration process.
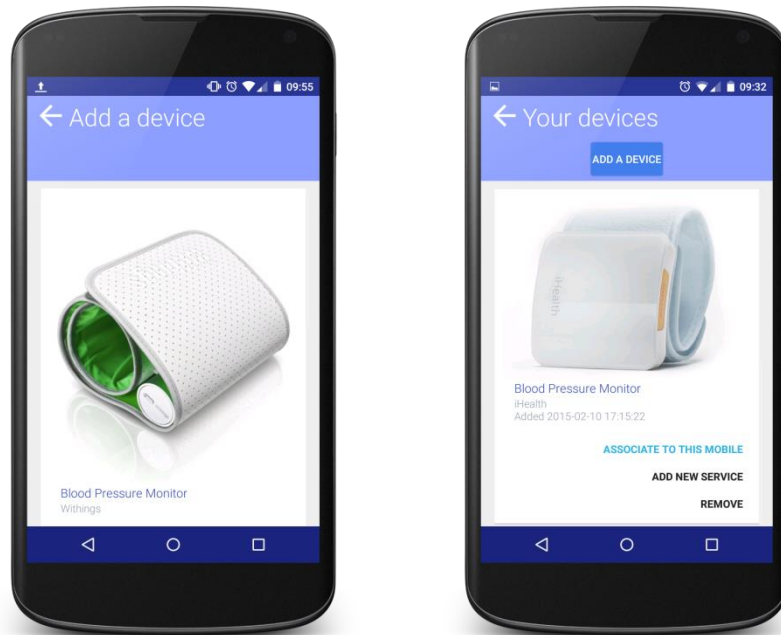
Follow these steps accurately:

- **Insert your personal data**, colestherol level, if you smoke and if you suffer of diavets;

- Than login using your Withings or iHealth credentials and select your personal account;

- **After this process, you will be redirected again in the app.**

- **Select an analytics service that you want to run periodically on your data**;

- Wait the processing, it's all set and done!

If you want you can always manage your devices from the left menu going in section "Your devices".

Read and understand the analytics reports and historical data

With Personal Companion you can access to analytics reports tailored on your personal data.

A nalytics have the capabilities to discovery and forecast the behavior of activities on which we collect data. Companion is a set of services that help you to understand the data that comes from your devices and suggest future improving your life quality.

Access the historical view
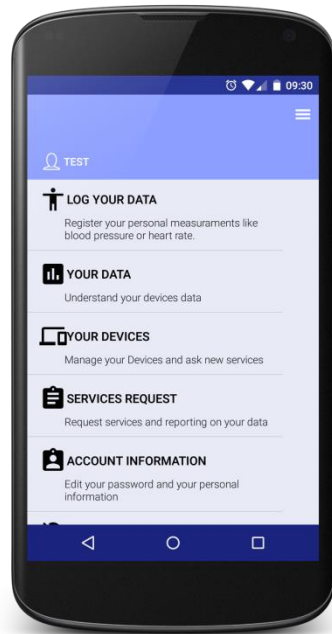
Just go to the right menu by pressing the button on the top left corner from the main view, or swipe from left to right.
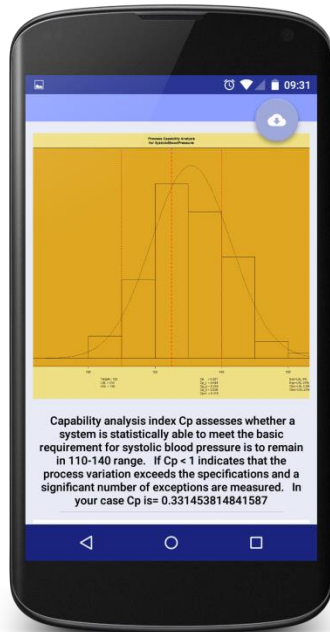
A menu will be opened and you will be able to tap on "**Your Data**". After the tap you will be prompt to select a type of measurements that you want to see:

Your Data view shows a chart and a table of the last month data, you can also select older months.
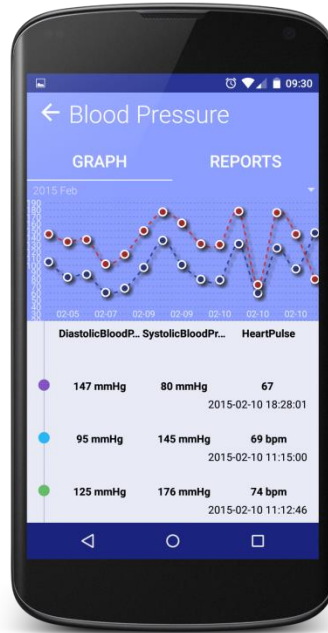
Select one of the reports to read it

In this view you will be able to access to all your reports, just tap on "Reports".
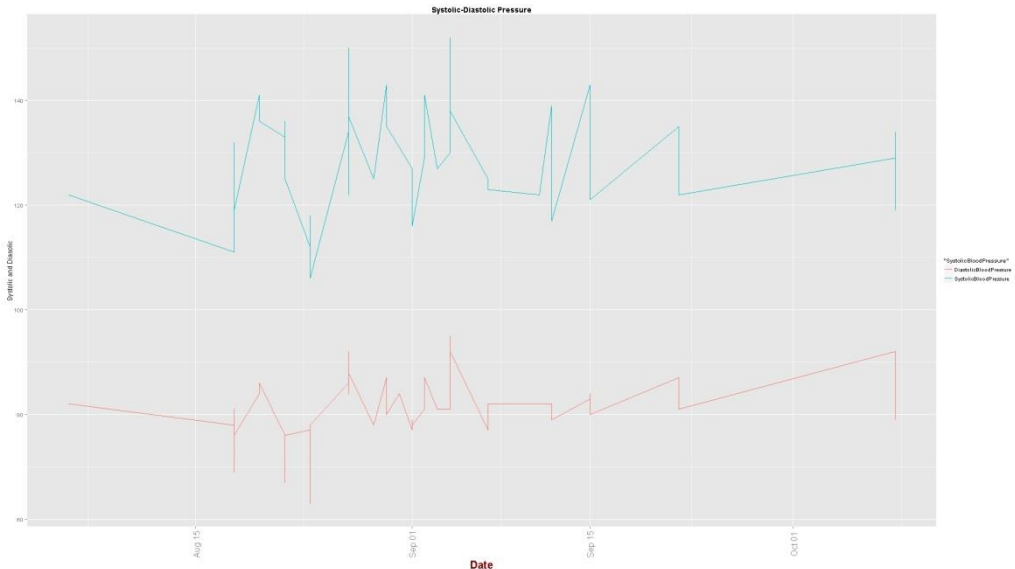
Than view the report and download the PDF version

Remember that in the main view you can access to the latest report that contains also a PDF file. The PDF file can be downloaded on your devices using the app.
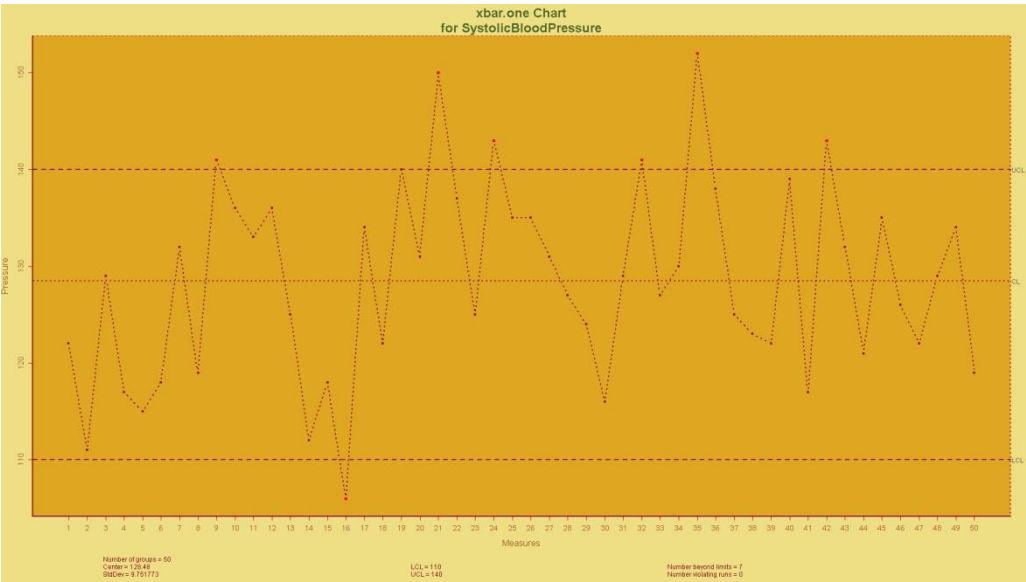
Blood Pressure Analytics Report

The report is composed by a set a graphs plus comments.

The first graph is an image of the measures got by the device.

The second graph presents the behavior of the Systolic Pressure between the prescribed limits of 110-140 mm Hg. It uses the statistical tool of the control chart that make confrontation of measures vs. the average.

The graph is commented by the list of violations.

The following graph goes in deep about the status of Systolic Pressure.

Process Capability Analysis for SystolicBloodPressure
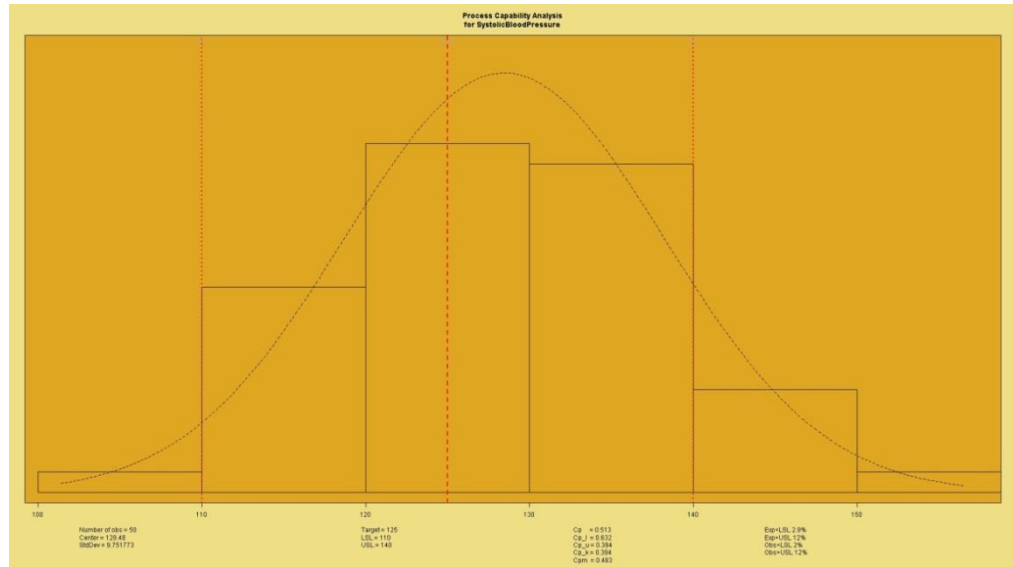
Systolic Blood Pressure data are assessed whether are statistically able to meet a set of specifications or requirements: the basic requirement for systolic blood pressure is to remain in 110-140 range.

To improve the understanding we use an index Cp which is a statistical measure of the ability to remain within specification limits.

A Cp values less than 1 indicates that the process variation exceeds the specifications and a significant number of defects are measured.

A Cp values equal to 1 indicates that the process is exactly meeting the specifications.

A Cp values greater than 1 indicates that the process variation is less than the specifications.

The comment in the report indicate the calculated index for the set of measures

The status of heart implies a Risk for Cardio illnesses. Using an algorithm based on age, measure of cholesterol, indication if the owner of data is a smoker and if he/she has diabetes the risk is calculated.

Cardiovascular Risk is calculated usinging the following values; if the risk has value:

- 1 risk is <5% (LOW),

- 2 risk is between 5-10% (SLIGHT),

- 3 risk is 10-15% (MODERATE),

- 4 risk is 15-20% (AVERAGE),

- 5 risk is 20-30% (HIGH),

- 6 risk is >30% (VERY HIGH)".
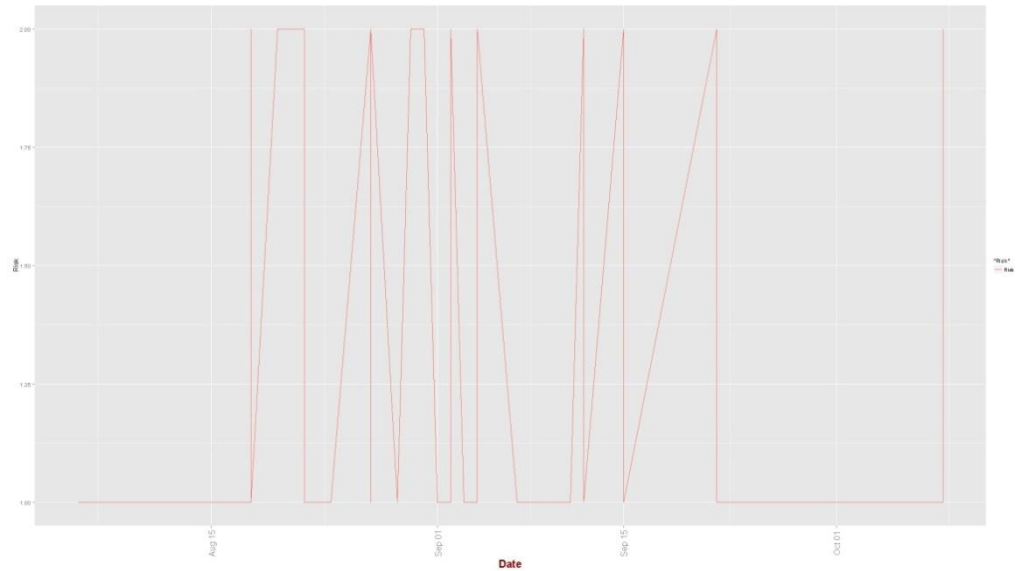
The final graph makes a short term trend forecast on the evolution of Systolic Blood Pressure. Blue line is the pressure forecast, if the situation remains stable; this means that emotional or physical stress or other situations **do not** change the context.
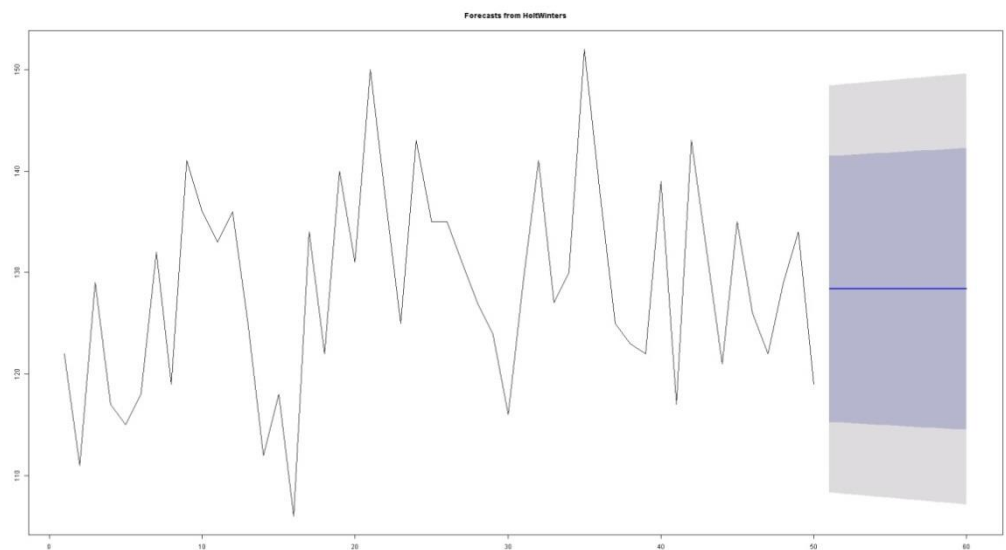
Log your personal measurements

With Fit Companion you can also track your health and fitness data without a physical device or sensor connected to the app.

O ne of the extra features of Fit Companion is to integrate health measures from different devices (Withings, iHealth, …) and from your daily log.

You can log data like blood pressure, cholesterol level and so on. With new update new measurements and reports will come.

How much is important to track your data?
Fitness trackers measure your activity, such as the distance you walk, the number of steps you climb and the calories you burn. Not always is possible to connect these devices, so it's important to track everything. Usually this is done using paper, but this is easy to forget and the data will vanish in few months. Using a cloud service like ours it's easier and it will stay forever.
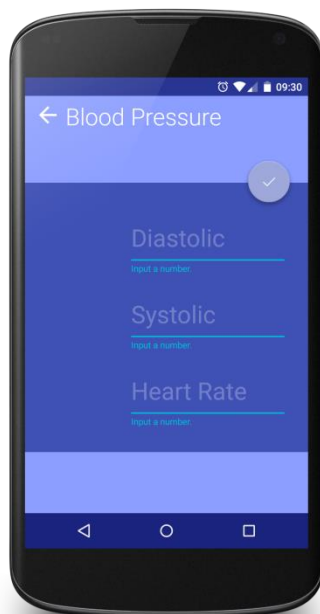
Input your data in the Fit app

In order to track your data you have to open the left menu, tap on "Log your data" and select the type of measure that you want to input.

In this case we have selected "Blood Pressure", so here you will need to input diastolic and systolic pressure plus the heart rate.

Once you have finished, press the round button. After few minutes a new report will be delivered.