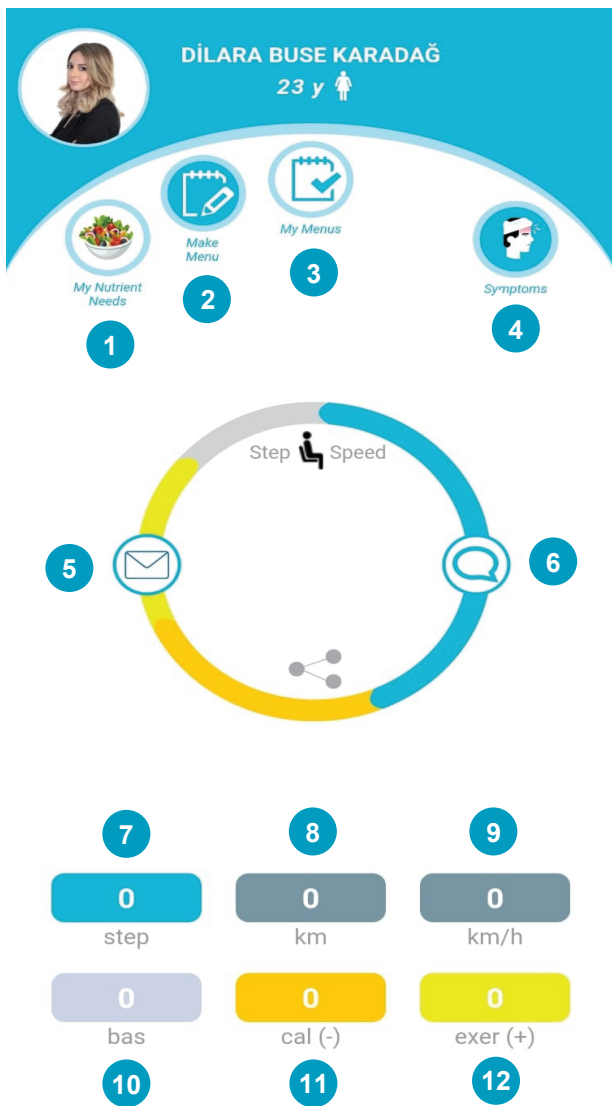


MY DIET MENU MANAGEMENT PANEL INDIVIDUAL VERSION



The icons and indicators in the management panel of application user friendly interface, which is part of the PERSONAL applications in the Health Master Global projects, are displayed below with explanations on the right column.



Additionally, your walks are rewarded as BONUS and PROMOTION via application, part of Health Master Global Solution Partners Network.

Editing or managing appointments are done via the WEB platform in the PERSONAL release of HMG applications and the related parties are notified.

(1) MY NUTRIENT REQUIREMENTS

Located under CREATE A MENU, the daily requirements of Energy+Water+approximately 140 nutrients are determined automatically after the individual inputs the required information.

(2) CREATE MENU

The daily requirements of Energy + Water + 140 nutrients are determined after the individual inputs the required information. Then, a menu is created by clicking the create menu (1-2) icon.

(3) MY MENUS

With daily symptom tracking, the presence and intensity of disease and whether immediate treatment is required is determined.

In countries where the ministry of health is integrated the disease source and spread routes are determined and emergency intervention support such as ambulances etc. is provided.

(4) SYMPTOMS & FINDINGS

To record symptoms such as pain, fever, diarrhea, coughing etc. daily.

(5) HEALTH MESSAGE

You can message or share documents with your clients or friends in nearly 60 languages.

(6) NOTIFICATIONS

Appointment, drug, exercise changes are delivered as notifications

(7) STEP COUNT

Displays daily step count

(8) WALKING DISTANCE

Displays daily walking distance

(9) CURRENT SPEED

Displays current speed during walks/runs

(10) BASAL METABOLISM COUNTDOWN

You can view the countdown of basal metabolism energy requirements after 00.00.

(11) TOTAL ENERGY REQUIREMENT COUNTDOWN

You can view the countdown of the determined total energy requirement after 00.00

(12) EXERCISE ENERGY EXPENDITURE COUNTDOWN

You can view the energy countdown as exercises such as walking, running etc. are performed.