

FIG. 1

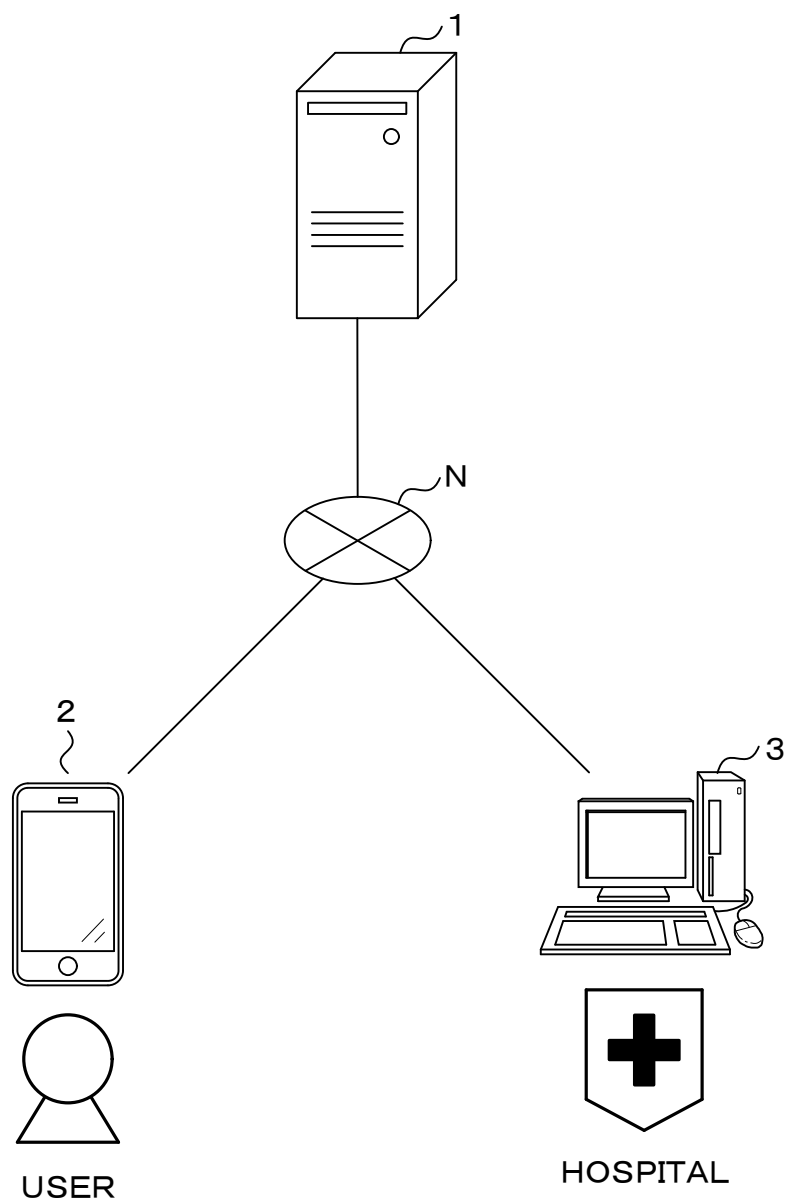


FIG. 2

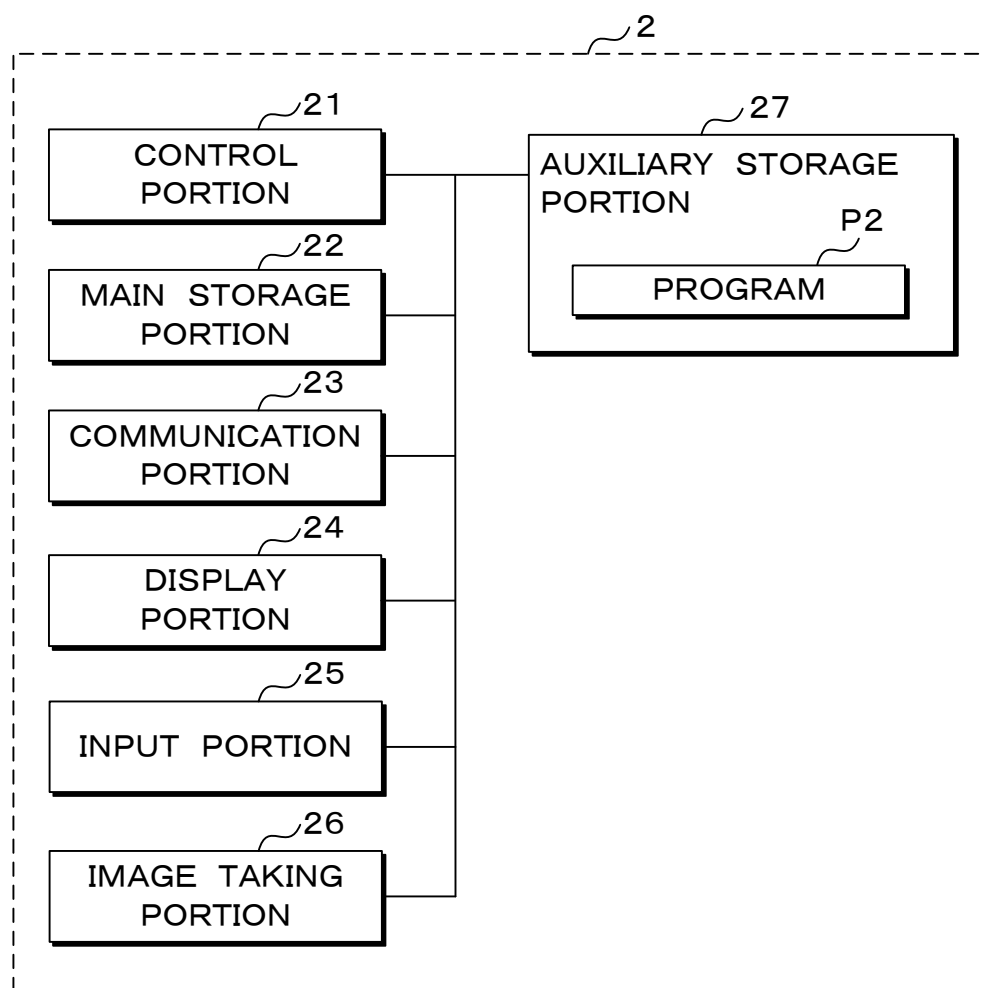
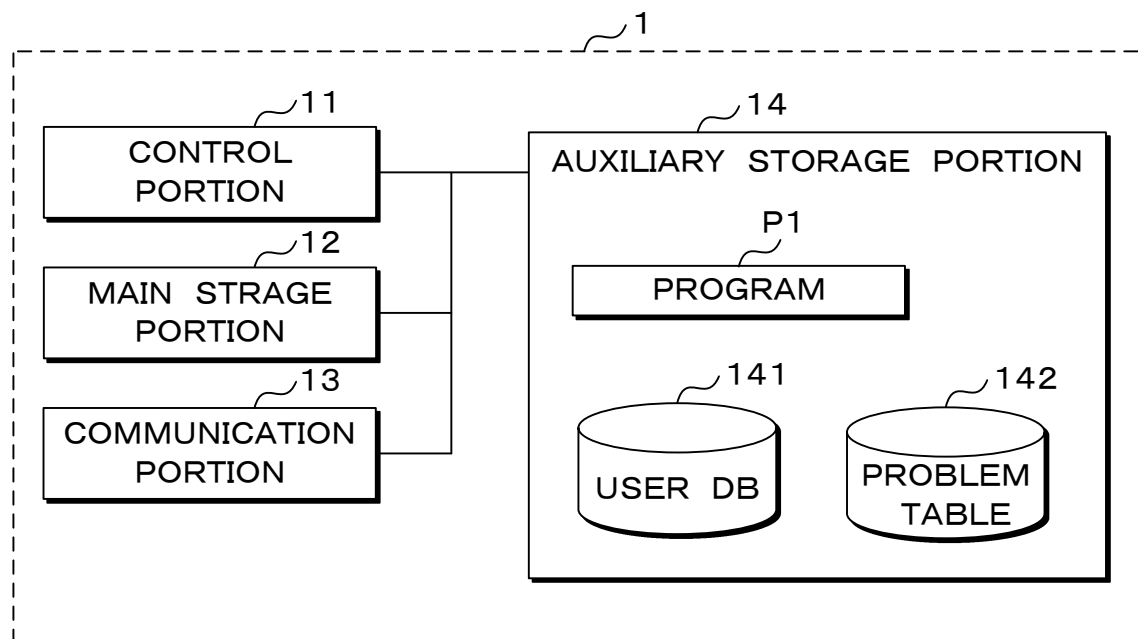


FIG. 3

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USER ID	NAME	MEDICAL INTERVIEW			BIOLOGICAL			LOG DATA				SELF-CARE				
		AGE	HEIGHT	MEDICAL HISTORY	...	HbA1C	BP	TG	...	MEAL	EXERCISE	MEDICINE TAKING STATUS	...	MEDICINE	GOAL	TRY
10001	YAMADA	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
10002	TANAKA	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
10003	SATO	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...

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PROBLEM NUMBER	CATEGORY	PROBLEM SPECIFIC GOAL	TRY
1	TOTAL AMOUNT	TOTAL MEAL AMOUNT	...
2	BALANCE OF MEAL	CARBOHYDRATE	...
		FRUITS, DAIRY PRODUCTS	...
		RECIPE	...
3	SIDE DISH INTAKE	LIQUOR	...
		VITAMINS, MINERALS, DIETARY FIBER	...
4	REGULARITY	EQUALITY OF 3 MEALS	...
5	BALANCE OF MEAL 2	MEAL TIME	...
		LIPID COMPOSITION	...
		SALT INTAKE	...
6	OTHERS	EXERCISE	...
		TAKING MEDICINE	...
		SMOKING	...

FIG. 4

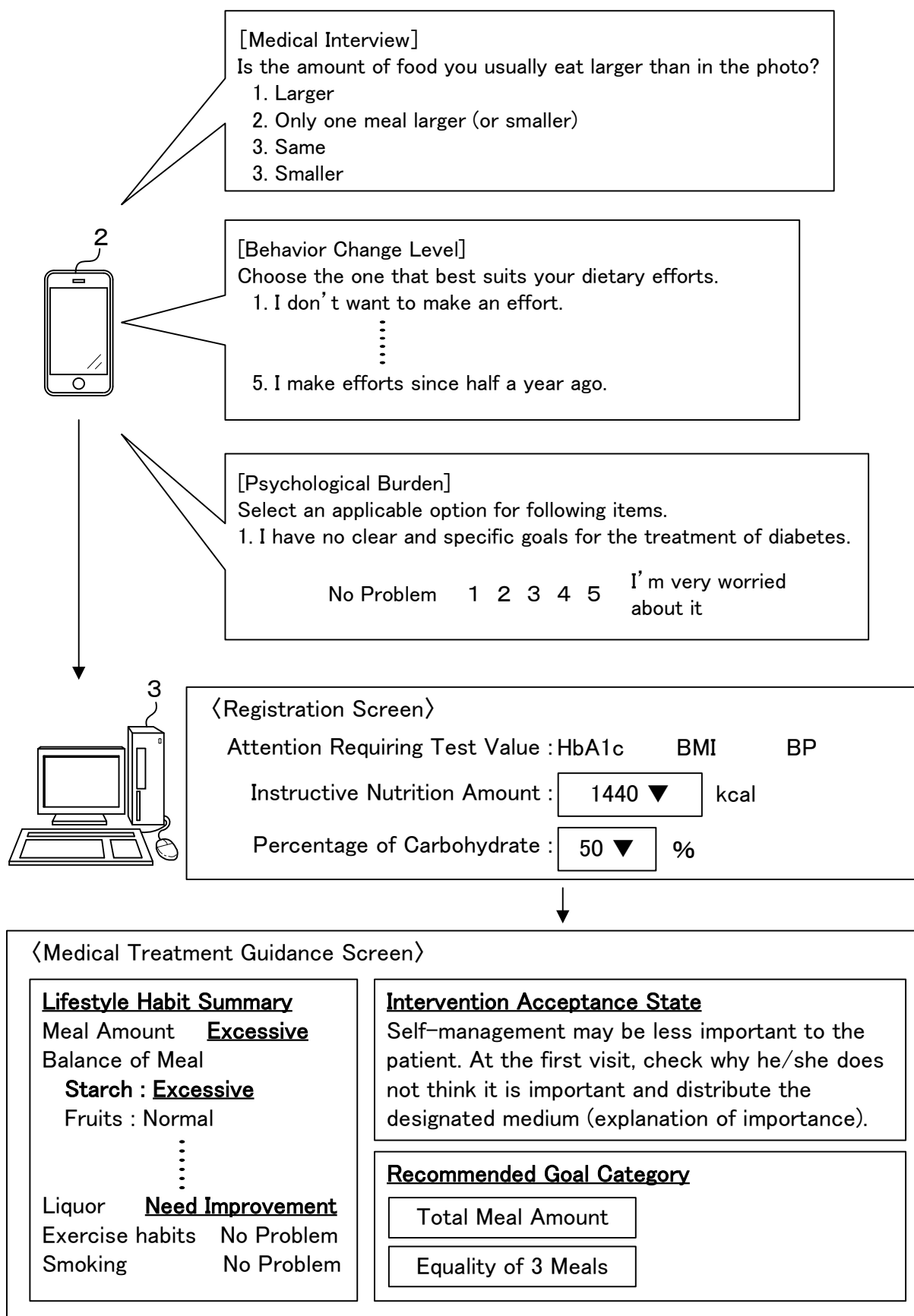


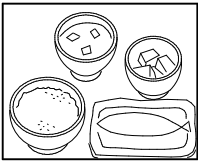
FIG. 5

Medical Interview

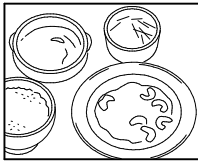
7/50

Is the amount of food you usually eat larger than in the photo?

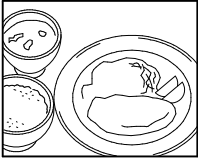
Breakfast



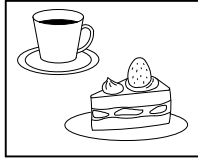
Lunch



Dinner



Snack



☐ Larger

☐ Only one meal larger (or smaller)

☒ Same

☐ Smaller

Previous Question

Next Question

 Return

 Return to Home

FIG. 6

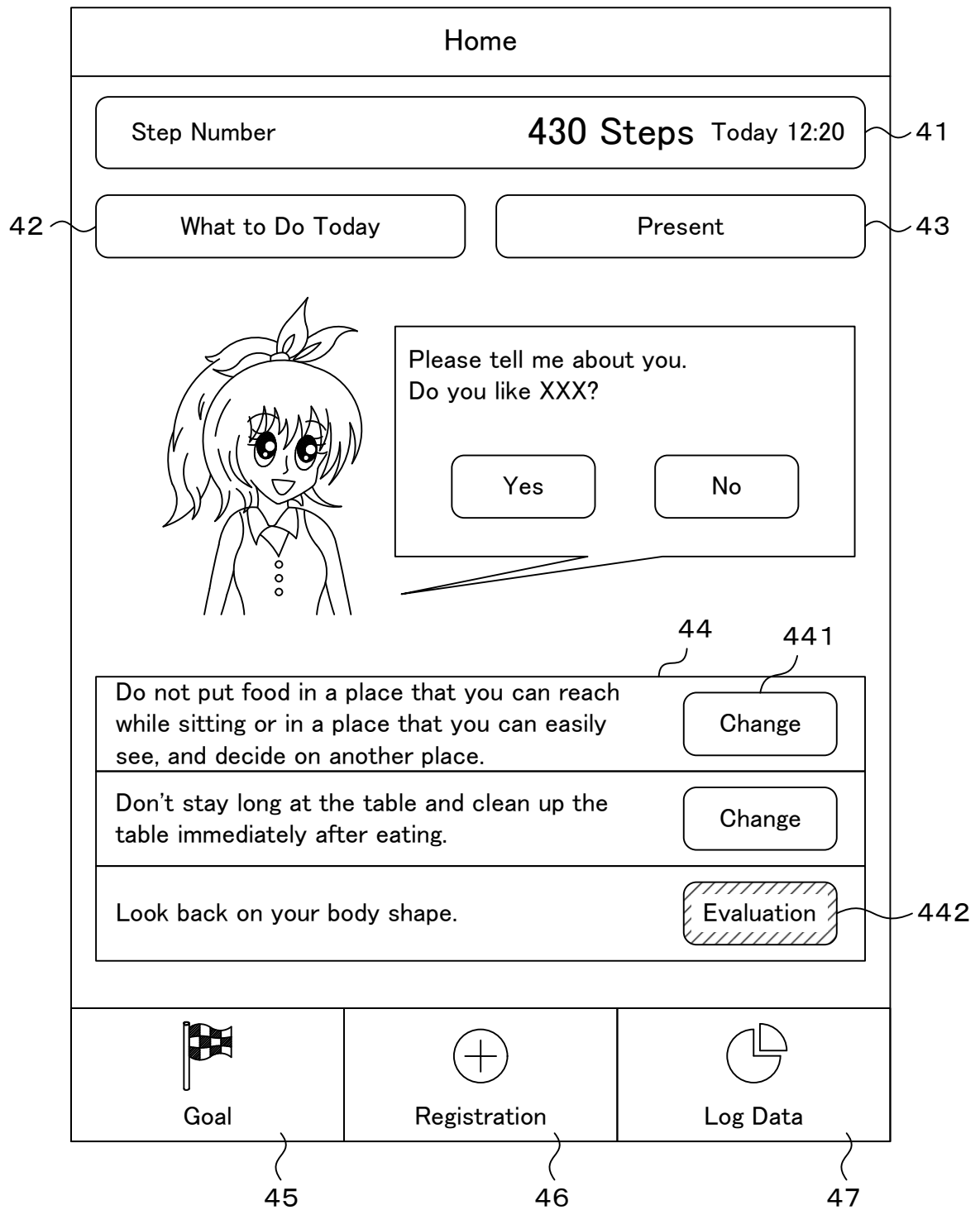


FIG. 7A

When the goal is achieved



FIG. 7B

When no log is registered



FIG. 8

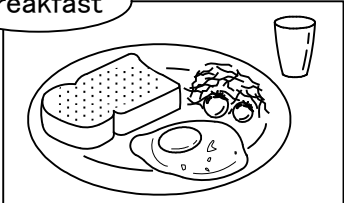
Log Data							
Previous Day		April 5 (Thursday)		next day			
51		52		53		54	
Meal		Taking Medicine		Exercise		Home Measurement	
Breakfast  Last Update: 2018/4/5 8:03 Toast/fried egg/tomato/milk ...				Lunch  Record a photo Record the menu			
Dinner  Record a photo Record the menu				Snack  Record a photo Record the menu			
 Return		 Return to Home					

FIG. 9

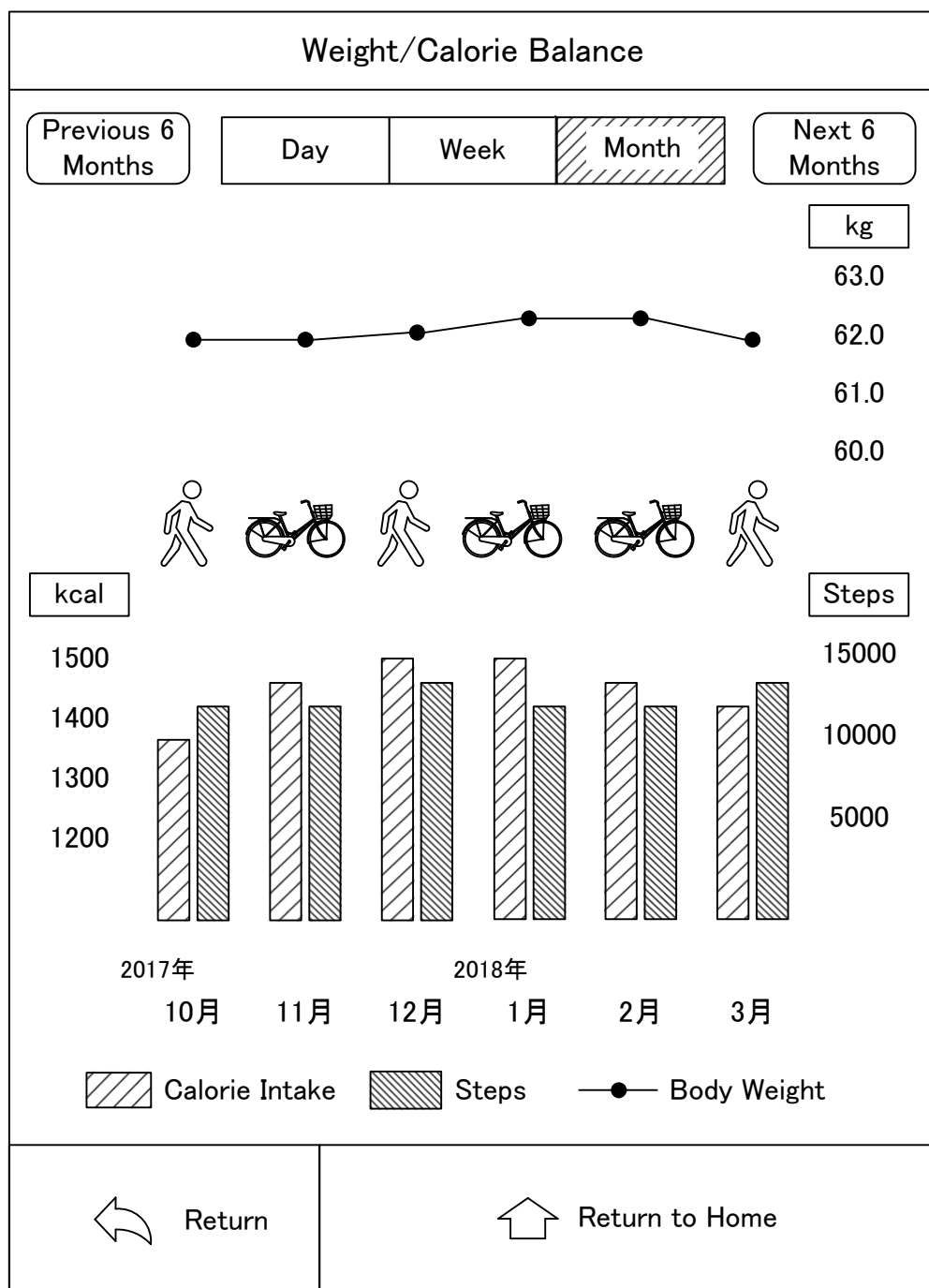


FIG . 10A

TRY	
See self-care goals	
☐	Record your meal
☐	Measure your body weight
☐	Record snacks
☐	Try not to eat fried food
☐	Check the number of steps you took the day before
☐	
Set TRYs >	
↩ Return	🏠 Return to Home

FIG. 10B

TRY	
Let's set a detailed try	
Do not put food in a place that you can reach while sitting or in a place that you can easily see, and decide on another place.	
Where do you change the place to put the food that you can see right away?	
Place it on	
Don't stay long at the table and clean up the table immediately after eating.	
How long will you finish your meal from now on?	
Eat less than	minutes each time and put the dishes away
Look back on your body shape.	
How do you look back on your body shape?	
When do you do it?	
Look back on my body shape at	every day with v
 Return	 Return to Home

FIG. 11A

Evaluation of TRY	
Thank you for your work for a week. Let's evaluate each TRY.	
Goal : Quit Smoking	
1/3	
TRY 1 Visit a smoking cessation clinic, and consult with a doctor to quit smoking Go to ABC Hospital on May 1st ☐ Did It ☒ Could Not	

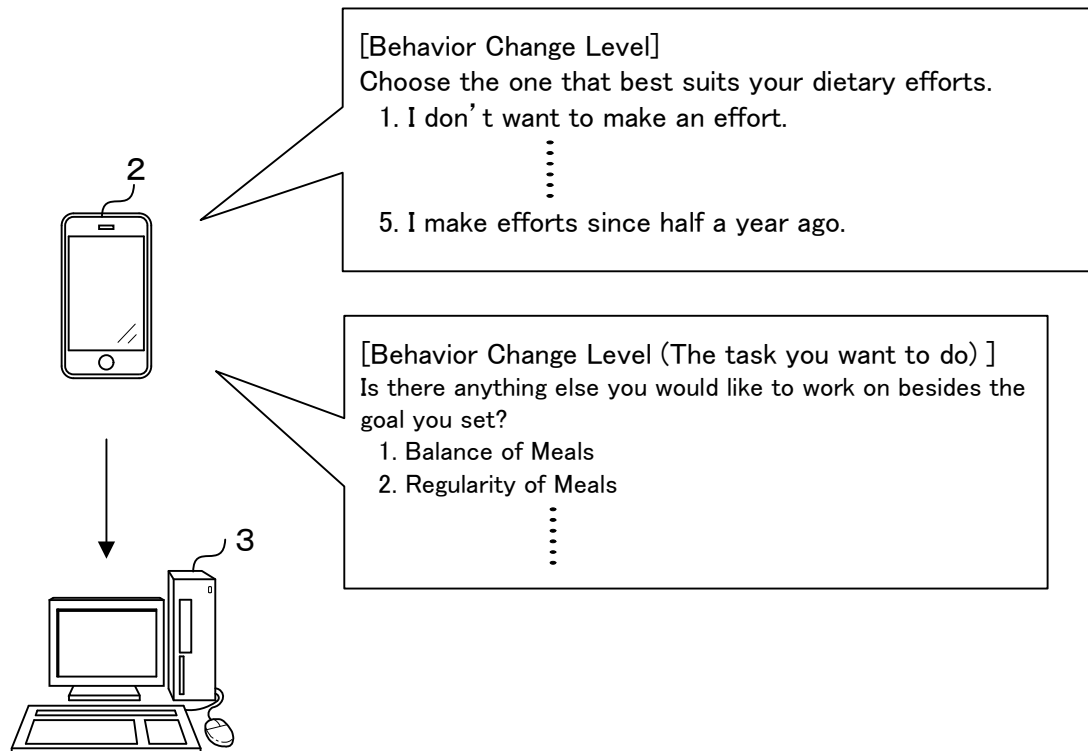
FIG. 11B

Evaluation of TRY	
Goal : Quit Smoking	
Evaluation is complete. Do you want to continue your current TRY? Would you like to change to another TRY?	
Continue	Change
 Return	 Return to Home

FIG . 12

Evaluation of Self-Care Goals	
Thank you for your hard work for a month. Evaluate your self-care goals.	
Goal : Monitor your weight yourself	
Please rate on a 10-point scale	
1 2 3 4 5 6 7 8 9 10 ● ● ● ● ● ● ● ● ● ●	
Complete the evaluation of goals	
 Return	 Return to Home

FIG. 13



〈Medical Treatment Guidance Screen〉

Attention Requiring Test Value : HbA1c BMI BP

Instructive Nutrition Amount : 1440 ▼ kcal

Percentage of Carbohydrate : 50 ▼ %

Last set goal and selected try

Previous Goal: Total Meal Amount

Behavior change stage: Contemplation period

Goal Achievement Degree: XX%

TRY 1:XX(achieved)

TRY 2:XX(not-achieved)

TRY 3:XX(not-achieved)

....

Lifestyle Habit Summary

meal amount **Excessive**

Balance of Meal

Starch : **Excessive**

Fruits : Normal

⋮

Liquor **Need Improvement**

Exercise habits No Problem

Smoking No Problem

Intervention Acceptance State

.....

Recommended Goal Category

[1st] Equality of 3 Meals

[2nd] Total Meal Amount

[3rd] Carbohydrate 1

FIG. 14

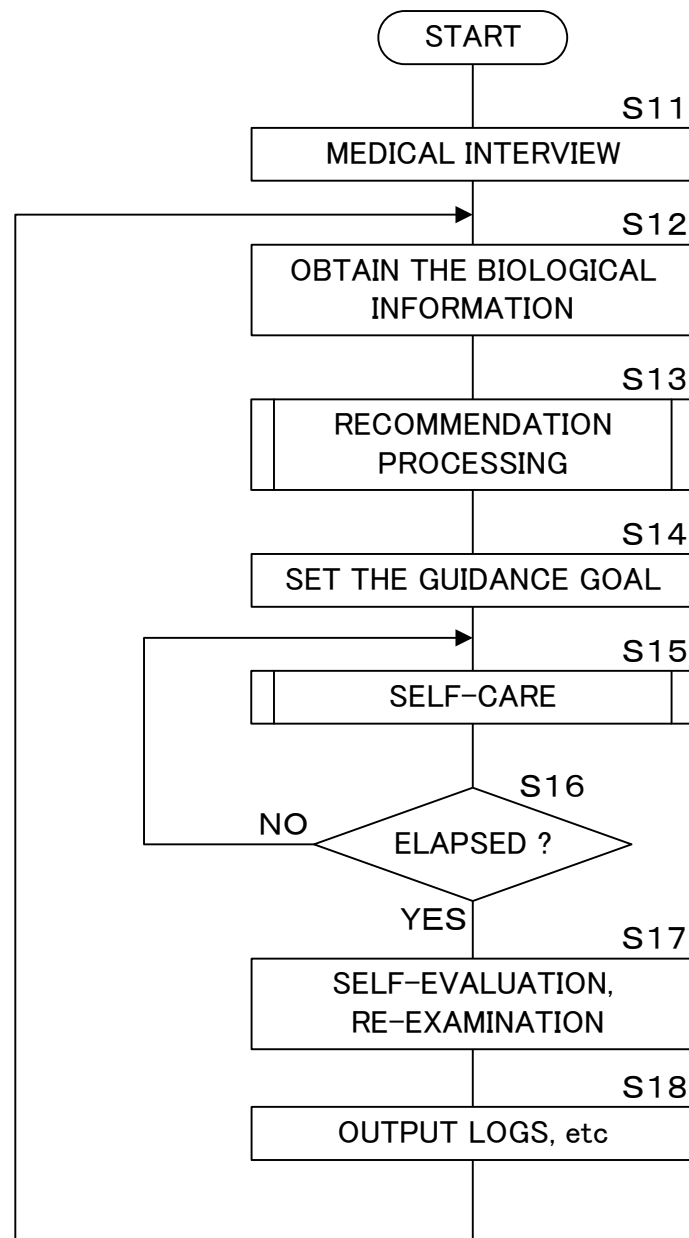


FIG. 15

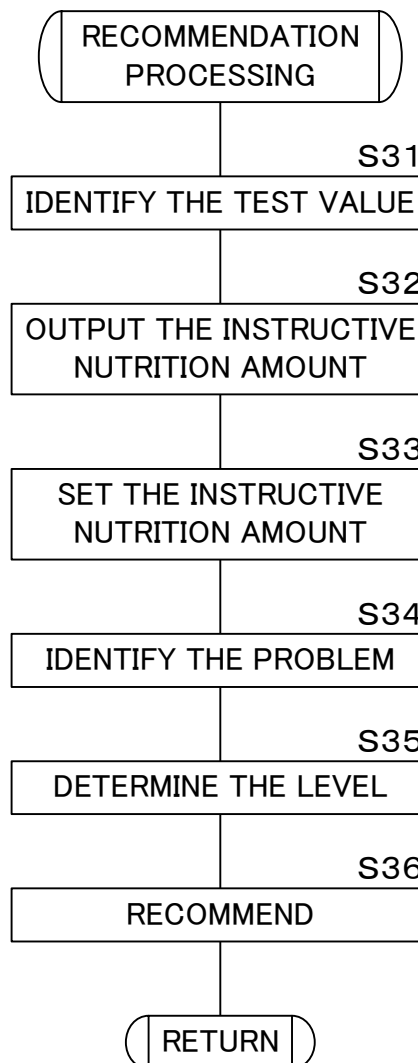


FIG. 16

