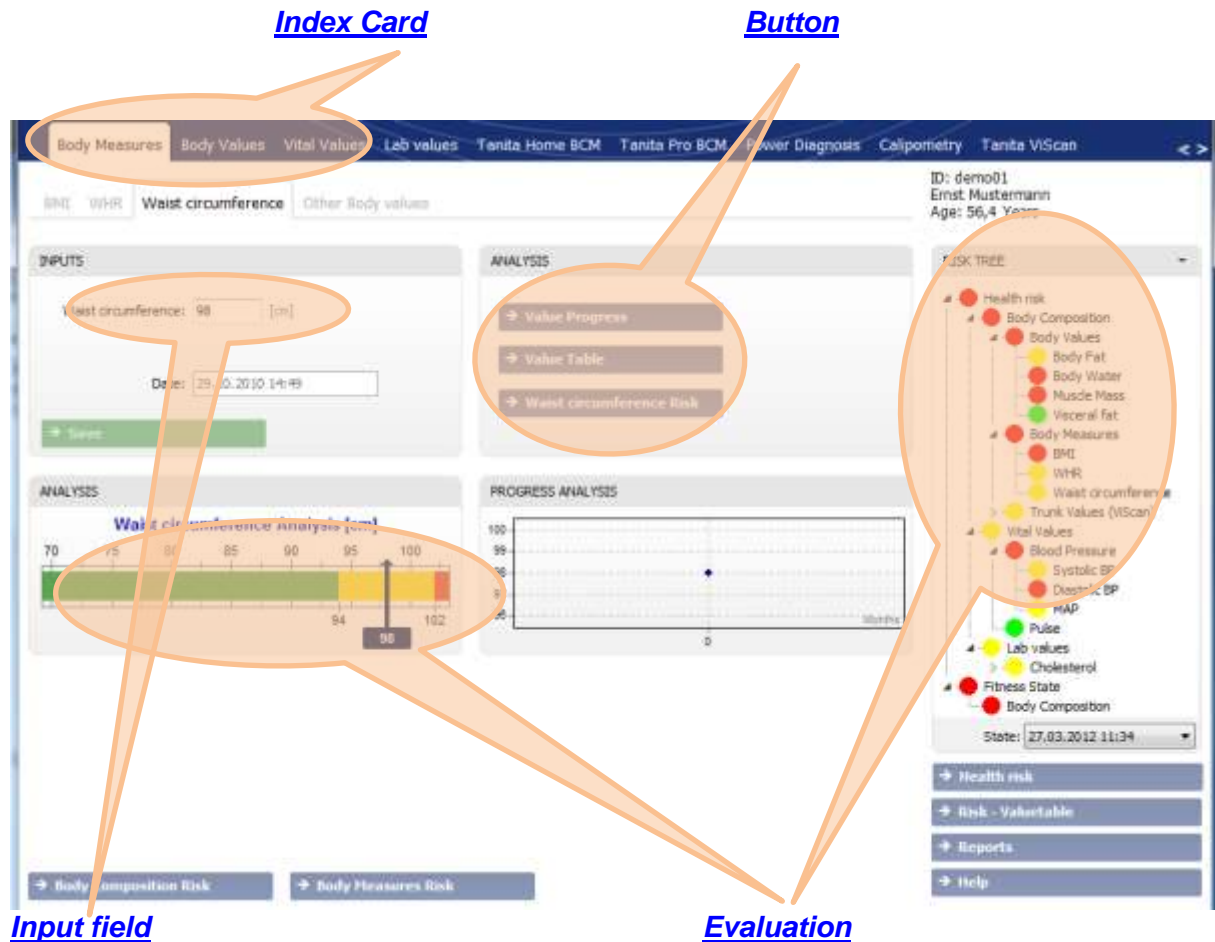


# Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

## GMON – Short Manual

The main screen will be displayed following successful login. It is divided into an index card view (left side) and an evaluation tree (right side). Empty index card fields and grey circles on the evaluation tree indicate that no data has been entered.



### System of index cards

The modular principle is identifiable using the index cards. Categories are shown on the index tabs indicating their content.

 **All index cards serve to record and evaluate data.**

Click on index tabs to open index cards. These can be selected in any order.

While the current parameters on the index cards are always analysed, an evaluation overview is shown on the right of the screen. The traffic light colours correspond to the evaluations on the index cards. The following always apply:

- green: good „healthy“ range,
- yellow: distinctive range – particular attention required,
- red: critical range – professional advice should be sought.

Grey circles indicate that no values have yet been recorded for these parameters.

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### Buttons

Buttons have a grey background and can be activated by a mouse click. A keyword label explains the function of the respective button and a symbol facilitates recognition.

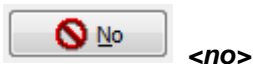
Please note the following buttons:



Depending on current programme view content information from on-line help will be displayed. After closing the Help file the previous programme view will reappear and work can continue.



All actions in the window that was last opened will be confirmed and the window closed.



All actions not yet saved in the window that was last opened will be rejected and the window closed.



All data that is visible on the screen will be saved.



All available data relating to the current programme view will be presented in graph form.



All available data relating to the current programme view will be presented in table form.



All available evaluations relating to the current programme view will be shown in graph form.



Close program.

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### Input fields

Input fields have a white background and serve as an input mask for recording data. The wording denotes the parameter; please note the measurement unit indicated.

Waist circumference:  [cm] Input field for waist circumference

Input fields can be selected in any order via a mouse click. Use the **<Tab>** key to arrange the input fields in order.

Measurement values should be entered using the keyboard. A comma (,) is used to denote a decimal place, but a decimal point (.) will also be accepted. Entries will be checked for technical accuracy. Each number entered will be rounded to a reasonable length and shown in the input field as a rounded figure.

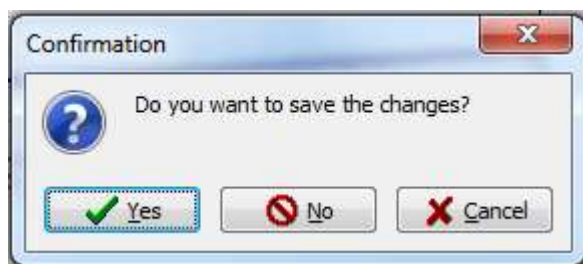
Scale type:  drop down menu for scale type

If an **<Arrow>** appears in the input field, entries can be made by clicking on a response from the selection given.

Date:  **<Data field>**

All index card entries must be dated. The actual date of entry is suggested as in most cases the date of entry is the same as the date on which the information was collected. The date can be altered to record backdated information. It is not necessary to enter details of the time.

Entries can be saved to the data record by clicking the **<Save>** button.



Save changes message

If you close an index card or leave the program without saving a warning message will appear asking if you want to save changes:

- Click **<Yes>** to save changes,
- Click **<No>** to continue working without saving changes
- Click **<Cancel>** to return to index card

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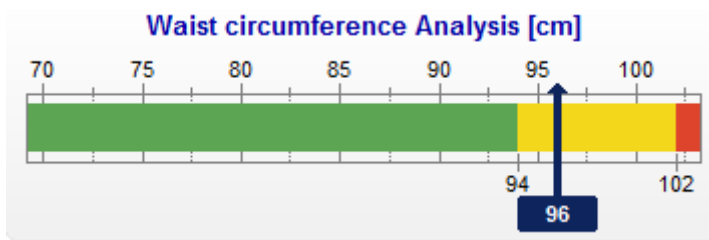
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### Evaluation of individual parameters

For each individual parameter (that can be evaluated) the respective reading is evaluated in accordance with the traffic light principle immediately after it has been saved. These evaluations – provided generally accepted – are age and gender-specific.

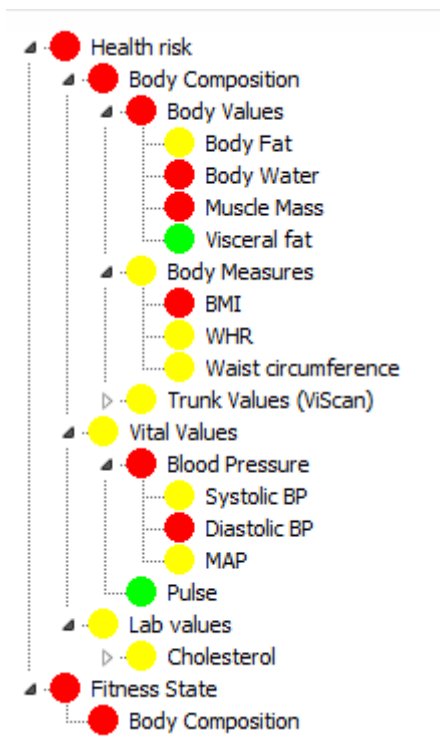


Waist circumference analysis chart

The numbers above the bar chart indicate the scale for the measuring unit indicated in the heading. The numbers underneath the bar chart mark the values relating to the coloured sections. How the size of the respective (coloured) area is actually determined is described in the corresponding register section.

### Evaluation of correlations

The Health Monitor correlates individual information with complex health analyses. Whilst the traffic light colour of the individual parameter matches the analysis on the corresponding index card, the interplay is also analysed incrementally in the evaluation tree against overall information.



"Health Risk" evaluation tree

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# Health Monitor GMON

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## GMON – Short Manual



[Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health

[Index](#) of the GMON program