What is CoHM?
CoHM is an app alternative to mainstream fitness trackers that work with your doctor and your favorite fitness band to establish a fitness and diet plan that is custom to your health needs.

Who can use it?
CoHM was developed for people with complicated health conditions that require careful monitoring of fitness and diet. Patients that track these elements out of medical necessity will get the most benefit out of using CoHM, but anyone can benefit from personalized fitness input from their doctor.

How much does it cost?
CoHM works with your doctor or hospital as an extension of your medications. The CoHM system is funded by your insurance as a tool for keeping you healthy. This means the CoHM app will come at no cost to you!

When can I get started?
Talk to your doctor today about implementing the CoHM app into your health plan. CoHM can read the data of your favorite fitness band, so there is no need to wait for expensive equipment to arrive. Simply download, connect, and get healthy!
**APP DESIGN**

The app for CoHM is intended to be intuitive for all age users. Each element is clearly labeled and visible in large print.

**SETTINGS**

Settings allow the user to change their personal information, notification preferences, and account details.

**CHOICE BARS**

The welcome page splits into 3 categories, "Talk to My Doctor", "Fitness", and "Nutrition". These are the main functions of the program.

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**TALK TO MY DOCTOR**

**CONNECTING TO A DOCTOR**

The app allows users to easily connect to a doctor by having a matching code with the provider. The doctor can remove themselves at any time.

**CONFIRM/RECORD TEST RESULTS**

Doctors and patients can submit test results. These results may affect daily nutrition or fitness requirements with edits occurring automatically.

**PERSONALIZATION**

The user can add or remove a doctor at any time, but it is up to the doctor to make the final removal determination. This prevents accidental deletion.
**FITNESS AT-A-GLANCE**
The donut charts react to data that is received by wearable fitness devices. The user can quickly see what goals are left to complete for the day.

**FITNESS ACTIVITY AND GOALS**
The user can add fitness activities that may not have been recorded by a fitness band. They can also see past daily goal completion.

**HEART HEALTH**
This section uses heart rate data, age, doctor advice, weight, and medical conditions to help monitor heart health. This section can aid doctor diagnoses.

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**NUTRITION**

**DAILY TOTALS**
Daily nutrition requirements can be edited on a day-by-day basis by doctor collaboration. This chart encourages the patient to eat right and not restrict calories and other nutrition unnecessarily.

**CALORIE COUNTER**
The calorie counter personalizes daily requirements to the specific nutrition needs of the patient. CoHM will send reminders to keep eating or stop eating.

**WEIGHT TRACKING**
The weight tracker can connect to a wifi-enabled scale or allow manual entering. It helps to calculate a body fat percentage based on personal information.