

Oviva App Version 4

User manual



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Please read this manual carefully before you start using the Oviva App.

1. Product description

1.1 Intended use

The Oviva App operates within dietetic care settings, with treatment plans assisting the patient to change their diet and lifestyle so that they are able to improve their health, reduce disease burden and achieve beneficial clinical outcomes.

1.2 Indication for use

Patients present with diagnoses including over- and under-nutrition, endocrine and metabolic diseases, allergy and intolerances, gastroenterological and oncological diseases.

1.3 Who is the Oviva App for?

The Oviva App is intended for a patient population, that is:

- diagnosed with a diet-related condition: over- and under-nutrition, endocrine and metabolic diseases, allergy and intolerances, gastroenterology concerns and oncological diseases;
- aged 18 years and above, or under parental guidance;
- under the guidance of a doctor or other healthcare professional;
- able and motivated to make agreed dietary and lifestyle changes as agreed with an Oviva healthcare professional;
- has access to and knowledge of using a smartphone and smartphone applications.

2. Contraindications

There are no known contraindications for the use of the Oviva App.

3. Warnings

- The Oviva App is a registered medical device and is used to support the treatment of diet-related conditions, but cannot replace a visit to your doctor/care team.
- The Oviva App does not interpret or make decisions on the data it conveys nor is it intended to provide automated treatment decisions or to be used as a substitute for professional judgment.
- All medical diagnosis and treatment are to be performed under the supervision and oversight of an appropriate healthcare provider.
- Please seek advice from a doctor on any health issues, concerns or circumstances. Never delay or disregard medical advice based on information from the Oviva App.
- If you are at risk or need urgent care, contact the emergency services.
- The diet suggestions provided by the app are automated and do not consider possible intolerances, allergies or specific diets such as vegan, vegetarian or others. Always consult with your healthcare professional first if you are unsure.
- Update your healthcare professional on any changes of medications or diagnosis with any new medical condition.

4. Precautions

- Mention all your food related allergies and intolerances to your Oviva healthcare professional.
- Your Oviva account is personal and should not be shared with other users.
- Make sure to keep the Oviva App updated so that you always have the latest version. Oviva recommends setting your smartphone to update the app automatically.
- The Oviva App should not be used on rooted devices or on smartphones that have a jailbreak installed.
- Make sure to enter correct data in the Oviva App whenever you are asked.

5. Product instructions

5.1 Log into your Oviva App

The Oviva App is limited to Oviva users only, therefore it is not accessible to the general public.

Your login details will be sent to you, either by email or SMS, once you are referred to Oviva and your account has been created.

Step 1: Download the Oviva App 

Install the app from the [Apple App Store](#) or [Google Play Store](#).

Step 2a: Log in using your email

You will receive an email from Oviva with your login password.

Once you receive this email:

- Tap on the button "Start";
- Tap on the button "Log in via email";
- Enter your email and password;
- Tap on the button "Log in";
- You should now be logged in to the app.

If you forget your password:

- Tap on the button "Forgotten password";
- Enter your email and tap on the button "Submit";
- If the email entered exists in our system, you will receive an email from us to reset your password;
- In the email - tap on the link to change your password;
- Enter the new password twice and click "Confirm".

Step 2b: Log in using your mobile phone number

- Tap on the button "Start";
- Tap on the button "Log in via mobile number";
- Select your country;
- Tap on the button "Verify";
- If the mobile number and date of birth that you entered are available in our system, you will receive an SMS with a verification code;
- Enter the verification code and tap on the button "Confirm";
- You should now be logged in the app.

Step 3: Accept the Terms & Conditions and Privacy Policy

To use the Oviva App, you will need to accept the Terms & Condition and Privacy Policy, the latest version can be found on our website oviva.com.

5.2 Logging an entry

There are a number of different elements you can log in the Oviva App, such as meal / snack, body weight, activity, mood and more (see below). You can view your entries in your Journal and 'Profile' screen to see trends, patterns and progress.

Your health care professional can see all of your entries which enables them to provide personalised advice and support.

Important note

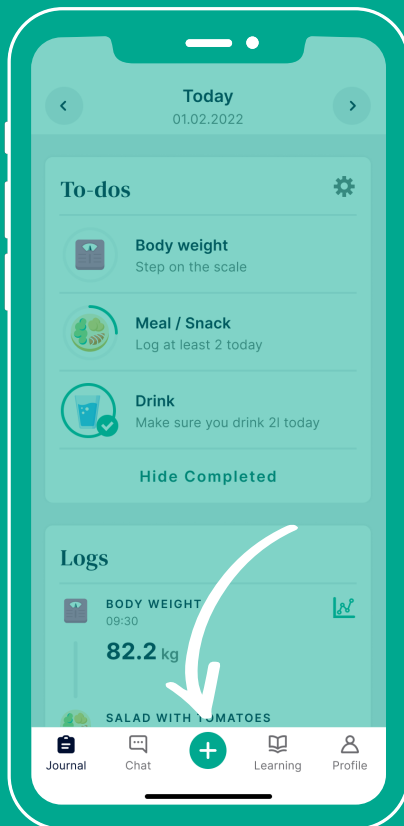
You can only log an entry when you are connected to the internet.

5. Product instructions - Logging an entry

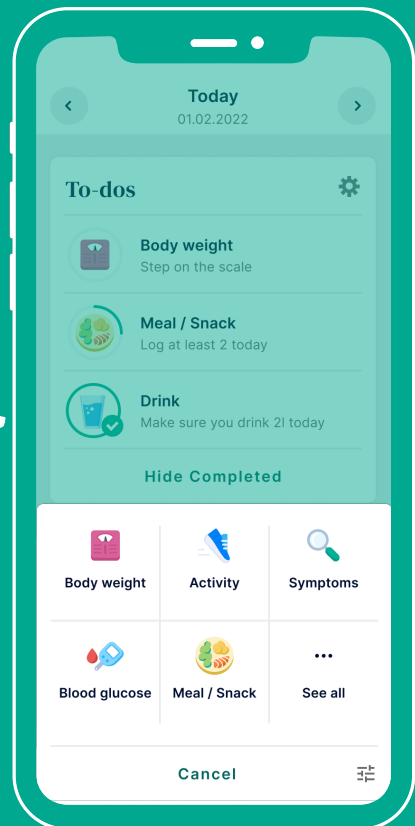


1. To log a new entry, tap on the Plus (+) button in the bottom navigation bar.
2. A menu will appear, in which you can pick the type of entry you want to log.

1.



2.





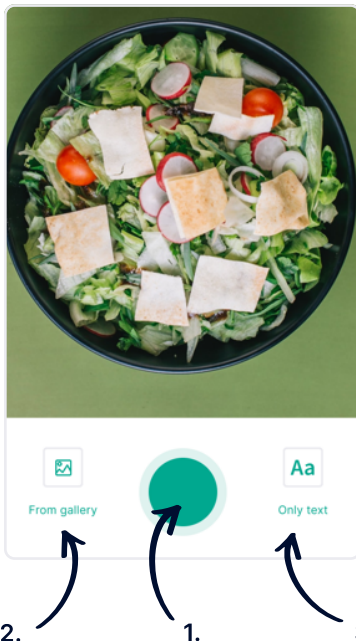
Meal / Snack

The more meals and snacks you log, the better the feedback your health care professional can provide. You can keep track of your meal / snack by:

1. Taking a picture when you are in the Oviva App;
2. Uploading a picture from your gallery by tapping on the “Gallery” button;
3. Describing it with text by tapping on “Only text”.

When adding a photo of your meal / snack (the recommended option) you can also add a note to describe what you had by tapping on “add a note”.

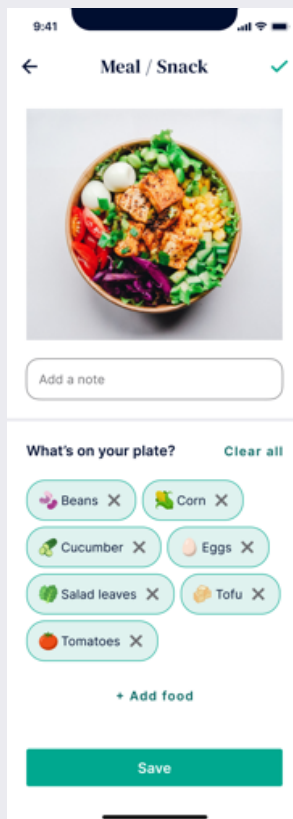
If you are uploading a photo from your gallery or describing your food in text only, you can select the date and time that you had your meal by tapping on the “When?” so the entry reflects when you actually ate.



Automatic food recognition and use of food tags

The Oviva App automatically recognises the food you have on your plate and proposes matching food tags. If the app did not recognise the proper food tags, just click on the 'Add food' button to see all the food tags available organised by category. In the add food screen, you can select and deselect food tags by tapping on them. When you are satisfied with your selection, simply press 'Add' to come back to the previous screen and log your food.

Food tags are an important part of the Oviva App, as they allow you to get the best possible advice from your dietician as well as through our diet suggestions feature



Body weight

Even if weight loss/gain is not your main focus, it can still be useful to keep track and stay informed about your body weight and health. We recommend logging a body weight once per week.

You can change the unit (kg, lb or stones) in the settings.



Activity

Once you select an activity (scroll through the list or enter its name), enter the duration in hours & minutes.

You can track your steps by syncing the Oviva app with Apple Health, Google Fit or a Fitbit if you have one. Go to the “Profile” section and tap the settings icon in the top left corner.



Blood glucose

If you have been diagnosed with diabetes and you need to check your blood glucose levels, you can keep a log in the app. This helps your health care professional understand how you are managing your condition and help you deal with any high or low readings.

Remember to update your health care professional on any changes to your medications or if you are diagnosed with any new medical conditions.



Symptoms

If you experience gastrointestinal (stomach) symptoms, you can log them in the app so that your health care professional can support you.

You can rate a symptom severity from 0 (symptom not present) to 10 (severe symptom).



Mood

You can log your mood and how you are feeling. This can help you to be more aware of how your mood fluctuates throughout the day or week and how that may impact your behaviour.



Blood pressure

To keep track of your cardiovascular health, you can log your systolic and diastolic blood pressure.



Drinks

You can keep track of your hydration by logging a drinks entry for every liquid you drink. You can specify the amount of fluid and the type (e.g. water, coffee, juice).



Waist circumference

Alongside logging your body weight, logging your waist circumference is also good practice to keep track of your progress, especially if you are trying to lose abdominal fat (weight around your middle).



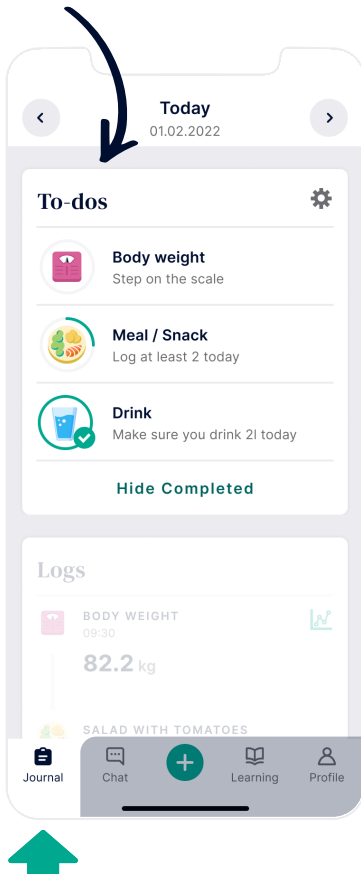
Bowel movements

Your stools are a valuable indicator of your gastrointestinal health. You can log the type using the Bristol Stool Chart within the app.

5.3 Journal

In the journal section you can see your active To-dos for that day and all your logs. You can go back and review previous days by tapping on the arrows at the top of the page.

To-dos section



To-dos

In the To-dos section, you can see all the To-dos active on that day. On the left you can see a progress indicator (a circle) that signals your progress against the To-do. This will eventually become a checkmark when the To-do is complete. By tapping on a To-do you will be brought to the related feature so that you can complete the action.

Creating a To-do

You can add a new To-do by tapping on the button (cog icon) placed at the top right of the To-dos card. You will see a list of potential To-dos that you can start. Find the ones that fit with your goals and follow the guided steps to decide your daily goal, on which day the To-do will be active and add reminders.

Editing a To-do

You can edit an existing To-do by tapping on the button placed at the top right of the To-do card (cog icon). You will see a list of all your active To-dos. Find the one that you would like to change and tap on it. Update the elements you wish to change (frequency, reminders, goal) and click save. The changes will be applied from today onwards (not retrospectively).

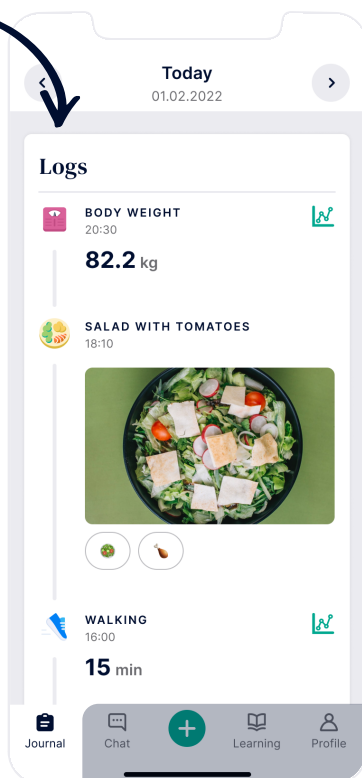
Deleting a To-do

You can delete an existing To-do by tapping on the button placed at the top right of the To Do card (cog icon). You will see a list of all your active To-dos. Find the one that you want to remove and tap on it. You can then tap on the delete button to remove the To-do. It will be removed from today onwards (not retrospectively).

Logs

In the Logs section, you can see all your entries for that day, presented in chronological order with the most recent at the top. By tapping on an entry you can edit/delete it or go to the graph to see your progress over time.

Logs section

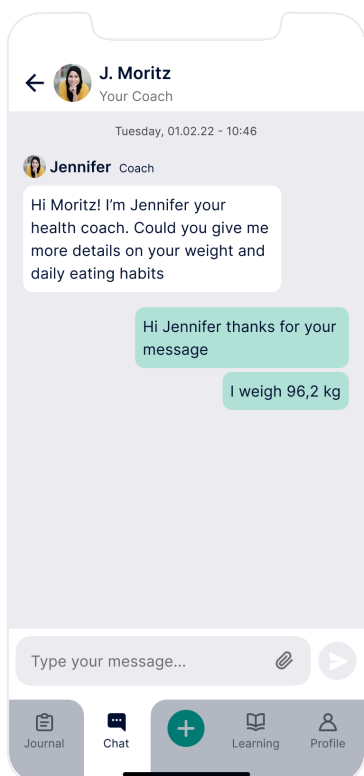


5.4 Chat

In this section of the app you can chat with your health care professional and other patients (only if you are part of a group chat as part of your programme).

If you are not part of a group, you will only see the chat with your health care professional. If you are part of a group, you will see a list with all of your chats.

Within a chat you can send messages and images directly to your health care professional or group as well as view their responses, advice and comments.



Use the chat to:

- Ask questions
- Share your successes and challenges
- Get support and motivation from your healthcare professional

Tip

You can reply directly to a message by long pressing on it or swiping it to the right.

Note

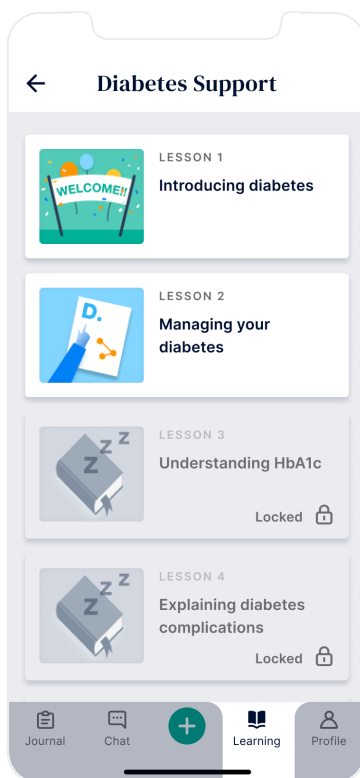
Remember NOT to send any urgent clinical questions or last minute appointment changes via the app as your health care professional may not check it every day. If you require any urgent support or you are at risk, contact the emergency services.

5.5 Learning

For your programme, there are supporting materials and content on the Oviva Learn which you will work through during the programme by tapping on 'Learning'.

A programme is a structured education course composed of different modules. To access the content, tap on the 'Learning' button and select your module. You can navigate through the Learn programme by using the next and back button.

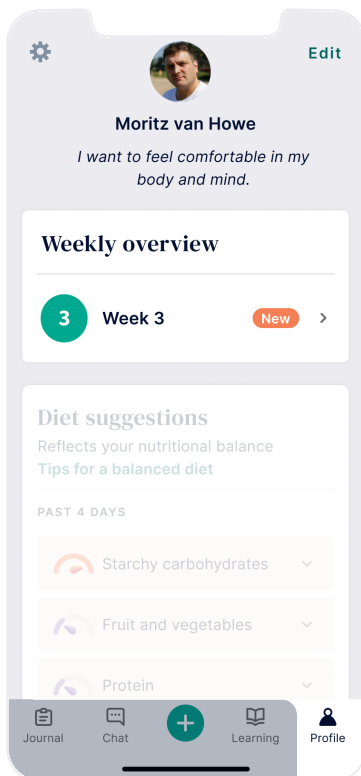
Content can be made of different items, such as articles, videos, podcasts and quizzes.



5.6 Profile

The 'Profile' section is all about you.

You can add a personal motto, profile picture and access the settings to personalise your experience. You can also see the graphs reflecting your progress and if your health care professional has turned on diet suggestions, this is where you will see them.



Profile picture

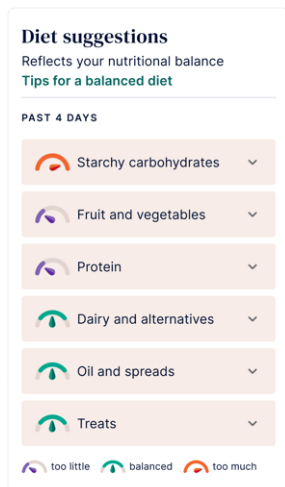
To update your profile picture tap on the image at the top of the screen, you can then take a picture or upload it from your gallery. Your profile picture will be visible to you and your health care professional.

Motto

In your motto, you can write your motivation, a quote or your end goal so that it is always visible as a reminder for you. To change the motto, tap on the placeholder or on the edit button at the top right. Tap on Save.

Weekly overview

On a weekly basis, a weekly summary is generated to give you insights about your body weight development and To-do's adherence. This will help you to reflect about your progress within the previous week as well as the programme overall.

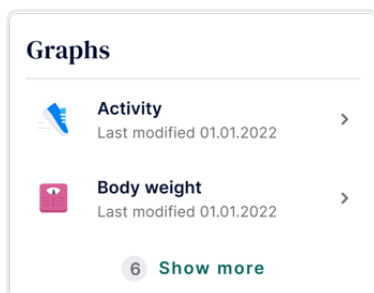


Diet suggestions

In the diet suggestions section, if you have added food tags to at least three meals in the past four days, we will give you a detailed breakdown of whether you are eating too much, too little or balanced in each food category based on recognized guidelines around healthy eating. Additionally, you will see for each category personalised recommendations of what you could add or cut from your diet to reach a healthier and balanced lifestyle.

Warning

Note that while we will gather information on your overall dietary preferences (e.g. vegetarian, vegan, etc) to inform your diet suggestions, we cannot cover all cases (e.g. allergies, intolerances). Always consult with your healthcare professional first if you are unsure.



Graphs

In this section you can access progress graphs for all the measurement types (except for meal / snack and symptoms). In the graph view, the screen is divided in two sections: the graph at the top and the measurement list below.

Graph

You will see any entries that you logged for that specific measurement. You can change the window of time by tapping on the Daily, Weekly and Monthly tabs at the top of the screen.

Measurement list

You will see all the entries that you logged for that specific measurement, displayed in chronological order. You can tap on an entry (only if manually logged) to edit or delete it.

Settings

You can access the settings by tapping on the button placed at the top left of the screen (cog icon). You can connect or disconnect your camera roll, Apple Health or Google Fit and Fitbit; Access regulatory information; View and manage your consents; Export all health related personal information; Change units of your logs; Sign out.

6. Additional information

6.1 Help & Support

If you have any problems using the app, speak to your healthcare professional who will be able to help. Alternatively you can reach our technical support via support@oviva.com.

Please report any serious incident that has occurred in relation to the Oviva App with no delay via support@oviva.com.

6.2 Supported platforms








The Oviva App can be used on:

- iOS smartphones running on iOS 13.0 or higher.
- Android smartphones running on Android 6.0.0 or higher.

6.3 Environment for Use

None specific. Oviva App can be used wherever a smartphone can be used. Only use the app in a secure environment. In public WIFI, connect to secured networks whenever possible.

6.4 Symbol glossary

Symbol	Meaning
	Manufacturer
	Caution
	Authorized representative in the European Community
	CE Mark
	Oviva App logo
	Medical Device
	Consult instructions for use

6.5 Regulatory and safety notices

Europe (EU/EFTA)

Declaration of conformity with regard to the EU MDR 2017/745.
Oviva AG is authorised to apply the CE mark on its product, thereby declaring conformity provisions of the European Union Regulation of Medical Devices (Regulation (EU) 2017/745). The complete declaration of conformity can be found in the specific product section at oviva.com/quality.

Name of the manufacturer:

Oviva AG

UDI-DIs:

07649993906017 (iOS)

07649993906031 (Android)

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