【For Nutritional Supporters】

Nutritional Support System

Introduction to Calorie Smile

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Nutritional Support System

Calorie Smile

Calorie Smile is a nutritional support system designed for both computer and smartphone use. A whole new way of working for nutritionists.

User

User sends photos of meals to Supporter

User sends details of daily progress to Supporter

Cloud System

Convenient system for exchange of useful nutrition support information

All data shown in tabular form

Supporter

Supporter draws up nutritional advice from User's photos of meals and daily data

Sends nutritional advice to User

Encourage User to pursue a healthier lifestyle

User: Individual seeking nutritional support

Supporter: Individual offering nutritional support (Nutritionist, Doctor, Sports Health Instructors)

Many other useful functions available. Quest-Computer is working on a system that will benefit the careers of Nutritionists.

1 **Easily accessible - decide when and where you want to work.**

2 **Supporters work in a team, meaning that data can be shared. A system that fosters the development of human resources.**

3 **Maintain records of work you have handled.**

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Nutritional Support System

Functions of Calorie Smile 1 : Physical

The Supporter questions the User in detail.
Easy to collect information for appropriate support.

User

Supporter

Please answer

1.Do you currently use any medicine to lessen blood pressure?
- ○ True
- ○ A Little True
- ○ Not Very True
- ○ Not True

2.Do you currently take insulin or medicine to lessen blood sugar?
- ○ True
- ○ A Little True
- ○ Not Very True
- ○ Not True

3.Do you currently use medicine to lessen cholesterol?
- ○ True
- ○ A Little True
- ○ Not Very True
- ○ Not True

4.Has your doctor ever diagnosed you with a stroke or a brain infraction and prescribed treatment?
- ○ True
- ○ A Little True
- ○ Not Very True
- ○ Not True

Calorie Smile

Male Age:50
Weight:89.5kg Waistline:95.5cm BFP:35.0% BP:165/120mmHg

Return

2018-03-13

№	Consultation content	True	A Little True	Not Very True	Not True
1	Do you currently use any medicine to lessen blood pressure?				
2	Do you currently take insulin or medicine to lessen blood sugar?				
3	Do you currently use medicine to lessen cholesterol?				
4	Has your doctor ever diagnosed you with a stroke or a brain infraction and prescribed treatm ent?				
5	Has your doctor ever diagnosed you with heart disease (angina or cardiac infraction) and pre scribed treatment?				
6	Has your doctor ever diagnosed you with chronic renal failure or prescribed you to undergo di alysis?				
7	Has your doctor ever diagnosed you with anemia?				
8	Do you habitually smoke cigarettes?				
9	You are over 10 kilos heavier than when you were 20?				
10	You participate in thirty minutes of heavy physical activity twice a week for over one year.				
11	You walk for over an hour or undertake a similar amount of exercise once every day.				
12	You walk quicker than those of a similar age to you.				
13	Your weight has increased by three kilos in one year.				

Delete Cancel

① Supporter prepares questionnaire and sends to User
② User answers questionnaire and sends back to Supporter
③ Supporter prepares appropriate nutritional advice based on questionnaire

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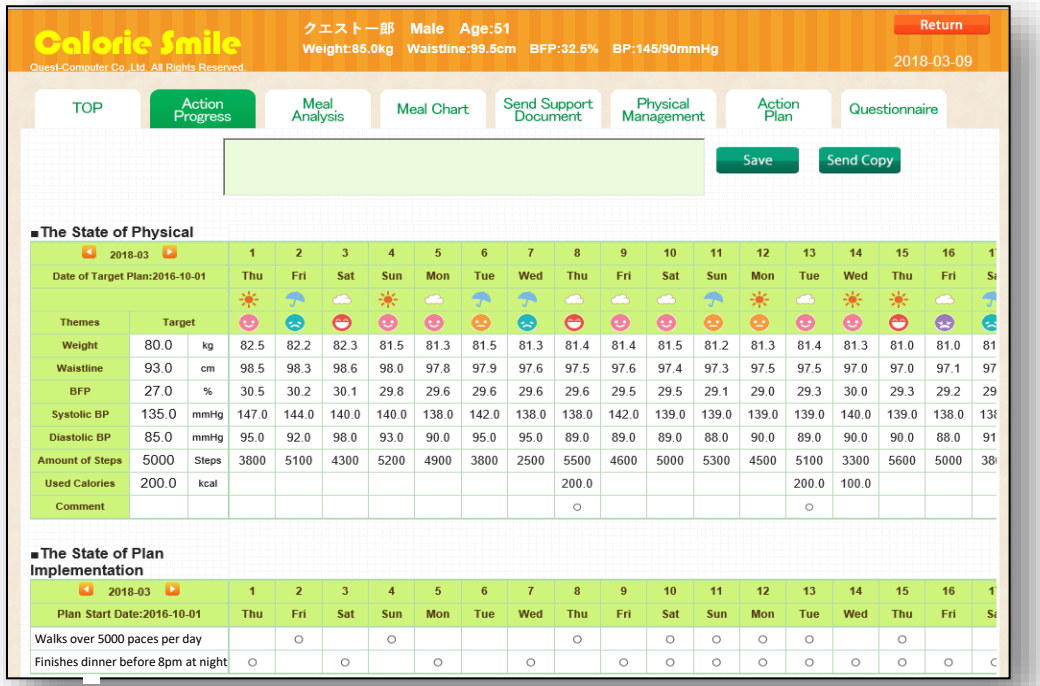
Nutritional Support System

Functions of Calorie Smile 2 ： Daily Progress

In order to achieve the results the User is aiming for, the Supporter gauges daily physical changes and actions

User

Supporter



① User sends information of physical changes (weight/waist measurements, etc.) and daily progress.

② Supporter can gauge the User's data in tabular form (physical changes and progress of action plan)

※ Weight, waist measurements and paces walked are shown in tabular form

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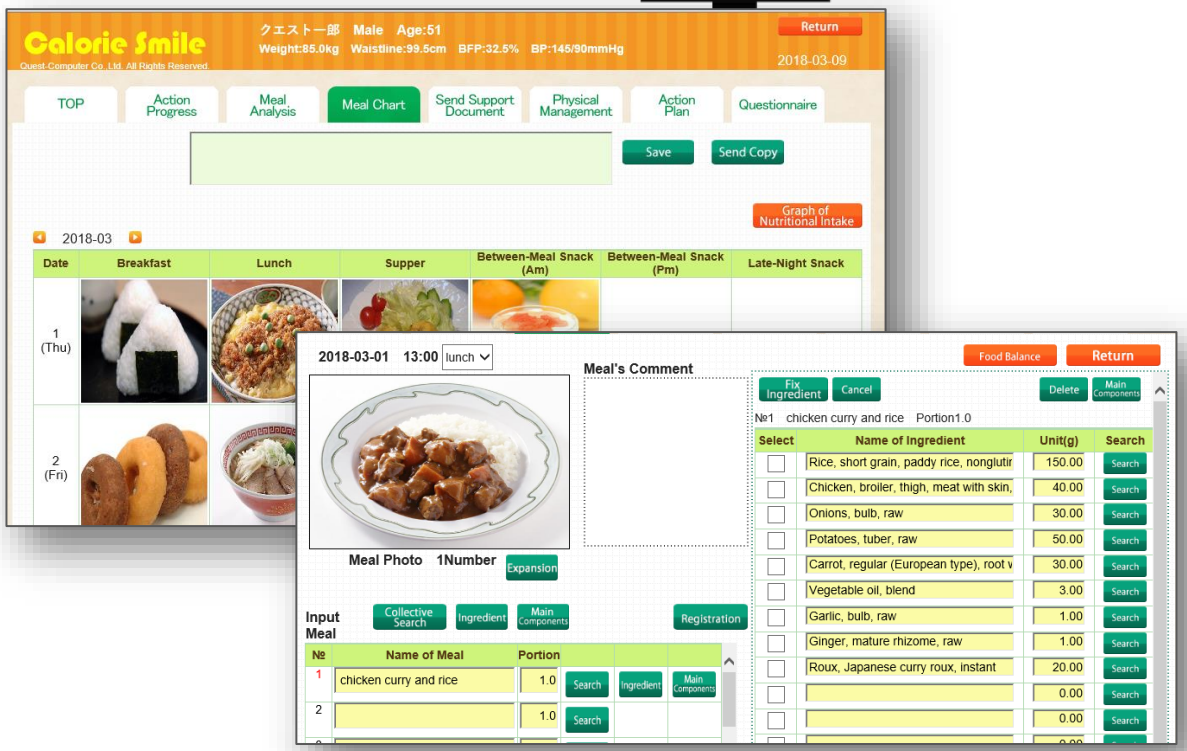
Functions of Calorie Smile 3 : Meal Analysis

Supporter can gauge what the User has eaten in one glance thanks to the photographs the User sends thus making analysis instant

User

Supporter



① Uses sends photographs of meals to Supporter

② Supporter can gauge the User's meal status in one glance
Additionally, Supporter can carry out nutritional analysis from the photographs

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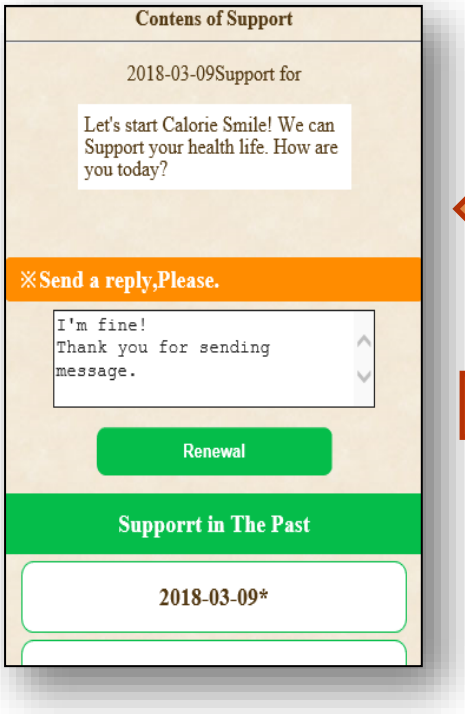
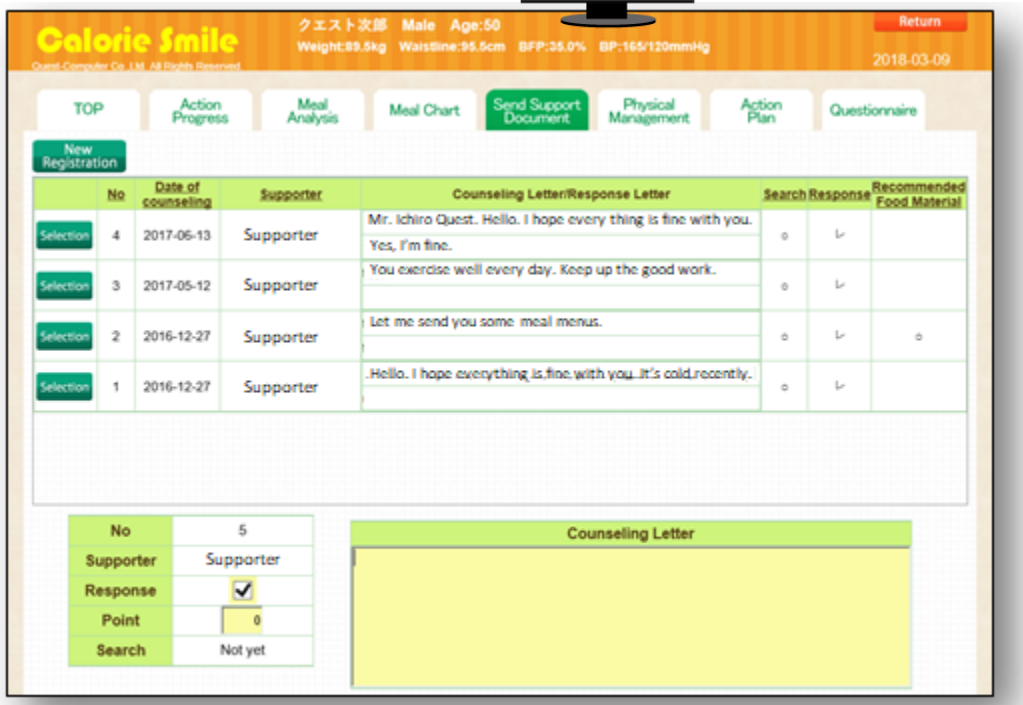
Functions of Calorie Smile 4 ： Nutritional Advice

Supporter analyzes data and sends Nutritional Advice. This helps maintain the User's motivation

User



Supporter



① The Supporter carries out analysis of the data the User has sent (implementation status and meal photos) and sends back advice and nutritional coaching.

② The User can reply to the Supporter.

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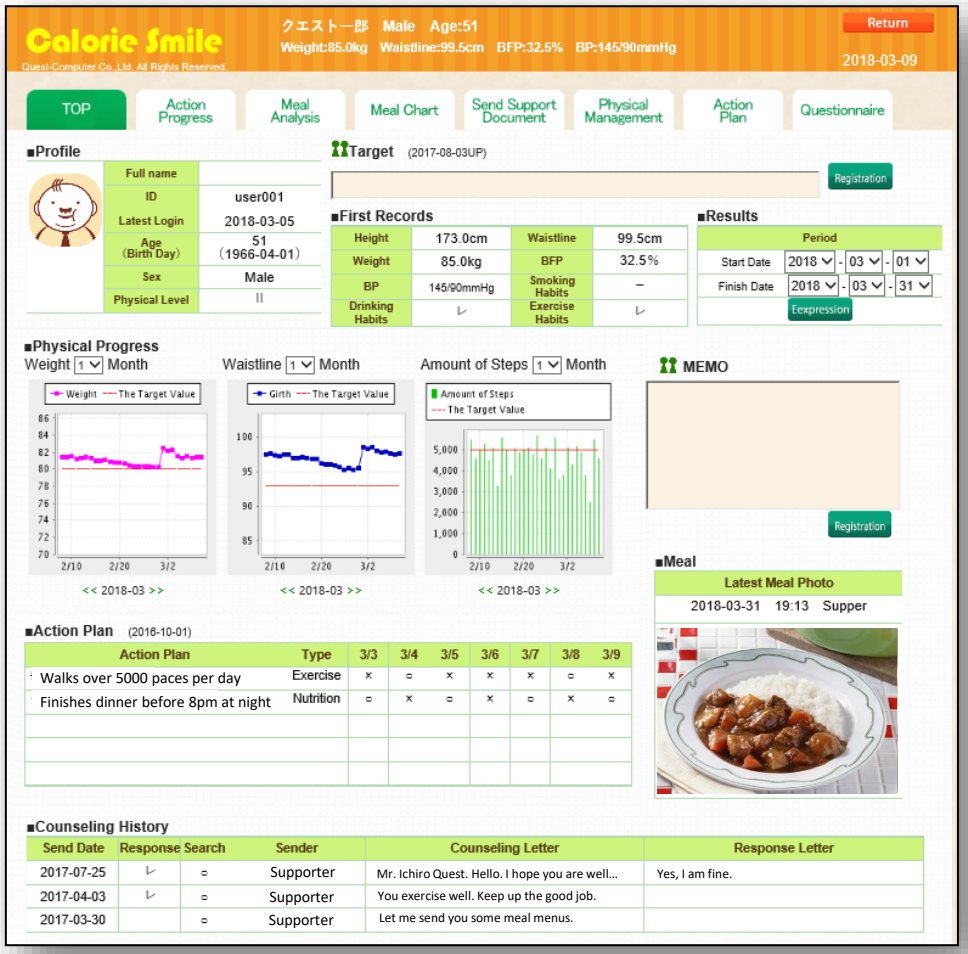
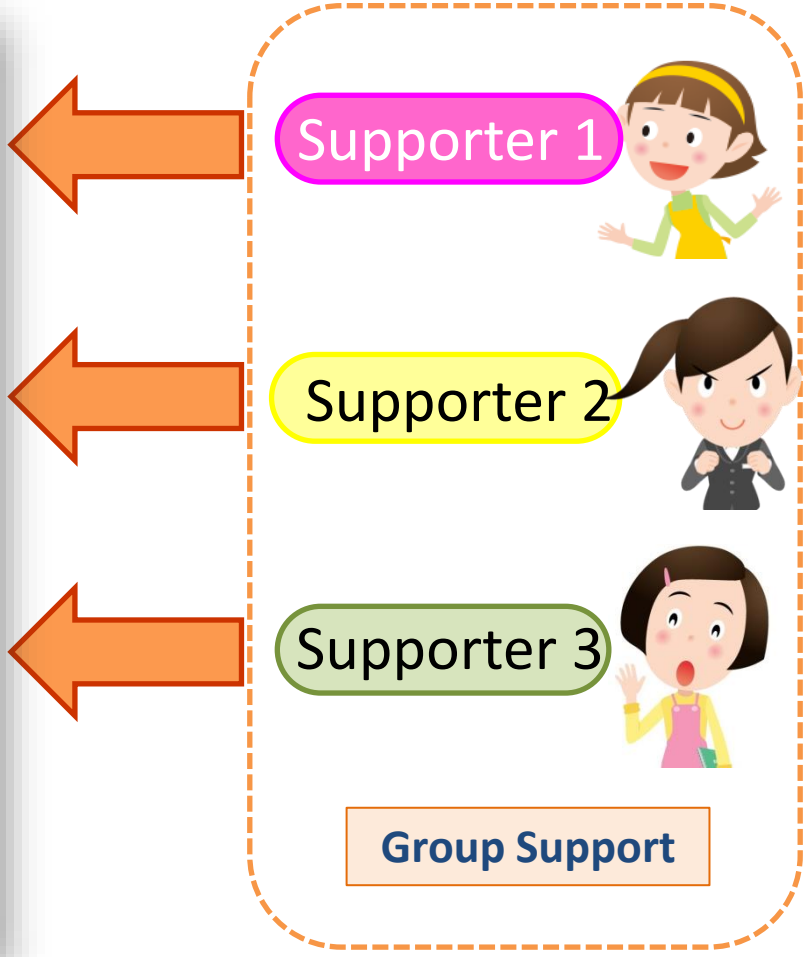
Nutritional Support System

Functions of Calorie Smile 5 : Group Support

Supporters can learn from each others' methods and enhance their skills as specialists.





It's possible for a group of Supporters to support one User.

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Calorie Smile The Benefits of Calorie Smile

From the Perspective of Working

- By providing support as a group, information can be shared and the training of personnel can be carried out.
- Support can be carried out without having to worry about the distance between Supporters and Users.
- Choose when and where you work.
- Support the development of a wide range of abilities.
- Add to your career experience.
  ➡ Supporters can achieve working experience.

From the Perspective of Nutritional Support

- System offers easy and swift access of User Information.
- It is possible to interact with the User on a regular basis if necessary.
- More efficient than meeting with Users directly.
- Easier to manage a large number of Users.
- By using analytical tools, detailed support is possible.

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