

Insight Web App User Manual

Insight Web App 03/25

Content

- 1. Home 5
 - 1.1 Menu 5
 - 1.2 User Profile..... 5
 - 1.3 Create Group..... 6
 - 1.4 Add participant 6
 - 1.5 Device overview 7
- 2. Home 7
 - 2.1 Access data..... 7
 - 2.2 Export data 8
- 3. Groups..... 9
 - 3.1 Edit participants..... 9
 - 3.2 Delete group..... 9
- 4. Participants 10
 - 4.1 Edit group 10
 - 4.2 Hide measurements from participants 10
 - 4.3 Access diary 11
 - 4.4 Delete Participants 11
- 5. Devices 12
 - 5.1 Add a device..... 12
 - 5.2 Edit 12
 - 5.3 Edit 12

Foreword

Welcome to Alivion! We are delighted that you are part of our community and would like to support you in the sustainable activation of your fat metabolism for a healthy lifestyle and improved fitness. Together we will create the basis for better well-being and long-term success on your personal health journey. Thank you for choosing Alivion - we are proud to accompany you on this journey!

How to Access the Insight Web App Login Page

<https://insights.alivion.ch/>

Intended use

Alivion is set to launch its new product, Nutrion, in Q1 2025. An initial batch of 50-100 units will be distributed to selected partners. Organization admins - such as sports coaches, dieticians, and study leaders - can manage study groups and access measured breath acetone values and diary entries through Alivion's web app: insights.alivion.ch.

Roles

The Alivion Web App is structured with different roles to ensure smooth operation and data management:

- **Administrator:** Managed by Alivion AG, this role oversees system operations, account management, and overall platform maintenance.
- **Organization Admin:** Individuals responsible for monitoring patients or clients remotely via the Alivion Web App. They have control over assigned studies and user management within their organization.
- **User:** Individuals who use the Nutrion device for breath analysis and interact with the web app for data insights.

Groups

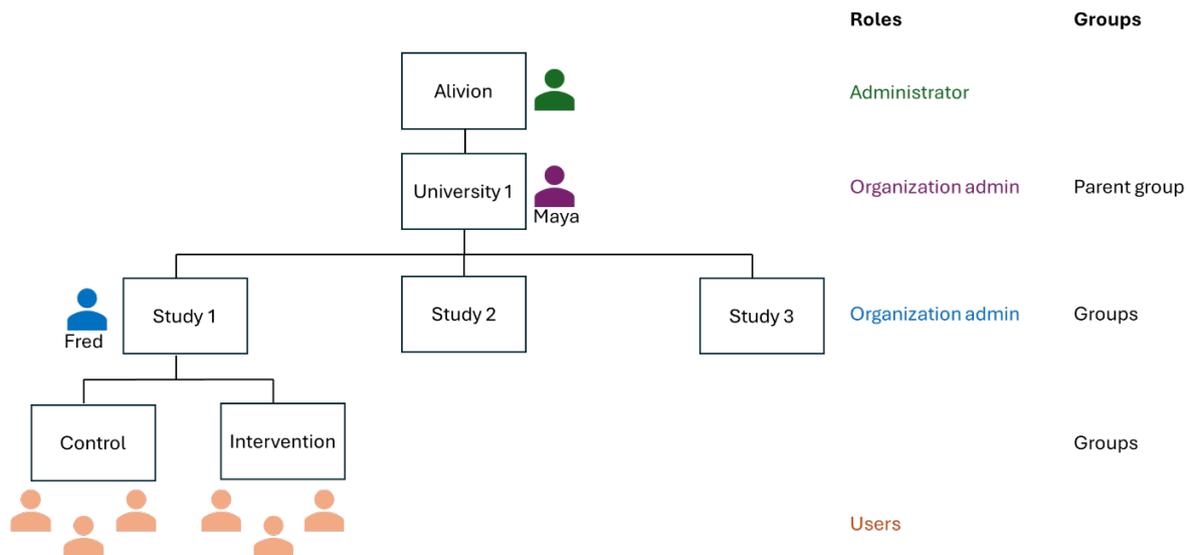
To organize users and studies efficiently, the Alivion Web App follows a hierarchical group system:

- **Parent Group:** A higher-level group that contains one or more subgroups within a hierarchical structure.
- **Group:** A subgroup that belongs to a parent group, organizing users within a specific study or research setting.

How it works

Alivion is the overall Administrator

- When purchasing Nutrion devices and logging into insights.alivion.ch, the buyer automatically becomes the organization admin of a parental group.
- This parent group is created by Alivion.



Example: University-Based Research

- Maya is the organization admin of "University 1."
- She oversees three studies using Nutrion devices: Study 1, Study 2, and Study 3, which are subgroups under the parent group "University 1."
- As an organization admin, Maya has full access to all data generated within these studies.

Assigning further organizational admins

- Maya assigns Fred as an organization admin for Study 1, meaning he only has access to data within that study.

Creating subgroups for Study 1

- Fred creates two subgroups: "Control" and "Intervention" within Study 1.
- Study 1 now acts as the parental group for these new subgroups.
- Fred then adds users to both groups, who will perform breath measurements using the Nutrion device.

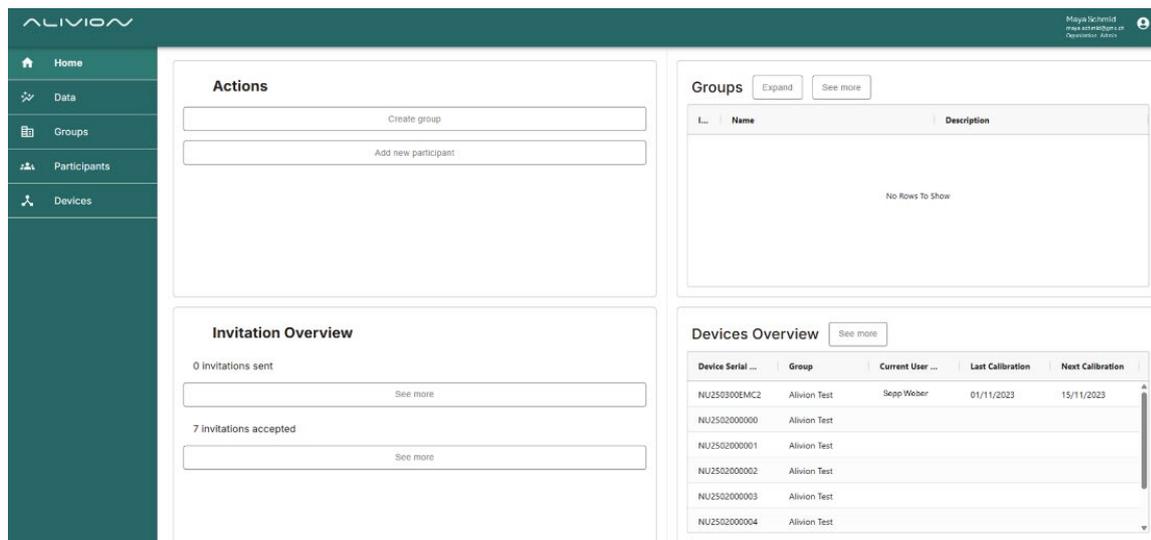
Manufacturer address & customer service

Alivion AG, Flughafenstrasse 42, CH-8152 Glattbrugg, Schweiz

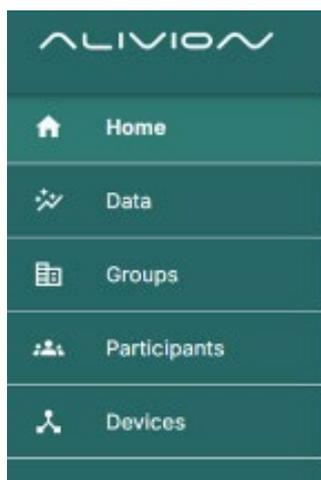
If you have technical problems, please contact our technical support: service@alivion.ch

1. Home

Start Screen Alivion Insight Web App.



1.1 Menu



Alivion's Web app is structured into the following main categories:

- The Home screen is your starting point. Create groups, invite participants, and track their registration status.
- The Data section lets you analyze measurement data for each individual or compare results between participants.
- The Groups section gives you an overview of all groups, including their configurations and associated users.
- The Participants section offers an overview of all participants, including dates and recorded data such as nutrition, activity, and weight.
- The Devices section shows all Nutrion™ measuring devices along with their calibration status.

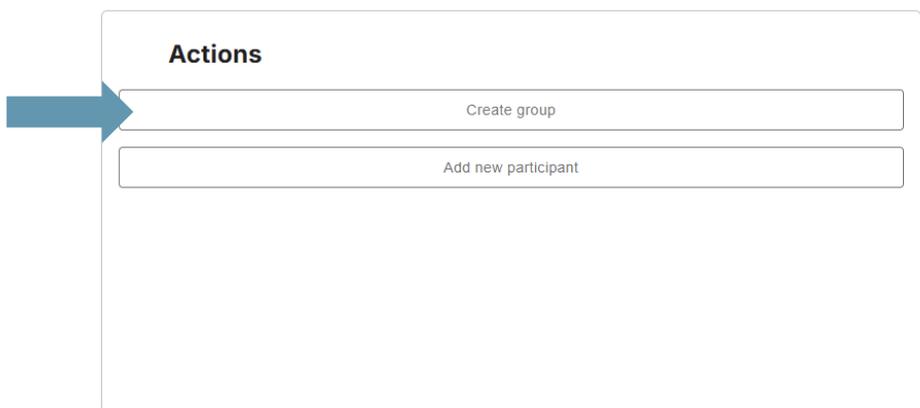
1.2 User Profile



In the profile section, you can access your profile information, set the web app language (English, German) and log out of your account.

1.3 Create Group

Here you can create a new group (e.g. a trial, diet group, sports team) where you can assign participants to specific groups. Click on "Create group" and provide the name and description of your group. Further, assign it to your parent groups and decide whether you need data generated by users in this group pseudonymized or not.

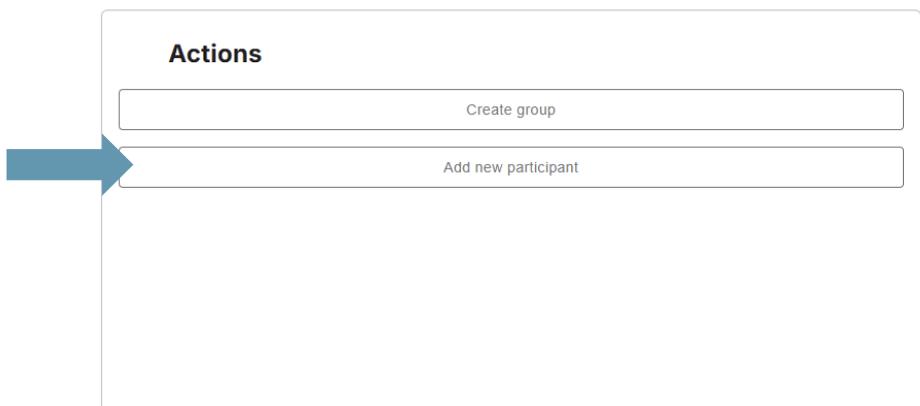


NOTICE

You cannot change the pseudonymization setting of a group after its creation. In case you want to access pseudonymized data later in a non-pseudonymized manner, please contact Alivion to provide you with the key.

1.4 Add participant

To add clients or patients using Nutrition to your group(s), click "Add new participant" and enter their name, email, role, and assigned group. Then, click "Add" to confirm the invitation. The individual will automatically receive an email to begin the registration process and access the Alivion Core App.



NOTICE

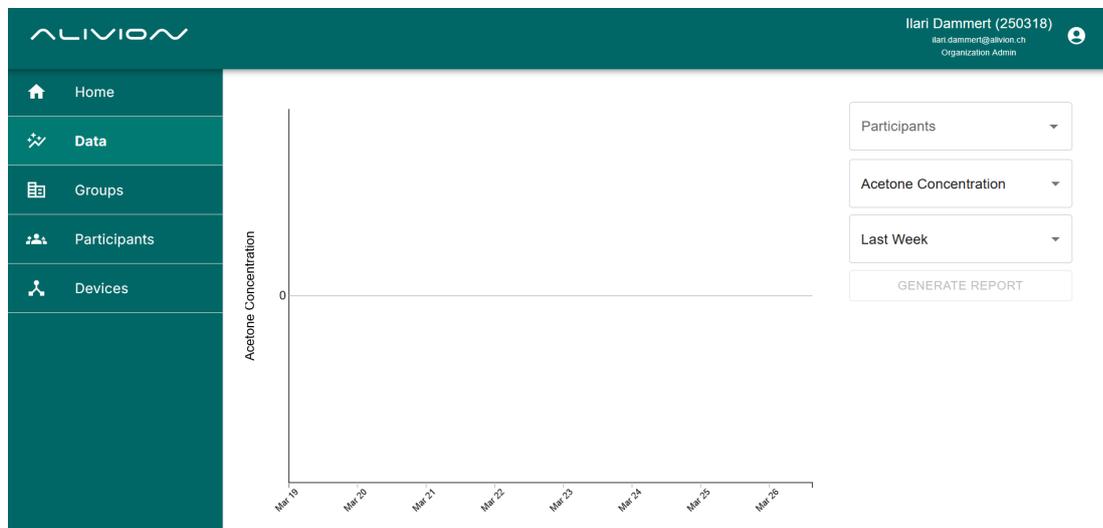
Here, you can view an overview of the invitations you've sent and how many have been accepted. Click "See More" for detailed invitation information.

1.5 Device overview

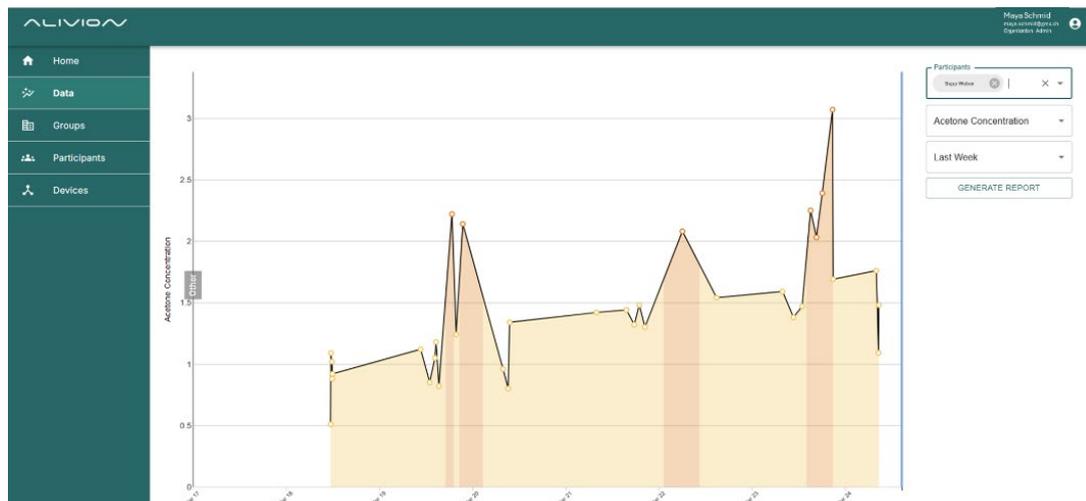
Here, you can see an overview of devices assigned to your clients or patients. Click on the table headers to sort the list accordingly. Click "See more" to navigate to the "Devices" menu.

Device Serial ...	Group	Current User ...	Last Calibration	Next Calibration
NU2502000005	Alivion Dev	Anita Leu	29/04/2024	13/05/2024
NU250300EMC2	Alivion Test	Sepp Weber	01/11/2023	15/11/2023

2. Home



2.1 Access data



Participants ▼

Acetone Concentration ▼

Last Week ▼

GENERATE REPORT

- Participants: Select single or multiple participants. For multiple participants, data are displayed as Box-Whisker-Plot. The Data section lets you analyze measurement data for each individual or compare results between participants.
- Parameter
 - ⊕ Acetone concentration (ppm)
 - ⊕ Fat burn (g/day)
 - ⊕ Fat burn/ketosis level
- Time frame
 - ⊕ Last Day: displays each measurement
 - ⊕ Last Week: displays each measurement
 - ⊕ Last month: displays daily averages
 - ⊕ Max: displays weekly averages
 - ⊕ Custom: displays each measurement



NOTICE

Plot - Circles represent measurement points. Hover over a point to view its exact value. The colors in the graph indicate fat burn/ketosis levels.

2.2 Export data

To export data for selected participants, click "Generate Report." An Excel file with breath acetone concentration, fat burn levels (ketosis/fat burn), and diary entries will be automatically downloaded.

Participants ▼

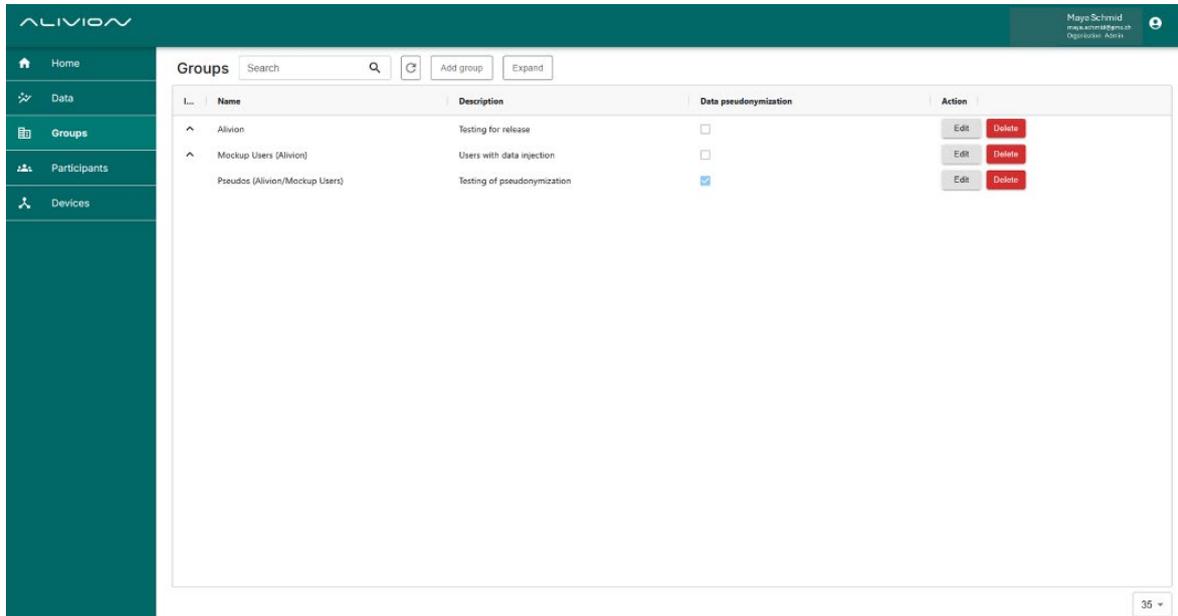
Acetone Concentration ▼

Last Week ▼

GENERATE REPORT

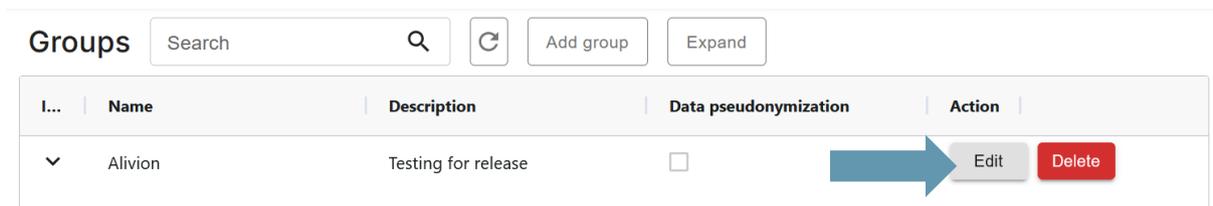
3. Groups

To view all your groups, click "Expand." Use the search field to find a specific group, and click "Add" to create a new one.



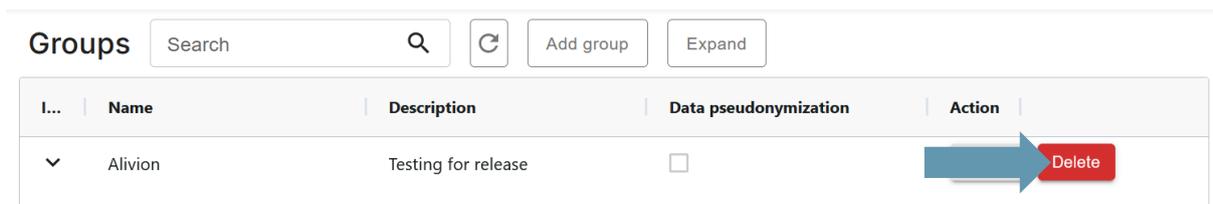
3.1 Edit participants

Here you can change the participant's role (user, organization admin). Note: you can not assign an administrator.



3.2 Delete group

Click "Delete" to delete the selected group.



4. Participants

Here, you'll find an overview of your invited participants, including their assigned group and personal details such as diet, gender, weight, and height. By clicking on the column headers, you can apply filters. Use the search field to locate a specific participant, and click "Add" to invite a new one.

Name	Group	Diet	Gender	Weight	Height	Can See Measure...	Action
Anita Leu	Alivion, Alivion Test	Other	NotDisclosed	99 kg	165 cm	<input checked="" type="checkbox"/>	Edit See Diary Delete
Sepp Weber	Alivion Test	Other	Male	95 kg	181 cm	<input checked="" type="checkbox"/>	Edit See Diary Delete

4.1 Edit group

Here, you can see an overview of devices assigned to your clients or patients. Click on the table headers to sort the list accordingly. Click "See more" to navigate to the "Devices" menu.

Name	Group	Sub ...	Diet	Gender	Weight	Height	Can S...	Action
Dominik...	Alivion	Mockup...	Other	NotDiscl...			<input checked="" type="checkbox"/>	Edit See Diary

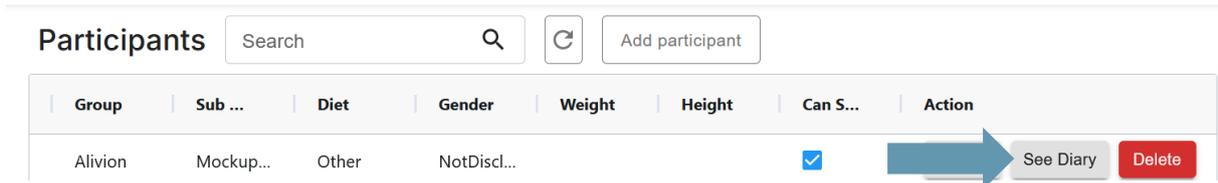
4.2 Hide measurements from participants

In case you don't want your participants to see the measured breath acetone / fat burn / ketosis data, untick the box "Can see measurements".

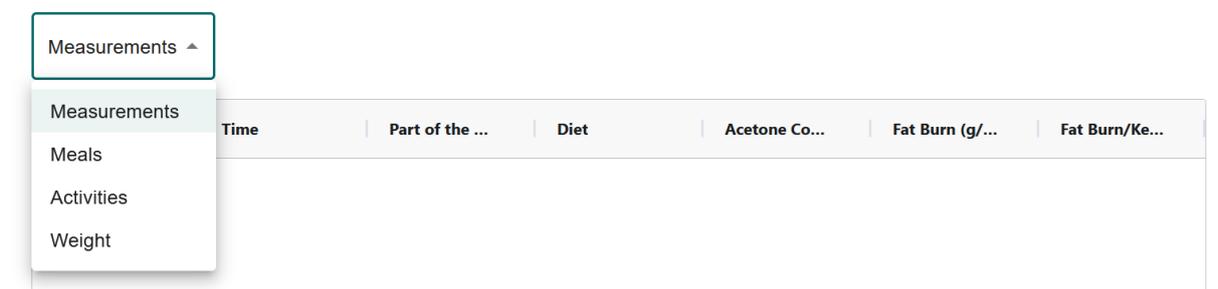
Name	Group	Sub ...	Diet	Gender	Weight	Height	Can S...	Action
Dominik...	Alivion	Mockup...	Other	NotDiscl...			<input checked="" type="checkbox"/>	Edit See Diary

4.3 Access diary

To view diary entries of your participant, click “See Diary”. On top, you can select to access measurements, meals, activities or weight.

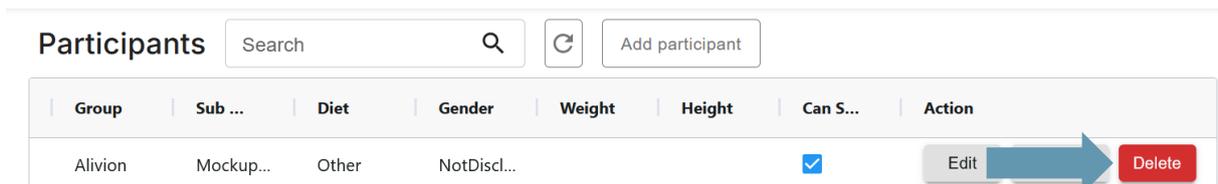


Selection of the different “Diary” entries. Users enter their data through the Alivion Core App.



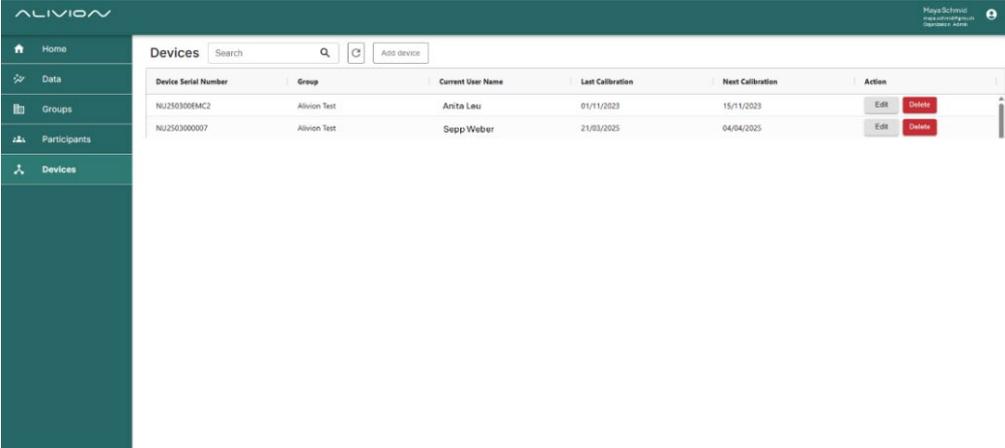
4.4 Delete Participants

To delete participants, use the action button “Delete”.



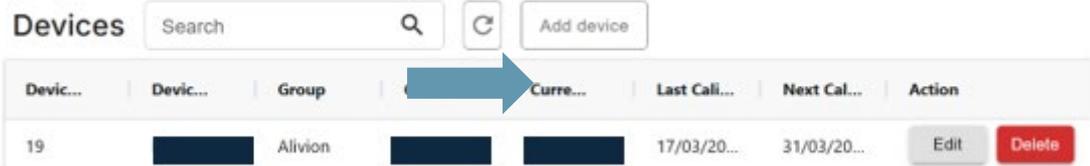
5. Devices

Here, you'll find an overview of NutriON devices used by your participants, including the last calibration date and the next scheduled calibration (every 14 days).



5.1 Add a device

To add a device, click "Add Device" next to the search field. Enter the serial number (found on the back of the device) and select the group assigned to the participant using it. Once the participant connects to the device, their name will appear in the device list under "Current User Name".



5.2 Edit

Click "Edit" to modify the device's serial number and assigned group.



5.3 Edit

Click "Delete" to remove a device

