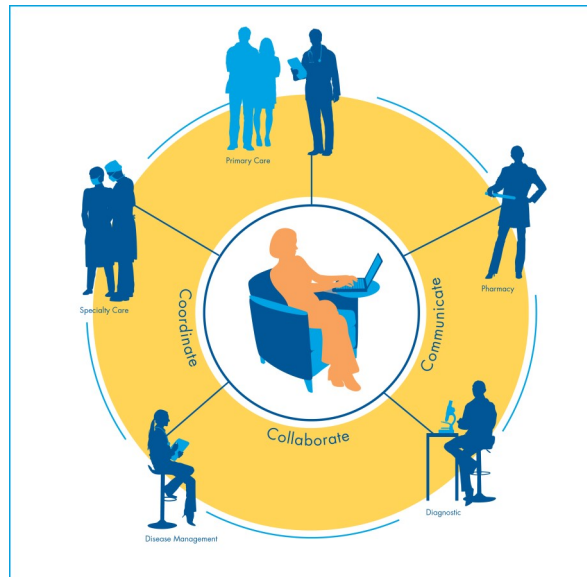


Using HTF eCoach for Managing Food Purchasing & Preparation

- Navigator-developed e-care plan
- Patient and family access to e-care plan



PUTTING PATIENTS IN THE CENTER OF HEALTHCARE



datuit
safe simple sharing

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www.datuit.com

Sarah Olson is a 40 year old wife and mother with high blood pressure and recently diagnosed with prediabetes. She lives with her husband, Joe, and 3 children, ages 13, 10 and 3 years.

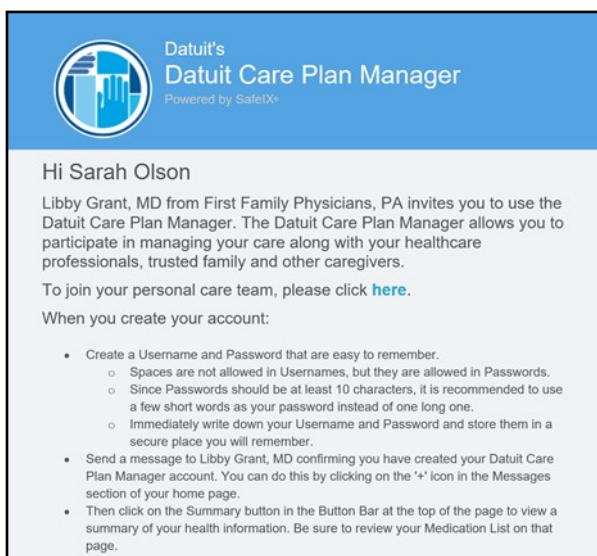
Sarah Olson is a 40 year old wife and mother of 3 children. Her children's ages are 13 years, 10 years and 3 years old. Sarah is a full time executive assistant working Monday through Friday, leaving her little time to shop for and prepare food for herself and her family. Her husband is a computer programmer who often has long hours but is usually home in the evenings and on weekends.

Sarah's latest clinic labs/observations:

- ◆ 5'5" and 237# (BMI 39)
- ◆ Fasting glucose 110; Hb A1c 6.0
- ◆ Blood pressure 143/95

Sarah's medications:

- ◆ Metformin 500 mg daily
- ◆ Furosemide 40 mg daily



Datuit's Datuit Care Plan Manager
Powered by SafeIX

Hi Sarah Olson

Libby Grant, MD from First Family Physicians, PA invites you to use the Datuit Care Plan Manager. The Datuit Care Plan Manager allows you to participate in managing your care along with your healthcare professionals, trusted family and other caregivers.

To join your personal care team, please click [here](#).

When you create your account:

- Create a Username and Password that are easy to remember.
 - Spaces are not allowed in Usernames, but they are allowed in Passwords.
 - Since Passwords should be at least 10 characters, it is recommended to use a few short words as your password instead of one long one.
 - Immediately write down your Username and Password and store them in a secure place you will remember.
- Send a message to Libby Grant, MD confirming you have created your Datuit Care Plan Manager account. You can do this by clicking on the '+' icon in the Messages section of your home page.
- Then click on the Summary button in the Button Bar at the top of the page to view a summary of your health information. Be sure to review your Medication List on that page.

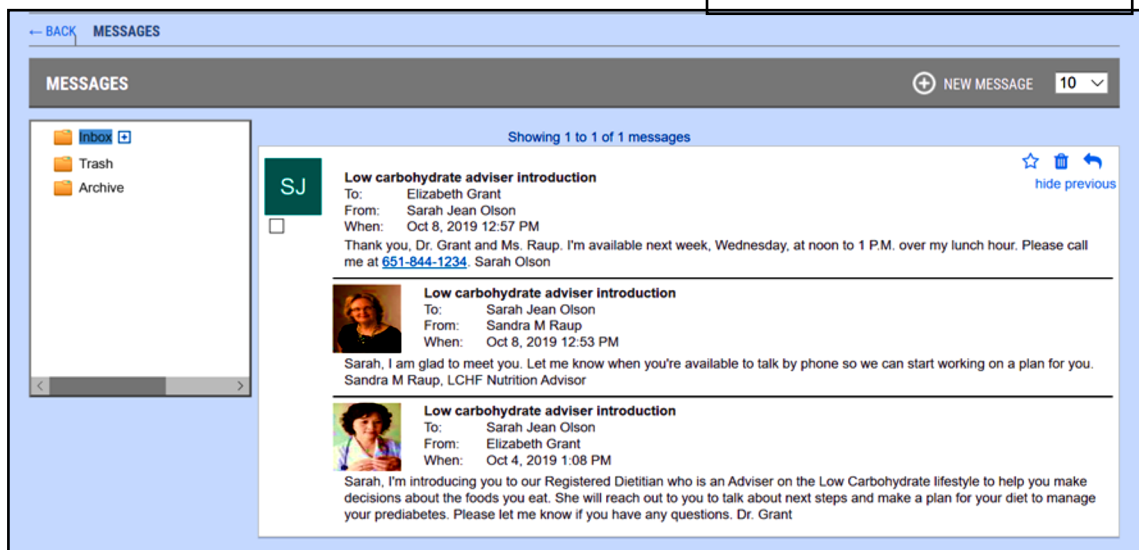
Sarah has struggled with her weight for years, working with several programs without long-term success. She is on medication for hypertension and recently found out she has prediabetes. Because of her risk factors, she was placed on a low dose of Metformin. In her investigations she finds that a low carbohydrate/high fat (LCHF), or ketogenic, lifestyle may allow her to avoid progression to Type 2 Diabetes and finally lose weight.

Her physician recommended a LCHF Nutrition Advisor at Health Thru Food to help her (1) make a plan that works for her; and (2) works with her family's requirements to minimize disruption of their lives.

Sarah's LCHF Nutrition Adviser, Sandra Raup, invites Sarah to the virtual care connector that allows Sandra to help Sarah create a personalized care plan and access helpful resources. Sarah's care plan can also be accessed by Sarah's physicians and other care team members.

Ms. Raup arranges to talk to Sarah by telephone to introduce her to the initial roadmap. After Sarah agrees, she sends a consent form via secure messaging and completes the introduction and eCare Plan via Zoom secure video conference. After the initial introduction, Sarah invites her

Sarah's Secure Messages



← BACK MESSAGES

MESSAGES + NEW MESSAGE 10

Showing 1 to 1 of 1 messages

Low carbohydrate adviser introduction

To: Elizabeth Grant
From: Sarah Jean Olson
When: Oct 8, 2019 12:57 PM

Thank you, Dr. Grant and Ms. Raup. I'm available next week, Wednesday, at noon to 1 P.M. over my lunch hour. Please call me at [651-844-1234](tel:651-844-1234). Sarah Olson

Low carbohydrate adviser introduction

To: Sarah Jean Olson
From: Sandra M Raup
When: Oct 8, 2019 12:53 PM

Sarah, I am glad to meet you. Let me know when you're available to talk by phone so we can start working on a plan for you. Sandra M Raup, LCHF Nutrition Advisor

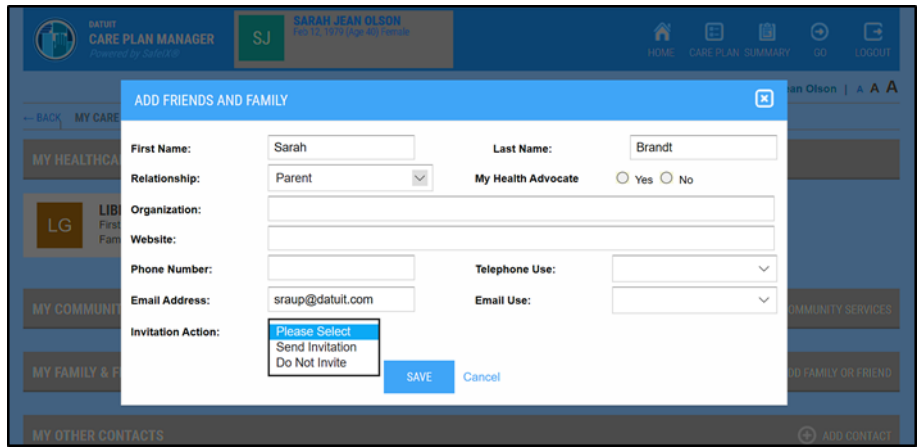
Low carbohydrate adviser introduction

To: Sarah Jean Olson
From: Elizabeth Grant
When: Oct 4, 2019 1:08 PM

Sarah, I'm introducing you to our Registered Dietitian who is an Adviser on the Low Carbohydrate lifestyle to help you make decisions about the foods you eat. She will reach out to you to talk about next steps and make a plan for your diet to manage your prediabetes. Please let me know if you have any questions. Dr. Grant

mother, who has been her “nutrition adviser”, to be part of her Care Team.

While reviewing changes required to convert to a LCHF lifestyle, Ms. Raup also reviews medical history and medications and discusses the options for lowering Sarah’s carbohydrate intake. The options include:

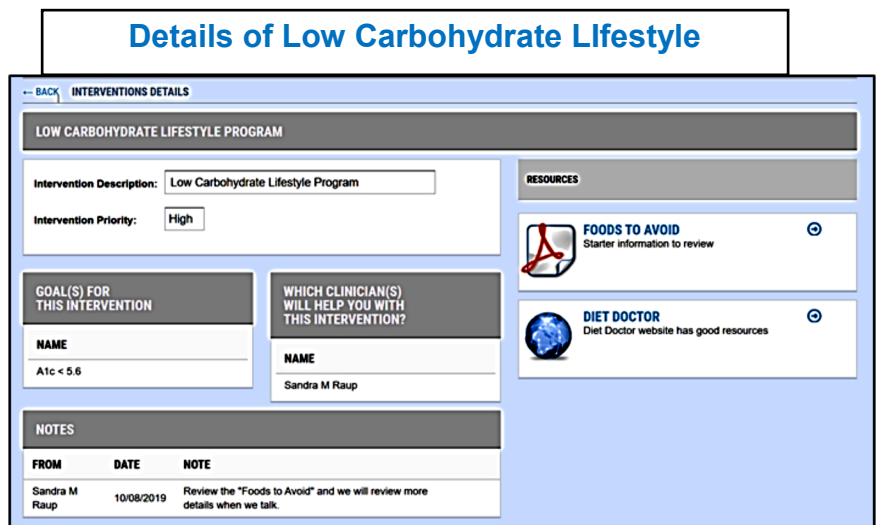


- ◆ **Develop a plan to go directly to low carbohydrate, including the easiest way to incorporate her family’s needs and preferences into the process;**
- ◆ **Spend 4 weeks exploring approaches by learning about carbohydrates in foods currently eaten; tracking intake during that time; trying meal plan options one meal or day at a time to test various approaches before going “all in” in case the changes wouldn’t be sustainable; and/or**
- ◆ **Try individual recipes and meal plan options for family acceptance before deciding on a plan.**

After the discussion, Sarah decides to go “all in” with the changes and adjust the plan as needed as she goes along. She also decides to purchase her own glucose and ketone blood monitor to be able to track her own data. Ms. Raup gives her instructions to check blood glucose and ketones in order to get the best data to monitor her progress. Sarah would like to discontinue her medications as soon as possible, so she agrees to provide blood glucose/ketone and blood pressure data to her physician weekly (or sooner if she has concerns) so medications can be safely discontinued.

After a deep dive on Sarah’s nutrient requirements, preferences, other health concerns and her family’s budget issues, an initial plan is created where:

- ◆ **The family members will have their individual breakfast options daily;**
- ◆ **Lunch for Sarah and her husband are in restaurants on workdays;**
- ◆ **Lunch for children are at day-care or school;**
- ◆ **Lunch on weekends depends on schedules;**
- ◆ **Dinner meals are at home 4 times per week and in restaurants 3 times per week.**



This plan allows Sarah to avoid being overwhelmed yet makes the plan sustainable for the long term. As Sarah and her family become more comfortable with the plan, she may add more home prepared meals.

Sarah's Individualized Care Plan in eCoach



PREDIABETES ★

Linked Problems: Body mass index 30+ - obesity
Assigned Clinicians: Elizabeth Grant, Sandra M Raup

GOALS + ADD GOAL

A1C < 5.6 +

Interventions and Medications Add Intervention | Add Medication

- Low Carbohydrate Lifestyle Program**  | View Item
Staff members - [Sandra Raup, R.D., M.P.H.]
- Check blood glucose/ketones according to schedule**  | View Item
- metFORMIN (Oral Pill)** | View Medication
(500 mg Tablet Oral Pill) , Once a day
Staff members - [Libby Grant, MD]

ESSENTIAL HYPERTENSION ★

Linked Problems:
Assigned Clinicians: Elizabeth Grant, Sandra M Raup

GOALS + ADD GOAL

BLOOD PRESSURE < 130 / < 85 +

Interventions and Medications Add Intervention | Add Medication

- Furosemide (Oral Pill)** | View Medication


“Book” icon indicates an education resource

At any time, Sarah can send a secure message to Ms. Raup with questions. Also at any time, Sarah or Ms. Raup can share an updated Medical Summary with Dr. Grant that can be continuously updated by Sarah or Ms. Raup.

Sarah's Medical Summary Page

← BACK PATIENT SUMMARY


- Sarah's Personal Information
- Sarah's Care Team
- Sarah's Care Plan
- Sarah's Data
- Sarah's Documents
- Sarah's Resources
- Sarah's Goals
- Sarah's Interventions
- Sarah's Immunizations

ALLERGIES 


Peanuts

SARAH'S WISHES +

Advanced Directive: No
Healthcare Advocate: Joe Olson , spouse , 651-894-2813
Organ Donor: Yes
Data Confidentiality:

MEDICAL PROBLEMS + 


- Prediabetes +
- Essential hypertension +
- Body mass index 30+ - obesity +

NON-MEDICAL PROBLEMS + 

Health Maintenance +

PATIENT JOURNAL +

DATE	NOTE

MEDICATIONS + 

- metFORMIN (Oral Pill) 1 - 500 mg tablet
Once a day +
- Furosemide (Oral Pill) 1 - 40 mg tablet
Once a day +