



DietMaster Web & EMR Integration Concept Overview

By Lifestyles Technologies, Inc,

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Introduction

Bariatric medicine, including weight control, obesity services, and chronic disease counseling, is one of the fastest growing segments of general medicine today. Lifestyles Technologies, a twenty year old software development company specializing in nutrition counseling solutions, is aggressively seeking to partner with a very few selected electronic health and medical records technology providers.

Our flagship DietMaster Web and Go mobile applications allow doctors to access hundreds of pre-designed meal plans and healthy grocery lists without hiring or contracting with a dietitian. These plans are designed by registered dietitians and other contributing doctors such as board certified bariatric physicians, food allergists, clinical nutritionists and pediatricians. Within seconds medical doctors can prescribe these meal plans, which are automatically balanced, to a patients recommended daily caloric intake goal to achieve an acceptable BMI. Obesity and weight control issues are so often responsible for the onset of chronic disease states such as diabetes and heart disease. In addition to preventative health care and weight control, many of the plans address these chronic problems.

A simple integration between your EMR technology and our platform will allow the pass through of patient information into the DietMaster Web portal (e.g., height, weight, DOB, gender, etc.). This information is then used to calculate a recommended daily caloric intake goal (e.g. 1350 calories). Once this caloric value is calculated, DietMaster will consider CPT codes from chronic problems to generate plans addressing each of them (hypertension, diabetes, cancer, metabolic syndrome, etc.). Meal plans and health grocery lists are then made available in either printed format, email or sent to the DietMaster Go mobile smart phone application. Using the mobile app, patients will have the convenience of accessing a healthy grocery list, recommended meals balanced to calorie goals and access to food and exercise tracking journals. This activity, logged by the patient, is then available to the clinic using the DietMaster Web administrative console. Optional customization is available to incorporate the clinic's chosen nutritional supplements and meal replacement products (Medifast, Robard, Proti, etc.).

Integration with us will also provide the opportunity for your company to generate an annuity revenue stream from each patient that is entered into the DietMaster Web system. With a per patient cost of as little as .75 cents/month, (actual cost based on volume) this value-added program to your EMR can be offered as a very simple value proposition with a high value perception. If you do not want to produce additional revenues from our product, we can work with your customers directly. There are many revenue models available to you based on your level of interest.

This proposition requires no costs until your first doctor's office begins to use the DietMaster Web platform. Our integration specialists will work directly with your developers without incurring any programming fees when approaching a simple integration.

We hope that you will find this offer attractive. We understand that your market is highly competitive and our mission is to provide new and innovative technology that will provide a differential when proposing and negotiating new business as well as maintaining your current customers. I look forward to hearing your comments.

In health,

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The integration of DietMaster Web within any EMR system will allow access to a large library of meal plans and grocery lists designed by contributing doctors and registered dietitians to be assigned to patients that address chronic disease states, food allergies, medical weight loss and special needs. This eliminates the need to staff or contract a costly Registered Dietitian or Nutritionist. This type of convenient service enables any medical practice to implement weight control and nutrition counseling services easily and effectively, and can be used as a new revenue stream.

STEP 1

DietMaster integration includes pass thru of patient data from the EMR system to the DietMaster Web platform. The API (application program interface) includes a web service that will capture patient gender, height, weight, DOB etc. This information will then populate the DietMaster Web platform.

Westside Medical Office | Watson RN, Jennifer

Correctional Health | Patient: Stephanie Frye | Age: 39 Years | DOB: 19710211
ID #: ABCD-1234 | Current Provider: Jennifer Watson RN | Gender: Female | Encounter: 08/23/2010

Reason(s) for visit: F/U, F/U, F/U, F/U, F/U, F/U, F/U

Chronic Problem List: Diabetes insipidus (253.5), Hypertension (404.9), Cardiovascular Disease (414.0)

Vitals: Temp 98.9, BP 122/71, Pulse 71, Respirations 16, Height 71.0, Weight 150.0, BMI 30.92

Medications: CATS CLAW, QUINAPRIL HCL, MAGNESIUM CARBONATE

DietMaster Web Medical Edition

September 30, 2014

User Profile: **Stephanie Frye**

Gender: Male Female

Birth Date: 02/11/1971

Weight: 160 pounds

Height: 71 inches (5 ft = 60 inches, 6 ft = 72 inches)

Am I on track to meet my goals?
Start Date: 10/10/2013
Goal Date: 03/06/2014
Last Weigh: 10/01/2014

Daily Caloric Intake Target: 1227

Log Exercise (Track Calories Burned)

My Meals (Edit Recommended Meals)

Once this information has been collected, DietMaster Web will calculate a Daily Calorie Intake Target to meet the patient's specific weight control or BMI goals. Staff has the ability to over-ride this caloric recommendation and enter custom values.



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After the pass through of patient information is completed, DietMaster Web will populate the patients record with meal plans and grocery lists designed by contributing doctors and registered dietitians that address chronic disease states, food allergies, medical weight loss and special needs. If desired, Physicians also have the ability to create and add their own proprietary meal plan programs to the system which then can be easily assigned to any patient.

STEP 2

The EMR's Chronic Problem List triggers access to disease prevention meal plans and grocery lists designed by Registered Dietitians and contributing doctors.

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Chronic Problem	Code
Diabetes insipidus	253.5
Hypertension	404.9
Cardiovascular Disease	414.0

DietMaster Pro's library of over 400 unique meal plan templates is updated on a frequent basis. New meal plans are developed or received from contributing doctors practicing general, bariatric or specialized fields of medicine.

September 27, 2011

Meal Type **Stephanie Frye**

Select one meal type from the list below

To learn which Meal Type is best for you click on ? to access a detailed description.

- Disease Prevention**
 - Breast Cancer ?
 - Cancer Prevention (General) ?
 - Heart Disease ?
 - Osteoporosis (Bone Health) ?
 - Stable Blood Sugar ?
 - Stroke Prevention (DASH) ?
 - Breast Cancer ?
- Detox & Cleanse**
 - 21 Day Jump Start Detox Fruit for Men ?
 - 21 Day Jump Start Detox Veggie for Men ?
 - 21 Day Jump Start Detox Fruit for Women ?
 - 21 Day Jump Start Detox Meat for Men ?
 - 21 day Jump Start Detox Meat for Women ?
 - 21 Day Jump Start Detox Veggie for Women ?
 - Detox with Fruit for Men ?
 - Detox with Fruit for Women ?
 - Detox with Meat for Men ?
 - Detox with Meat for Women ?
 - Detox with Veggie for Men ?
 - Detox with Veggie for Women ?
- Bariatric & Medical Supervised**
 - Bariatric Lap Band Post Op ?
 - Bariatric Low Calorie Low Glycemic ?
 - Bariatric Low Calories Low Carb ?
 - Breast Feeding ?
 - Post Pregnancy Hormonal Balance ?
 - Post Pregnancy Weight Loss ?
 - Prenatal ?



Credible and Efficient - RD Designed & Doctor Contributed Meal Plans

Gain instant credibility, reduce liability, save time and add value to your weight management consulting business with our newly enhanced collection of RD designed and doctor contributed meal plan templates. Each template offering provides ready-to-print balanced meal plans containing meal plans and healthy grocery lists each balanced to meet your customers health, medical and weight loss needs.

Series I

- Low Cholesterol - (65c/20p/15f)
- Vegetarian - (65c/15p/20f)
- Wheat Free - (65c/20p/15f)
- Mass Builder - (50c/30p/20f)
- Lean Body Builder - (50c/35p/15f)
- Paleo Category

Series II

- Heart Healthy - (60c/25p/15f)
- Mature Women - (50c/30p/20f)
- Low Carb - (40c/30p/30f)
- Performance Training - (60c/20p/20f)
- Vegan - (55c/25p/20f) 1300 to 1900

Series III - Disease Prevention

- Stable Blood Sugar - (60c/20p/20f)
- Heart Disease Prevention - (60c/20p/20f)
- Osteoporosis Prevention - (60c/20p/20f)
- Stroke Prevention - (60c/20p/20f)
- Cancer Prevention - (60c/20p/20f)

Series IV - Glycemic Management

- Low Glycemic - (50c/25p/25f)
- Low (am) to High (pm) - (50c/25p/25f)
- High (am) to Low (pm) - (50c/25p/25f)

Series V

- Energy Booster - (50c/25p/25f)
- Healthy Aging - (55c/20p/25f)
- On The Go - (50c/25p/25f)
- Teen Scene - (55c/20p/25f)

Series VI - Low Carbohydrate

- Fast Food - (40c/30p/30f)
- All American - (40c/30p/30f)
- Hispanic - (40c/30p/30f)
- Italian - (40c/30p/30f)

Series VII

- Organic Low Fat - (55c/25p/20f)
- Organic Low Carb - (40c/30p/30f)
- Lactose Intolerant - (55c/25p/20f)
- Gluten Free - (55c/25p/20f)
- Kosher - (55c/25p/20f)

Series VIII

- North Beach Phase One - (45c/30p/25f)
- North Beach Phase Two - (60c/20p/20f)
- Healthy Soy - (60c/25p/15f)
- Mediterranean - (50c/20p/30f)
- Asian Explosion - (60c/25p/15f)
- High Fiber - (60c/25p/15f)

Series IX - Detox & Cleanse

- Detox, Fruit - (14 & 21 Day Plans)
- Detox, Vegetarian - (14 & 21 Day Plans)
- Detox, Lean Meat - (14 & 21 Day Plans)

MEDICAL SERIES

Bariatric VLCD Series* (very low calorie)

- Low Glycemic - (50c/25p/25f) 700 to 1300 cal.
- Low Carb - (40c/30p/30f) 700 to 1300 cal.
- Stable Blood Sugar - (60c/20p/20f) 700 to 1300

Bariatric Post Lap Band Series*

- Stage 1 Template - Liquids Only
- Stage 2 Template - Puree Foods
- Stage 3 Template - Soft Foods
- Stage 4 Template - Maintenance

Childhood Obesity Series*

- Healthy Start 2-3 years (55c/10p/35f)
- Healthy Habits 4-8 years (55c/15p/35f)
- Healthy Habits 9-13 years (55c/20p/25f)
- Healthy Teens 14-18 years (55c/25p/25f)
- Low Cholesterol (9-18 years)(55c/20p/25f)

Food Allergy Series*

- Peanut - (50c/25p/25f)
- Fish / Shell Fish - (55c/20p/25f)
- Cow Milk - (50c/25p/25f)
- Chicken Egg - (55c/20p/25f)
- Pine Nut - (55c/20p/25f)
- Gluten R2 - (50c/25p/25f)

Maternity Pre/Post Natal Series*

- Prenatal - (50c/25p/25f)
- Healthy Breastfeeding - (50c/30p/20f)
- Post Pregnancy Weight Loss - (45c/35p/20f)
- Post Pregnancy Hormone Balance - (50c/30p/20f)

Ketogenic Medical Weight Loss Series*

- Keto 500 - (50c/15p/25f)
- Keto 800, 900, 1000 - (25c/5p/70f)
- Keto 1300, 1500, 1700 - (25c/5p/70f)



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Meal plans are produced programmatically and balanced to meet the patient's BMI or weight control goals. This information is available via online, email, as a printed copy from the doctor's clinic, or via smart phone application. By conveniently providing suggested meal plans and grocery lists to patient's phones, compliance to weight control plans is greatly improved thus producing effective results.

STEP 3

RD Designed Meal Plans and Grocery Lists are provided on screen, via Email or delivered to smart phones

1500 Calories Stroke Prevention

Stephanie Frye

Category	Food
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled
	Soy milk, fluid
	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)
Beverages	Orange Juice, Tropicana- 100% pure, plus calcium
	Tea, brewed, prepared with tap water, decaffeinated
	Vegetable juice - V8, no salt
Breads and baked goods	Bagel - Honey Wheat, Earth Grains
	English muffins, whole-wheat, toasted
	NABISCO, NABISCO GRAHAM'S Crackers
	Pita - wheat
Carb. Snack Foods (Healthy)	Apple - medium with peel
	Rice cake - apple cinnamon, Quaker
Cereals	Cereals ready-to-eat, wheat germ, toasted, plain
	Oatmeal - instant pkt.,raisin/cin. Quaker
Dairy	Cheddar, mild shredded, KRAFT Lite Naturals
	Cheese, mozzarella, part skim milk
	Milk - skim, no fat
Desserts	Yogurt - Yoplait, Light, all flavors
	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup
Dressings	Italian - reduced cal. KRAFT Zesty
	Oil & vinegar - Wish-Bone, Lite Classic
Fats & Oils	Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed
	General Mills, Multi Grain Cheerios, dry
	Tortilla 90% fat free, whole wheat, flour
Finfish and Shellfish	Fish, halibut, Atlantic and Pacific, cooked, dry heat
	Fish, salmon, pink, cooked, dry heat
	Fish, tuna salad
Fruits & Fruit Juices	Apple - medium with peel
	Apricots, dried, sulfured, stewed, with
	Banana - med 8"
	Blueberries, raw

Meal Planner Report

Planned Meals

Stephanie Frye

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Stroke Prevention - Day 1							
Breakfast							
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.10	26.60	1.90	129.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				15.65	76.36	2.70	373.87
Snack 1							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	0.3	1 tablespoon	Spices, cinnamon, ground	0.07	1.41	0.02	4.32
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				7.87	36.62	0.52	177.69
Lunch							
6	0.5	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	0.93	2.80	0.16	13.65
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
2	3.0	ounce(s)	Potato/White - Baked				93.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace				90.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt				23.70
Totals for Lunch				12.93	4.80	7.66	226.65
Snack 2							
8	0.5	cup	Cottage Cheese - 1% fat				40.50
7	0.5	1 cup, slices	Peaches, raw				46.50
Totals for Snack 2				8.00	0.00	0.00	87.00
Dinner							
0	1.0	0.25 cup	Gravy, HEINZ, HEINZ Home Style Savory B				20.25
6	2.0	cup	Green salad w/ raw vegetables				120.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic				90.00
6	0.5	cup	Spinach - boiled, drained				45.00
1	4.0	ounce(s)	Turkey Breast / White Meat				162.00
2	0.5	cup	Yam -baked or boiled				90.00
Totals for Dinner				18.93	0.00	0.00	507.00
Snack 3							
7	0.5	each	Banana - med 8"				40.50
14	1.0	1 tablespoon	Seeds, flaxseed				126.00
4	1.0	1 cup	Soy milk, fluid				32.40
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine C				18.00
Totals for Snack 3				14.93	0.00	0.00	216.90
Totals For 1500 Calories Stroke Prevention - Day 1				66.38	223.28	11.28	1779.00

Access to other tools including food and activity journal, custom recipe analyzer, weight & goal tracking and more.