

Welcome to the X-PERT Diabetes Digital Programme User Guide.

欢迎使用X-PERT糖尿病数字应用程序用户指南。

1. Programme Overview

1. 应用程序概述

The X-PERT Diabetes Digital Programme will help you learn about prediabetes or Type 2 diabetes, and inform you about lifestyle changes that you might want to make.

X-PERT 糖尿病数字应用程序将帮助您了解糖尿病前期或 2 型糖尿病，并让您知道哪些生活方式需要调整改变。

The programme is broken down into 6 sessions; and you must complete all the stages in order to progress. Content is delivered through short articles, animated videos, quizzes, games and interactive goal setting. We hope you find this User Guide useful to help you enjoy the programme.

该应用程序分为6个课程；并且您必须完成课程的所有阶段才能进入下一课程。课程内容会通过简短文字、动画视频、问答、游戏和互动目标设定来展示。希望本用户指南能帮助您使用该应用程序。



You can find out more about us by visiting our website: www.xperthealth.org.uk

您可以查阅我们的网站以了解更多信息：www.xperthealth.org.uk

2. Logging In

2. 登录

Open the App (or go to the [web page](#)), enter your username (this is your email address) and password. You should have received an email asking you to set your password. If you have forgotten it then click the “Forgotten Password” link below the “Login securely” button. The App will remember your login information after you have logged in for the first time.

打开应用程序（或转到[网页](#)），输入您的用户名（您的电子邮件地址）和密码。您应该会收到一封电子邮件，要求您设置密码。如果您忘记了密码，请点击“安全登录”下方的“忘记密码”链接。首次登录后，该应用程序会记住您的登录信息。

If you have any questions or are struggling to login please contact us:

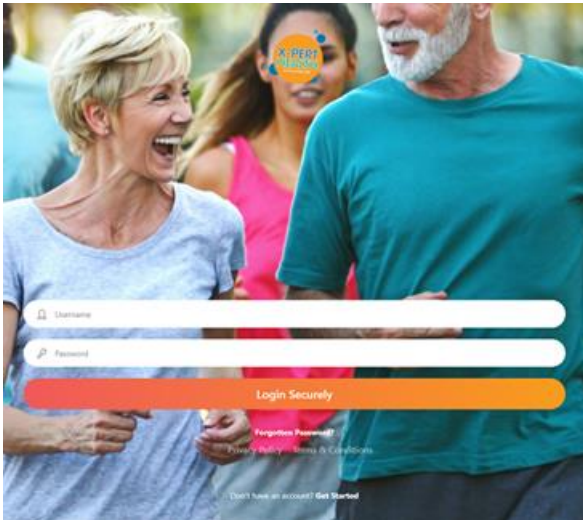
如果您有任何疑问或登录有困难，请与我们联系：

E: admin@xperthealth.org.uk

电邮: admin@xperthealth.org.uk

T: 01422 847871

电话: 01422 847871



3. Getting Started

3. 开始

Before you begin the sessions, the App will ask you to input some basic information (your gender, height, weight, what you want to get out of the programme, and your current activity levels). Once you've completed these steps you are ready to go!

在开始课程之前，该应用程序会要求您输入一些基本信息（如您的性别、身高、体重、通过此程序您希望达到的目标以及当前的活动能力等）。完成这些步骤后，就可以开始了！

4. Navigation

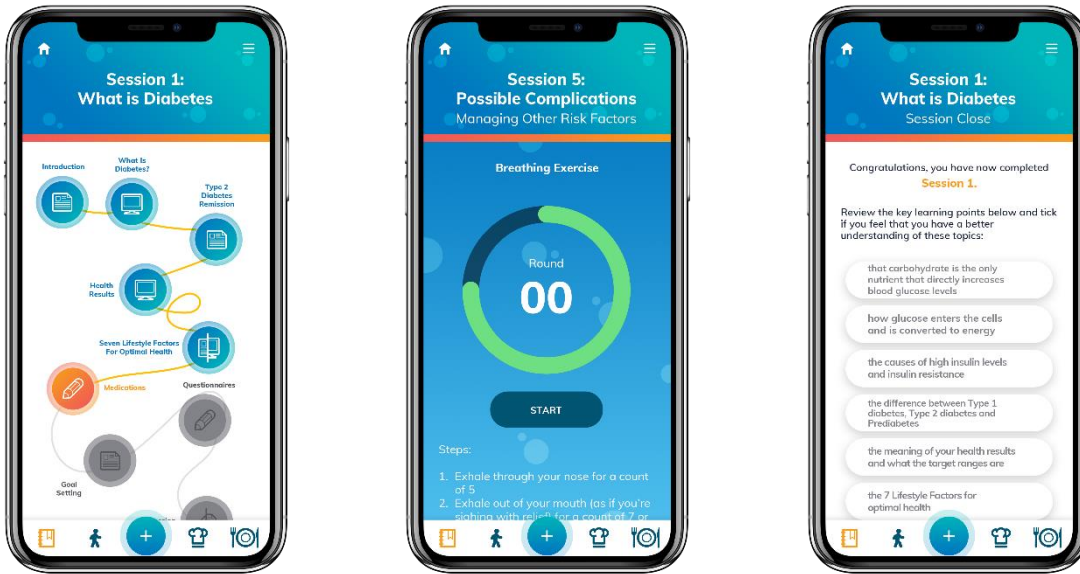
4. 浏览

The App is colour-coded to help you know what stage of the programme you're at. Sections you have already completed will be in blue, and your current session/activity (the one that you'll need to complete next) will be in orange. If an area is greyed out, this means it is inaccessible until you complete the previous sections.

该应用程序以颜色标记进展来帮助您了解所处哪个阶段。已经完成的课程会显示为蓝色，当前的课程/活动（接下来需要完成的课程）会显示为橙色。如果某个区域显示为灰色，则意味着您在完成前面的部分之前，该区域是不可访问的。

At the top of the Homepage you will find a ring which tracks your progress. The ring will fill up in green as you complete each activity. This lets you know how much of the session you have completed. You can continue your current session by clicking the orange button that says "Continue Programme" just below this.

在主页顶部，您会发现一个圈环，这是用来跟踪进度。完成每项活动后，圈环会填充绿色。这可让您知道完成课程的程度。您可以通过点击位于其下方的橙色键“继续程序”来继续学习当前课程。



Please note, after you have completed a session you will have to wait 24 hours before the next one becomes available.

请注意，完成一个课程后，您需要等待24小时才能进行下一个课程。

In the top right-hand corner of every page you will see three lines. Selecting these will take you to the Menu. Within the Menu you have easy access to Programme Support, Awards, Exercises, Recipes, Carbs & Cals, Goals, Health Results, Medication, Settings, and Logout.

在每个页面的右上角，您会看到有三行线的图标。点击此项后您会进入菜单选项。通过菜单，您可使用该程序的支持、奖励、锻炼、食谱、碳水化合物和卡路里、目标、健康结果、药物、设置和退出等功能。

You can return to the Homepage at any time by selecting the Home icon in the top left-hand corner.

选择左上角的主页图标，您可随时返回主页。

5. Exercise

5. 锻炼

You can begin an exercise session at any point during the programme by selecting the Menu button, and then Exercise - or by clicking on the Person icon on the navigation bar at the bottom of the screen.

在使用程序过程中，您可以随时通过点击菜单，然后选择“锻炼”选项-或点击屏幕底部浏览栏上的人形图标来开始运动课程。

Choose whether you want to do the easy, medium, or hard version of the workout. Once you've selected the difficulty level, you will be guided through a workout, consisting of 12 different exercises separated by short rests. You will be able to pause/stop at any point, and can skip any exercises that you can't, or don't want to do. It is recommended that you be active most days, and the more often you do them the easier these exercises will become!

选择您要进行简单、中等还是有难度的锻炼。选择难度级别后，程序将指导您进行锻炼，该锻炼包括12个不同的练习，并以短暂的休息间隔。您可以随时暂停/停止，并且可以跳过任何您无法或不想做的运动。建议您在大多数时间都积极坚持，并且做得越频繁，这些练习就会越容易！

If you have any concerns, or have any other health conditions that may affect your ability to take part in physical activity, then talk to your healthcare team before you start using this function.

如果您有任何担忧，或有任何其他健康状况可能影响您进行锻炼，请在开始使用此功能之前与您的医疗人员联系。

6. Recipes

6. 食谱

A list of healthy recipes is available to view. Click on the Menu button and then select Recipes, or click on the Chef icon on the navigation bar at the bottom of every page. You can filter recipes by meal type to help you find the right recipe for you. **Please note, recipes are in English.**

您可以查看健康食谱列表。点击“菜单”，然后选择“食谱”，或点击每页底部浏览栏的“厨师”图标。您可以按膳食类型过滤食谱，以帮助您找到合适的食谱。**请注意，食谱均为英文。**

7. Tracking your lifestyle

7. 追踪您的生活方式

Within the App you can record your mood and how well you have slept each day by using the emotion icons on the Homepage. You can also input the amount of water you drink on a daily basis and see how many steps you have done. This can be useful to help you track your progress.

您可以通过打开应用程序主页上的情绪图标来记录自己的心情以及每天的睡眠状况。您还可以记录日常饮水量，并查看已完成的步数。这有助于您跟踪进度。

To track your steps either add this information manually at the end of each day, by clicking on the Person icon on the navigation bar at the bottom of the page, or automatically by linking the App to your device's activity tracker (this function will only work for devices that can track steps using Google Fit or Apple Health).

要跟踪您的步数，请在每天结束时手动添加此信息，方法是点击页面底部浏览栏上的人形图标，或者将应用程序链接到您的设备的活动跟踪功能（此功能仅适用于可以使用Google Fit或Apple Health跟踪步数的设备）。

8. Awards

8. 奖励

Throughout the programme you will receive awards when you reach certain milestones. The awards can be accessed through the Menu or by selecting the awards panel on your Homepage.

在整个程序中，当您达到某些里程碑时，将获得奖励。可以通过菜单或在主页上浏览奖励。

9. Programme Support

9. 程序支持

Programme Support (only available in English) is located in the Menu and provides additional information and advice.

程序支持（仅提供英语）位于菜单中，提供更多信息和建议。

Book a Consultation: Choose a date/time for a telephone appointment with an English speaking Health Coach. You can invite a friend or family member to join the consultation to translate.

预约咨询：电话预约咨询英语健康教练的日期/时间。您可以邀请朋友或家人加入，为您的咨询做翻译。

Live Chat: Ask a question, and suggested answers will appear based on your key words.

即时聊天：提出问题，然后根据您的关键词给予建议。

Group Chat: Discuss anything related to the programme with other users and a Health Coach.

群聊：与其他用户和健康教练讨论与该程序有关的任何内容。

Online Forum: Ask questions, swap recipes, and visit the Resources Library to download free templates to use at home.

在线论坛：提出问题，交换食谱，同时可以访问资源库，下载供家中使用的免费模板。

FAQs: Read regularly asked questions, use the search bar to find a relevant question more quickly.

常见问题解答：阅读常规问题，使用搜索栏更快地找到相关问题。

Contact Us: If you are having any issues please ask for help.

联系我们：如果您有任何问题，请联系我们以得到帮助。

10. Settings

10. 设置

The Settings section is in the Menu tab, and includes:

“设置”部分位于“菜单”选项中，包括：

Notifications: Use the alarm icon to set notification alerts. Use the green tick/grey plus icon to choose which items you want displayed on your homepage.

通知：使用警示图标设置通知。使用绿色勾号/灰色加号图标来选择要在首页上显示的事项。

Account settings: Change your email address, update your name, set a new password, change the units used in the app, or upload a picture to your profile. There are also instructions on how to opt-out of allowing us to use your data for the use of auditing the outcomes of the programme.

帐户设置：更改电子邮件地址、更新名称、设置新密码、更改应用程序中使用的单位或将图片上传到您的个人资料。还有关于如何选择不再允许我们使用您的数据来查看使用该程序结果的说明。

Terms & Conditions: Read about the terms of use and what you can expect from us (English only).

条款及细则：阅读使用条款以及我们可为您提供服务（仅英语）。

Privacy Policy: Learn how we keep your data private and secure.

隐私政策：了解我们如何对您的数据进行保密和安全使用。