

PreDisc Patient User Manual

This document contains the patient user guide for using the PreDisc platform, designed to support the personalized prescription of physical exercise and nutritional recommendations by healthcare professionals.



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PreDisc

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INTRODUCTION

This user manual aims to provide a comprehensive guide for using the PreDisc web platform, a digital tool designed to facilitate the personalized prescription of physical exercise and nutritional recommendations for patients by healthcare professionals.

The application is structured into three main areas:

- **Public area:** This section is freely accessible and does not require registration or authentication. It is available to any user interested in obtaining general information.
- **Patient area:** Accessed using personal credentials generated exclusively by healthcare professionals. In this section, patients can view their prescribed training sessions and nutritional recommendations, as well as track their progress.
- **Healthcare professionals' area:** Intended for authorized specialists. Access to this section requires a professional account. From here, professionals can create, manage, and assign personalized physical activity and nutrition plans to their patients.

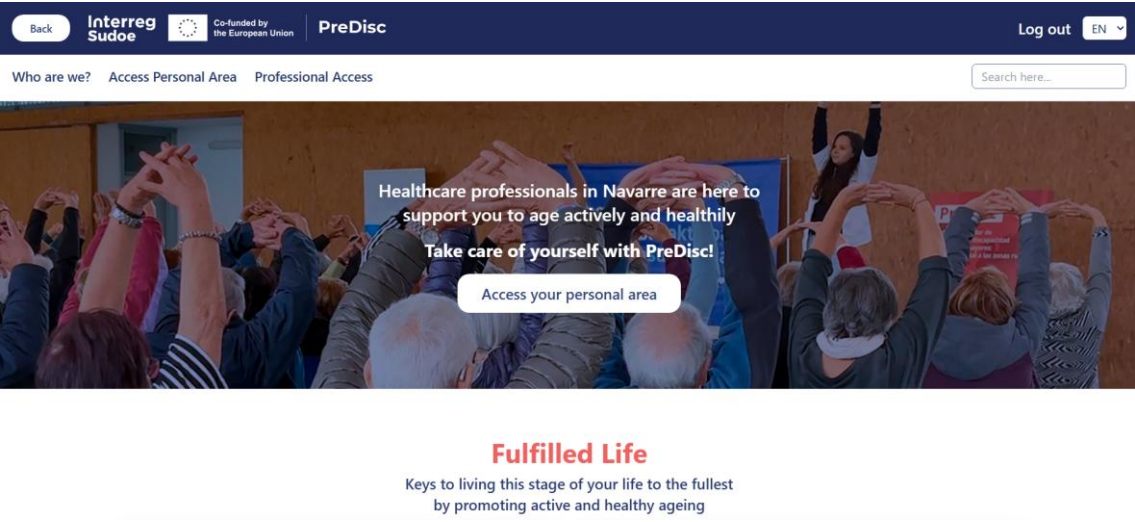
This document includes detailed instructions on how to access and use the patient area, along with functional explanations of the main features and tools available on the platform.

You can access the PreDisc platform via the following link: [PreDisc web](#)

PATIENTS

The patient area is designed for patients, relatives, and caregivers. It has a simpler and more accessible structure than the professional area, since its main purpose is to allow users to consult and follow the guidelines assigned by healthcare professionals.

Patients cannot create an account by themselves. Patient profiles must be created by healthcare professionals from the professional area. Once the profile has been created, the patient can access the personal area from the public homepage by clicking on the Access Personal Area button.



Login

To log in, the patient must enter their first surname and date of birth. These data are used to identify the patient and give access to their assigned content.

The screenshot shows the login form on the PreDisc website. The header is identical to the previous screenshot. Below the navigation bar, the title 'Access for Over-70s or Carers' is centered. The form consists of two input fields: 'First Surname:' with a placeholder 'Enter your first surname...' and 'Date of Birth:' with a placeholder 'dd/mm/aaaa' and a calendar icon. Below these fields is a blue 'Log in' button.

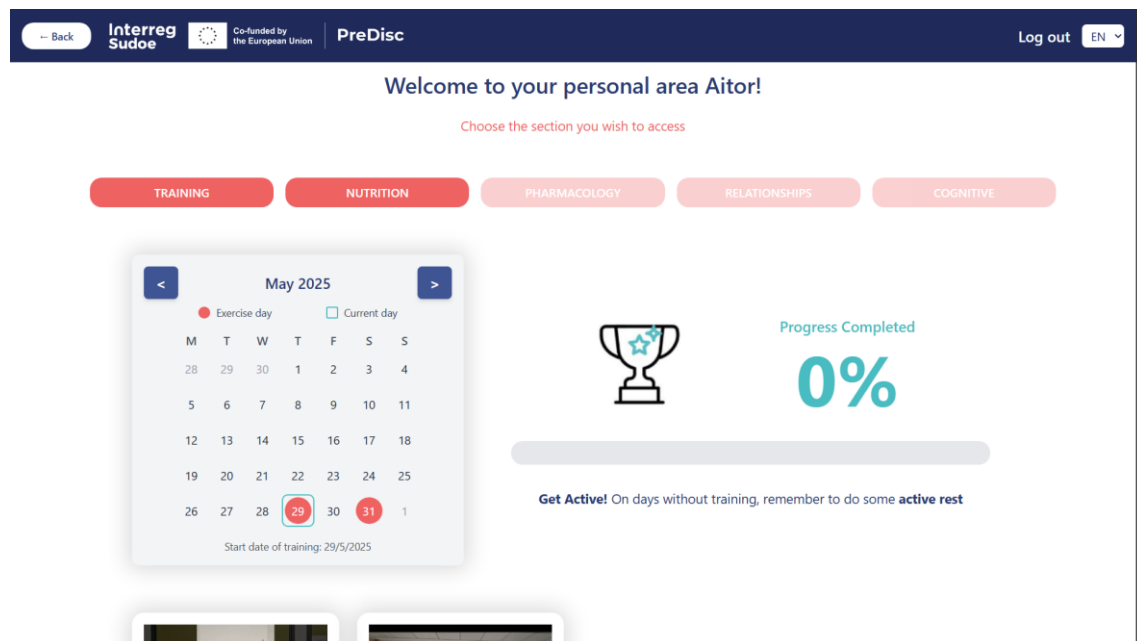
After logging in, the patient accesses their personal area. This area is divided into two main sections: Training and Nutrition

The content shown in these sections depends on what healthcare professionals have previously assigned to the patient. If no physical exercise guidelines or nutritional recommendations have been assigned yet, the corresponding section will appear empty.

Training section

The Training section allows patients to consult and follow their individual physical exercise sessions. These sessions must first be prescribed by healthcare professionals. If no training sessions have been assigned, the patient will not see any scheduled exercises.

When training sessions have already been assigned, the patient will see a calendar, the monthly progress indicator, and, when applicable, the exercises scheduled for the current day.



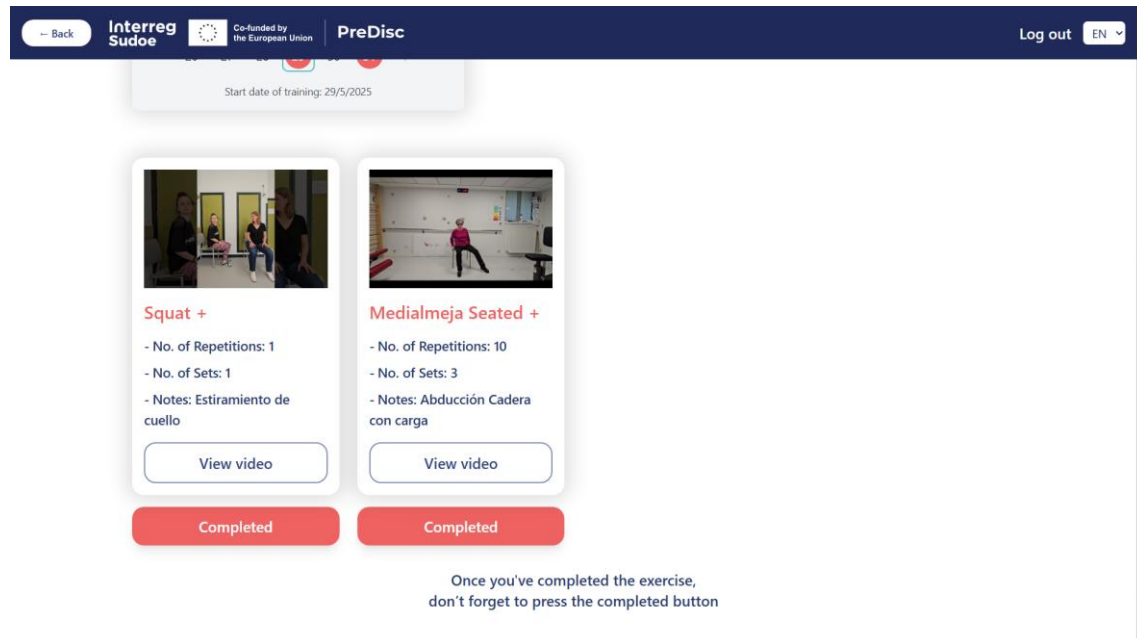
The calendar helps the patient identify the days on which they have exercise sessions scheduled. The colors used in the calendar have the following meaning:

- Days marked in red indicate scheduled training sessions that have not been completed.
- Days marked in dark blue indicate training sessions that have already been completed and evaluated.
- The current day is shown with a light blue border, so the patient can easily identify today's date.

The Training section also includes a monthly progress percentage. This percentage shows the patient's level of completion for the training sessions planned during the current month. When the patient completes and evaluates a scheduled session, the progress indicator is

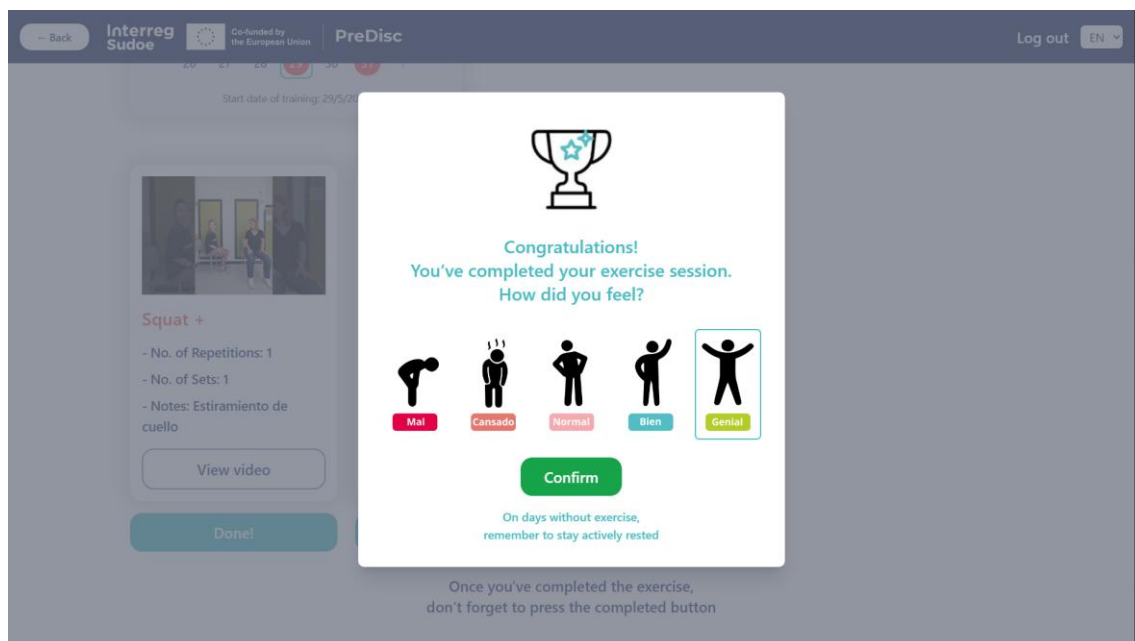
updated automatically. This progress only refers to the current month. When a new month starts, the progress is reset to 0%.

If the patient has exercises assigned for the current day, they will be displayed in the Training section. Each exercise includes a video that shows how to perform it. The patient can watch the video by clicking on the View video button.



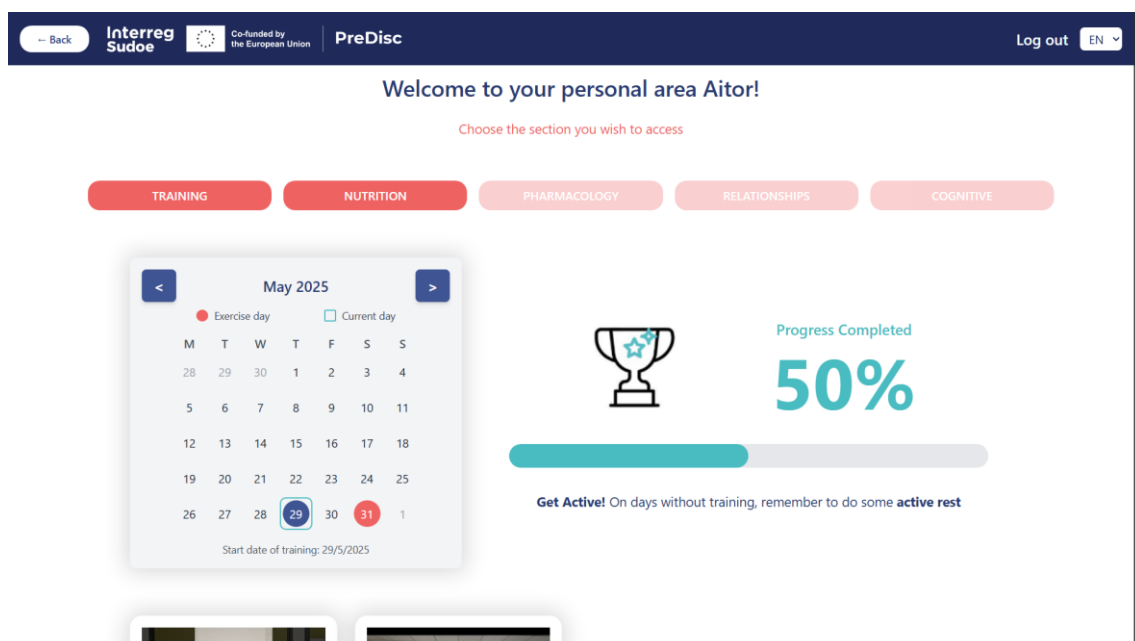
After performing each exercise, the patient must mark it as completed. It is important to complete this step for all exercises assigned to the session. If the patient does not mark all the exercises as completed, the training session will not be recorded as completed.

Once all exercises assigned for the day have been marked as completed, the patient must evaluate how they felt during the training session. The platform shows five different options, based on a perceived exertion scale, so the patient can indicate how intense or difficult the session felt.



This subjective evaluation is useful because it records the patient's perception after each session. Healthcare professionals can later use this information to assess whether the prescribed exercise guidelines are appropriate or whether they need to be adjusted.

After the patient evaluates the session, the calendar and the monthly progress indicator are updated. The day that was previously marked in red will change to dark blue, indicating that the session has been completed and evaluated correctly.



Nutrition section

The Nutrition section allows patients to consult the nutritional recommendations assigned by healthcare professionals. As with the Training section, this content will only be available if a professional has previously assigned recommendations to the patient.

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Log out EN

Welcome to your personal area Aitor!

Choose the section you wish to access

TRAINING

NUTRITION

PHARMACOLOGY

RELATIONSHIPS

COGNITIVE

It's important to take care of your diet in order to regain a healthy weight, as being underweight can be harmful to your health.

Here are the documents your healthcare professional has selected for you.
Click on them to download the file.

No documents available at the moment.

More Information



The nutritional recommendations are provided in PDF format. Patients can open and read these documents directly from the platform, and they can also download them. This makes it easier to consult the recommendations later without needing to access the web tool every time.

This option is also useful for relatives and caregivers, as they can review the recommendations together with the patient and use them in daily routines, meal planning, or follow-up activities.