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Health and Wellness Report 39

Consult Overview

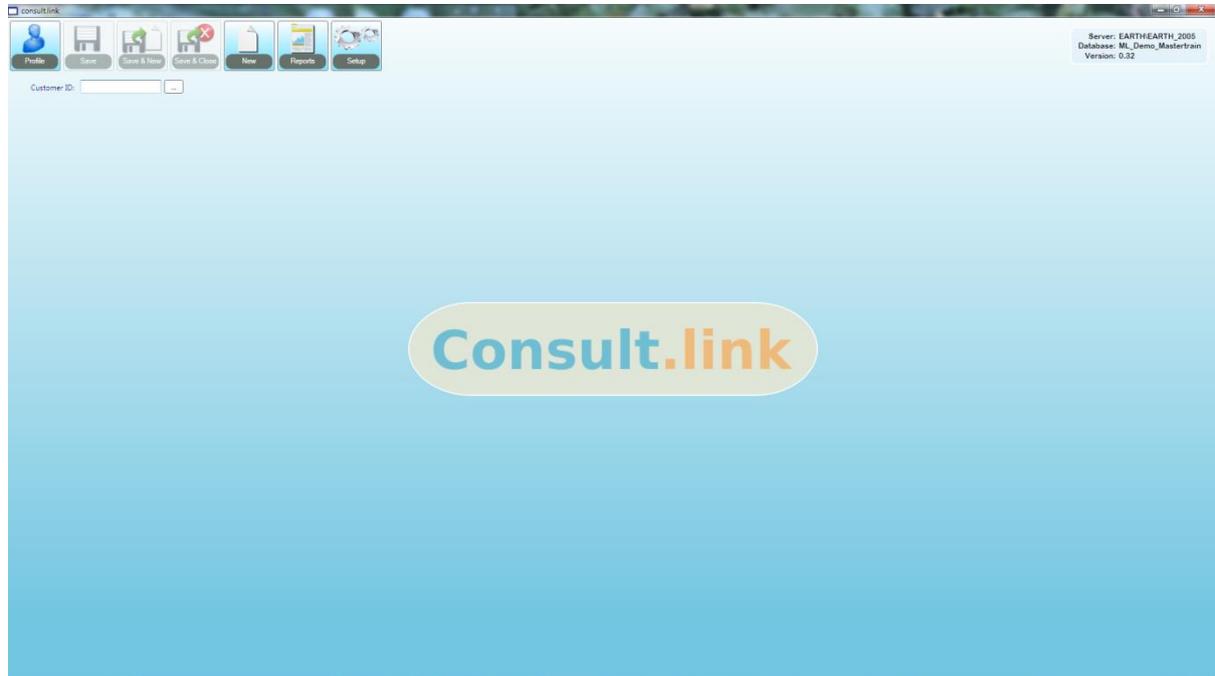
The Consult Module of Links Modular Solutions is a standalone application that works with the Links Modular Solutions database. It has the ability to be installed on machines that do not have Links installed but the machines must be able to connect to the Links database. The customer details are the same as those in Links and data can be updated in both applications.

Consult is design to capture data from the Health Consultation appointment process and can then be used for personal comparisons for example so a member can track their weight loss or the like. The data can also be reviewed holistically for a complete view of your Health Clubs customer progress.

To enter data into the Consult application you must have this module selected in your Links security parameters.

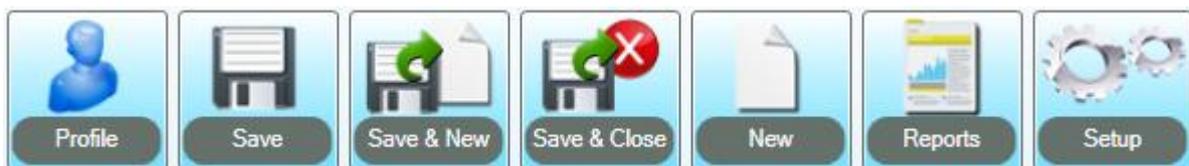
Main Screen

When you open Consult, the screen will look like the below. To begin entering an assessment you will need to search for a customer or enter a customer ID.



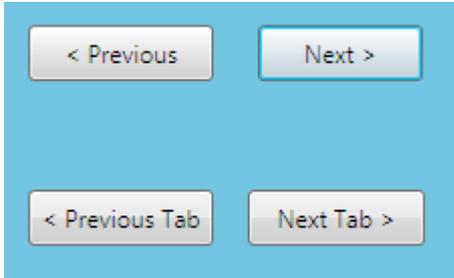
Toolbar Icons

- Profile: This is where the details of a customer's assessment are entered
- Save: This will save the assessment record and leave the details on the screen
- Save & New: This will save the assessment and clear the screen for entering the next assessment
- Save & Close: This will save the assessment and close the Consult application
- New: This will clear the screen for a new assessment to be entered
- Reports: This will take you to the reports screen where you can run a range of reports from
- Setup: There are a few setup options for Consult which you can setup here



Tab & Question Navigation

When you are working through the tabs you will see different previous and next buttons. In the example below, when you click Previous it will take you to the previous question, as opposed to Previous Tab which will take you back a tab.

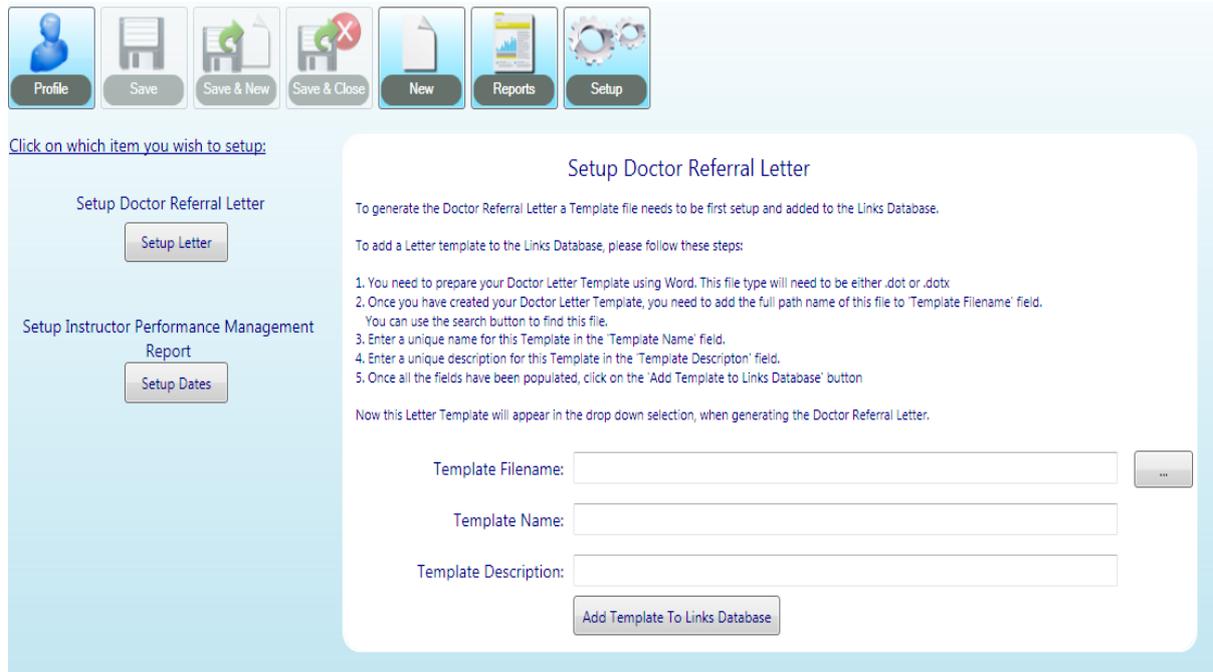


Setup

Setting up Doctor Referral Letter Template

To setup a letter template you will need to create a template in Microsoft Word before completing this process.

Following the instructions as outlined on the screen. The template will then be available when you attempt to print a doctor referral letter.



The screenshot shows a software interface with a top navigation bar containing icons for Profile, Save, Save & New, Save & Close, New, Reports, and Setup. Below the navigation bar, there are two main sections:

- Setup Doctor Referral Letter:** This section has a 'Setup Letter' button.
- Setup Instructor Performance Management Report:** This section has a 'Setup Dates' button.

The 'Setup Doctor Referral Letter' section contains the following text and instructions:

To generate the Doctor Referral Letter a Template file needs to be first setup and added to the Links Database.

To add a Letter template to the Links Database, please follow these steps:

1. You need to prepare your Doctor Letter Template using Word. This file type will need to be either .dot or .dotx
2. Once you have created your Doctor Letter Template, you need to add the full path name of this file to 'Template Filename' field. You can use the search button to find this file.
3. Enter a unique name for this Template in the 'Template Name' field.
4. Enter a unique description for this Template in the 'Template Description' field.
5. Once all the fields have been populated, click on the 'Add Template to Links Database' button

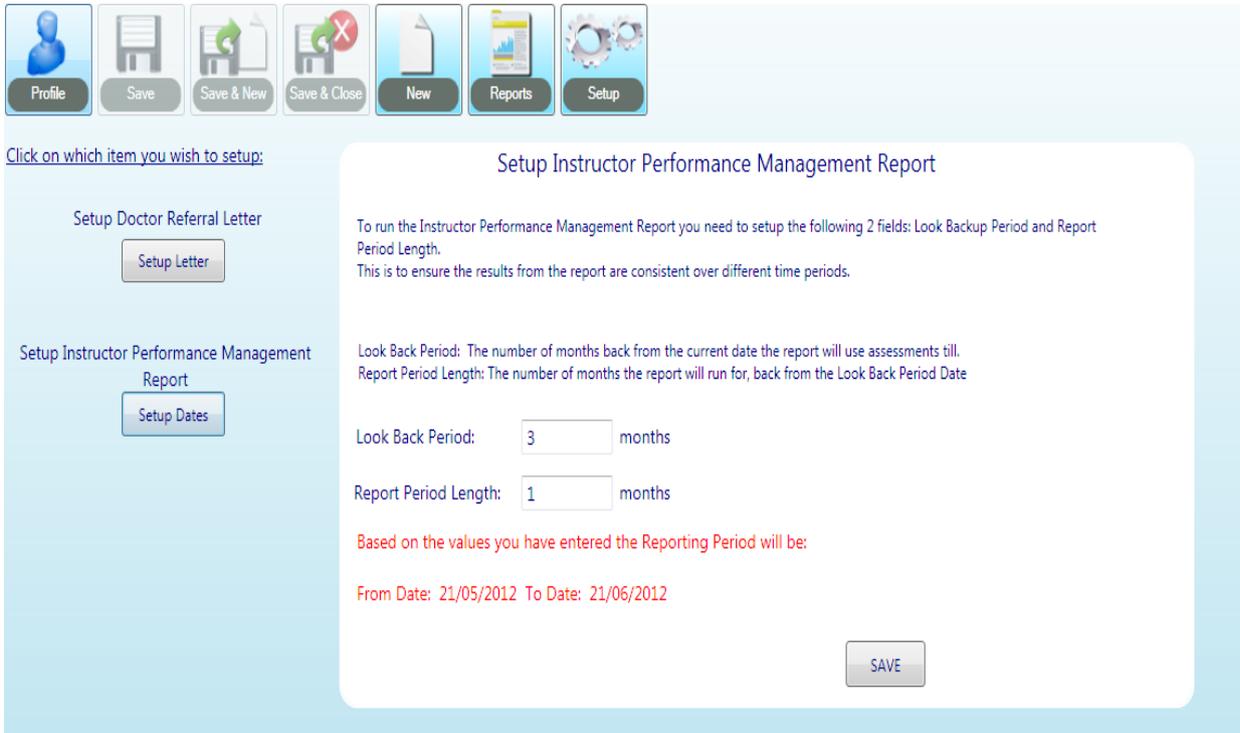
Now this Letter Template will appear in the drop down selection, when generating the Doctor Referral Letter.

The form includes three input fields: 'Template Filename' (with a search button), 'Template Name', and 'Template Description'. Below these fields is an 'Add Template To Links Database' button.

Setting up Instructor Performance Management Report

This screen allows for data parameters to be set when utilising the Instructor performance management report.

Following the instructions as outlined on the screen.



[Click on which item you wish to setup:](#)

Setup Doctor Referral Letter

Setup Instructor Performance Management Report

Setup Instructor Performance Management Report

To run the Instructor Performance Management Report you need to setup the following 2 fields: Look Backup Period and Report Period Length.
This is to ensure the results from the report are consistent over different time periods.

Look Back Period: The number of months back from the current date the report will use assessments till.
Report Period Length: The number of months the report will run for, back from the Look Back Period Date

Look Back Period: months

Report Period Length: months

Based on the values you have entered the Reporting Period will be:

From Date: 21/05/2012 To Date: 21/06/2012

Entering an Assessment

An assessment is made up of eight tabs. Depending on your organisational requirements not all tabs may need to be completed. If you do not wish to complete a tab, you can select the option 'This section will not be completed'. All tabs must be completed or marked accordingly before you can save an assessment.

Entering profile information

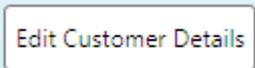
1. Enter a customer ID or search for a customer
2. Enter an assessment date if not today's date
3. Enter your Instructor Staff ID

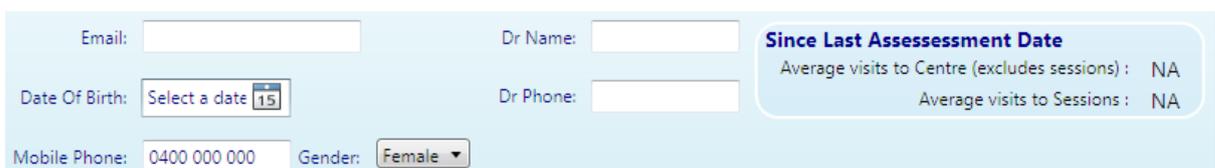


The screenshot shows the assessment entry interface. At the top, there are navigation buttons: Profile, Save, Save & New, Save & Close, New, Reports, and Setup. Below these are input fields for Customer ID (1255), Assessment Date (15/10/2010), Instructor (1), and various other details like Email, Dr Name, Date Of Birth, Dr Phone, Mobile Phone, and Gender. A 'Since Last Assessment Date' summary box shows 'Average visits to Centre (excludes sessions) : NA' and 'Average visits to Sessions : NA'. At the bottom, there is a tabbed interface with 'Summary' selected, and other tabs for General Health Check, Health Heart Assessment, Goals / Activity / Lifestyle, Measurements, Aerobic Fitness Test, Food Checklist, Functional Testing, and Notes.

Editing Customer Details

If a customer's details are not complete then you will need to complete some details before you can complete an assessment particularly the **date of birth**. To edit customer's details;

1. Click 
2. The fields will now be active
3. Enter the missing details as required



This screenshot shows the 'Edit Customer Details' form. It includes input fields for Email, Date Of Birth (with a calendar icon), Mobile Phone, Dr Name, and Dr Phone. A 'Since Last Assessment Date' summary box is also present, showing 'Average visits to Centre (excludes sessions) : NA' and 'Average visits to Sessions : NA'.

Summary Tab

This tab will show you a range of details such as last assessment and some of the most recent scores.

You can also manually print a Doctor Referral Letter from this screen, view goals, print the summary results and if you security allows you can delete previous assessments that may have been entered in error.

Customer Assessment Details as at 21/09/2012

Last Assessment Details

Last Assessment: 17/09/2012
 Life Fitness Test: 16 (Very Good)
 Heart Score: 7 (Low Risk)

Food Score: NA
 Blood Pressure: 150 / 90

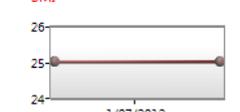
Top 3 Goals

Body Fat Reduction: Very Important
 Good Health: Important
 Improve Fitness: Somewhat Important

Heart Score



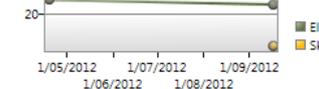
BMI



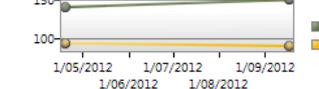
Monark



Body Fat %



Blood Pressure



General Health Summary

Joint / Ligament: NA
 Muscle / Tendon: NA
 Back Problems: NA

Dr Referral

Delete Assessment

View Goals

Print Summary

Save Summary

General Health Check

The general health check is a range of questions you will ask a customer to ascertain their current medical conditions. If you select No for a question it will proceed to the next question. You can click on the white/orange space of a question at any time to edit that question.

Responses from previous assessment are displayed to the right of the current assessment.

Summary	General Health Check	Health Heart Assessment	Goals / Settings / Activity / Lifestyle	Measurements	Aerobic Fitness Test
<input type="button" value="Previous Tab"/> <input type="button" value="Next Tab >"/> <input type="checkbox"/> This section will not be completed					
<p>Do you have any Asthma / Respiratory issues?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p> <hr/> <p><input type="button" value="Next >"/></p>		<p>Assessment Date</p> <p>21/09/2012 17/09/2012 24/02/2011</p>			
		<p>Instructor</p> <p>CALLIE ACKLING DEAN BROMLEY CALLIE ACKLING</p>			
		<p>Asthma/Respiratory</p> <p>No No</p>			
		<p>Joint/Ligament</p> <p>No No</p>			
		<p>Muscle/Tendon</p> <p>No No</p>			
		<p>Back Problems</p> <p>No Yes</p>			
		<p>Epilepsy</p> <p>No No</p>			
		<p>Current Pregnancy</p> <p>No No</p>			
		<p>Recent Pregnancy</p> <p>No No</p>			
		<p>Recent Surgery</p> <p>No No</p>			
		<p>Referral</p> <p>No No</p>			
		<p>Medication</p> <p>No Yes</p>			
		<p>Other</p> <p>No Yes</p>			

Sub Questions

If you answer YES to a question then sub questions as seen below may also apply.

Do you have any Asthma / Respiratory issues?

Yes No

Is this exercise related? Yes No

What is the severity level?

Is it controlled? Yes No

Do you need to carry Ventolin? Yes No

Recording Joint/Ligament, Muscle/Tendon & Back Information

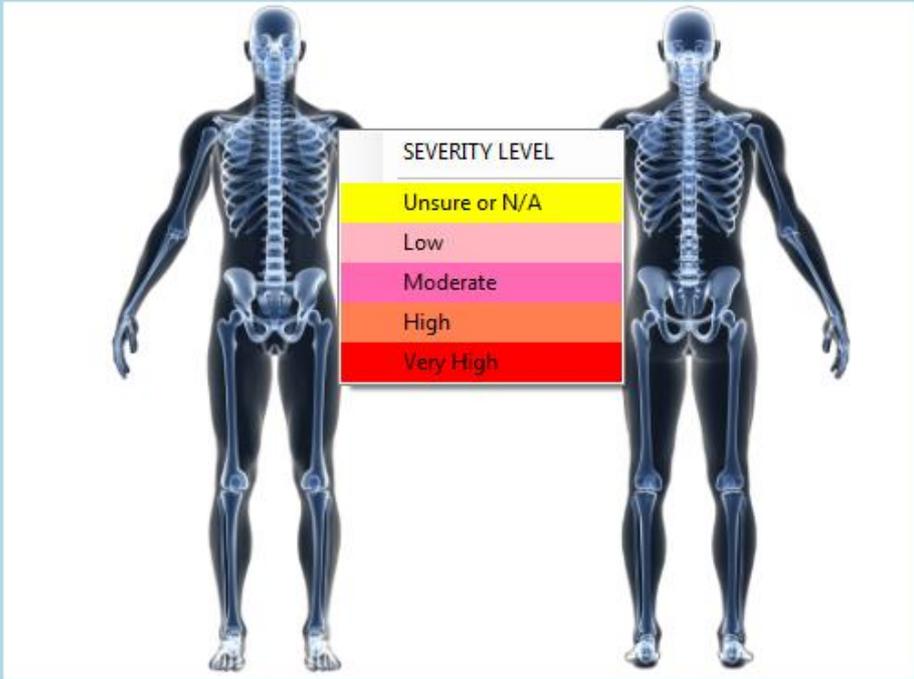
If you answer YES to question 2, 3 or 4 then you will have the option to include some detailed information about the customer's injuries or ailments. For example see below the human body pictures for Joint & Ligament questions. If a customer has a joint complaint, you will need to;

1. Left mouse click once on the joint effected
2. Choose a severity level
3. This will create a notes section below. You can choose to enter additional notes if required
4. The joint will display with a number with;
 - 0 = Unsure/NA
 - 1 = Low
 - 2 = Moderate
 - 3= High
 - 4 = Very High

Joint / Ligaments
X

Click on the Joints / Ligaments that are affected.
To remove a pain point, simply click on the red square.

Front
Back



Activities which cause pain

Left Shoulder:

1

Heart Health Assessment

The heart health assessment is a series of questions that will need to be answered by the customer and will then determine a Heart Health Score that is graded against the shown legend. Once you have selected an answer to each question it will move forward to the next question.

Responses from previous assessment(s) are displayed to the right of the current assessment.

Summary
General Health Check
Health Heart Assessment
Goals / Settings / Activity / Lifestyle
Measurements
Aerob

< Previous Tab
Next Tab >
 This section will not be completed

Question: 1

Family History of Heart Disease

No members of your immediate family (parents, brothers or sisters)

Family member had a heart attack (fatal or non fatal) or coronary by-pass surgery:

after the age of 65

between 56 and 65

at or before the age of 55

Next >

Assessment Date	21/09/2012	17/09/2012	15/02/2011
Instructor	CALLIE ACKLING	DEAN BROMLEY	CALLIE ACKLING
Family History		No Members of your immediate	after the age of 65
Personal History		No history of heart disease	Had angina, by-pass surgery,
Blood Pressure		Systolic 140 to 179, Diastolic 90	Systolic less than 140, Diastolic
Cholesterol Level		5.5 to 5.8 mmol/l	5.5 to 5.8 mmol/l
Smoker		Never smoked	Currently smoke up to 19 per day
Diabetic		Non diabetic	Diabetic
Age		30 to 39	30 to 39
Gender		Female	Female
Body Fat		Healthy Range (Lean, low, ideal)	Overweight (moderate)
Exercise		Aerobic exercise (jogging, power	Aerobic exercise for 20 minutes, 1
Stress		Very Low	Low
Score		7	32
Medical Clearance Status		No	N/A

Legend

0 - 9 Low Risk

10 - 17 Below Average Risk

18 - 25 Average Risk

26 - 34 Above Average Risk

35 + High Risk

Heart Health Assessment Score

If a customer has high blood pressure or reaches a score of 26 or more, a screen will display that recommends a medical clearance be sought. You can choose to:

1. Yes = Print Doctor Referral Letter
2. No = Customer has already provided a medical clearance
3. Waived = The customer waives their rights to receive a medical clearance

Summary **General Health Check** **Health Heart Assessment** Goals / Settings / Activity / Lifestyle Measurements Aerobic Fitness Test Food Checklist Functional Testing Notes

< Previous Tab Next Tab > This section will not be completed

Question: 11

Stress

Stress can be characterised by headaches, tension, feeling pressed for time, poor concentration, easily angered, poor sleep and concentration.

Very low
 Low
 Moderate
 High

< Previous

Your Assessment Score is
40 (High Risk)

Legend
 0 - 9 Low Risk
 10 - 17 Below Average Risk
 18 - 25 Average Risk
 26 - 34 Above Average Risk
 35 + High Risk

Assessment Date	21/09/2012	17/09/2012	15/02/2011	10/02/2011
Instructor	CALLIE ACKLING	DEAN BROMLEY	CALLIE ACKLING	CALLIE ACKLING
Family History	after the age of 65	No Members of your immediate	after the age of 65	No Members of your immediate
Personal History	No history of heart disease	No history of heart disease	Had angina-by-pass surgery.	No history of heart disease
Blood Pressure	Systolic 140 to 179 / Diastolic 90 to 100	Systolic 140 to 179, Diastolic 90 to 100	Systolic less than 140, Diastolic less than 90	Systolic less than 140, Diastolic less than 90
Cholesterol Level	7.1 mmol/l and above	5.5 to 5.8 mmol/l	5.5 to 5.8 mmol/l	Less than 5.5 mmol/l
Smoker	Currently smoke up to 19 per day	Never smoked	Currently smoke up to 19 per day	Never smoked
Diabetic	Diabetic	Non diabetic	Diabetic	Non diabetic
Age	30 to 39	30 to 39	30 to 39	30 to 39
Gender	Female	Female	Female	Female
Body Fat	Overweight (moderate)	Healthy Range (Lean,low,ideal)	Overweight (moderate)	Healthy Range (Lean,low,ideal)
Exercise	Less activity than shown above	Aerobic exercise (jogging, power walking)	Aerobic exercise for 20 minutes, 1 to 2 times per week	Aerobic exercise (jogging, power walking)
Stress	Moderate	Very Low	Low	Very Low
Score	40	7	32	1
Medical Clearance Status		No	N/A	N/A

Doctor Referral Letter

You must select one of the options below

This customer is advised to receive medical clearance.

Yes, print Doctor Referral Letter
 No, customer has already received a medical clearance
 Customer has chosen not to see a health professional

Responses from previous assessment(s) are displayed to the right of the current assessment.

Goals, Activity & Lifestyle Questions

This section of the assessment is broken into 4 sub tabs:

1. Goals
2. Goal Settings
3. Activities
4. Lifestyle

Each sub tab will need to be completed if you are completing any part. You can skip the whole tab if you wish to.

Responses from previous assessment(s) are displayed to the right of the current assessment.

Goals Tab

This tab asks you to request from the customer their goals in relation to particular areas such as Body Fat Reduction or Stress Relief. Essentially each question is prefixed with

“How important is _____ to you”

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes																																		
Lifestyle / Activity / Goals for MUM ADAMS																																										
<div style="background-color: #00AEEF; color: white; padding: 2px;"> Goals Goal Settings Activities Lifestyle </div> <p>Goals: Indicate your current goals</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Assessment Date</td> <td>15/10/2010</td> </tr> <tr> <td>Instructor</td> <td>TRAINING TRAINING</td> </tr> <tr> <td>Good Health</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Improve Aerobic Fitness</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Body Fat Reduction</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Muscular Development</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Body Tone and Shape</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Increase Strength</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Sports Specific Training</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Improve Posture</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Improve Flexibility</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Stress Relief</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Injury Rehabilitation</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Anticipated visits per week</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Anticipated regular days</td> <td> <input type="checkbox"/> Mon <input type="checkbox"/> Fri <input type="checkbox"/> Tues <input type="checkbox"/> Sat <input type="checkbox"/> Wed <input type="checkbox"/> Sun <input type="checkbox"/> Thurs </td> </tr> <tr> <td>Available Workout Time</td> <td><input type="text" value=""/></td> </tr> <tr> <td>Anticipated regular session</td> <td><input type="text" value=""/></td> </tr> </table>									Assessment Date	15/10/2010	Instructor	TRAINING TRAINING	Good Health	<input type="text" value=""/>	Improve Aerobic Fitness	<input type="text" value=""/>	Body Fat Reduction	<input type="text" value=""/>	Muscular Development	<input type="text" value=""/>	Body Tone and Shape	<input type="text" value=""/>	Increase Strength	<input type="text" value=""/>	Sports Specific Training	<input type="text" value=""/>	Improve Posture	<input type="text" value=""/>	Improve Flexibility	<input type="text" value=""/>	Stress Relief	<input type="text" value=""/>	Injury Rehabilitation	<input type="text" value=""/>	Anticipated visits per week	<input type="text" value=""/>	Anticipated regular days	<input type="checkbox"/> Mon <input type="checkbox"/> Fri <input type="checkbox"/> Tues <input type="checkbox"/> Sat <input type="checkbox"/> Wed <input type="checkbox"/> Sun <input type="checkbox"/> Thurs	Available Workout Time	<input type="text" value=""/>	Anticipated regular session	<input type="text" value=""/>
Assessment Date	15/10/2010																																									
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Anticipated regular session	<input type="text" value=""/>																																									
<div style="display: flex; justify-content: space-around; margin-top: 10px;"> < Previous Tab Next Tab > </div>																																										

As they answer to you each question you will need to select from the drop down below

▼

- Unsure or N/A
- Not Important
- Somewhat Important
- Important
- Very Important

Goals Settings Tab

This sub tab is designed for you as the instructor to enter the customer short, medium and long term goals and set target dates. These are free text fields and will be displayed on the assessment summary report. From the summary report goals can be updated to reflect attainment status and the attainment date.

Summary	General Health Check	Health Heart Assessment	Goals / Settings / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
---------	----------------------	-------------------------	---	--------------	----------------------	----------------	--------------------	-------

< Previous Tab
Next Tab >
 This section will not be completed
 No Change from last assessment

Goals
Goal Settings
Activities
Lifestyle

Short Term Goals:

Target Date: 28/09/2012

lose weight

Medium Term Goals:

Target Date: Select a date

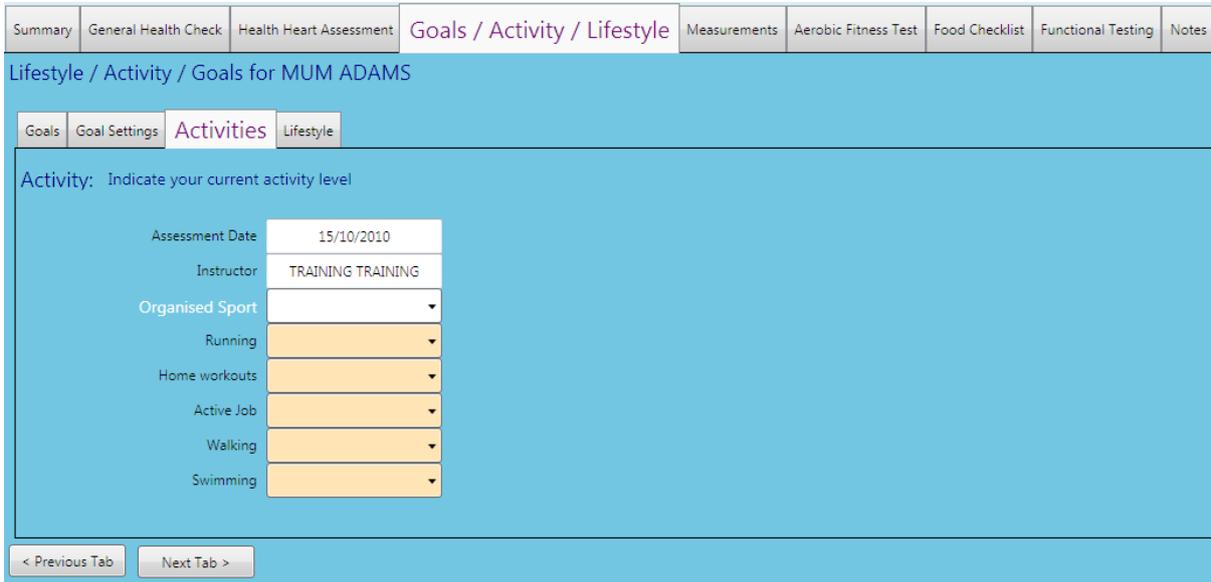
Long Term Goals:

Target Date: Select a date

< Previous Sub Tab
Next Sub Tab >

Activities Tab

The activities tab requires you to ask the customer how often they currently complete a specified activity.



Summary | General Health Check | Health Heart Assessment | **Goals / Activity / Lifestyle** | Measurements | Aerobic Fitness Test | Food Checklist | Functional Testing | Notes

Lifestyle / Activity / Goals for MUM ADAMS

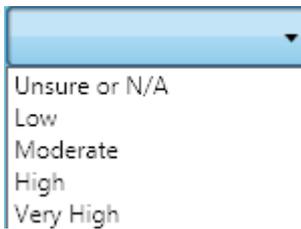
Goals | Goal Settings | **Activities** | Lifestyle

Activity: Indicate your current activity level

Assessment Date: 15/10/2010
 Instructor: TRAINING TRAINING
 Organised Sport: [Dropdown]
 Running: [Dropdown]
 Home workouts: [Dropdown]
 Active Job: [Dropdown]
 Walking: [Dropdown]
 Swimming: [Dropdown]

< Previous Tab | Next Tab >

Upon receiving each response, you can select from the list below

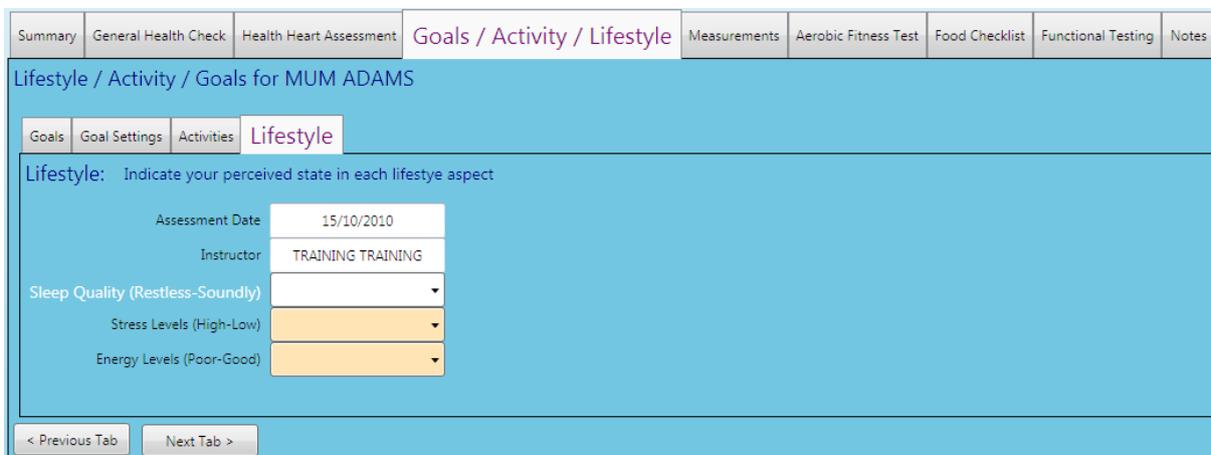


[Dropdown Arrow]

- Unsure or N/A
- Low
- Moderate
- High
- Very High

Lifestyle Tab

The lifestyle sub tab allows you to collect information about a customer perceived state of a range of lifestyle aspects.



Summary | General Health Check | Health Heart Assessment | **Goals / Activity / Lifestyle** | Measurements | Aerobic Fitness Test | Food Checklist | Functional Testing | Notes

Lifestyle / Activity / Goals for MUM ADAMS

Goals | Goal Settings | Activities | **Lifestyle**

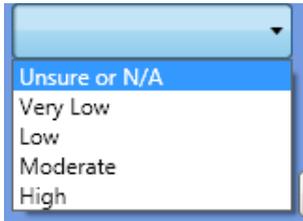
Lifestyle: Indicate your perceived state in each lifestyle aspect

Assessment Date: 15/10/2010
 Instructor: TRAINING TRAINING
 Sleep Quality (Restless-Soundly): [Dropdown]
 Stress Levels (High-Low): [Dropdown]
 Energy Levels (Poor-Good): [Dropdown]

< Previous Tab | Next Tab >

As you ask each question you will need to record a response from the drop down below.

For example if someone said they are very stressed then the answer would be 'Poor'



Measurement Tab

In the measurement tab you will need to record all of the measurements taken, you do not need to record a result for every measurement listed if the customer does not want all measurements done.

For customers under 16, the BMI score will not be calculated, and if skin folds are selected, then for reporting purposes this Body Fat Percentage (Body Density) will be used over the electronic record.

Skin fold calculation is based on using the results from the following 4 sites - abdominal, triceps, thigh and suprailiac.

Summary	General Health Check	Health Heart Assessment	Goals / Settings / Activity / Lifestyle	Measurements		
<div style="display: flex; justify-content: space-between;"> < Previous Tab Next Tab > </div>						
Assessment Date	21/09/2012	Graph / Report	17/09/2012	19/04/2012	14/0	
Instructor	CALLIE ACKLING	Select All	DEAN BROMLEY	CALLIE ACKLING	CALLIE	
Blood Pressure	/		150 / 90	140 / 94	133	
Resting Heart Rate	BPM	<input type="checkbox"/>	74	73		
Electronic Body Fat Percentage	%	<input type="checkbox"/>	22	23		
Biceps (elbow 90 deg) L	cm	<input type="checkbox"/>	12	14		
Biceps (elbow 90 deg) R	cm	<input type="checkbox"/>	12	14		
Waist (Navel)	cm	<input type="checkbox"/>	60	60		
Waist (Narrowest)	cm	<input type="checkbox"/>	61	60		
Hips (pronounced point)	cm	<input type="checkbox"/>	20	15		
Thigh (thumb line) L	cm	<input type="checkbox"/>	6	6		
Thigh (thumb line) R	cm	<input type="checkbox"/>	6	6		
Calf (Widest point) L	cm	<input type="checkbox"/>	6	4		
Calf (Widest point) R	cm	<input type="checkbox"/>	6	4		
Height	cm	<input type="checkbox"/>	170	170	1	
Weight	kg	<input type="checkbox"/>	75	75		
BMI		<input type="checkbox"/>	25.95 (Overweigh	25.95 (Overweigh	25.61 (C	
Waist/Hip Ratio		<input type="checkbox"/>	3	4		
Skin Fold Test						
Bicep	mm	<input type="checkbox"/>	5	16		
Tricep	mm	<input type="checkbox"/>	4	18		
Subscapula	mm	<input type="checkbox"/>	15	21		
Suprailiac	mm	<input type="checkbox"/>	21	20		
Abdominal	mm	<input type="checkbox"/>	20			
Body Density		Graph	13.09			

Aerobic Fitness Tab

For aerobic fitness tests you can choose to either use the Monark or Life Fitness test. On the first assessment you will need to choose which method will be used.

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
---------	----------------------	-------------------------	------------------------------	--------------	----------------------	----------------	--------------------	-------

SELECT BIKE TEST TO USE: (First time only)

There are 2 types of bike tests used, namely Monark or Life Fitness.

You are required to select which Bike Test to use on the first assessment only for each customer. Then this selection will be used for all future assessments.

Please select which bike test you would like to use:

Monark Bike Test
 Life Fitness Bike Test

Selecting the mode after first use

Each subsequent assessment will default to use the first selected mode, however this can be changed if required.

Summary	General Health Check	Health Heart Assessment	Goals / Settings / Activity / Lifestyle
---------	----------------------	-------------------------	---

Bike Test to use:
 Monark Bike Test
 Life Fitness Bike Test

Life Fitness Mode

If using the Life Fitness mode you will need to complete the following;

1. Select Level from dropdown list
2. Enter score
3. Select Rating from dropdown list

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
---------	----------------------	-------------------------	------------------------------	--------------	----------------------	----------------	--------------------	-------

Life Fitness Test for MUM ADAMS

Assessment Date:

Instructor:

Level Selected:

Score:

Rating:

< Previous Tab Next Tab >

Level Selected

Score

Rating

Rating

- Elite
- Excellent
- Very Good
- Above Average
- Average
- Below Average
- Low
- Very Low
- Poor

Monark Mode

If using the Monark mode you will need to complete the following:

1. Enter seat height (this will remain for future assessments)
2. Enter the Heart Rate at each minute interval
3. Once the max is reached the test will not allow you to enter more results and a score and rating will be automatically calculated

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
---------	----------------------	-------------------------	------------------------------	--------------	----------------------	----------------	--------------------	-------

Sub-Maximal Aerobic Fitness Test for ALISON TERRY-YOUNG

Assessment Date: 15/10/2010
Instructor: TRAINING TRAINING

Seat Height				HR
	MIN	KP	WL	
				141
1	0.8	50		
2	1.2	75		
3	1.6	100		
4	2	125		
5	2.5	150		
6	2.9	175		
7	3.3	200		
8	3.75	225		
9	4.2	250		
Score (Watts / kg)				
Age Related Rating				

Commence test at 50 watts, maintaining 60 rpm. After each minute, increase by 25 watts until HR reaches 75% of max. Record the watts attained and divide by body weight (kg).

< Previous Tab Next Tab >

Seat Height				HR
	MIN	KP	WL	
				141
1	0.8	50		40
2	1.2	75		60
3	1.6	100		90
4	2	125		110
5	2.5	150		155
6	2.9	175		
7	3.3	200		
8	3.75	225		
9	4.2	250		
Score (Watts / kg)				2.7
Age Related Rating				Excellent

Commence test at 50 watts, maintaining 60 rpm. After each minute, increase by 25 watts until HR reaches 75% of max. Record the watts attained and divide by body weight (kg).

< Previous Tab Next Tab >

Food Variety Checklist Tab

The food variety checklist will allow you to collect information about what a customer has eaten in the last 7 days. This will then provide a score for that customer on the variety of foods they have eaten. The last question also allows for additional comments.

Once you have selected 0 or more foods for each group, you can click on Next to continue to the next question. You can revisit a question at anytime by clicking on the result.

Summary | General Health Check | Health Heart Assessment | Goals / Settings / Activity / Lifestyle | Measurements | Aerobic Fitness Test | **Food Checklist**

< Previous Tab Next Tab > This section will not be completed

Fruit

- Stone Fruit (eg: apricot, avocado, prune)
- Citrus
- Apples
- Bananas
- Berries (eg: raspberry, strawberry)
- Grapes (including raisins, sultanas)
- Melons (eg: honeydew, rockmelon)
- Pears, Nashi
- Tropical fruit (eg: guava, mango, pineapple)
- Kiwifruit, Passionfruit

Next >

Legend

Less than 10 (Very Poor)

10 - 20 (Poor)

21 - 24 (Fair)

25 - 29 (Good)

30 or greater (Excellent)

Assessment Date	21/09/2012	10/02/2011
Instructor	CALLIE ACKLING	CALLIE ACKLING
Fruit		2/10
Vegetables		2/8
Legumes/Pulses		1/3
Grains and Cereals		3/7
Meats		0/5
Seafood		2/6
Dairy		1/2
Eggs		1/1
Fats		1/2
Herbs and Spices		1/1
Nuts and Seeds		1/1
Fermented Foods		0/3
Beverages		3/3
Other		2/2
Total amount of different foods		20
Comment		No

Functional Testing Tab

The functional testing tab currently records the 'sit and reach' test score in centimeters.

Enter the number of centimeters a customer has reached. If the score is negative this can be entered before the number i.e. you could enter 15 for a flexible customer or -10 for a not so flexible customer.

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
Functional Testing for MUM ADAMS								
Assessment Date	15/10/2010							
Instructor	TRAINING TRAINING							
Sit and Reach		cm						
Sit and Reach Scale								
Add / View Functional Testing								
< Previous Tab Next Tab >								

Notes Tab

The notes tab allows you to enter free text notes about a customer's assessment and to save, click on Save Notes.

Summary	General Health Check	Health Heart Assessment	Goals / Activity / Lifestyle	Measurements	Aerobic Fitness Test	Food Checklist	Functional Testing	Notes
Notes for MUM ADAMS								
Assessment Date: 15/10/2010 Instructor: TRAINING TRAINING								
SAVE NOTES								

Completing an Assessment

Once an assessment has been completed and all tabs are filled in or marked as "This section will not be completed" you will see that the save icons become active. You can then save, save and close or save and begin a new record.

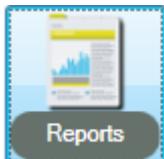
Note: Each tab will be shown in green once it is successfully completed



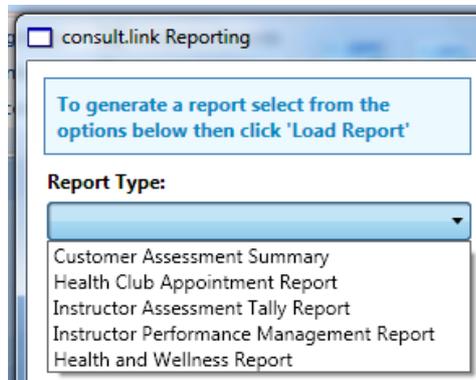
The screenshot shows the 'consult.link' interface. At the top, there is a toolbar with icons for Profile, Save, Save & New, Save & Close, New, Reports, and Setup. Below the toolbar, the patient information is displayed: Customer ID: 1234, Name: GEORGIA BRADICA, Email: [empty], Dr Name: [empty], Assessment Date: 15/10/2010, Date Of Birth: 11/12/2000, Age: 9 years 10 months, Dr Phone: [empty], Instructor: 1, Name: TRAINING TRAINING, Mobile Phone: 0400 000 000, Gender: Female. On the right, there is a 'Since Last Assessment Date' section with 'Average visits to Centre (excludes sessions): NA' and 'Average visits to Sessions: NA'. At the bottom, there is a tabbed interface with the following tabs: Summary (highlighted in pink), General Health Check, Health Heart Assessment, Goals / Settings / Activity / Lifestyle, Measurements, Aerobic Fitness Test, Food Checklist, Functional Testing, and Notes. The 'Save', 'Save & New', and 'Save & Close' icons in the toolbar are highlighted in green, indicating they are active.

Reporting

To access and generate reports within Consult, click on the Reports icon.



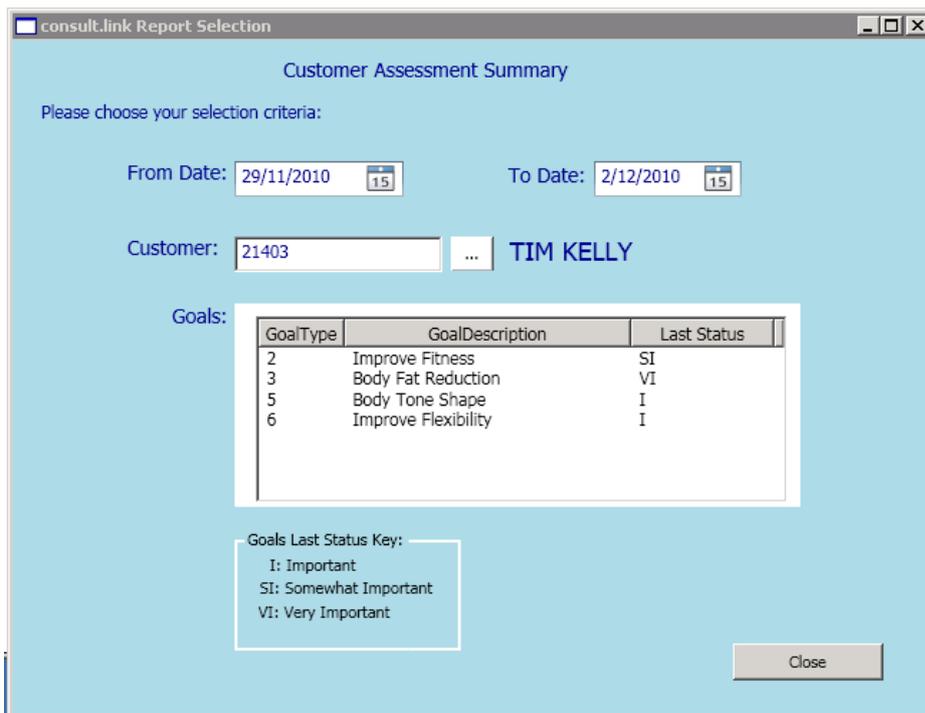
Click the drop down list to choose from the 3 reports available. The applicable report can be chosen from the drop down menu as seen below.



Customer Assessment Summary

The customer assessment summary is used to chart a client's goals over a period of time, and the level of importance attributed to them.

- From Date: beginning date of viewing period
- To Date: final date of viewing period
- Customer: Select client name to view
- Goals: summary of goal type and current status. Only Important or higher goals will be displayed



Once the selection criteria is complete, click Close and Load Report.

The Report can be printed or exported as a Word, Excel or PDF.

Customer Assessment Summary

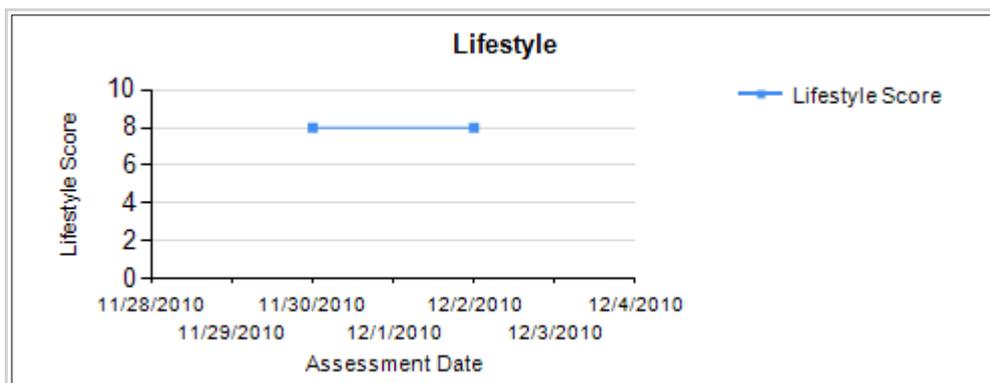
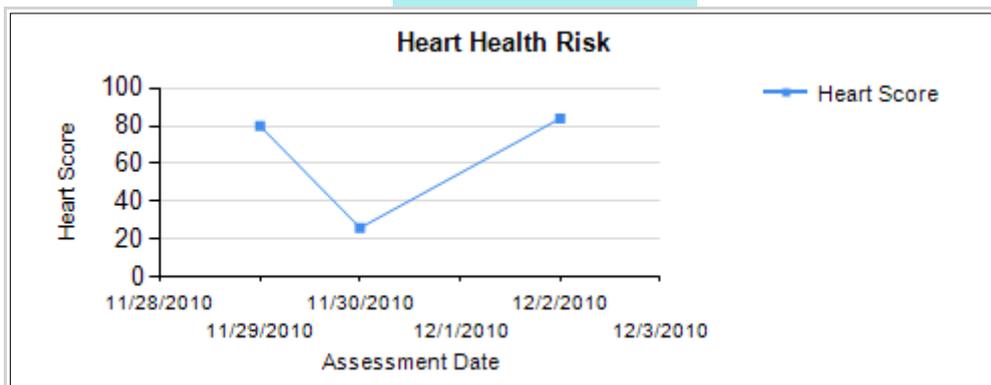
Customer ID: **21403**

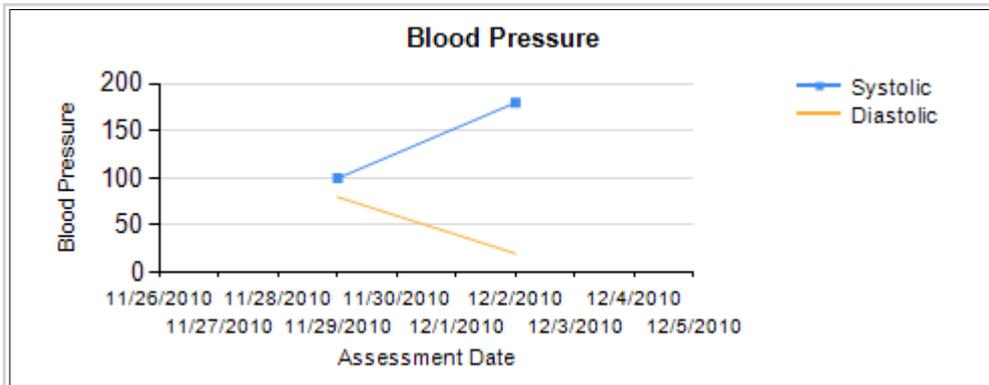
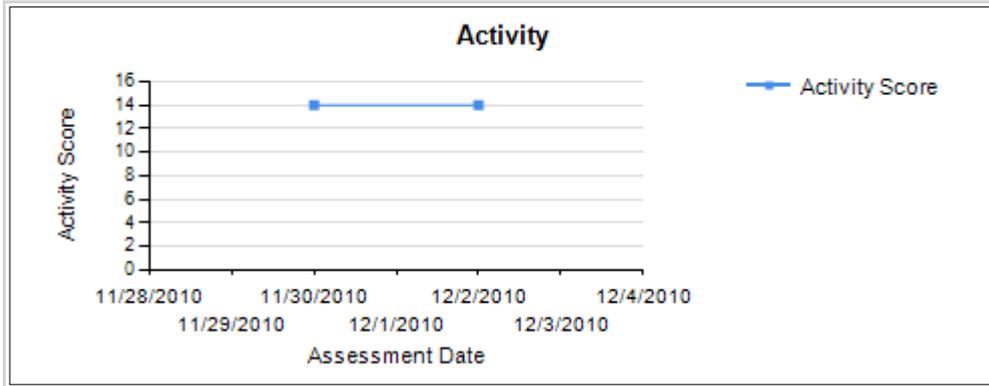
Name: **TIM KELLY**

Your last instructor was **GABSO BOYNA**

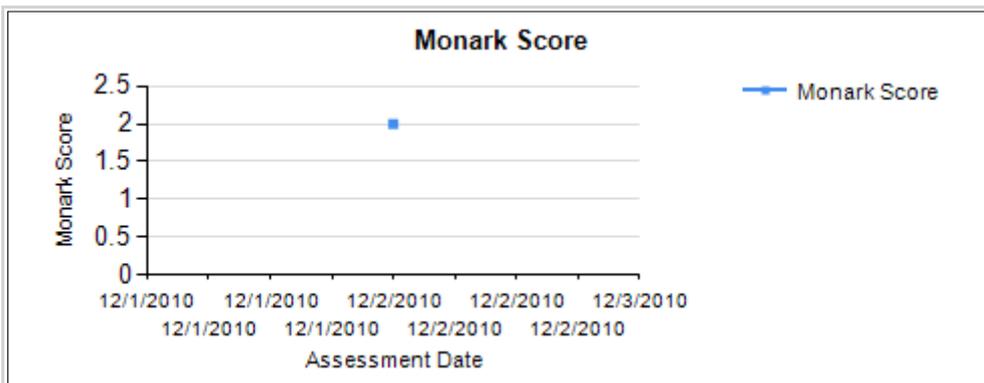
and your last assessment was **02-Dec-2010**
on

Good Health Goals



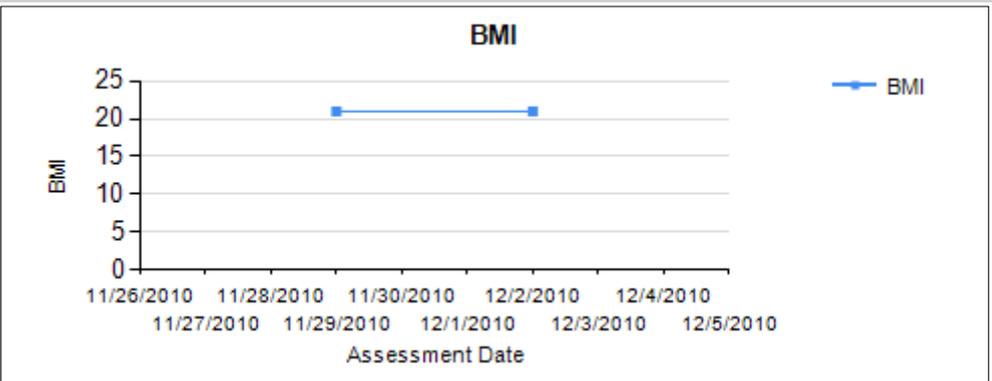
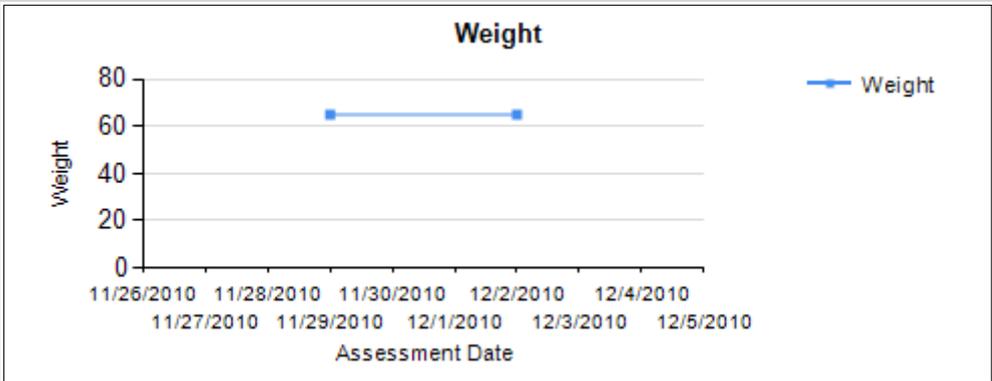


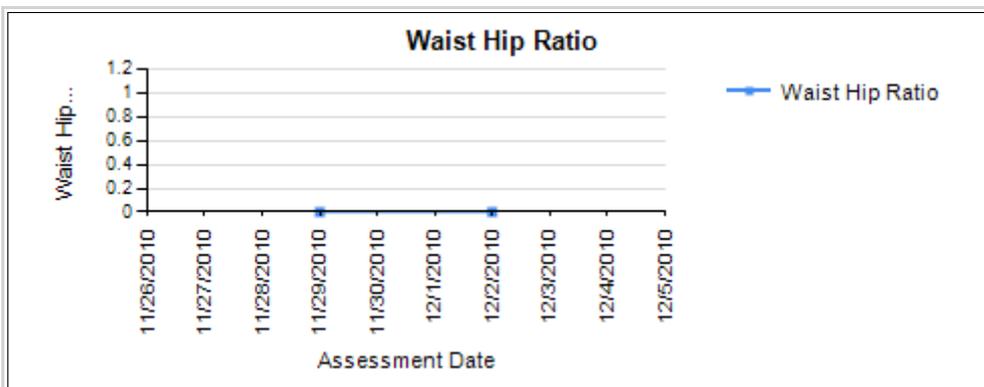
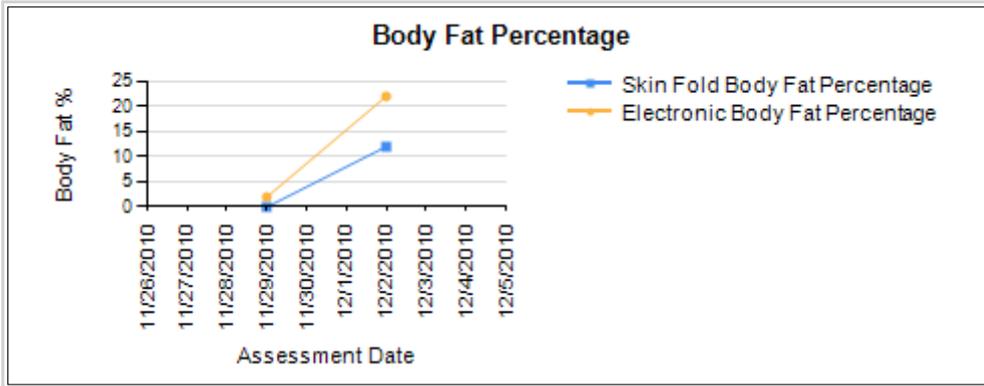
Improve Aerobic Fitness



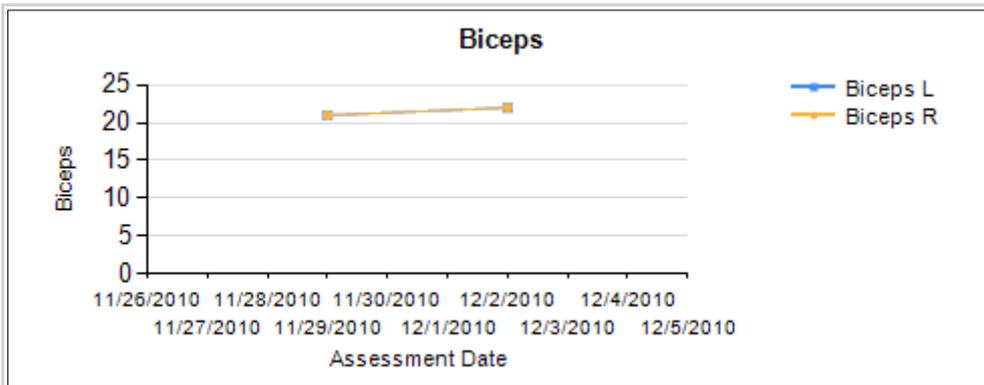
LifeFitness Score
No Data Available

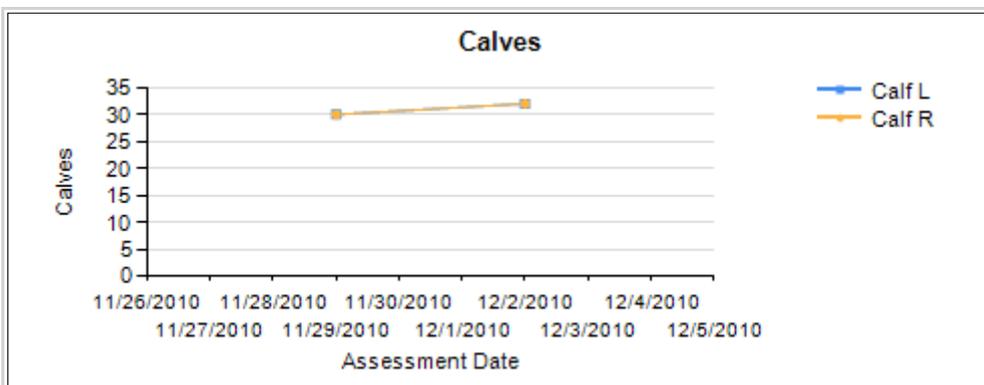
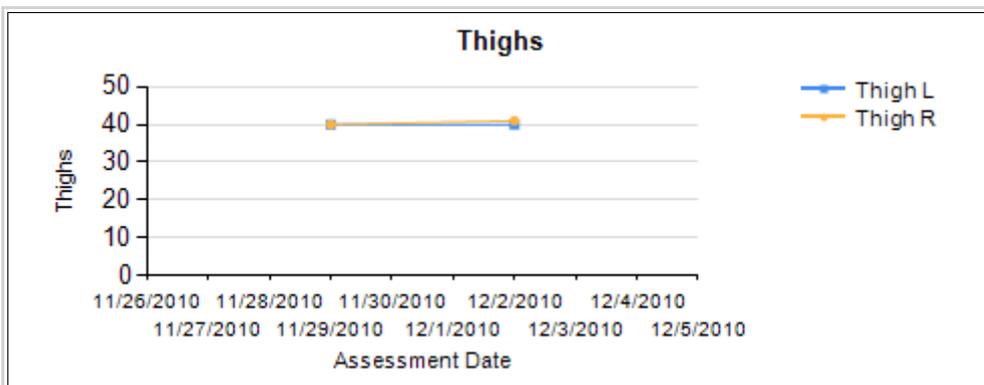
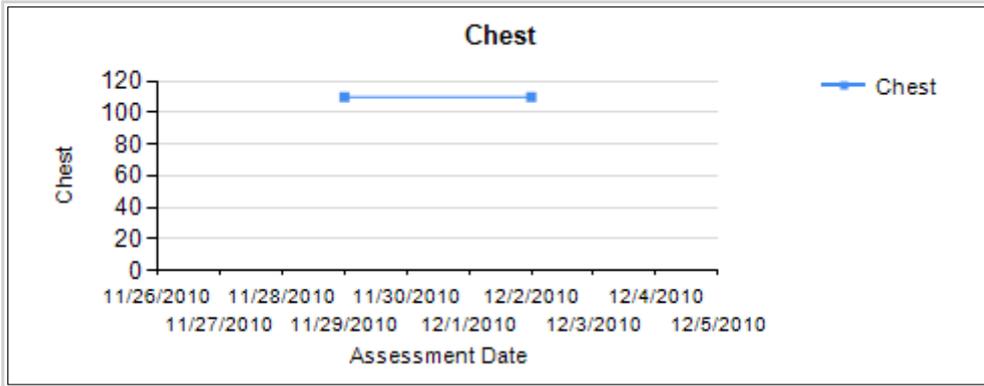
Body Fat Reduction

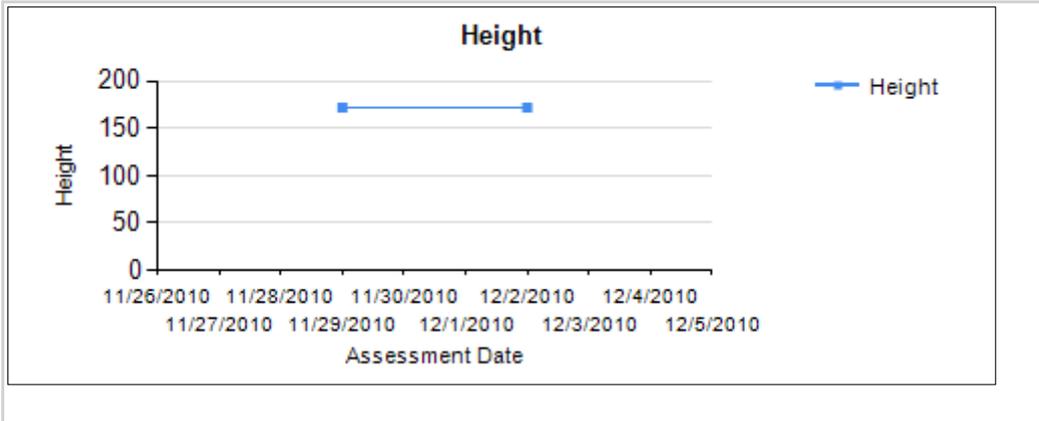




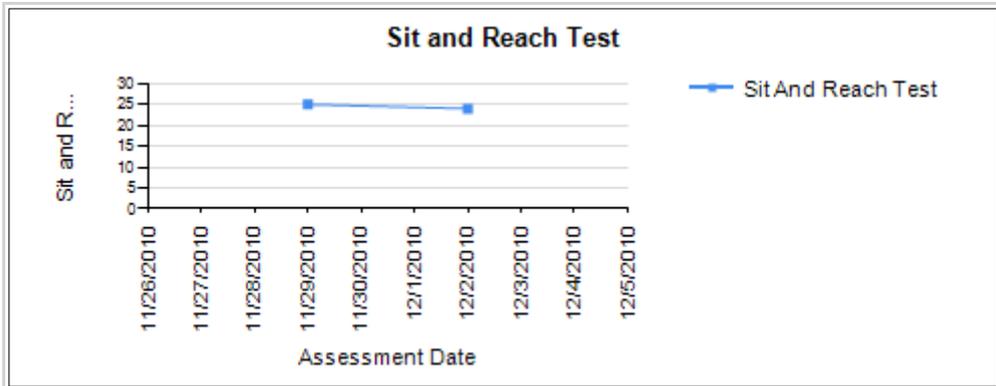
Muscular Development



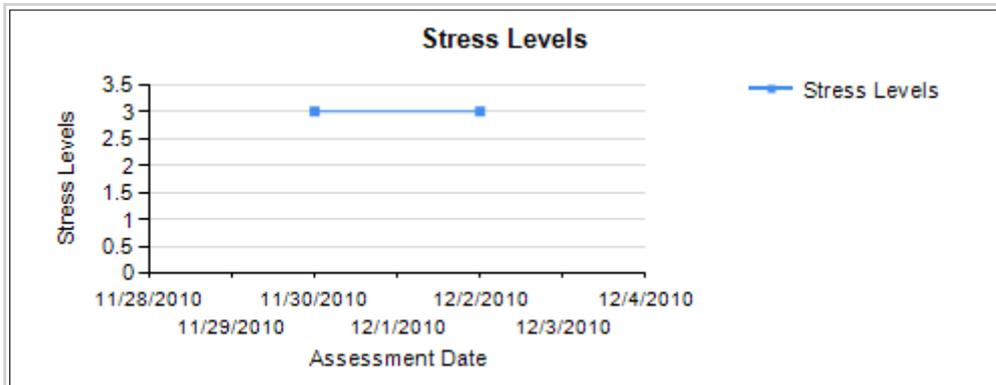
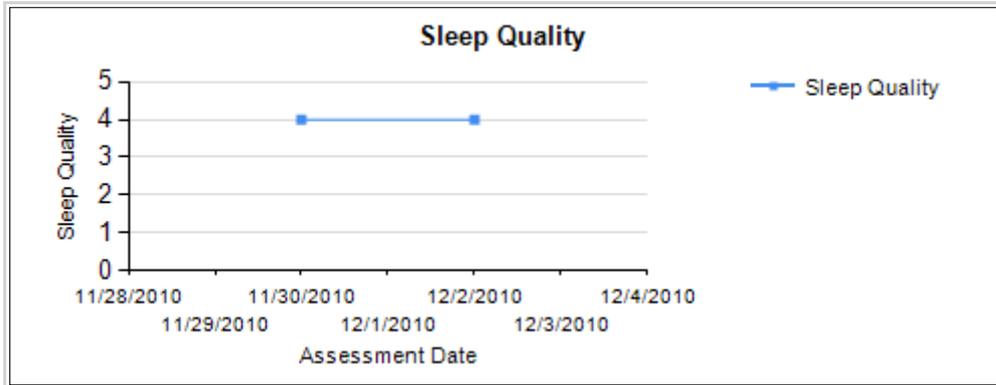


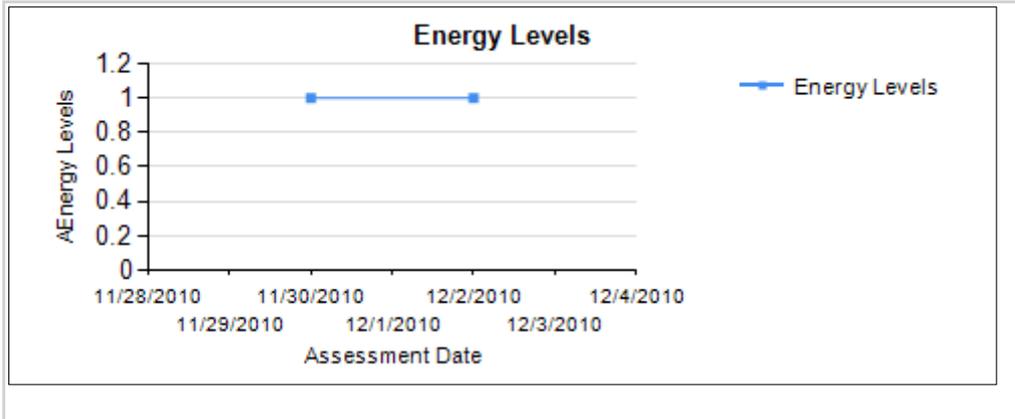


Improve Flexibility



Stress Relief

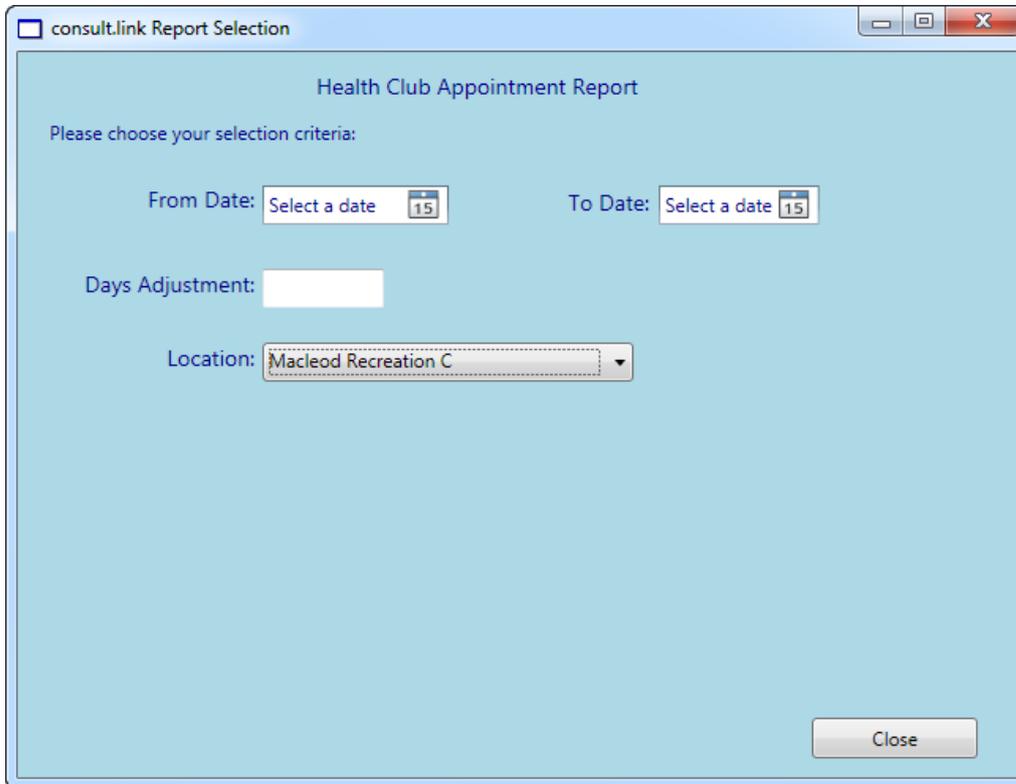




*** End of Customer Assessment Summary ***

Health Club Appointment Report

The health club appointment report is used to view the amount of members whom once signing up have booked and attended a health assessment.



- From Date: beginning date of viewing period
- To Date: final date of viewing period
- Days Adjustment: this refers to the amount of days 'grace' to apply to the viewing period, where assessments booked has not been counted. This would be applied where one would assume that becoming a member and attending an assessment on the final day of the viewing period is not feasible
- Location: refers to the site to report on, in cases of multi-location databases

This report displays the total number of assessments completed during a given period, the percentage of new members who booked and completed their first health check and the average time between these members being reassessed during the reportable period.

Health Club Appointment Report
for Assessments between and
at Location:

Assessment #	Total
Total Nbr Initial Assessments	1
Total Nbr ReAssessments	0
Total Nbr Assessments	1

New Members	Percentage (%)
Percentage New Members with Initial Assessments	0
Percentage New Members with ReAssessments	0

Average Time	Days
--------------	------

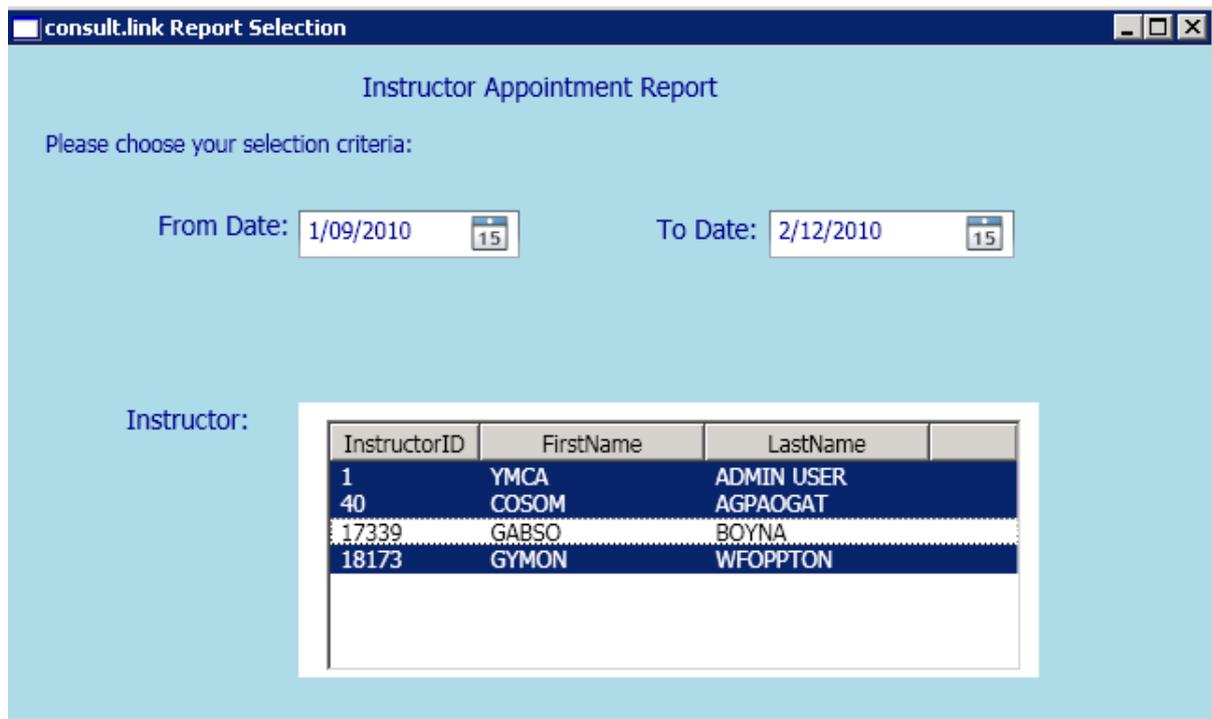
Note: The above results have been calculated using only the Assessments that are in the Date Range selected.

Instructor Appointment Report

This report is used to determine the amount of clients that an instructor has seen during a given period of time.

- From Date: beginning date of viewing period
- To Date: final date of viewing period

You can choose multiple Instructors by holding Shift or Ctrl and click the names



Instructor:

InstructorID	FirstName	LastName
1	YMCA	ADMIN USER
40	COSOM	AGPAOGAT
17339	GABSO	BOYNA
18173	GYMON	WFOPPTON

Instructor Appointments Report

for Assessments between 01-Sep-10 and 02-Dec-10

ID	Firstname	Lastname	Total Nbr Assessments	Nbr Initial Assessments	Nbr ReAssessments
1	YMCA	ADMIN USER	1	1	0
40	COSOM	AGPAOGAT	1	1	0
18173	GYMON	WFOPPTON	1	1	0

Selected Instructors: YMCA ADMIN USER,COSOM AGPAOGAT,GABSO BOYNA,GYMON WFOPPTON

Note: The above results have been calculated using only the Assessments that are in the Date Range selected.

*** End of Report ***

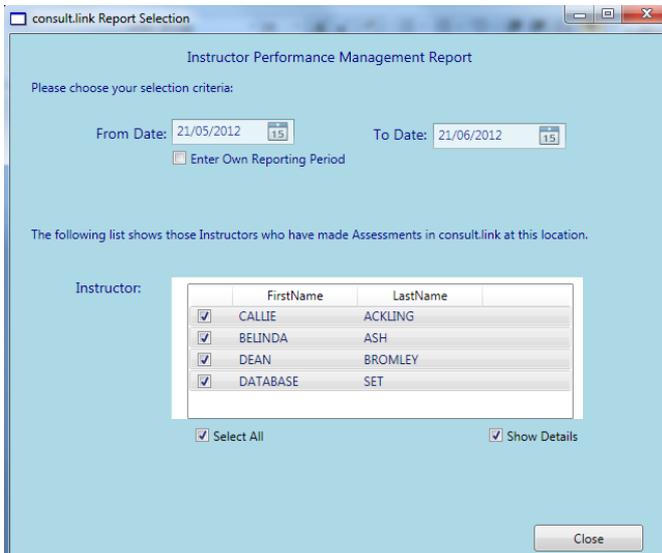
Instructor Performance Management Report

This report provides a summary and analysis of the performance of the instructors.

- From Date: beginning date of viewing period
- To Date: final date of viewing period

Choose multiple Instructors by ticking the check box before the names or use the Select All feature

Select the Show Details check box for the report to display the names of the customers and assessment performance.



The screenshot shows a window titled "consult.link Report Selection" with the following content:

Instructor Performance Management Report

Please choose your selection criteria:

From Date: 21/05/2012 To Date: 21/06/2012
 Enter Own Reporting Period

The following list shows those Instructors who have made Assessments in consult.link at this location.

Instructor:

	FirstName	LastName
<input checked="" type="checkbox"/>	CALLIE	ACKLING
<input checked="" type="checkbox"/>	BELINDA	ASH
<input checked="" type="checkbox"/>	DEAN	BROMLEY
<input checked="" type="checkbox"/>	DATABASE	SET

Select All Show Details

Close

Instructor Summary Totals

ID	Instructor First Name	Instructor Last Name	Total Assessments	Total Customers	Number ReBooked Any Instructor	Number ReBooked This Instructor
1	DATABASE	SET	0	0 (New: 0 ReBooked: 0)	N/A	N/A
22	CALLIE	ACKLING	1	1 (New: 1 ReBooked: 0)	N/A	N/A
28	DEAN	BROMLEY	0	0 (New: 0 ReBooked: 0)	N/A	N/A
42	BELINDA	ASH	1	1 (New: 1 ReBooked: 0)	N/A	N/A

Customer Details

The following table, shows all the customers that have made assessments within the reporting period. This includes both new customers and those that have rebooked, grouped by Instructor.

ID	First Name	Last Name	New	ReBooked Any Instructor	ReBooked This Instructor	ReBooked	Avg Days Between Assessments
	CALLIE	ACKLING					
29017	KHADRA	ABDI	Y			N	
	BELINDA	ASH					
29173	SAM	AGOSTA	Y			N	

Report Explanation

Summary Totals Description

Total Assessments:	Total number assessments made in this reporting period.
Total Customers:	Total number of customers receiving assessments within this reporting period. This includes New and Rebooked customers.
Number ReBooked Any Instructor:	Number customers that have rebooked, regardless of who the instructor was in their previous assessment.
Number ReBooked This Instructor:	Number customers that have rebooked, and their previous assessment was also booked with this instructor.
Percentage ReBooked Any Instructor:	$(\text{Number ReBooked with Any Instructor} / \text{Total Number Customers}) * 100$
Percentage ReBooked This Instructor:	$(\text{Number ReBooked with This Instructor} / \text{Total Number Customers}) * 100$

Health and Wellness Report

This report is designed to gauge the performance of the YMCA's impact on Health & Wellness within the community. This report has been designed to the specifications of the Victorian YMCA based on the requirements of the Health & Wellness taskforce.

The report tracks the changes between Health & Wellness goals between two periods. It is designed to show the difference in areas across the date ranges depending on the section criteria used.

For example specific campaigns may have been run to get Men over 50 to reduce their risk of Type 2 Diabetes by attending the facility at least twice a week.

If you select for this report the selection criteria below;

- Select for example March 1st – June 30th 2012 for Period 1
- Select for example March 1st – June 30th 2013 for Period 2 (only up to the current date)
- The age brackets over 50
- Attendance 2,3 etc
- Select MALE gender only and select
- Type II Diabetes as the area

You will then get a report that shows the impact of the Type II Diabetes risks on each of the subsets of information over the two periods. Hopefully the numbers in second period would be reduced.

