OneNumber
Health System

Welcome to *OneNumber*™ *Pro*, our simple tool for healthy weight management. *OneNumber Pro* helps you manage your weight and get the nutrition you need — all tailored to your personal needs and objectives.

Why *OneNumber*™ *Pro*?
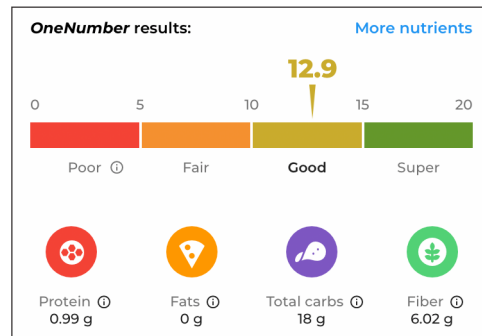### Because food labels *don't* work.

This typical food label below has thirty-eight numbers and fourteen food attributes. It'd be difficult for even a trained professional to determine whether this food is right for your unique health situation. *OneNumber Pro* reduces the complexity of food labels to a single number. From 0 to 20, it tells you instantly whether a food is right for you.

Food labels are built for the general population. But, due to many factors, your Calorie and nutrient needs are different from anyone else's. The first factor is your weight objective. Not everyone needs to lose weight; some need to maintain or gain. *OneNumber Pro* considers your personal weight objective when it rates foods for you. Has your doctor placed you on a low sodium, fat and/or cholesterol diet? If so, *OneNumber Pro* takes these restrictions into account and guides you toward appropriate foods and away from problem foods.

Food labels list Recommended Daily Allowances (RDAs) for the general population, but they rarely apply to you personally. Your RDAs will depend on your gender, age and dietary restrictions. A woman's RDA will change if she is pregnant, breast feeding, or in or beyond menopause. *OneNumber Pro* instantly tailors your RDAs to your specific health situation.

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230   Calories from Fat 40

	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 160mg	**7**%
Total Carbohydrate 37g	**12**%
Dietary Fiber 4g	**16**%
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

We may eat a dozen or more foods in a day, all with varying nutrient and energy content. At the end of 24 hours, we have no idea how we're doing overall. *OneNumber Pro* solves that. Our technology keeps a running account of your nutritional intake so at any time during the day, you can get a real-time report on your progress. No food label can do that.

OneNumber results: More nutrients

0   5   10   **12.9**   15   20

Poor ⓘ   Fair   **Good**   Super

Protein ⓘ   Fats ⓘ   Total carbs ⓘ   Fiber ⓘ
0.99 g   0 g   18 g   6.02 g

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The *OneNumber* system

At the heart of the app lies our unique, patent-pending food-rating system. Using this, *OneNumber Pro* first examines the food attributes, then matches them to your unique needs. Whether you are grocery shopping, dining in one of 783 restaurant chains, or just raiding your pantry for a snack, the system personalizes foods to you. Your only task is to select foods with higher numeric ratings — ideally, 10 and above.

The *OneNumber* dial

As you consume and log food throughout your day, the *OneNumber* dial aggregates the cumulative weighted average quality of everything you've eaten since midnight. Simply keep this indicator in the green and you'll be eating the right stuff.

The "Body Fat"/"Body Mass" dial

If we extract more Calories from our food than we burn, we store the extra Calories as fat. If we burn more than we consume, our bodies take Calories out of storage (mainly in the form of fat) to propel us, so fat cells shrink and we become slimmer. Our Body Fat/Body Mass dial turns this natural phenomenon into a vivid motivator.

For most of us, thinking in tablespoons is more understandable and graphic than thinking in Calories. So the dial (which becomes either "Body Fat" or "Body Mass" in response to the weight preference indicated in your profile) converts your Calorie consumption into tablespoons of fat gained or lost since midnight. If you are running a deficit, the needle moves to green. If you're maintaining a surplus, red. The colors will reverse if your profile objective is to gain weight.

As you consume and log food throughout your day, the OneNumber™ *dial aggregates the cumulative weighted average quality of everything you've eaten since midnight. Simply keep this indicator in the green and you'll be eating the right stuff.*

When you awaken in the morning, you'll see that you've already lost a few tablespoons of fat for the day — and all you've done is sleep! That's because most of the Calories an average person burns are consumed by normal body functions like maintaining body temperature, breathing, or circulating blood, all which continue while we're asleep. When you awaken and see that you're already down a few tablespoons, you are more likely to maintain your momentum with a nutritious, high-*OneNumber* low-calorie breakfast. That same motivation carries over to snacks and other meals. Keep watching that Body Fat dial!

Random variations in your body's water content will affect your morning weight. Don't panic if your fat loss doesn't show up in your morning weigh-ins. Using *OneNumber Pro* over time, your cumulative fat loss will exceed these water content fluctuations and you'll see it register on the scale as weight loss.
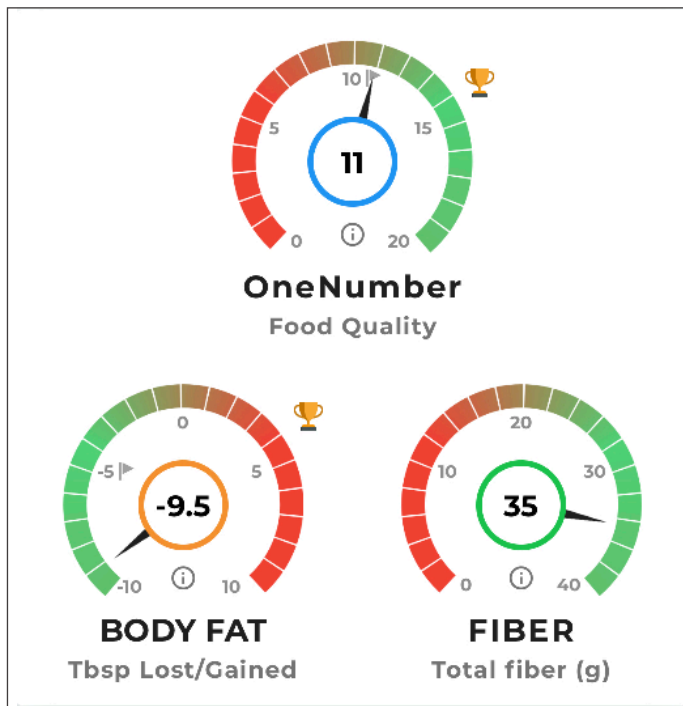
Fiber, the wonder nutrient

Fiber is the only nutrient that earns its own high-profile spot on the dashboard. That's because, despite its mundane reputation for promoting regularity, it does much more. It helps regularity and that's very important, but it also prevents or reduces the risk of a multitude of other problems like obesity, gut disorders, and type 2 diabetes. Studies also show that high-fiber diets are associated with a decreased susceptibility to — and risk of death from — coronary heart disease and colon cancer. A high-fiber diet also strengthens the immune system by promoting the body's manufacture of short-chain fatty acids that are so important to health.

Nationally, some 95% of Americans fail to get the fiber they need. One reason we eat too little of it is that fiber is only available in plant-based foods and Americans tend to consume more animal-sourced foods. Also, many plant sources require excessive consumption to glean a small amount of fiber. For example, a 40-year-old man needs 38 grams of fiber daily. To get this from say, cucumbers would require him to eat about 17 pounds of cucumbers every day. No *thanks*!

We hope this guide will help you navigate through the many features in *OneNumber Pro*. If you have any questions, please visit our website at www.*OneNumberHealth*.com. 1‡

HOME SCREEN
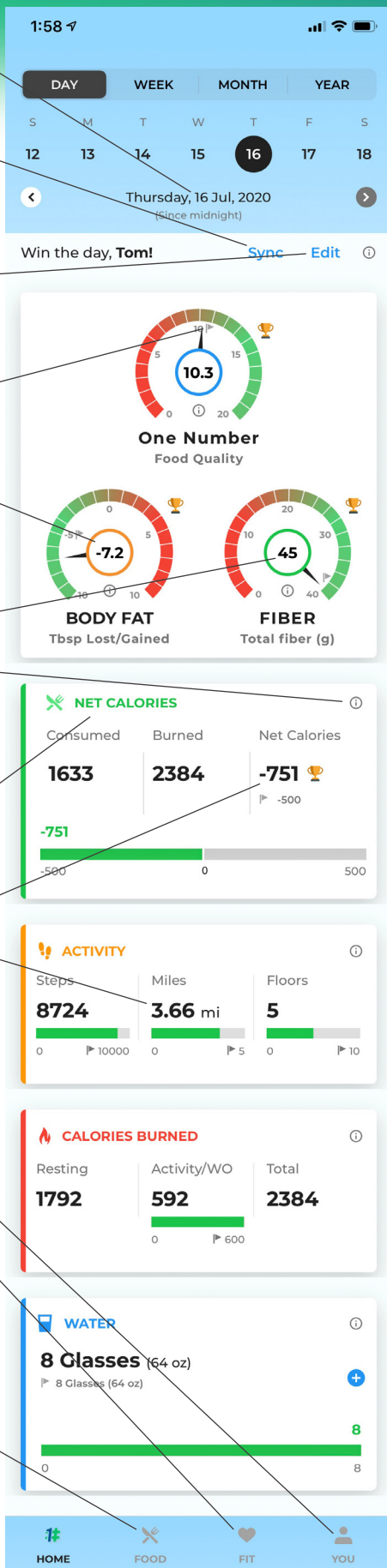
Tap to view calendar

Tap "Sync" to update your activity data

Tap "Edit" to customize your home page layout

Your food quality is good so far today. Ahead of goal!

Great! You've lost 7.2 tablespoons of fat since midnight!

Need more fiber? Fresh blackberries are a great dessert!

Tap "i'" for more info
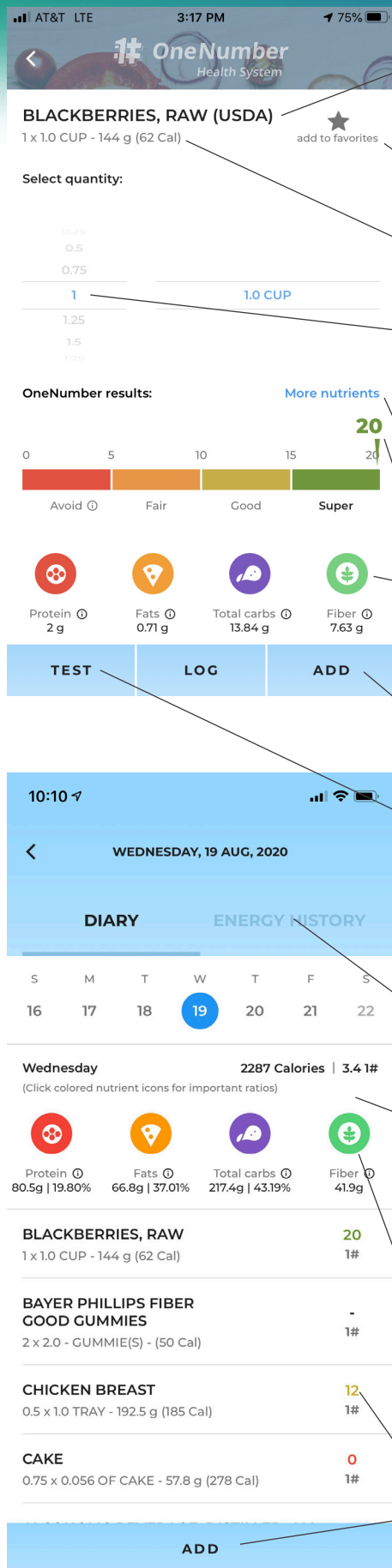
Tap anywhere in this panel for Energy History graphs

A great day going! Don't mess it up at dinner!

Time to get moving!

• View/edit your:
  • Health Profile
  • Diet Restrictions
  • Weight
  • Weight Objective
  • Preferences
  • Activity Goals
  • Admin. Details

• Enter workouts

• Search/log food
• Today's Diary
• Shopping Tips
• Restaurant Menus
• Test Food
• Build Meals
• Food Details
• Nutrition History

Home Screen mockup

1:58

| DAY | WEEK | MONTH | YEAR |

S	M	T	W	T	F	S
12	13	14	15	16	17	18

Thursday, 16 Jul, 2020
(Since midnight)

Win the day, **Tom!** Sync Edit

10.3

One Number
Food Quality

-7.2

BODY FAT
Tbsp Lost/Gained

45

FIBER
Total fiber (g)

🍴 NET CALORIES

Consumed	Burned	Net Calories
1633	**2384**	**-751** 🏆

⚑ -500

-751

-500   0   500

👣 ACTIVITY

Steps	Miles	Floors
8724	**3.66** mi	**5**

| 0 ⚑ 10000 | 0 ⚑ 5 | 0 ⚑ 10 |

🔥 CALORIES BURNED

Resting	Activity/WO	Total
1792	**592**	**2384**

0   ⚑ 600

💧 WATER

8 Glasses (64 oz)
⚑ 8 Glasses (64 oz)

8

0   8

| 1# HOME | 🍴 FOOD | ♥ FIT | 👤 YOU |

FOOD DETAIL

Food data source

Tap to add food to your Favorites list

Portion size and Calorie content

Swipe to adjust portion size

Tap to see micronutrients for this food

OneNumber™ rating

Macronutrient panel for this food

Tap to add another food to your logging process

Test how this food could affect your daily numbers

Food Detail mockup

📶 AT&T LTE   3:17 PM   75%

OneNumber
Health System

BLACKBERRIES, RAW (USDA)
1 x 1.0 CUP - 144 g (62 Cal)

⭐ add to favorites

Select quantity:

0.25
0.5
0.75
1   **1.0 CUP**
1.25
1.5
1.75

OneNumber results: **More nutrients**

20

0	5	10	15	20

| Avoid ⓘ | Fair | Good | **Super** |

Protein ⓘ	Fats ⓘ	Total carbs ⓘ	Fiber ⓘ
2 g	0.71 g	13.84 g	7.63 g

| **TEST** | **LOG** | **ADD** |

TODAY'S FOOD DIARY

Tap for Energy History graphs

Panel shows macronutrient status since midnight.

Tap round icons for daily summary of animal/plant sources and carbohydrate types

List of foods you consumed since midnight, with their *OneNumber* ratings at right

Tap to add foods to your Diary

Today's Food Diary mockup

10:10

‹   WEDNESDAY, 19 AUG, 2020

DIARY   ENERGY HISTORY

S	M	T	W	T	F	S
16	17	18	**19**	20	21	22

Wednesday   2287 Calories | 3.4 1#
(Click colored nutrient icons for important ratios)

Protein ⓘ	Fats ⓘ	Total carbs ⓘ	Fiber ⓘ
80.5g	19.80%	66.8g	37.01%	217.4g	43.19%	41.9g

BLACKBERRIES, RAW   20
1 x 1.0 CUP - 144 g (62 Cal)   1#

BAYER PHILLIPS FIBER GOOD GUMMIES   -
2 x 2.0 - GUMMIE(S) - (50 Cal)   1#

CHICKEN BREAST   12
0.5 x 1.0 TRAY - 192.5 g (185 Cal)   1#

CAKE   0
0.75 x 0.056 OF CAKE - 57.8 g (278 Cal)   1#

ADD

MY PROFILE

To find my Profile:
- Tap the YOU icon at bottom right

To edit my Profile:
- YOU > Profile

To edit my Preferences:
- YOU > Weight Goals/Diet Restrictions
- YOU > Nutritional Defaults/Preferences**
- YOU > Daily Activity Goals
- YOU > Data Sources (to select a fitness device)
      See page 5 for detailed instructions.
- YOU > Change Password

HOME SCREEN

To view the three-dial *OneNumber*™ *Pro* dashboard:
- Tap the HOME icon at bottom left

List of HOME features:
- *OneNumber*™ (Food Quality) dial
- Body Fat (Tbsp Lost/Gained) dial
      (Note: label will change to "Body Mass" if the
      profile objective is to gain weight)
- Fiber (Total Fiber g) dial
- Net Calories (Consumed, Burned, Net)
- Activity (Steps, Miles, Floors)
- Calories Burned (Resting, Active, Total)
- Water (consumed by ml or oz)

To display the calendar:
- Tap the full date at top

To rearrange the HOME layout:
- Tap "Edit," hold down on a field until it becomes active,
      move to desired location. Tap "Save."

DINING OUT

To determine which restaurants and menu items are best for my health goals and restrictions:
- FOOD > Dining Out > Search Restaurant (enter the
      restaurant in consideration) > select from list >
      view menu items ranked from best to worst

AT THE GROCERY

To quickly discover a food's *OneNumber* ratings:
- FOOD > tap Barcode icon > Scan

To shop healthiest food items:
- FOOD > 1# Shopping Picks & Pans > select food group >
      view list of foods ranked from best to worst

SEARCH/LOG FOOD

To search by Barcode scan:
- FOOD > tap Barcode icon > Scan

To search by typing:
- FOOD > Search Food > type > select food from list

To search by voice:
- FOOD > tap microphone icon > speak > tap "Done" > select

To search from Favorites:
- FOOD > Favorites > select

To search from Recently Eaten:
- FOOD > Recently Eaten > select

To search from Saved Meals:
- FOOD > Saved Meals > select

To search from restaurant menus:
- FOOD > Dining Out > select restaurant > select menu item

To build a favorite meal or recipe:
- FOOD > Saved Meals > (follow steps to) Build Meal

To add a food to my Favorites list:
- FOOD > search/select food > tap "Add to Favorites"

To log food for a previous day:
- FOOD > Today's Food Diary > change date > log food

To remove a logged food:
- FOOD > Today's Food Diary > tap item > Remove

TRACKING MY NUTRIENTS

To view my percent of total "protein from plants," "fats from plants," "carbs from sugars" and "carbs from fibers":
- FOOD > Today's Food Diary > tap the round icons for
      "Protein," "Fats," "Total Carbs," and "Fiber"

To view my Calories, Macronutrients, Minerals, Vitamins, Fatty acids/Others:
- FOOD > Today's Food Diary > tap food > More Nutrients

To view my macronutrient history:
- FOOD > Nutrition History > scroll down

To view my micronutrient history:
- FOOD > Nutrition History > swipe/tap "Diet Balance,"
      "Vitamins," "Minerals," "Fatty Acids/Others"

TRACKING MY EXERCISE

To sync to my tracker:
- HOME (dashboard) > Sync

To enter an exercise session:
- FIT > Log Workout

To delete an exercise session:
- FIT > Edit

DATA SOURCES

Choosing Data Sources

OneNumber™ Pro is very flexible in working with your smart phone and/or activity tracker to estimate your calorie burn. This guide will help you select the setup that best fits your lifestyle. First, find the situation that describes your needs, then follow the navigation shown.

1. *I wear or carry an advanced activity tracker, like Apple Watch, some Fitbit models, and others, that measures my activity and calculates my calorie burn.*

You must choose whether you want to use the formulas embedded in the tracker to convert activity to Calorie burn, or simply capture the tracker's activity records and use *OneNumber Pro*'s embedded formulas to convert your activity to Calorie burn.

Navigation:
YOU > DATA SOURCES > SELECT TRACKER (Fitbit or Other) > CHOOSE (*OneNumber Pro* or tracker) FORMULAS > CONTINUE

2. *I wear or carry an activity tracker that measures activity but does not calculate my calorie burn.*

Navigation:
YOU > DATA SOURCES > SELECT TRACKER (Fitbit or Other) > SELECT ONENUMBER FORMULAS > CONTINUE

3. *I don't wear or carry a tracker. However, I have my phone with me all day and want to use its step counter to estimate my activity.*

Navigation:
YOU > DATA SOURCES > SELECT OTHER TRACKER > SELECT ONENUMBER FORMULAS > CONTINUE

4. *I don't wear or carry a tracker and I don't always have my phone with me. I'd like* OneNumber Pro *to estimate my Calorie burn based on my personal data and lifestyle description.*

Navigation:
YOU > DATA SOURCES > NO TRACKER > OK

Compatibility

OneNumber Pro is compatible with Fitbit and any tracker that is compatible with Apple Healthkit or Google Fit. This includes Apple Watch on iPhone and many other iPhone and Android trackers.

fitbit.   HealthKit   Google Fit