

KAM: Advanced Exercise Tracking Device

The Kinetic Activity Monitor (KAM) gives you an easy way to prescribe, measure, and monitor physical activity. Designed with state-of-the-art tri-axial accelerometer technology, it measures the frequency, intensity, and duration of movement.

Simple. Patients simply clip the small, portable device to their waistband or belt to earn KAM points as they move throughout the day. KAM data can be uploaded via any personal computer to myFLTools.com to track activity over time.

Unique. Unlike other activity metrics (e.g., calories, steps), the KAM point is normalized. Each KAM point represents a 1% increase in energy expenditure over an individual's unique resting metabolic rate. With this normalized metric, you can prescribe and measure patient adherence to a specific KAM point threshold.

Kinetic Activity Monitor. It is like nothing else.

Change Modes to Check:

- KAM Points: 27
- Zone Minutes: 32
- Calories: 286

Zones

- Life Zone (less than 2 mph)
- Health Zone (2-4.5 mph)
- Sport Zone (over 4.5 mph)

Change Zones
Press to change when in Zone Mode.

Clock
3:55 PM
Clock sets automatically when docked to your computer.

KAM Mover
Start Date: 11/10/2012, End Date: 11/10/2012
Your goal is to get at least 50 points a day for 30 out of 30 days. **89%** Complete

KAM Points
Bar chart showing daily KAM points over a period of 30 days.

Designed for more rewarding outcomes—myFLTools.com

Patient Portal

- View customized menu plan based on calories and other dietary factors (e.g., low glycemic load, gluten free, metabolic detoxification)
- Download the KAM driver and upload KAM activity points
- Take Qscore health assessments
- Monitor progress via clear, clean graphs and reports

Practitioner Portal

- Create personalized treatment plans online—including food plans and recommendations for exercise and nutritional supplementation
- Monitor patient's exercise compliance via KAM data
- Track biometric results and Qscore assessments
- Utilize practice tools for financial forecasting and more

FirstLine Therapy Admin
Welcome Dr. Eagle
Patient Record: Smith, John A.
General Info | Qscore | KAM | FLT | Biometrics

FirstLine Therapy KAM
KAM Points: Average Day
KAM Point Stats
Best above target: 28 pts
Worst KAM pts: 28 pts
Lowest KAM pts: 2 pts
Average KAM activity score: 28 pts
Average KAM pts/Day: 28 pts
Total KAM pts: 28 pts

My Qscore
68
88
My Health Summary

To order, contact your Metagenics Representative or Customer Service or call:

800 692-9400 US 800 268-6200 Canada
www.metagenics.com

Advanced Tracking & Motivational Tools for Greater Compliance



My Health Summary

My Qscore
68
88

My Life Balance

My Heart Health

My Activity

My Weight

What Can I Do?
Good Caution Danger

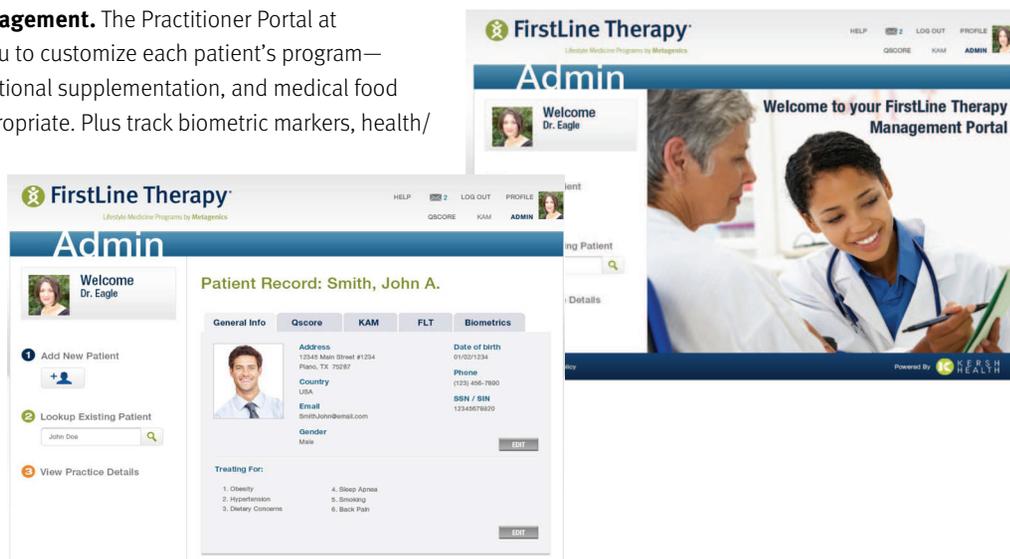
FirstLine Therapy
Lifestyle Medicine Programs by Metagenics

New Web Portal for FirstLine Therapy Patients & Practitioners

Participating healthcare practitioners and their patients can now benefit from innovative online resources at myFLTtools.com that make FirstLine Therapy even easier to administer and monitor patient progress.

Enhanced Practice Management. The Practitioner Portal at myFLTtools.com allows you to customize each patient's program— menu plan, exercise, nutritional supplementation, and medical food recommendations as appropriate. Plus track biometric markers, health/ risk assessments, and physical activity for each patient.

Program supervision and recommendations have never been easier. The portal also includes other practice management tools for greater rewards.



Enhanced Patient Experience. Each patient will have their own personal website to view individual program details. They'll be able to track biometric measures over time and upload physical activity data from a portable activity monitor (KAM).

Patients will also have a greater understanding of their risk factors with unique health reports (Qscore) that explain areas of greater concern and tips on what they can do to reach their best possible health.

It's a strong motivational tool to promote optimal program compliance—because patients actually “see” progress as they work toward better health.



The Qscore: Next Generation Health Assessment

This revolutionary health assessment helps quantify a patient's accumulated risk factors and help communicate both current and optimal health status.

Science-Based. The Qscore assessment utilizes a series of scientifically based questions and biometric data (e.g., blood pressure/lipids, weight) to assign patients a number from 0 to 100, indicating current health status. The higher the Qscore, the healthier the patient.

Actionable. Each Qscore report details individual health status in 6 major categories:

- heart health
- activity
- weight
- life balance
- nutrition
- prevention

Practitioners can then focus on the patient's greatest risk factors to apply the appropriate treatment plan. This report also calculates an Optimum Q that patients should strive to achieve as they comply with program guidelines and improve biometrics.

