Use it and Lose It!

Enter through the Boston Heart Diagnostics Patient Portal under the Journal tab or at https://www.loseit.com.

HOW TO : Enable Nutrient Tracking on *Lose It!*

Go to Settings. Click on Nutrient Preferences in the menu on the left. Check off all the nutrients listed. Then, go to Home and start logging your food and exercise. Go to Reports to see your daily/weekly summary of calories and nutrients. Also in Reports, click on Nutrients in the menu on the left, to see your percentage of carbohydrates, proteins, and fats.

HOW TO : Create a Recipe on *Lose It!*



Go to the Settings tab and select Recipes from the menu on the left. Click New. Name your recipe and select the number of servings the recipe makes (e.g., if you are making tacos to feed a family of 5, select 5 for the serving size and when you later go to log tacos select that you had 1 serving). Click Edit to add all the ingredients in your recipe until complete.

HOW TO : Make a Custom Food or Custom Exercise on *Lose It!* You can accomplish this two ways:

1. Select Add Food or Add Exercise. At the top of any meal or exercise screen click Create Food or Create Exercise. Enter all known information about the food or exercise and select Add at the bottom right.
2. Click Settings. Select either Custom Foods or Custom Exercises then choose New.

HOW TO : Edit Custom Foods, Custom Exercises, or Recipes on *Lose It!* Go to the Settings tab and select Custom Foods, Custom Exercises, or Recipes from the menu on the left. Select the item you wish to edit and make your changes.

HOW TO : Add Friends on *Lose It!*

Go to Community and click Add Friend. Enter your friend's email address. If no address is associated with Lose It!, it may be necessary to click Invite and ask your friend to join you on Lose It!

HOW TO : How to Communicate with Friends on *Lose It!*

Lose It! shares select information with the friends you choose. You can edit your privacy preferences under the Settings tab, Edit Privacy. Here, you select what you want your friends to see, such as, daily/weekly status, most recent meal and exercise, weight chart or goals, and your activity feed. To view what your friend is up to, go to the Community tab, click on Friends List and select the friend. You can also write a comment here then click Share button to post it. Sending an email is also an option on this page.

HOW TO : Share Custom Foods, Custom Exercises, or Recipes on *Lose It!* Go to the Settings tab and select Custom Foods, Custom Exercises, or Recipes from the menu on the left. Enter one or more friends to include and click the Share button.

For more information on *Lose It!*, including how to create an account on your iPhone, iPad or Android device, visit: https://loseit.desk.com.

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