Generating Patient Profile with MedGem® Analyzer Software

Following the MedGem Assessment you will need to generate a nutritional and activity program using the MedGem result. Follow the instructions below to ensure an accurate program for each patient.

Generating a Patient Profile

1. Open your MedGem Analyzer Software. Ensure you have the patient's completed MedGem Analyzer Questionnaire when completing the profile.

2. Click on the **Add a new Client Icon** .

3. Enter the Participants Name, DOB, and Gender and Click Save.

4. Click the **Enter a New Measurement Icon** . Enter the Participants RMR from the Questionnaire and click OK.

5. Enter the Participants Height, Frame Size, and Bodyweight.

6. **Occupational:** Select occupational from the drop down menu, Select appropriate work hours per week and select the appropriate sleep hours.

7. **Exercise Plan:** Refer to individual 0-10 response for exercise. Chose one of the following levels based on the individual score. (*It is recommended that individuals achieve 30 minutes of light to moderate physical activity most days of the week.*)

   0-3 Very Light   4-5 Light   6-7 Moderate   8-9 Vigorous   10 Very Strenuous

8. **Weight Plan:** Enter the desired bodyweight goal and goal date. The rate of weight loss should be between **0.5 and 1.5 lbs** per week. *(No plan should be below 1200 Kcals/day unless approved by a healthcare provider).*

9. **Notes:** Click on the **Notes Icon** and schedule next measurement for 6 months.

10. **Diet Plan:** Select the **USDA Dietary Guidelines**.

11. Click on the **Profile Report Icon** and print the report for the patient.

12. Click on the **Measurement Report Icon** , print and save the report in the patient's record.