

# DINE Healthy MD

## A PHYSICIAN / PROVIDER - PATIENT SOFTWARE SUITE TO IMPROVE NUTRITION AND HEALTH

DINE Healthy MD is the must-have suite for patient-centered care in nutrition. The suite includes an electronic Food Log for patients to record and email their food choice files to the physician/provider office, and software for the medical team to analyze these files. The result is nutritional graphics and nutrient detail for use by the medical team to motivate patients to improve their food choice behavior and achieve energy balance. The patented DINE Healthy analysis clearly indicates 'how well' or 'how poorly' patients are complying with established national guidelines and goals set by the medical team.

DINE Healthy MD establishes the medical practice as facilitators of patients' nutritional health. This is better than reliance on static diets or providing generalized dietary guidelines. The medical team can receive day-to-day food records to closely assist patients with their food choices and physical activity behaviors. DINE Healthy MD takes the guess-work out of food selections and checks for energy balance. It provides a mechanism for nutrient analysis to identify patients that are consuming diets high in fat, sodium, sugar and cholesterol and low in fiber and calcium. The medical team can develop dietary goals with patients that can be electronically reviewed to confirm compliance. Between office visits patients, the patients' software can be used to monitor their caloric intake and energy balance.

### DINE Healthy MD will:

- ◆ enable the medical team to monitor the food choices and nutritional habits of their patients,
- ◆ promote patient energy/nutrient balance and health,
- ◆ encourage enhanced communication between medical team and their patients.

Patient-centered care is defined by the Institute of Medicine as "care that is respectful of and responsive to individual patient preferences, needs, and values," and it is one of the key ingredients of health care quality.

Approximately 50% of physicians use email to communicate with patients and often recommend web sites to patients. Internet-based programs are increasing.

Patient-centered interaction influences patients' health through perceptions that common ground was achieved with the medical team. This improves communication, includes the patient in the care process, reduces no shows, and increases the efficiency of treatment by involving the patient.

### Medical Practice Costs:

DINE Healthy Nutrient Analysis, Diet Improvement software (Single Station):	\$ 129.00
Eating and Fitness Excellence eText:	Online

### Cost Per Patient:

DINE Healthy Food and Activity Log (Electronically Delivered, 6 Month Time Limited):	\$ 19.00
--	----------

### How It Works

#### Step 1 - Preparation

Patients electronically download (via email or website) the DINE Healthy Food and Activity Log for home use.

#### Step 2 - Recording

Patients complete the Food and Activity Log. Patients click 'Send' to submit their Log to the physician / provider office.

#### Step 3 - Analysis

The medical team analyzes patient's Food and Activity Logs. Notes: nutrition goals, energy balance, protein intake, fluid consumption, nutrient balance, snack selections, and meals.

#### Step 4 - Intervention

The medical team, using the online printouts and Eating and Fitness Excellence eText, motivate patients to improve their food choices and physical activity for weight loss, energy balance, and improved nutritional health.

Software meets HIPAA and FERPA requirements.

<http://www.dinesystems.com> For sales or product information, please contact (800) - 688 - 1848 or [info@dinesystems.com](mailto:info@dinesystems.com)  
DINE® is a registered trademark of DINE Systems, Inc. © 2008 DINE Systems, Inc.