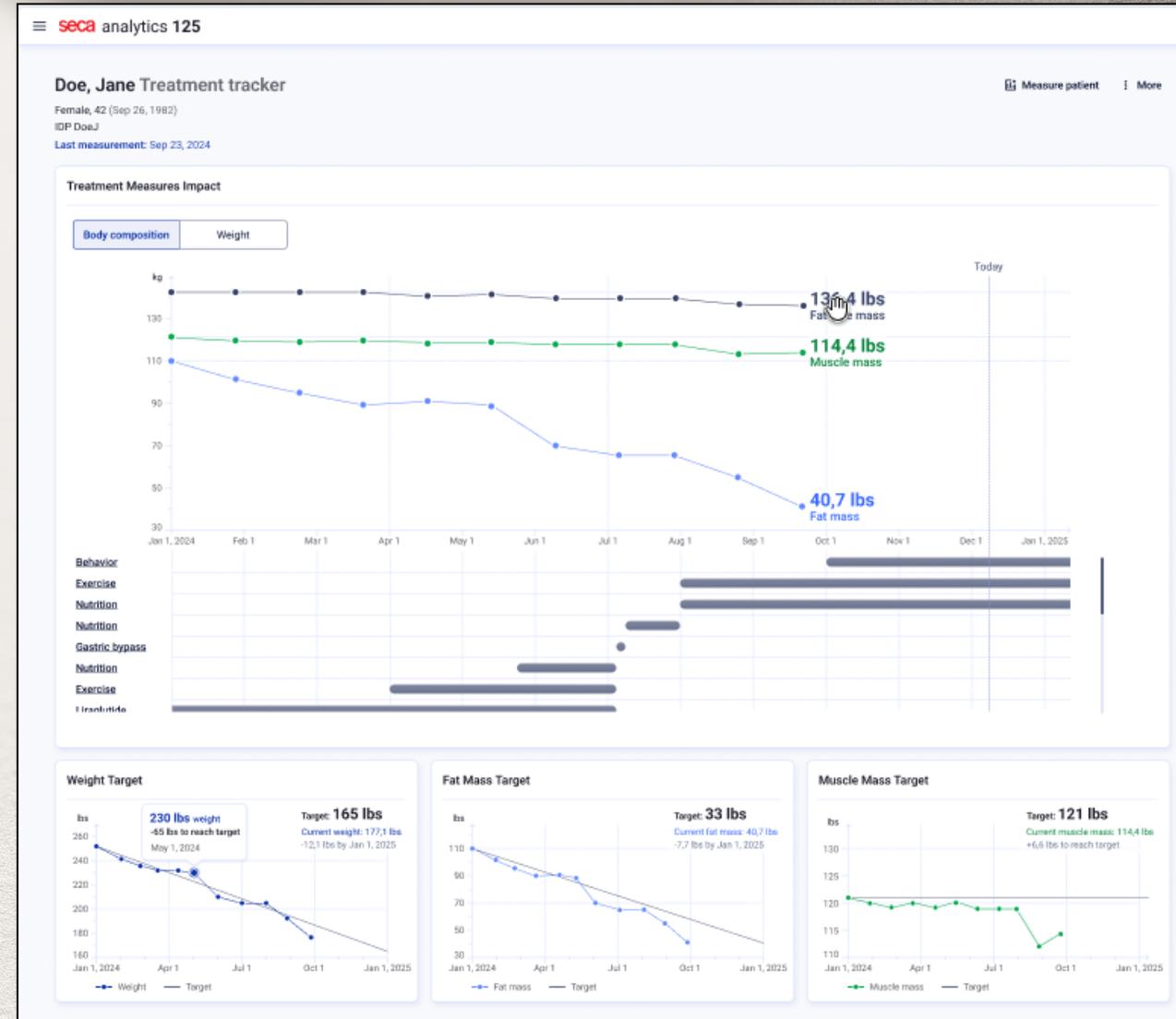


Cardiometabolic Treatment Tracker Educational Guide

Track. Visualize. Adjust.

Available in Analytics 125
Login to explore the Treatment Tracker and optimize patient care.



Cardiometabolic Treatment Tracker Educational Guide

Track. Visualize. Adjust.

Purpose of this Guide

This guide introduces seca's Treatment Tracker, a new software feature that integrates body composition data with patient treatment plans.

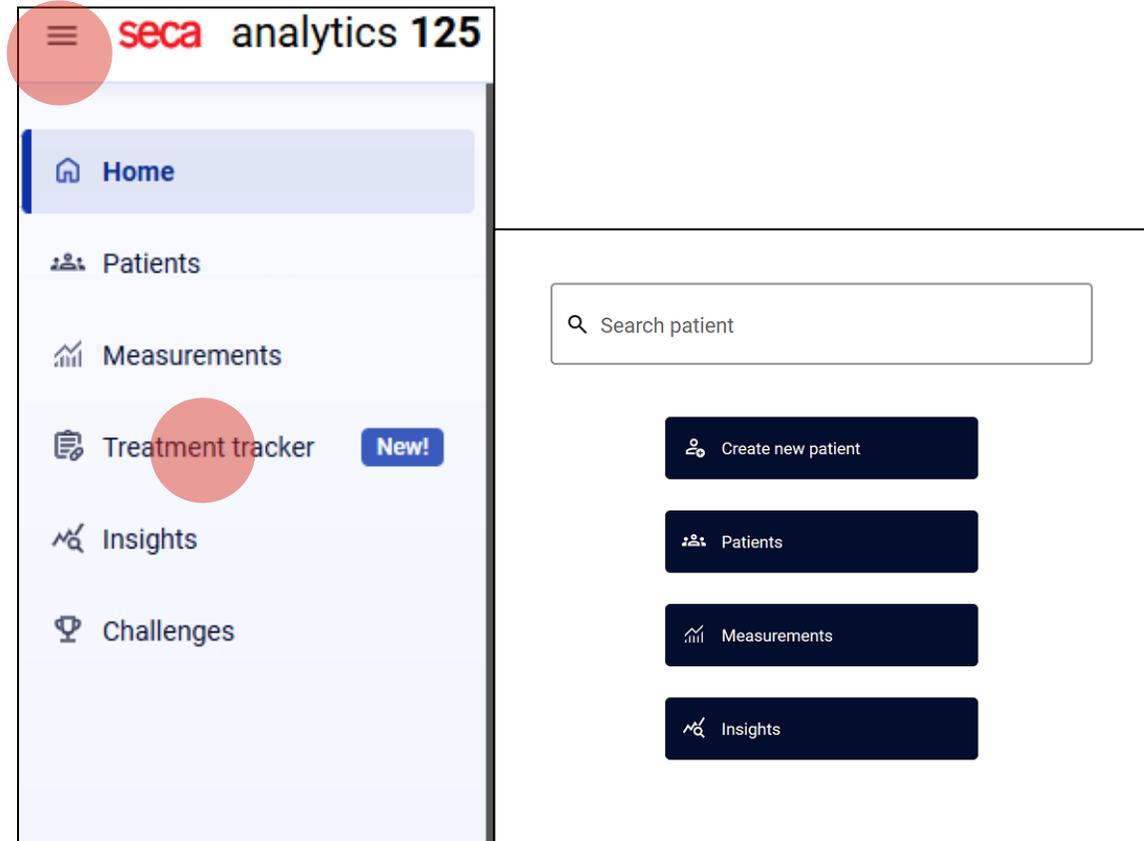
What is the Treatment Tracker?

Instead of viewing body composition data and treatments separately, Treatment Tracker connects them in one place. Track interventions, visualize changes in fat, muscle, and fat-free mass, and adjust treatment plans based on real-time data.

Creating Your First Treatment Tracker

Open the Treatment Tracker

From the menu,
select **Treatment Tracker**



Treatment Tracker Landing Page

Click **Start your first treatment** to create your first patient treatment tracker

Observe. Act on it.

Make confident treatment decisions with ease —
everything you need is now in one convenient place.

Start your first treatment

***This screen will only appear until the very first time you create a treatment.**
You will be taken to Treatment Tracker page directly for future measurements



Subsequent Tracked Treatment Menu

← Home

Treatment trackers

🔍 Search patient name or IDP

[New treatment tracker](#)

Patient	IDP	Start	End	Ongoing for
Bennett, Emma Female, 32 (Dec 3, 1992)	BennettE	Aug 17, 2023	Ongoing	1+ year
Carter, Liam Male, 39 (Aug 15, 1985)	CarterL	Aug 17, 2024	Ongoing	< 1 year
Davis, Olivia Female, 23 (Apr 22, 2001)	DavisO	Aug 17, 2022	Ongoing	2+ years
Edwards, Noah Male, 29 (Oct 10, 1995)	EdwardsN	Aug 17, 2021	Ongoing	3+ years

Select New treatment tracker

New treatment tracker

Adding Treatment Measures

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← Treatment trackers

New treatment tracker

1 Treatment measures

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

1 Treatment measures

Q Doe

Doe, Jane
Sep 26, 1982 (42 y/o)
Female
IDP DoeJ

Doen, Josh
Jan 21, 1992 (32 y/o)
Male
IDP DoenJ

Doen, Alex

Surgeries & procedures Exercise, nutrition, etc.

Next

Enter Patient Name
Type the name in the search field

Select a Patient
Click a name from the dropdown

Measurement Requirement

← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

Search: Doe, Jane ✓ Recently measured

Ongoing and upcoming treatment measures
(you can modify or add treatment measures later)

- + Add medications
- + Add surgeries
Surgeries & procedures
- + Add other
Exercise, nutrition, etc.

Next

The patient must be measured within 24 hours to start the Treatment Tracker (shown in green)

Otherwise, you will receive this message:

ⓘ Please measure the patient before proceeding.

To ensure accurate treatment observation, the last measurement must not be older than 24 hours.

📏 Measure patient

Adding Treatment Details

Add Treatment Measures
Click **+ Add** and select relevant measures (e.g., medication, surgery, other)

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← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

1 Treatment measures

Search: Doe, Jane ✓ Recently measured

Ongoing and upcoming treatment measures
(you can modify or add treatment measures later)

- + Add medications
- + Add surgeries
Surgeries & procedures
- + Add other
Exercise, nutrition, etc.

Next

Add Medication

The screenshot shows a form titled "Add medications" with the following fields and callouts:

- Medication name ***: A text input field containing "Orlistat". A callout box above it says "Enter the medication name. A list will prepopulate as you type". A dashed arrow points from the callout to the input field.
- Start date ***: A date input field with a calendar icon and the format "DD / MM / YYYY". A callout box to its left says "Enter the medication start date". A dashed arrow points from the callout to the input field.
- End date (optional)**: A date input field with a calendar icon and the format "DD / MM / YYYY".
- Short comment (optional)**: A text area with a character count "0/300". A callout box to its right says "Optional: Include dosage after the name or in comments". A dashed arrow points from the callout to the text area.
- + Add another medication**: A button at the bottom of the form. A callout box to its left says "To add more medications, select + Add another medication". A dashed arrow points from the callout to the button.
- Buttons**: At the bottom right, there are "Cancel" and "Add" buttons. A callout box below the form says "Once complete select Add". A dashed arrow points from the callout to the "Add" button.

Edit Medication

← Treatment trackers

New treatment tracker

1 Treatment measures

1 Treatment measures

2 Patient history (optional)

Search: Doe, Jane Measured recently

Ongoing and upcoming treatment measures
(you can edit or add measures later)

- + Add medications
- + Add surgeries
Surgeries & procedures
- + Add other
Exercise, nutrition, etc.

Added medications

GLP-1 (18. März 2025 - Ongoing)

Next

Once you add medication it will appear here you can click the name to edit

Add more treatment measures or click next

Add Surgeries & Procedures

The screenshot shows a form titled "Add surgeries and procedures" with the following fields and elements:

- Surgery / procedure name ***: A text input field containing "Bariatric".
- Surgery / procedure date ***: A date input field with the format "DD / MM / YYYY", a calendar icon, and an information icon.
- Short comment (optional)**: A text area with a character count of "0/300".
- + Add another surgery / procedure**: A button with a plus sign.
- Cancel**: A text button.
- Add**: A dark blue button with a red circle highlight.

Four instructional callout boxes are present:

- Top Left:** "Enter the surgery or procedure name" with an arrow pointing to the name input field.
- Top Right:** "Add the start date of the procedure or surgery" with an arrow pointing to the date input field.
- Bottom Left:** "If the patient had multiple procedures click + **Add another**" with an arrow pointing to the "+ Add another surgery / procedure" button.
- Bottom Right:** "Only the procedure name and date are required once complete click Add" with an arrow pointing to the "Add" button.

Edit Surgeries & Procedures

The screenshot shows a user interface for managing treatment measures. At the top, a search bar contains the name 'Doe, Jane' with a magnifying glass icon on the left and a close 'X' icon on the right. Below the search bar, there is a green checkmark and the text 'Measured recently'. Underneath, a section titled 'Ongoing and upcoming treatment measures (you can edit or add measures later)' contains three buttons: '+ Add medications' with a syringe icon, '+ Add surgeries Surgeries & procedures' with a pencil icon, and '+ Add other Exercise, nutrition, etc.' with a bottle and glass icon. Below these buttons, there are two lists: 'Added medications' with the entry 'GLP-1 (18. März 2025 - Ongoing)' and 'Added surgeries' with the entry 'Orbera balloon (27. Aug. 2025)'. At the bottom right, there is a dark blue button with a red circle and the text 'Next'. A vertical sidebar on the left shows a progress indicator with '1 Treatment measures' and '2 Patient history (optional)'. A red line points from the left towards the 'Orbera balloon' entry.

Once you add a procedure it will appear here. You can click the name to edit.

Add more treatment measures or click next

Add Other Measurements

The screenshot shows a dialog box titled "Add other measures" with a close button (X) in the top right corner. The dialog contains the following fields and controls:

- A dropdown menu labeled "Select measure *".
- A "Start date *" field with a calendar icon and a placeholder "DD / MM / YYYY".
- An "End date (optional)" field with a calendar icon and a placeholder "DD / MM / YYYY".
- A "Short comment (optional)" text area with a character count "0/300".
- A "+ Add another measure" link.
- "Cancel" and "Add" buttons at the bottom.

Three callout boxes provide instructions:

- A box on the left points to the "Select measure *" dropdown with the text: "Select nutrition, exercise or other relevant treatments".
- A box on the right points to the date fields with the text: "Add the start date; end date is optional".
- A box on the right points to the "Add" button with the text: "Once complete select Add".

Completing Treatment Details

1 Treatment measures

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

Search: Doe, Jane Measured recently

Ongoing and upcoming treatment measures
(you can edit or add measures later)

- + Add medications
- + Add surgeries
Surgeries & procedures
- + Add other
Exercise, nutrition, etc.

Added medications

- GLP-1** (18. März 2025 - Ongoing)

Added surgeries

- Intragastric balloon** (27. Aug. 2025)

Added other measures

- Exercise / physical activity** (25. März 2025 - Ongoing)
- Nutrition / diet** (12. März 2025 - Ongoing)

Next

After adding current treatment measures, select **Next**

Add Patient History

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← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

2 Patient history (optional)

Related past treatment measures (optional)

+ Add medication

+ Add surgery
Surgeries & procedures

+ Add other
Exercise, nutrition, etc.

i Add past treatment measures that have already concluded but still impact the current treatment.

Back Next

Log past treatment measures, such as medication, surgery, or other by clicking the + Add

Log any treatments past or current that could impact body composition (i.e. history of metabolic or bariatric surgery or procedure)

Edit Patient History

← Treatment trackers

New treatment tracker

2 Patient history (optional)

Related past treatment measures (optional)

+ Add medications

+ Add surgeries
Surgeries & procedures

+ Add other
Exercise, nutrition, etc.

i Add past treatment measures that **already ended / happened in the past but have an impact on this treatment.**

Added past medications
Liraglutide (17. März 2015 - 15. März 2016)

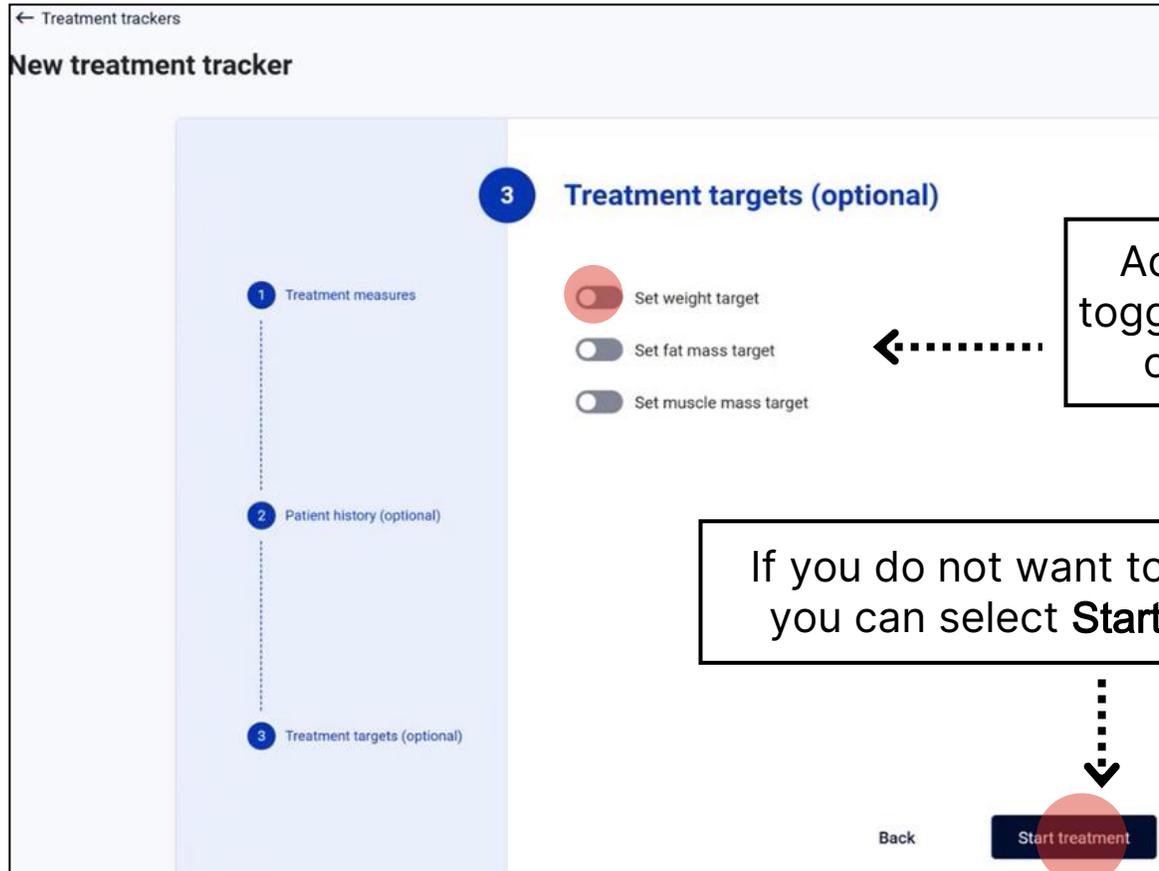
Added past surgeries
Orbera balloon (7. März 2017)

Back **Next**

Once you add the patient history, it will appear here. Click the name to edit.

Add more history or select next

Starting Treatment Targets



Add Treatment Targets by toggling on weight, fat mass, or muscle mass option

If you do not want to set goals, you can select **Start treatment**

Toggle Weight Target

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← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

3 Treatment targets (optional)

Set weight target

Target (lbs) Date to reach target (optional)

Current weight: 253 lbs

Target weight change:

Set fat mass target

Set muscle mass target

Back Start treatment

Toggle on **Set weight target**, then enter the goal weight and date.

Toggle Fat/Muscle Mass Target

← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

3 Treatment targets (optional)

Set weight target

Target (kg) Date to reach target (optional)

Current weight: 115 kg
Target weight change: - 40 kg (- 34,8%)

Set fat mass target

Set muscle mass target

Target (kg) Date to reach target (optional)

Current muscle mass: 55 kg
Target muscle mass change: 0 kg (0%)

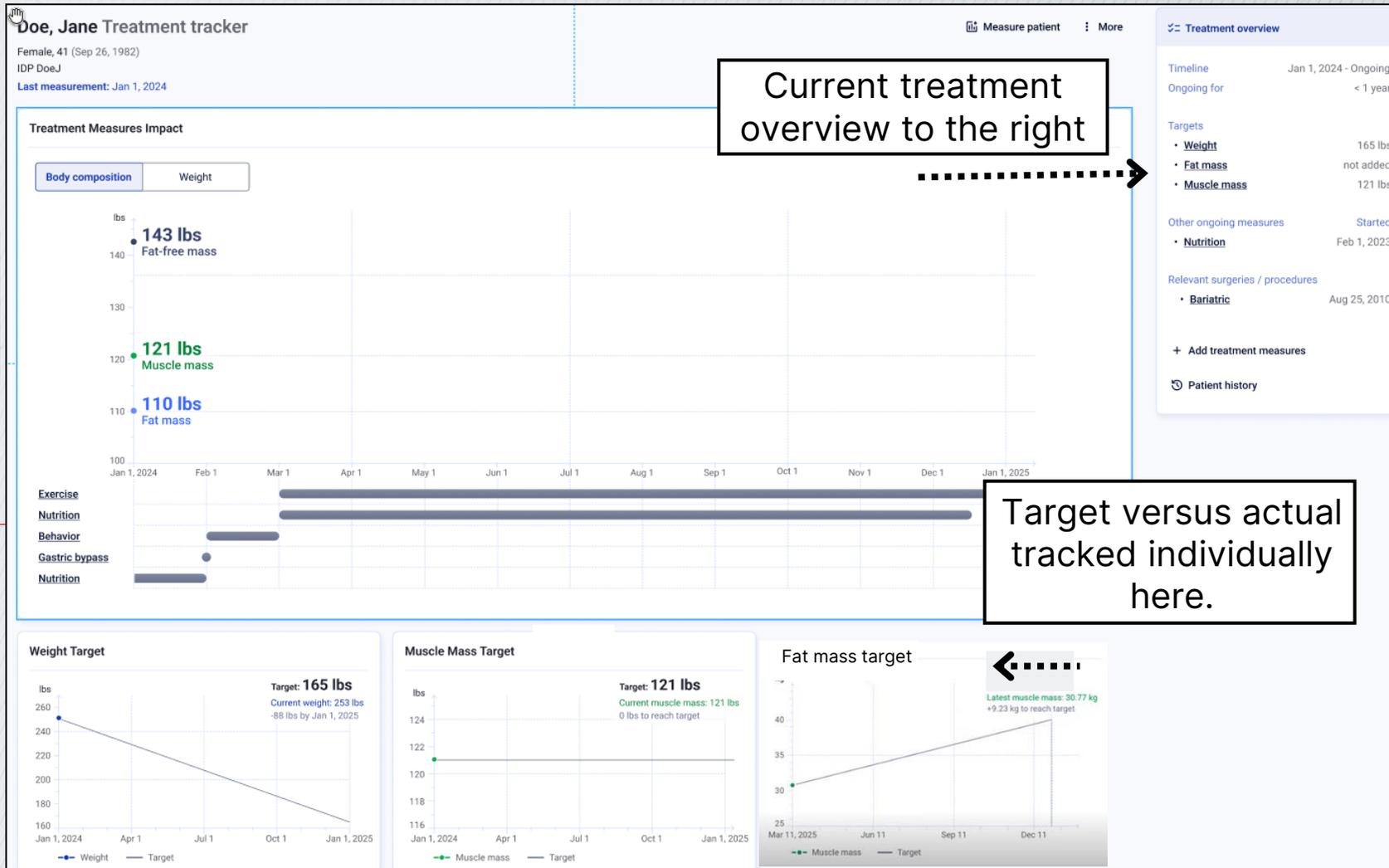
Back

The system will display the planned percent change

Turn on fat mass or muscle mass target and set goal

Once complete, select Start treatment

Viewing Initial Treatment Data



Expanded Treatment Overview

The screenshot shows a 'Treatment overview' panel with the following sections:

- Timeline**: Jan 1, 2023 - Ongoing
- Ongoing for**: 1+ year
- Targets**:
 - Weight: 165 lbs
 - Fat Mass: not added
 - Muscle mass: 121 lbs
- Ongoing medications**: Started
 - Liraglutide: May 1, 2023
- Other ongoing measures**: Started
 - Behavior: Dec 25, 2023
 - Exercise: Nov 25, 2023
 - Nutrition: Oct 25, 2023
- Relevant surgeries / procedures**:
 - Bariatric: Aug 25, 2010
- + Add treatment measures**
- 🕒 Patient history**

Callout boxes:

- A box on the left says: "Anything underlined can be edited under Treatment overview." Dotted arrows point from this box to the underlined items: Weight, Fat Mass, Muscle mass, Liraglutide, Behavior, Exercise, Nutrition, and Bariatric.
- A box below it says: "Add new treatments here". A dotted arrow points from this box to the "+ Add treatment measures" button.

Ongoing Treatment Plans

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← Treatment trackers

New treatment tracker

1 Treatment measures

2 Patient history (optional)

3 Treatment targets (optional)

1 Treatment measures

🔍 Doe, Jane

ⓘ Patient already has an ongoing treatment
Patient can only have one treatment plan at a time. Continue your work on the ongoing treatment, or end it to start a new one.

🔗 Open treatment tracker

Ongoing and upcoming treatment measures
(you can modify or add treatment measures later)

+ Add medications

+ Add surgeries
Surgeries & procedures

+ Add other
Exercise, nutrition, etc.

Next

ⓘ Patient already has an ongoing treatment

Patient can only have one treatment plan at a time. Continue your work on the ongoing treatment, or end it to start a new one.

🔗 Open treatment tracker

Note: A patient can only have one active treatment plan at a time you will see this message if you try to start a new plan while one is open

Opening the Treatment Tracker

Introduction to accessing existing Treatment Trackers.

2 Pathways

Path 1: Opening Treatment Plans

Step 1: From the 125 Home screen, select Patients.

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Search patient

Create new patient

Patients

Measurements

Step 2: On the Patients List, choose a patient.

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← Home Total patients: 3029

Create new patient

Sorted by: Last name ↑

ID	Name	Date of Birth	Sex	Ethnicity	Email
00013, - IDP: 100013		Jul 6, 1998 (26 y/o)	Male	Other	torsten.schiele@seca.com
001, Challenger IDP: C001		Sep 17, 1997 (27 y/o)	Male	Asian	ernestas.taraskevicius.test+C00...
Doe, Jane IDP: DoeJ		Aug 23, 2018 (6 y/o)	Female	Asian	ernestas.taraskevicius.test+102...
001, TestPatient		Dec 12, 2000 (24 y/o)			ernestas.taraskevicius.test+46@...

Step 3: Open the patient's Ongoing Treatment Results.

Doe, Jane
Female, 42 (Sep 26, 1982)
IDP DoeJ
Last measurement: Sep 23, 2024

Body Mass Index (BMI): 23.9 kg/m²

Fat Mass Index (FMI): 3.1 kg/m²

Fat-Free Mass Index (FFMI): 20.9 kg/m²

Fat Mass Percentage (FMA %): 12.8 %

Skeletal Muscle Mass (SMM): 29.61 kg

Body Composition Chart (BCC)

Open treatment tracker

Step 4: Select the Treatment Tracker to view the Treatment Results

Doe, Jane Treatment tracker

Treatment Measures Impact

Weight: 118 lbs (Apr 12, 2024) to 136.4 lbs (Today)

Fat mass: 40.7 lbs (Today)

Muscle mass: 114.4 lbs (Today)

Behavior, Exercise, Nutrition, Genetic_biosens, Medication

Path 2: Opening Treatment Plans

Step 1: From the 125 Home screen, select Menu → Treatment Trackers

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Home

Patients

Measurements

Treatment tracker **New!**

Insights

Challenges

Search patient

Create new patient

Patients

Measurements

Insights

Step 2: On the Treatment Trackers List, choose a tracker.

← Home

Treatment trackers

Search patient name or IDP

New treatment tracker

Patient	IDP	Start	End	Ongoing for
Bennett, Emma Female, 32 (Dec 3, 1992)	BennettE	Aug 17, 2023	Ongoing	1+ year
Carter, Liam Male, 39 (Aug 15, 1985)	CarterL	Aug 17, 2024	Ongoing	< 1 year
Davis, Olivia Female, 23 (Apr 22, 2001)	DavisO	Aug 17, 2022	Ongoing	2+ years
Edwards, Noah Male, 29 (Oct 10, 1995)	EdwardsN	Aug 17, 2021	Ongoing	3+ years

Step 3: Open the selected tracker to view the Treatment Results



Viewing Data on the Treatment Tracker

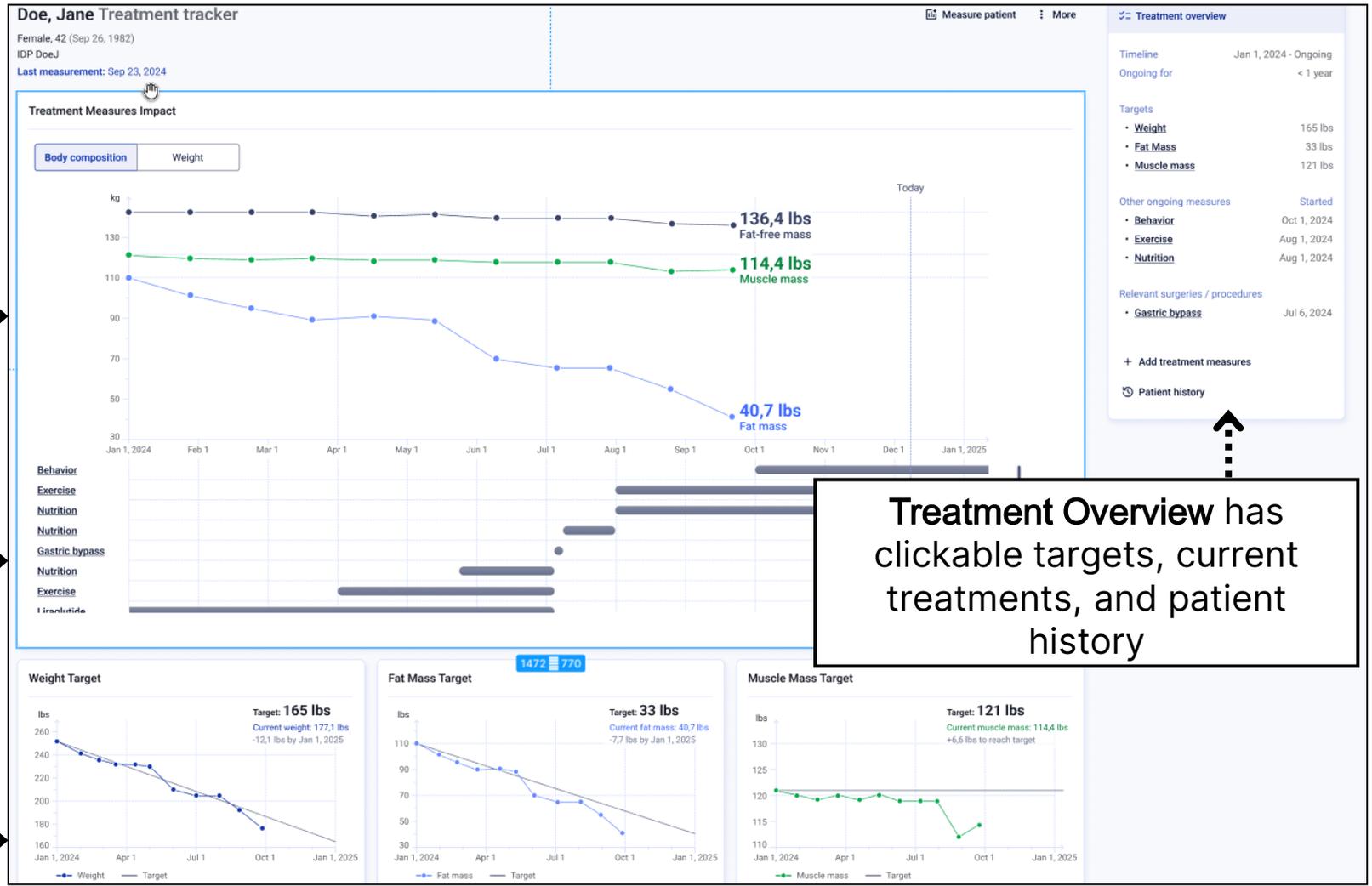
Introduction to reviewing recorded treatment data.

Treatment Data Overview

Trend graph: Displays fat-free mass, muscle mass, and fat mass

Below the graph: Medications, surgeries, and other measures

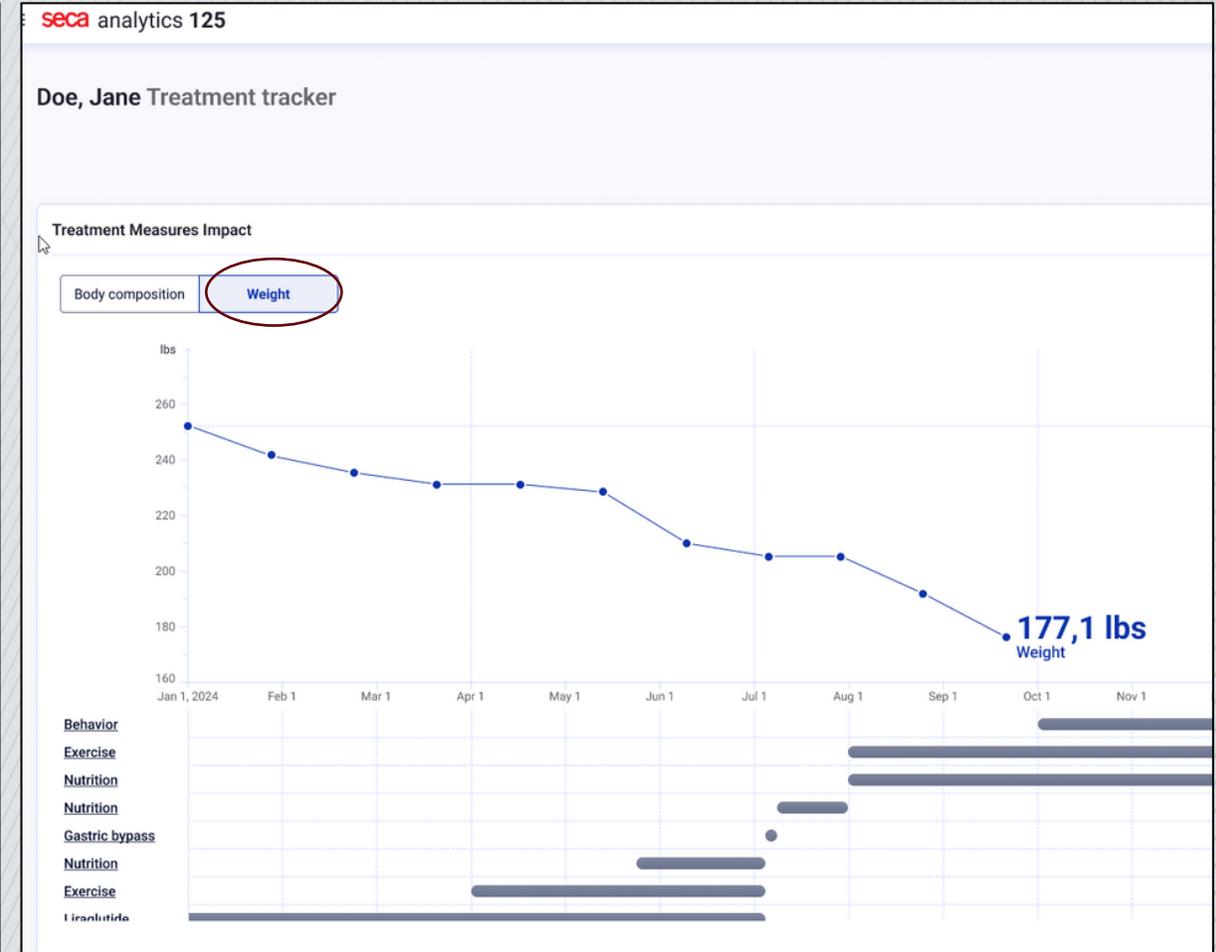
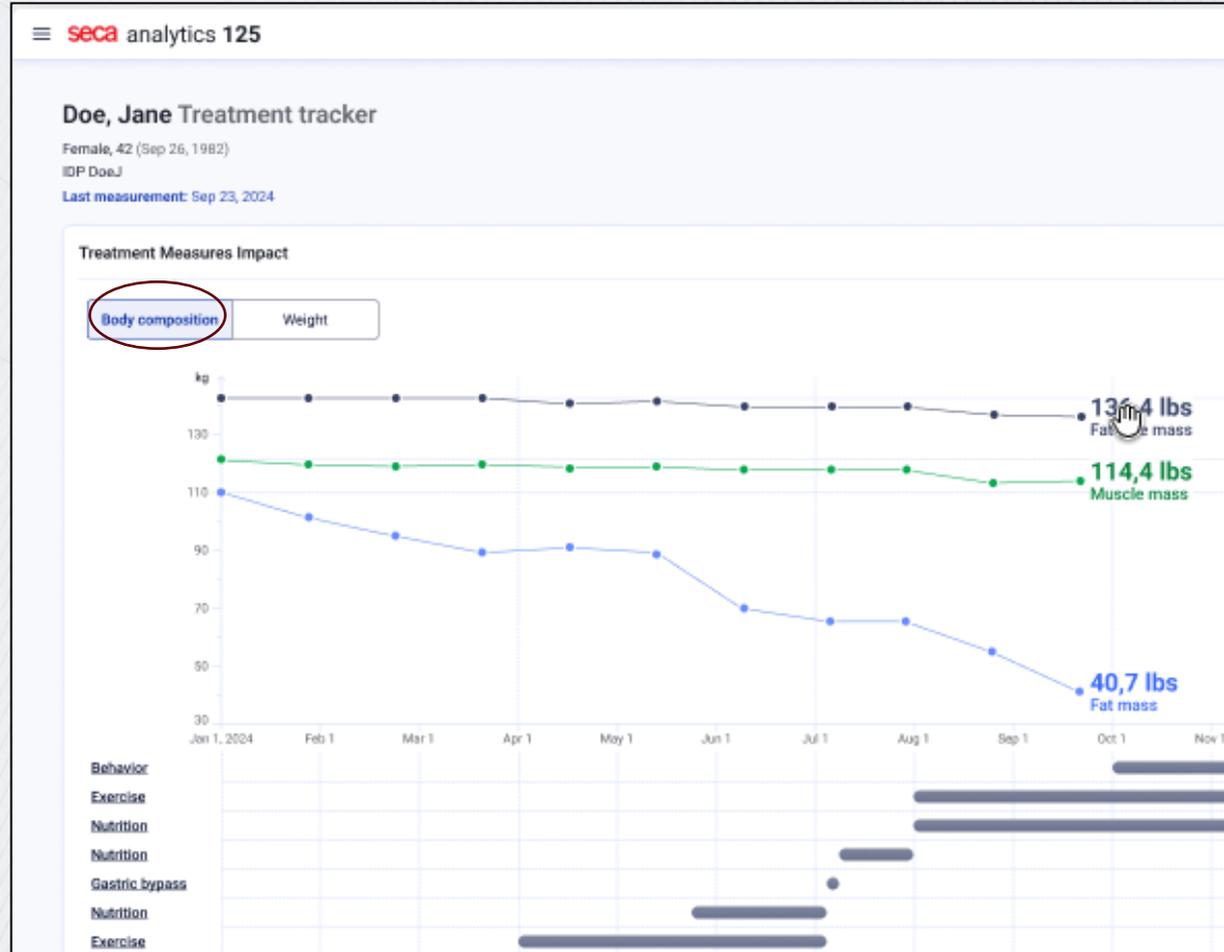
Smaller graphs: Show progress for weight, fat mass, and muscle mass targets



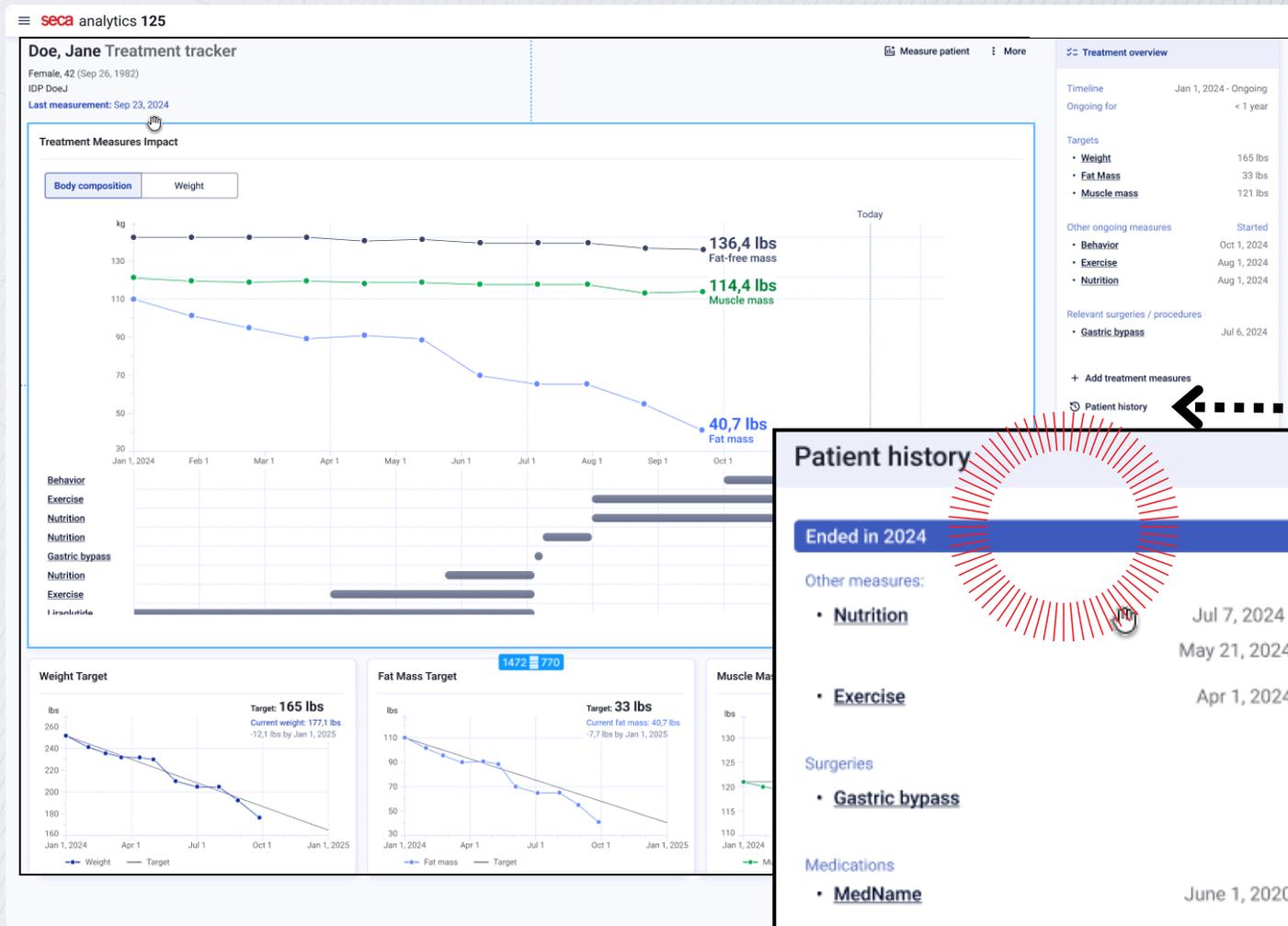
Treatment Overview has clickable targets, current treatments, and patient history

Switching Graph Views

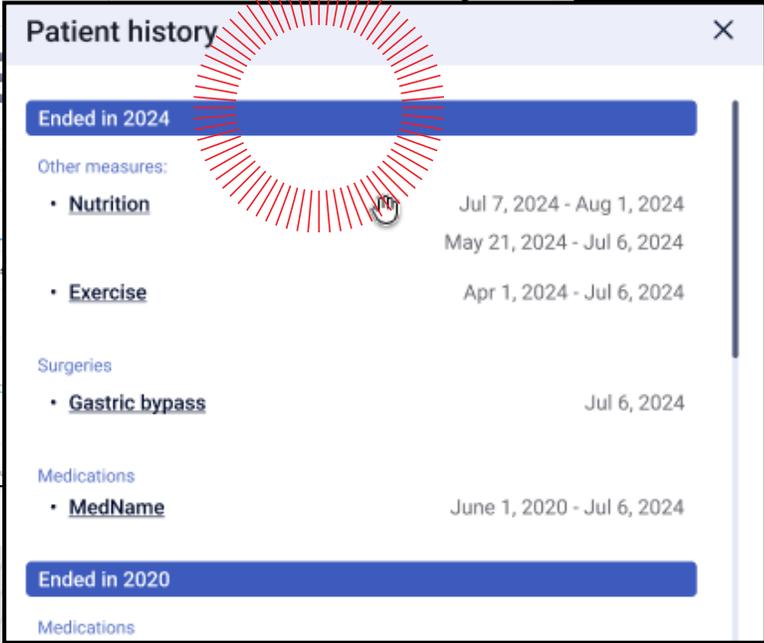
Users can switch between the Body Composition Graph and Weight Graph



Patient History (Zoomed In)

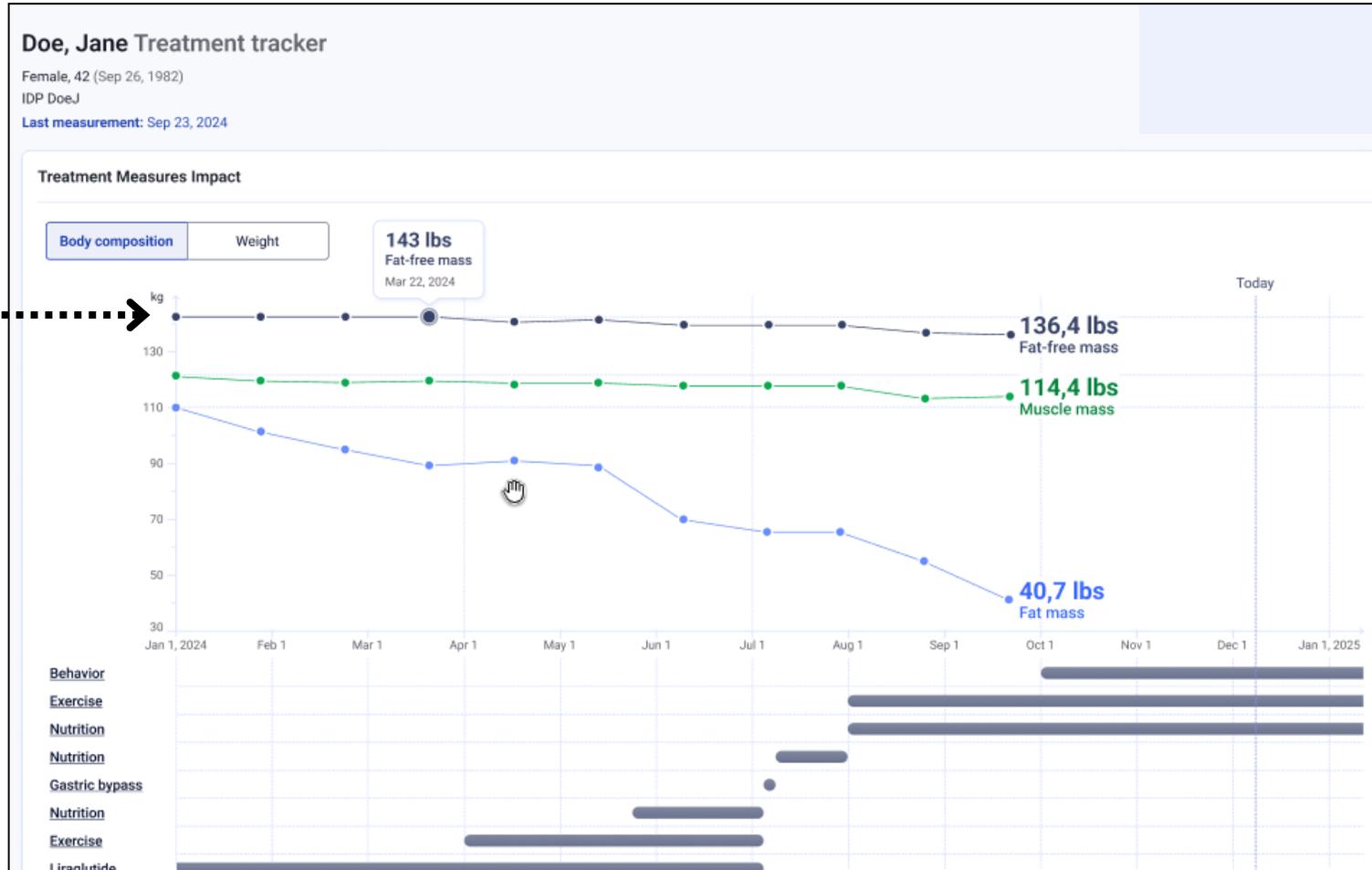


Shows Patient history



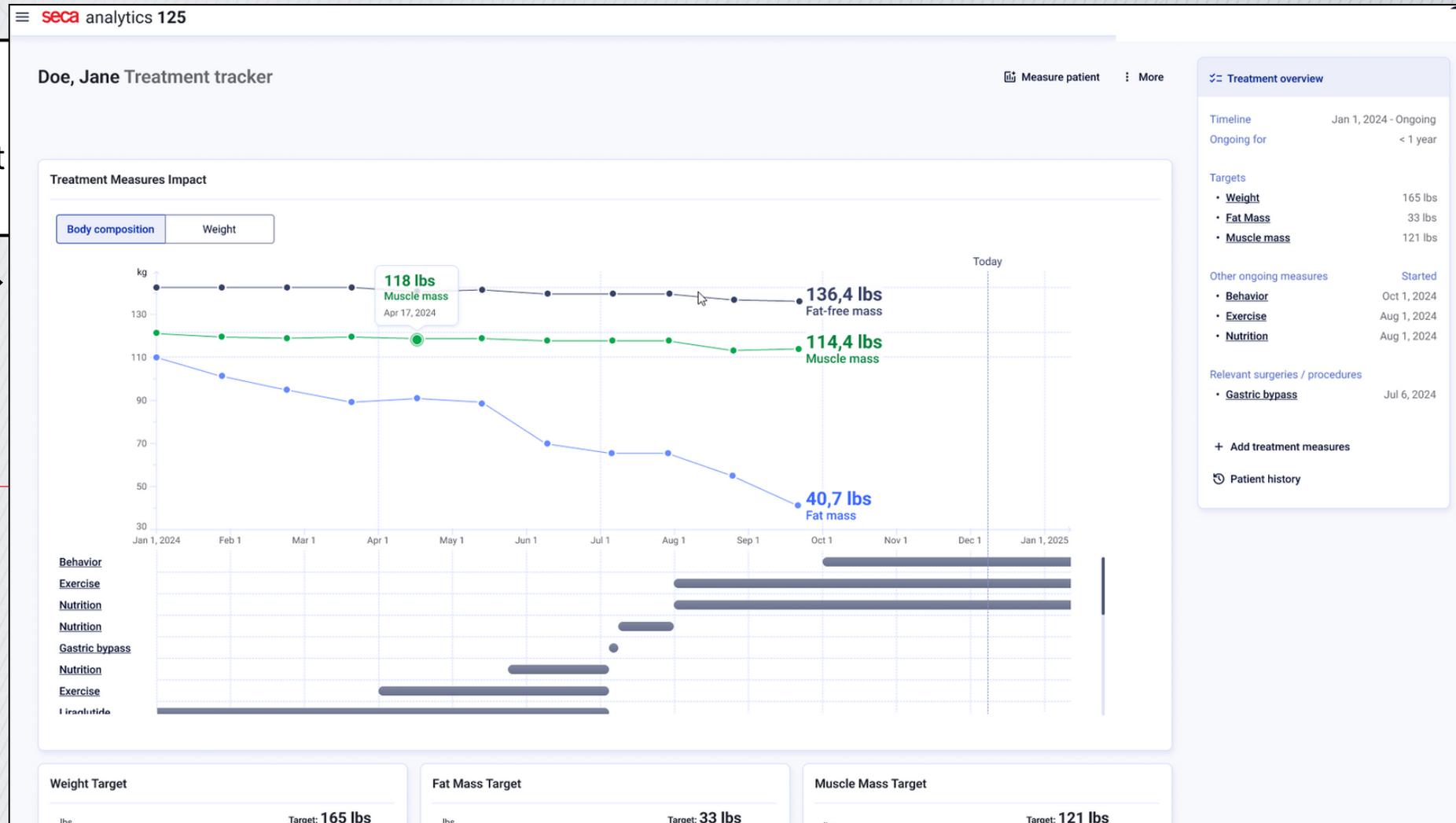
Hovering Over Graph Data

Hover over the fat-free mass graph to see exact data points

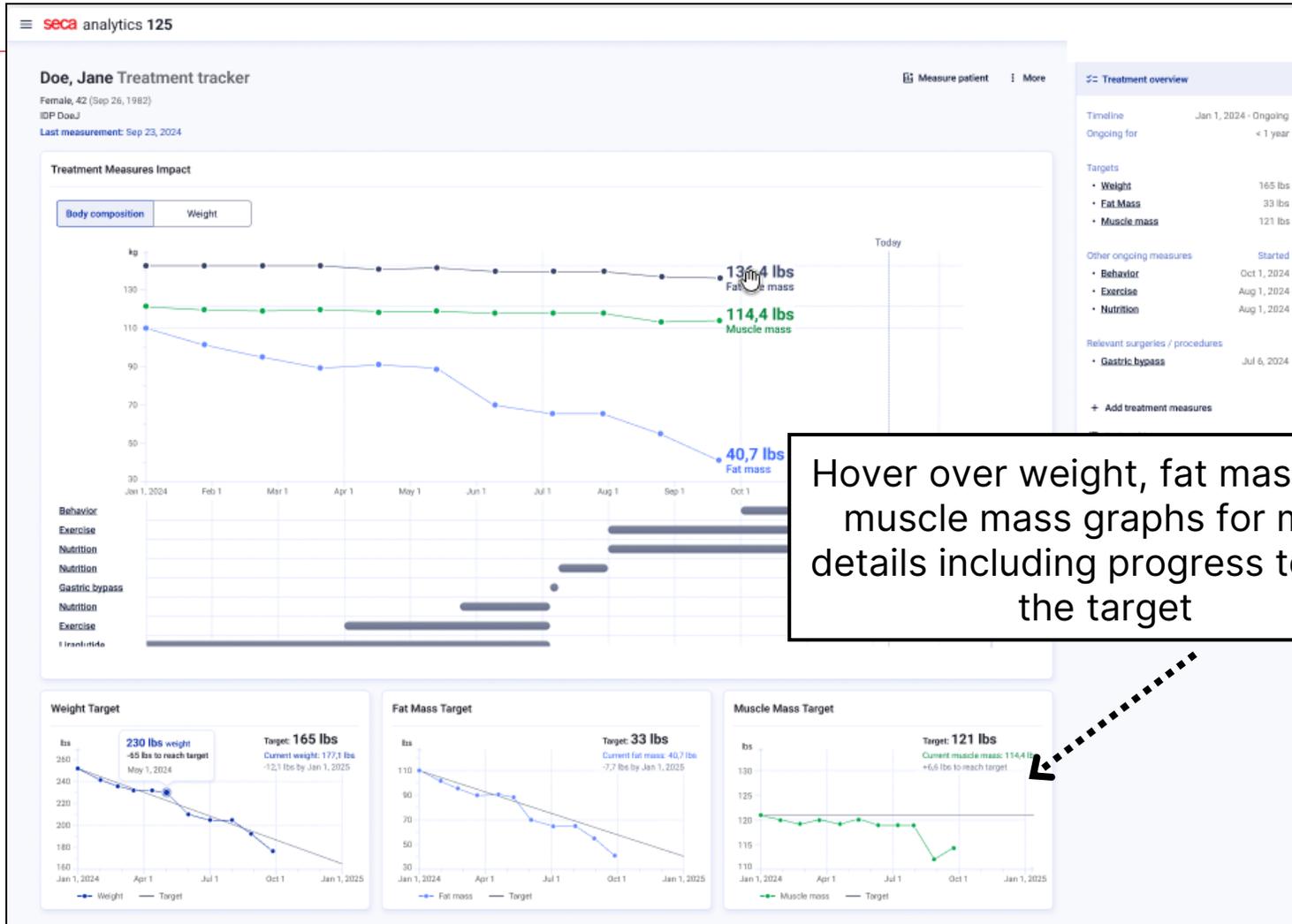


Hovering Over Muscle Mass Data

Hover over the muscle mass graph to see exact data points.



Hovering Over Bottom Graphs



Hover over weight, fat mass, and muscle mass graphs for more details including progress toward the target