



Gro Health Heart Buddy



Instructions for Use

Document code: GRO-CR-USE-AUG26

Issue: 1 - 16 July 2026 (clinical review updates incorporated 4 August 2026; approval at Day 14 signature batch)

Applies to: United Kingdom market (English)

Applies to programme: Cardiovascular Risk-Factor Optimisation and Cardiac Rehabilitation (HeartBuddy) - IS-3 and IS-4 per Gro Health MDR Scope Architecture v10 (4 August 2026)

Related IFU: For the broader Gro Health platform (Weight Management, T2D/Prediabetes, NAFLD), see GRO-UK-USE-AUG26

Superseded document: GRO-CR-USE-FEB22 (previous Class I era IFU)

1. Product identification

Product name: Gro Health - HeartBuddy (Cardiac Rehabilitation programme)

Legal manufacturer: DDM Health Limited (trading as Gro Health)

Device type: Software as a Medical Device (SaMD)

Regulatory class: Class IIa under Regulation (EU) 2017/745 Rule 11

Basic UDI-DI: 506049659GH1GH (Gro Health device family - HeartBuddy is a certified programme configuration within the same UDI-DI)

UDI-DI: 5060496591388

EMDN Code: V92 - Medical Device Software - Not Included in Other Classes

Notified Body: BSI Group The Netherlands B.V. (2797) - MDR conformity assessment in progress; certificate number to be added on issue

Software versions covered: iOS 5.7.2, Android 5.7.1.3, Web v2.13.45, GroCARE clinician portal v5.6

Platforms: Mobile application (iOS and Android), responsive web interface, and web-based GroCARE clinician portal for the cardiac rehab team.

2. Intended Use

HeartBuddy is a Class IIa Software as a Medical Device intended to support adults undertaking structured cardiac rehabilitation through a multidisciplinary digital care programme. The level of clinical supervision and professional oversight is determined by individual clinical risk stratification: lower-risk patients may undertake the programme with asynchronous clinician oversight, while patients with higher or more complex clinical risk receive enhanced supervision and more frequent clinical review.

2.1 Approved indication

HeartBuddy is intended for adults aged 18 years or older who are enrolled in a structured cardiac rehabilitation pathway and remain under the care of a registered cardiac rehabilitation service or appropriately qualified clinician. Eligible patients may include adults with or following:

- Acute coronary syndrome, including ST-elevation myocardial infarction, non-ST-elevation myocardial infarction or unstable angina
- Coronary revascularisation, including percutaneous coronary intervention or coronary artery bypass graft surgery
- Chronic heart failure, where clinically stable and receiving appropriate medical therapy
- Stable angina
- Atrial fibrillation, where cardiac rehabilitation forms part of the agreed clinical pathway
- Heart-valve repair or replacement
- Electrophysiology procedures, including cardiac pacing, device implantation or catheter ablation
- Other clinically recognised indications for cardiac rehabilitation, where inclusion is considered appropriate by the responsible clinical team

As part of the programme, HeartBuddy may also support the management of relevant cardiovascular and cardiometabolic risk factors, including:

- Prediabetes and type 2 diabetes
- Blood pressure monitoring and hypertension risk-factor optimisation
- Lipid monitoring and dyslipidaemia management support
- Smoking cessation
- Weight, nutrition and physical-activity optimisation
- Medication adherence and other recommended self-care behaviours

HeartBuddy provides structured cardiac-rehabilitation-specific education, activity progression, symptom tracking and adherence support. It is delivered in conjunction with, and under the supervision of, the patient's cardiac rehabilitation team.

2.2 What HeartBuddy is NOT intended for

HeartBuddy is not intended for, and must not be used for:

- Diagnosis of any cardiac or non-cardiac condition
- Emergency or acute cardiac care - HeartBuddy is not a substitute for emergency services. In a medical emergency, users in the UK must call 999 immediately
- Continuous or real-time physiological monitoring
- Autonomous clinical decision-making, diagnosis, risk stratification or treatment recommendations
- Interpretation of electrocardiograms, cardiac rhythms, arrhythmias or suspected acute cardiac events
- Autonomous initiation, discontinuation, adjustment or titration of cardiac medication - any medication changes must be directed by an appropriately qualified healthcare professional

- Use by patients under 18 years of age
- Use in clinically unstable patients who require immediate assessment, continuous monitoring or more intensive clinical supervision than the programme can provide
- Any population, condition or clinical indication outside the in-scope indications defined in Section 2.1 - for other Gro Health programmes (Weight Management, Type 2 Diabetes and Prediabetes), see the separate IFU GRO-UK-USE-AUG26

3. Intended users

HeartBuddy is intended for use by:

- Adults aged 18 years or older who meet the approved indication in Section 2.1 and are enrolled in a structured cardiac rehabilitation or cardiovascular risk-factor optimisation pathway under the oversight of an appropriately qualified clinical service or healthcare professional

- Clinicians, nurses, exercise physiologists and trained health coaches using the GroCARE clinician portal to supervise, oversee and support enrolled patients

HeartBuddy is not for use by children or adolescents under 18 years old.

3.1 Environment of use

HeartBuddy is intended to be used by the patient at home, in community exercise settings, and during scheduled cardiac rehabilitation sessions. It is not intended for use in emergency care, intensive care, coronary care units or during acute cardiac events.

4. Contraindications, warnings and precautions

4.1 Contraindications

Do not use HeartBuddy if you:

- Are under 18 years of age
- Are not currently enrolled in a structured cardiac rehabilitation or cardiovascular risk-factor optimisation pathway under the oversight of an appropriately qualified healthcare professional or clinical service
- Have unstable angina, an uncontrolled arrhythmia, decompensated heart failure or another acute or clinically unstable cardiac condition requiring urgent medical assessment - seek emergency care immediately
- Have been advised by your cardiac rehabilitation team or responsible clinician not to participate in

structured physical activity or a digitally delivered rehabilitation programme

- Have a clinical condition that requires continuous, real-time or more intensive monitoring than HeartBuddy can provide

4.2 Warnings

IMPORTANT - read before use:

- HeartBuddy is a digital support tool designed to complement your structured cardiac rehabilitation or cardiovascular risk-factor programme. It does not replace clinical care, professional judgement or scheduled appointments. Continue to attend all scheduled appointments and follow the advice of your cardiac rehabilitation team or responsible clinician.
- Stop exercising immediately if you experience chest pain, unusual shortness of breath, palpitations, dizziness, fainting, marked fatigue or any other concerning symptom. Contact your cardiac

rehabilitation team, GP or NHS 111 for advice about concerning symptoms. In a medical emergency, call 999 immediately.

- Do not exceed the exercise intensity, duration or frequency recommended by your clinical team, even if the app indicates that you may be ready to progress. Any progression in your exercise programme must follow the plan agreed with your cardiac rehabilitation team or responsible clinician.
- Do not start, stop or change the dose of any prescribed medication based on information provided through HeartBuddy. Medication changes must be directed by an appropriately qualified healthcare professional.
- Symptoms, physiological observations and other health information recorded in HeartBuddy are intended to support self-management and clinical review. They do not constitute a diagnosis and are not continuously monitored. HeartBuddy must not be relied upon to detect emergencies or acute clinical deterioration.

4.3 Precautions

- Wearable and third-party app heart-rate data (Apple Health, Google Health Connect, Fitbit, Garmin, Withings) is used for information. Accuracy depends on the connected device. Do not rely on wearable data for emergency decisions.
- Your data is stored securely in the region selected at sign-up. See Section 12.

5. Compatibility

To use HeartBuddy you need one of the following:

- iPhone running iOS 15 or later
- Android smartphone or tablet running Android OS 11 or later
- Personal computer, laptop or tablet with internet access and a supported modern web browser

Web registration is available at grohealth.com. Your cardiac rehab team may provide a Provider ID to activate the HeartBuddy programme on your account.

HeartBuddy is compatible with the following wearables and health apps:

- Apple Health (iOS)
- Google Health Connect (Android)
- Fitbit
- Garmin
- Withings

6. How to obtain and use HeartBuddy

6.1 Enrolment

HeartBuddy is activated on your Gro Health account through a Provider ID issued by your cardiology or cardiac rehabilitation service. Contact your cardiac team if you need enrolment details.

6.2 Downloading, registering and setup

The illustrated step-by-step instructions for the following are provided in Annex A (Usage Instructions):

- How to download / registration / login
- Personalisation, health conditions, medications, allergies, lifestyle, connect apps
- Home screen and Menu navigation

6.3 Cardiac rehab focus and programme content

Provided in Annex A (Usage Instructions) - cardiac-rehab-focused content sections:

- Cardiac focus areas, education, activities, resources
- Health tracking (Weight, Activity, Sleep, Mood, Heart rate, Blood glucose)

6.4 Food diary, symptom and medication tracking

Provided in Annex A (Usage Instructions):

- Food diary (including AI-assisted food logging with confirmation required)
- Symptom tracking (log cardiac symptoms - attends to Warnings in Section 4.2)
- Document uploader
- Medication tracking (see Warnings - do not change medication based on app content)

6.5 Support, community, settings

Provided in Annex A (Usage Instructions):

- Lifestyle content, community, profile, settings, favourites, help, About, health coaching

7. Wellness features (NOT part of the medical device)

IMPORTANT: The Gro Health platform includes wellness and lifestyle features that are NOT part of the certified Class IIa medical device. These features are provided for general wellbeing support only and are NOT approved for the diagnosis, treatment, prevention or monitoring of any medical condition, including cardiac conditions.

Wellness features include: Sleep, Mindfulness, Meditation, General Wellbeing content, Community, and Recipes beyond the certified programme scope. If you have concerns about mental health, stress, or sleep disorders, please consult your GP or a qualified mental-health professional. Wellness content is not a substitute for professional care.

8. AI and machine-learning features

HeartBuddy uses AI and ML features shared with the broader Gro Health platform. All AI/ML features are advisory only:

- Food image recognition (Food Diary): AI suggests likely food items from photos or descriptions. You must confirm before it is saved.
- Meal descriptions (typed or dictated): descriptions you type - or dictate using your device's built-in dictation - are interpreted by AI to suggest matching food items. Dictation is performed by your device, not by Gro Health. You must confirm before saving.
- Food label reader: AI extracts nutrition information from packaging labels. You must confirm before saving.
- Note: the Care Plan AI Generator (a clinician-facing tool in the GroCARE portal) is not used in the

HeartBuddy cardiac rehabilitation programme.

9. Wellness Score (measuring function)

Wellness Score is a deterministic composite measure calculated from your entered and passively-collected metrics across four components: Nutrition, Activity, Sleep, and Wellbeing. It produces a score from 1 to 100 to help you visualise trends. Wellness Score is a measuring function within the certified medical device.

Wellness Score is NOT a cardiac risk score. It is NOT diagnostic, is NOT a substitute for clinical cardiac assessment, and should NOT be used to make treatment decisions. Discuss any concerns with your cardiac rehab team.

10. Certifications and regulatory status

HeartBuddy (Cardiac Rehabilitation programme within Gro Health) is a Class IIa Software as a Medical Device undergoing conformity assessment under Regulation (EU) 2017/745 (MDR).

- MDR Class IIa conformity assessment: BSI Notified Body (2797) - in progress; certificate number to be added on issue
- EMDN Code: V92 - Medical Device Software - Not Included in Other Classes
- UDI-DI: 5060496591388 (Gro Health device family, covering HeartBuddy as a certified programme configuration)
- CE mark: [To be applied on receipt of MDR certification]
- UK medical device: Currently marketed under GB medical device regulations pending MHRA post-Brexit routing - see manufacturer for current UK regulatory status
- Supporting certifications for the Gro Health platform: ISO/IEC 27001:2022 (Cert # 217680, British Assessment Bureau / Amtivo); Cyber Essentials (IASME); NHS DTAC (Final Report V2, September 2025); ORCHA-Assured (Silver tier, 94% assurance score, valid until 10 September 2026) + Mind-

Assured (93%); CQC-registered service provider (DDM Health Limited, Provider ID 1-17412475024).

11. Manufacturer, Authorised Representative and PRRC

11.1 Legal manufacturer

DDM Health Limited

9 Little Park Street

Coventry, CV1 2UR

United Kingdom

Companies House registration: 07975193

EUDAMED Manufacturer SRN: UK-MF-000052661

Email: hello@ddm.health

11.2 Authorised Representative in the European Union (per Article 11 MDR)

Apotech Consulting France

6B Rue de Verdun

78110 VESINET

France

EUDAMED SRN: FR-AR-000039455

Email: info@apotechconsulting.com

11.3 Person Responsible for Regulatory Compliance (PRRC)

Amar Singh Panesar

Compliance Manager / PRRC

DDM Health Limited

Email: amar@gro.clinic

12. Data protection and security

DDM Health Limited is the data controller. Personal data is stored in a secure Microsoft Azure cloud environment in the region you select at sign-up. Data is encrypted in transit (TLS 1.2+) and at rest. DDM holds ISO/IEC 27001:2022 certification. For our Privacy Policy, see the app (Menu → Help → Privacy Policy) or grohealth.com/privacy. Data-subject rights requests under UK/EU GDPR can be made via the Support Team. Data Protection Officer: contact help@gro.health marked 'for the attention of the Data Protection Officer'.

13. Reporting adverse events, incidents or concerns

If you or your clinician become aware of an adverse event, serious incident, malfunction or safety concern related to HeartBuddy, please report it to us WITHOUT DELAY. In accordance with Article 87 of Regulation (EU) 2017/745, serious incidents and field safety corrective actions must be reported.

13.1 How to report

Email: amar@gro.clinic (Compliance Manager / PRRC) - copy hello@ddm.health

Postal: DDM Health Limited, 9 Little Park Street, Coventry, CV1 2UR, United Kingdom

In-app: Menu → Help → Contact us

13.2 Reporting to national competent authorities

Users, healthcare professionals and patients in the European Union may also report serious incidents directly to the national competent authority in their Member State. In the United Kingdom, incidents involving medical devices should be reported to the Medicines and Healthcare products Regulatory Agency

(MHRA) through the Yellow Card scheme at yellowcard.mhra.gov.uk.

14. Support, troubleshooting and complaints

Telephone: 0330 133 0307 (UK; standard landline rate, usually included in call allowances. From outside the UK: +44 330 133 0307, international rates apply). Calls are answered by a person 24 hours a day, 7 days a week. This support line is for technical and service queries only - it is not a clinical service. Email: help@gro.health / In-app: Menu → Help → Contact us. We aim to respond to email and in-app queries within 2 working hours (UK business hours).

For clinical concerns during your cardiac rehabilitation: contact your cardiac rehab team, GP, or NHS 111. In an emergency, call 999.

15. IFU version history and symbols

15.1 IFU version

Document code: GRO-CR-USE-AUG26

Issue: 1 - 16 July 2026

Supersedes: GRO-CR-USE-FEB22 (Class I era; incorrectly labelled GRO-UK-USE-FEB22 in the previous document)

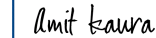
Next scheduled review: At submission of Class IIa MDR Certificate; then annually or on Significant Change per MDCG 2020-3

Access: In-app (Menu → Help → Instructions for Use) and at grohealth.com/ifu. Archived versions maintained on the same page.

15.2 Symbols (ISO 15223-1)

Symbols in this IFU and on the device follow ISO 15223-1 conventions (Medical Device, Manufacturer, EU Authorised Representative, UDI, Consult IFU, eIFU, Caution, CE mark with Notified Body number). See GRO-UK-USE-AUG26 Section 15.2 for the full symbols table.

16. Approval and Sign-Off

Role	Name	Position	Signature	Date
Author	Amar Singh Panesar	Compliance Manager / PRRC (MDR Article 15 Route (a))	Signed by:  6E86FC01E4C1490...	8/13/2026
Reviewer (Clinical)	Dr Amit Kaura	Chief Medical Officer (CMO)	DocuSigned by:  136E4A275C604BF...	8/13/2026
Reviewer (Engineering / Technical)	George Thirlaway	Head of Development	Signed by:  92F087B2E662469...	8/17/2026
Approver (Management)	Arjun Panesar	Managing Director / Chief Executive Officer	Signed by:  C36D839A7DA44BF...	8/13/2026

17. Amendment Record

Date	Revision	Pages	Reason
16 July 2026	Issue 1	All	New IFU issued to reflect: (a) Class IIa Rule 11 under Regulation (EU) 2017/745 (MDR); (b) v9 Scope Architecture (published 10 July 2026) with 4 in-scope certified programmes; (c) adult 18+ intended user population; (d) MDR-mandatory sections - Contraindications, Warnings and Precautions, Adverse Event Reporting under Article 87, Manufacturer / EU AR / PRRC block; (e) wellness / medical device boundary clearly labelled. Supersedes GRO-UK-USE-FEB22 (Class I era). Content approved by Dr Amit Kaura (CMO) via email 16 July 2026 - see Clinical Sign-Off Memo dated 16 July 2026. Document code: GRO-CR-USE-AUG26. Signatures pending Day 14 batch.
21 July 2026	Issue 1 (pre-release edit)	§14 Support	[Coaching Ops to confirm SLA] placeholder CLOSED: telephone support line added - 0330 133 0307, answered by a person 24/7, technical/service queries only (confirmed by Arjun Panesar, Managing Director, Slack 16/20 July 2026); email/ in-app response retained as a 2-working-hour aim. Number is standard-rate 03 - deliberately NOT described as freephone. Edit made within unsigned Issue 1 prior to Day 14 signature batch.

Date	Revision	Pages	Reason
28 July 2026	Issue 1 (rev.)	§8 AI and machine-learning features	Care Plan AI Generator bullet replaced with an explicit exclusion note - the feature is not used in the HeartBuddy cardiac rehabilitation configuration (confirmed Arjun Panesar, Google Docs comment, 28 July 2026). Cross-reference: TF 6.8 AI-ML Scope Statement.
29 July 2026	Issue 1 (rev. 2)	§12 Data protection	Data Protection Officer contact added (DPO designated 29 July 2026 per A018.1).
4 August 2026	Issue 1 (rev. 3)	Title; §2; §3; §4.1; §4.2; §7	Clinical review updates from the CMO (Dr Amit Kaura; review copy returned 4 August 2026) incorporated. Programme retitled Cardiovascular Risk-Factor Optimisation and Cardiac Rehabilitation (spelling corrected from the review copy; scope reference updated to IS-3 and IS-4 per Scope Architecture v10). §2 intended use extended: risk-stratified supervision model stated; eligible populations expanded (ACS incl. STEMI/NSTEMI/unstable angina; PCI/CABG; chronic heart failure; stable angina; AF; heart-valve repair/replacement; electrophysiology procedures; other clinically recognised CR indications); cardiovascular and cardiometabolic risk-factor support listed. §2.2, §3 and §4.1 rewritten per clinical review. §4.2 warnings adopted in the fuller clinical-review form. Not carried: the review copy's two AI-content warning bullets - the Care Plan AI Generator is not used in the HeartBuddy configuration (28 July 2026 rev.), and the §8 exclusion note is retained; DPO contact retained.

Date	Revision	Pages	Reason
4 August 2026	Issue 1 (rev. 4)	§14 Support contact	Support email corrected from help@grohealth.com to help@gro.health, confirmed by Amar Singh Panesar (Compliance) 4 August 2026 (same correction as GRO-UK-USE-AUG26 Issue 1 rev. 4). To be reflected in the eIFU build.
4 August 2026	Issue 1 (rev. 5)	§8 AI features	Meal-description AI line corrected for accuracy following Head of Development confirmation (4 August 2026): AI-002 FatSecret meal-description natural-language analysis is in scope and user-facing (TF 6.8 Issue 7); dictation attributed to the device operating system. User-confirmation requirement unchanged.
4 August 2026	Issue 1 (rev. 6)	§15 Document control (Access)	eIFU access URL updated to the single public IFU directory page grohealth.com/ifu (directory model per TF 2.3 Issue 4; page verified live 4 August 2026); archived versions maintained on the same page.
4 August 2026	Issue 1 (rev. 7)	§6; Annex A (new); end marker	Document assembled into a complete standalone IFU: the §6 RETAIN drafting instructions replaced with references to the new Annex A (Illustrated Usage Instructions), which reproduces the controlled predecessor usage pages (GRO-CR-USE-FEB22 pp. 4–63) unchanged in content; screenshots subject to targeted refresh where Engineering confirms material interface change. Stale DRAFT end-marker removed.

Date	Revision	Pages	Reason
5 August 2026	Issue 1 (rev. 8)	Cover; §1; §8; §10; §12; headers/ footers	Pre-certification corrections per Compliance review 5 August 2026: (a) software versions covered updated to current production builds (iOS 5.7.2 / Android 5.7.1.3 / Web v2.13.45); (b) regulatory status wording revised throughout to reflect that MDR conformity assessment is in progress - certificate number to be added on issue; (c) Notified Body corrected from BSI (0086) to BSI Group The Netherlands B.V. (2797); (d) residual EU AI Act / GroCARE clinician editor paragraph removed from §8 to resolve conflict with the Care Plan AI Generator exclusion note; (e) UK regulatory status line added to §10 for consistency with GRO-UK-USE-AUG26; (f) DPO contact standardised to help@gro.health; (g) cover approval note updated - clinical review updates incorporated 4 August 2026, approval at Day 14 signature batch; (h) Fitbit spelling corrected; (i) page header (document code, issue) and footer (page numbering) added for document control.

Annex A — Illustrated Usage Instructions

The following pages reproduce the illustrated step-by-step usage instructions referenced in Section 6, originating from the controlled predecessor IFU (GRO-CR-USE-FEB22, republished JUL26), pages 34–101, unchanged in content. Screenshots are subject to targeted refresh against the current production builds (iOS 5.7.2 / Android 5.7.1.3 / Web v2.13.45) where Engineering confirms a material interface change; screens without material change remain representative of the current user interface.



How to download Gro Health

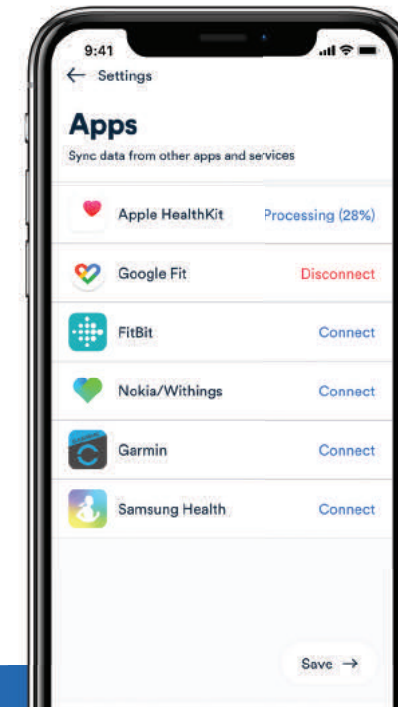
Gro Health is a multi-platform app available on the web and following devices.

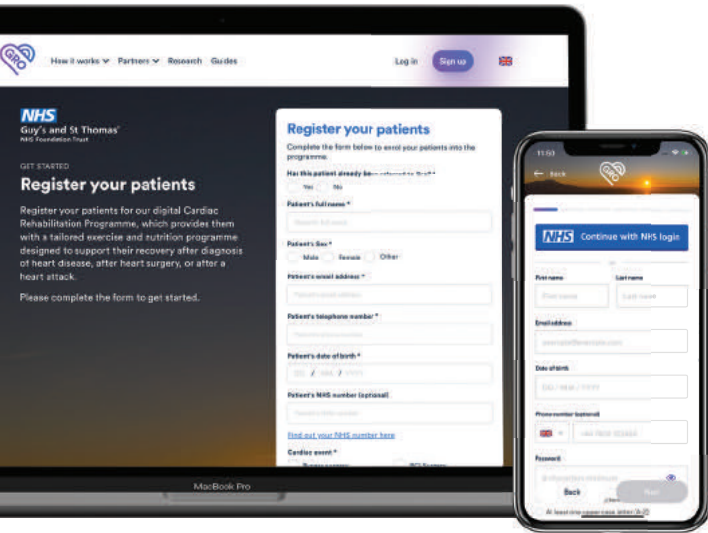
- Available as a mobile app on iOS and Android
- Available on the web at GroHealth.com



Gro Health is compatible with a range of wearables and health apps:

- Apple Health
- Google Fit
- Google Health Connect
- FitBit
- Nokia/Withings
- Garmin



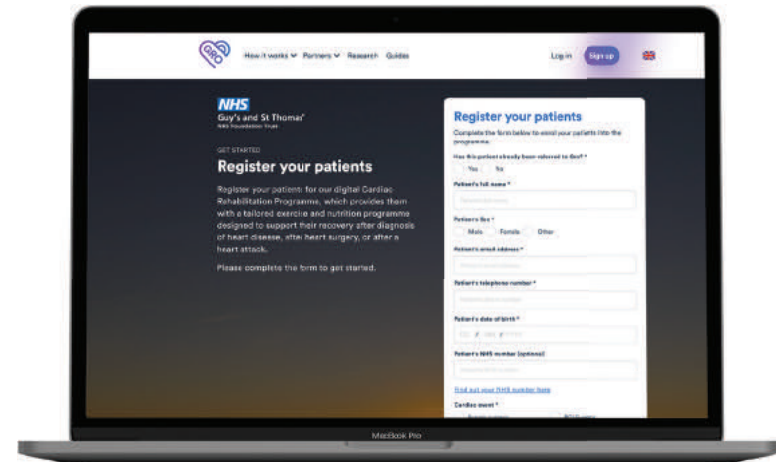


Choose to get started your way

- To get started with your Gro journey, you must register via our website to access your unique provider ID code, which will unlock the app.
- You can then choose whether to continue creating and personalising your account on the app or via the web.

To register via our website

- Visit www.grohealth.com/gstt
- This form can be filled out by healthcare professionals or patients (self-referral)
- We'll send you an email containing your Provider ID code, which you can enter into the app when you create an account.





Download and launch the app

- Download and open the app
- Choose your country
Your data will be stored in this location
- Choose your preferred language
- Enter your Provider ID if you have one
- Tap [Create an account](#) to register
- Tap [I already have an account](#) to login

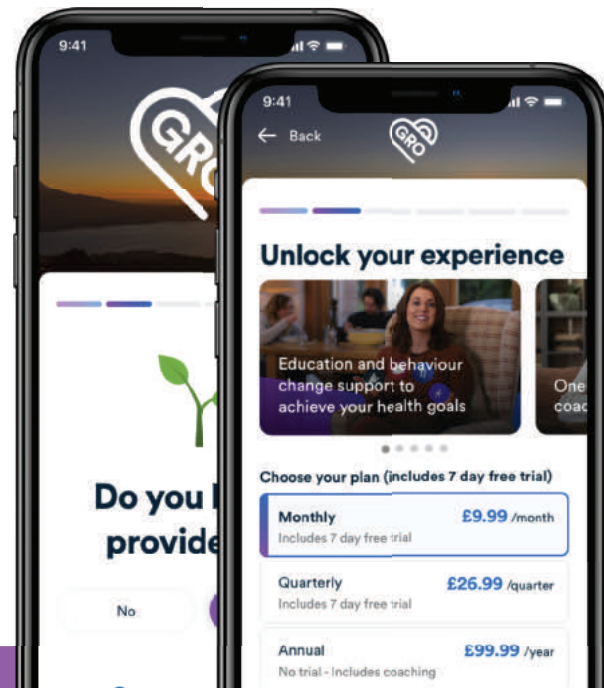
To register in the app

- Tap [Create an account](#) →
- Optionally, tap [Continue with NHS login](#) connect with NHS login to auto-fill your personal details.
- Enter your name, email address, phone number (optional) and password
Passwords must be 8+ characters long, contain one uppercase letter and one number
- Enter your date of birth
- Read and confirm agreement to the Terms and Conditions and Privacy Policy
- Tap [Continue](#) →



Activate your account

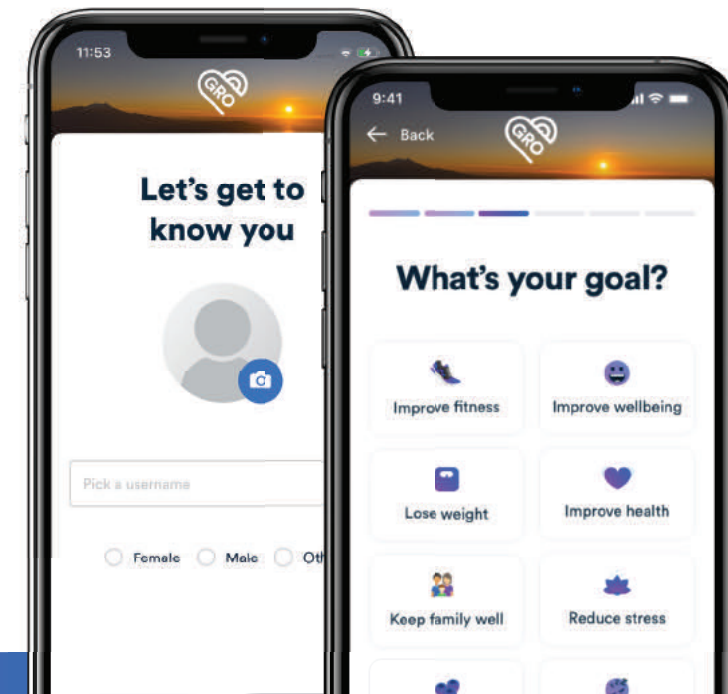
- If you have a Provider ID, tap **Yes →**
- Enter your Provider ID
- Alternatively, tap **No →**
to purchase your subscription

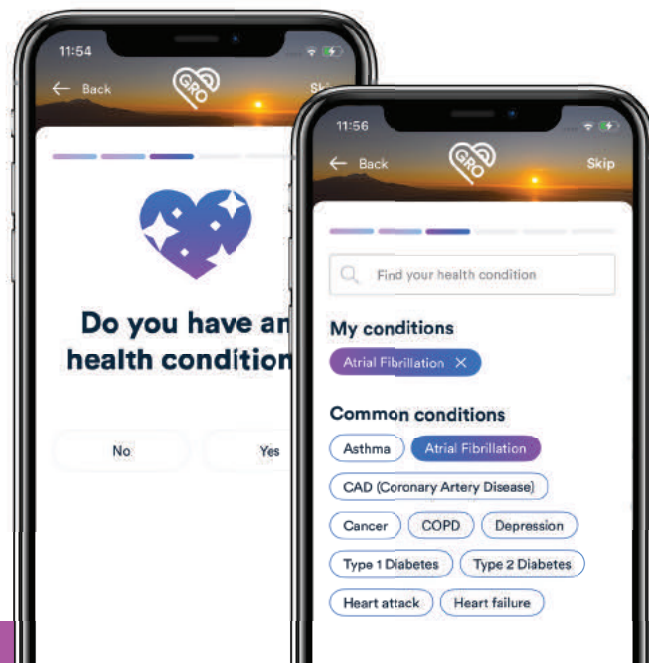


Personalise your experience

Personalise your experience to tailor the education, behaviour change support and resources you receive from Gro.

- Enter your preferred username. Remember, these will be visible to other community members.
- Select your sex.
- (Optional) Add a profile picture
- Tap **Next →** to continue.
- Select a goal, then tap **Next →** to continue



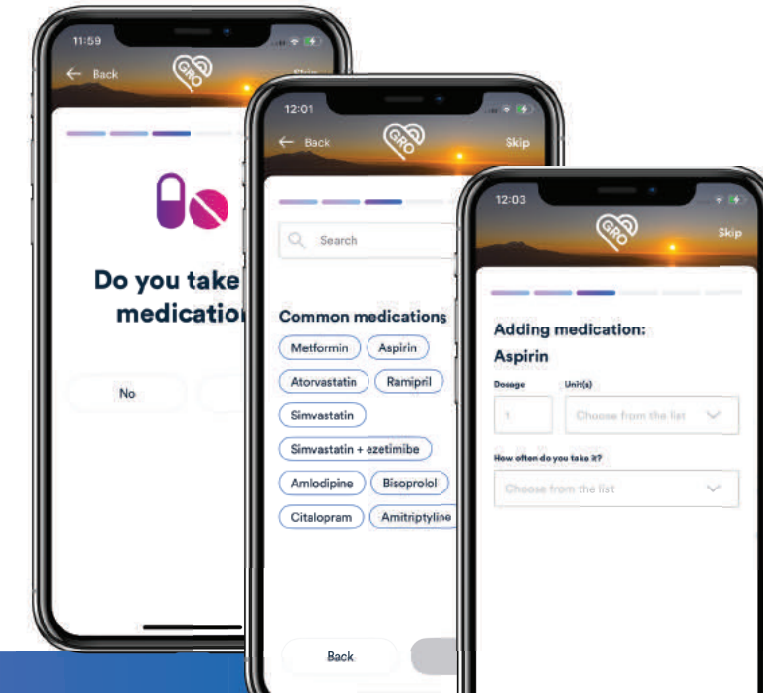


Health conditions

- Next, you'll be asked if you have any health conditions. Tap **Yes** or **No**, depending on your answer.
- If you tapped **Yes**, you can then enter in your health conditions. You will see a list of common conditions, and also have the ability to search. To save, tap **Next →**

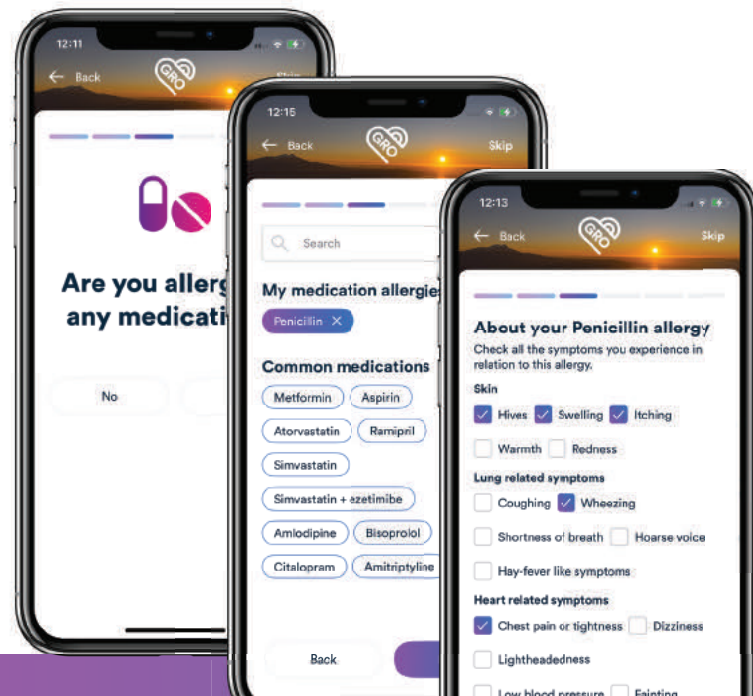
Medications

- Next, you'll be asked if you take any medications. Tap **Yes** or **No**, depending on your answer.
- If you tapped **Yes**, you can add the medications you are currently taking. You will see a list of **common conditions**, and also have the ability to search.
- When you select a medication from the list, you will be prompted to enter your **dosage** and **how often you take it**. To save this to your list of medications, tap **Add →**
- When your medication list is complete, click **Next →** to continue.



Medication allergies

- Next, you'll be asked if you are allergic to any medications. Tap **Yes** or **No**, depending on your answer.
- If you tapped **Yes**, you can add the medications you are allergic to. You will see a list of **common medications**, and also have the ability to search.
- When you select a medication from the list, you will be prompted to enter information about symptoms.
- When your medication allergy list is complete, tap **Next** → to continue.

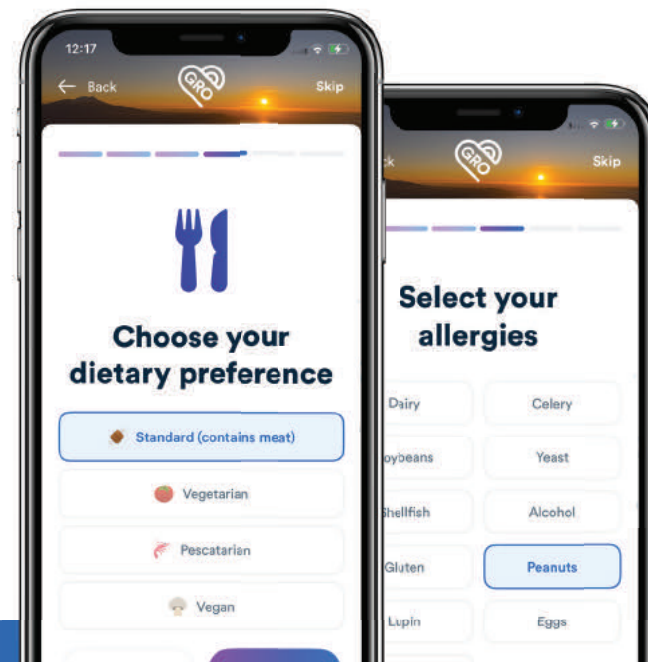


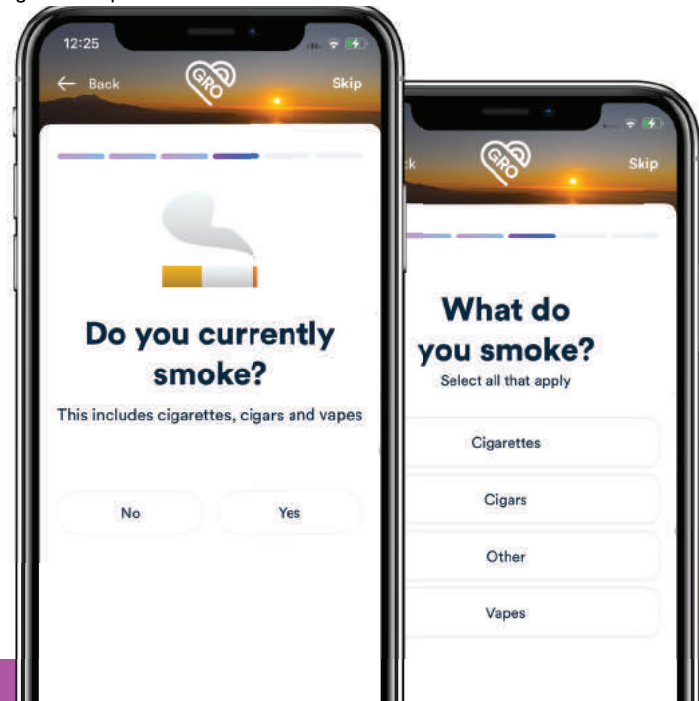
Dietary preferences

- Next, you'll be asked about your **dietary preference**. This will help personalise the types of meals and recipes you will see in Gro. Tap **Next** → to continue

Choose from:

- Standard (Contains meat)
 - Vegetarian
 - Vegan
 - Pescatarian
-
- Next, you can input any **food allergies** you have. This will also be used to help personalise the meals and recipes you see. Tap **Next** → to continue



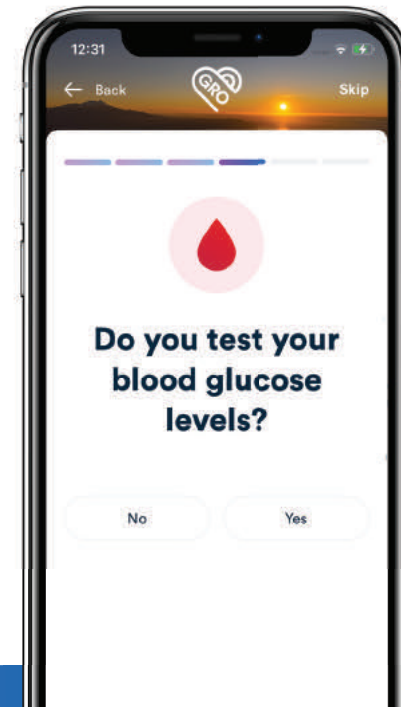


Smoking status and history

- Next, you will be asked whether you currently smoke, or have ever smoked.
- Tap **No** if you **do not use** tobacco or vaping products, or tap **Yes** if you **currently smoke or vape**.
- If you tapped **Yes**, on the next screen, check all products that apply (e.g., cigarettes, vapes).
- Tap **Next** → to save your selections.

Blood glucose testing

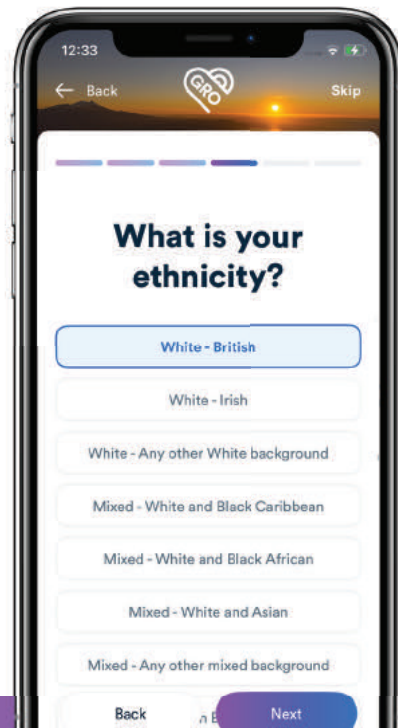
- Next, you will be asked whether or not you test your blood glucose levels.
- Tap **No** if you **do not** monitor your blood sugar.
- Tap **Yes** if you **check your glucose levels** (e.g., with a glucometer).
- If you select Yes, you will see glucose-friendly meal plans and activity tips in the app.



Ethnic background

We ask this because it helps us provide culturally relevant recipes and support.

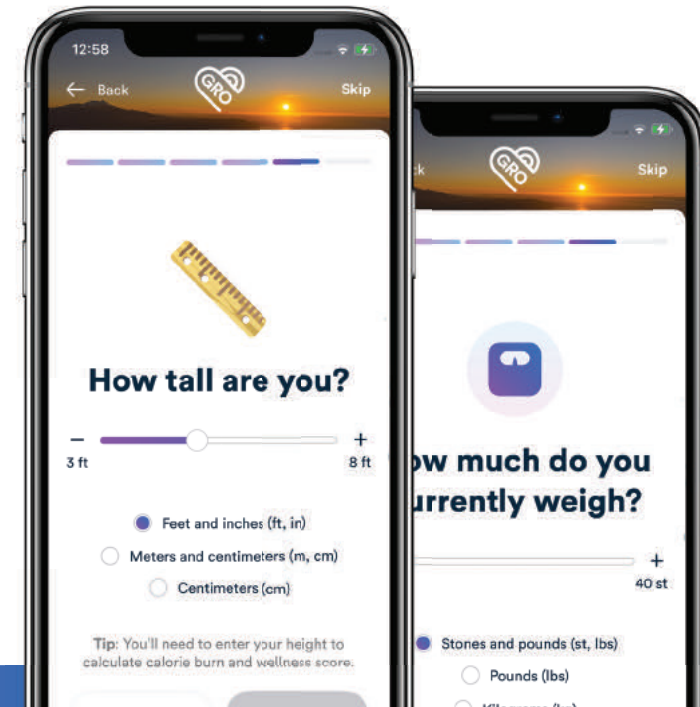
- Tap the option that best describes you.
- Tap **Next** → to confirm.

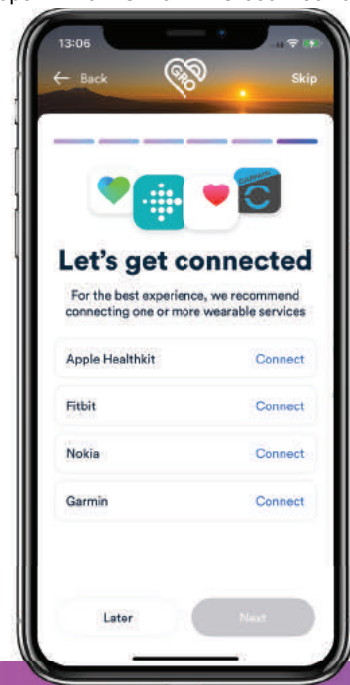


Height and weight

Enter your current **height** and **weight**

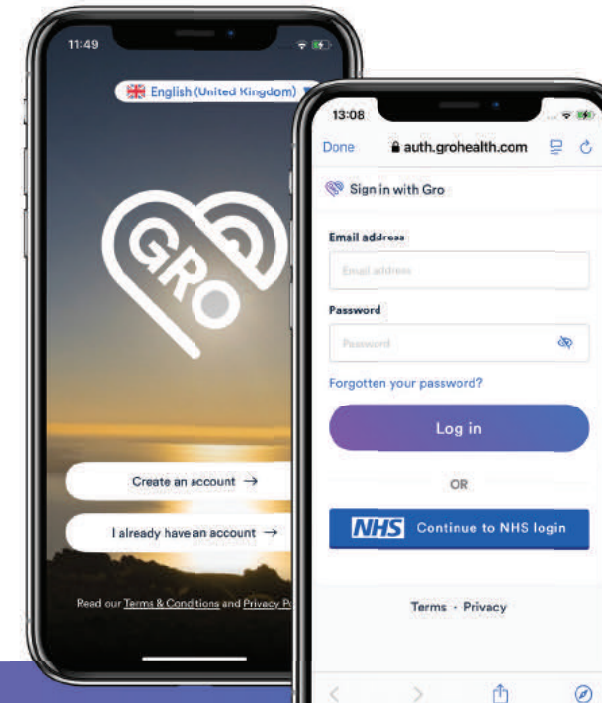
- You can also change your **units of measurement**.
- For **height**, you can choose from Feet and Inches (ft, in), Meters and Centimeters (m, cm), or Centimeters (cm).
- For **weight**, you can choose from Stones and Pounds (st, lbs), or Kilograms (kg).
- To save, tap **Next** →





Connect with wearable devices & services

- You can always connect later via [Settings](#) → [Devices](#).
- Select your wearable brand (e.g., Fitbit, Garmin, Apple Health) from the list and tap '[Connect](#)'
- Follow the on-screen prompts to log into your wearable account and grant GRO Health access.
- Tap [Next](#) to complete the setup.
- Alternatively, tap '[Later](#)' if you want to skip connecting a device now.



To log in

- Tap [I already have an account](#) →
- Enter your chosen email address and password
- Tap [Log in](#) →

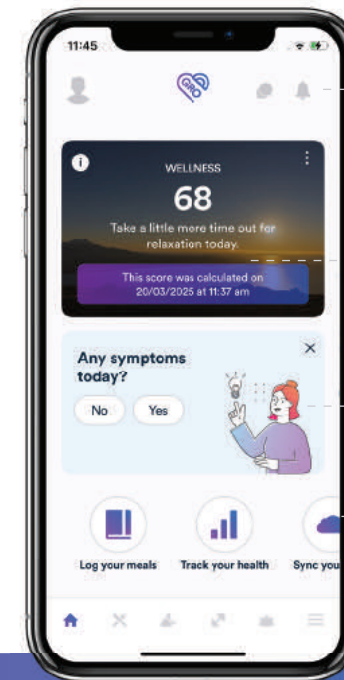
If you have forgotten your password:

- Tap [Forgotten your password?](#)
- Enter your email address and tap [Reset password](#) →
- Follow the instructions sent to your email address



Welcome to Gro

- On first use, you will be asked to choose our focus
- Choose from activity, nutrition, sleep, and wellbeing
- Tap [Choose your focus](#) → to select your focus



Home screen

Notifications & messages

Read notifications and messages, manage your notification preferences

Wellness score

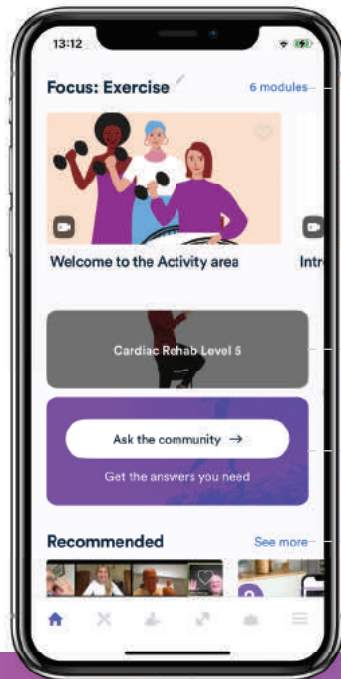
Data-driven health insight to empower your decisions

Symptoms prompt

A daily reminder to log any symptoms you may have.

Shortcuts bar

Handy shortcuts to areas of the app you might find useful.



Home screen (continued)

Education

Explore and engage in education tailored to your goals

Personalised workouts

Quickly access workouts tailored specifically for your level of ability.

Community

Get involved in the conversation and chat with your peers and mentors for support.

Recommended content

Discover a wealth of articles and weekly scheduled content just for you.



Home

Go to the main home screen



Nutrition

Structured nutrition education and resources to help form healthy habits



Sleep

Sleep education, resources and activities to help you sleep



Activity

Education and workouts tailored to your fitness levels



Menu

Tap to access your profile and see a full list of navigation options



Wellbeing

Education and activities to improve your mental and emotional resilience

Use the bottom menu for quick navigation around the app and tap  for a full list of options



Menu navigation

Health tracking

Track your health markers

Lifestyle

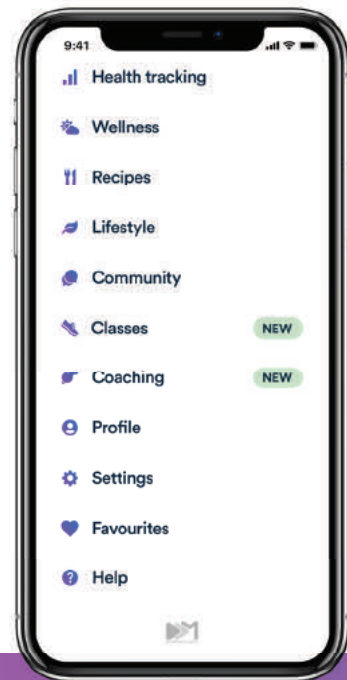
Daily updated informational guides
tailored to your preferences

Community

Find support from peers and
Behaviour Change Mentors

Profile

View and update your profile



Food diary

Keep a log of your nutrition

Settings

Manage your account preferences

Favourites

Saved education, resources, audios
and activities

Help

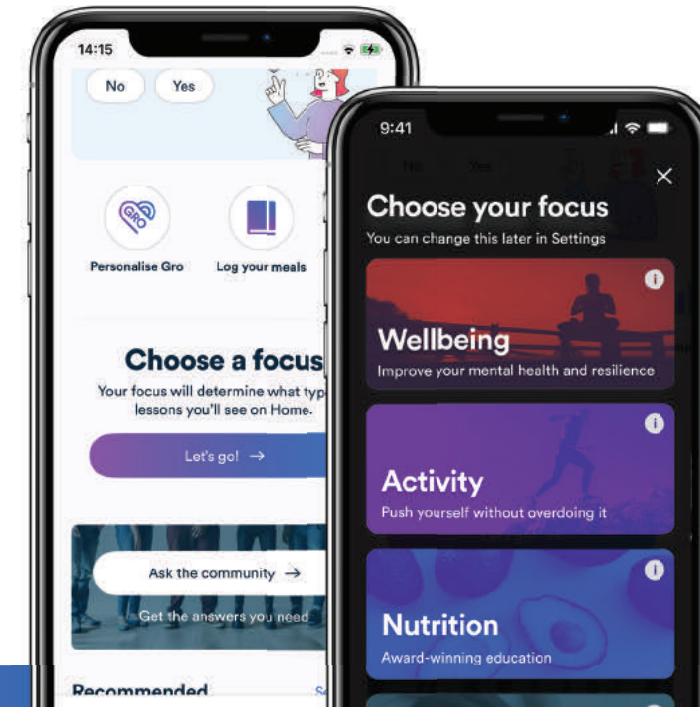
Explore questions, send feedback
and read terms

Choose your health focus

Multi-award winning structured education,
activities and resources on nutrition, activity,
sleep, and wellbeing.

Tap **Let's go!** → to choose what is pinned to your
home screen.

You can change your focus any time by going to
Menu → Settings → General → Current Focus



Lessons

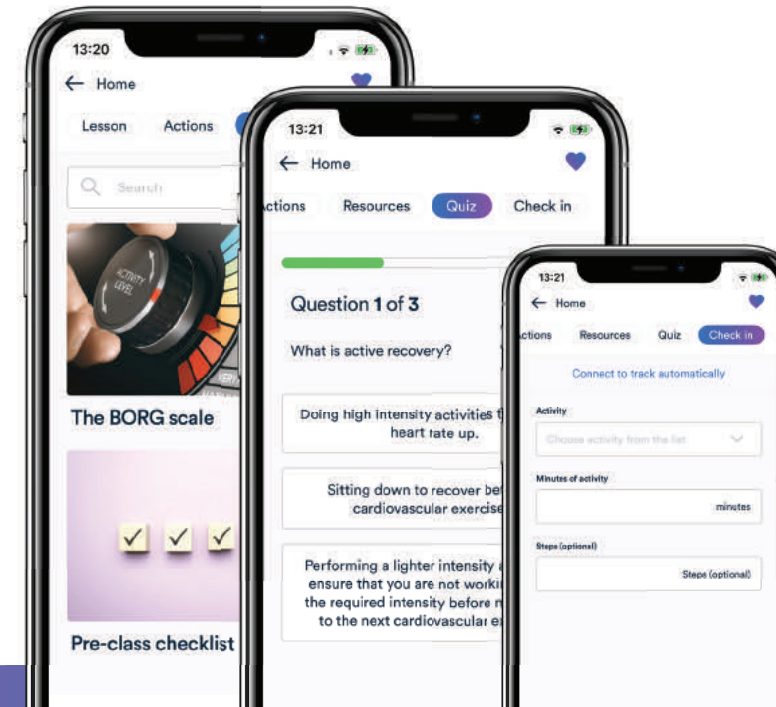
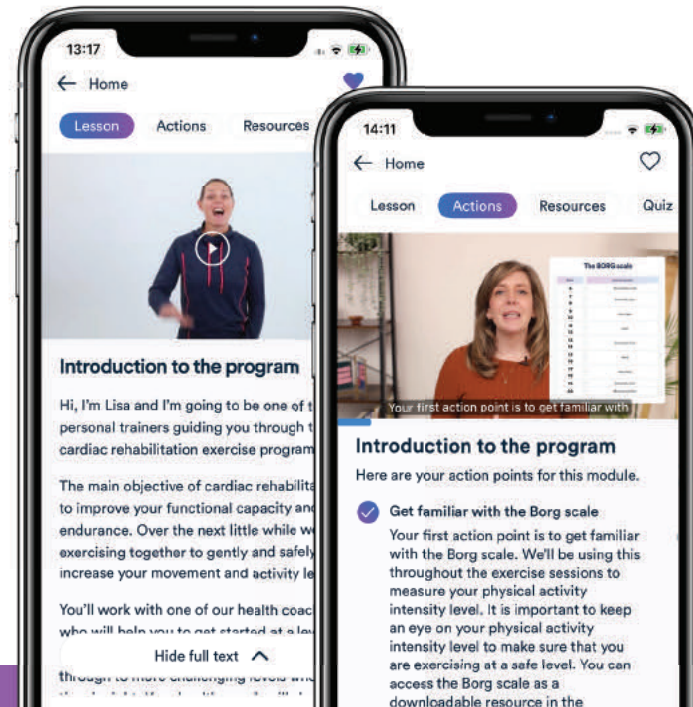
Each individual lesson is broken down into 5 different sections: Lesson, Actions, Resources, Quiz and Check-in.

Lesson

Tap  to watch the lesson or [Show full text](#) → to read the lesson.

Actions

Weekly action points for you to follow to make healthier habits.



Resources

Behaviour change resources to help implement healthy habits. Tap  to save a resource to your favourites.

Quiz

Assess your learning on the chosen module.

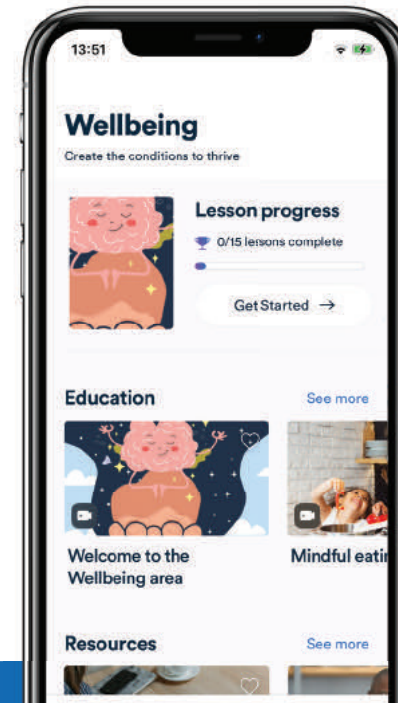
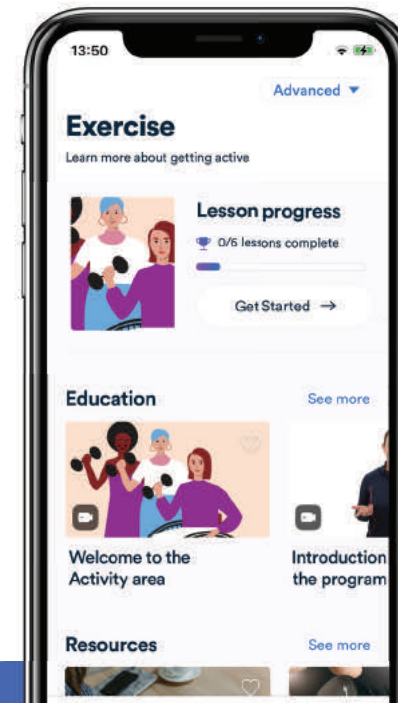
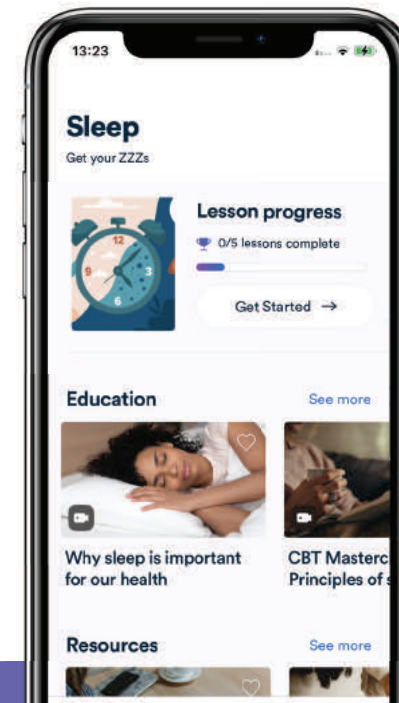
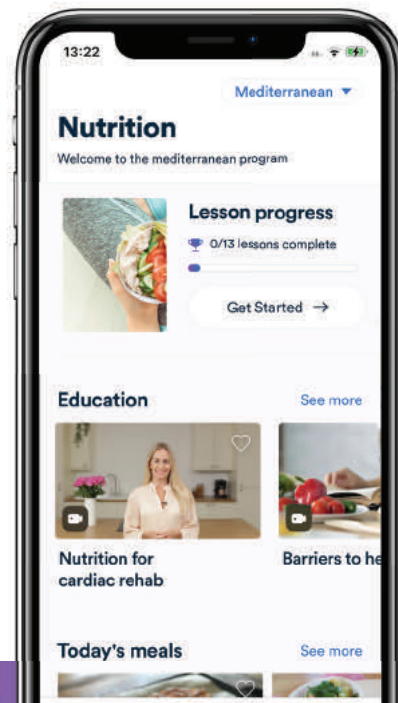
Check-in

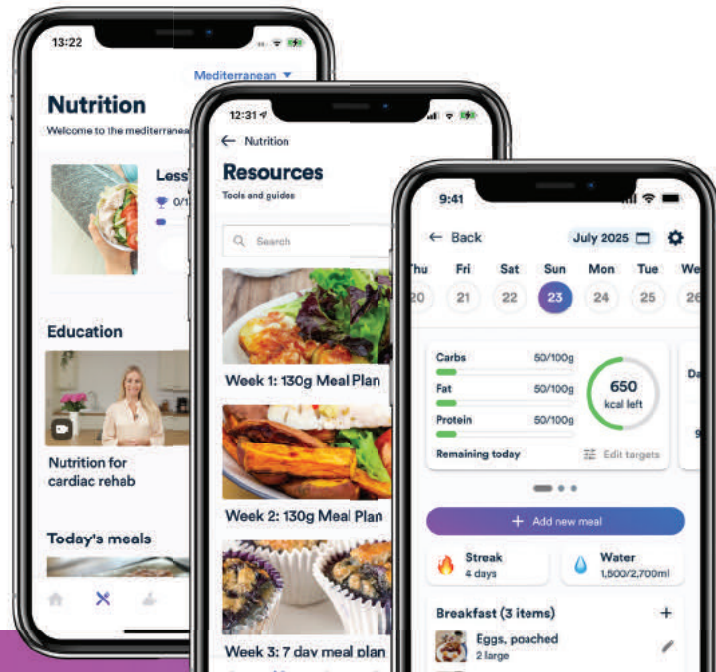
A point of reflection for the week, and a chance to catch up on entering any activity you haven't logged yet.

Focus areas

Each health focus has a dedicated area containing education and behaviour change activities, resources and techniques.

Explore 4 therapy areas containing education and tailored behaviour change resources.





Nutrition

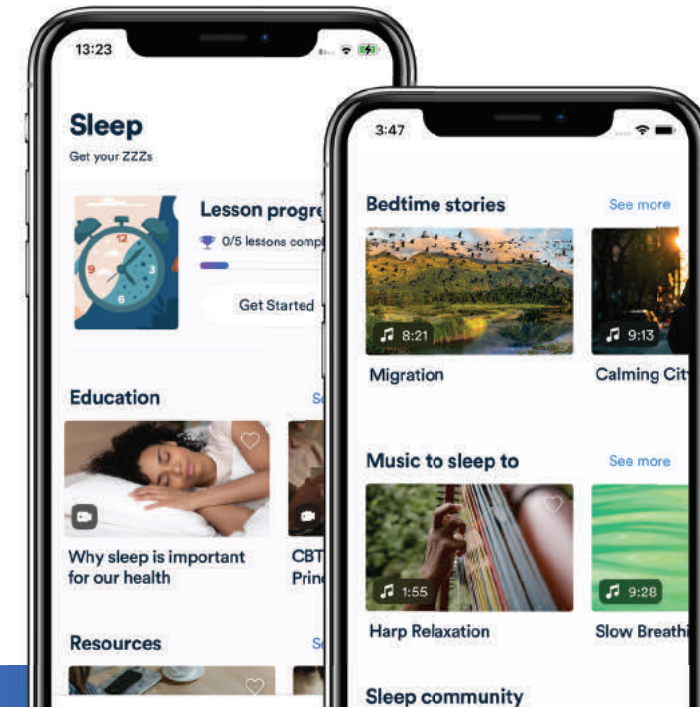
Award-winning education and resources to help you adopt a heart-healthy mediterranean way of eating.

- **Education:** tap on a module to start a lesson
- **Resources:** browse meal plans tailored to your dietary preferences
- **Food diary:** use the AI food diary to track what you eat
- **Recipes:** browse over 2,000 recipes and search by preferences

Sleep

Explore education and resources to help you optimise your sleep:

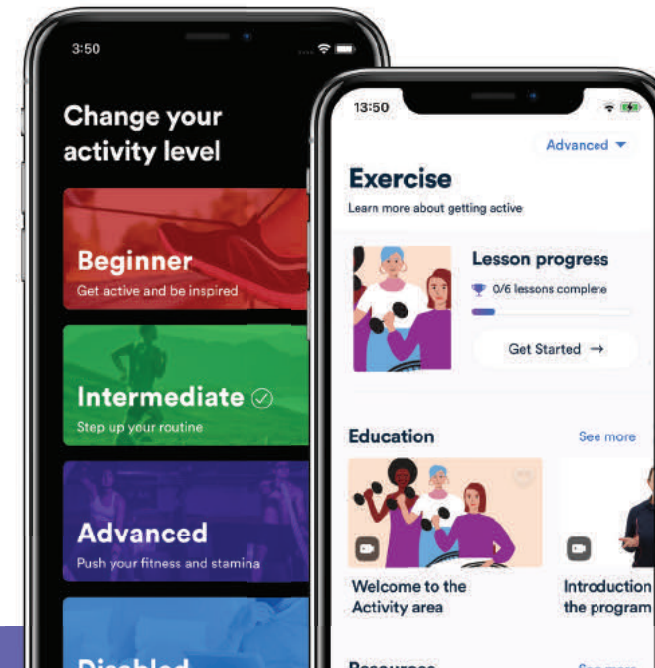
- **Education:** tap on a module to start a lesson
- **Resources:** find resources to help optimise your sleep
- **Bedtime stories:** stories to help you fall asleep. Tap on a story to start
- **Music to sleep to:** music to help you fall asleep. Tap on a music item to start



Audio player controls

Tapping on a Bedtime story or Music to sleep to will launch the audio player. Once the audio player has started:

- To maximise the audio player, tap on ^
- To minimise the audio player, swipe the screen down
- To dismiss the audio player, swipe the minimised bar down, then tap 



Exercise

Explore education, resources and workout to help you optimise your activity. On first navigating to Activity, you will be asked to confirm your activity level. Once confirmed, you will see the following, tailored to your activity preferences:

- **Education:** tap on a module to start a lesson
- **Resources:** find resources to help optimise your fitness levels
- **Workouts:** cardio, strength and mobility workouts and exercise snacks to get you moving and delivered by BACPR accredited physiotherapists.

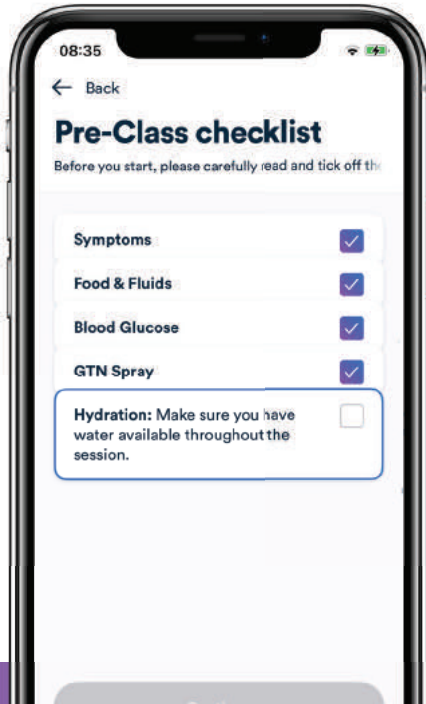
Pre-class checklist

In order to ensure your personal safety, you will be asked to complete a short pre-class checklist before beginning any workout. Some items in the list may not be applicable to you, so read them carefully.

To complete the checklist:

- Tap ☐ to mark a checklist item as 'Done'
- Once all items are checked off, the [Continue](#) button will activate.

On the next page is a brief explanation of each item in the checklist so you can decide whether they are applicable to you.



Checklist items

☐ Symptoms Check

- Tick the box if you have no new/unusual symptoms (e.g., chest pain, dizziness).
If symptoms are present, do NOT proceed. Contact your clinician.

☐ Food & Fluids

- Tick after eating and drinking fluids 2 hours before class.

☐ Blood Glucose (If Diabetic)

- Tick if you've tested your blood sugar. You may have been directed to do this if you have Type 2 Diabetes.

☐ GTN Spray (If Prescribed)

- Tick to confirm it's on hand. **Note:** Use GTN spray as directed for chest pain. Call 999 if pain persists.

Checklist items (continued)

☐ Hydration

- Tick to confirm you have water nearby.

☐ Clear Exercise Space

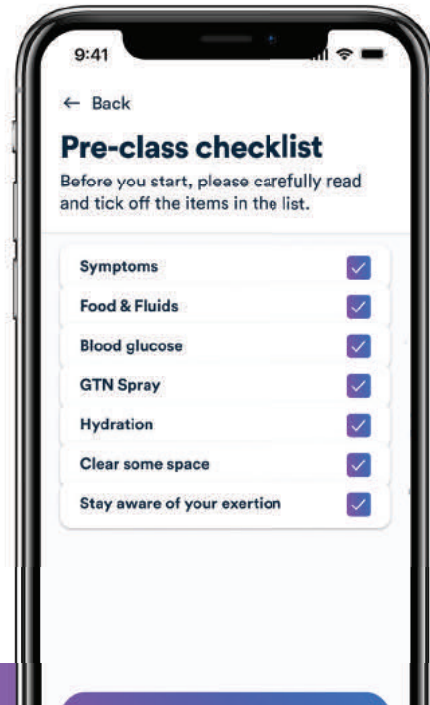
- Tick after removing trip hazards (e.g., cables, rugs).

☐ Borg Scale of Exertion

- Tick to confirm you'll monitor exertion during class. This is a scale (6–20) to rate effort. Stay within your clinician's advised range.

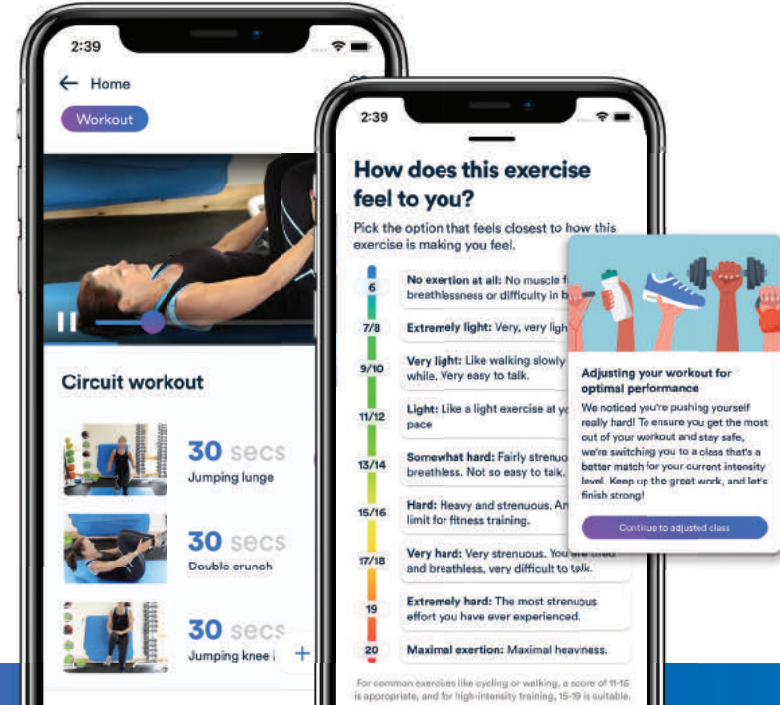
☐ Final Check

- Tap **Continue** to start your class.



On-demand classes

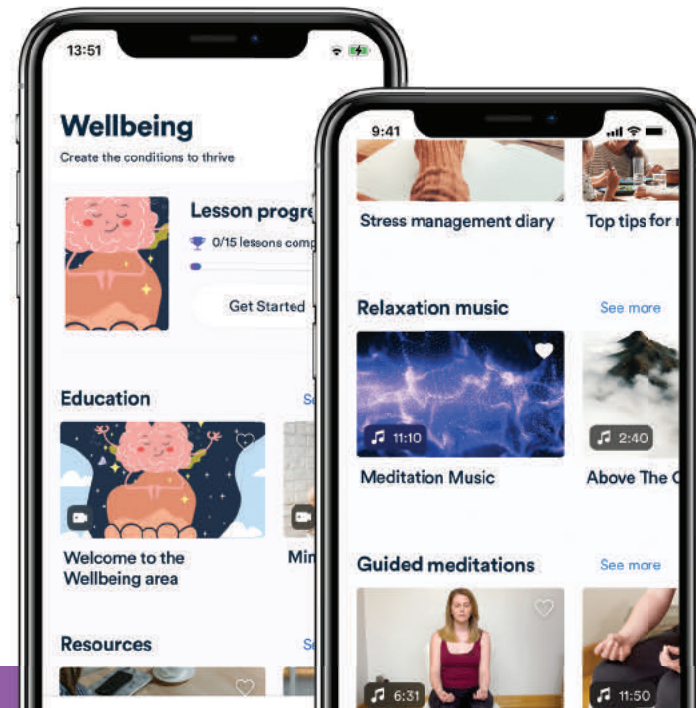
- Tap **▶** to watch
- Tap **⌚** to start an exercise timer
- Tap **+ Log** to save the workout to your Health Tracking
- **Halfway through each workout**, you will be prompted to select how the exercise is making you feel.
- Based on your answers, Gro will intelligently re-calculate your **optimal ability level** and suggest more suitable workout options.



Wellbeing

Explore education and resources to help you destress.

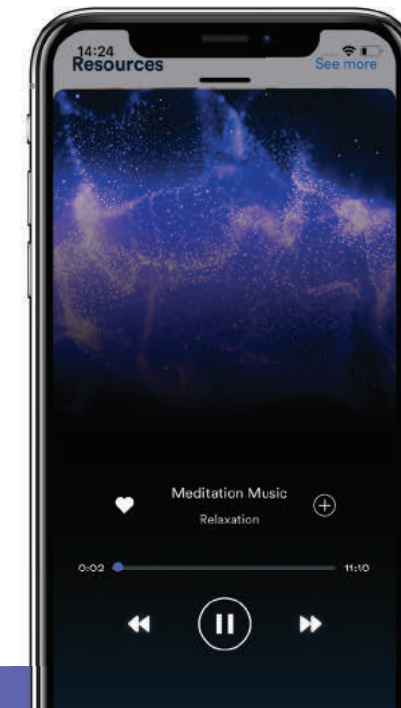
- **Education:** tap on a module to start a lesson
- **Resources:** find resources to help optimise your mental and emotional wellbeing
- **Relaxation music:** music to help you relax. Tap on an item to start.
- **Guided meditations:** guided meditations to help you become more mindful. Tap on an item to start.
- **Classical music:** chosen classical pieces to help you relax. Tap on an item to start.



Listening to music

Tapping on an item from Relaxation music, Guided meditations and Classical music will launch the audio player. Once the audio player has started:

- To maximise the audio player, tap on ^ or swipe up
- To minimise the audio player, swipe the screen down
- To dismiss the audio player, swipe the minimised bar down once more





Exploring 360° immersive mindfulness

Immersive mindfulness exercises allow you to explore the environment you are in.

Non-immersive mindfulness exercises do not allow exploration of the environment. Exercises labelled 360° denote availability in 360° augmented reality.

Tap on a Mindfulness resource to start it.

- To maximise a video, tap []
- Move your phone or headset to explore the 360° environment
- To dismiss the video player, tap [] and exit



Health tracking

Track your health by adding your latest readings or connect to a range of apps. Customise what you track in [Settings](#).

- Tap on a block to view more about the health markers within, then select any item to see your tracking screen.
- Tap + on any screen to add a reading
- Tap : to edit or delete a reading
- Tap [] to maximise the graph
- Tap [] in the top right of any screen to change the date

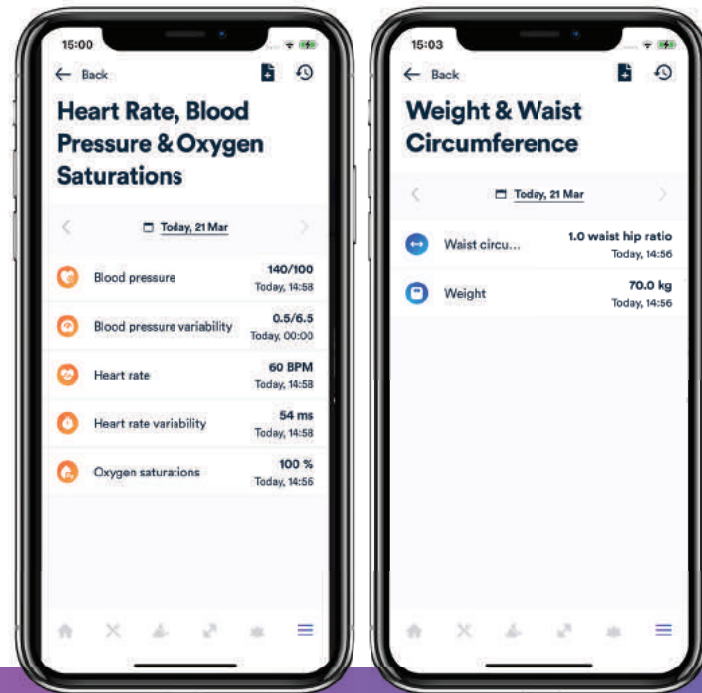
You can track the following, either by inputting your own data or syncing with third-party apps and services:

Heart health and vital signs

Log heart rate, blood pressure (systolic/diastolic/variability), heart rate variability (HRV), and oxygen saturation (SpO2).

Weight and body measurements

Track weight, waist/hip circumference, and waist-to-hip ratio (WHR). Add progress photos.



Blood glucose and HbA1c

Track glucose levels and long-term HbA1c trends.

Cholesterol and triglycerides

Monitor HDL, LDL, total cholesterol, and triglycerides.

Activity

Log steps, active minutes, and specific exercise types (e.g., yoga, walking). Sync wearables for automatic tracking.



Sleep

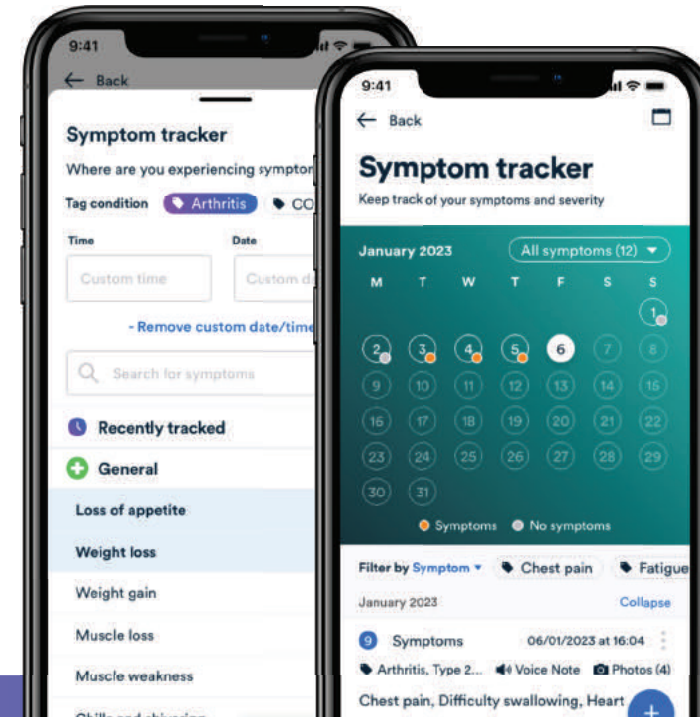
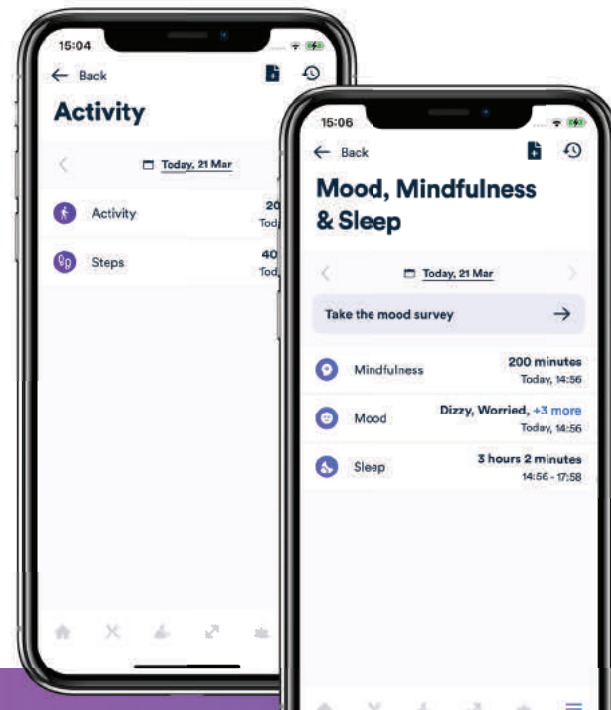
Track your sleep duration, quality and browse historical readings.

Mood

Record daily emotions (e.g., calm, stressed). Use AI selfie analysis for mood insights.

Mindfulness

Track your minutes of mindfulness, mindfulness activities and browse historical readings.



Symptom tracking

Log your symptoms at any time of the day.

- Tap **+** to add a reading
- Choose the symptom(s) you are experiencing and answer the related questions
 - **(Optional)** Attach an image to your entry
 - **(Optional)** Attach audio to your entry

Your symptoms will be saved under **Health Tracking → Symptom Tracker**

Medication tracking

Track your medications and check which ones you've taken.

- Tap **+** to track a medication
- Select a medication and enter the dosage you have taken
- To save your medication entry, tap **Save →**

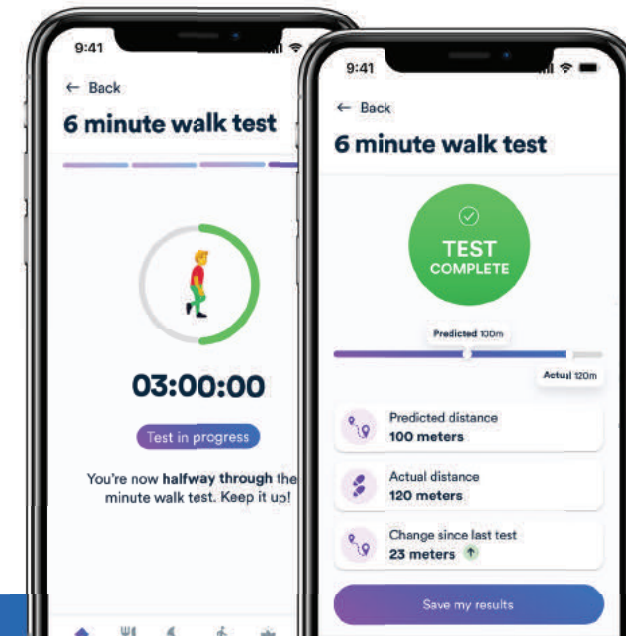
You can add or remove medications from your profile from **Settings → Medication**



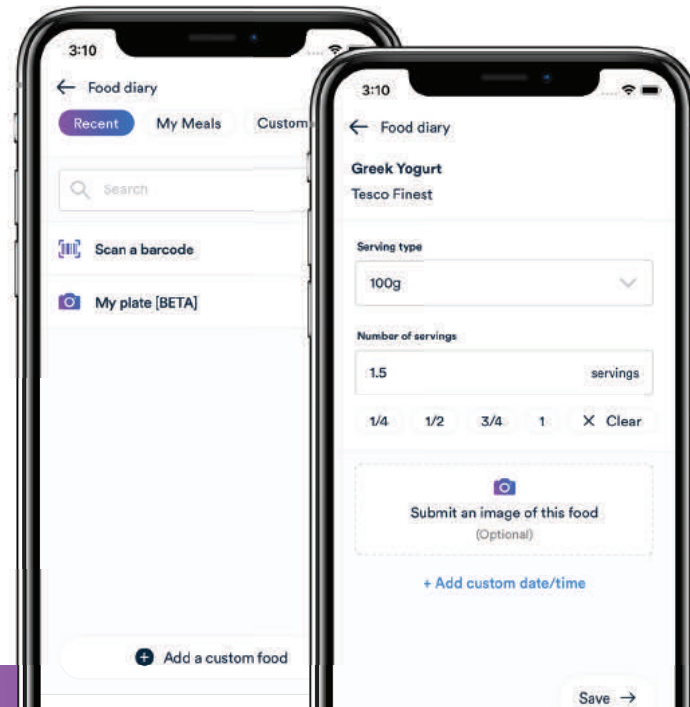
6-minute walk test

The 6-minute walk test helps to measure endurance and progress in your cardiac rehabilitation.

- Tap **▶** to **watch the video** for an overview of the test.
- Enter your **current heart rate** and ensure you have a **safe, flat area** to walk for six minutes.
- Walk at your **normal pace for the full 6 minutes**, covering as much distance as you can.
- The app will show your results, including **predicted distance, actual distance covered, and progress since your last test**
- Tap **Save my results** to track your improvement over time.



- Tap **+** to add a new food or drink and then:
 - Type to search for your food
 - Tap  **Scan a barcode** to scan a barcode of your food
 - Tap  **My plate** to take a photo of your food and let our AI recognise it
 - Tap  **Add a custom food** to create your own food
- Once you have found your food, enter the serving size and add it to your diary by tapping **Save →**

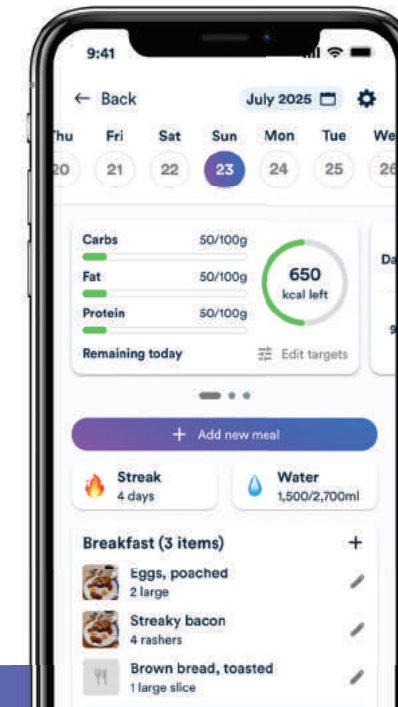


Food diary

Log your breakfast, lunch, dinner and snacks and get automatic breakdowns of your calories, carbs, fat and protein, fibre and more.

On first use, you will be prompted to set your nutritional targets and enter a weekly food budget.

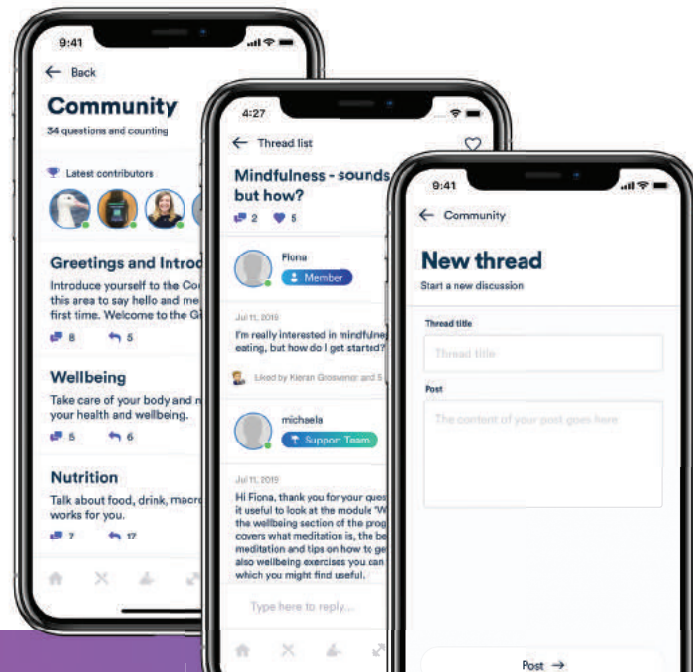
Edit these at any time by tapping **Edit targets**



Community

Stay connected, motivated and informed with the latest from the community.

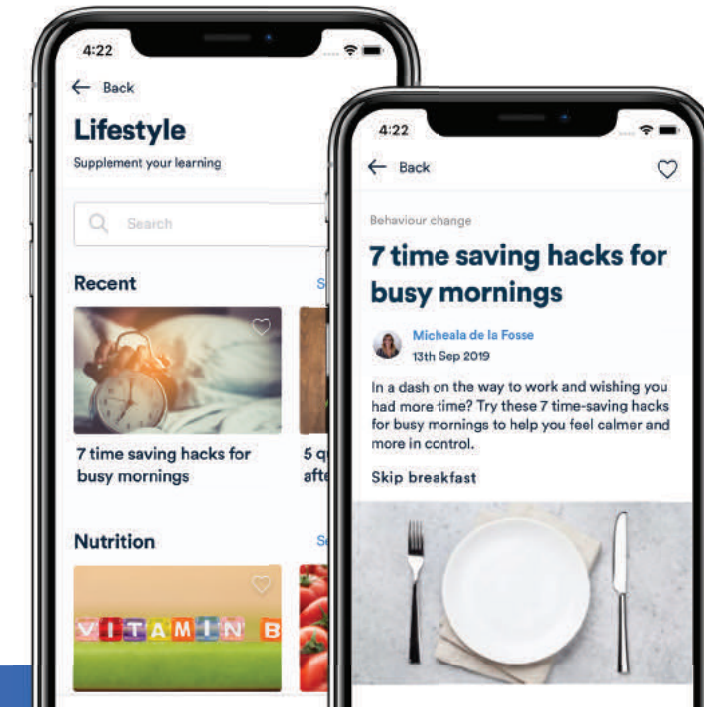
- Tap a category to view a list of discussion threads
- Tap on a discussion thread to read more
- Tap on [Type here to reply...](#) to submit a response to a discussion
- Tap  to start a new discussion
- Enter a post title and message and tap [Post](#) → to post your discussion thread
- Tap on  on any discussion thread to add it to your favourites



Lifestyle

Explore daily updated educational guides, news, research, interviews, exclusive Q&As and commentary, tailored to your preferences. Explore recommended content based on your interests and what other people like you are reading.

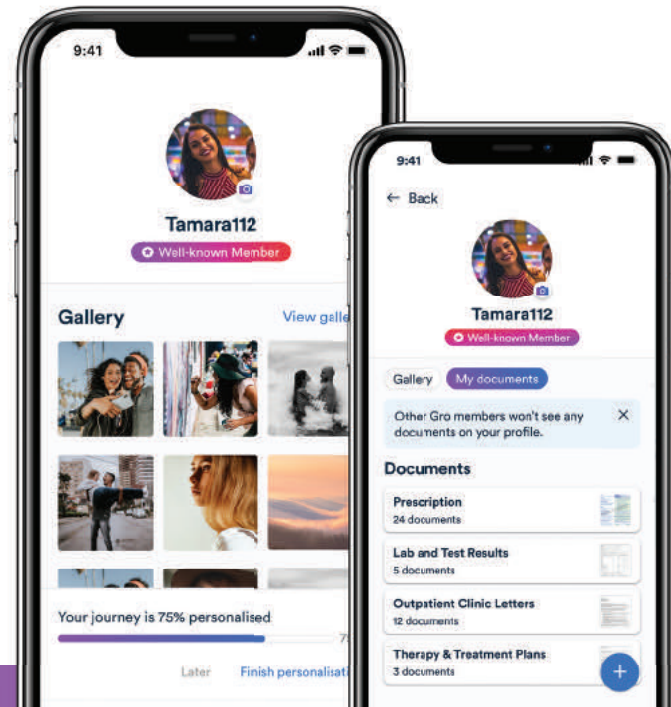
- Tap on an article item to view more
- Tap  to save it to your favourites
- Tap on [Leave a comment](#) → to leave your comments



Profile & document storage

View your profile and add photos to your profile gallery, or store medical documents to find easily later. Documents are only visible to you.

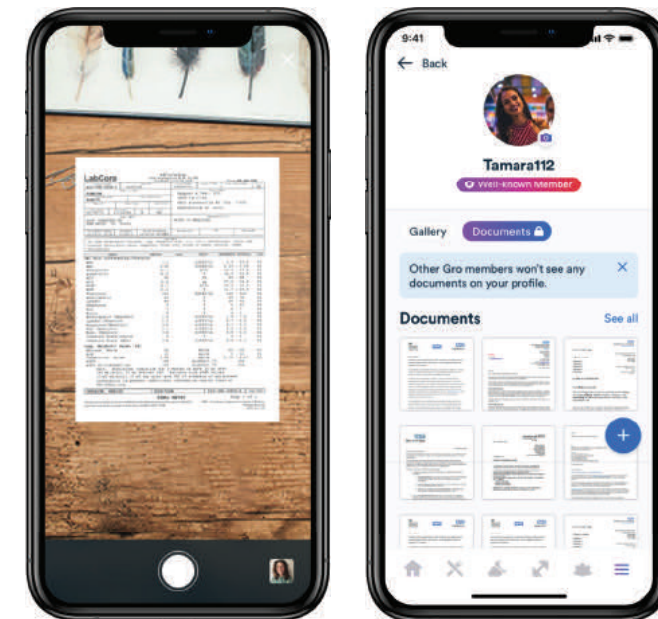
- Tap on 📷 to change your profile photo
- Tap + to add an image or document to your gallery
- Tap 'Documents' to view your documents

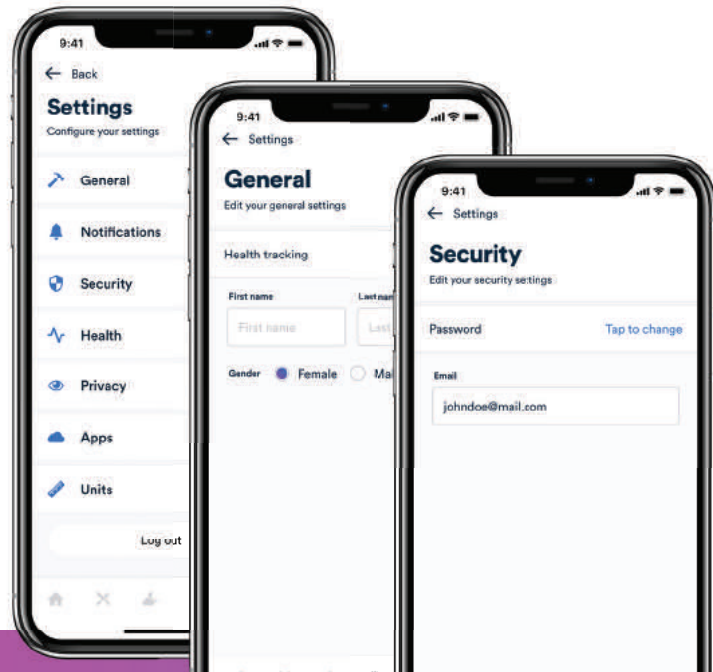


Document uploader

Upload PDFs or photos of printed documents to your profile so they are easy to find in future.

- Navigate to **Menu → Profile → Documents**
- Tap + to add upload a document
- Choose your file (PDF or image)
- Once you have chosen a file, you can save it to your profile by tapping **Save →**





Settings

Customise your settings and edit your preferences. Tap **Save** → to save your updated settings.

General

Update your name, gender and toggle health items you wish to track under Health Tracking.

Notifications

Toggle your in-app and email notification settings.

Security

Update your email address and password.

Health

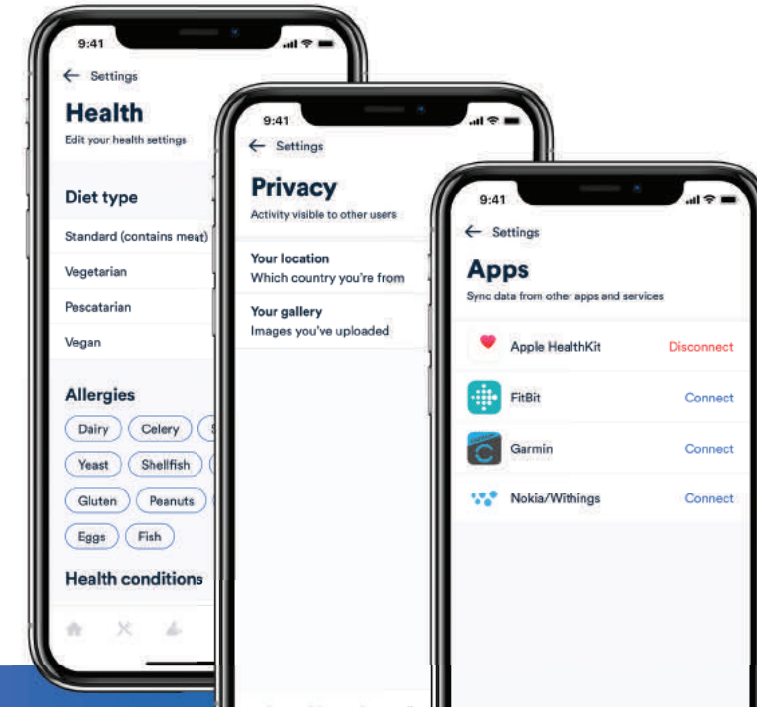
Update your diet type, allergies, health conditions, set your height, and update your smoking and blood glucose testing status.

Privacy

Toggle whether your location and gallery is visible to other members.

Apps

To connect to selected apps and services, tap **Connect** and follow the instructions.



Devices

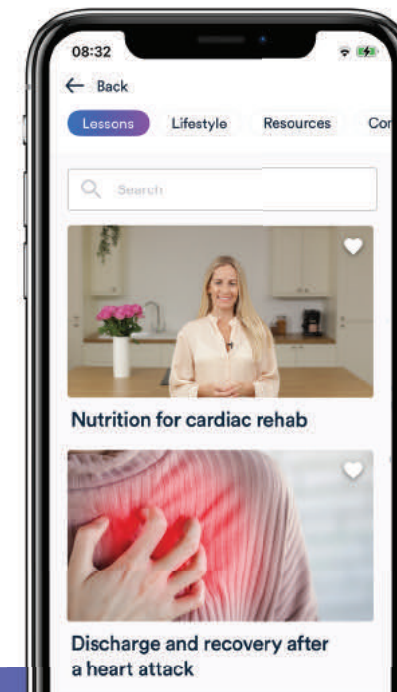
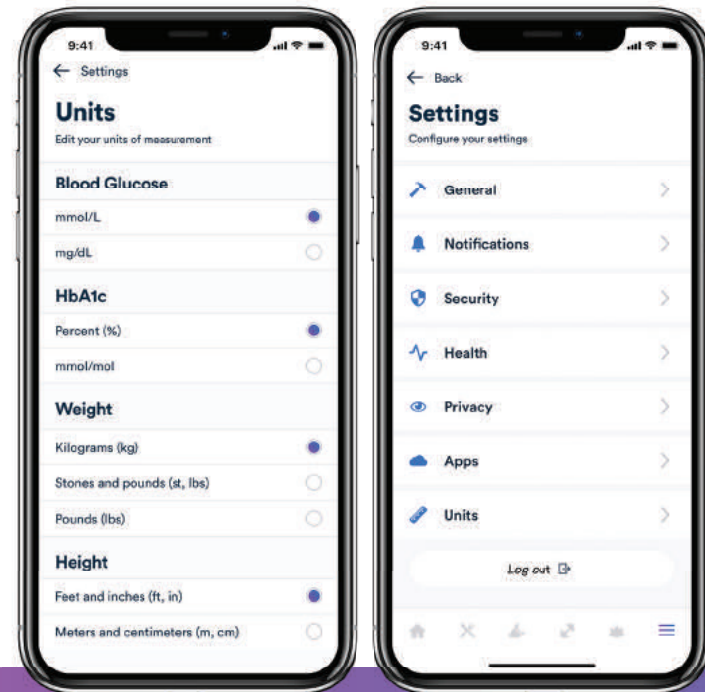
Connect to compatible Bluetooth-enabled devices.

Units

Select your preferred measurements for blood glucose, HbA1c, weight and height.

Log out

Tap **Log out** → to sign out of the application.

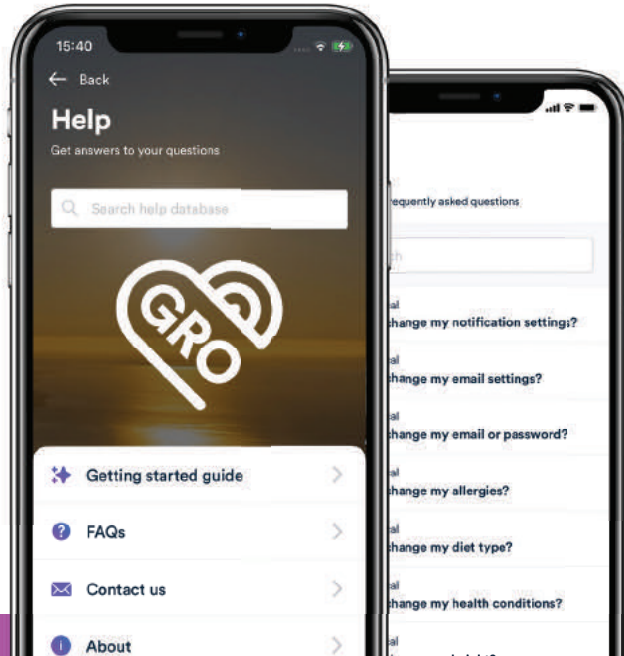


Favourites

Browse all items that you have favourited.

This includes:

- Lessons
- Lifestyle articles
- Resources
- Community discussions
- Audio resources (such as music and meditations)
- Workouts



Help

Use this area to send your feedback and learn more about Gro.

FAQs

Explore the platform's most frequently asked technical and non-technical questions.

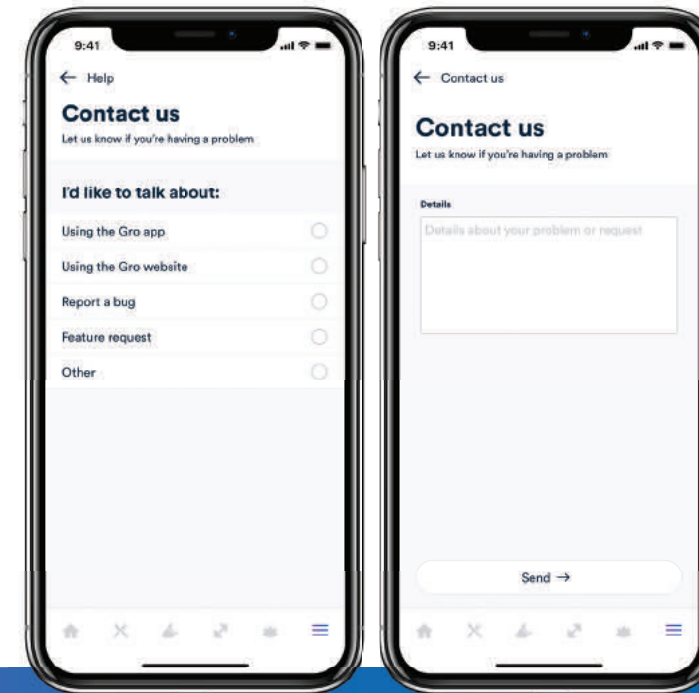
- Tap [FAQs](#) to explore frequently asked questions
- Tap on a question to read more
- Tap on  or  to rate an answer

Contact us

Get in touch with us and a member of the Gro team will contact you on the email address you signed up with.

- Tap [Contact us](#)
- Select your reason for contact
- Enter your message and tap [Send](#) →

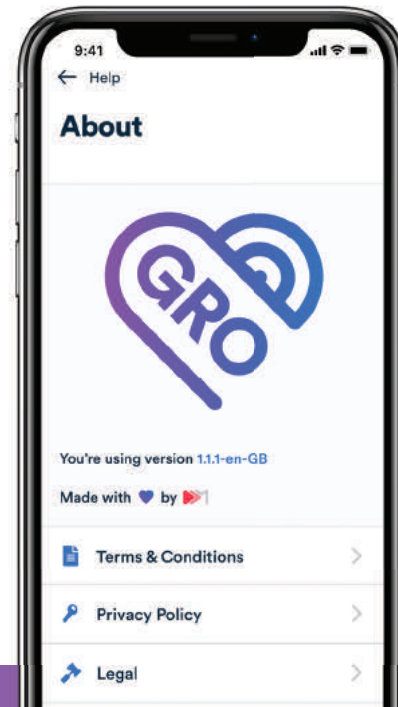
A member of the Gro team will respond within 2 working hours.



About

Explore the legal and regulatory aspects of Gro.

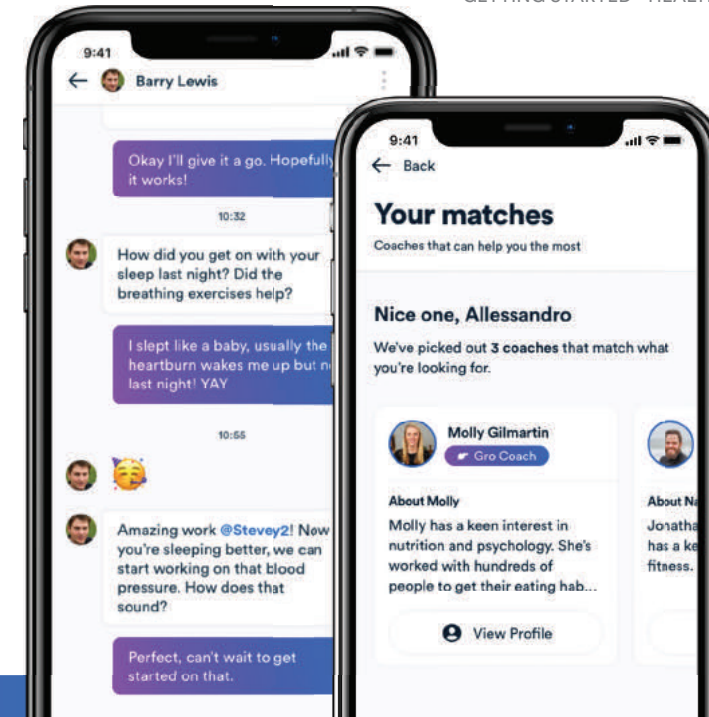
- Tap on [Terms and Conditions](#) to learn more about the terms of the platform
- Tap on [Privacy Policy](#) to learn more about how we respect your data
- Tap on [Legal](#) to read regulatory information



Health coaching

Health coaching allows you to have a private conversation with a health coach.

- Tap on [Health Coaching](#)
You will need to buy a subscription to coaching if this is not enabled on your account
- Choose a coach
- Start a conversation

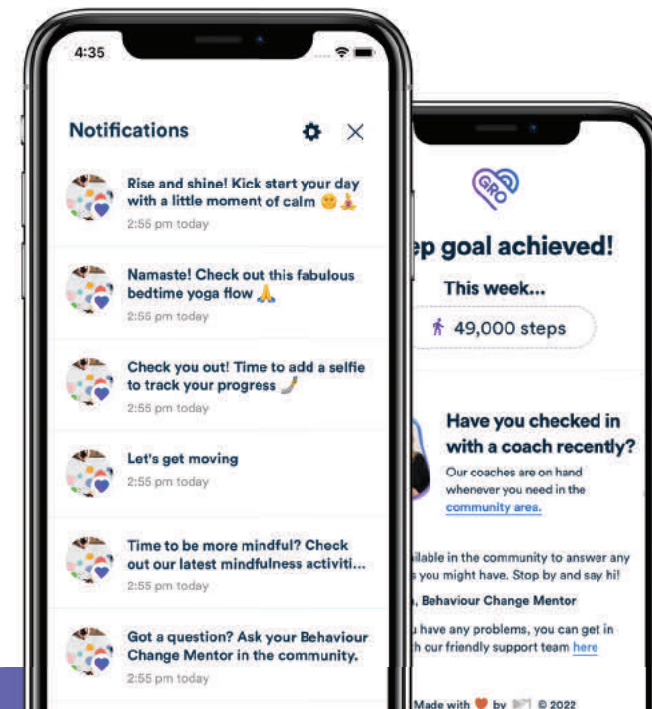
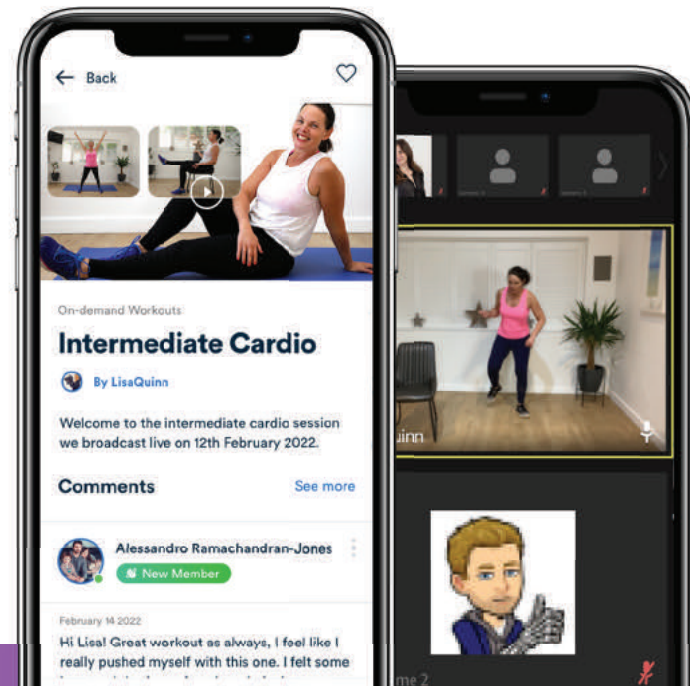


Virtual events and live meetups

Each week, we host optional virtual events for all members to attend.

How to join our events

- From the Home Screen, tap **Menu → Lifestyle**, then scroll down to 'Getting Started'
- Tap on the '**Coming Up This Week**' article to see a schedule of events.
- All of our live workouts are hosted by a BACPR-accredited physical trainer.



Notifications & email alerts

You will receive in-app and email notifications during your membership.

If you do not receive in-app notifications, please check your phone settings.

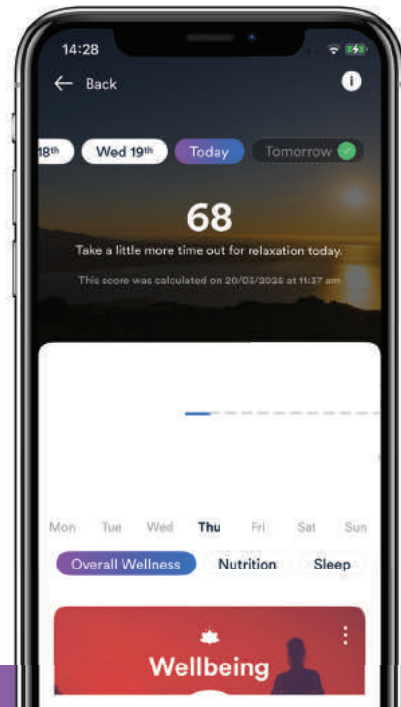
Update your in-app and email notification preferences in Settings.

Wellness Score

Wellness Score measures the signals from your body to provide you with insights to empower your decisions. It is a number from 1 to 100.

See the data that you have tracked and whether you can correlate it with how you're feeling - both mentally and physically.

Tap on the Wellness Score card to see your wellness broken down into 4 Component Scores.



Nutrition

Measure of your carbohydrate, fat and calories intake.

Activity

Measure of your active minutes and steps.

Sleep

Measure of your sleep, and its quality.

Wellbeing

Measure of your average heart rate, heart rate variability, temperature, and mindful minutes.

Tap on a health item to see feedback on the data you are collecting and areas of the app that may improve your score.

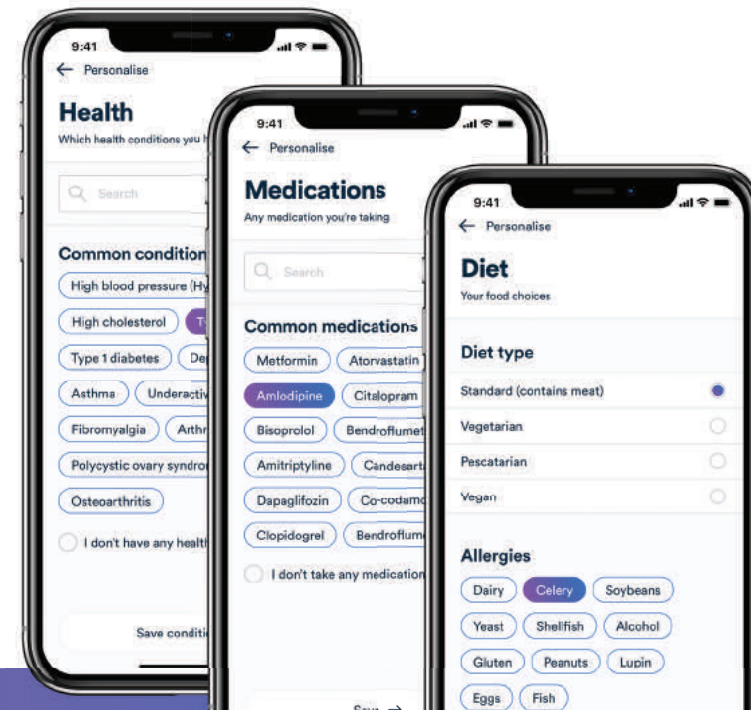
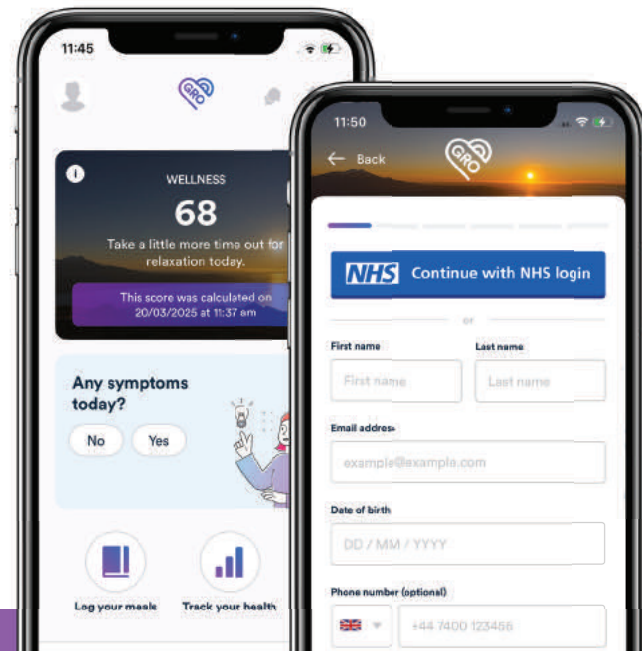


How we provide a personalised experience

Gro is a personalised platform that moves away from a 'one size fits all' approach to the treatment and care of people, and instead uses data to better manage peoples' health and target experiences and therapies to achieve the best outcomes in the management of health.

How we tailor your experience

To sign up, you need to enter your date of birth, gender, email address and password. Your date of birth ensures you are of legal age to use the app in your jurisdiction, and your gender tailors your app experience.

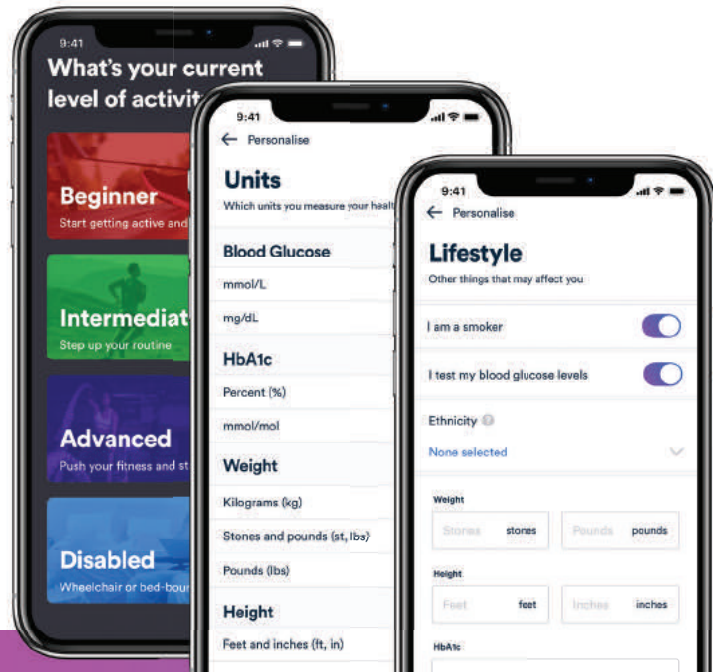


Provider ID: your provider ID may tailor your experience

Health conditions: selecting your health condition will provide education and support tailored to your condition.

Medications: entering your medications will ensure resources are suited to the medications you take.

Diet: choosing your dietary preferences and allergies enables appropriate, culturally relevant meal plans to be shown to you.



Activity level: selecting your current activity level allows recommended activities and exercise classes to be tailored to your fitness level.

Units of measurement: choose the units you'd like to track your health in.

Lifestyle: select your ethnicity and whether you smoke or test your blood glucose to see culturally-relevant education on these topics.

You can also utilise the app as your personal log book, tracking different aspects of your health and lifestyle including food, activity, weight, sleep, mood, blood glucose, mindfulness and more.

Usage data from use of the web and app is collected. Opt-out by contacting the Support Team.

