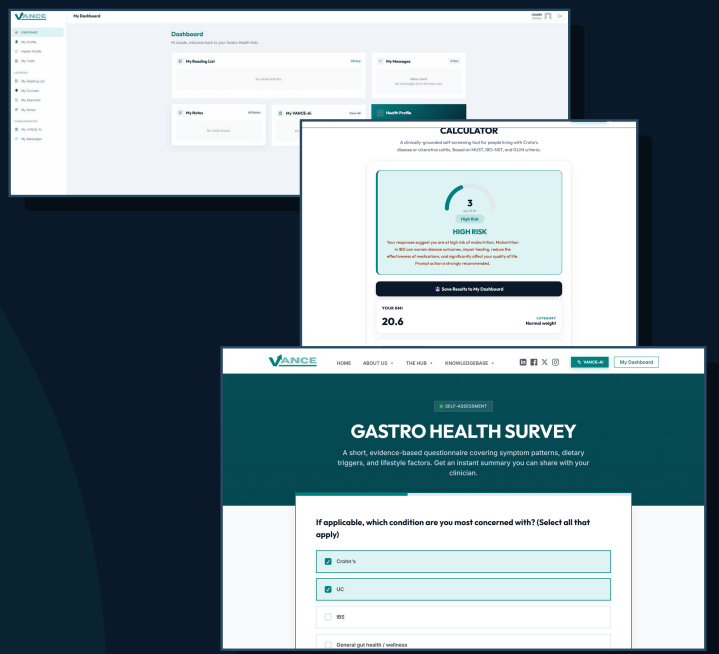




PATIENT USER GUIDE

Your gastro health journey, organised.

A practical walkthrough of Vance Health Hub — the free tools, the research features, and the private dashboard that keeps everything you find in one place.



FREE TO JOIN · NO PAYMENT DETAILS · CLINICALLY REVIEWED

vancehealthhub.co.uk

Vance Medical Foods Ltd · Information only, not medical advice

WELCOME

You should not have to guess

Living with a gut condition means making decisions constantly — about food, about symptoms, about what to raise at your next appointment. Most of us end up searching the open web at 11pm and coming away more worried than when we started.

Vance Health Hub is built for the other way round. The articles are clinically reviewed. The calculators use the same screening frameworks clinicians use. The AI assistant answers from this hub's own library and shows you its sources. And everything you work out along the way is saved in one private place you control.

What this guide is

A plain-English tour of everything on the hub, in the order most people actually use it. Every screenshot is a real screen from the live site, not a mock-up. You do not need to read it front to back — jump to whatever you need.

WHAT IS FREE

Everything here is free

There is no paid tier for any of the tools in this guide, and no payment details are ever requested. The only thing an account changes is whether your results are kept.

	Without an account	With a free account
Read clinically reviewed articles	Yes	Yes
Gastro Health Survey	Yes — answer all 9 questions	Yes — result saved to your profile
IBD Malnutrition Calculator	Yes — full score and advice	Yes — saved with a date, so you can compare
Recipes and Meal Planner	Yes — plan stays in your browser	Yes — plans saved to your account
Ask VANCE-Ai	Yes	Yes — conversations saved
Highlight text to ask or save	Ask: yes. Save to a note: no	Both
Reading List, Notes, Health Profile	No	Yes

One important limit

Nothing on the hub — including the calculators and VANCE-Ai — is a diagnosis or a substitute for your IBD team, GP or dietitian. It is designed to make those conversations better informed, not to replace them.

CONTENTS

What is in this guide

1 Getting started

Finding your way around, and joining in under two minutes.

2 Finding information you can trust

Condition pages, filtered results, and saving what matters to your Reading List.

3 Reading actively: highlight, ask, save

The two features that turn reading into research — highlight any passage to ask VANCE-Ai about it, or drop it straight into a note.

4 The Gastro Health Survey

Nine questions that personalise the whole site to your condition.

5 The IBD Malnutrition Calculator

An 11-step screener built on MUST, IBD-NST and GLIM.

6 Recipes and the Meal Planner

Gut-friendly recipes and a seven-day plan you can build in one click.

7 My Dashboard

Where everything lands, and why that matters more than any single tool.

8 Putting it to work

A first-week plan and an appointment prep checklist.

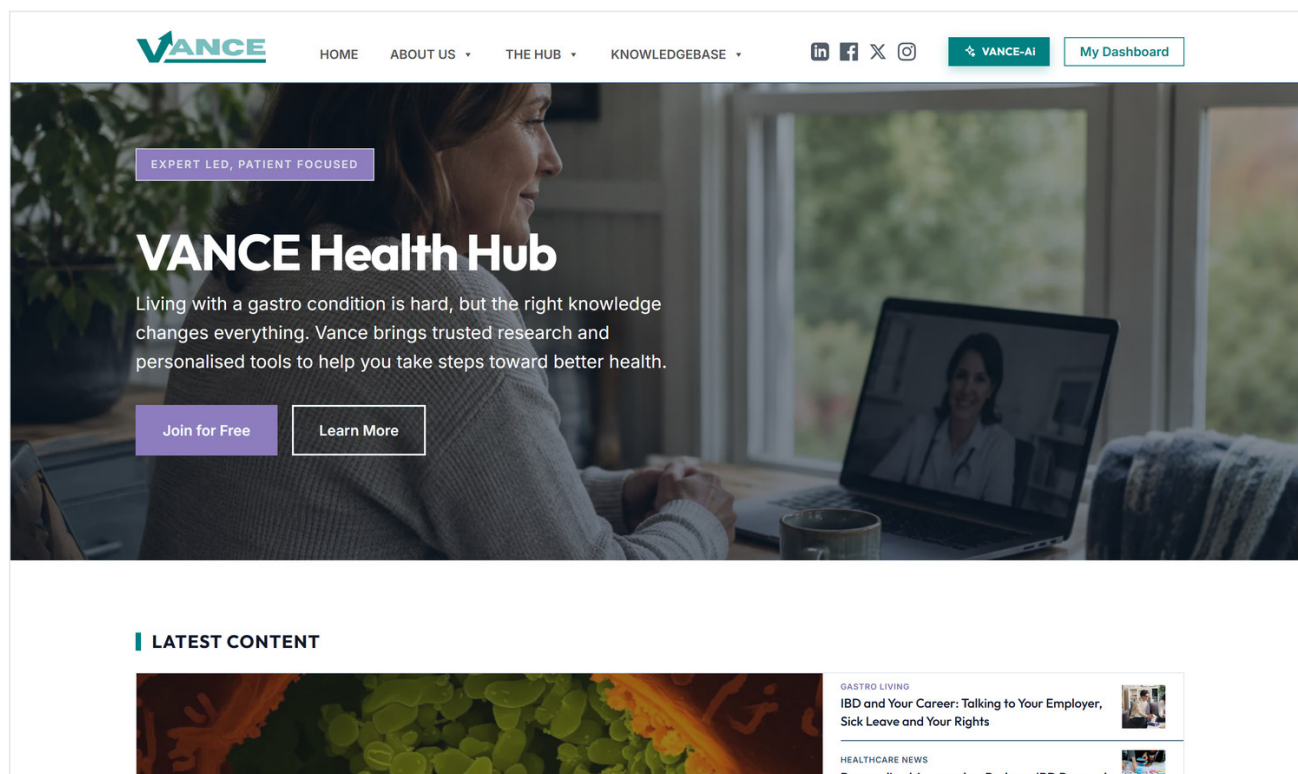
A note on the screenshots

Every screen in this guide was captured from the live site. The four My Dashboard screens were taken on a brand-new test account, so they show empty states — that is genuinely what your first day looks like before you save anything.

1

Getting started

Two minutes of setup buys you a site that adjusts to your condition instead of showing everyone the same thing.



The homepage Join for Free sits in the hero. VANCE-Ai and My Dashboard are in the header on every page of the site.

THE HEADER

Two buttons you will use constantly

- **VANCE-Ai** — opens the assistant in a pop-up over whatever you are reading. You never lose your place.
- **My Dashboard** — your private area. Signed out, it takes you to the sign-in screen; signed in, it goes straight to your dashboard.
- **Knowledgebase** — the article library, split into Gastro Health Explained, Gastro Living Insights, Gastro Health News and Clinical Data Reviews.
- **The Hub** — Get Started, this User Guide, and Free Health Tools.

JOINING

Creating your free account

- 1 **Click Join for Free.** From the homepage hero, the footer, or any tool result screen.
- 2 **Enter an email and password.** Or use Sign in with Google. No payment details are requested at any point.
- 3 **Tell us who you are.** Patient, caregiver, healthcare professional or researcher — this shapes what the hub shows you.
- 4 **Confirm your email.** You land straight in My Dashboard.
- 5 **Complete your Health Profile.** This is the Gastro Health Survey in section 4 — nine questions, and the part that does the personalising.

Why the Health Profile is worth the two minutes

Until you complete it, the hub cannot tell whether you have Crohn's, colitis, IBS or are reading on behalf of someone else. Once it knows, the articles, recipes and tools you are pointed at change accordingly.

WHAT IS ON THE HOMEPAGE

Below the hero

Scrolling down the homepage gives you the latest published articles, a Featured Tools row that jumps straight into the survey and VANCE-Ai, and the Gastro Conditions grid.

LATEST CONTENT

FEATURED

Dietary Oxalate Examined in Gut Inflammation

Lead Paragraph Researchers at the University of North Carolina (UNC) School of Medicine have investigated whether oxalate, a naturally occurring compound found...

August 26, 2026 | 3 min read | 25 views

GASTRO LIVING

IBD and Your Career: Talking to Your Employer, Sick Leave and Your Rights

HEALTHCARE NEWS

Personalised Approaches Reshape IBD Research

GASTRO LIVING

When Is Surgery the Right Choice for Crohn's Disease?

GASTRO LIVING

Recognising a Bowel Obstruction: Warning Signs Every Crohn's Patient Should Know

HEALTHCARE NEWS

Bowel Disease Linked to Possible Lung Scarring Risk

FEATURED TOOLS

?

SELF-ASSESSMENT

Gastro Health Quiz

Receive Free Personalised Support for Your Gut Health Journey.

AI

24/7 GASTRO HEALTH AI

VANCE-Ai

Get Instant Answers from Our AI Powered Gastro Healthcare Assistant.

Latest Content and Featured Tools The quickest route into the Gastro Health Survey and VANCE-Ai from a cold start.

vancehealthhub.co.uk

5

2

Finding information you can trust

The hub is a curated library, not a search engine. That changes how you look things up — and how much you can rely on what you find.

START WITH YOUR CONDITION

Condition pages are the front door

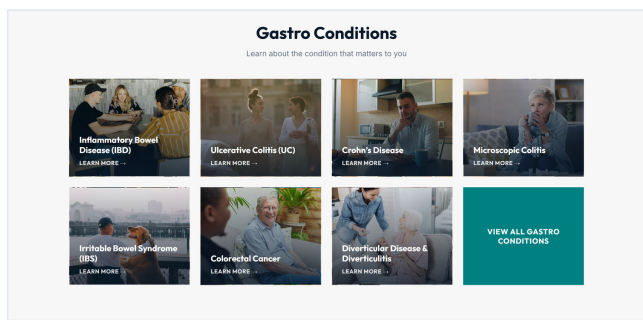
Under **Knowledgebase > Gastro Health Explained** there is a page for each condition — ulcerative colitis, Crohn's disease, microscopic colitis, IBS, coeliac disease, diverticular disease and more. Each one opens with the plain facts, then tabs running from What Is It through symptoms, causes, diagnosis and treatment to Living With It.

A condition page The Ulcerative Colitis page. Prevalence and typical age of diagnosis up front, then the tab strip.

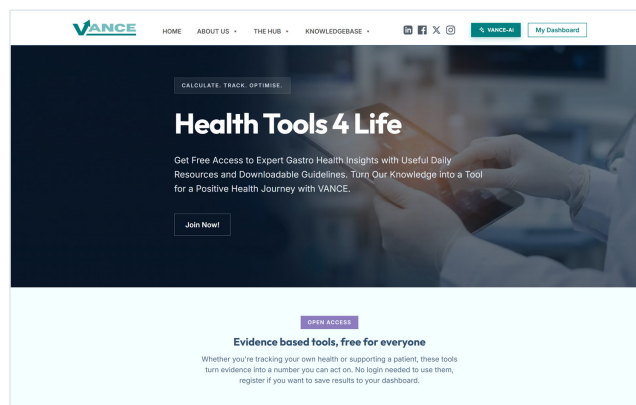
WHERE ELSE TO START

Two more routes in

- **Gastro Conditions** on the homepage — a visual grid straight through to each condition page.
- **Free Health Tools** (The Hub > Free Health Tools) — the three tools from sections 4 to 6 on one page, no sign-in needed.



Gastro Conditions On the homepage.

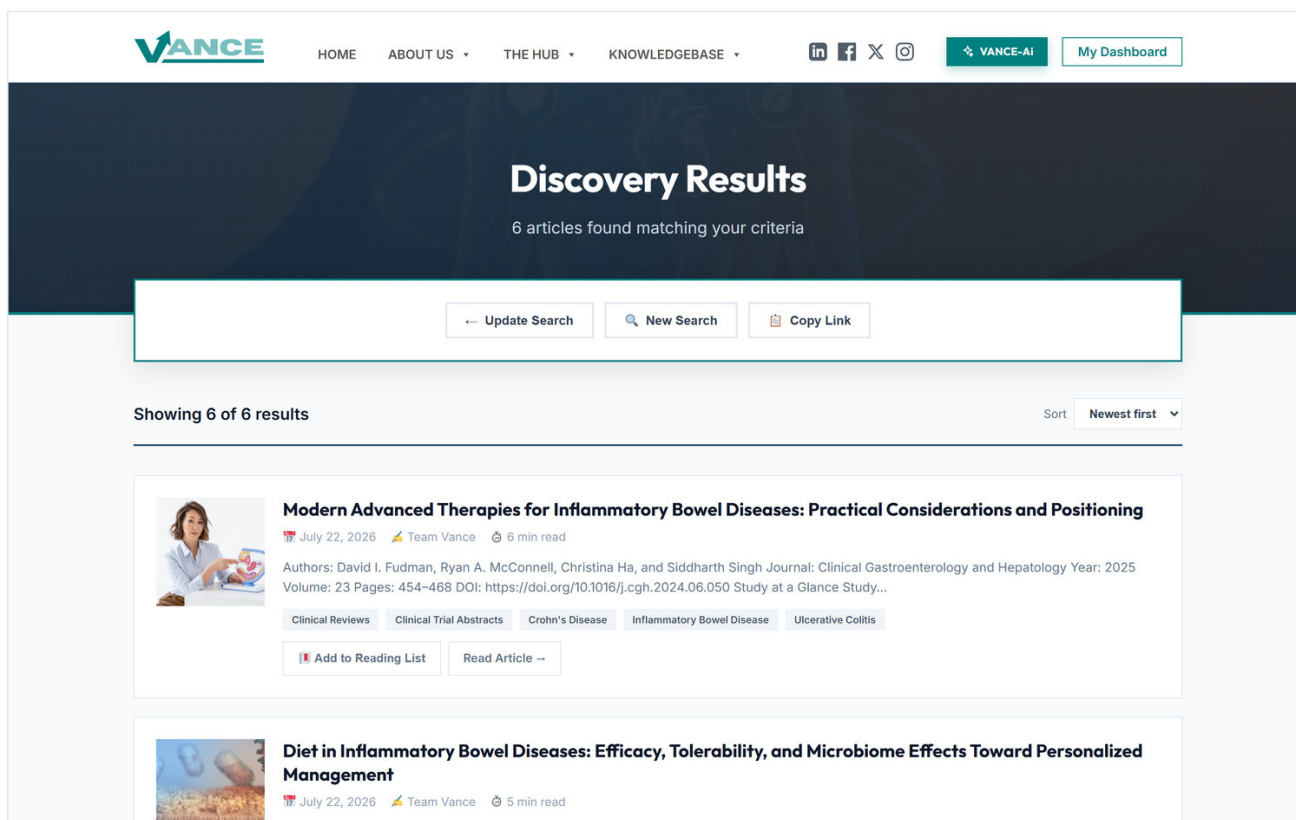


Free Health Tools All tools, one page.

THEN GO WIDER

Every article on that condition, in one list

At the foot of the articles block on any condition page, **See all articles on this condition** opens a filtered results list — everything the hub has published on that condition, newest first, with the reading time on each.



Filtered results Filtered to ulcerative colitis. Copy Link gives you a link back to this exact filtered view; Sort switches between newest and oldest first.

How to tell what you are reading

The tags on each card tell you the type of content. **Clinical Reviews** and **Clinical Trial Abstracts** are summaries of published research, with the authors and journal cited. **Gastro Living** is practical day-to-day guidance. **Healthcare News** is reporting on new findings. Knowing which is which matters a great deal when you take something to an appointment.

SAVING WHAT MATTERS

Add to Reading List

Every result carries an **Add to Reading List** button, and so does every article page (as **Save**, top right). Saved articles go to My Reading List in your dashboard — which means you can bookmark six things at midnight and actually find them again the following week.



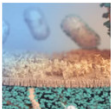
Modern Advanced Therapies for Inflammatory Bowel Diseases: Practical Considerations and Positioning

July 22, 2026 Team Vance 6 min read

Authors: David I. Fudman, Ryan A. McConnell, Christina Ha, and Siddharth Singh Journal: Clinical Gastroenterology and Hepatology Year: 2025 Volume: 23 Pages: 454-468 DOI: <https://doi.org/10.1016/j.cgh.2024.06.050> Study at a Glance Study...

Clinical Reviews Clinical Trial Abstracts Crohn's Disease Inflammatory Bowel Disease Ulcerative Colitis

Add to Reading List Read Article →



Diet in Inflammatory Bowel Diseases: Efficacy, Tolerability, and Microbiome Effects Toward Personalized Management

July 22, 2026 Team Vance 5 min read

Francesco Calabrese and colleagues from the University of Genoa have published a comprehensive review examining the role of diet as a potential therapeutic tool in inflammatory bowel disease. Their work,...

Clinical Reviews Clinical Trial Abstracts Crohn's Disease Inflammatory Bowel Disease Ulcerative Colitis

Add to Reading List Read Article →



The Mediterranean Diet and Inflammatory Bowel Disease: A Comprehensive Systematic Review and Meta-Analysis

July 22, 2026 Team Vance 3 min read

Authors: Muhammad Shahzil, Syeda Kanza Kazmi, Minahel Shehzadi, Fariha Hasan, Mohammad Waqas Danish, Muhammad Saad Faisal, Justin Canakis, Kofi Clarke Journal: Gastroenterology Research and Practice Year: 2026 Volume: 2026 **Article...

Clinical Reviews Clinical Trial Abstracts Crohn's Disease Inflammatory Bowel Disease Ulcerative Colitis

Add to Reading List Read Article →



Epidemiology, pathogenesis, diagnosis, and treatment of inflammatory bowel disease: Insights from the

Result cards Each card shows the authors or lead paragraph, the date, reading time and topic tags, with Add to Reading List and Read Article.

Save the search as well as the article

If a particular filtered view is one you will come back to — everything on your condition, say — save it. Saved searches land in **My Searches** in your dashboard, one click from the same set of filters next time.

3

Reading actively: highlight, ask, save

This is the feature most people miss, and the one that turns reading into research. Select any text in an article and two options appear.

The screenshot shows a web article titled "What Surveillance Colonoscopy Is and Why It Matters in IBD". A sentence is highlighted in blue: "A colonoscopy is a procedure in which a thin, flexible tube with a camera is passed through the bowel to examine the lining directly. Surveillance colonoscopy refers specifically to colonoscopies scheduled at regular intervals, typically every one to five years depending on individual risk, for people who have had colonic IBD for a significant length of time. Unlike a diagnostic colonoscopy triggered by symptoms such as bleeding or pain, surveillance colonoscopy is proactive. Its main goal is to look for early changes in the bowel lining called dysplasia, which are abnormal cell changes that can, over time, develop into colorectal cancer (CRC), a cancer of the colon or rectum." Above this highlight, a small bar contains two buttons: "Ask VANCE-Ai" and "Add to note". The right sidebar includes a "Team Vance" section with a date, "Topics & Tags" with sub-categories, "Share This Article" with social media icons, and a large "Ask VANCE-Ai" box with a prompt to ask about terms or findings in the article. At the bottom of the sidebar is a "Related Articles" section.

Highlight anything Selecting a sentence raises a small bar with Ask VANCE-Ai and Add to note. It works on any word, phrase or paragraph in any article. The sidebar carries the same prompt: "highlight any word or passage as you read to ask about it directly".

Two buttons, two different jobs

Ask VANCE-Ai is for when you do not understand something and want it explained now. **Add to note** is for when you do understand it and want to remember it — or raise it with someone later. Most useful reading sessions use both.

OPTION ONE

Ask VANCE-Ai about this passage

VANCE-AI
Answers from the Vance Medical Hub library

Ask a question and I will answer using articles published on this hub, with links to the ones I used.

What is IBD? Diet and IBD symptoms Crohn's vs colitis

Please explain this from "What Surveillance Colonoscopy Is and Why It Matters in IBD": "A colonoscopy is a procedure in which a thin, flexible tube with a camera is passed through the bowel to examine the lining directly."

Answer detail: **Advanced**

Send

+ New chat Clear

[Register for FREE](#) to save your conversations. General information from this hub only, not personal medical advice.

► Important: how to use this assistant

The assistant opens with your question already written, quoting the passage and naming the article it came from. You can edit it before sending.

If you highlighted three words or fewer — a term or an acronym — it asks what that term means instead, and says which article it appeared in.

Press **Send** when you are ready. The article stays open behind the pop-up, so you never lose your place.

Answer detail

The slider above Send moves the reply between plain language and more clinical phrasing. Set it once and it sticks.

Written for you Highlighting a sentence about colonoscopy produced this question.

Expect a question back first

VANCE-Ai usually opens by asking one or two short clarifying questions — whether you want the general procedure or the specifics, whether this is for you or background reading. It is not stalling; the answer you get afterwards is narrower and more useful for it.

VANCE-AI
Answers from the Vance Medical Hub library

Please explain this from "What Surveillance Colonoscopy Is and Why It Matters in IBD": "A colonoscopy is a procedure in which a thin, flexible tube with a camera is passed through the bowel to examine the lining directly."

1. Would you like me to explain the general procedure itself (what happens during a colonoscopy, prep, sedation etc.), or specifically how it's used for surveillance purposes as described in that article?
2. Is this for your own upcoming procedure, or more general background reading?

Ask about IBD, gut health or nutrition...

Answer detail: **Advanced**

Send

+ New chat Clear

[Register for FREE](#) to save your conversations. General information from this hub only, not personal medical advice.

► Important: how to use this assistant

The opening turn Two clarifying questions before the substantive answer.

VANCE-AI
Answers from the Vance Medical Hub library

procedure itself, a small amount of air or gas is used to gently inflate the bowel, which helps give a clearer view around its folds. Most people are offered sedation or pain relief, so the procedure itself is generally not remembered as painful, though there can be some cramping or bloating afterwards from the gas used.

If anything unusual is seen, such as a polyp or an area of dysplasia (abnormal cell changes), small samples (biopsies) can be taken during the same procedure, or polyps removed, without needing a separate appointment. The whole procedure typically takes around 30 to 45 minutes, with some recovery time afterwards if sedation was used.

■ [What Surveillance Colonoscopy Is and Why It Matters in IBD](#)
More from: NHS | <https://www.nhs.uk>

Would you like more detail, for example on what bowel prep involves, or how sedation choices work?

Ask about IBD, gut health or nutrition...

Answer detail: **Advanced**

Send

+ New chat Clear

[Register for FREE](#) to save your conversations. General information from this hub only, not personal medical advice.

► Important: how to use this assistant

The answer, with sources The reply cites the hub article it drew on, and the external source it used.

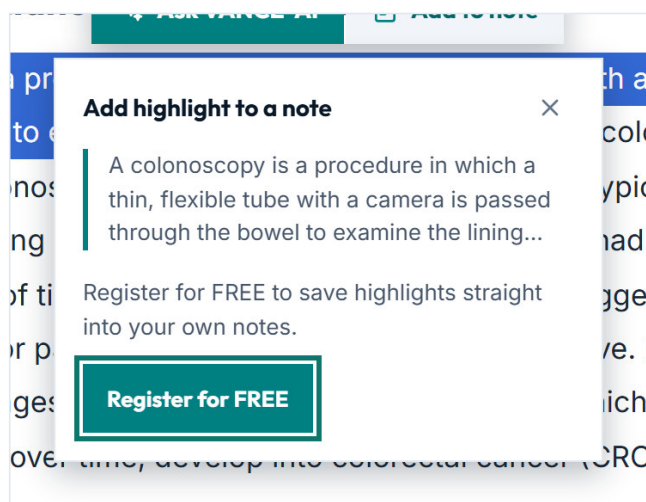
Why the sources matter

Every answer names the hub articles behind it, and you can click straight through and check them yourself. That is the difference between an AI answer you can take to a clinician and one you cannot. When in doubt, take the source article to your appointment, not the chat.

OPTION TWO

Add to note — build your own record as you read

The second button drops the passage into one of your notes. It is saved as a quote with a link back to the article it came from, so weeks later you still know exactly where it came from. You can add it to an existing note or create a new one on the spot.



- 1 **Highlight the passage.** Any length, from one word up.
- 2 **Click Add to note.** A panel opens listing your existing notes.
- 3 **Pick a note, or name a new one.** The article title is pre-filled as a suggested name.
- 4 **It saves with a citation.** The quote as a block, plus a link back to the source article.

Signed out Without an account the panel shows the quote it would have saved, and what you are missing.

The habit worth building

Keep one note per appointment. Every time something confuses or worries you while reading, highlight it and add it there. By the time you sit down with your consultant you have a specific list with sources attached, instead of "I read something about..."

WHAT IT LOOKS LIKE AFTERWARDS

A saved highlight, in your note

Highlights are not saved as bare text. Each one arrives in your note as an indented quote with a teal rule down the side, and a line underneath naming the article it came from as a link. Roughly like this:

"A colonoscopy is a procedure in which a thin, flexible tube with a camera is passed through the bowel to examine the lining directly."

From [What Surveillance Colonoscopy Is and Why It Matters in IBD](#)

TRY IT NOW

Three things worth highlighting on your next read

- **Any word you had to re-read.** Dysplasia, calprotectin, biologic, strictureplasty — send it to VANCE-Ai and get it in plain English.
- **Any number you want to remember.** A risk figure, a screening interval, a dose range. Send it to a note so you have the source when you query it.
- **Anything that made you anxious.** Put it in your appointment note rather than carrying it around. It stops being a worry and becomes a question.

Everything you save this way lands in **My Notes** in your dashboard — section 7.

BEFORE YOU RELY ON IT

Four things to know about VANCE-Ai

Can I make answers simpler, or more technical?

Yes. The **Answer detail** slider has three settings — **Basic** for no medical background, **Advanced** (the default) for someone who already lives with the condition, and **Expert** for clinical language with no simplification. Your choice is remembered in that browser.

Does it know my own results?

No. It answers from the hub's published library, not from your Health Profile or your saved calculator results. Those are for you and your clinician.

Can it be wrong?

Yes — treat it as a well-read starting point, not an authority. That is exactly why it shows its sources: open them and check. There is an "Important: how to use this assistant" note under the box that spells out the limits.

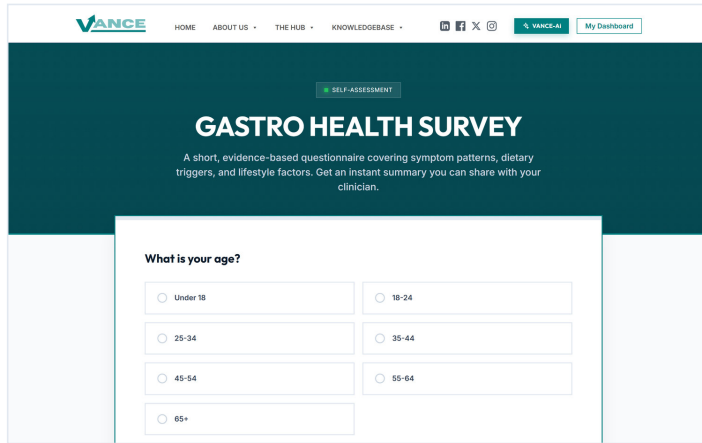
Are my conversations kept?

Signed in, every conversation is saved to **My VANCE-Ai** in your dashboard, so you can find an answer again weeks later. You can clear any conversation from the same panel. Signed out, there is nothing to come back to.

4

The Gastro Health Survey

Nine questions. It takes about two minutes and it is what personalises the rest of the site to you.



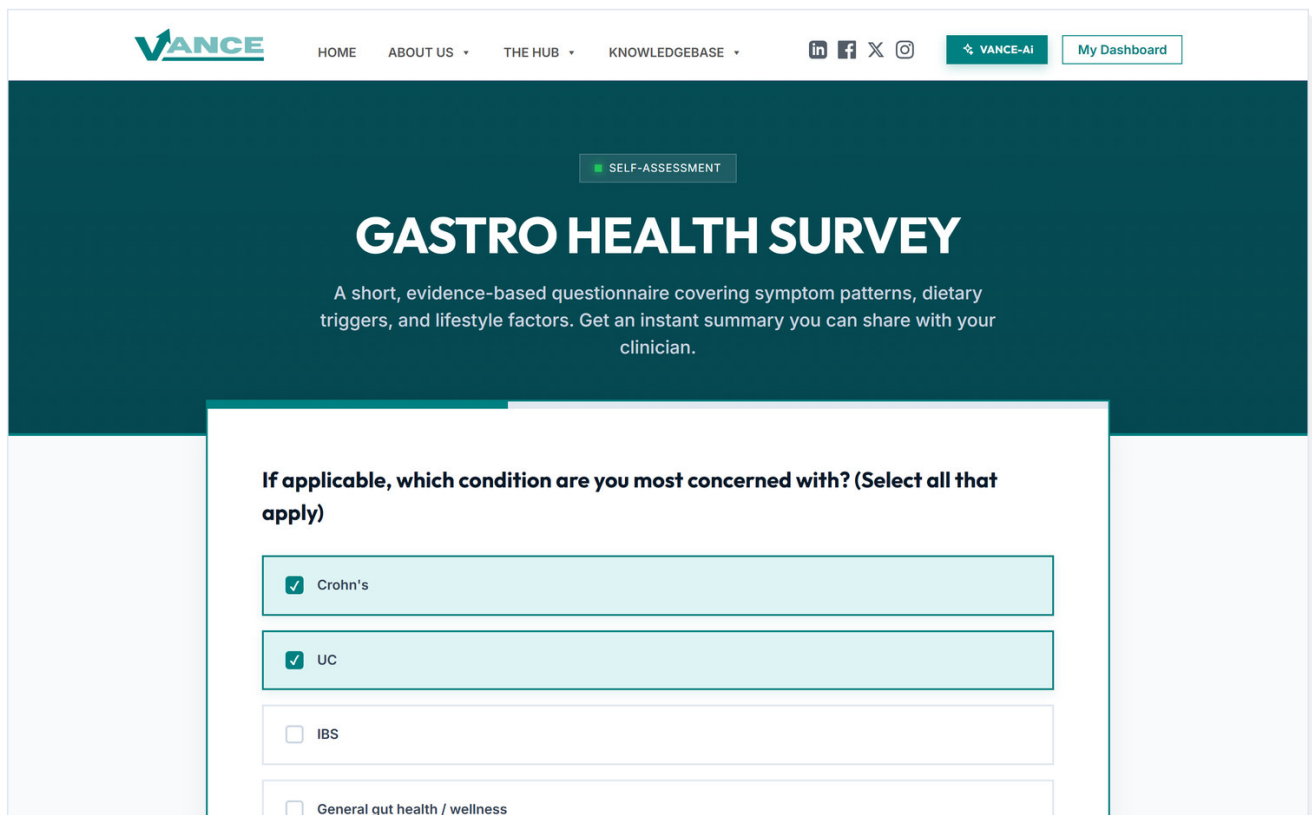
The screenshot shows the VANCE logo and navigation links (HOME, ABOUT US, THE HUB, KNOWLEDGEBASE) at the top. Below is a 'SELF-ASSESSMENT' button. The main heading is 'GASTRO HEALTH SURVEY' with a subtext: 'A short, evidence-based questionnaire covering symptom patterns, dietary triggers, and lifestyle factors. Get an instant summary you can share with your clinician.' The question is 'What is your age?' with radio button options: Under 18, 18-24, 25-34, 35-44, 45-54, 55-64, and 65+.

Question 1 of 9

WHAT IT ASKS

The nine questions

- Your age
- Your gender
- Whether you currently have a GI condition
- Which condition concerns you most (choose several)
- What you are looking for today (choose several)
- How long you have been interested in gut health
- Whether you are seeing a specialist
- Prescribed medication
- Food supplements



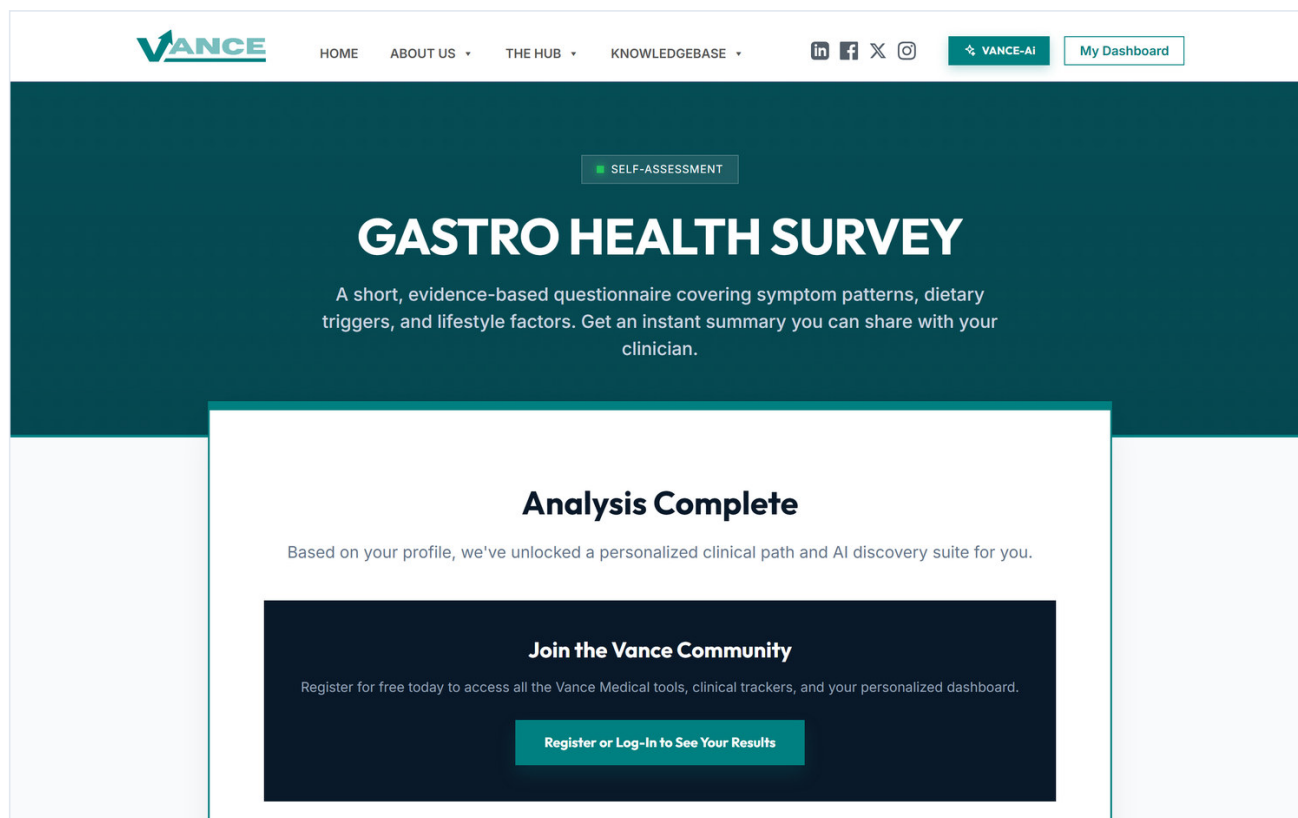
The screenshot shows the VANCE logo and navigation links. Below is a 'SELF-ASSESSMENT' button. The main heading is 'GASTRO HEALTH SURVEY' with the same subtext as before. The question is 'If applicable, which condition are you most concerned with? (Select all that apply)'. There are four options with checkboxes: Crohn's (checked), UC (checked), IBS (unchecked), and General gut health / wellness (unchecked).

Multi-select questions Questions 4 and 5 let you tick more than one. A progress bar runs along the top of the card and Next Step stays greyed out until the question is answered.

AT THE END

Analysis Complete

Finishing the survey unlocks a personalised path through the hub. If you are signed out at this point you will be asked to register or sign in to see the result — the answers are held against your Health Profile, so there has to be a profile to hold them.



The completion screen Signed out, the results are held behind registration. Signed in, they go straight to Health Profile in your dashboard.

You can change any answer later

Health Profile in My Dashboard lets you revisit any single answer without redoing the whole survey. Worth doing after a diagnosis changes, a new medication starts, or a flare settles.

Find it at

vancehealthhub.co.uk/gastro-health-survey/

5

The IBD Malnutrition Calculator

Malnutrition is common in IBD and easy to miss. This screener gives you a number, an explanation and a set of specific next steps.

The tool combines three validated frameworks — **MUST** (the Malnutrition Universal Screening Tool), **IBD-NST** (the IBD nutrition self-screening tool) and **GLIM** criteria — into a single 11-step questionnaire. It is a screening tool, not a diagnosis, and the result is written to be handed to a clinician.

Step 1 of 11 Which type of IBD you have.

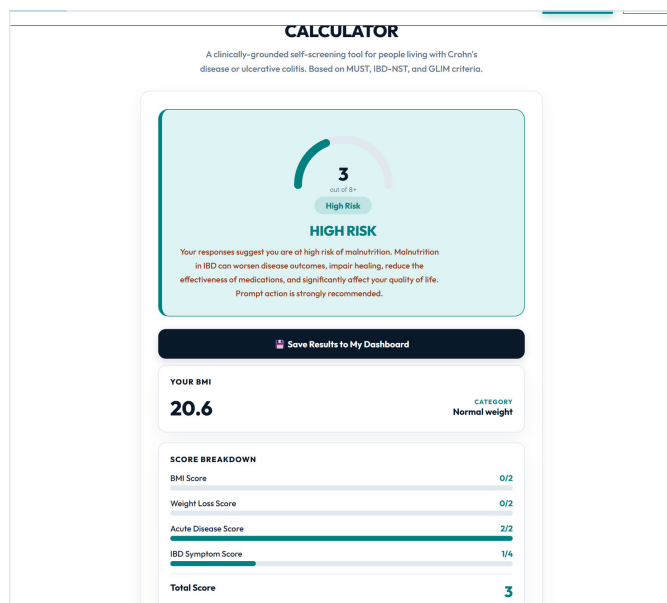
A later step Recent food intake.

WHAT IT ASKS ABOUT

- Your IBD type, age and gender
- Height and current weight — used for your BMI
- Unintentional weight loss, and over what period
- Whether you have been acutely unwell or off food
- IBD symptoms: stool frequency, pain, fatigue, appetite

THE RESULT

A score you can act on



The result screen Score out of 8+, risk band, BMI with category, and the breakdown that produced it.

You get four things:

- **An overall score and risk band** — low, medium or high.
- **Your BMI**, with its category.
- **A score breakdown** showing which component drove the result: BMI, weight loss, acute disease, IBD symptoms.
- **Personalised recommendations**, and suggested next steps written as things to ask for.

Read the breakdown, not just the score

In the example shown, BMI and weight loss both scored zero — the risk came entirely from acute disease and symptoms. That is a very different conversation with a dietitian than a high score driven by weight loss.

Recommendations and next steps The advice is specific and phrased as actions — including what blood tests to ask about. The tool also lists the nutrient deficiencies most common in IBD, and cites its clinical references at the foot of the page.

Run it again when things change

Signed in, **Save Results to My Dashboard** stores the result with a date. Re-screening after a flare, a medication change or a period of poor appetite gives you a trend rather than a snapshot — and a trend is far more use to your IBD team than a single reading.

WHAT THE TOOL IS BUILT ON**Three frameworks, one score****MUST****Malnutrition Universal Screening Tool**

The standard NHS screen — BMI, unplanned weight loss, and the effect of acute illness.

IBD-NST**IBD Nutrition Self-Screening Tool**

Designed specifically for self-use by people with IBD, covering symptoms that affect eating.

GLIM**Global Leadership Initiative on Malnutrition**

The international criteria for diagnosing malnutrition, used here to frame the result.

The tool cites its sources in full at the foot of the results page — BAPEN 2003 for MUST, Wall, Wilson and Lomer 2023 for IBD-NST, and Cederholm et al. 2019 for GLIM. If a clinician asks where the number came from, that is the answer.

What to do with a medium or high result

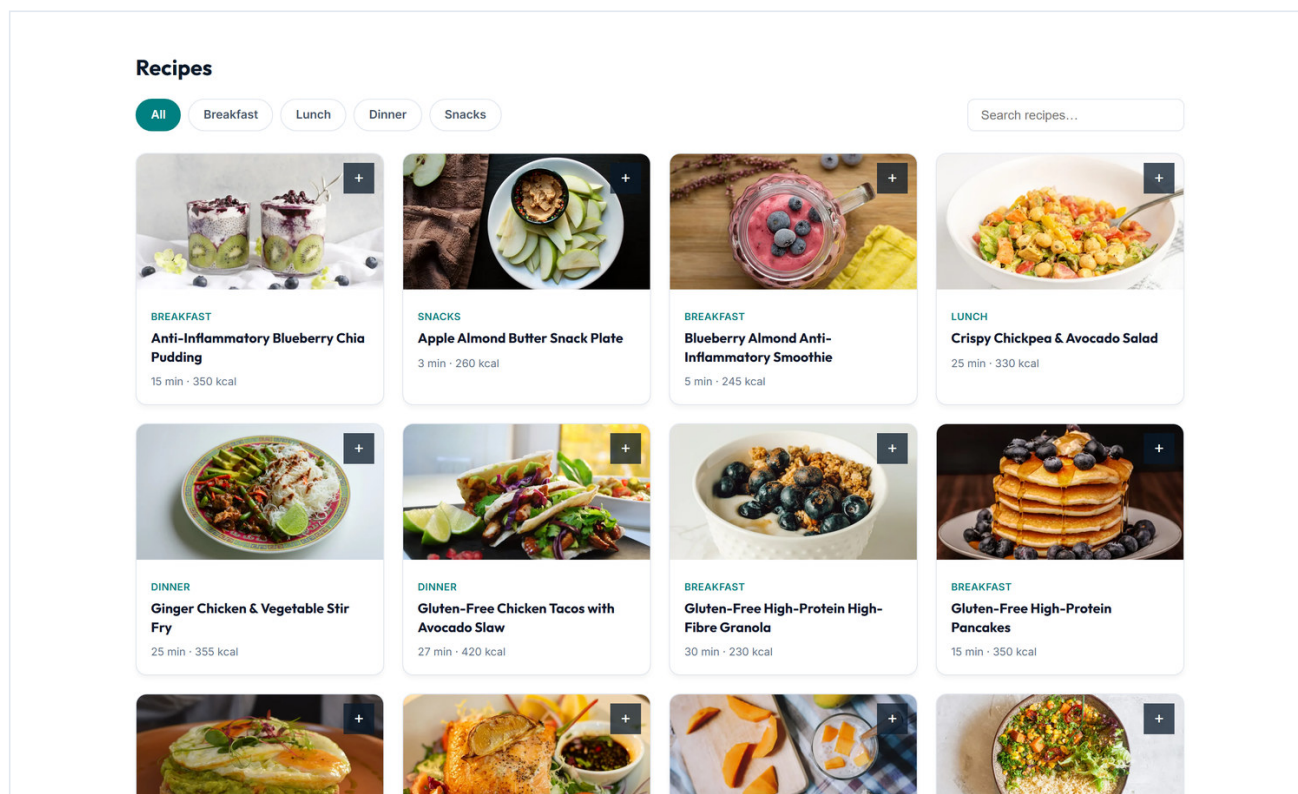
Do not wait for your next scheduled appointment. Contact your IBD nurse or GP, and ask specifically about a referral to a dietitian with IBD expertise and a full nutritional blood panel — iron studies, B12, folate, vitamin D, zinc, magnesium and albumin. Those exact words are on the results page so you can read them out.

6

Recipes and the Meal Planner

Gut-friendly recipes with full nutrition data, and a seven-day planner you can fill by hand or in a single click.

The recipe library covers breakfast, lunch, dinner and snacks — anti-inflammatory, gluten-free and high-fibre options with calories on every card. Filter by meal type along the top, or search by name.

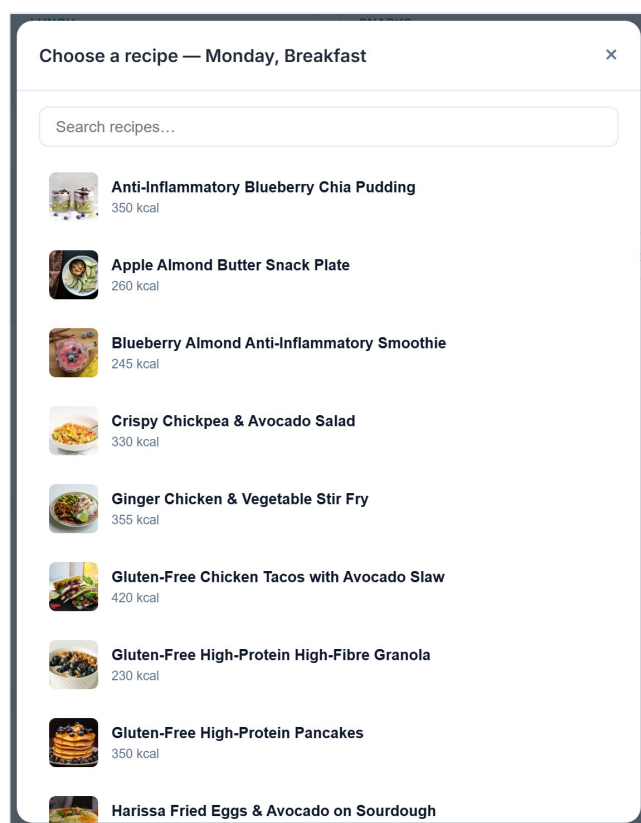


The recipe library Filter chips for All, Breakfast, Lunch, Dinner and Snacks. Each card shows the calorie count and a + button to drop it into your plan.

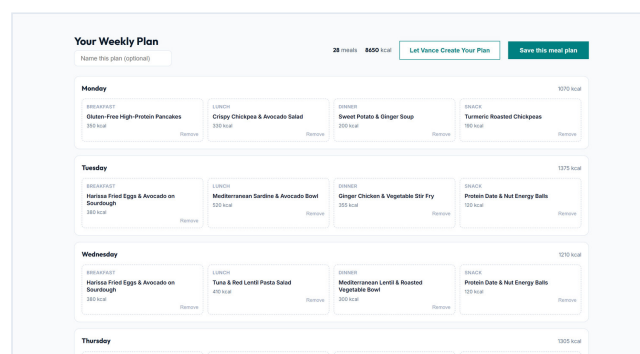
BUILDING A WEEK

Three ways to fill the planner

- 1 **Click an empty slot.** A picker opens showing every recipe for that day and meal. Choose one and it drops in.
- 2 **Or click + on a recipe card,** then click any slot to place it directly.
- 3 **Or let the hub do it.** Let **Vance Create Your Plan** fills all 28 slots with a balanced week in one click — then swap out anything you do not fancy.



The recipe picker Opened from an empty slot, filtered to that meal.



A generated week Calories per day on the right, totals along the top.

WHAT THE TOTALS TELL YOU

- Every day shows its own calorie total on the right of the day header.
- The header shows the total meals planned and total calories for the week.
- Your plan is remembered in your browser between visits even when signed out — but clearing your browser data will lose it.
- Signed in, **Save this meal plan** stores it to your account. Name it first if you want to keep more than one.

A general guide, not a prescription

The planner is a starting point for ideas, not personalised dietary advice. If you are on an exclusion diet, enteral nutrition, or preparing for surgery, check any change with your dietitian or IBD team first.

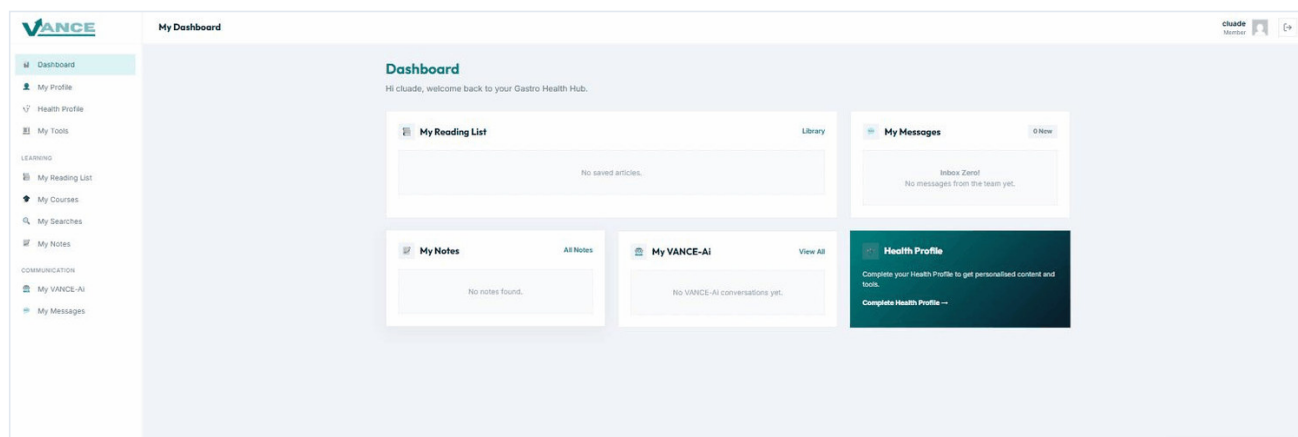
Find it at

vancehealthhub.co.uk/gastro-meal-planner/

7

My Dashboard

Every tool in this guide is useful once. My Dashboard is what makes them useful over time — it is where all of it lands, privately, with dates attached.



The dashboard home A new account, so the cards are empty. Reading List, Messages, Notes, VANCE-Ai conversations and Health Profile progress, all on one screen.

THE SIDEBAR

Ten sections, grouped into three

YOUR HEALTH RECORD

Dashboard

The overview above — saved tools, recent notes, unread messages, profile progress.

My Profile

Your name, photo, bio and contact details.

Health Profile

Your Gastro Health Survey answers and clinical detail. This is what personalises the site.

My Tools

Every saved calculator and survey result, with dates, so you can compare.

YOUR LEARNING

My Reading List

Articles you saved with Add to Reading List or Save.

My Courses

Learning content you have enrolled in.

My Searches

Saved filtered searches, one click from your last set of filters.

My Notes

Private notes — including everything you sent there with Add to note.

COMMUNICATION

My VANCE-Ai

Every saved conversation with the assistant, so answers stay findable.

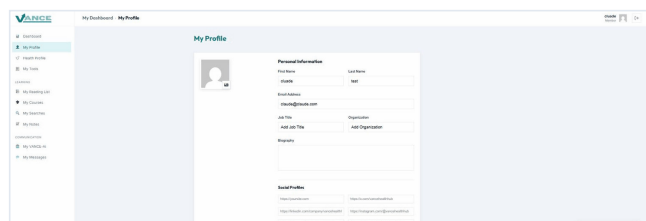
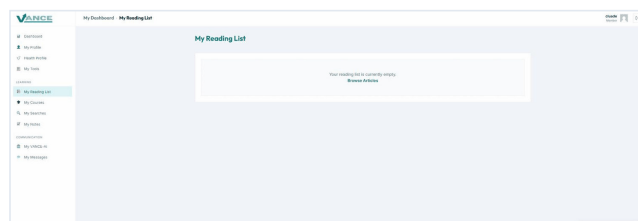
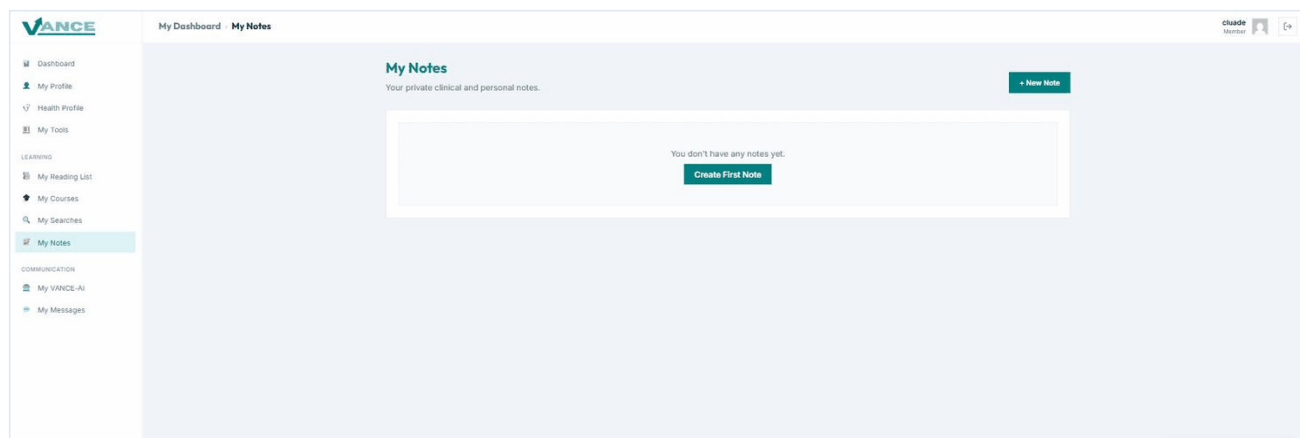
My Messages

Messages from the Vance Medical team.

An eleventh section, **My Documents** — upload letters and results and ask VANCE-Ai about them — exists but is switched off by default and enabled per site.

THREE SECTIONS WORTH OPENING FIRST

Where the value actually is

**My Profile** Your details and photo.**My Reading List** Empty on a new account; fills as you save.**My Notes** Private to you. Notes can be created here, or built up passage by passage using Add to note while you read.

WHY IT MATTERS

Three things a dashboard does that a website cannot

- **You stop starting from zero.** Your Health Profile, saved results and notes are there every time — including in front of a clinician who has never met you.
- **You get patterns instead of memory.** Run the malnutrition screener again after a flare and compare it with the last one. "I think I felt worse in March" becomes a dated score.
- **You walk into appointments prepared.** Open it on your phone in the waiting room: actual numbers, the articles you saved, and the specific questions you wrote down while reading.

Your data

Notes are private to your account. Tool results are yours and are stored against your profile. You can edit or delete any of it from the relevant dashboard section at any time.

8

Putting it to work

A first week that gets you a real baseline, and a checklist for the next time you see someone about your gut.

YOUR FIRST WEEK

Five short sessions

- 1 Day 1 — Join and complete your Health Profile.** Nine questions. Everything else adjusts once this is done.
- 2 Day 2 — Run the Malnutrition Calculator.** Eleven steps. Save the result. This is your baseline; a second reading in three months is where it earns its keep.
- 3 Day 3 — Read your condition page end to end.** Highlight anything you do not understand and hit Ask VANCE-Ai. Highlight anything that worries you and Add to note.
- 4 Day 4 — Build a week of meals.** Use Let Vance Create Your Plan, then swap out what does not suit you. Save it.
- 5 Day 5 — Tidy your notes.** Turn what you highlighted into a short list of questions for your next appointment.

BEFORE YOUR NEXT APPOINTMENT

A ten-minute checklist

- ☐ Re-run the Malnutrition Calculator so your score is current, and note whether it has moved.
- ☐ Open My Tools and check the date on your last result — say how long ago it was.
- ☐ Open the note you have been adding to and pick your top three questions.
- ☐ Check My Reading List for anything you wanted to raise.
- ☐ If VANCE-Ai gave you an answer you want to check, open the source article it cited and take that, not the AI answer.
- ☐ Have your dashboard open on your phone rather than trying to remember it all.

One last thing

If something on this hub contradicts what your IBD team has told you, your IBD team wins. They know your history, your scans and your medication. Use this to ask them better questions, not to overrule them.

READY WHEN YOU ARE

Start your dashboard

Free, under a minute, and no payment details — ever.

[Join for Free](#)vancehealthhub.co.uk

QUICK REFERENCE

Everything in this guide, by address

Homepage	vancehealthhub.co.uk
Gastro Health Survey	vancehealthhub.co.uk/gastro-health-survey/
IBD Malnutrition Calculator	vancehealthhub.co.uk/malnutrition-calculator/
Recipes and Meal Planner	vancehealthhub.co.uk/gastro-meal-planner/
All free tools on one page	vancehealthhub.co.uk/free-health-tools/
Condition pages	vancehealthhub.co.uk/gastro-health-explained/
VANCE-Ai	vancehealthhub.co.uk/ask-ai/
My Dashboard	vancehealthhub.co.uk/dashboard/
This guide, online	vancehealthhub.co.uk/user-guide/

Important — please read

Vance Health Hub provides general information about gastrointestinal health. It does not provide medical advice, diagnosis or treatment, and no tool on the hub — including the IBD Malnutrition Calculator, the Gastro Health Survey and VANCE-Ai — is a substitute for assessment by a qualified healthcare professional. Always consult your IBD team, GP or a registered dietitian about your own care. If you are experiencing severe symptoms, seek urgent medical attention.

Vance Health Hub is published by Vance Medical Foods Ltd.