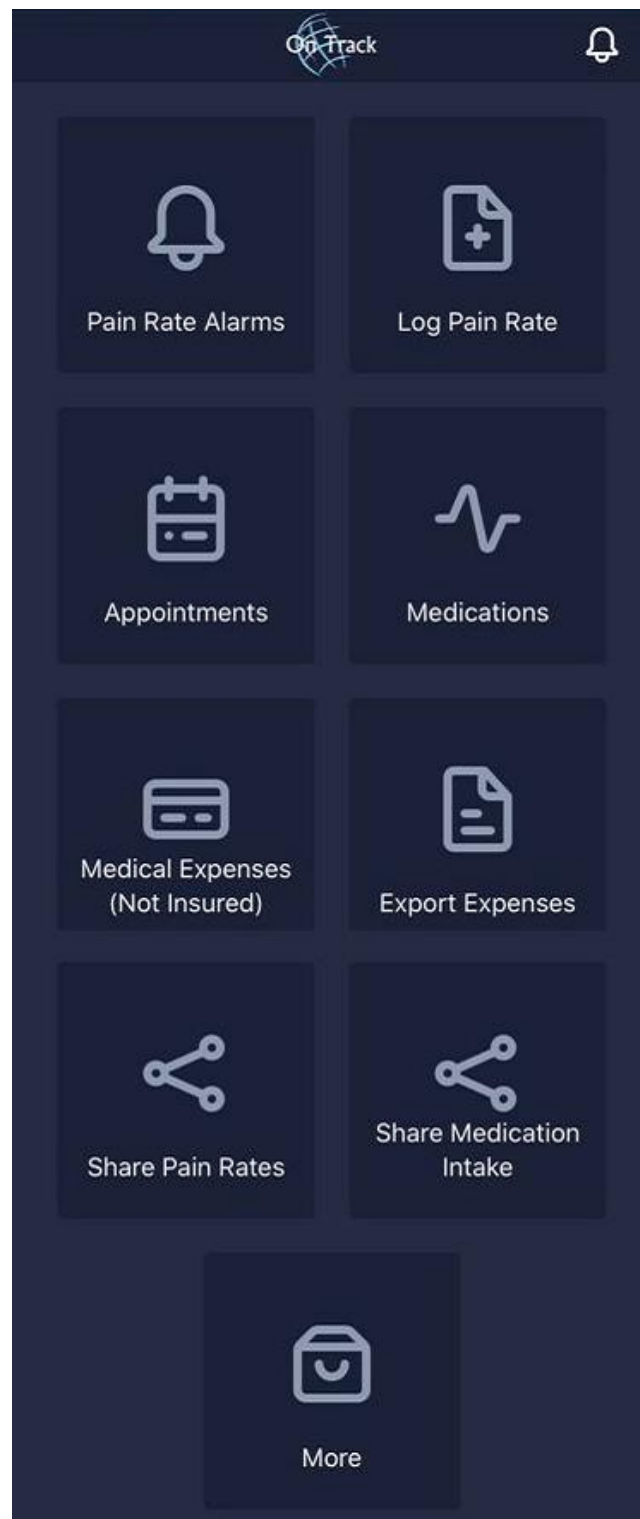


## Home Screen



Everytime you open the app you will come in the home screen. From here you can navigate yourself through the app.

## **Intro**

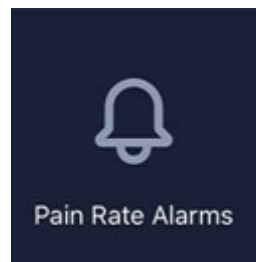
For logging your Pain Rate or your Medication Intake there are two options, Manual or from a notification.

If you want to use the Notifications you have to make a setup of the notifications. In this instruction we'll help you through the settings of the app.

After reading this instruction you know where each button is for and how the app works.

We'll get started with the setup for the Pain Rates and the Medication Intake.

## Pain Rate Alarms



← **Pain Rate Alarms**

💡 Here you can set how often and when you want to have an alarm to enter your pain rate.

4 ▾

08:00 ⌚

12:20 ⌚

16:40 ⌚

21:00 ⌚

Save 📁

Here you select how many times you want to enter your pain rate each day.

If you tab on the time you can change the time to the time you want to have your alarm.

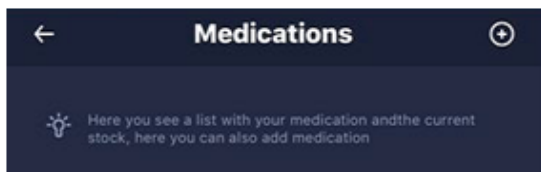
When everything is set like you want then tab on the save button to save the settings, the settings are always adjustable.

## Medication



Here you can add or delete medication. You can always see your current stock of each medication.

You always have your up to date medication list with you.

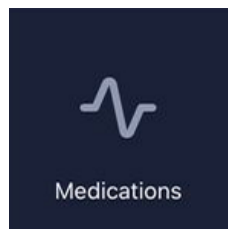


To add Medications just tab on the plus singe.

If you tab on the plus singe the next screen will show up

A screenshot of the "Add Medication" app screen. It has a dark blue header with a back arrow on the left and the title "Add Medication" in the center. Below the header, there is a light blue box with a lightbulb icon and the text: "Here you can set or adjust the settings for the medication". The screen contains four input fields: "Name Of The Medication", "Current Stock" (with a stack of coins icon), "Dose / No. Of Pills" (with a minus icon), and "Number Of Daily Reminders" (with a dropdown arrow). At the bottom, there is a "Save" button with a save icon.

## Medication



If you tab on the field you want to add, a keypad will appear. Make sure everything is set the way you want it.

Add Medication

Here you can set or adjust the settings for the medication

Palexia 50 mg

44

1

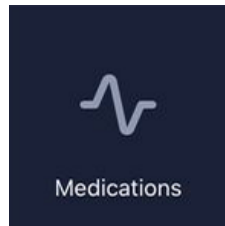
2

08:00

21:00

Save

## Medication



← **Add Medication**

💡 Here you can set or adjust the settings for the medication

Palexia 50 mg

44

1

2

08:00

21:00

Save

← Name of the Medication

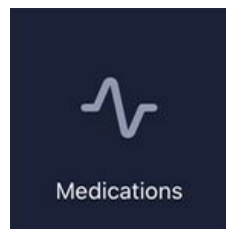
← Current Stock

← Dose/ No. of Pills on each intake  
(so if you set 1 and put the reminders on two a day, every day two pills go of the stock).

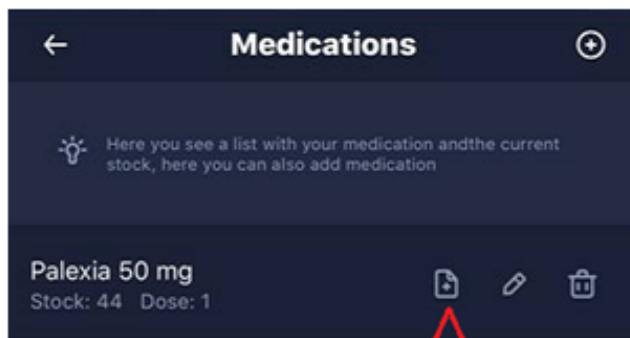
← The reminder times to take your medication.

← If everything is set like you want then push the save button.

## Medication

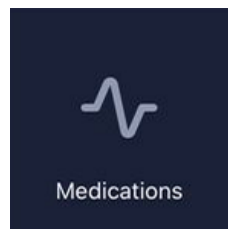


If everything is set up you can see the list as below;



If you take an extra pill you can tab on the plus.

## Medication



Then this screen appears;

×**Medication Reminder**

A large, light blue bell icon centered on the screen.

**Palexia 50 mg**

Did you take the normal dose? (1 pills)

YES

NO



## Medication



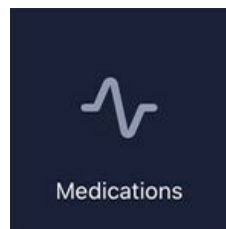
If you took more than your normal doses, you can tab “no” and change it to the amount of Pills that you took on that intake in total, so not the total of the day only of that moment!

A screenshot of a mobile app screen titled "Medication Reminder". It features a large bell icon, the text "Palexia 50 mg", and a question "How many pills have you took instead of the default (1) ?". Below this is a dropdown menu showing the number "3". At the bottom is a blue button labeled "Next" with a right arrow.


In this case I took instead of 1 pill 3 pills in total with this intake.

If you have entered the amount of pills the "next" button lights up in blue and you can tab on it to go to the next field.

## Medication




← Medication Reminder




**Palexia 50 mg**

When did you intake the medication?

27/03/2020 15:14



Save



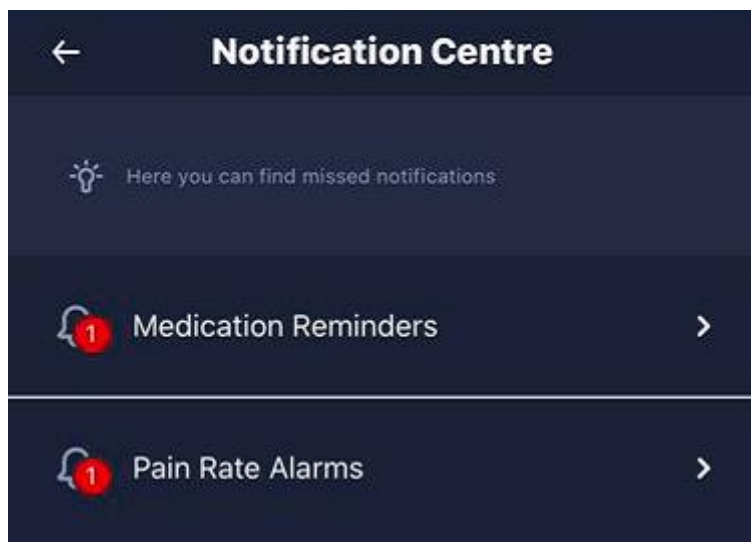
If you add the medication intake afterwards, you can change the date and time, otherwise you can just press save.

## The Notification Center

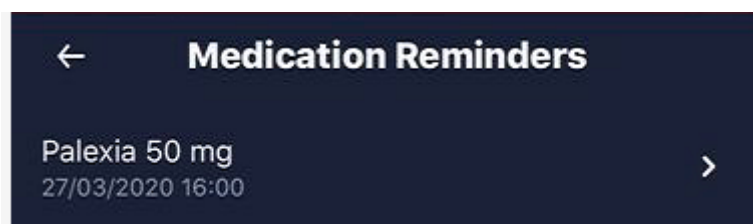


Just tap on the alarm bell to go to the Notification Center

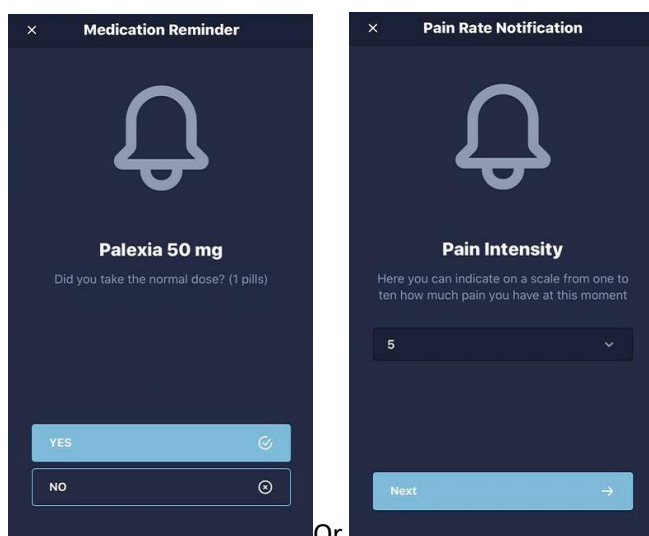
You will see the screen as below. Here you see the reminders / alarms that you missed.



To tap on the reminder / alarm you can still fill in the information that is needed.



Just push on the name and the next screen will appear.



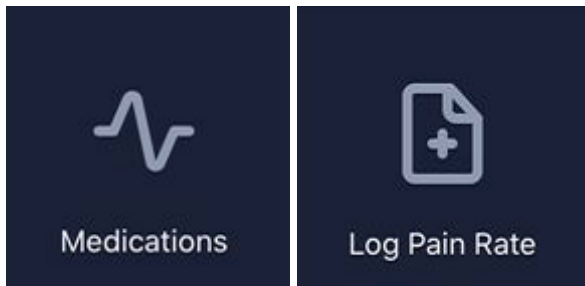
In the next steps we will show you how to log your data.

### **Log data**

For the Pain and Medicine Intake data there are two ways to log those data;

One from the reminders / the Notification Center

Or by a manual logging if you use the following buttons in the app;

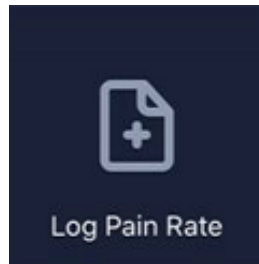


For the medical expenses there is only a button and no notifications;




In the next pages we wil give instructions on how to complete a logging

## Log Pain Rate



× **Pain Rate Notification**



**Pain Intensity**

Here you can indicate on a scale from one to ten how much pain you have at this moment

Select Pain Intensity

▼

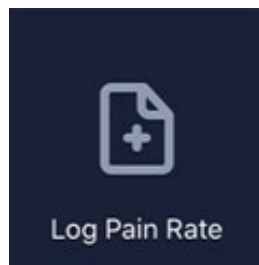
Next

→

Tab on Select Pain Intensity to enter your pain indication on a scale from one to ten. Keep in mind that ten is the worst pain ever and one is almost no pain.


If you enter your pain score the Next button lights up in blue and you can tab on it to go to the next field.

Log Pain Rate



If everything is filled in it looks like this;

×**Pain Rate Notification**



**Pain Intensity**

Here you can indicate on a scale from one to ten how much pain you have at this moment

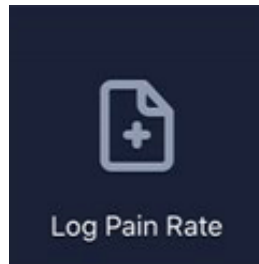
5

▼


Next

→

## Log Pain Rate



← Pain Rate Notification



**Activity Type**  
In this field you can fill in what activity you are doing

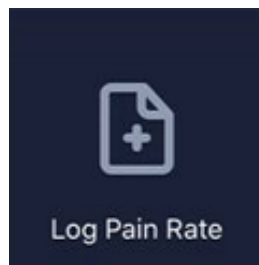
Enter Activity

Next →


If you tab on Enter Activity a keyboard will appear and you can enter your Activity.


If you have entered an activity the Next button lights up in blue and you can tab on it to go to the next field.

### Log Pain Rate




If everything is filled in it looks like this;

 **Pain Rate Notification**



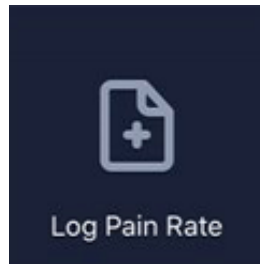
**Activity Type**

In this field you can fill in what activity you are doing

Next



### Log Pain Rate




After tabbing Next you see the screen as below, here you can tell if you are Inside or outside.

Just tab on the right button and you will continue to the next field.

\*Good to know, in both cases we will log your GPS location and we log the weather data from this GPS location so you can export this data on a later moment.

←

Pain Rate Notification

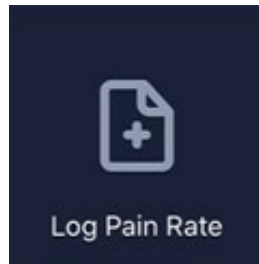


Location

INSIDE


OUTSIDE

### Log Pain Rate



If you push the button Inside you will see the next screen;

← **Pain Rate Notification**



**Environment**

How does the environment feel?

NORMAL

0

WARM

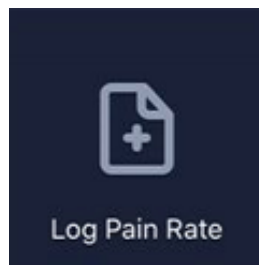
+0

COLD

-0

Just tap the button applicable for your current situation.

### Log Pain Rate



← Pain Rate Notification



**Temperature**

Do you know the temperature?

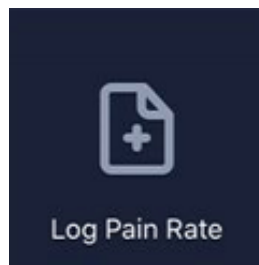
YES 

NO 


Just tap the button applicable for your current situation.

If you push on Yes you will go to the next screen, if you push No than you will skip the next question.

## Log Pain Rate



← **Pain Rate Notification**



**Temperature**

Here you enter the temperature in degrees Celsius

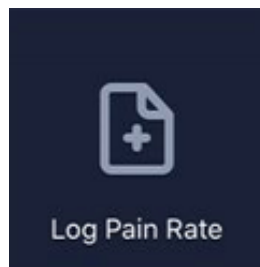
Enter Temperature

Next →


If you tab on the field with Enter Temperature, a keyboard will appear and you can type the temperature in degrees Celsius.


If you have entered a Temperature the Next button lights up in blue and you can tab on it to go to the next field.

### Log Pain Rate



If everything is filled in it looks like this;


 **Pain Rate Notification**



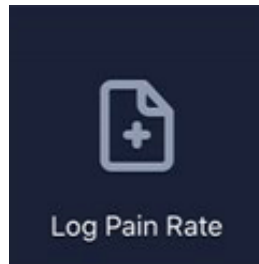
**Temperature**

Here you enter the temperature in degrees Celsius

Next



## Log Pain Rate



If you want to enter a remark you tab on the screen where you see Enter Your Remarks and a keyboard will appear and you can type any remark you want.  
It is important to enter a remark so you can see on a later moment how you felt during the day.  
If you have no Remarks than you just push Save.

←

Pain Rate Notification


Remarks

Do you have any remarks?

Enter Your Remarks

0/2400 characters

Save



## Log Pain Rate



Log Pain Rate



## Pain Rate Notification

### Remarks

Do you have any remarks?

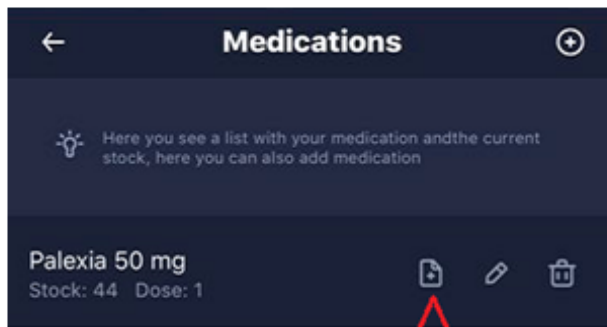
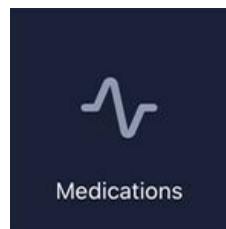
To go oudsite Felt good

0/2400 characters

Save



## Medication

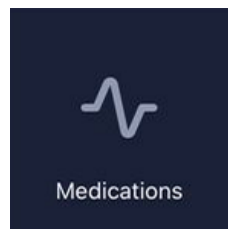


If you take an extra pill you can tap on the plus.






## Medication




This screen appears;


×**Medication Reminder**



**Palexia 50 mg**

Did you take the normal dose? (1 pills)

YES 

NO 

## Medication



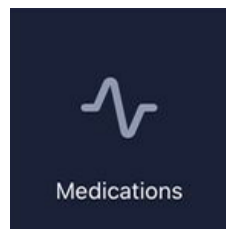
If you took more than your normal those, you can tap No and change it to the amount of pills that you took on that intake in total, so not the total of the day only of that moment!

A screenshot of a mobile app screen titled "Medication Reminder". It features a large bell icon, the text "Palexia 50 mg", and a question: "How many pills have you took instead of the default (1) ?". Below this is a dropdown menu showing the number "3". At the bottom is a blue "Next" button with a right arrow.


In this case I took instead of one pill three pills in total with this intake.

If you have entered the amount of pills the Next button lights up in blue and you can tap on it to go to the next field.

## Medication



 **Medication Reminder**




**Palexia 50 mg**

When did you intake the medication?

27/03/2020 15:14



Save



If you add the medication intake afterwards you can change the date and time otherwise you can just press Save.

## Medical Expenses



Here you can add any medical expenses that you had and are not covered by you insurance right away.

A screenshot of a mobile app form titled "Medical Expense". The form has a dark blue header with a back arrow and the title. Below the header is a light blue box with a lightbulb icon and text: "Here you can enter the medical costs that are not covered by the health insurance. In some countries these costs may be deducted from the tax..". The form contains five input fields: "Date" with a calendar icon, "Type Of Cost" with a dropdown arrow, "Healthcare" with a character count "0/200 characters", "Remarks" with a character count "0/200 characters", and "Amount" with a currency icon. At the bottom is a button labeled "Add Medical Expense" with a plus icon.

Enter the date when you had the Medical Expenses.

Tab on Type of Cost to select the right type of Cost.

Tab on Healthcare to type in the company name were you had the expenses.

Here you can type any remarks if you want.

Here you can type the Amount in your currency.


## Medical Expenses



If everything is filled in it looks like this, just tab Add Medical Expenses to save.


←

Medical Expense



Here you can enter the medical costs that are not covered by the health insurance. In some countries these costs may be deducted from the tax.

29/03/2020



Medication

▼


Demo

4/200 characters


Demo

5/200 characters

50



Add Medical Expense



## Medical Expenses



If you have travel expenses you can add them in the app as well just tab on Medical Expenses (Not Insured) and select in the field type of cost Travel Expenses and fill in every field, If everything is filled in it looks like this, just tab Add Medical Expenses to save.

This is an example;

A screenshot of a mobile app form titled "Medical Expense". The form has a dark blue background with white text. It contains several input fields: a dropdown menu for "Travel expenses", a dropdown menu for "Public Transport", a text field for "Bus" (3/200 characters), a text field for "Demo" (4/200 characters), a text field for "2.8" with a medical card icon (2/200 characters), a text field for "Amstelveen" (11/200 characters), and a text field for "Amsterdam" (10/200 characters). At the bottom is a light blue button labeled "Add Medical Expense" with a plus icon.

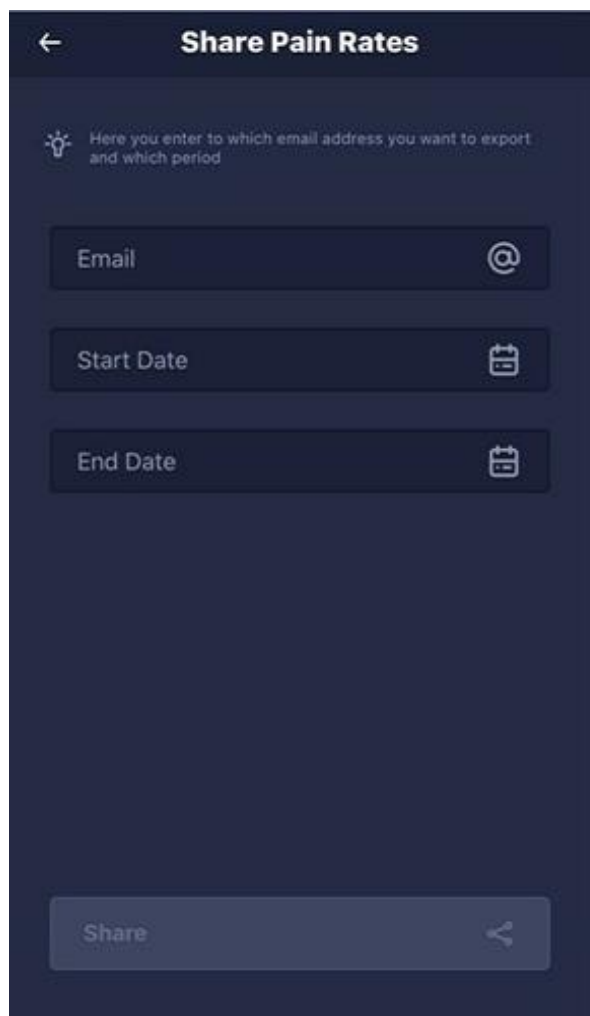
## Export data



Now we know how to select data we will show you how to export these data so you can share this with you doctor, therapist, partner or whoever you want.

The export works the same for every subject. We will explain this by using the Share Pain Rates.

Tab on the subject you want to export and you will see this screen;

A screenshot of a mobile app screen titled 'Share Pain Rates'. At the top left is a back arrow. Below the title is a lightbulb icon and the text 'Here you enter to which email address you want to export and which period'. There are three input fields: 'Email' with an '@' icon, 'Start Date' with a calendar icon, and 'End Date' with a calendar icon. At the bottom is a 'Share' button with a share icon. Red arrows point from text boxes on the right to each of these elements: the Email field, the Start Date field, the End Date field, and the Share button.

Enter the email address you want to export the data to.

Select a start date.

Select an end date.

Push Share to share your personal data.

## Export data



If every field is filled in it should look like this;

**Share Pain Rates**

Maecenas interdum lorem eleifend orci aliquam mollis. Aliquam non rhoncus magna. Suspendisse aliquet tincidunt

jochem.leemans@ontrack.team

@

26/03/2020

28/03/2020

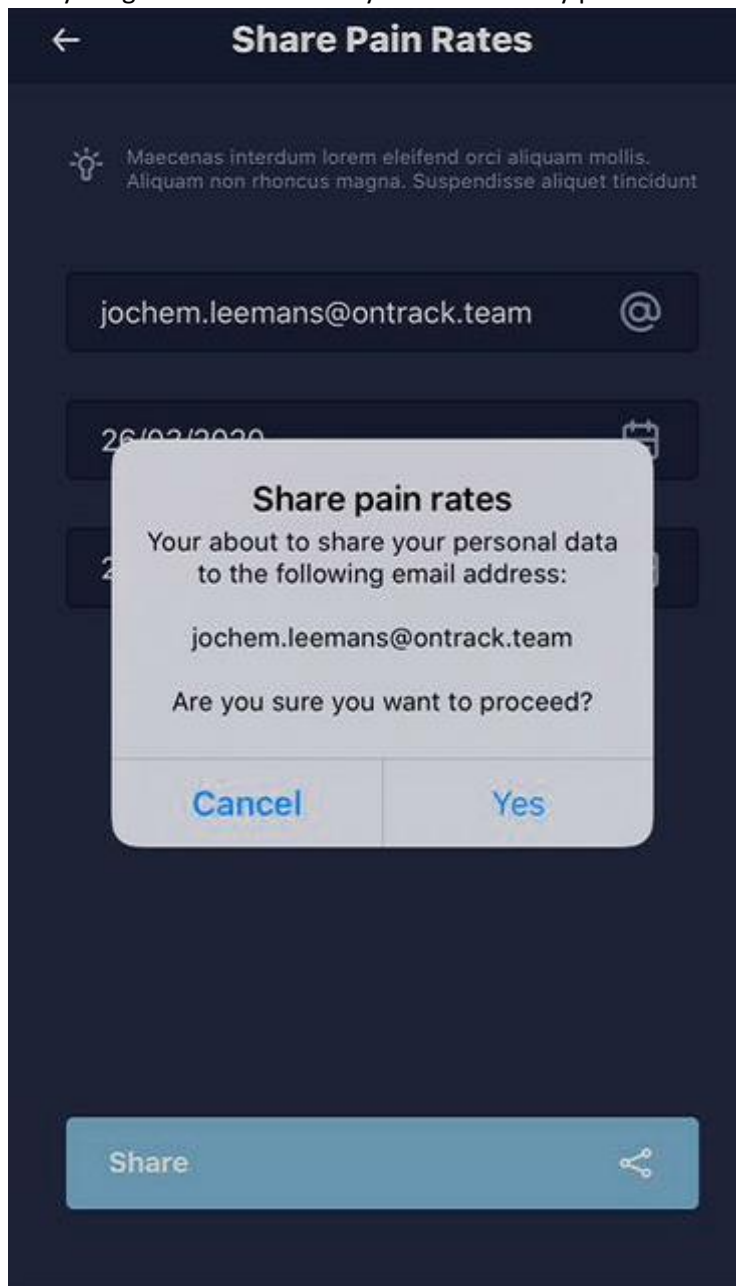
Share



## Export data



If you press Share you'll get the following screen to confirm the email address. Please make sure everything is correct because you will send very personal data to this email address.



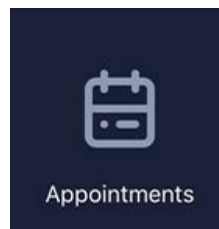
### Export data



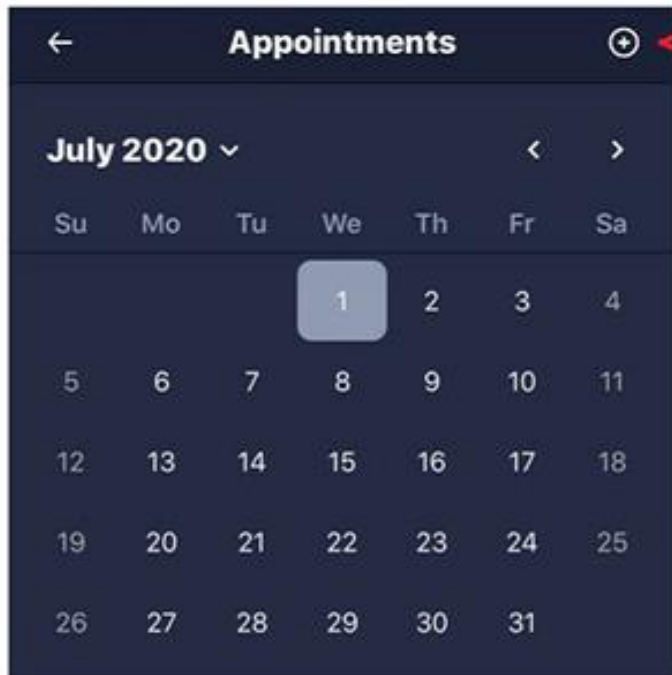
This is an compressed example of the export that we just created (the receiver will receive a nice looking file in his or her inbox.)

Activity	Intensity	Location	Felt Temperature	Inside temperature (C)	Outside temperature (C)	
Bike ride	3	inside	warm	18	12,68	
Remarks	Humidity (%)	Air Pressure (hPa)	Wind Speed (m/s)	Longitude	Latitude	Date time
To go outside Felt good	55	1021	9,3	4,8246056	52,2534549	2020-03-27 13:26:10

## Add Appointments or day schedule

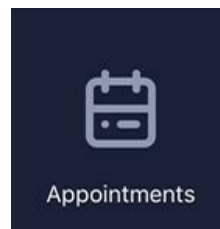


When you tab on the Appointments button you will see the next screen;




Tab here to add an appointment or day schedule.


## Add Appointments or day schedule





← **Add Appointment**

💡 Here you can set your alarm / appointment in the agenda


Name 


Start Date 


Start Time 

Secondary Reminder 

☒ **Recurring**

Select Option 

Expiration Date 

Save 

Tab here to enter the name of the appointment or activity.

Tab here to select the start date.

Tab here to select the start time.

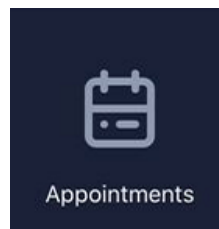
Tab here to select a reminder.

Select here on which days you want the appointment if it is a recurring one.


Tab here to select the end date.


Tab here to Save.

## Add Appointments or day schedule




When everything is filled in it could look like this;


 **Add Appointment**

 Here you can set your alarm / appointment in the agenda


Demo




01/06/2020



10:14




Secondary Reminder




☒ Recurring


Monday, Tuesday, Thursday, W...



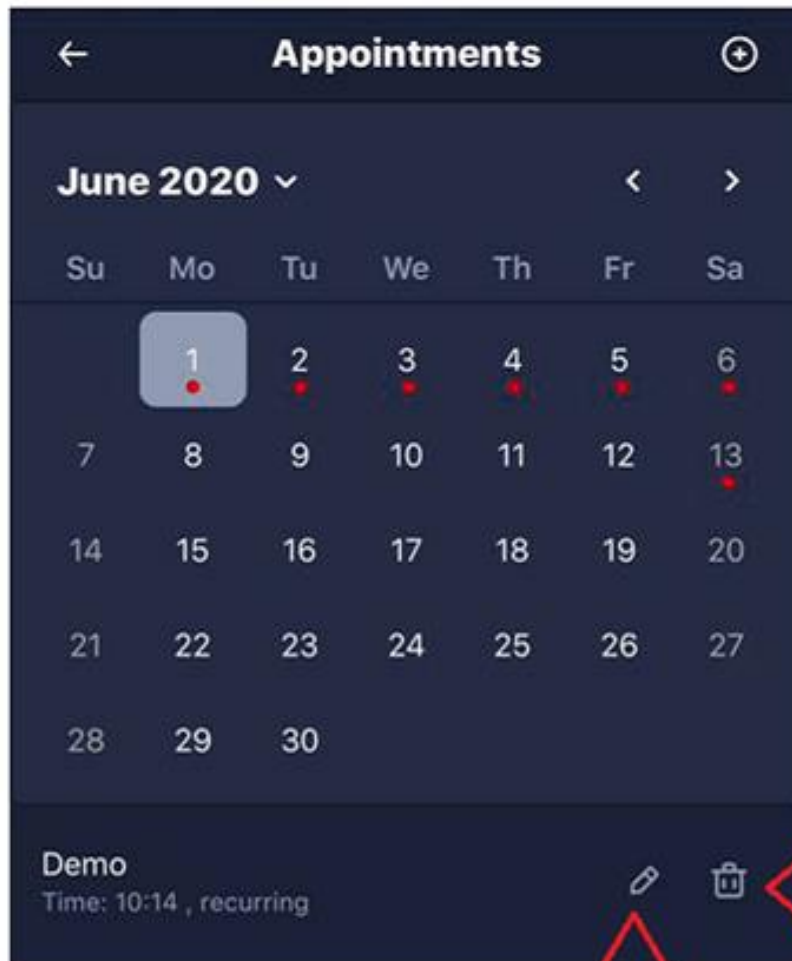
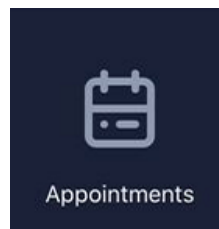
07/06/2020



Save



## Add Appointments or day schedule



You can delete  
by tapping here.

You can edit by tapping here.

We hope this user manual was very helpful. For questions just sent an email to;

[info@ontrack.team](mailto:info@ontrack.team)