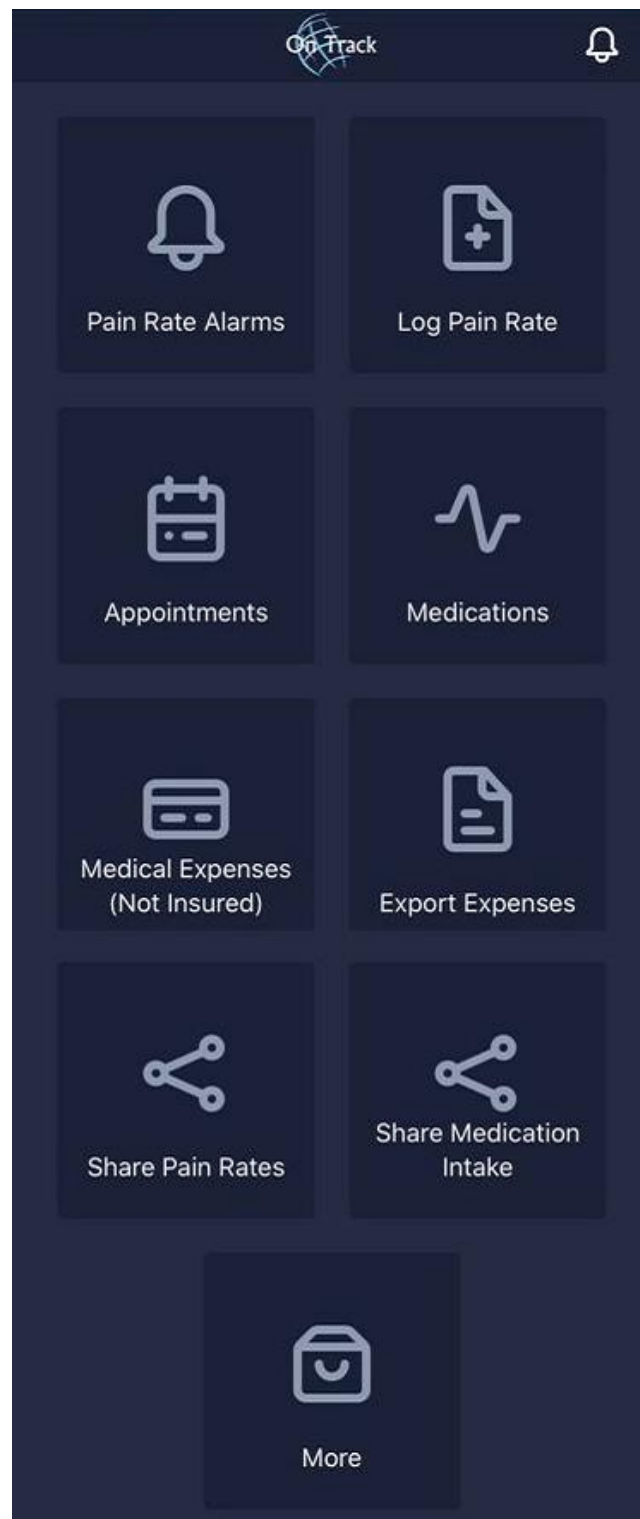# Home Screen

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 you Medication Intake there are two options, Manuel 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
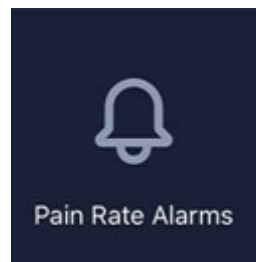
Pain Rate Alarms

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

Medications

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.

← **Medications** ⊕

Here you see a list with your medication and the current stock, here you can also add medication
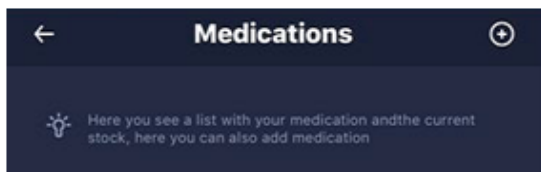
To add Medications just tab on the plus singe.

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

← **Add Medication**

Here you can set or adjust the settings for the medication

Name Of The Medication

Current Stock

Dose / No. Of Pills ⊖

Number Of Daily Reminders ⌄

Save

Medication
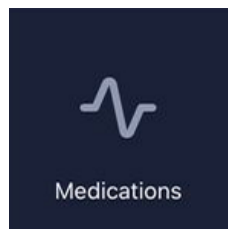
Medications

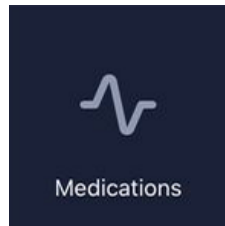If you tab on the field you want to add, a keypad will appear. Make sure everything is set the way you want it.

Medication

Medications

Add Medication

Here you can set or adjust the settings for the medication

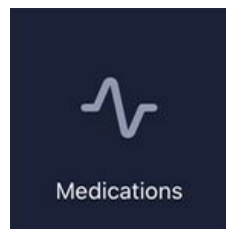Palexia 50 mg

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).
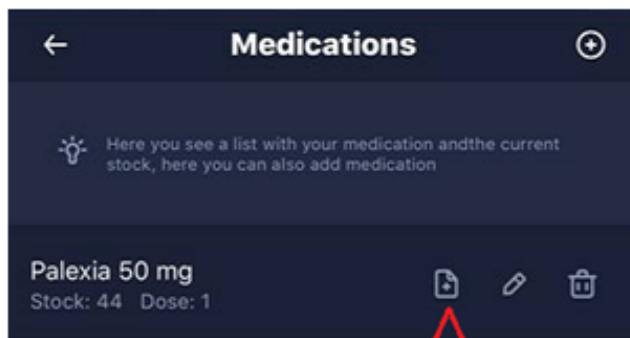
The reminder times to take your medication.

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.
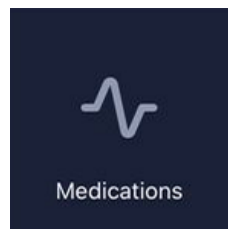
Medication

Then this screen appears;

Medication

Medications

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 <u>not</u> the total of the day <u>only</u> of that moment!

Medication Reminder

Palexia 50 mg

How many pills have you took instead of the
default (1) ?

3

Next →

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
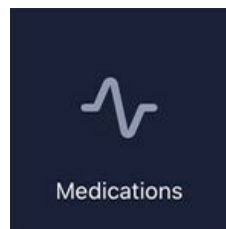
Medications

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.
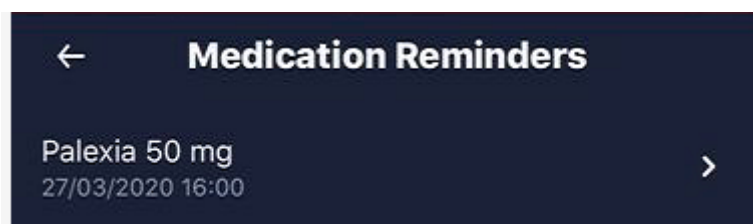
The Notification Center

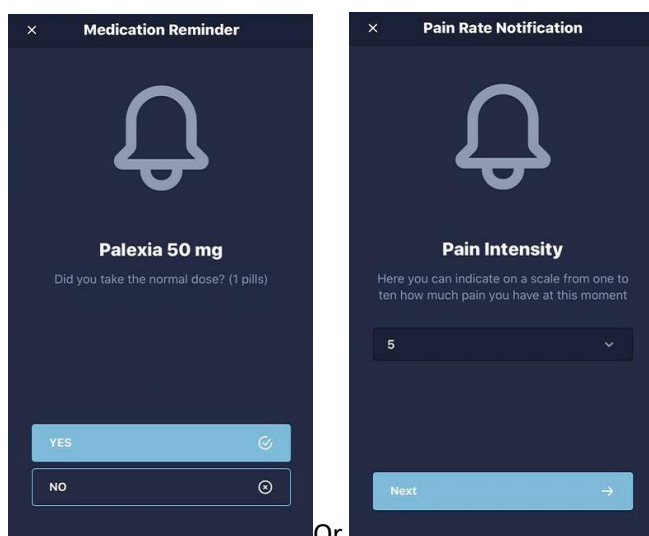Just tab on the alarm bell to go to the Notification Center

You will see the screen as below. Here you see the reminders / alarms that you missed.
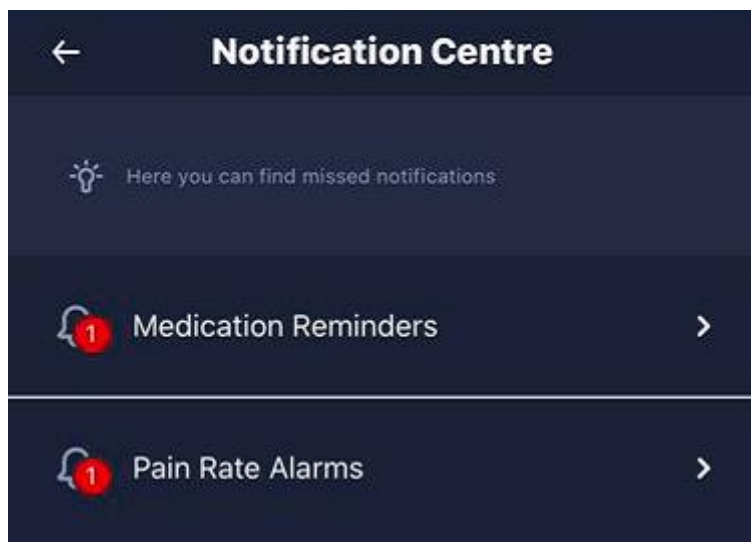
To tab on the reminder / alarm you can still fill in the information that is needed.

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

Or

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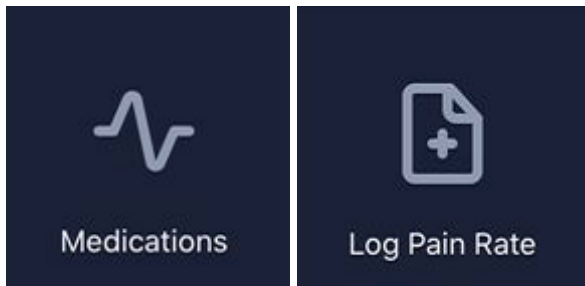
For the medical expenses there is only a button and no notifications;

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

Log Pain Rate
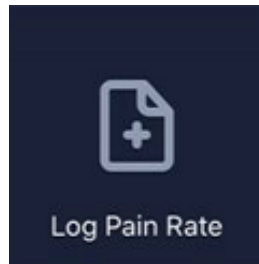
Log Pain Rate

Pain Rate Notification

×

Pain Intensity

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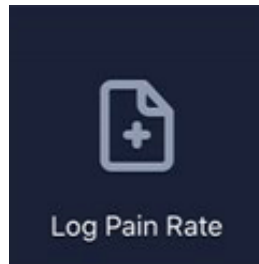
Select Pain Intensity

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;

Log Pain Rate

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.
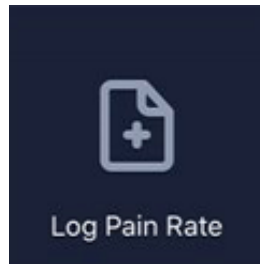
Log Pain Rate
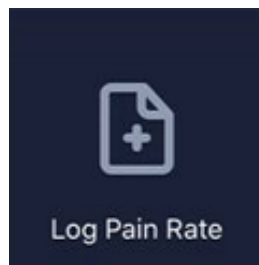
Log Pain Rate

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

Bike ride

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.
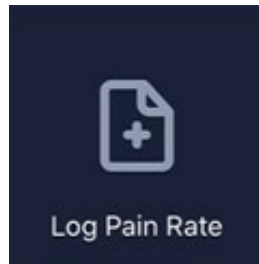
Log Pain Rate

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

Just tap the button applicable for your current situation.

Log Pain Rate

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
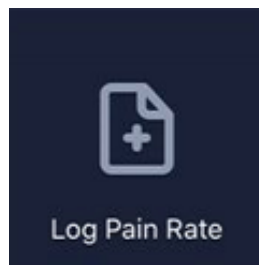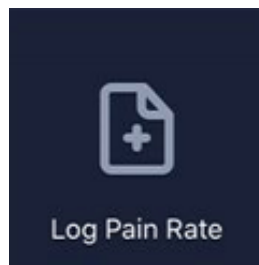
Log Pain Rate

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 enterd a Temprature 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;

Log Pain Rate

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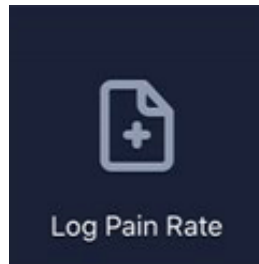
If you want to enter a remark you tab on the screan where you see Enter Your Remarks and a keyboard will appear and you can type any remark you want.
It is important to enter a remark so you can see on a later moment how you felt during the day.
If you have no Remarks than you just push Save.

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

Medications

Here you see a list with your medication and the current stock, here you can also add medication

Palexia 50 mg
Stock: 44 Dose: 1
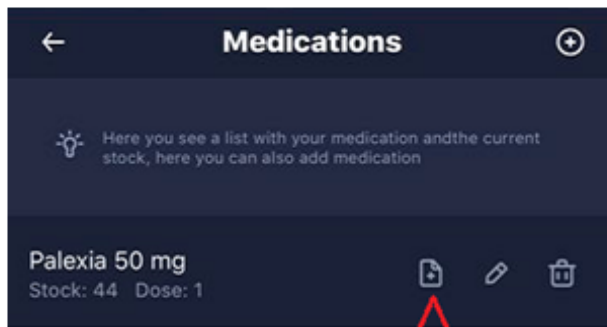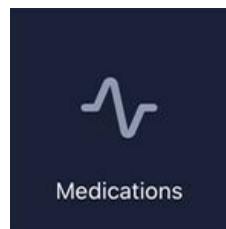
If you take an extra pill you can tab on the plus.

Medication

This screen appears;

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 <u>not</u> the total of the day <u>only</u> of that moment!

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 tab on it to go to the next field.

Medication
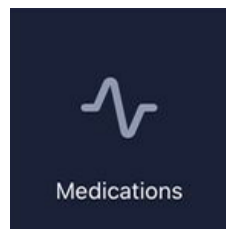
Medications

← **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

Medical Expenses
(Not Insured)

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

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.

Date

Type Of Cost

Healthcare

0/200 characters

Remarks

0/200 characters

Amount

Add Medical Expense

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

Medical Expenses
(Not Insured)

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

Medical Expenses

Medical Expenses
(Not Insured)

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

This is an example;
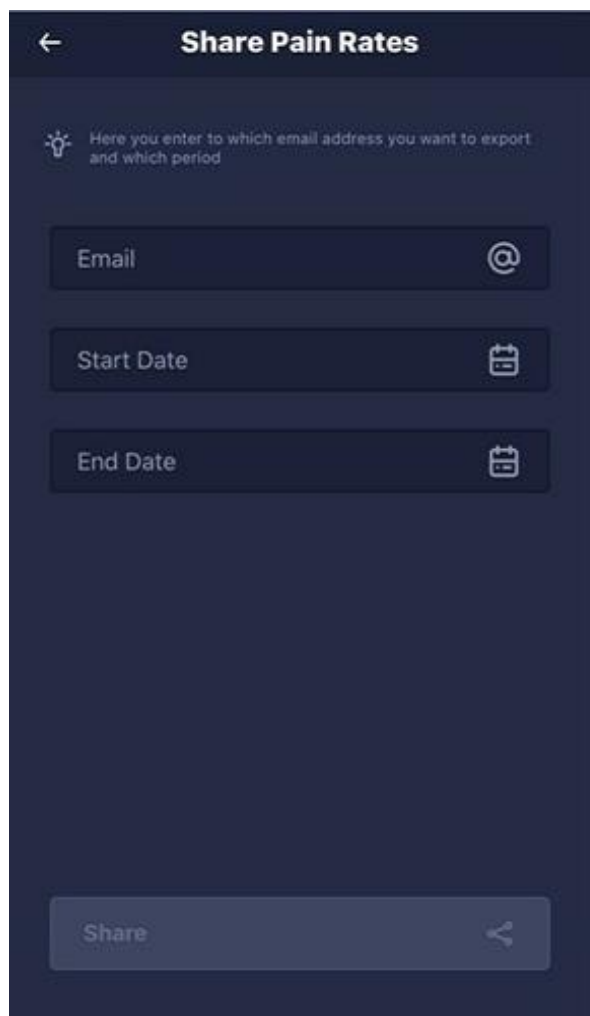
Export data

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;

Export data

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

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 sent very personal data to this email address.
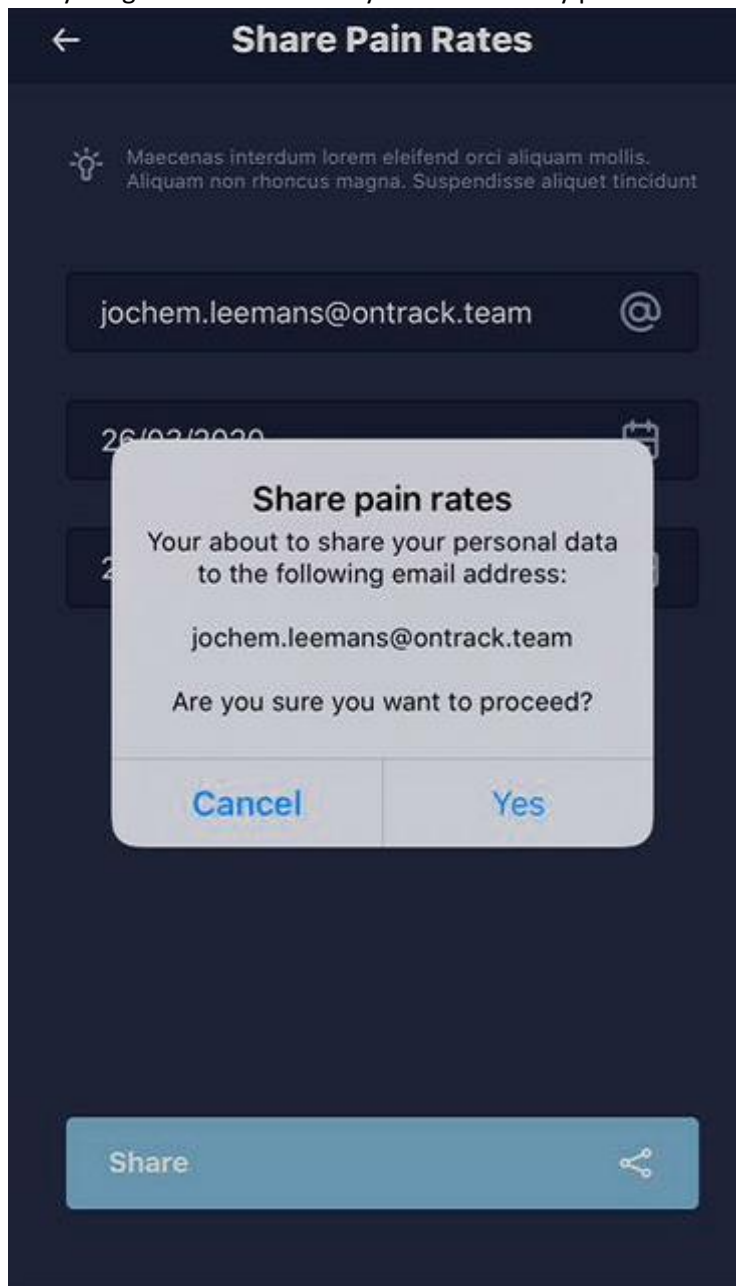
Export data

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
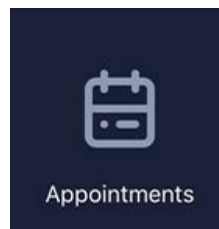
Appointments

When you tab on the Appointments button you will see the next screen;
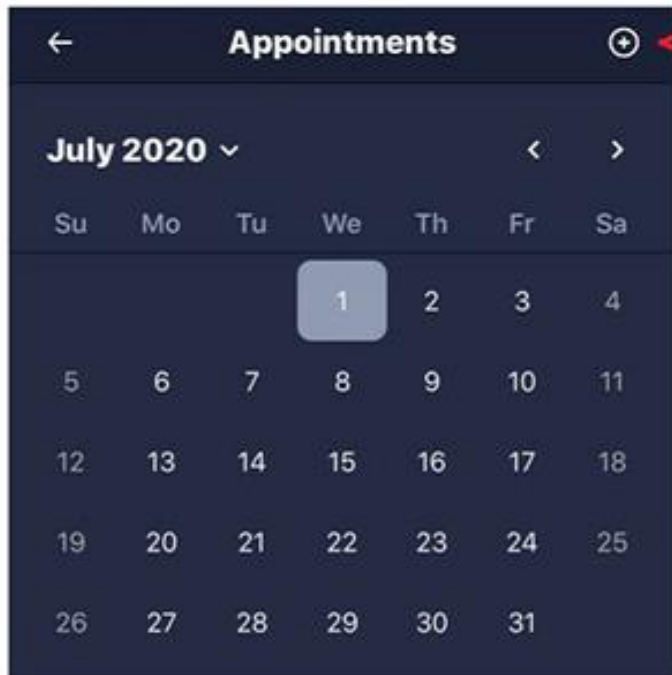
Tab here to add an appointment or day schedule.

Add Appointments or day schedule
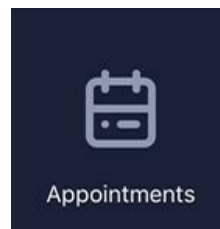
Appointments

Add Appointment

Here you can set your alarm / appointment in the agenda

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

Start Date — Tab here to select the start date.

Start Time — Tab here to select the start time.

Secondary Reminder — Tab here to select a reminder.

☑ Recurring

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

Expiration Date — Tab here to select the end date.

Save — Tab here to Save.

Add Appointments or day schedule
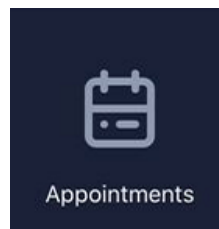
When everything is filled in it could look like this;

Add Appointments or day schedule

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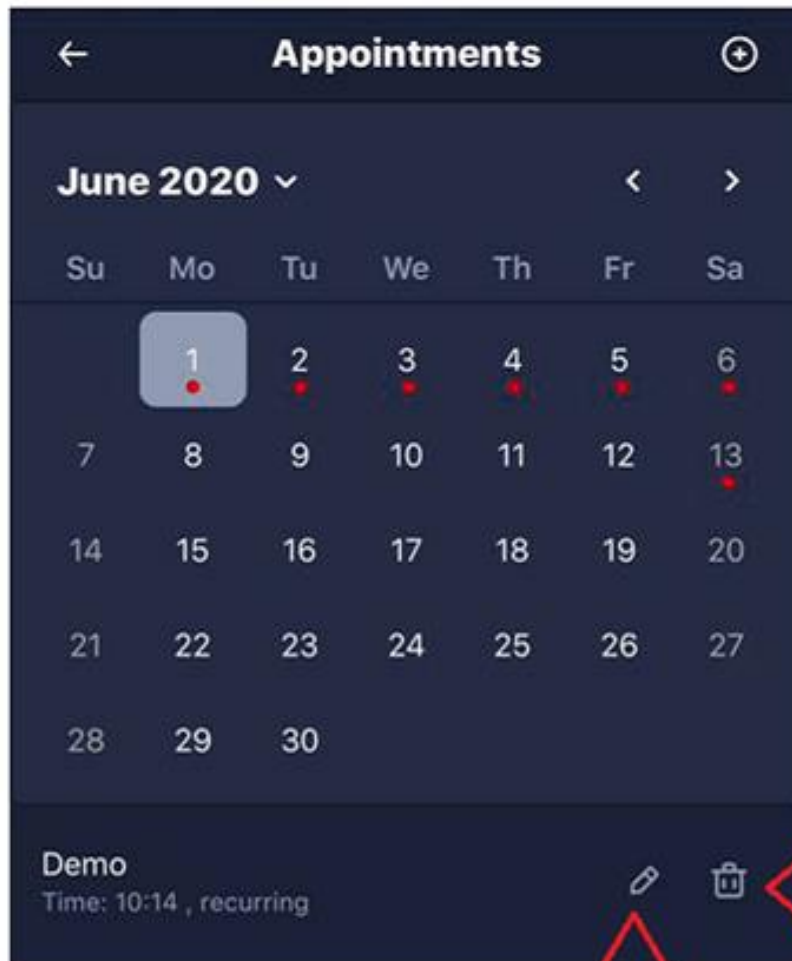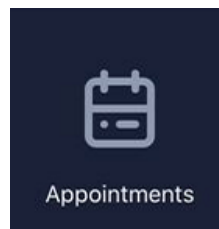
We hope this user manual was very helpful. For questions just sent an email to;

info@ontrack.team