

# MOBILE HEALTH MANAGER APPLICATION INSTRUCTIONS

## BASIC NAVIGATION:

### Single tap

any green or yellow tile to indicate taken.



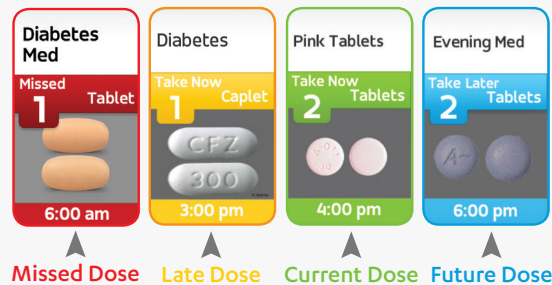
### Dose indicator

The number of pills to take is displayed by the dose indicator in the tile and not by the number of pill(s) in the image.



### What is the color-coded system?

The reminder tiles are color-coded to indicate when it is time for you to take your medication, and changes color based upon how long before or after it is from that time.

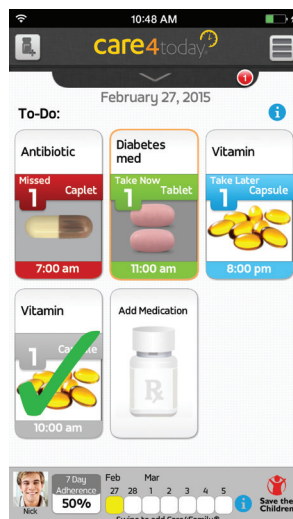


### Medication tile colors

- Take now (30 minutes before scheduled time)
- Late (1 hour after scheduled time)
- Missed (3 hours after scheduled time)
- Future dose

### Tap to indicate taken

Tap a yellow or green medication tile to indicate that you've taken that medication. The tile will appear at the bottom of the screen with a green check mark. Tapping a red tile (3 hours after scheduled time) will open a dialogue box where you can indicate whether you took or skipped the dose.

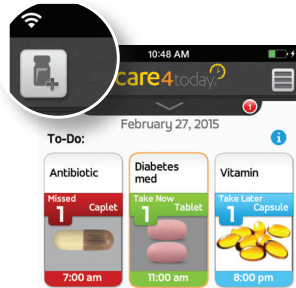


If there are reminders from the previous day that you did not respond to, swipe left to right to access the "Yesterday" screen. Swipe right to left to return to the "To Do" screen.



## ADDING MEDICATIONS:

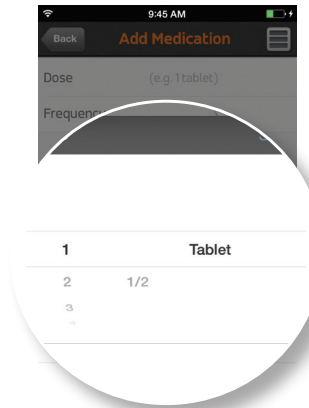
1. Tap the Add Medication tile on the home screen.



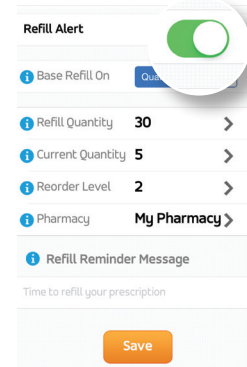
2. Input and verify your medication name and image, then select appropriate dose.



3. Complete the required dosing information.



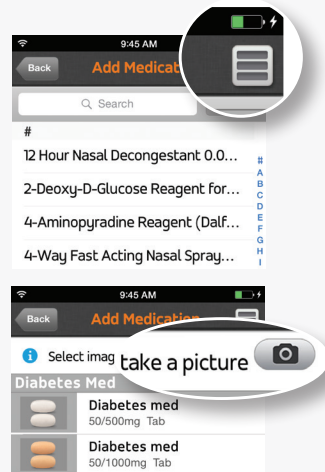
4. To activate the refill reminder switch the toggle ON and input the required fields.



## CUSTOM REMINDER:

1. If your medication is not listed, you can use the Custom feature to set up reminders for any prescription or over-the-counter medication, nutritional supplement or other activity you wish to track.

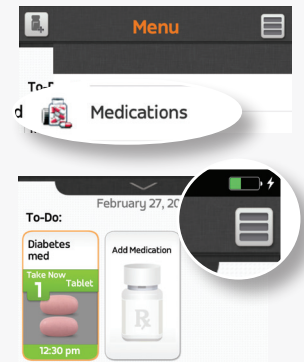
2. Select the Add Image icon to upload a photo using your phone's camera function.



## EDIT/DELETE A MEDICATION:

1. To edit/delete a medication, select Medications from the drop-down shelf menu.

2. Select the medication that you wish to edit or delete.

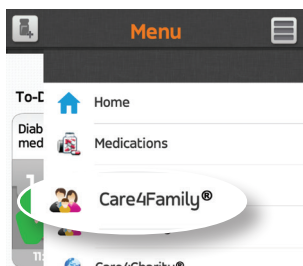


**care4family**

Care4Family® enables users to support their family members and friends by monitoring their medications and encouraging them to stay on schedule.

## ADDING/ACCEPTING:

1. Select Care4Family® from the drop-down shelf menu.



2. Tap the Add icon in the top left corner and follow the steps to continue.

- Review and accept the authorization to release your personal information
- Add email(s) to invite
- Select when you would like to be alerted



3. Invitee must then tap on alert tray and accept invitation.

