

End-User Guide for HealthTrack Application

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Chapter 1. Medication Reminders Customization

What Are Medication Reminders?

Here you will learn what medication reminders are in HealthTrack.

In HealthTrack, medication reminders are a specialized feature designed to support users in adhering to their prescribed medication regimens.

By allowing users to input specific details about their medications—including names, dosages and intake schedules—HealthTrack generates personalized alerts that notify users when it's time to take each medication.

This customization extends to the type of notification received, whether it be visual, auditory, or via vibration, accommodating the user's preferences and lifestyle needs.

How to Personalize Your Medication Reminders

Here you will learn how to personalize your medication reminders schedules for timely medication intake.

To properly personalize your medication reminders you need to have your medication names and schedules at hand.

1. Go to the "Medication" section and select "Add Medication".
2. Enter medication details and then tap "Set Reminder".
3. Choose specific times for each reminder. To adjust for different days, select "Repeat" option, where you can specify the frequency (daily, weekly, or custom days) and adjust the timing for each reminder as needed.
4. Save the reminder. Repeat for multiple medications as needed.

By following these steps you will receive tailored reminders for each medication, ensuring you take them at the correct times every day.

Sarah needs to take her heart medication at 8 AM and her allergy pills at 8 PM. She enters both medications into HealthTrack, sets the reminders for these specific times, and chooses a repeat schedule for every day. Now, Sarah receives timely reminders every morning and evening to take her medications.

Chapter 2. Notification Features

What Is a Notification?

Here you will learn what a notification is in HealthTrack.

In HealthTrack, the term "notification" encompasses a wide range of alerts designed to inform and engage users about various aspects of their health management journey.

These include, but are not limited to: medication intake reminders, updates on new app features, health tips and progress updates.

How to Choose and Customize Notification Features

Here you will learn how to choose from a variety of notification features.

To properly customize your notification features, first you need to consider and determine your preferred notification type: visual or auditory.

1. In "Settings", navigate to "Notification Preferences".
2. Choose between visual (banner, badge) and auditory (alarm, tone) alerts.
3. Toggle the vibration option to "On" if you wish to add a vibration alert along with your chosen auditory or visual notification.
4. Adjust the volume and visual appearance settings as preferred and save.

Customized notifications will alert you about medication times in your chosen method, reducing the chance of missed doses.

Mike prefers visual notifications because he often keeps his phone on silent mode. He selects the banner notification option with a distinctive icon for his diabetes medication reminder. Now, whenever it's time to take his medication, a clear banner pops up on his phone's screen, ensuring he sees the reminder even if his phone is on silent.

Chapter 3. Medication Tracking

What Is Medication Tracking?

Here you will learn what medication tracking is in HealthTrack.

Medication tracking in HealthTrack refers to the app's feature that enables users to systematically log and monitor medication intake. This functionality allows users to record each time they take a medication, providing a historical view of their adherence to prescribed treatment plans.

How to Record Your Medication Usage and Check Adherence

Here you will learn how to log your medication intake, monitor adherence and generate reports for healthcare consultations.

For a clear record of your medication usage, remember to regularly update medication intake in the app.

1. After receiving a medication reminder, open the app and go to "Medication Log".
2. Tap on the medication name and select "Mark as Taken" or "Skip" if not taken.
3. Add notes if necessary, especially if a dose was missed or delayed.
4. Review your adherence over time in the "Reports" section and share with healthcare providers through the "Share" option.

By following these steps, you will gain insights into your medication adherence patterns, allowing for better health management and informed discussions with healthcare providers.

Linda uses HealthTrack to manage her complex medication schedule. After each reminder, she logs into the app to mark her medication as taken. Over a month, she reviews her adherence report in the app and notices she frequently misses her afternoon dose. Linda shares this report with her doctor, who helps her adjust the timing of her doses for better adherence.

Chapter 4. Health Insights

What Are Health Insights?

Here you will learn what health insights are in HealthTrack.

In HealthTrack, health insights refer to personalized recommendations and analyses generated by the app based on the health data users input and track over time.

How to Access and Utilize Personalized Health Insights

Here you will learn how to receive personalized health insights based on your medication adherence to improve your health routines.

To receive accurate health insights, ensure consistent logging of medication intake and health activities.

1. Enter the "Health Insights" section, available from the main menu.
2. HealthTrack will analyze your medication adherence patterns and provide personalized insights and recommendations.
3. Use these insights to adjust your health routines and medication schedules as recommended for optimal health outcomes.

Personalized recommendations and insights help you adjust your health routines for better outcomes, encouraging a healthier lifestyle.

After consistently logging his blood pressure medication intake and daily blood pressure readings in HealthTrack for several weeks, John receives a personalized insight. The app notices his blood pressure improves significantly on days he takes his medication before breakfast. HealthTrack suggests John adjust his medication timing to consistently take it before his morning meal for better control of his blood pressure.