**Users’ Handbook**

*Healthify*

Table of Contents

[1. Purpose 2](#_Toc58305698)

[2. Background 2](#_Toc58305699)

[3. Instructions for Parents or Healthcare Providers 2](#_Toc58305700)

[Create an Account 2](#_Toc58305701)

[Log in to Your Account 2](#_Toc58305702)

[Change E-mail Address or Delete Account 2](#_Toc58305703)

[Add a Child Account 2](#_Toc58305704)

[Monitor a Child with Diabetes 3](#_Toc58305705)

[3.1.1 View the Child’s Recent Values and Log a Value 3](#_Toc58305706)

[4. Instructions for the Child 3](#_Toc58305707)

[Log in to Your Account 3](#_Toc58305708)

[Add a Measurement 3](#_Toc58305709)

[Run a Simulation 3](#_Toc58305710)

[Manage Challenges 3](#_Toc58305711)

[Access Statistics 3](#_Toc58305712)

[See Who Can Access Your Data 4](#_Toc58305713)

[Add Automated Input from Another Application 4](#_Toc58305714)

[Changelog 4](#_Toc58305715)

# Purpose

The purpose of this document is to give guidelines about how to use Healthify’s application for an end-user that has no previous experience of using the application.

# Background

The application is developed to assist healthcare providers and parents in monitoring and tracking a chronically diseased child’s health status. Beyond allowing parents and healthcare providers to trach the child’s illness, the child can keep track of their own health status as well and get suggestions of actions to make themselves feel better.

# Instructions for Parents or Healthcare Providers

This chapter will give the parent or healthcare provider an in-depth guide in how to use the application.

## Create an Account

* Press the button “REGISTRERA DIG” in theupper right corner.
* Fill in: first name, surname, e-mail address, and password (twice).
* When done, press the button “REGISTRERA” below the blankets.

## Log in to Your Account

* Press the button “LOGGA IN” in the upper right corner.
* Fill in: your e-mail address and password.
* When done, press the button “LOGGA IN” below the blankets.

## Change E-mail Address or Delete Account

* Press the menu button in the upper left corner and press “Inställningar”.
* To change your e-mail address, press “ÄNDRA E-POSTADRESS”.
  + Type in your new e-mail address where it says “e-post \*”.
  + Press “SPARA” to save the new e-mail address.
* To delete account, press “RADERA KONTO”.
  + To confirm, press “BEKRÄFTA”. Otherwise, press “STÄNG”.

## Add a Child Account

* When logged in, there are two options:
  + On the home page, press the plus sign in the middle of the screen with the text “Lägg till barn” below.
  + If pressing the menu button in the upper left corner, press the option “Registrering av barn”.
* Add the following information about the child you will like to register: first name, surname, the child’s e-mail address (used as the child’s username), password (twice), the child’s date of birth, gender, and disease (currently only obesity or diabetes are supported).
  + If diabetes was selected, add: number of measurements to be taken per day (1 – 20), lower boundary for blood sugar level (0 – 15 mmol/L), upper boundary for blood sugar level (0 – 15 mmol/L).
  + If obesity was selected, add: goal weight for the child (40 – 60 kilograms).
* When done, press the button “REGISTRERA”, and the child will appear on your home page. The child will now be able to access his or her account using the registered e-mail address added for thir account.

## Monitor a Child with Diabetes

Press the button “Gå till översikt” to view the child’s information. Here, you will be able to see the child’s most recently entered blood sugar value, how many challenges the child has completed and still has complete, and the child’s healthcare providers and their name, phone number, e-mail address, and role.

### View the Child’s Recent Values and Log a Value

* Press the button “Senaste mätningen”. You will be able to see the child’s recent values.

# Instructions for the Child

This chapter will give an in-depth guide on how to use the child-view of the application.

## Log in to Your Account

* Press the button “LOGGA IN” in the upper right corner.
* Fill in: your e-mail address and password.
* When done, press the button “LOGGA IN” below the blankets.

## Add a Measurement

* Press the button “Lägg till” in the middle of the screen.
* Use the slider to find your current measurement value, or manually fill it in using the blank space to the right of the slider.
* Press the button “SPARA”.

## Run a Simulation

* Press the button “Labb” at the bottom right of the home screen.
* Choose what you would like to simulate in the middle of the screen (such as “KOST” or “TRÄNING”).
* Use the slider to choose which value you would like input.
* Press the button “SIMULERA”.
* Press “OKEJ” to proceed.

## Manage Challenges

* Press the button “Pokal” at the bottom of the home screen.
* The list will show you your active challenges and the bar will show your progress.
  + If you have completed a challenge, press the button “HÄMTA BELÖNING” to notify your parent.

## Access Statistics

* There are two ways to access your statistics:
  + Press the button “Statistik” at the bottom of the home screen.
  + Click the sidebar in the top left corner, then click “Statistik”.
* Use the arrows at the bottom of “Tabell” to navigate through historical values.
* Click the circles at the bottom of “Graf” to change the timespan of the graph.

## See Who Can Access Your Data

* Click the sidebar in the top left corner, then click “Delad data”.
  + To send an e-mail to a caregiver: press the e-mail icon or the e-mail address.
  + To call a caregiver: press the phone icon or the phone number.

## Add Automated Input from Another Application

* Click the sidebar in the top left corner, then click “Inställningar”.
* Find the application you wish to connect to and flick the switch to the right.

# Changelog

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Author** | **Changes** |
| 1.0 | 2020-12- | Jesper Carlsson | First draft |
| 1.1 | 2020-12-05 | Victor Samuelsson | Added “Instructions for the child” |
| 1.2 | 2020-12-08 | Cecilia Persson | Proofreading |
|  |  |  |  |
|  |  |  |  |