

TreatYoSelf App Guidebook

TreatYoSelf Interactive ProtoType:

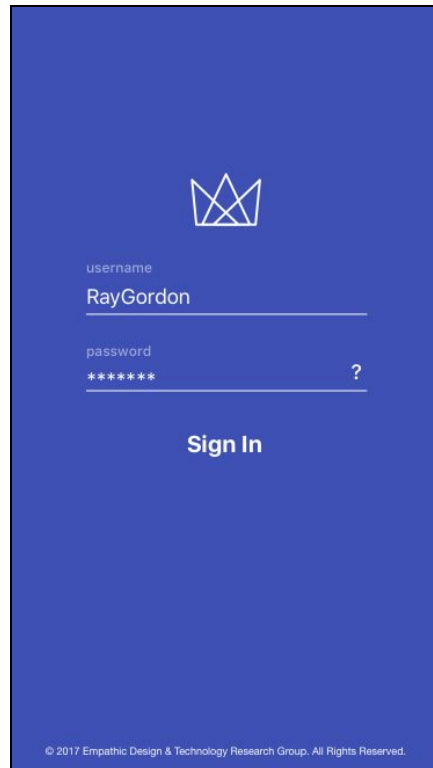
<https://projects.invisionapp.com/share/ACA86Z6FU#/screens/216541141>

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There are also small notes throughout the sections indicated by this symbol, ‘*’, please make sure to read these because they give helpful hints.

Login Page



username
RayGordon

password
***** ?

Sign In

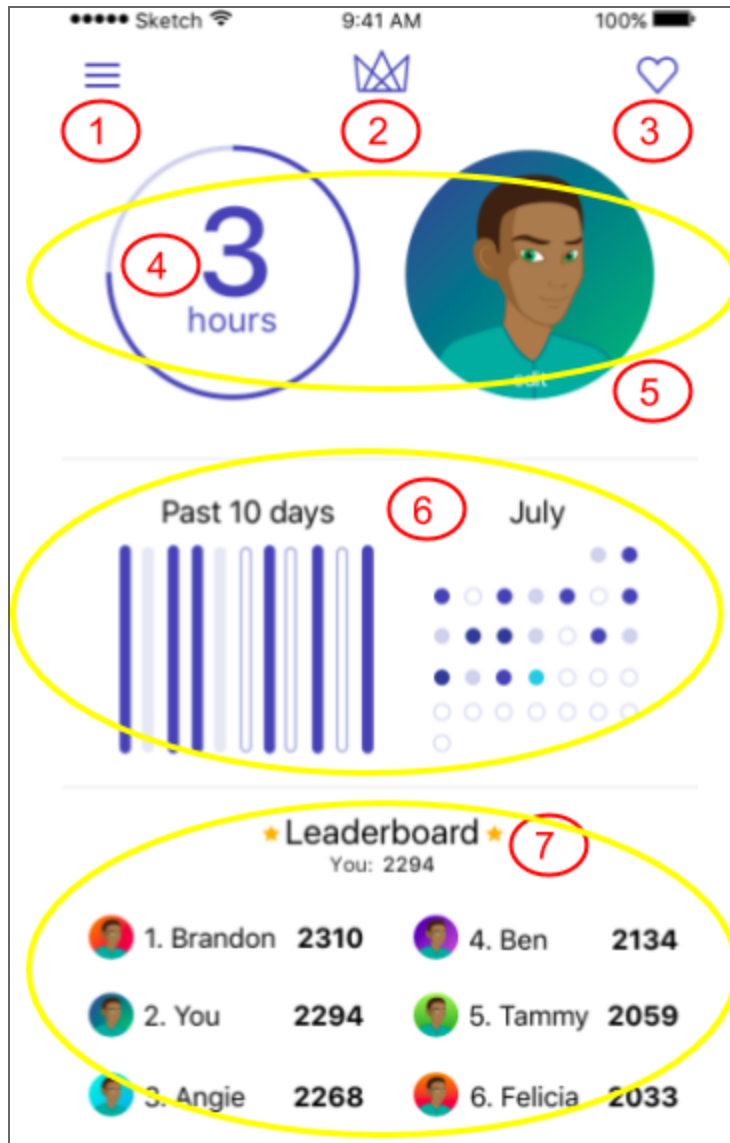
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A purple login page should be displayed with a username, password, and sign in sections. As you can see the username and password are already filled out for you. Next, move your cursor over the Sign In text and select Sign In and you will be logged directly into the app.

Home Screen

When sign in is properly selected you should see this home screen below:

Note: the red and yellow circles are later used to help you navigate and understand the homescreen.



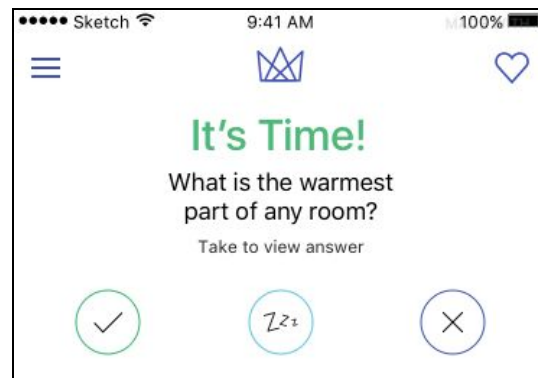
On the home screen there are 3 main areas you should know how to navigate towards these include the top left corner which brings you to the menu (1). The crown like symbol that will always bring you back to the home screen (2). Lastly, there is the upper right hand corner heart which will navigate you straight to your favorite contacts, so that it is quick and easy to get a hold of them (3).

The Home Screen also has quick and easy access directly to your medication tracker, avatar, calendars/reminders/appointments, and leaderboard/messages these areas are divided into three main sections within the home screen (circled in

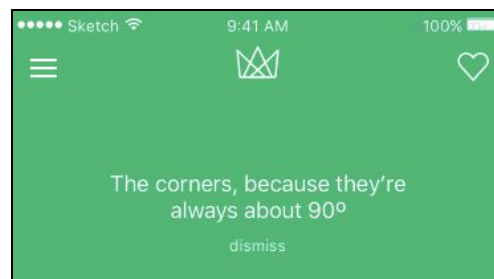
yellow). The medication tracker and avatar are located in the upper third of the home screen (Pages 4-5 & 12), while the middle third has direct links to the past 10 days calendar & monthly calendar (Pages 6-7). The bottom third contains the leaderboard/messages (Pages 13-14).

Medication Tracker

When on the homescreen there is your medication tracker (4) that keeps track of and notifies you when you should take your next medication. When it is time for you to take your medication this pop up screen will appear within the app:

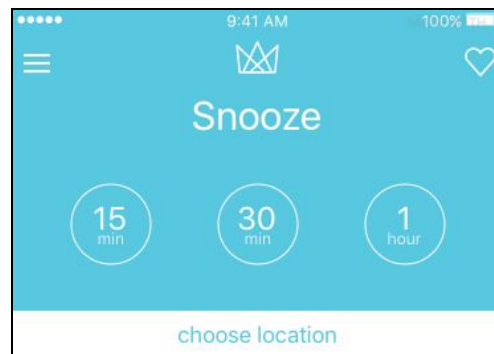


If you have select the green circle with the check mark it means you have taken your medication at that time and it will be recorded. When you have taken your medication it will also show you the answer to the question that is being asked, which can be scene below:

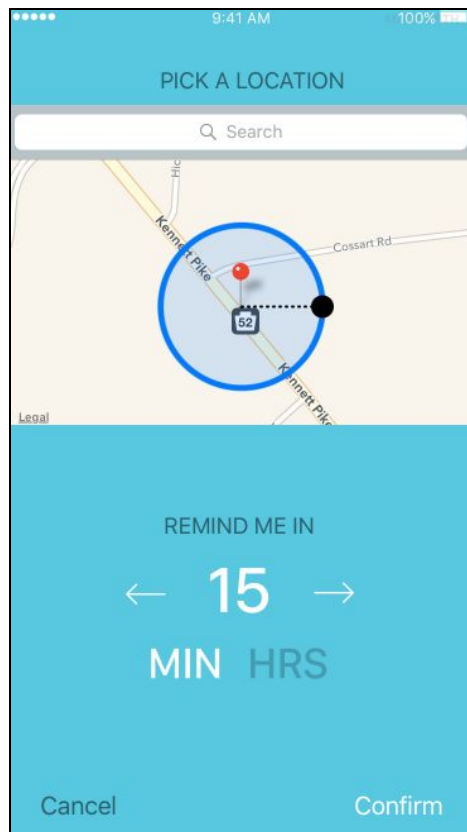


The second option is you can choose to snooze your alarm and also choose a location of where you are, these two screens can be scene below:

Snooze:



Location:



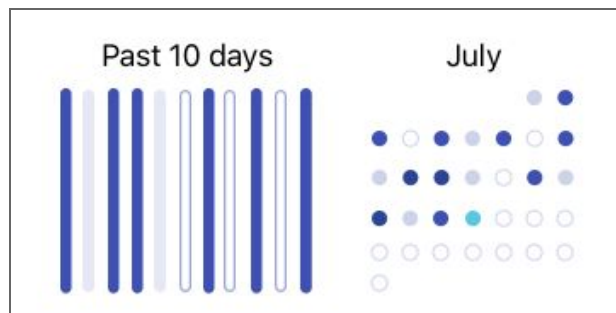
Lastly, you have the option to exit the reminder altogether.

Avatar

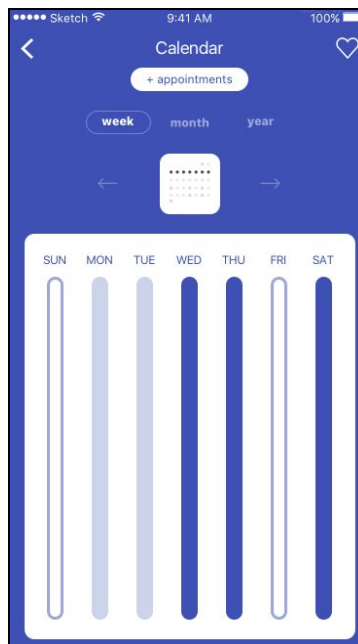
Note: A quick link is provided for this on the homepage and more detailed information can be found on page 12.

Calendar

Within the home screen you have access to a calendar (6) to look at your progress the past 10 days or have quick access to a monthly calendar as well. This is the middle section of the home screen, which can be seen below:



Once you select one of these pages it will navigate you to a page as seen below in which you can create appointments and more.



Note: You can reference other pages, such as appointments, reminders, etc. for more info.

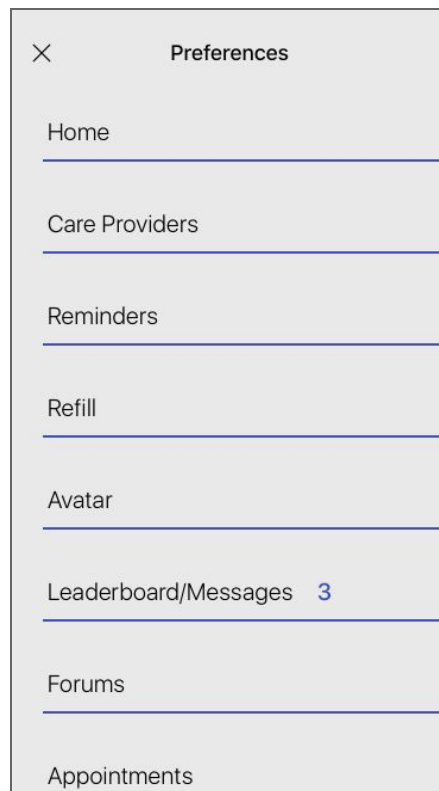
Leaderboard/Messages

Note: Reference page(s) 13 for more information about the leaderboard/messages.

Main Menu

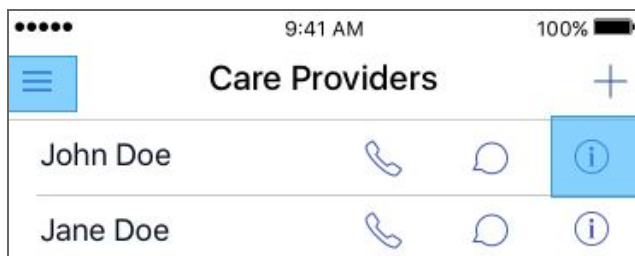
First we are going to navigate to the menu which is the symbol in the top left hand corner of the app screen that is 3 horizontal lines (1).

Once the menu is selected you should see a screen that looks like this:



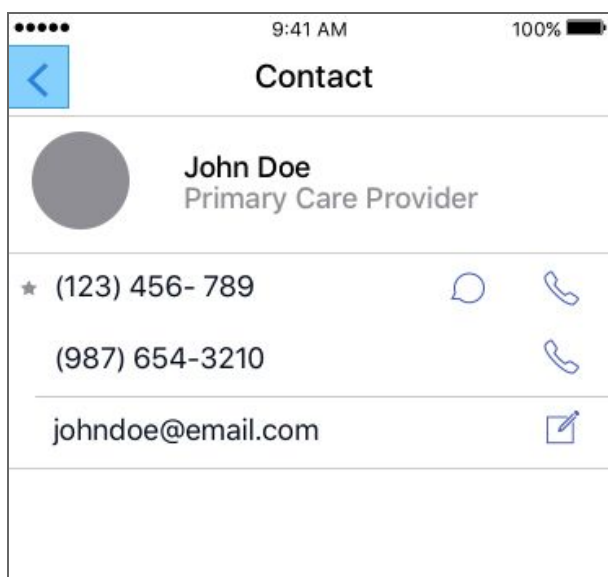
Care Providers

We are going to select the second option within the menu labeled Care providers, once that is selected something that looks like this should pop up:



Note: If you hit shift on your keyboard the areas that you should select to check out on each of the prototypes pages are highlighted in blue as seen above.

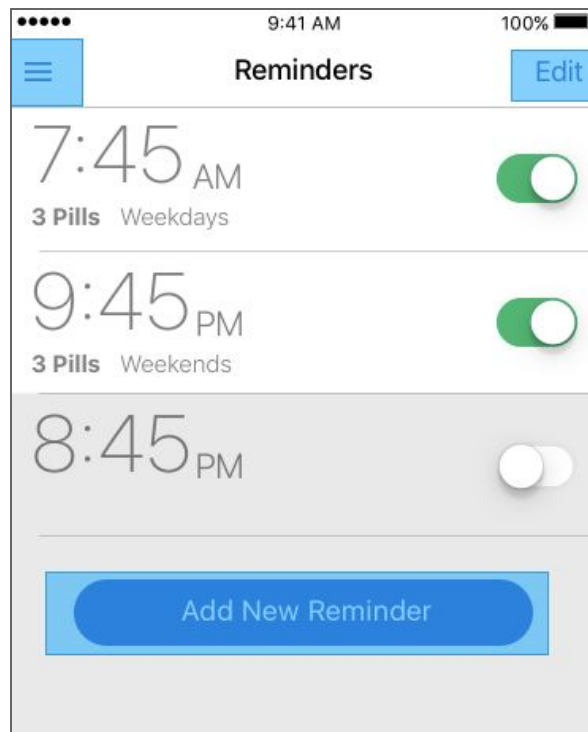
This care providers page gives you an easy way to manage all of your care provider contacts in one easy and convenient place. When this page is up, we will hit shift and see that we should hover over and select the small i within a circle to bring us to our next page that we should check out. After that icon is selected we will be navigated from the main care providers page to that of a specific care provider with their individual contact information, an image of this can be seen below:



After you are done viewing this page please select the backwards arrow in the upper lefthand corner, this is highlighted in blue in the above image. This should navigate you back to the care providers home page. Another thing to note is that to add a contact you would select the upper righthand corner plus sign and add that person's individual contact information, we are unable to use this feature in the prototype but it will be an option in the full scale app.

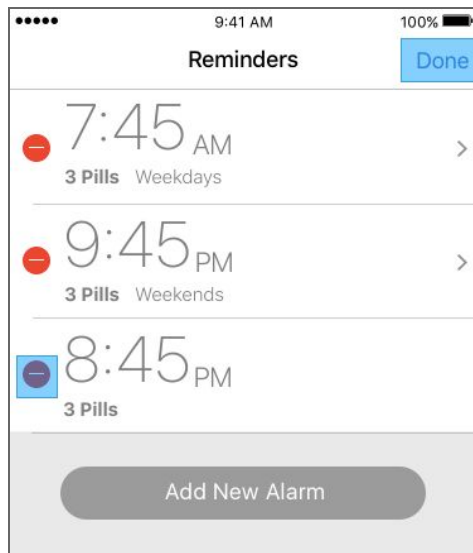
Reminders

Next, return to the menu in the upper lefthand corner and select the option labeled Reminders. Once selected it should bring you to this page:

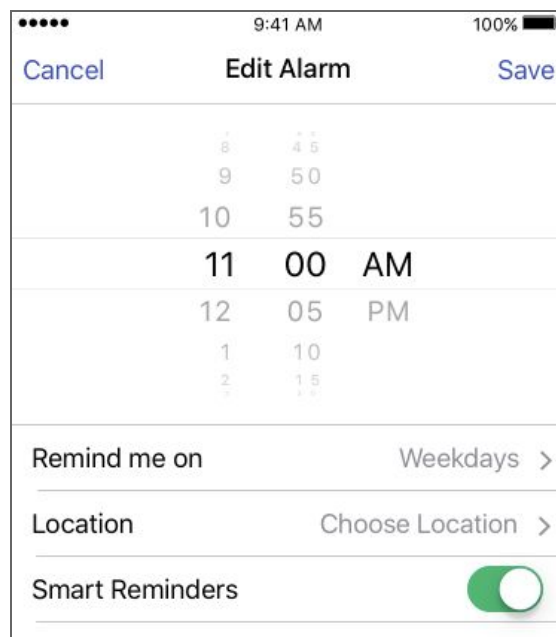


The reminders page is useful in setting reminders for when to take pills, when you have an appointment, and much more. From this main Reminder page we will navigate to the edit button first in the upper right hand corner and afterwards checkout the add new reminder button as well.

The reminder edit button page will look like this:



On this page you can delete, add, and edit reminders. When you are done on this page select Done in the upper righthand corner and you will be brought back to the reminder main page. From the main page select the Add New Reminder button which will bring you to this screen:



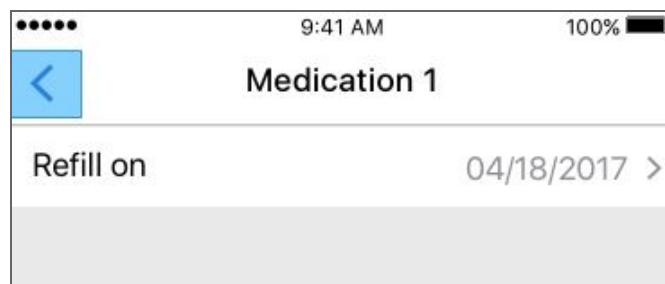
On this screen you will have the option to add a new alarm with a name, distinct time & days to be reminded, and a few more options. After you are done viewing this page either select Cancel or Save to go back to reminder main page.

Refill

When back on the main page select the menu button in the upper lefthand corner again and select the fourth option labeled Refill and this page should appear:



The refill page helps the user keep track of all their medications and when they need to order and pick up refills. Let's take a further look at one of these medications, select Medication 1 and this page should appear:

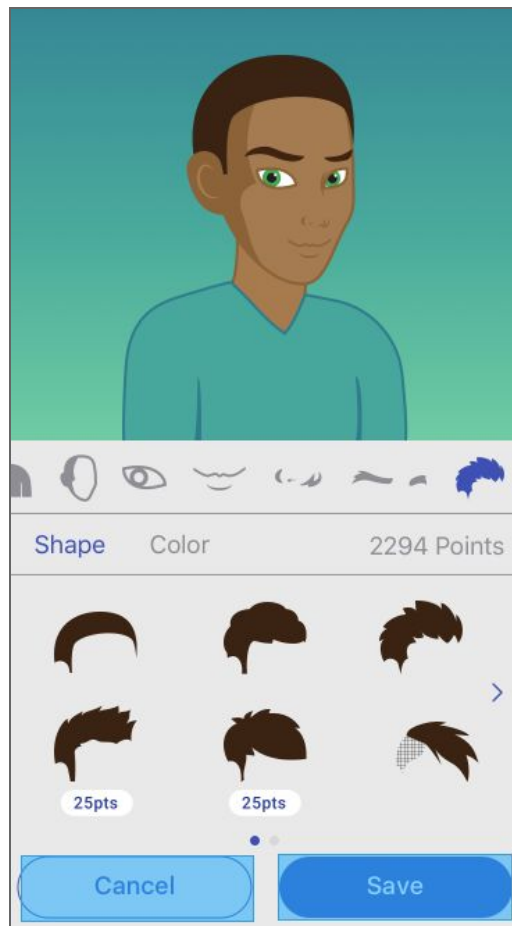


On this page you will put the specific details for that specific medication. When you finished on this page please select the backwards arrow and return to the refill main page.

Avatar

Once back on the main page navigate to the upper lefthand corner to the menu and select the fifth Avatar option, which will bring you to a page like the one below:

Note: You also have quick access to this page on your homescreen, just select the avatar bubble (5) in the upper righthand corner.

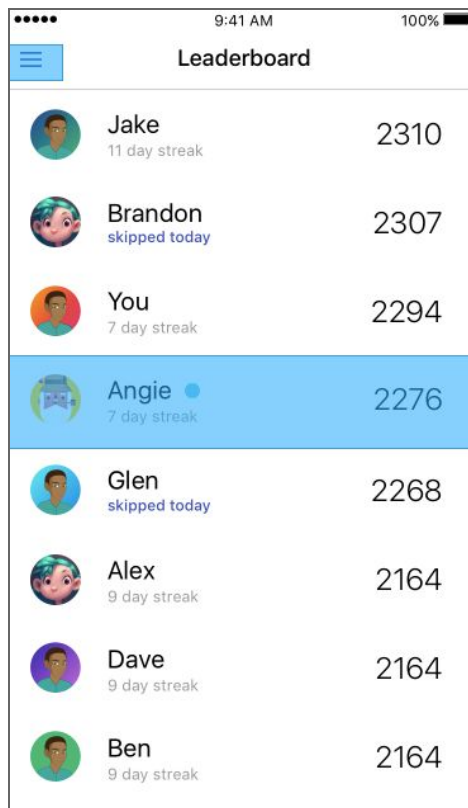










This page is a fun way to make your avatar resemble you and it will represent how you look on your homepage as well as on the leaderboards. Once you hit Cancel or Save you will be navigated back to the homepage.

Leaderboard/Messages

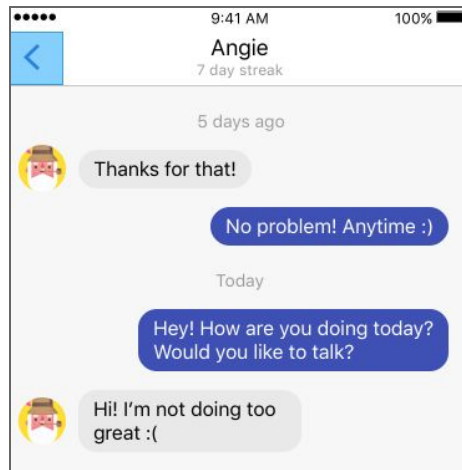
Note: Quick access to the leaderboard/messages (7) is also located as the third section on the home screen.

Go back to the menu in the upper lefthand corner and select the leaderboard/messages, which will bring you to this page:



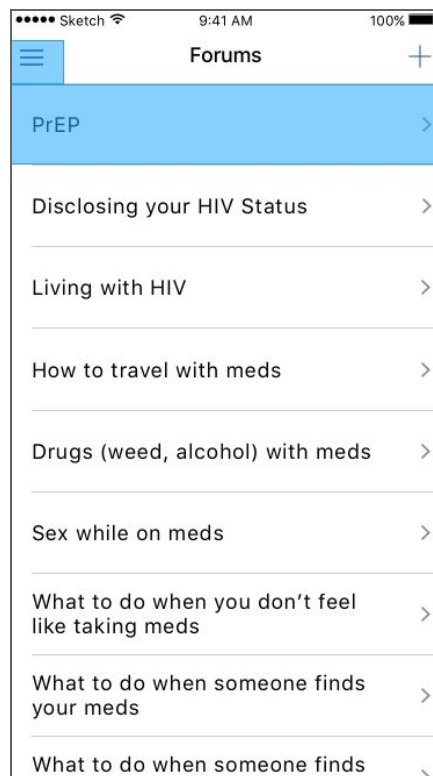
Leaderboard		
	Jake 11 day streak	2310
	Brandon skipped today	2307
	You 7 day streak	2294
	Angie 7 day streak	2276
	Glen skipped today	2268
	Alex 9 day streak	2164
	Dave 9 day streak	2164
	Ben 9 day streak	2164

This page represents a game like scoring structure, so that it is less of a hassle and creates a more interactive way to keep track of how consistently the user is taking their medications. This page also allows you to select on a fellow app user and easily communicate with them. This feature can be seen if you select on the app user Angie which is highlighted in blue above and a screen like the one scene below should appear:



Forums

When you are done viewing this page select the backwards arrow which will bring you back to the leaderboard page and from there navigate to the menu in the upper lefthand corner and select Forums, which should display the page scene below:

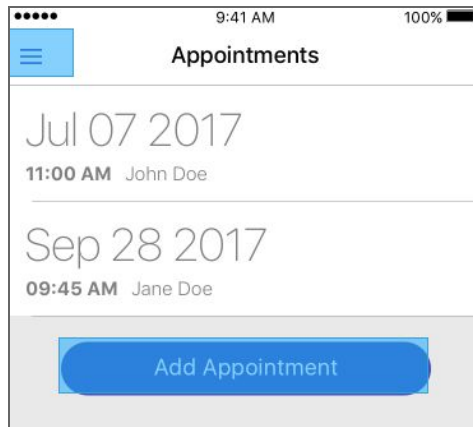


The main forum page gives you access to many different forum groups, so that app users can interact with others and gather support and important information in these different group settings. If you select the PrEP forum group you will be navigated to a page that looks like this:



Appointments

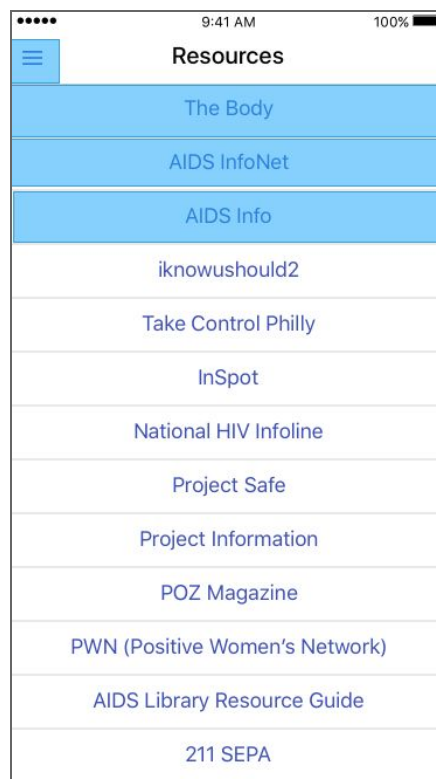
After viewing this page select the back arrow to return to the forum page and from there return to the main menu and select the Appointments tab, which should produce the page scene below:



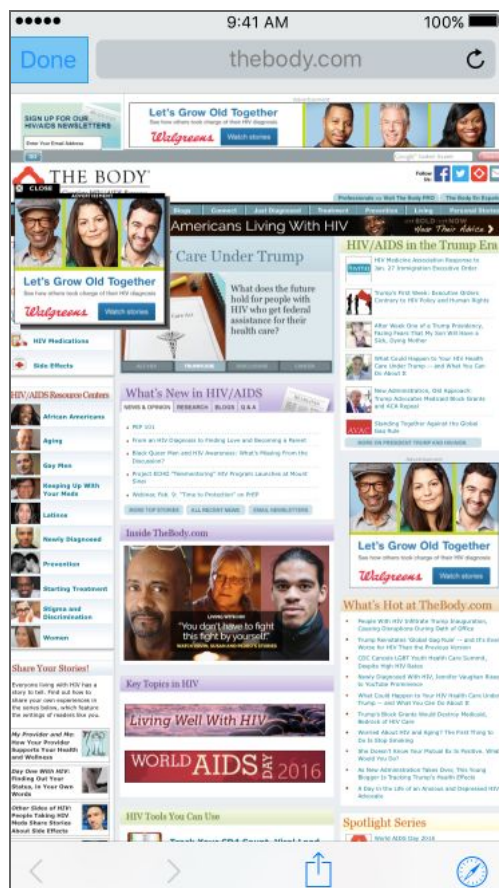
The appointments page helps the user easily add, remove, and keep track of important appointments, such as doctor's visits or picking up a prescription.

Resources

After viewing this page return to the menu and select Resources tab, which will lead you to this page:



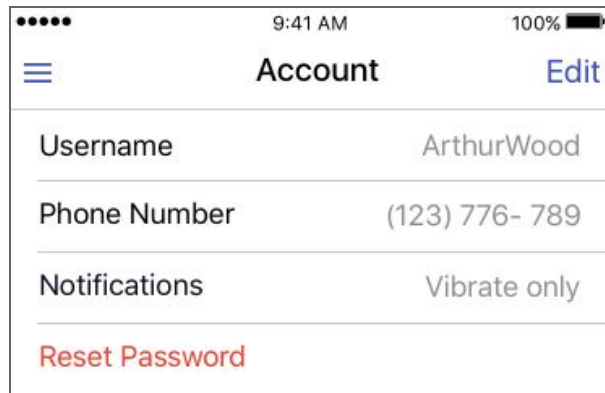
The resources page has multiple links to different web pages that provide a bevy of different informational aids. Such as if you select the first resource page labeled The Body it will direct you to this webpage:



When you are done viewing this page just select Done in the upper lefthand corner and it will return you to the main resource page.

Settings

Navigate back to the main menu in the upper lefthand corner and go to the last tab labeled as Settings, which will bring up this page:



The image is a screenshot of a mobile application's 'Account' settings page. At the top, the status bar shows signal strength, the time '9:41 AM', and '100%' battery. The page header includes a hamburger menu icon on the left, the title 'Account' in the center, and an 'Edit' link on the right. The main content area is a list of settings: 'Username' with the value 'ArthurWood', 'Phone Number' with the value '(123) 776- 789', and 'Notifications' with the value 'Vibrate only'. Each setting is separated by a horizontal line. At the bottom of the list is a red link labeled 'Reset Password'.

Account	
Username	ArthurWood
Phone Number	(123) 776- 789
Notifications	Vibrate only
Reset Password	

The settings page shows you your username and phone number, along with allowing you to choose your notification settings and the ability to reset your password.