To use the first time screen:

Enter in a strong master password in the upper box and retype it in the lower box to confirm. A text will show up saying that the passwords don't match if the password in the lower box does not match the one in the upper box. Keep master password easy to remember but still complex enough to be strong.

To use the recovery screen:

Copy the key to your clipboard using the button and click done. It is advisable to copy the recovery key in a secure physical form so that

To use the vault screen:

The columns of information are marked which type at the top when the scrollbar is scrolled all the way to the top.

To use the login screen:

Enter in the correct master password to access the vault screen. There will be a visual and audio indication if the entered password is wrong. The password reset screen can be accessed from here.