

My Health Records

Version 1.9

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Application for Android 2.2 and above

User Manual

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Introduction

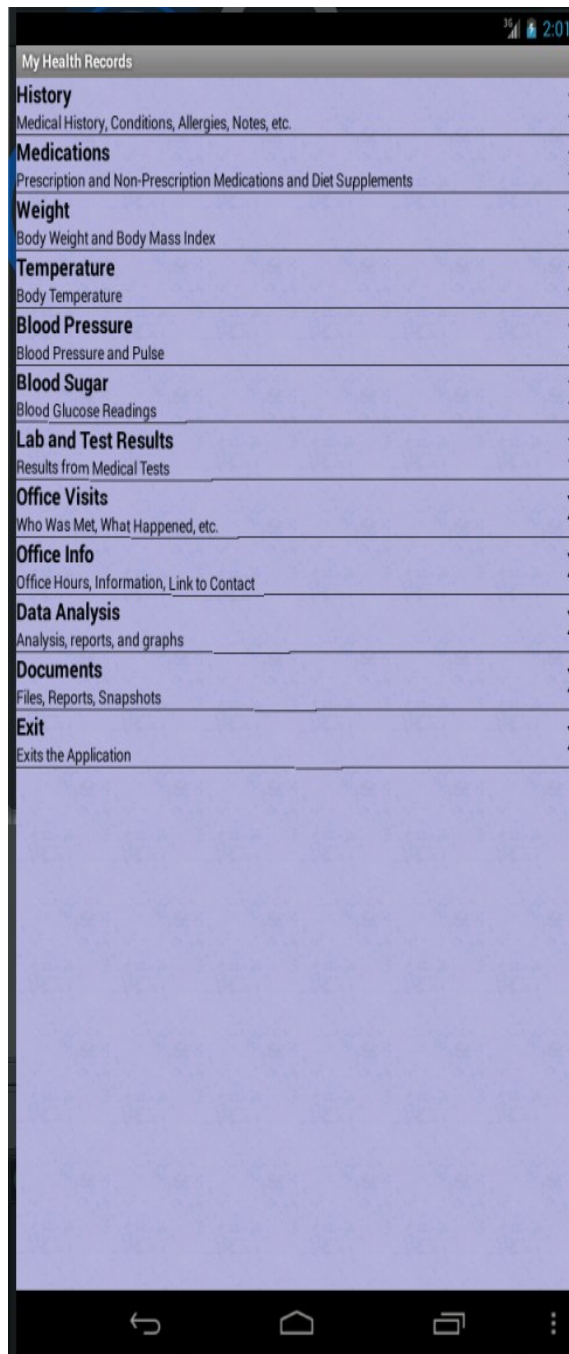
My Health Records is an android application that is designed to keep track of the following health records.

- **History** – medical history, conditions, allergies, surgeries, notes, etc.
- **Medications** – medication names, dosages, start date, end date, adverse reactions, etc.
- **Weight** – height, weight, Body Mass Index, date and time, notes
- **Blood Pressure** – diastolic, systolic, pulse, date and time, notes
- **Blood Sugar** – blood glucose reading, pre/post meal, meal type, medications taken, foods eaten, date and time, notes
- **Test Results** – test name, result, date and time, notes
- **Office Visits** – office name, what happened, date and time, notes
- **Offices** – office name, link to contact, office hours, notes
- **Temperatures** – body temperature, date and time, notes
- **Documents** – filename, date and time, notes

It is designed to run on phone and tablets that run Android 2.2 and above.

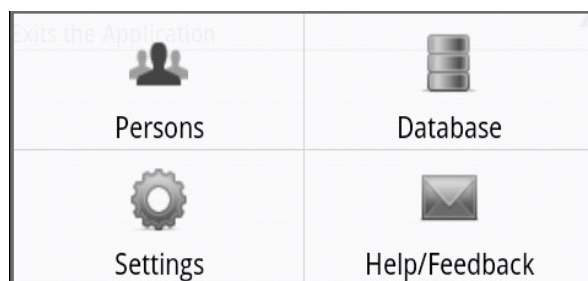
Main Menu

When you first start My Health Records, you are displayed the main menu screen, which looks like this.



To go to a specific area in order to enter records, you press the menu item.

If you press the menu button on your device, you will be presented with an options menu for additional features.



The Persons item will allow you to administer multiple persons if you want to maintain records for multiple persons. When you first open the application, it is set for the primary record holder. If you only enter records for one person, then this is the default record holder. You may change the displayed record holder by using this item from the options menu or the Change Person item from the options menu on any record area.

The Database item will allow you to administer the database. You can backup the database, import and export records, or reset the database from this item.

The Settings item will allow you to change various settings of the application, such as background color, font size of record lists, and imperial or metric system. You can also turn on the password security system in this area.

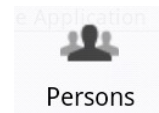
The Help/Feedback item displays information about the application such as developer name,

version number, and website address. It also allows you to send email to the author that includes information about your device to aid in any technical support issues.

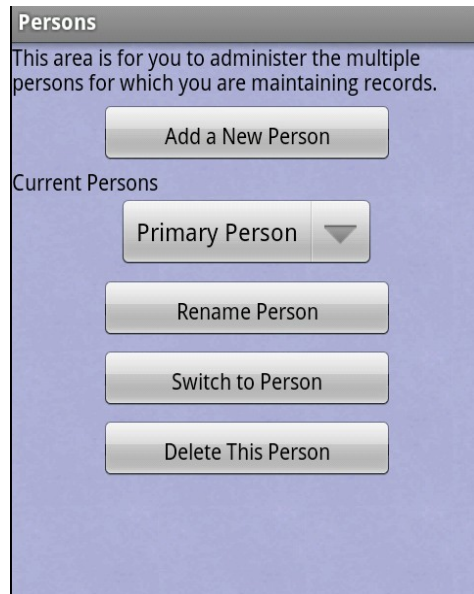
Each of these areas will be covered in depth.

Persons

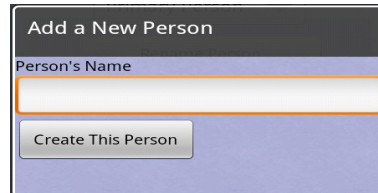
My Health Records allows you to maintain medical records for more than one person. Use the **Persons** menu item from the options menu on the main menu to access the Persons administrative area.



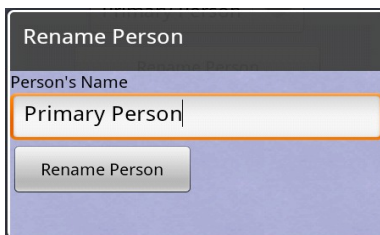
The persons administrative screen looks like this.



To add a new person, click the **Add a New Person** button. You will then be asked for the person's name. You enter the person's name and click **Create This Person**.



The remainder of the screen is dependent on the drop down list which contains the names of each current person. Select a name from the list, and then click one of the buttons below the list to perform these actions.



Rename Person – If you want to change the name of the person, click this button, and you will be asked for a new name. Enter a new name, and click the **Rename Person** button to rename the person.

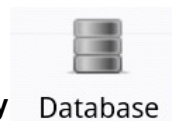
Switch to Person – If you want to work with the records of a different person, click the **Switch to Person** button.

Delete This Person – If you want to delete a person, and delete all records of the person, click the **Delete This Person** button. You cannot delete a person if that person is the only person in the system. You should instead rename the person, or add a new person before deleting the person.

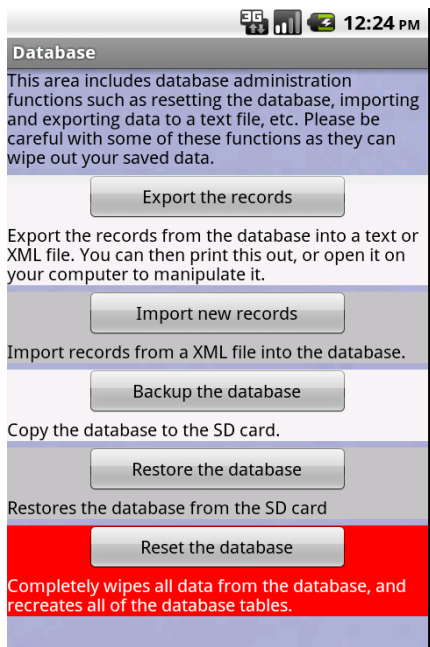
You cannot delete this person since it is the only person. Either rename the person, or add a new person first.

Database

The database area allows you to do administration tasks on the database such as exporting records, importing records, backing up the database, and resetting the database. **Please be careful with some of these functions as they may modify or even wipe out your saved data.**



The database administrative screen looks like this.



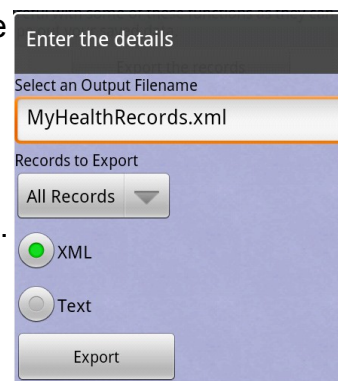
Export the records – If you need a copy of your data for use in another computer application, such as a spreadsheet, you can use this button to export your data to the memory card of your device. When you click the button, you will be presented this screen.

Enter a filename to save the data to. It will be stored in a folder named **MyHealthRecords** on your memory card.

Select the records to export. You can select all records, or any of the specific database tables.

Select the format, either XML or Text. If you choose XML, then the document is exported in an XML format **My Health Records** is able to read. If you choose Text, then the data is exported as a text document that can be imported into your other application.

Click the **Export** button, and the data is now exported to the file.



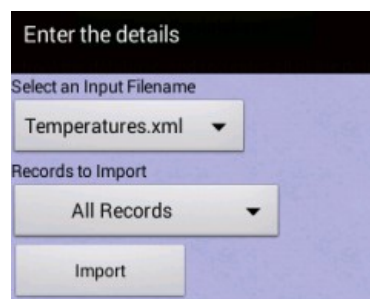
Import new records – If you have exported the database records as an XML file, then you can use this button to re-import those records. When you click the button, you will be presented this screen.

Select the filename that you want to import. The list contains XML files that have been exported previously and are currently in your local storage for My Health Records.

Select where you want to import the records.

Click the **Import** button.

Backup the database – By clicking this button, you can export a full version of the database, including all persons, all settings, and all data. You should do this occasionally so that you don't lose your data in case of an unexpected failure. In the event of a problem with the database, you will need to copy the database back to your device, overwriting the database.



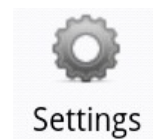
The original location of the database is at /data/data/My Health Records/databases. The database is stored on your memory card in the **MyHealthRecords** folder.

Restore the database – By clicking this button, you can import a full version of the database that you had exported using the **Backup the database** button. This is useful if you somehow corrupt your database, or if you are moving the application to another device. Copy the database file into your MyHealthRecords folder on your SD card before restoring the database.

Reset the database – This should only be used if you need to completely clean the database of all records and restore it to a blank database. This will wipe all of your data. Click this button and the database is reset.

Settings

The settings area allows you to customize the application. The screen looks like this.



Units of Measure – allows you to use U.S. Imperial or Metric

Font Size for Data Rows – Different devices have different viewable areas for the data grids, and different users have different eyesight requirements. This allows you to adjust the font size of the data in the data grids to be more comfortable.

Background Color – The default background color is Blue, but you can change that to Lavendar, Peach, or Green if you choose.

Password – If you want to secure the application, you can enter a password in this field and click the **Enable Password** checkbox. If you do this, you will then need to enter a password before accessing the application.

Secret Question and **Secret Answer** – If you set the application to be password protected, then you should enter something in these fields. In the event that you forget your password, you will be asked this **Secret Question**. You will need to enter the **Secret Answer** in order to gain access to the application.

If you get the wrong answer three times in a row, you will be shown another button that will allow you to send me a special code so that I can recover your secret answer.

My Health Records - Secret Answer... Ravenm...

ravenmistmedia+android@gmail.com,

My Health Records - Secret Answer

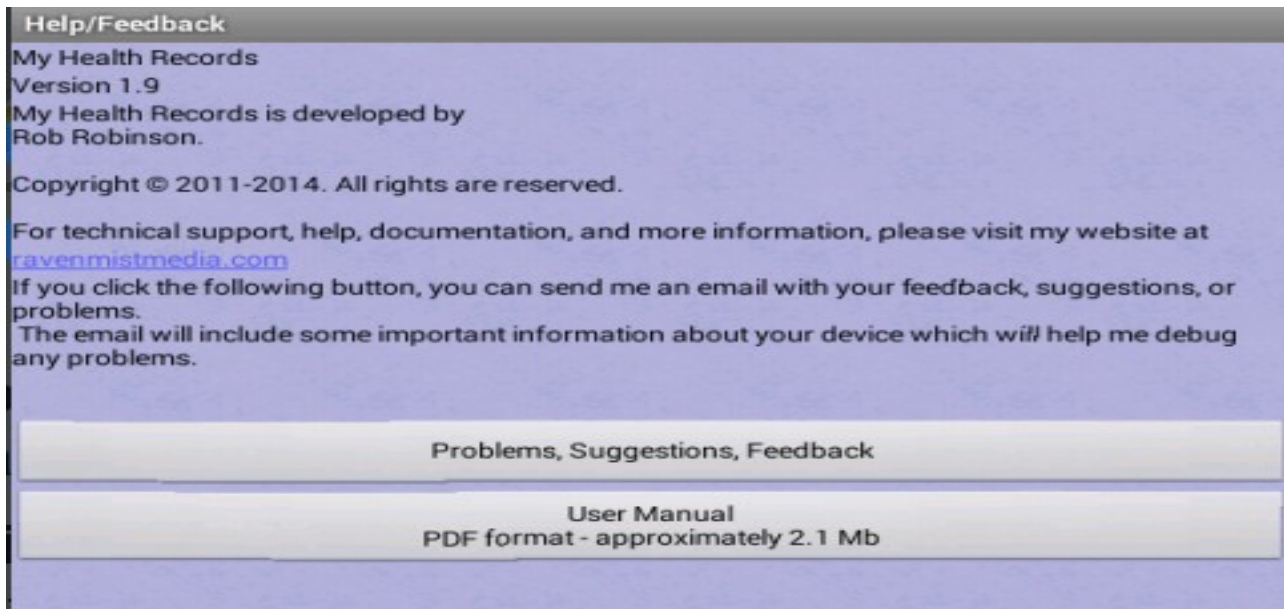
By sending this email, you are sending your encrypted secret answer to the developer of this application. He will reply back to you with the decrypted secret answer so that you may unlock the application. This should only be used as a last resort, as it may take a few days to receive an email back.

--START ENCRYPTION--
-1608165CF716678842799E97F13C
B3BA
--END ENCRYPTION--|

Send Save as draft Discard

When you send me this email, I will reply back with the decrypted secret answer so that you can unlock the application. This should only be a last resort, and may take me a few days to respond.

Help/Feedback



This area presents information about the application, a link to my website, and a button that allows you to send feedback, bug reports, and suggestions to me.

Problems, Suggestions, Feedback - Click this button and you will be presented with an email that you can make comments in and send me. I have pre-populated the email with information about your device that will make it easier for me to help you.

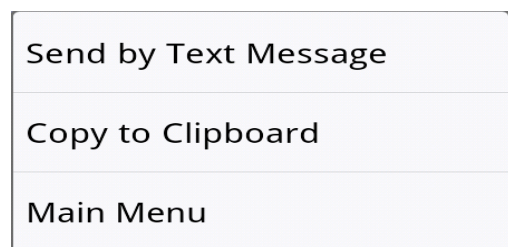
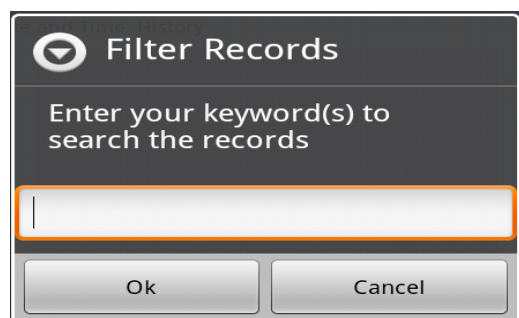
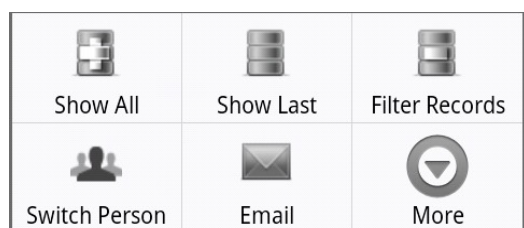
User Manual – Click this button to download this manual.

Here is an example of the email screen.



Activity Options Menu

Each of the activities (history, medications, weight, blood sugar, blood pressure, lab and test results, office visits, and offices) has an options menu available by pressing the menu button on your device. It looks like this.



Show All – Clicking this menu item will display all records for the specific activity in the grid.

Show Last – Clicking this menu item will display the last 20 records from the specific activity. When you first open an activity, this is the default display mode.

Filter Records – Clicking this menu item will display a dialog box that allows you to enter a keyword to filter the records that are displayed in the grid. Due to the various data in each activity, this dialog box may have a different appearance.

Switch Person – Clicking this menu item allows you to switch to another person so that you can work with their records. You are also provided an option to add a new person from this menu item.

Email – Choose this item to copy the records from the current person into an email message.

More – Choose this item to access additional menu items. It is currently a limitation of Android to allow only two rows of three icons on phones. It may allow additional items on other devices.

Send by Text Message – Choose this item to copy the records from the current person into a text message.

Copy to Clipboard – Choose this item to copy the records from the current person into the clipboard so that you can paste them into another application.

Main Menu – Choose this item to take you back to the main menu.

History

This area is for you to record major events in your medical history such as surgeries, diagnoses, and allergies. The screen looks like this.

Date and Time	History
October 2010	diagnosed with co
May 2011	Severe allergic re
January through July 2010	Chemotherapy
December 2011	colon resection to
2006	Allergic reaction t

The title bar displays the name of the activity (**History**) and the name of the person who you are working with (**My Spouse**).

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Enter the details

Date and Time (Optional)

Feb 3, 2012 1:26:34 PM

Notes

Save This Record

Date and Time – This is an optional field, and it is a free text field. Sometimes a medical history event would not have a date, so you can leave this field blank. Also, medical history events do not always have a specific date and time. For instance, if you had treatment for several months for a condition, you can enter a set of months into the field, such as **January through July 2010**.

Notes – This field is required, and is where you enter details of the medical event.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

Enter the details

Date and Time (Optional)

2006

Notes

Allergic reaction to flu vaccine caused swelling of arm

Save This Record Delete This Record

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Medications

This area is for you to list your prescription and non-prescription medications, as well as dietary supplements. The screen looks like this.

Start Date	End Date	Medication and Dosage
2009		Cardura 10mg
January 2010	May 2010	Oxaliplatin

The title bar displays the name of the activity (**Medications**) and the name of the person who you are working with (**My Spouse**).

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Enter the details

Start Date (Optional)
Feb 3, 2012 2:17:51 PM

End Date (Optional)

Medication and Dosage

Adverse Reactions and Other Notes

Scroll the dialog to see additional fields and buttons.

Save This Record

Start Date – This is an optional free text field for you to enter the date that you started on this medication.

End Date – This is an optional free text field for you to enter the date that you stopped taking the medication.

Medication and Dosage – Enter the name of the medication, the

dosage, and number of times per day you take the medication.

Adverse Reactions and Other Notes – Enter any notes you have about the medication, such as adverse reactions into this field.

Save This Record – press this button to save the entry.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

End Date (Optional)
May 2010

Medication and Dosage
Oxaliplatin

Adverse Reactions and Other Notes
severe allergic reaction, closing throat, thickening tongue, neuropathy

Save This Record Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Weight

This area is for you to keep track of height, weight, and BMI records, for instance if you are trying to lose weight. The screen looks like this.

The title bar displays the name of the activity (**Weight**) and the name of the person who you are working with (**My Spouse**).

Height	Weight	BMI	Date and Time
72	252	34.17	Feb 17, 2012 2:29:47 PM
72	257	34.85	Feb 10, 2012 2:29:04 PM
72	261	35.39	Feb 3, 2012 2:28:29 PM

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Enter the details

Height (inches)
72

Weight (pounds)

Notes

Date and Time
Feb 3, 2012 2:33:30 PM

Save This Record

If you have previously entered a record, the height field is filled in with your last recorded height.

All fields are recorded in the measurement that you selected from the **Settings** screen.

Height – enter your height.

Weight – enter your weight

Notes – enter any notes that you want recorded about this weight

measurement.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

Height
72

Weight
257

Notes
one week into diet

Date and Time
Feb 10, 2012 2:29:04 PM

Save This Record Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Blood Pressure

This area is for you to record your blood pressure and pulse readings. The screen looks like this.

Blood Pressure for My Spouse

This area is for you track your blood pressure and pulse.

Enter New Record

3 Records

Blood Pressure	Pulse	Date and Time	Notes
147/82	83	Feb 5, 2012 2:43:28 PM	at home
142/86	75	Feb 4, 2012 2:42:44 PM	at home
160/91	84	Feb 3, 2012 2:42:01 PM	at home

The title bar displays the name of the activity (**Blood Pressure**) and the name of the person who you are working with (**My Spouse**).

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Enter the details

Systolic (top number)

Diastolic (bottom number)

Pulse (heart rate)

Date and Time

Feb 3, 2012 2:45:36 PM

Notes

Save This Record

Systolic – Enter the systolic measurement (i.e. the top number)

Diastolic – Enter the diastolic measurement (i.e. the bottom number)

Pulse – Enter your pulse

Date and Time – This field is entered in the date format that you have set on the device and is required.

Notes – enter any notes that you want recorded about this blood pressure measurement.

Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

Systolic (top number)

142

Diastolic (bottom number)

86

Pulse (heart rate)

75

Date and Time

Feb 4, 2012 2:42:44 PM

Notes

at home

Save This Record Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Blood Sugar

This area is for you to record your blood sugar readings. The screen looks like this.

Blood Sugar for My Spouse

This area is for you track your blood glucose readings, along with details of your meals, and any notes you may need to make.

Enter New Record

2 Records

Blood Glucose	Pre/Post Meal	Medications	Meal
101	Before a Meal		Dinner
167	After a Meal	metformin	Breakfast

The title bar displays the name of the activity (**Blood Sugar**) and the name of the person who you are working with (**My Spouse**).

Enter the details

Blood Glucose Reading

Is this before or after a meal?

Before a Meal

What type of meal was this?

Breakfast

List any medications that you have taken

List any foods that you have eaten

Notes

Date and Time

Feb 3, 2012 3:16:57 PM

Save This Record

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Scroll the dialog to see more fields.

Blood Glucose Readings – Enter the blood glucose reading.

Is this before or after a meal? -

Choose whether or not this is before, after, or there is no meal associated with this reading.

What type of meal was this? – Choose the type of meal that this is associated with.

List any medications that you have taken – If you've taken any medication, list them here.

List any foods that you have eaten – If

you've eaten, list the foods here.

Notes – enter any notes that you want recorded about this blood sugar measurement.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

After a Meal

What type of meal was this?

Breakfast

List any medications that you have taken

metformin

List any foods that you have eaten

bagel and cream cheese

Notes

none

Date and Time

02/03/2012 03:13:36 PM

Save This Record Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Lab and Test Results

This area is for you to record your lab and test results. The screen looks like this.

Lab and Test Results for My Spouse

This area is for you track the results of your medical tests, lab tests, and any other results that you want to maintain.

Enter New Record

2 Records

Test Name	Test Results	Date/Time
PSA	5.7	Feb 3, 2012 3:30:07 PM
Cholesterol	121	Feb 3, 2012 3:26:01 PM

The title bar displays the name of the activity (**Lab and Test Results**) and the name of the person who you are working with (**My Spouse**).

Enter the details

Date and Time
Feb 3, 2012 3:32:15 PM

Test Name

Result

Notes

Save This Record

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Test Name – This field is for entering the test name.

Result – This field is for entering the test result.

Notes – enter any notes that you want recorded about this lab test.

Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

Date and Time
Feb 3, 2012 3:30:07 PM

Test Name
PSA

Result
5.7

Notes
doctor's test

Save This Record Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Office Visits

This area is for you to record notes about your office visits. The screen looks like this.

Date	Office	What Happened?
Feb 3, 2012 3:41:07 PM	Dr. John Smith	checkup

The title bar displays the name of the activity (**Lab and Test Results**) and the name of the person who you are working with (**My Spouse**).

Enter the details

Date and Time
Feb 3, 2012 3:42:36 PM

Office Name
select an office

What Happened?

Notes

Save Visit

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Office Name – This is a drop down list of all offices that you have listed in the **Offices** section of the application. Select one of them, or add a new office from the list.

What Happened? - This area is for you to enter what happened during the visit, such as who was seen, what procedure was performed, etc.

Notes – Enter any notes that you want recorded about this office visit.

Save Visit – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

Enter the details

Date and Time
Feb 3, 2012 3:41:07 PM

Office Name
Dr. John Smith

What Happened?
checkup

Notes
good results. Need to return in three weeks.

Save Visit Delete This Record

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save Visit** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Office Info

This area is for you to record specific offices that you visit, and link them to your contact list. The screen looks like this.

The title bar displays the name of the activity (**Office Info**) and the name of the person who you are working with (**My Spouse**).

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.



Click this Contact Button to associate this office with one of your contacts. Once you do that, the photo of the contact along with the name is displayed.

Office Name – This can be populated from the contact, or you can type your own office name into the field.

Office Hours – This is for you to enter the office hours of the office.

Notes – Enter any notes that you want recorded about this office.

Save Office – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

If you have linked this office to a contact, the picture will appear from your contact list. Click it to change the contact.

Also, if a phone number is available, then a button will appear allowing you to call the office. The phone number displayed here is taken from the contact phone number that is marked as either Work, Main, or Company Main, so when setting up the contact, choose one of these categories for the phone number you want to dial from this screen.

A **Visit** button appears allowing you to display the contact information.

You can then change the details and then press **Save Office** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Temperatures

This area is for you to record body temperature measurements. The screen looks like this.

The title bar displays the name of the activity (**Temperatures**) and the name of the person who you are working with (**Primary Person**).

Temperature for Primary Person
This area is for you to track your body temperature.
Enter New Record

2 Records

Temperature	Date and Time	Notes
100	Jul 27, 2014 4:17:21 PM	slight fever
102	Jul 27, 2014 2:17:00 PM	fever

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Temperature – Enter the measurement in degrees.

Notes – Enter any notes that you want recorded about this temperature reading.

Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and

vertically by touching the grid and scrolling.

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

Enter the details

Temperature (*F)

Notes

Date and Time
Jul 27, 2014 2:18:52 PM

Save This Record

Enter the details

Temperature
100

Notes
slight fever

Date and Time
Jul 27, 2014 4:17:21 PM

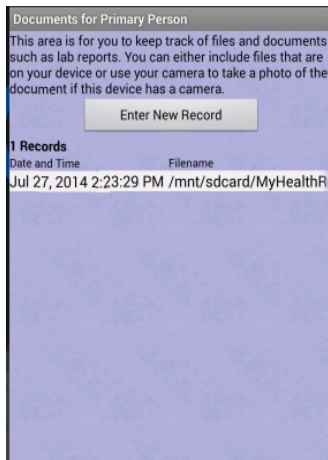
Save This Record Delete This Record

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.

Documents

This area is for you to save documents or photos of documents. The screen looks like this.



The title bar displays the name of the activity (**Documents**) and the name of the person who you are working with (**Primary Person**).

The **Enter New Record** button allows you to enter a new record. When you press the button, it displays this dialog.

Date and Time – This field is entered in the date format that you have set on the device and is required.

Filename – Either enter a filename or select Browse or Camera. When you select Browse, you can choose the file you want to record. If

you choose camera, a unique filename will be created from a photo that you take with the camera.

View File – Click this button to view the document.

Notes – Enter any notes that you want recorded about this office visit.

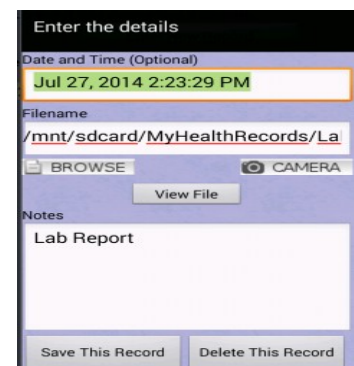
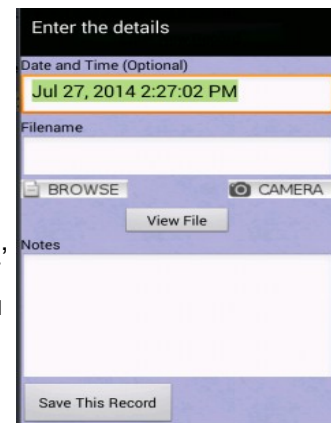
Save This Record – Press this button to save the record.

Records Grid – The last 20 records are displayed on the grid when you first enter the screen. If there are less than 20 records, all of the records are displayed. The grid is scrollable both horizontally and vertically by touching the grid and scrolling.

If you want to edit or delete a record, press and release the specific row. It will turn yellow, and then a dialog box will be presented for you to edit or delete the record.

You can then change the details and then press **Save This Record** to save your changes.

If you want to delete the record, press **Delete This Record** instead.



Data Analysis

This area allows you to visualize your data using various charts and graphs.

The choices are:

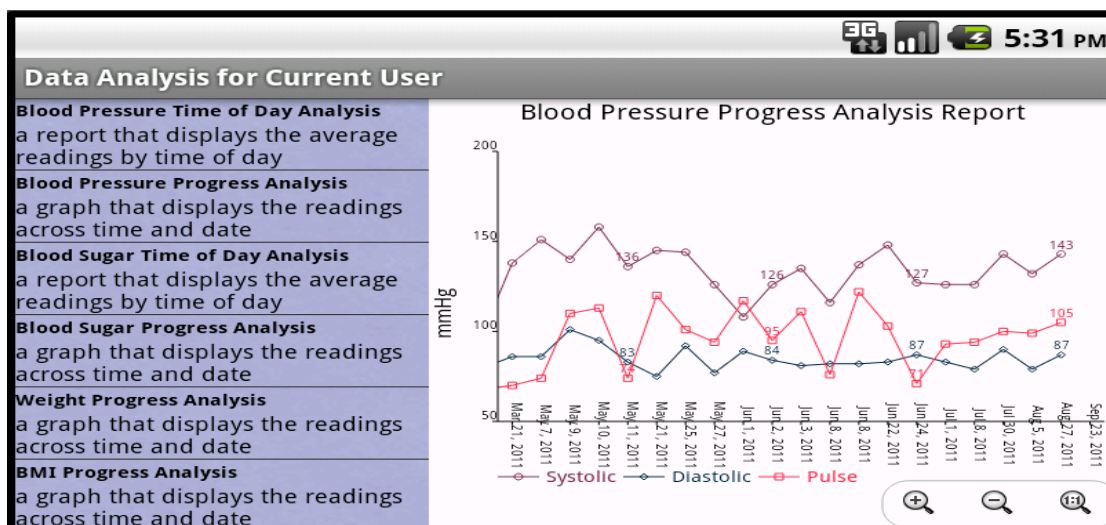
Blood Pressure Time of Day Analysis – This chart organizes your blood pressure readings by periods of time during the day, allowing you to see at a glance when you are most susceptible to spikes or drops in your blood pressure.

3G

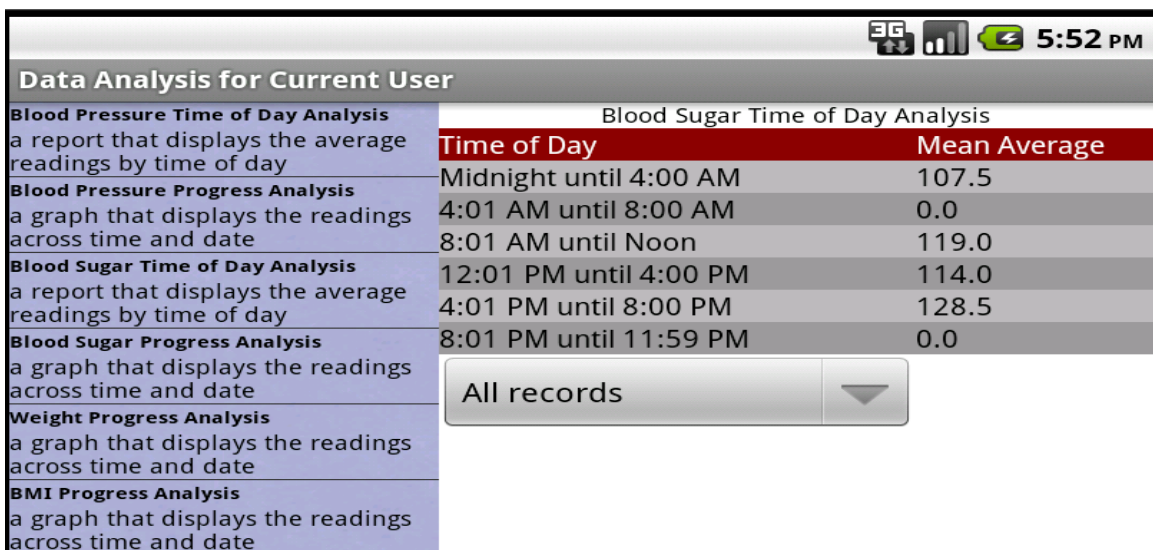
5:30 PM

Data Analysis for Current User				
Blood Pressure Time of Day Analysis a report that displays the average readings by time of day	Blood Pressure Time of Day Analysis			
Blood Pressure Progress Analysis a graph that displays the readings across time and date	Time of Day	Systolic Average	Diastolic Average	Pulse Average
Blood Sugar Time of Day Analysis a report that displays the average readings by time of day	Midnight until 4:00 AM	133.6	84.8	73.0
Blood Sugar Progress Analysis a graph that displays the readings across time and date	4:01 AM until 8:00 AM	0.0	0.0	0.0
Weight Progress Analysis a graph that displays the readings across time and date	8:01 AM until Noon	143.86	87.0	111.43
BMI Progress Analysis a graph that displays the readings across time and date	12:01 PM until 4:00 PM	136.0	83.75	99.5
	4:01 PM until 8:00 PM	121.5	83.25	99.75
	8:01 PM until 11:59 PM	0.0	0.0	0.0
	All records			

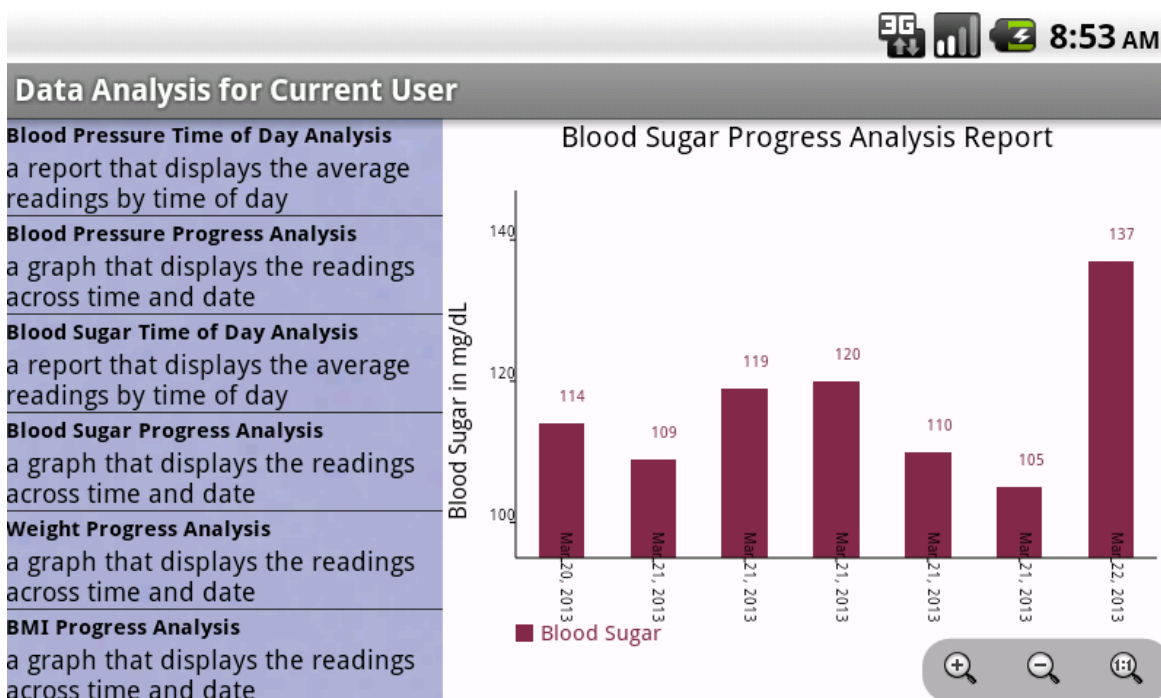
Blood Pressure Progress Analysis – This graph displays your blood pressure readings across time, allowing you to visualize the progression of blood pressure readings.



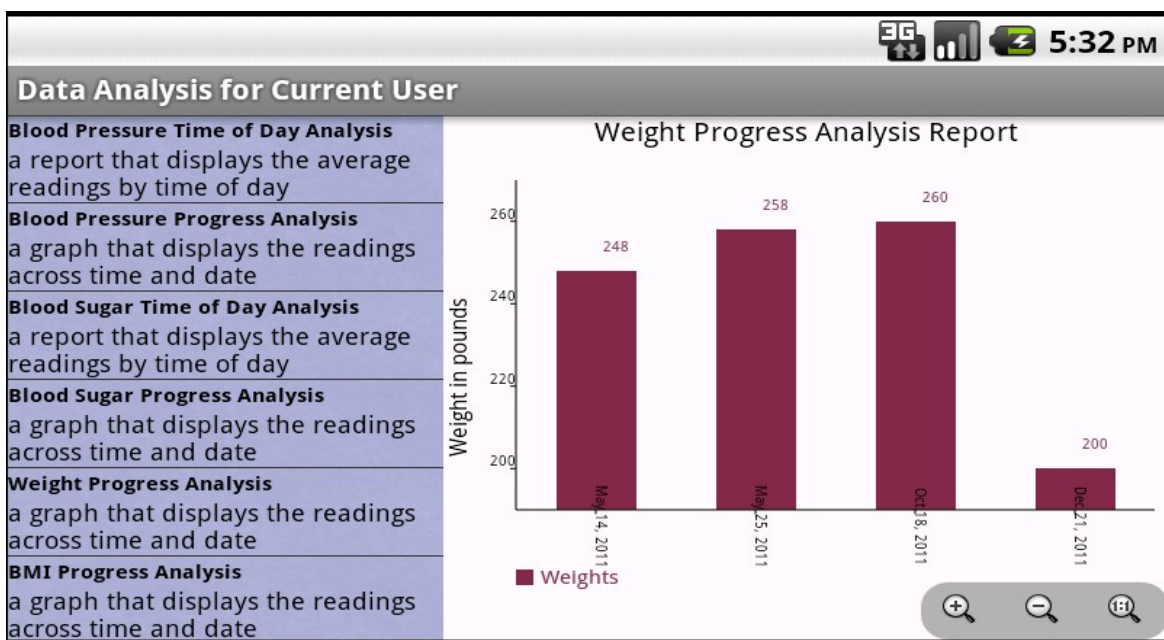
Blood Sugar Time of Day Analysis - This chart organizes your blood sugar readings by periods of time during the day, allowing you to see at a glance when you are most susceptible to spikes or drops in your blood sugar.



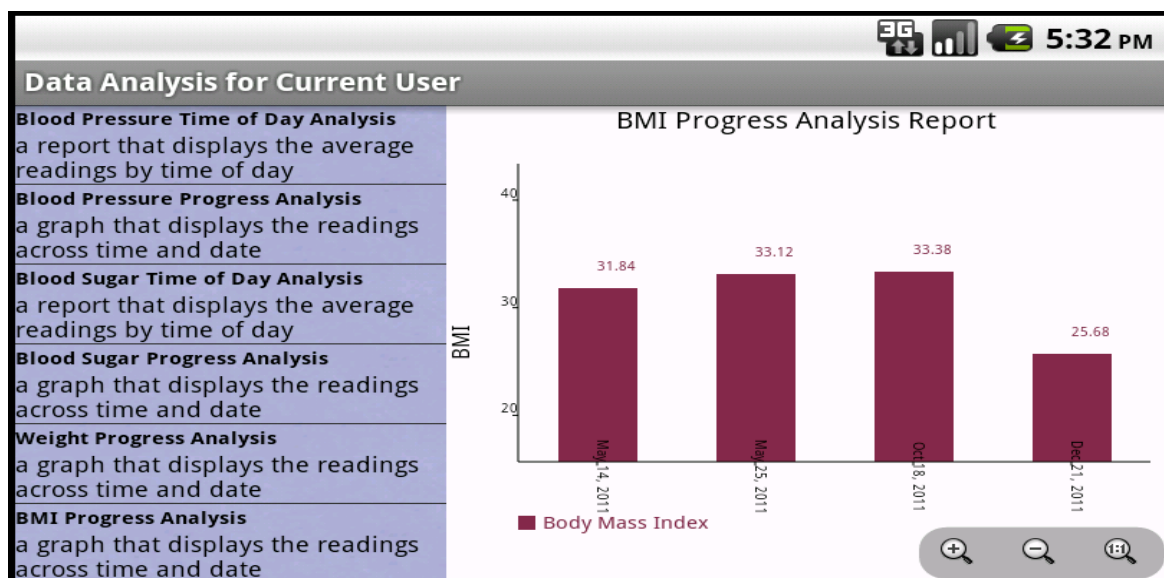
Blood Sugar Progress Analysis - This graph displays your blood sugar readings across time, allowing you to visualize the progression of blood sugar readings.



Weight Progress Analysis – This graph displays your weight measurements across time, allowing you to visualize your progression of body weight measurements.



BMI Progress Analysis - This graph displays your body mass index readings across time, allowing you to visualize the progression of body mass index readings.



Temperature Progress Analysis - This graph displays your temperature readings across time, allowing you to visualize the progression of temperature readings.

