Golden Years

User Manual

What is Golden Years?

Golden Years is the new must have mobile application\*\* for seniors. It is a mobile application that makes the lives of seniors and their caretakers much easier and more convenient by tracking their information and sending notifications\*\*\*. Built into the app is a blood sugar tracker for keeping track of the user’s blood sugar information as well as providing information about recent measurements. It also comes with a calendar app catered specifically towards seniors. It places a large emphasis on easy tracking of medications, exercise and any other important daily activities that add up and become difficult to remember. All tracked information can also be easily transferred between users of the app and caretakers or pharmacies. Overall, the app is specifically designed for seniors by being intuitive, easy to understand and easy to use. (It didn’t really turn out that way though)

**Basic Usage of the App**

Gold years is a simple and easy to use app. The basic usage of the app is outlined in the process below. Different sections of the user manual go more in depth for each of the functions of the calendar

**Entering the App**

1. When opening the app for the first time, create an account
2. Log in or create other accounts every time after the first time
3. Choose what you want to do:
   1. Use the calendar
   2. Use blood sugar tracker
   3. Exit the app

**Using the Calendar**

1. View the calendar or select a day\*\*\*
2. Add or remove calendar events
3. Send copy of calendar to caretaker/pharmacy\*\*\*
4. Go back to the main menu

**Using the Blood Sugar tracker**

1. View past tracked information
2. Enter and remove information
3. Send copy of blood sugar measurements to caretaker/pharmacy\*\*\*
4. Go back to the main menu

**Exiting the App**

1. Press the “Log Out” button
2. Close the app

**Signing Up, Logging In and Out**

Logging in and signing up are quite simple. If you are using the app for the for the first time you need to create an account so that you can save the information in your account. If you are a returning user log in with your existing credentials.

**Signing Up**

1. Enter a username, password and email for your account (email does not need to be a real email)
2. Press the “Sign Up” button
3. If you get a popup with an error message about your username or email user a different username or email since the one you entered is currently being used
4. If you already have an account press the “Already Have An Account” button to go the login screen

**Logging In**

1. Enter your username and password
2. Press the “Log In” Button
3. If you get a popup with an error message about your credentials it means that the information you entered was incorrect or the account does not exist
4. To go back and create an account press the “Create An Account” button

At this point you should have created an account or logged in with an existing account and be on the main screen where you can choose to enter the calendar or blood sugar tracker by pressing their respective buttons

**Logging Out**

1. When you want to log out press back till you get to the main screen
2. Press the “Log Out” button

Using the Calendar

The calendar lets you input either general events, exercises or medication so that the program can easily keep track of past and previous information. Likewise, if you enter the wrong information you can easily delete it by just entering the date and time of the event you want to delete.

**Viewing the Calendar**

1. From the main screen press the “Calendar” button
2. When using the calendar for the first time press the “Refresh” button to view the current month
3. Press “Next” or “Previous” based on whether you want to view the next or previous month respectively

**Adding Events**

1. Press the “Add/Remove” button for the type of event you would like to add to the calendar
2. All events must have all of their “Name” fields filled in as well as their “Date” and “Time” fields\*
3. Exercises must also have their “Sets” and “Reps” field filled in with a number and medication must have their “Dose” fields filled with in a number\*
4. Press the “Add” button once you have filled in your information
5. If you get a popup with an error message you either forgot to fill in required fields or are attempting to create an event with a duplicate time and date
6. Press “Back” to go to the calendar screen

**Removing Events**

1. Press the “Add/Remove” button for the type of event you would like to remove from the calendar
2. Fill in the date and time of the event you would like to remove
3. Press the “Remove” button once you filled in the date and time
4. If you get an error message that means that the event you tried to remove is either a different type of event or does not exist
5. Press “Back” to go back to the calendar

**Going Back to the Main Screen**

1. Once you are finished using the calendar press “Back” on the calendar screen to go the main screen

Using the Blood Sugar Tracker

The blood sugar tracker keeps track of your blood sugar measurements. It will let you know what your most recent input was and when it was taken, and it also gives an average of the ten most recent averages so that you can tell if you are meeting your goals.

**Viewing the Blood Sugar Tracker**

1. From the main screen press the “Blood Sugar” button
2. Press “Refresh” to view your information

**Adding Blood Sugar Measurements**

1. Press the “Add Measurement” button to enter the input screen
2. Fill in all the fields\*
3. Once all fields are filled press the “Add Measurement” button
4. If you get an error that means you are trying to add a measurement with a duplicate date and time or fields are empty
5. Press “Back” to go back to the blood sugar screen

**Removing Blood Sugar Measurements**

1. Press the “Remove Measurement” button to enter the input screen
2. Fill in all fields
3. Once all fields are filled press the “Remove Measurement” button
4. If you get an error that means that no measurement exists with that date and time
5. Press “Back” to go back to the blood sugar screen

**Going Back to the Main Screen**

1. Once you are finished using the calendar press “Back” on the blood sugar screen to go the main screen

\*\*Notes\*\*

\***Note: Fields with specified formats need to be filled in with the exact format specified or the program could crash, and information could be lost**

\*\***Note: This app is meant to be a mobile app so some of the function are designed around the window being the size of a normal phone. I used my Galaxy S7’s phone screen as the reference since its almost four years old and is near the average phone size.**

**\*\*\*Note: Triple starred elements have not been implemented (sending information to caretakers, notifications) or are not fully implemented (calendar)**