

FARO10 Quick Start Guide for Clients

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Contact us today

For more information please contact: michael@far010.com

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1| CREATE AN ACCOUNT

1) Download the mobile app by searching for Faro10 in the AppStore or Google Play store

2) Enter the required information

****NOTE:** Password complexity requirements

- Length: 8+ Characters

Need at least 3 character types:

- Uppercase Alpha

- Lowercase Alpha

- Numeric Digit

- Special Character

- Cannot be the same as previous 2 passwords

Hello

Register

Enter your information below to set up an account with Faro10.

User Name

Password

Email Address

☒ Male ☐ Female

☐ I have read the [Legal Disclaimer](#) >

Register

Cancel

☒ Remember Me

Sign In

3) A confirmation Email will be sent to the address you registered with

4) Once the account has been registered and confirmed, you will be able to log in

Hello

Register

Enter your information below to set up an account with Faro10.

Example User

3x@mpLePass

example@faro10.com

☒ Male ☐ Female

☐ I have read the [Legal Disclaimer](#) >

Register

Cancel

☒ Remember Me

Sign In

Hello

Faro10

Please check your email to activate your account.

OK

Email Address

Password

[Forgot your password?](#)

Register

☒ Remember Me

Sign In

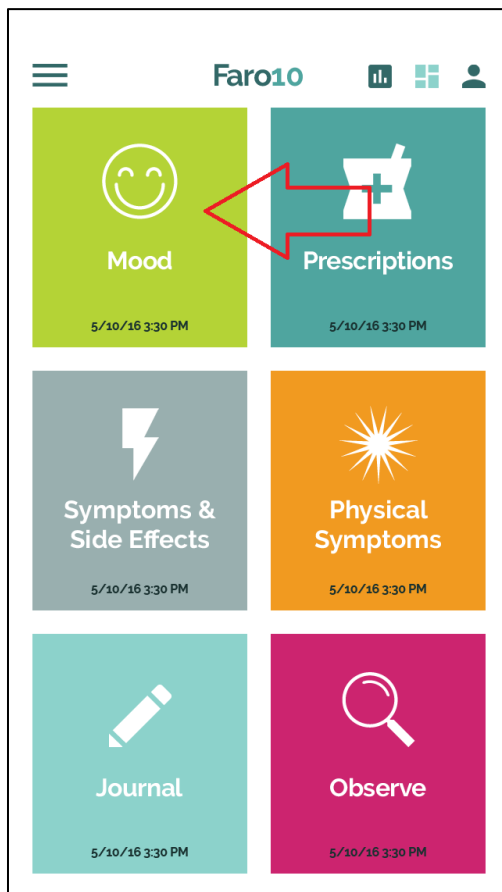
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2 | MAKE A MOOD ENTRY

1) Log into app and save a MOOD entry



2) The question mark icon at the top right provides entry descriptions for each option

3) Drag dotted line across until it describes how you feel

The screenshot shows the FARO10 app 'Mood Vitals' screen. At the top, there is a green header with the FARO10 logo and a question mark icon. Below the header, there are seven mood entry options, each with a smiley face icon and a horizontal bar for selection:

- Mood**: Sad or low but brightens up without difficulty
- Anxiety**
- Energy**: Probably better off dead. Suicidal thoughts are common, and suicide is considered a possible solution, but without specific plans or intention
- Pessimism**: Delusions of ruin, remorse or unredeemable sin. Self-accusations which are absurd and unshakeable
- Concentration**: No difficulties in concentration
- Initiative**: No difficulties in concentration

Below these options, there are three life categories with horizontal bars and numbers:

- Work Life**: 9
- Social Life**: 6
- Family Life**: 2

At the bottom, there is a 'Self-Harm' section with a 'Select' dropdown menu and a green 'Save' button.

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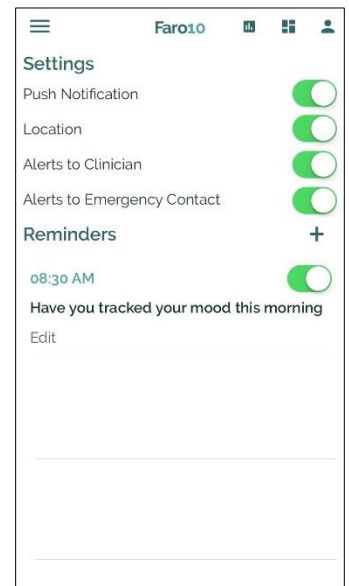
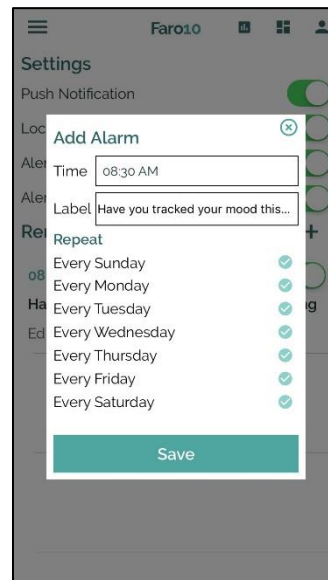
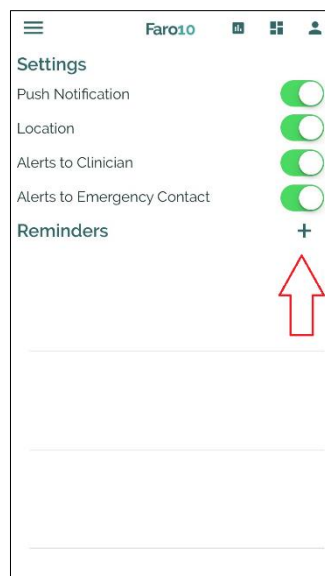
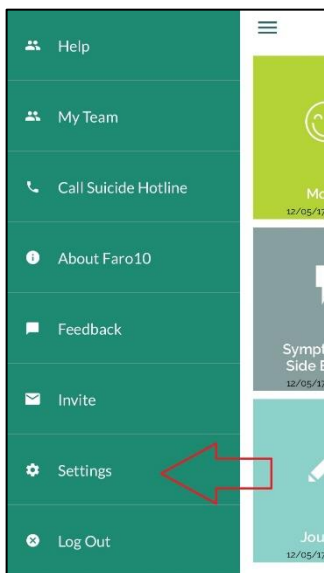
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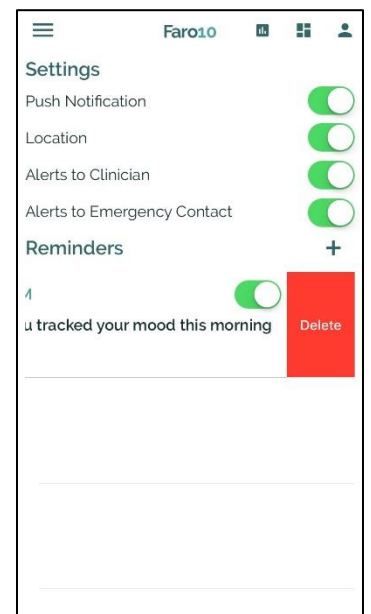
3 | CREATE A REMINDER IN THE MOBILE APP

- 1) Open the sidebar from the top left of the mobile app
- 2) Choose SETTINGS, and then press the PLUS sign
- 3) Choose the TIME and days that you'd like to be reminded
- 4) Provide the reminder with a label and press "SAVE"

NOTE: You may be prompted to allow Faro10 to access your calendar if you have not already approved that access.



- 5) Slide the reminder left to delete



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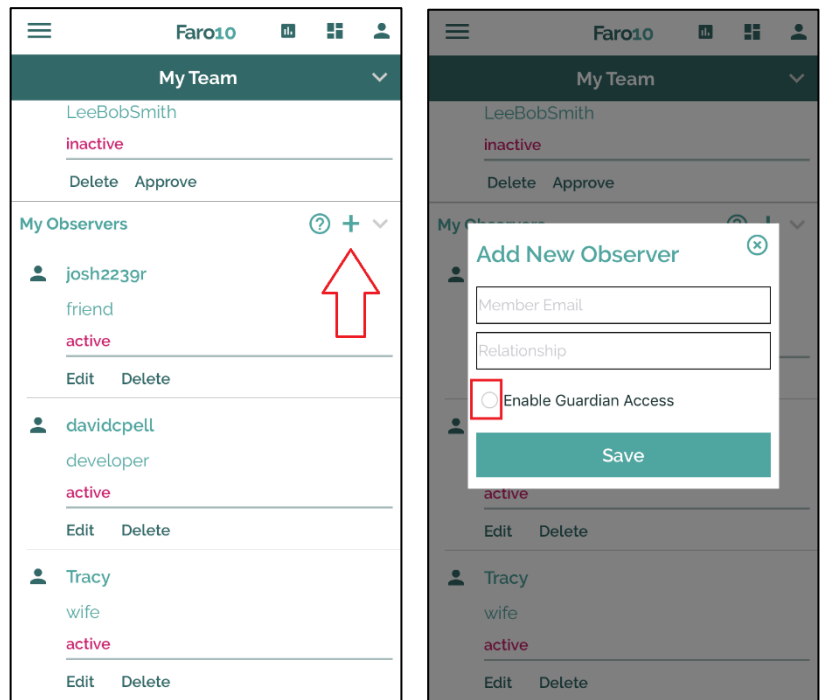
4 | ADD AN OBSERVER

NOTE: Observers also need to have the Faro10 app and a registered account

1) From the Sidebar, choose the “My Team” selection

2) Enter the EMAIL address this Observer used to create their Faro10 account.

NOTE: Your first Observer should be a parent or spouse (These people cannot see anything you enter. They can only provide feedback to your clinician)



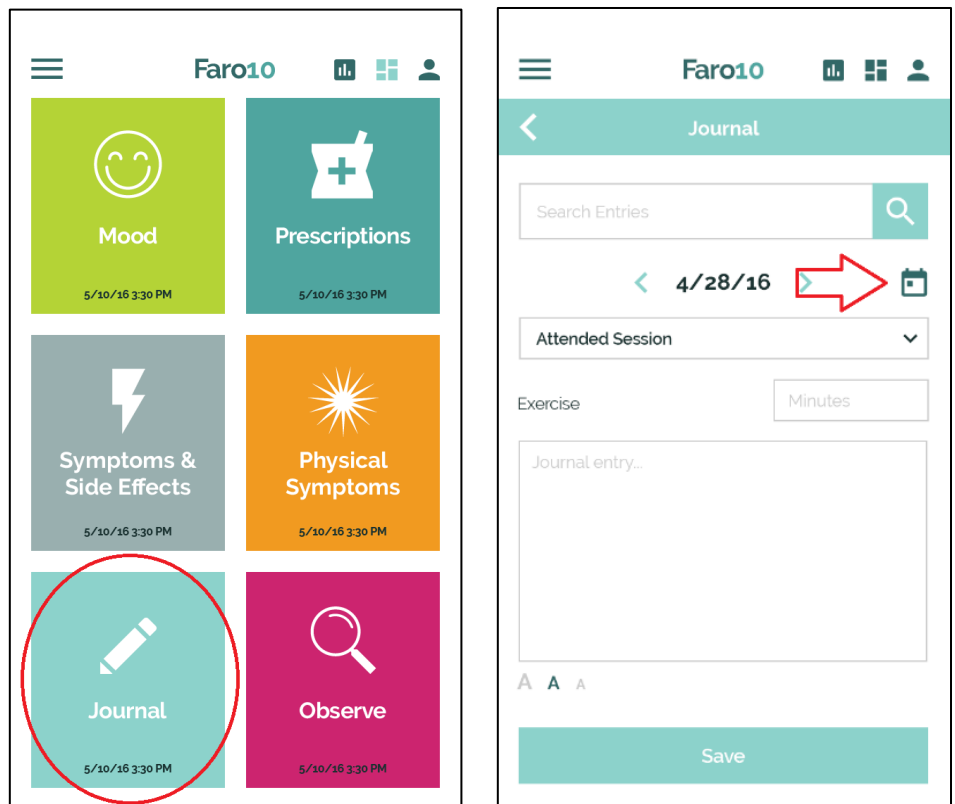
5 | JOURNAL

1) From the Dashboard of the mobile app, select the Journal tile

2) Within this Tile you can record and SAVE a journal entry

3) To view previous journal entries, click on the CALENDAR icon on the right side. This will open a calendar that displays each day that has a journal recorded.

4) To filter the calendar for a specific entry, enter the desired search string into the search field and press the magnifying glass icon.



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6 | PRESCRIPTIONS

1) Add a prescription (if your medication is not listed, email us at josh@faro10.com and we will add it within 2hrs)

The first screenshot shows the 'My Prescriptions' screen with a red arrow pointing to the '+' icon in the top right corner. The second screenshot shows the 'Add a Prescription' modal with red arrows pointing to the 'Enter Drug Name...' field, the 'Enter Chemical Name...' field, the 'Select Start Date' dropdown, and the 'Dosage' field. The third screenshot shows the 'Select Drug' modal with a list of drugs including Efexor, Venlafaxine, and others. The fourth screenshot shows the 'Add a Prescription' modal with the drug 'Efexor' selected, the start date '11/17/17', and the dosage '25 mg'.

2) Track a prescription

The first screenshot shows the 'Prescriptions' screen with a red arrow pointing to the 'Select' dropdown next to the 'Times Taken' field. The second screenshot shows the 'Number of times Taken' modal with a list of numbers from 0 to 1. The third screenshot shows the 'Prescriptions' screen with the 'Times Taken' field set to '1' and a red arrow pointing to it. Below the 'Times Taken' field, there is a red text box that says: 'After selecting the Times Taken, press "SAVE". Notice that the Consistency % changes.'

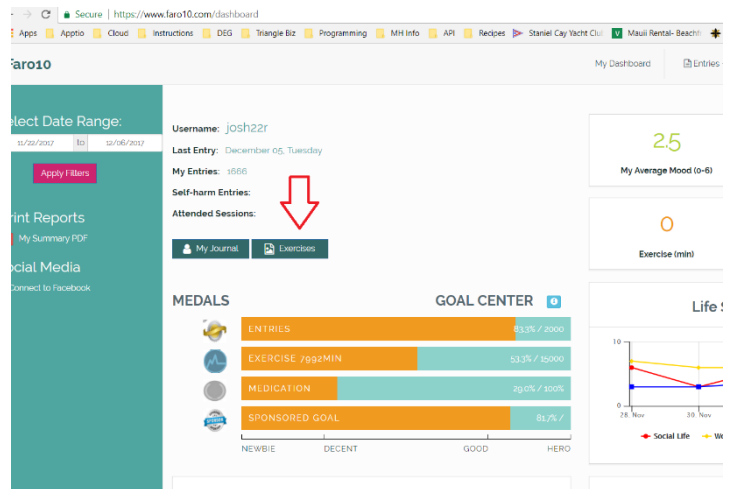
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7| COMPLETE AN EXERCISE

- 1) Log into Faro10 using a web browser (<https://www.faro10.com>)
- 2) Navigate to the “Exercises” page using the Exercises button on the Dashboard

NOTE: Exercises cannot be completed within the mobile app.



3) From here you can see exercises that have been assigned to you by your Clinician.

4) Choose an exercise within the table to take it.

NOTE: You can select the Completed tab to review past exercises.

www.faro10.com/assigned_exercises.1

Assigned Exercises

Exercise Name	Date Assigned	Date Due
Suicide Assessment	10/19/17	2017-10-28
Sleep Disorder Test	11/01/17	2017-11-01
Schizophrenia Screening Test	11/06/17	2017-11-06
Bipolar Mania Test	11/07/17	2017-11-09
PHQ-9 - Patient Health Questionnaire	11/30/17	

All Exercises

Numerous cognitive behavioral therapy exercises have been created to intervene with different presenting concerns, from anxiety and depression, to assertiveness skills deficits. Below is a list of cognitive behavioral therapy exercises common to a number of different CBT treatments:

Depression Quiz

Depression Test

Challenging Anxious Thoughts

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5) Complete the exercise questions, then press the “submit exercise” button.

www.faro10.com/assigned_exercises/104

Instructions DEG Triangle Biz Programming MH Info API Recipes Stanislav Yacht Club Maui Rent

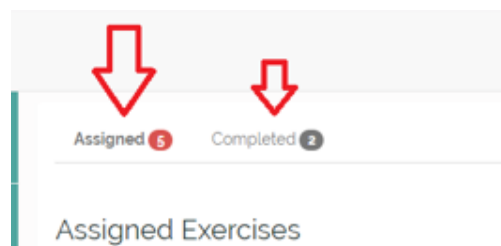
Client Satisfaction Survey

Please evaluate your experience and help us improve our service to you by completing this short survey. Thank you for your time and thoughts!

- 1. Rate your experience with our staff.**
 - ☐ Not at all Satisfied
 - ☐ Just a little
 - ☐ Moderately
 - ☐ Satisfied
 - ☐ Very Satisfied
- 2. Are you satisfied with your appointment times?**
 - ☐ Not at all Satisfied
 - ☐ Just a little
 - ☐ Moderately
 - ☐ Satisfied
 - ☐ Very Satisfied
- 3. Rate your satisfaction with your healthcare provider interaction.**
 - ☐ Not at all Satisfied
 - ☐ Just a little
 - ☐ Moderately
 - ☐ Satisfied
 - ☐ Very Satisfied
- 4. Rate the effectiveness of your treatment.**
 - ☐ Not at all Satisfied
 - ☐ Just a little
 - ☐ Moderately
 - ☐ Satisfied
 - ☐ Very Satisfied
- 5. Rate your overall satisfaction with this practice.**
 - ☐ Not at all Satisfied
 - ☐ Just a little
 - ☐ Moderately
 - ☐ Satisfied
 - ☐ Very Satisfied

[Submit Exercise](#) [Exit](#)

6) You can review responses to past exercises in the “Completed” tab



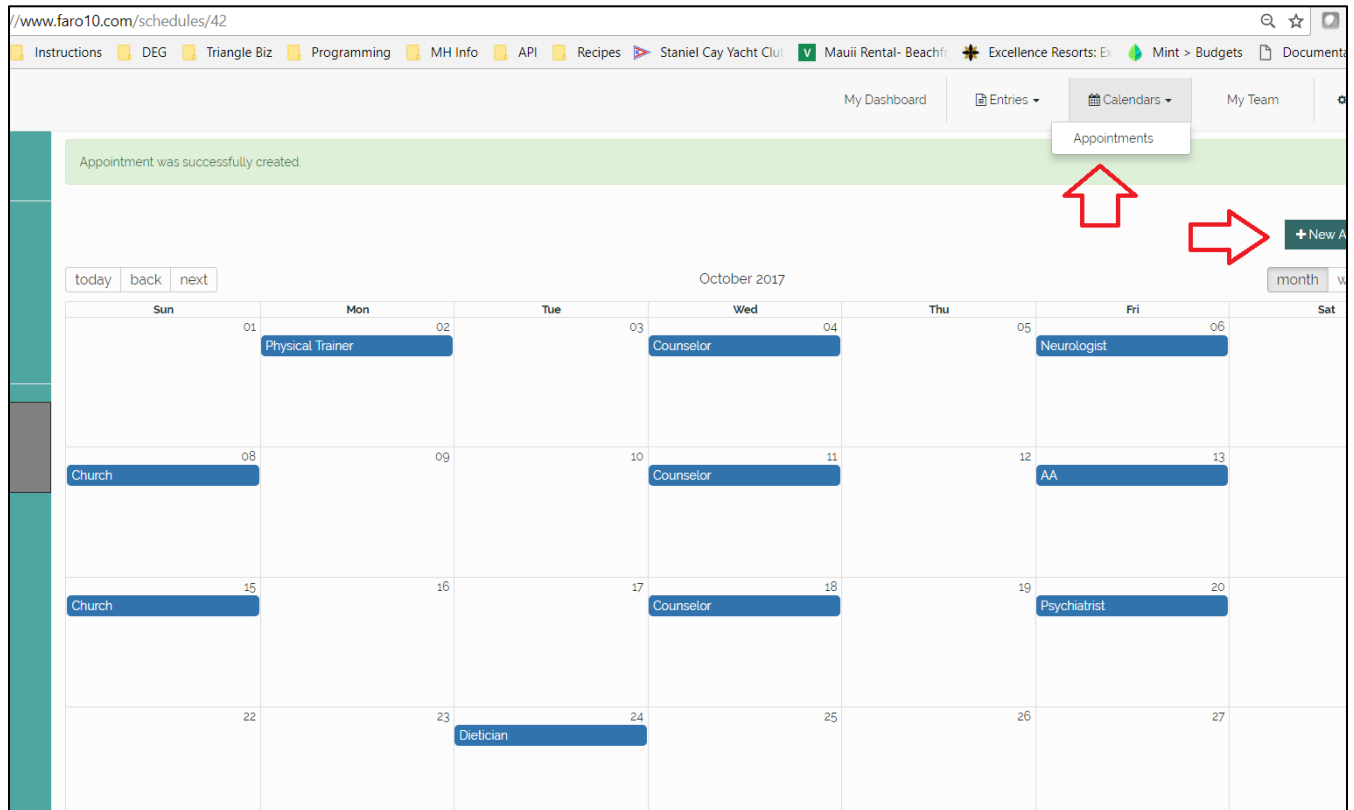
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8 | UPDATE YOUR SHARED SCHEDULE

- 1) Log into Faro10 using a web browser (<https://www.faro10.com>)
- 2) Navigate to the “Appointments” page using the Appointments link from the Calendar dropdown on the Dashboard



- 3) Provide an Appointment Name
- 4) Select date
- 5) Enter Duration

NOTE: This calendar is used to share relevant appointments with your Clinicians. It is not used to manage your schedule.

This cannot be updated from the mobile app.

The screenshot shows the 'New Appointment' form. It has a title '+ New Appointment'. Below it is the 'Appointment Name' field, which contains the text 'Counselor' and is highlighted with a red arrow. Underneath is the 'Choose Start Time' section, which includes a calendar for December 2017. The date is set to 06:47 AM, with red arrows pointing to the time selection. Below the calendar is the 'Duration (Minutes)' field, which contains the value '30' and is also highlighted with a red arrow. At the bottom of the form is a 'Submit' button.

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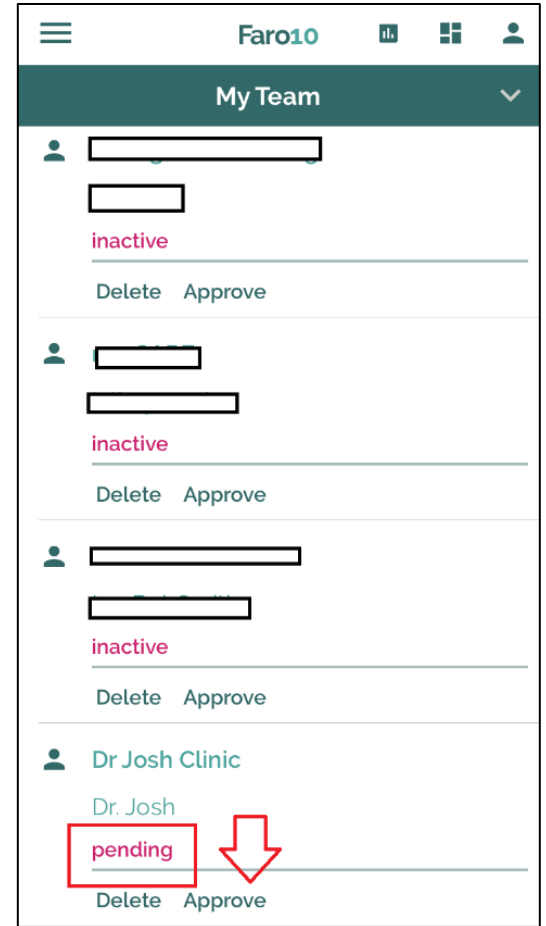
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9 | APPROVING CLINICIANS

- 1) From the Sidebar, choose the “My Team” selection
- 2) Within the “My Clinicians” section, search for a Clinician with a “pending” status

NOTE: Clinicians must add you as a Patient in their Faro10 Dashboard before they will appear in this list.

- 3) Press the “Approve” link
- 4) The status will then change to “active”
- 5) Once this is complete, Clinicians will then be allowed to view your charts.



NOTE: You can remove this permission at any time by pressing “Delete”. That will change the status to “inactive”.

 **Dr Josh Clinic**

Dr. Josh

active

Delete Approve

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