FARO10 Quick Start Guide for Clients

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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

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

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2 | MAKE A MOOD ENTRY

1) Log into app and save a MOOD entry
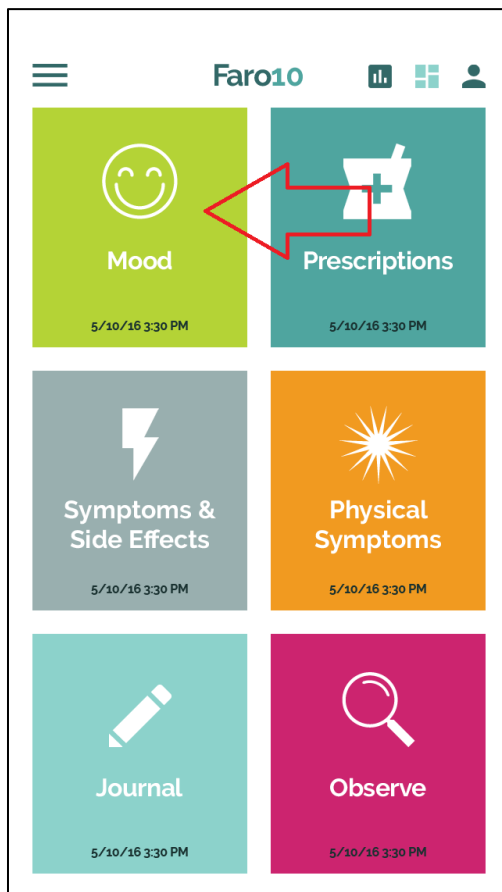
2) The question mark icon at the top right provides entry descriptions for each option

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

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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.
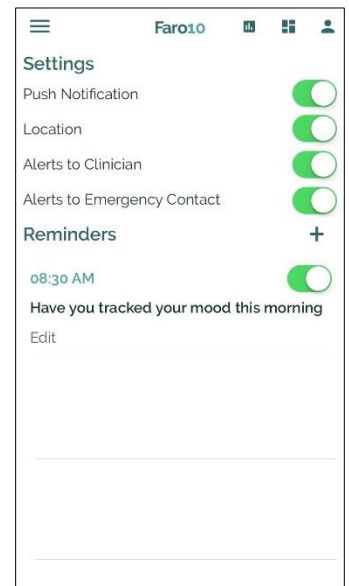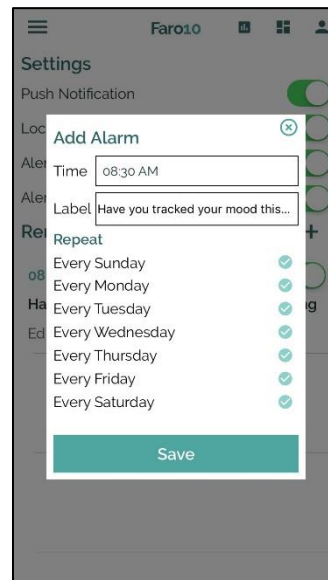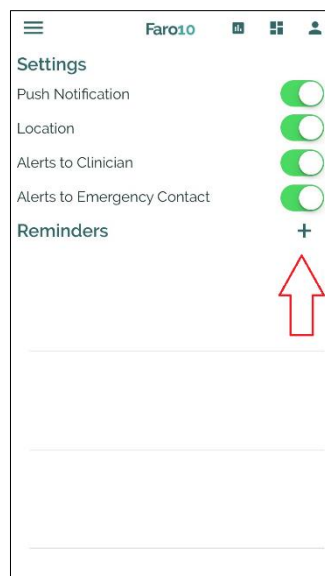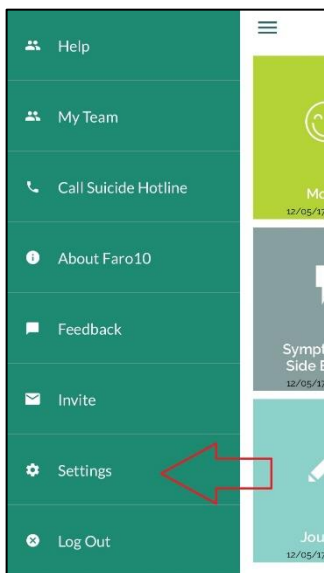
5) Slide the reminder left to delete

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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 entry 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.

Contact us today
For more information please contact: michael@faro10.com
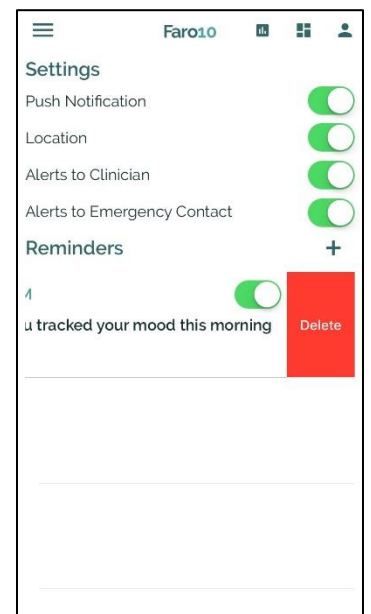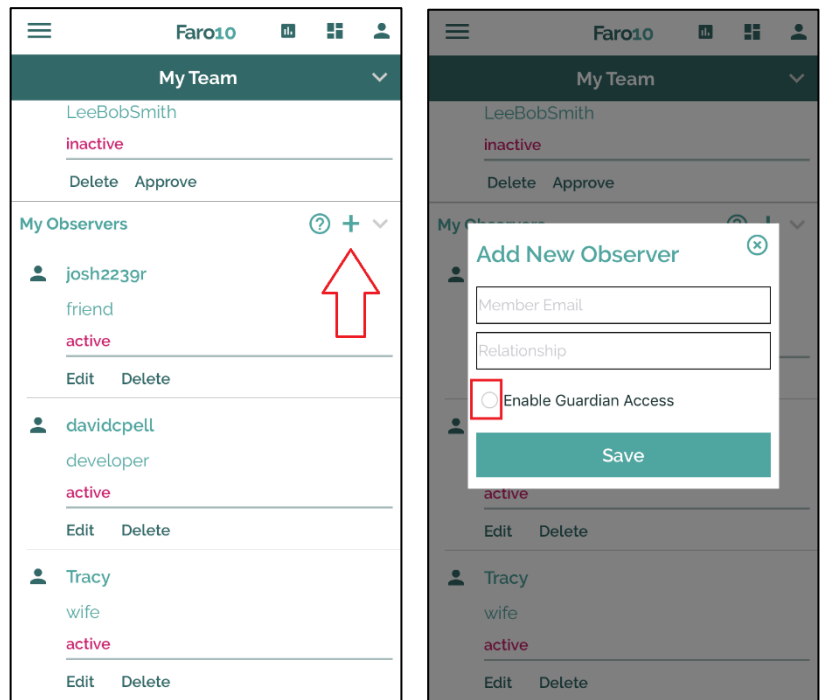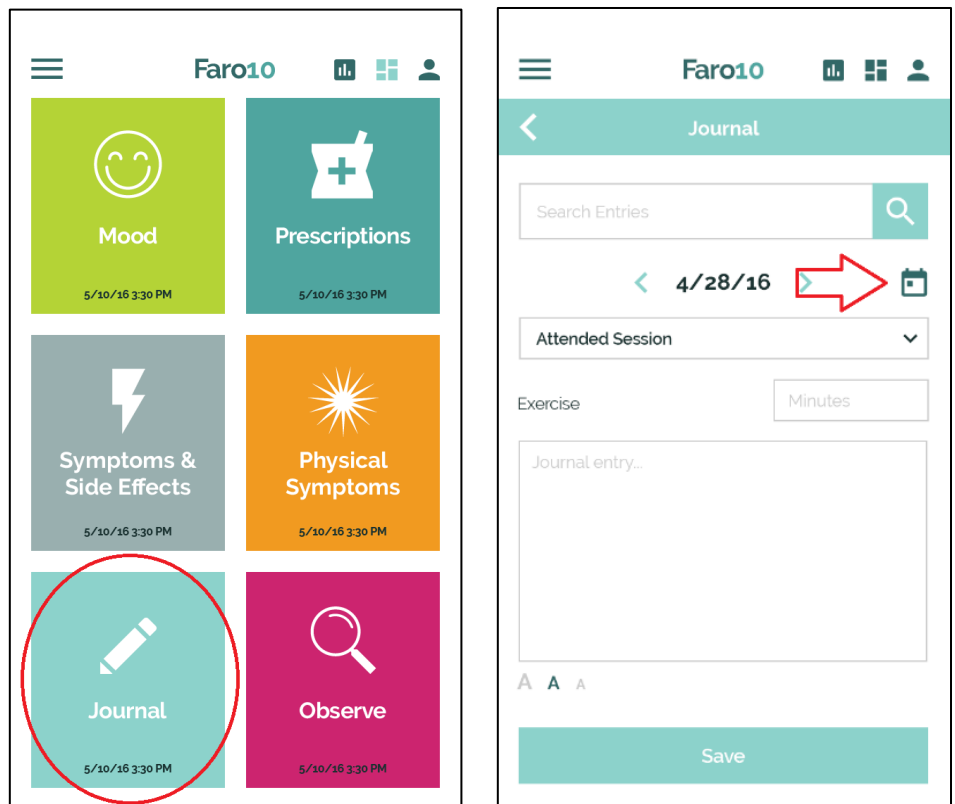
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6 | PRESCRIPTIONS

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

2) <u>Track a prescription</u>

After selecting the Times Taken, press "SAVE".
Notice that the Consistency % changes.

Contact us today
For more information please contact: michael@faro10.com

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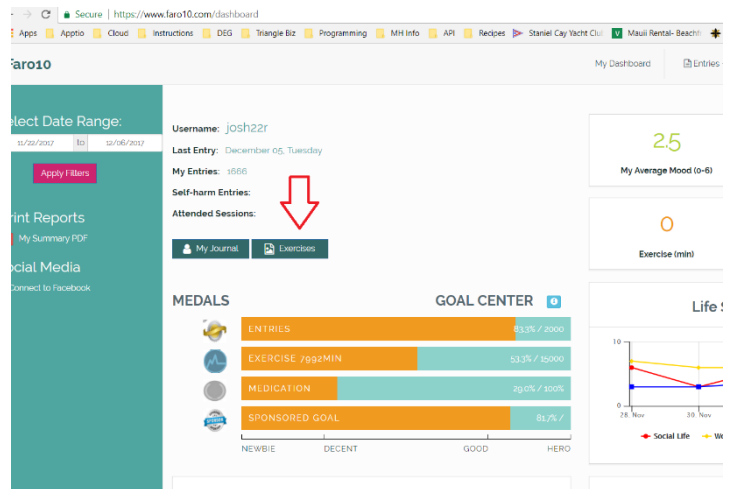
3) From here you can see exercises that have been assigned to you by your Clinician.

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

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

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

6) You can review responses to past exercises in the "Completed" tab
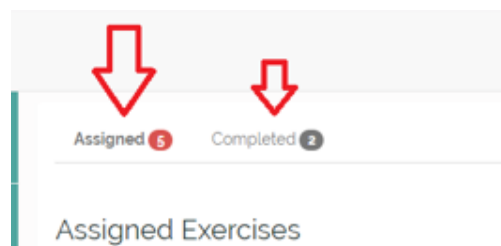
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8 | UPDATE YOUR SHARED SCHEDULE

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
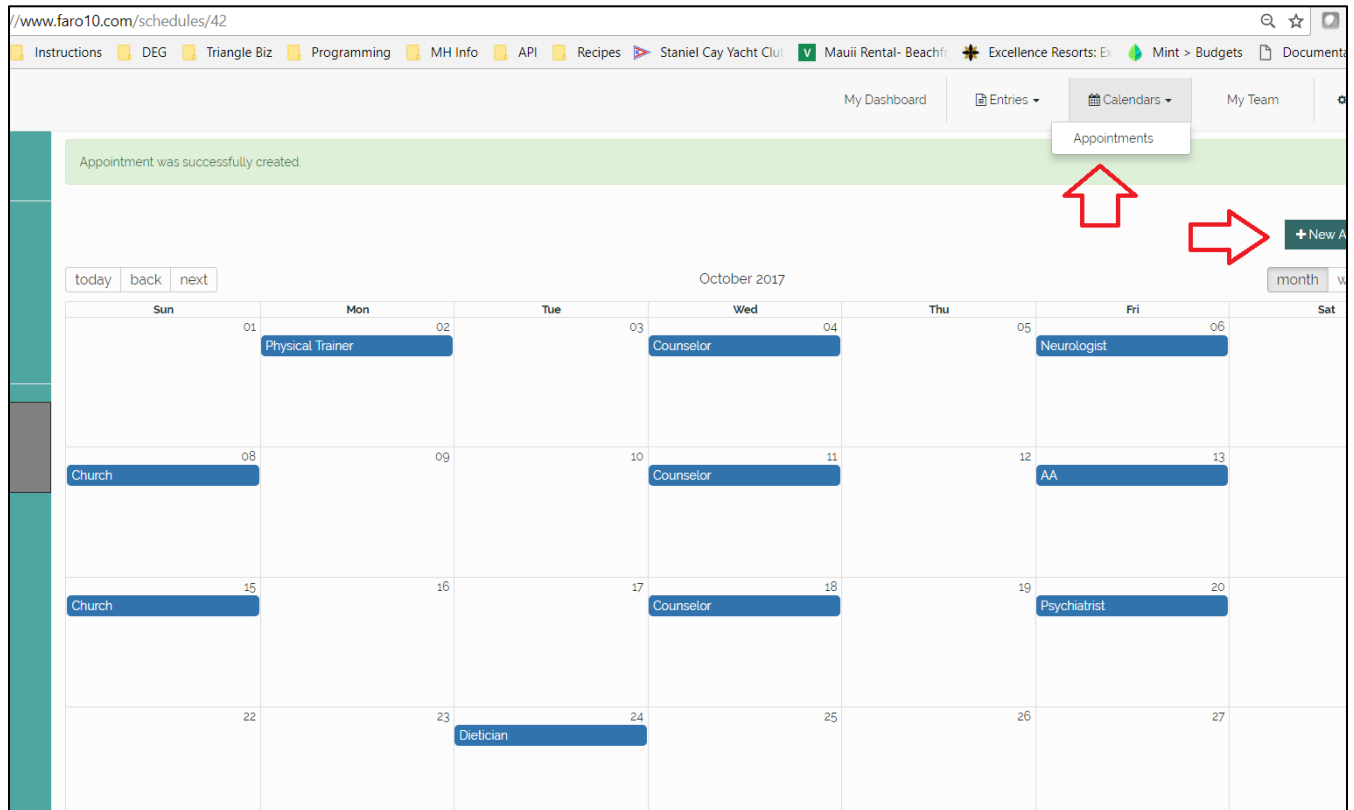
3) Provide an Appointment Name

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.

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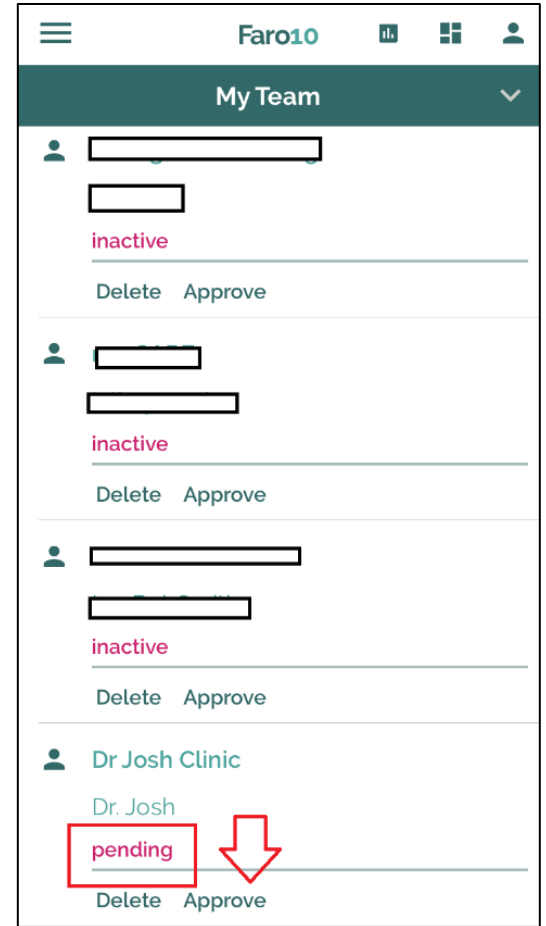
NOTE: You can remove this permission at any time by pressing "Delete". That will change the status to "inactive".