Harmony Mood Application User Manual

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Introduction

Harmony Mood is a mood-tracking iOS application made for users who would like to track their mood and improve their overall well-being. Some of the benefits include allowing users to recognize and understand their triggers, recognize outside factors that may be contributing to their symptoms, and ultimately help them get a more accurate diagnosis. Some of the current features are tracking sleep, mood, and medication. The four mood tracking points currently available are depression, elevation, anxiety, and irritability. Users are also allowed to add notes if they choose to.

This document guides a user through the necessary steps to add a mood entry, add a new medication, delete and edit an existing medication, and view mood history and information about the application.

Accessing Harmony Mood

1. Go to the home screen of your iPhone.

2. Press on the 'HarmonyMood' application logo.

3. The first page you will see when you open the application is the "Tracking Points" page.
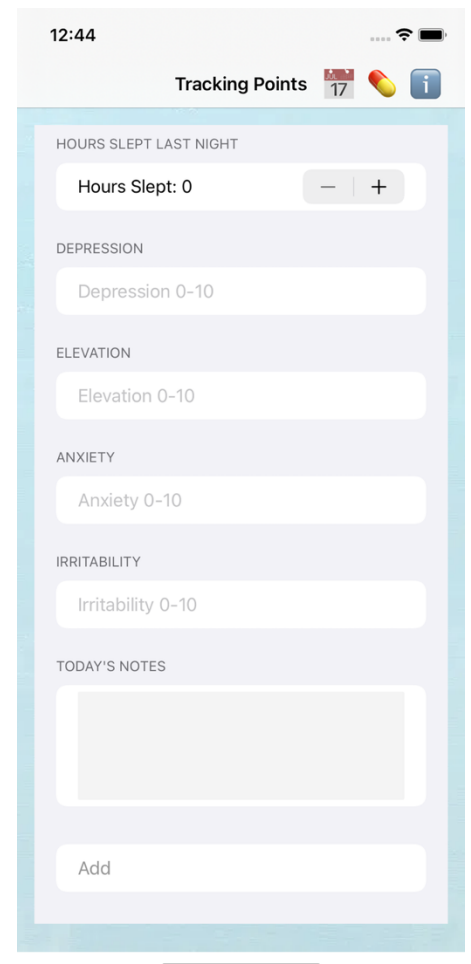
How to Add a New Mood Entry

1. Open up the Harmony Mood application.

2. To add a new mood entry, you need to be on the "tracking Points" screen (the first screen you will see when you open the application)

3. Enter values for '*Hours Slept Last Night*', '*Depression*', '*Elevation*', '*Anxiety*', and '*Irritability*'. These are **non-optional** values. Entering a value for **notes is optional**.

4. Press the 'Add' button.

5. You will receive a "Success!" message once you press 'Add'.

note: *If you would like to see this entry, press the calendar emoji button on top of the screen and you will be redirected to the history page.*

How to View Mood History

1. Open up the Harmony Mood application.

2. Click on the calendar emoji button on top of the "Tracking Points" page.

3. You will be redirected to the "History" page.
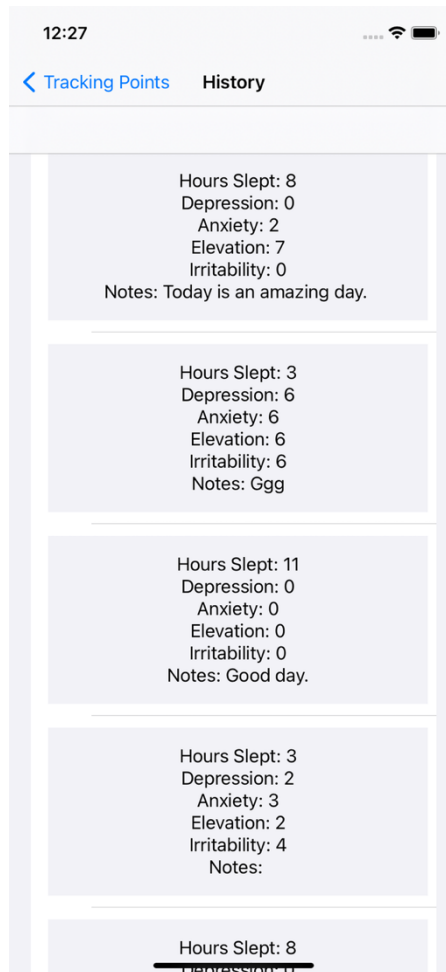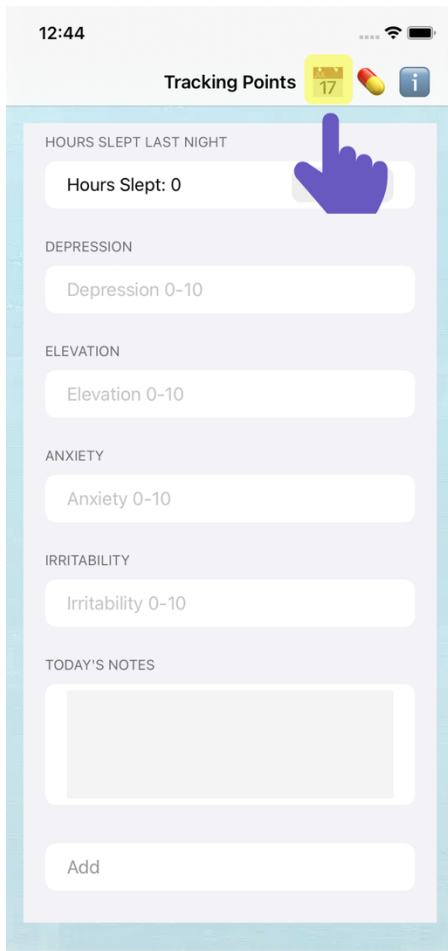
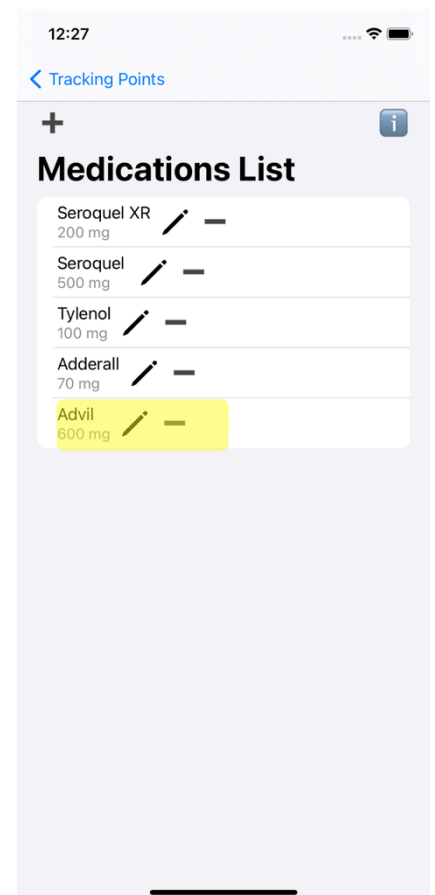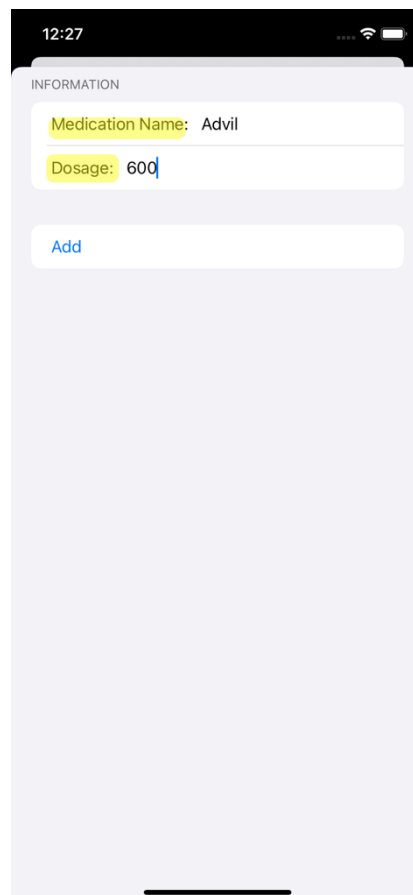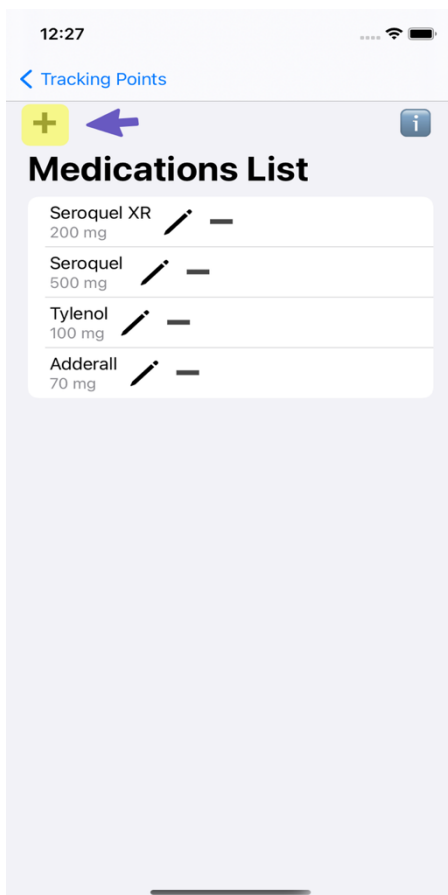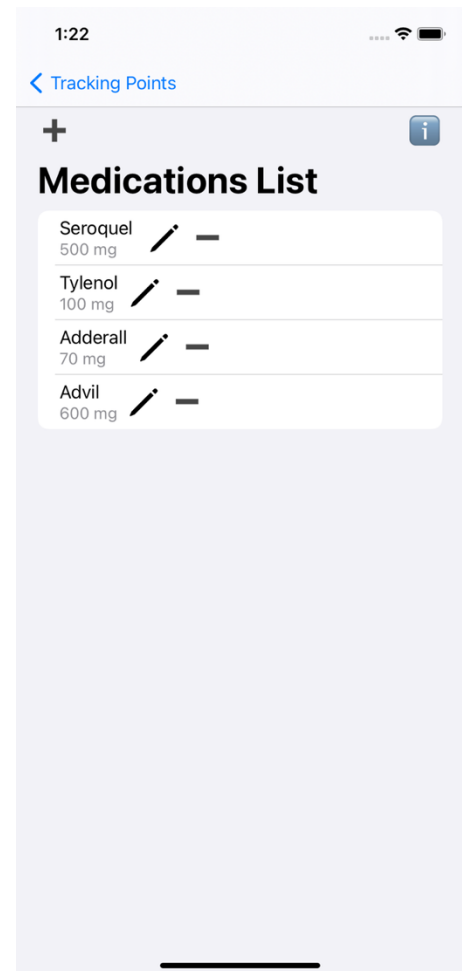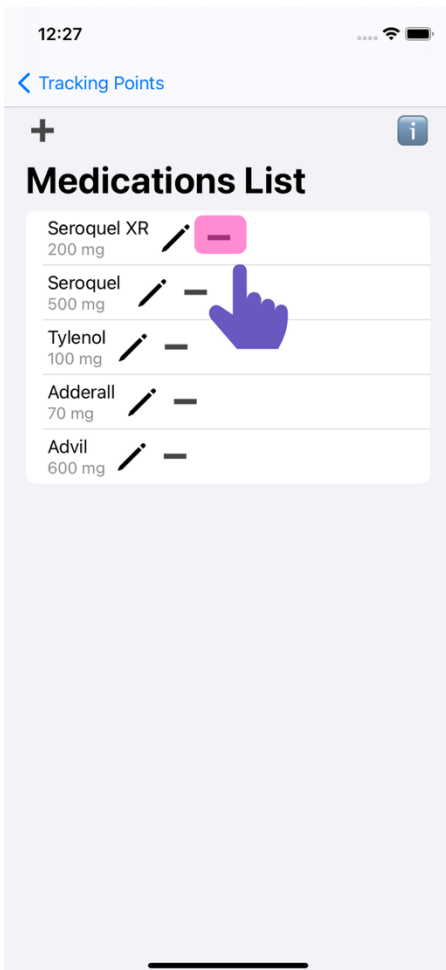# How to Add a New Medication

1. Open up the Harmony Mood application.

2. To add a new medication entry, you need to be on the "Medications List" screen.
   a. To get to the "Medications List" screen you will need to press the pill emoji button on top of the "Tracking Points" screen (the first screen you will see when you open the application).

3. To add a new medication, you need to press the '+' button on the top of the screen.

4. When you press the '+' button, you will be redirected to add a new medication.

5. Under the 'Information' section, enter the medication *name* and the medication *dosage*.
   a. ***Non-optiona***l values. You **MUST** enter in a value for name and dosage.

6. Press the 'Add' button

7. After you press the 'Add' button you will be redirected back to the "Medications List" page where you will see the medication you just added.

How to Delete a Medication

1. Open up the Harmony Mood application.

2. To delete a medication, you need to be on the "Medications List" screen.

    a. To get to the "Medications List" screen you will need to press the pill emoji button on top of the "Tracking Points" screen (the first screen you will see when you open the application).

3. To delete a medication you need to press the '-' button on the side of an existing medication

4. When you press the '-' button, the medication will automatically be deleted.

How to Edit a Medication

1. Open up the Harmony Mood application.

2. To edit a medication, you need to be on the "Medications List" screen.

    a. To get to the "Medications List" screen you will need to press the pill emoji button on top of the "Tracking Points" screen (the first screen you will see when you open the application).

3. To edit a medication you need to press the pencil button on the side of an existing medication.

4. When you press the pencil button, you will be redirected to the "Edit Medication" page.

5. Enter a value for the medication *name* and medication *dosage*.

6. After you are done and press 'Save', you will be redirected back to the "Medications List" page.
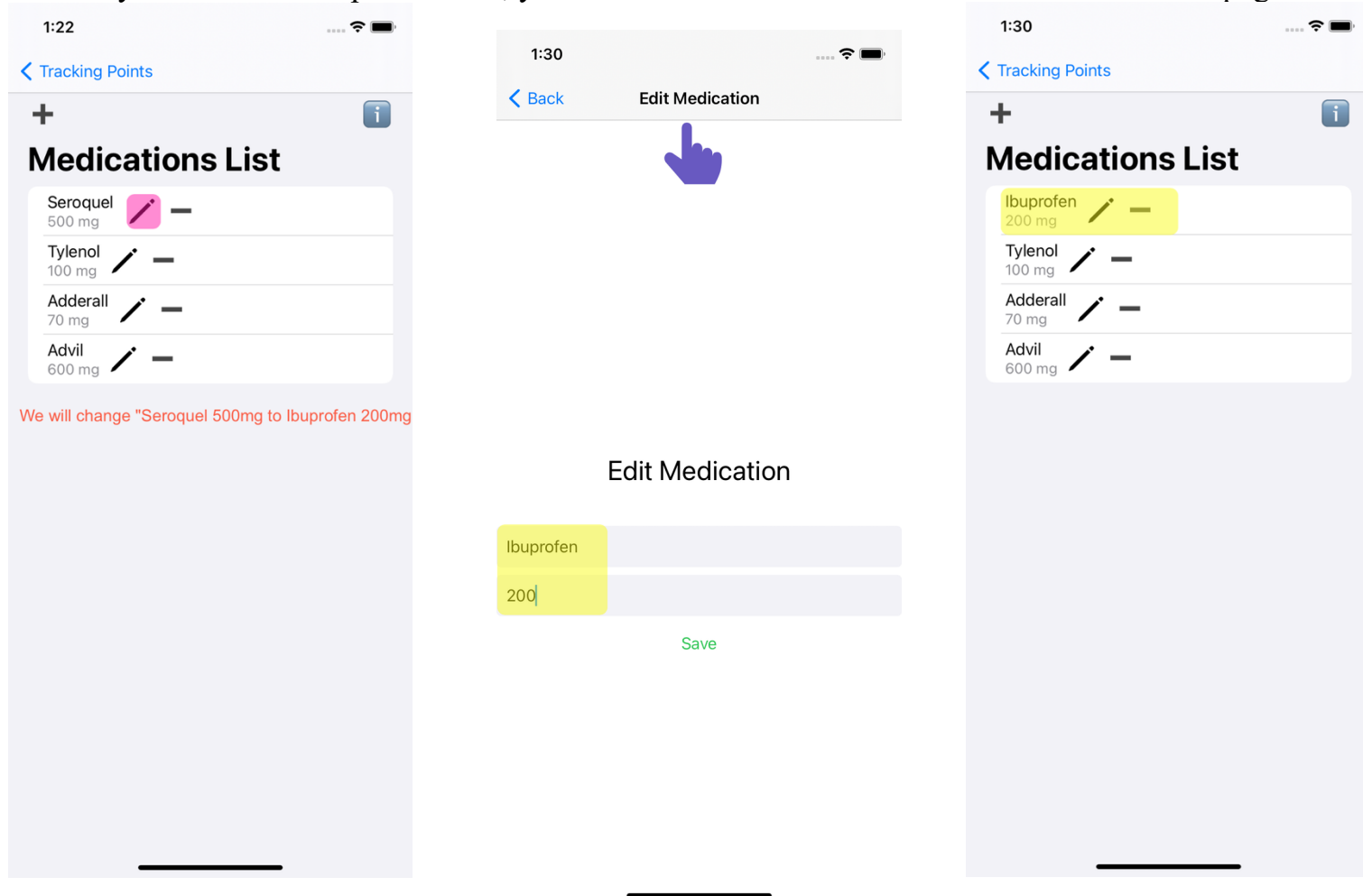
How to View Information About Harmony Mood

1. Open up the Harmony Mood application.

2. To view information about the Harmony Mood application, you need to click on the information emoji button on top of the "Tracking Points" screen.

3. Once you click on the button you will be redirected to the information screen. You will know you are on that screen because it says, "Welcome to Harmony Mood!"

   a. On this page you will find information about the version number, what the app is, how to track and add a mood entry, and a warning for if you're experiencing a medical emergency.