User Booklet- Patients

Registration

You have to register when you use the app first time.

To register as a user

- Open the Saksham app by clicking on it
- A screen opens that asks you to enter email and password.
- Enter your valid email id. If you don't have an email id , you have to create one
- Enter (new) password
- Click on Register

After you have registered, the app asks you for permissions to record the information and to take the images. Click 'Allow'

You have to register only once. The app asks you to enter the username and password only the first time you use the app or if you logout.

If you have logged out and you want to login again

- enter the username and password.
- Click on Submit

Show Image of app with labels.

Giving your consent to participate In the study

After you register, you have to indicate if you have consented to participate in the study

- Read the consent form.
- You can ask questions, if any
- Click on 'I agree' if you agree with the points given in consent form

Steps to use the app module

Medication adherence (Image of module)

Steps

1.) To add the medicine and set the alarm reminder
   - Click on add medicine (image)
   - Click on drop down menu (button image)
   - Select the medicine (by clicking on name)
   - Select the days (by clicking on name of days)
   - Select how many times a day (Select options 1, 2 or 3)
   - Set the time of alarm (time at which you have to take the medicine) by clicking on (image of icon)
   - Set the hour (image)
   - Set the minuet (image)
   - Select AM/PM (image)
   - Click on OK
   - Click on submit

The alarm is set now. The name of medicine and the alarm time will be displayed on main screen (screenshot)

The alarm will ring at the time set by you

(Image of alarm ringing)

Click on taken after you have taken the medicine

Click on missed if you missed to take the medicine

The information about your medication intake will get recorded every time you click on taken/missed.

2.) To delete the alarm and medicine, click on delete button (image)

3.) To view your progress in last one week, click on icon (image of progress icon and the screen shot of page that opens)

4.) To see the important tips related to medication adherence, click on icon (for Saarthi followed by screenshot of page that opens)

5.) To read the information related to medication adherence, click on icon (for info and followed by screenshot of page that opens)

Daily Routine (image)

When you click on it, you see a screen (screenshot)

1) To add activities to daily routine
   - Click on Add activity (icon image)
   - Screen opens for you to pick the activities (screenshot)
   - Pick the activities that you want to be a part of daily routine
   - Message pops up "Activity added"
   - After you have selected activities, click on home (icon image)
   - You would see the list of activities that you just added (screenshot)
2) You can set alarm for these activities (optional)
   - To set an alarm, click on icon (image)
   - Clock opens (image)
   - Select the hour (image) and minute when you want to perform the activity
   - Select AM/PM
   - The alarm will ring at the set time. (image)
   - You can select Done/Not done
   - The information gets recorded.
3) To delete the alarm
   - Click on activity
   - Click on icon for deletion (image of icon)
4) If you want to Record the information about daily routine activities at the end of the day (or any other time during the day)
   - Open the app
   - Click on module Daily routine
   - Click on (icon) if activity done) or (icon) if the activity is not done
5) To view your progress in last one week, click on icon (image of progress icon and the screen shot of page that opens)

6) To see the important tips related to daily routine, click on icon (for Saarthi followed by screenshot of page that opens)

7) To read the information related to daily routine, click on icon (for info and followed by screenshot of page that opens)

Physical health monitoring

(image of module)

You can enter the information about following tests

1) Common tests (screenshot image)
   - Height (icon)
   - Weight (icon)
   When you enter height and weight, you get your BMI (screenshot image)
   Also a message will display regarding your BMI if its normal or higher (screenshot)
   - Waist
   - Blood Pressure
   When you enter value for BP, a message will display regarding the BP if its normal, low or high.(screenshot)
2) Blood Tests(Screen shot)
   - Serum cholesterol (icon)
   When you enter your serum cholesterol level, a message will display if its normal or high. (screenshot)

   - TSH (icon)
   When you enter your TSH level, a message will display if its normal, low or high. (screenshot)

   - Blood sugar (icon)
   When you enter your blood sugar level, a message will display if its normal, low or high. (screenshot)
3) Other tests

   If you have reports for other tests, you can add a snapshot or image of these tests.

   To do this

   - Click on Add Reports (icon)
   - Click on option in "Pick report type"
   - Suppose I select "others" (screenshot)
   - Write the name of report and click on submit (screenshot)
   - Camera will open, take a picture of the report
   - Click on (tick icon) on right side of screen)
   - The image of the report has been saved in the app

4) To view your progress in last one week, click on icon (image of progress icon and the screen shot of page that opens)
5) To see the important tips related to monitoring of physical health, click on icon (for Saarthi followed by screenshot of page that opens)

6) To read the information related to physical health monitoring, click on icon (for info and followed by screenshot of page that opens)

Self Reliance

(image of module)

This module will allow you to enter text.

1) To enter information regarding the activities
   - Click on Enter Log (icon)
   - New page opens (screenshot)
   - You can enter information in the text boxes given on the page
   - Once you have entered the information, click on Submit
   - A message pops up (Log added)

   The information gets saved in the app

2) To see the important tips related to self reliance, click on icon (for Saarthi followed by screenshot of page that opens)

3) To read more about how to be self reliant, click on icon (for info and followed by screenshot of page that opens)

Modules (Eating Right , Physical Health)

To read about eating right, click on icon (module icon image)

New screen opens (Screenshot of screen that opens)

You can navigate across pages by clicking on these buttons (forward and backward)

For quick tips, click on icon Saarthi (icon)

Psychoeducation

To read more about the illness, click on module psychoeducation (icon)

Screen opens (screenshot)

You can navigate across pages by clicking on these buttons (forward and backward)

To read about the app

- o   click on this icon on right top side of screen (image).
- o   A list opens (image of list)
- o   Click on option 'about app' (image of screen that opens)

To enter information about yourself (user profile)

- o   click on this icon on right top side of screen (image).
- o   A list opens (image of list)
- o   Click on 'User profile' (image of screen that opens)
- o   Enter the information
- o   Click on save (screenshot)

To download information entered in the log

- o   click on this icon on right top side of screen (image).
- o   A list opens (image of list)
- o   Click on 'Download information' (image of screen that opens)
- o   Excel file opens

To read the disclaimer (to be completed)

- o   click on this icon on right top side of screen (image).
- o   A list opens (image of list)