



Neuropsychology and Aging Lab

EMMA Resources

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Lesson 1 Resources

iPad Basic Features

- If the iPad is landscape, the power button can be located at the top left edge of the iPad
 - o Pressing down on the power button will turn the iPad on
- Home button
 - o The home button is the white circular button on the face of the iPad
 - o No matter where you are on your iPad, as long as you are signed in, pressing the home button will direct you to the home page of the iPad

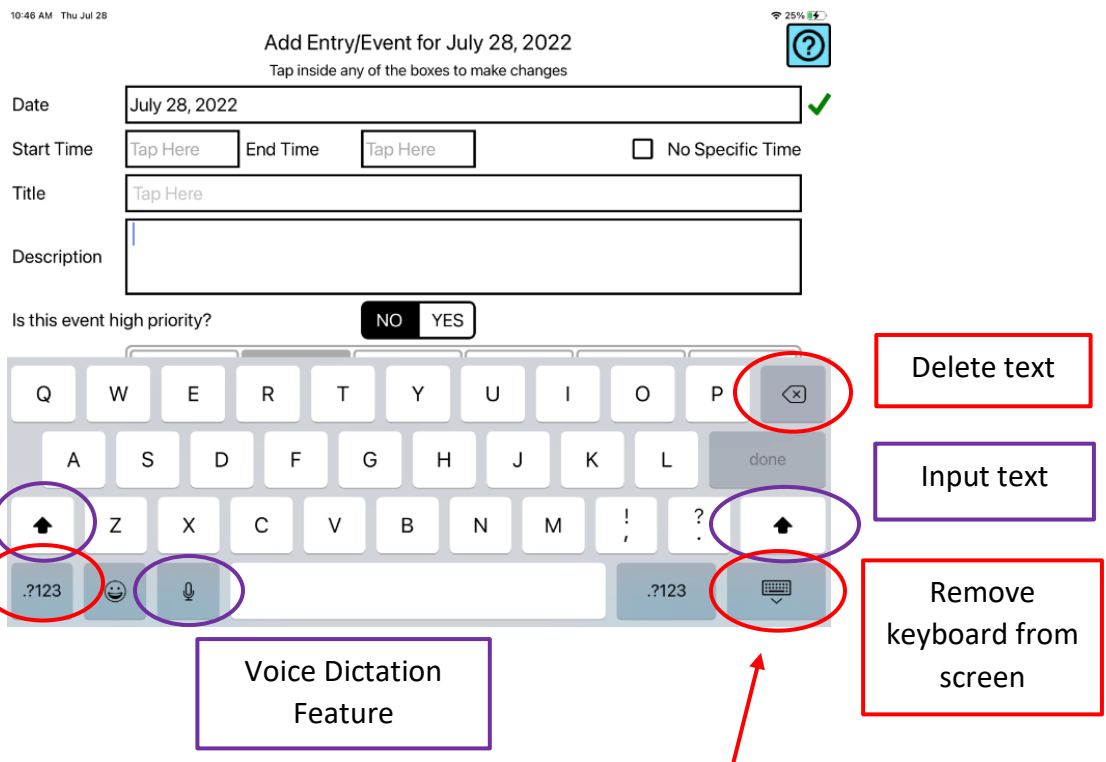


- The iPad has a capacitive touch screen
 - o A capacitive touch screen means it does not require pressure to work
 - o Simply touching the screen as opposed to pressing down with pressure will allow you to select what you want on the touch screen
 - o The touch screen will not work with objects that do not carry a slight electrical current
 - You can use a special capacitive stylus



Keyboard Basics

- There are two options for using the keyboard
 - o The on-screen keyboard
 - On the iPad screen, select the area you want to type in and an on-screen keyboard will appear at the bottom of the screen
 - When you are finished typing, select the keyboard icon in the bottom right corner and the keyboard will disappear. Now, the entire EMMA screen should be revealed again
 - Voice Dictation Feature
 - The voice dictation feature allows you to speak allowed into your EMMA app with your voice being transcribed into text
 - Do this by: selecting microphone button
 - Make sure to be in a quiet environment so that the microphone can pick up your voice clearly and transcribe it correctly



Note: If you want to get the onscreen keyboard to disappear, touch the keyboard button in the bottom right corner of the screen

- The external Bluetooth keyboard
 - Most Bluetooth keyboards allow a wireless connection to an iPad
 - On the keyboard, there are three small lights in the upper right corner

- The light furthest to the right is the Bluetooth indicator
 - A blue light will appear when the iPad is first connected to the keyboard
- The middle light is the power indicator



- When the keyboard battery is low, the middle light will turn red and blink, indicating that the keyboard needs to be charged

- The keyboard that comes with the EMMA iPad has a battery life that lasts for up to two weeks

- To locate the charging port for the Bluetooth keyboard, locate the “delete” button at the top right corner of the keyboard

- The charging port is above the “delete” button on the side of the keyboard

- The light furthest to left is the Caps Lock activated indicator
 - It is important to note pay attention to this indicator when entering usernames and passwords, as most are sensitive to capitalization
 - The little arrow up icon in the area you are typing could also be an indicator that caps lock is activated

- Setting up your Bluetooth keyboard:

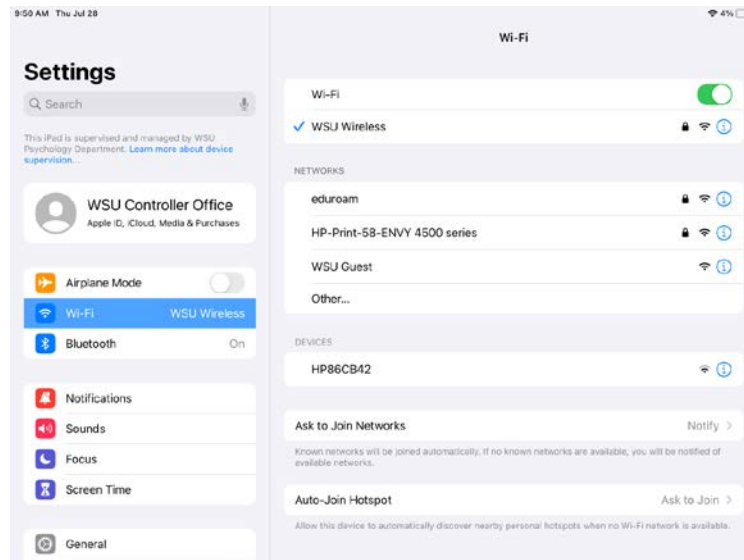
- Go to Settings (grey gear icon) -> select “Bluetooth” -> find name of keyboard in device list -> press to connect



- The keyboard will now automatically connect anytime the keyboard is on or near the iPad

WIFI Access

- Your iPad must be connected to WIFI (internet) if you want to download the EMMA app or have EMMA data accessible across multiple devices
- To connect to WIFI:
 - go to Settings (grey gear icon) -> select “WIFI” -> select your own home WIFI from list of available WIFI networks -> enter required login information -> press home button on face of device to return back to home screen



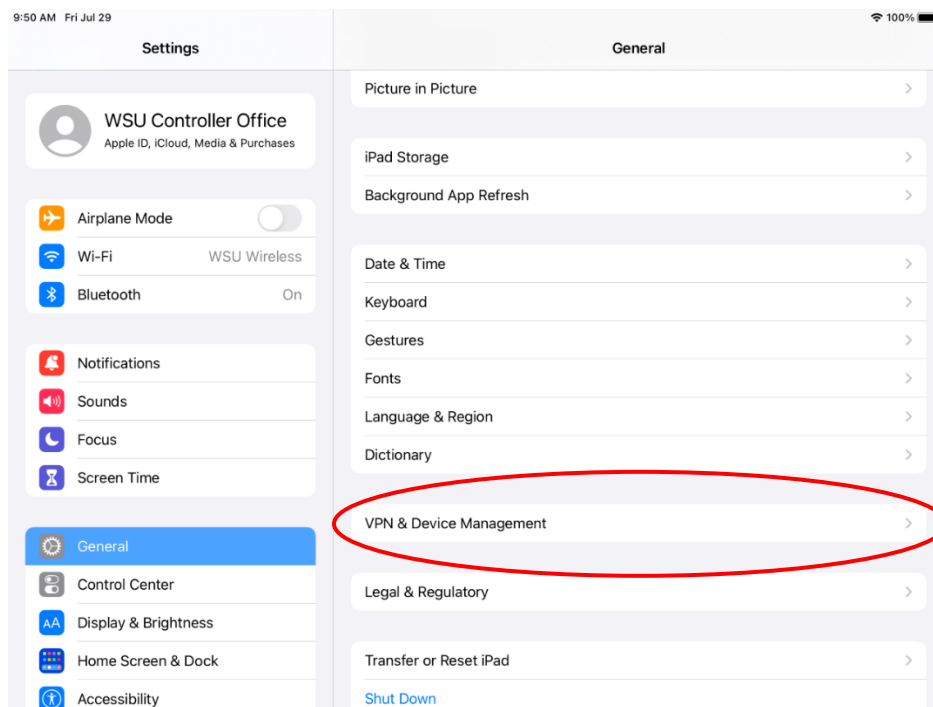
Downloading the EMMA App

- If you return to the given link (using any web browser), you will arrive at the login page
 - Select the link that reads “download app”
 - A pop-up will then appear confirming that you wish to download the app
 - Select “Confirm”

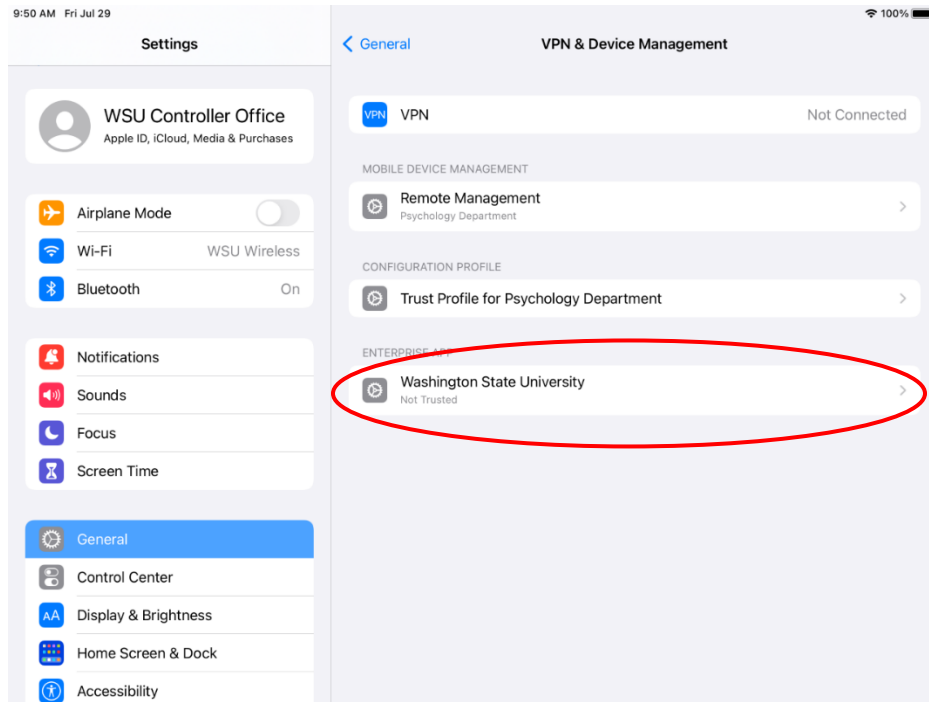
- Downloading will happen on its own, and an EMMA app icon will be added to your iPad's home screen



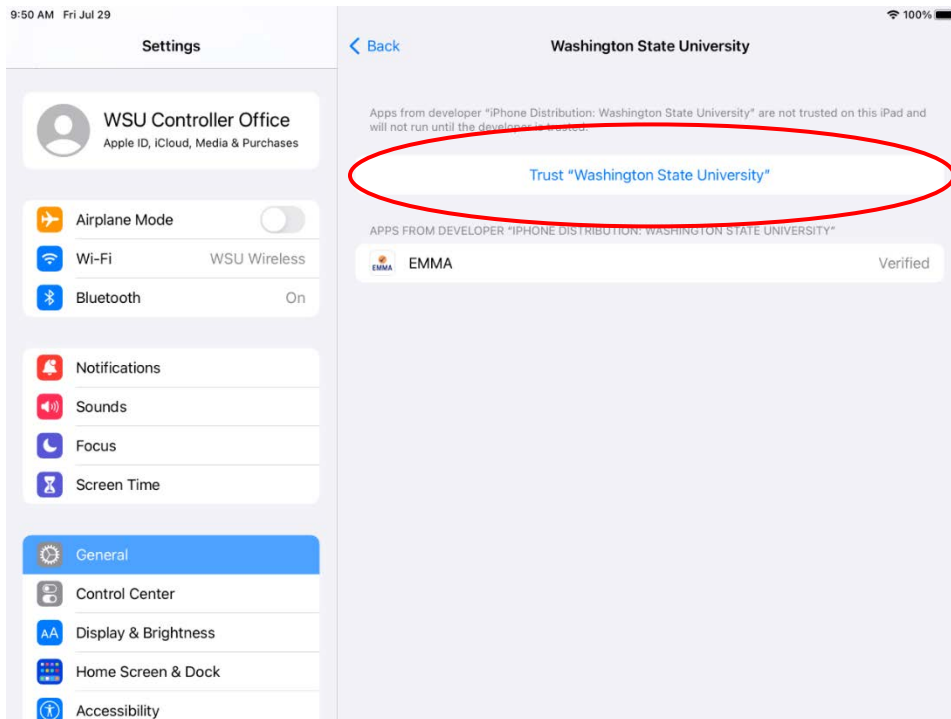
- Once the EMMA app is downloaded from the web browser, the EMMA app needs to be manually trusted in order to operate
 - o To do this:
 - return to Settings (grey gear icon) -> scroll down menu on left and select "General" -> on the right, scroll down and select "VPN & Device Management"



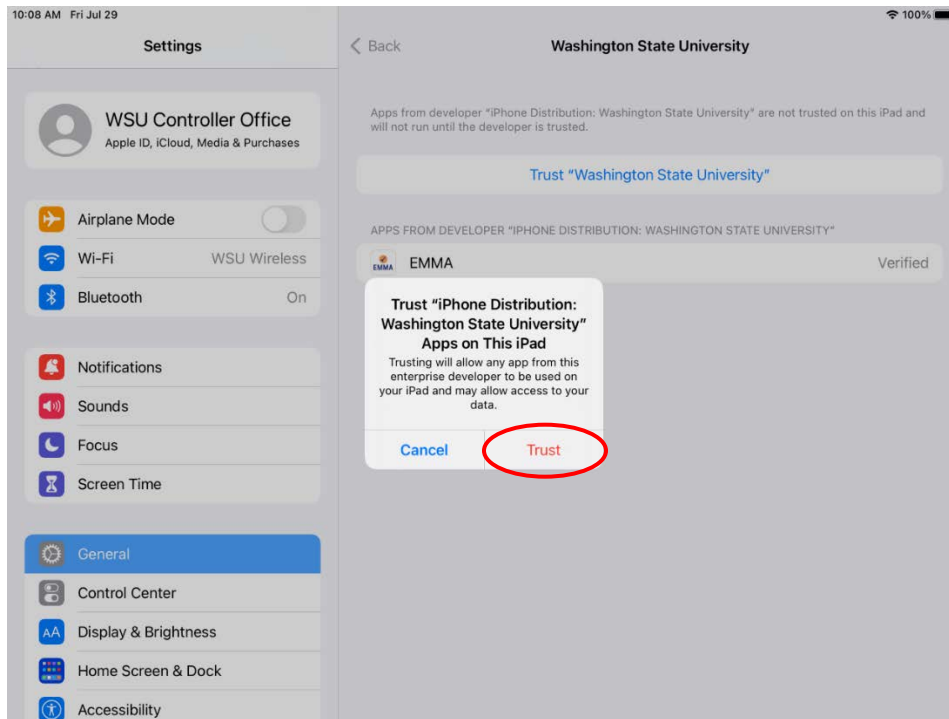
Now, select "Washington State University"



Now, select "Trust "Washington State University""

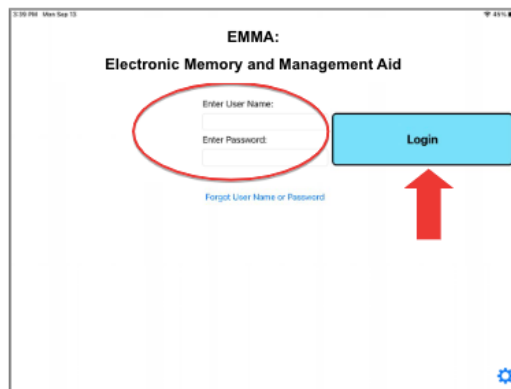


Now, select “Trust” on the pop-up that reads “Trust ”iPhone Distribution: Washington State University” Apps on This iPad”



Signing in to EMMA

- Once connected to WIFI and the EMMA app is enabled, you can now sign into your EMMA account
- You should already have a login from EMMA web-based training
- Make sure to record your EMMA app username and password in a safe location other than the iPad to ensure that the information is not lost



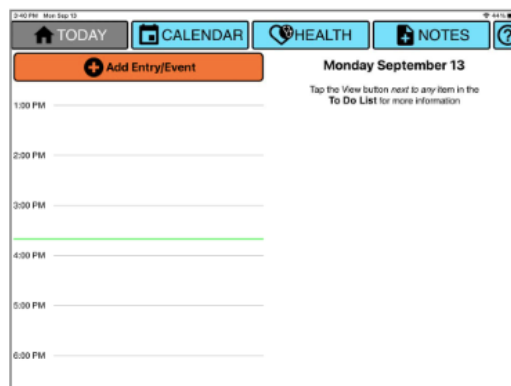
- Enabling Features
 - o **Heads up:** when using certain features for the first time in the EMMA app, pop-ups may appear
 - In order to use iPad features such as voice dictation and the camera, you will need to allow the EMMA app access to the feature
 - Be sure to read Apple’s Privacy Policy when you allow access
 - <https://www.apple.com/legal/privacy/en-ww/>

EMMA on Your Phone or Computer Web Browser

- More options make EMMA more accessible when you are away from your iPad, but you must use a device connected to WIFI or device that has cellular data available
- To do this:
 - o go to the provided link -> once the website is reached, sign in using your username and password
- **Pro Tip:** if you bookmark this website in your browser, the EMMA web link will be visible in your browser tool bar anytime you open your internet browser
 - o now EMMA is just one click away
- For detailed instructions on how to access and use the web version of the EMMA app, please check out the supplemental materials we have included on the login page

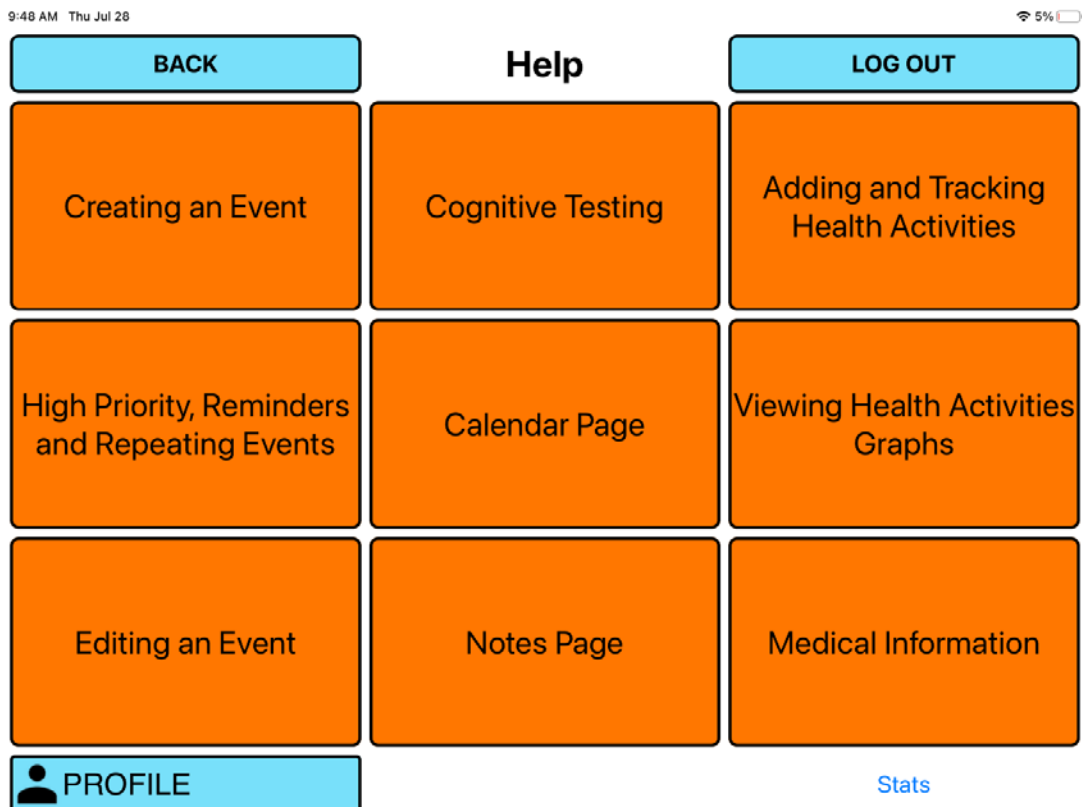
EMMA Main Features

- To navigate to each page, touch the corresponding button located at the top of the screen
- 5 main pages
 - o Today Page
 - o Calendar Page
 - o Health Page
 - o Notes Page
 - o Help Page



- The Help Page

- Includes help on several features of the EMMA app
- Profile Feature
 - Located in bottom left corner
 - Contains fields for personal information that should be filled out
- Log Out Option
 - If you need to log out of the EMMA app, select “Log Out” located in the top right corner
 - Logging out will take you to the sign in page, where you can sign in at any time using your username and password



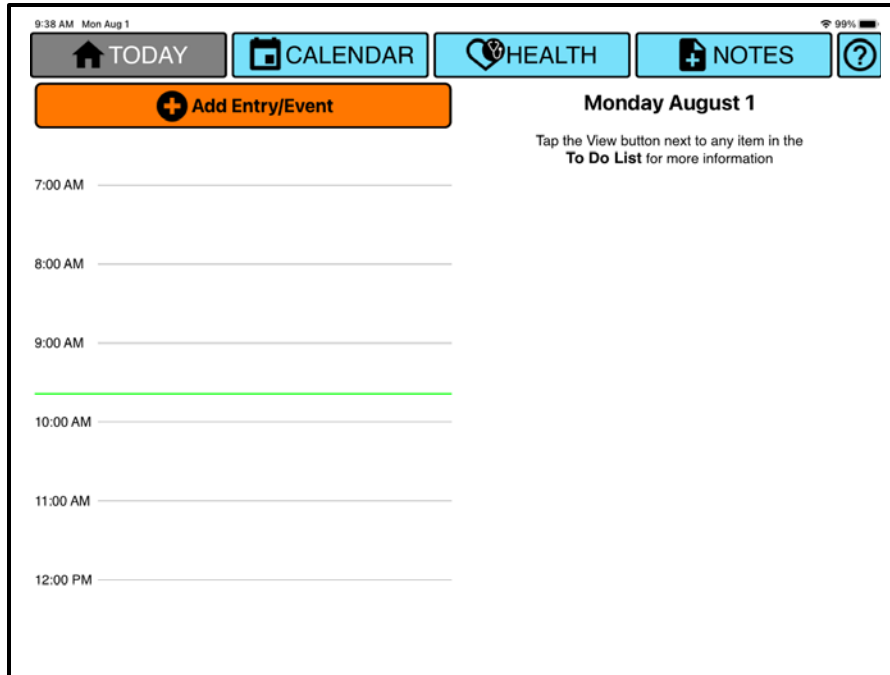
Training Tip:

When you exit the training on the internet, please be sure to close all opened tabs or fully close the opened browser. This will help prevent technical issues when going through the lessons.

Lesson 2 Resources

Creating an Event

To create an event, go to the “TODAY” page and tap the orange “Add Entry/Event” button.

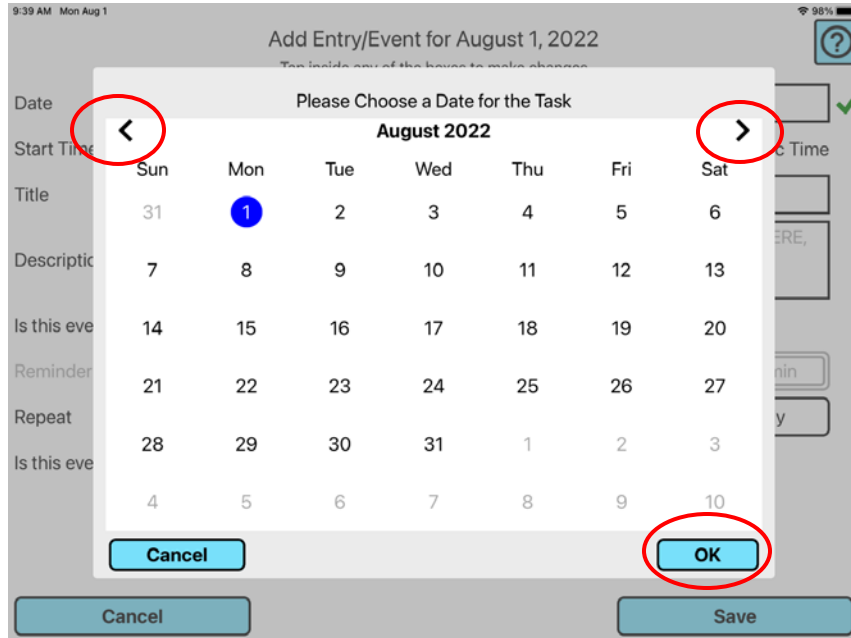


If you are not on the correct date, change the date by tapping the date box. Next, select the month and date that you would like to create the event for. Tap the black arrows at the top of the calendar to change the month and then tap the correct date. Next, tap the blue “OK” button.

Date Box

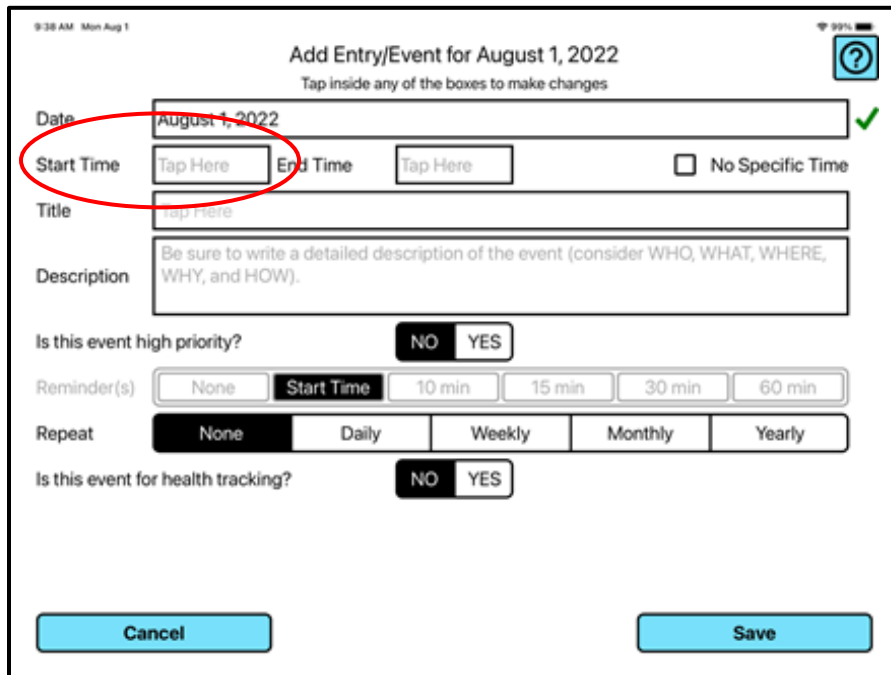
A screenshot of the 'Add Entry/Event' form. The title is 'Add Entry/Event for August 1, 2022'. Below the title is a red oval highlighting the 'Date' field, which contains 'August 1, 2022' and a green checkmark. The form includes fields for 'Start Time' (with 'Tap Here' and 'End Time' buttons), 'Title' (with 'Tap Here' text), and 'Description' (with a placeholder text: 'Be sure to write a detailed description of the event (consider WHO, WHAT, WHERE, WHY, and HOW)'). There are also toggle switches for 'Is this event high priority?' (NO/YES), 'Reminder(s)' (None, Start Time, 10 min, 15 min, 30 min, 60 min), 'Repeat' (None, Daily, Weekly, Monthly, Yearly), and 'Is this event for health tracking?' (NO/YES). At the bottom are 'Cancel' and 'Save' buttons.

Arrows used to change month



Press OK to return to Add Entry/Event

To select the event start time, tap the box next to "Start Time."



Next, choose the time the event will begin, and tap the blue “Save” button.

9:39 AM Mon Aug 1 98%

Add Entry/Event for August 1, 2022

Please Choose a Start Time for the Task

Selected Time:

Hour				Minute					
1	2	3	4	00	05	10	15		
5	6	7	8	20	25	30	35	AM	PM
9	10	11	12	40	45	50	55		

CANCEL SAVE

Cancel Save

To select the event end time, tap the box next to “End Time.”

9:38 AM Mon Aug 1 98%

Add Entry/Event for August 1, 2022

Tap inside any of the boxes to make changes

Date August 1, 2022 ✓

Start Time Tap Here End Time Tap Here No Specific Time

Title Tap Here

Description Be sure to write a detailed description of the event (consider WHO, WHAT, WHERE, WHY, and HOW).

Is this event high priority? NO YES

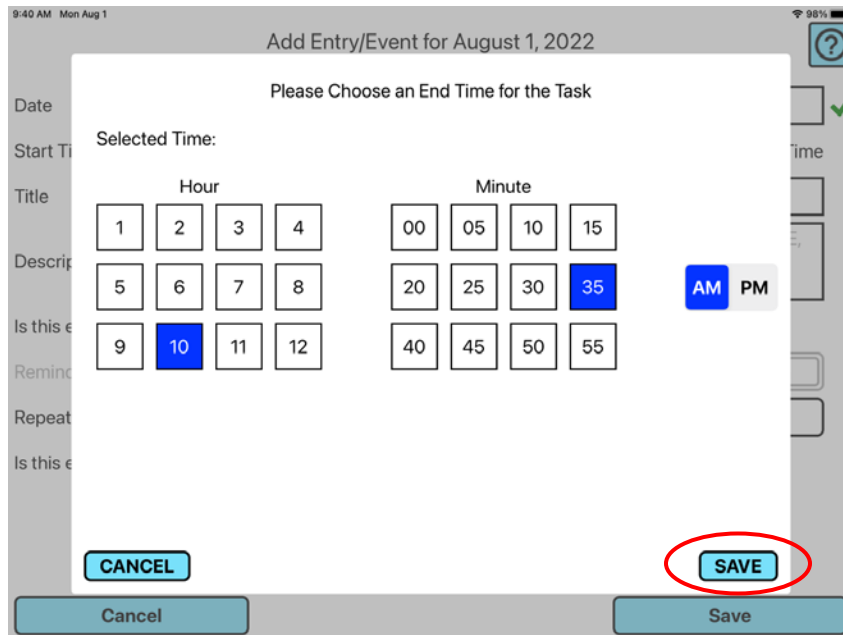
Reminder(s) None Start Time 10 min 15 min 30 min 60 min

Repeat None Daily Weekly Monthly Yearly

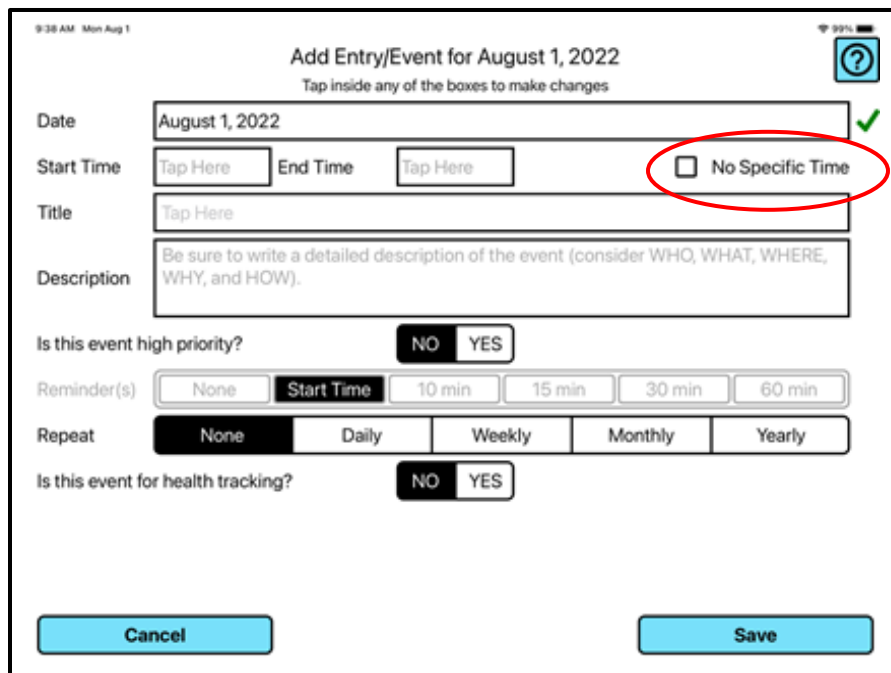
Is this event for health tracking? NO YES

Cancel Save

Next, choose the time the event will end and tap the blue “Save” button.



If your event does not have a specific time, tap the box next to “No Specific Time.”



To create a title for the event, tap the box next to “Title” and input a title. To create a description for the event, tap the box next to “Description” and input a description. Remember to enrich your entry by answering questions such as with whom, what, and where. Once you have finished adding information for the event, press the “Save” button.

9:38 AM Mon Aug 1

Add Entry/Event for August 1, 2022

Tap inside any of the boxes to make changes

Date August 1, 2022 ✓

Start Time Tap Here End Time Tap Here No Specific Time

Title Tap Here

Description Be sure to write a detailed description of the event (consider WHO, WHAT, WHERE, WHY, and HOW).

Is this event high priority? NO YES

Reminder(s) None Start Time 10 min 15 min 30 min 60 min

Repeat None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

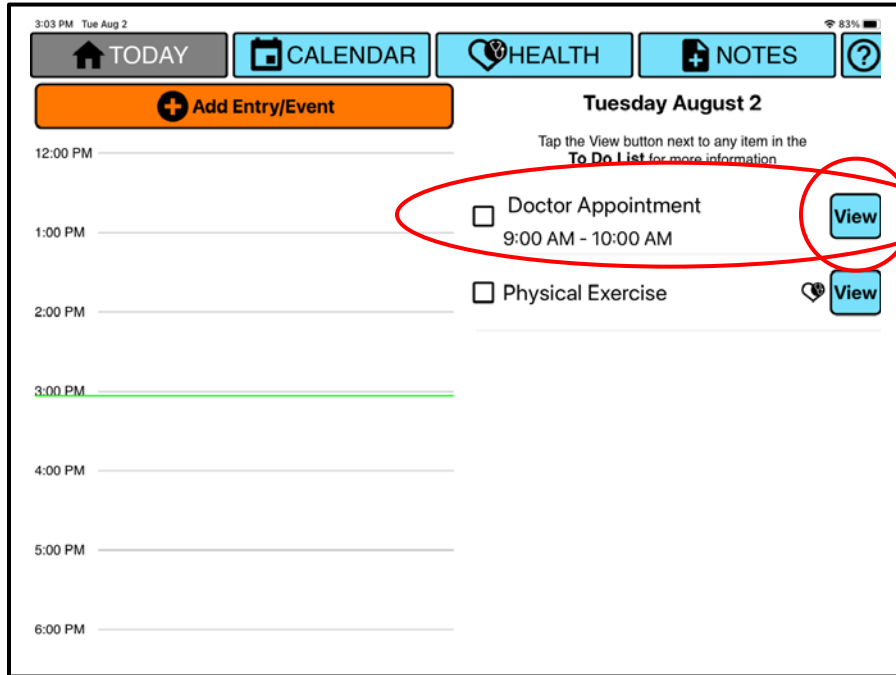
Cancel Save

Conflicting Events:

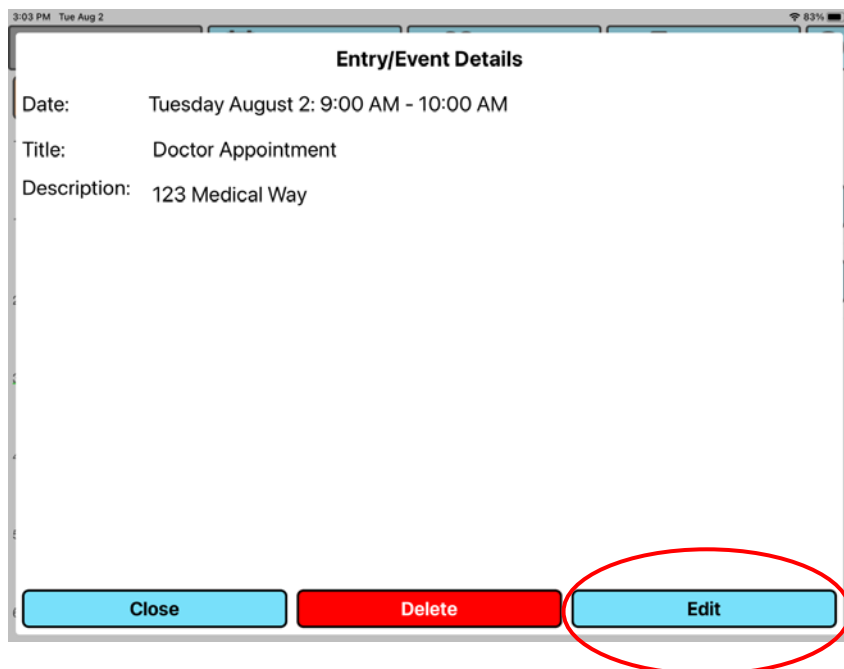
If you double book yourself, EMMA will give you a warning message when creating the second event. You then need to decide whether you want to retain the conflict or change the +me to avoid the conflict.

Editing an Event

To edit an event that has already been created, tap the blue “View” button next to the event on the “To Do List” or tap directly on the event on the time schedule. Both are located on the “TODAY” page.



Next, tap the blue “Edit” button at the bottom of the page.



Tap inside any of the boxes to make changes to the event. Next, tap the blue “Save” button.

3:03 PM Tue Aug 2

83%

Edit Entry/Event for August 2, 2022

Tap inside any of the boxes to make changes

Date: August 2, 2022 ✓

Start Time: 9:00 AM End Time: 10:00 AM No Specific Time ✓

Title: Doctor Appointment

Description: 123 Medical Way ✓

Is this event high priority? NO YES

Reminder(s): None Start Time 10 min 15 min 30 min 60 min

Repeat: None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

Buttons: Cancel, Delete Task, Save (circled in red)

If you are editing a repeating event, select whether the change should apply to “All Future Events” or “Only This Event” by tapping the corresponding button. Edits cannot be made to the repeat selection(s) of an event if it is grayed out. To change how often an event repeats, delete and re-create the event and select the repeat option(s).

11:55 AM Tue Aug 2

82%

Edit Entry/Event for August 2, 2022

Tap inside any of the boxes to make changes

Date: August 2, 2022 ✓

Start Time: 7:00 PM End Time: 8:00 PM No Specific Time ✓

Title:

Description:

Is this event high priority? NO YES

Reminder(s): None Start Time 10 min 15 min 30 min 60 min

Repeat: None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

Buttons: Cancel, Delete Task, Save

Recurring Event Alert

You are changing a recurring event. Selecting All Future Events will change today's event along with future events and will delete previous uncompleted events.

Buttons: Cancel, All Future Events (circled in red), Only This Event (circled in red)

High Priority, Reminders and Repeating Events

From the Add Entry/Event Page

High Priority

You can designate an event as high priority by selecting “YES” for the question: Is this event high priority?

11:44 AM Tue Aug 2 88%

Add Entry/Event for August 2, 2022
Tap inside any of the boxes to make changes

Date: August 2, 2022 ✓

Start Time: Tap Here End Time: Tap Here No Specific Time

Title: Tap Here

Description: Be sure to write a detailed description of the event (consider WHO, WHAT, WHERE, WHY, and HOW).

Is this event high priority? NO YES

Reminder(s): None Start Time 10 min 15 min 30 min 60 min

Repeat: None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

Cancel Save

This will add a red flag next to the event on the “To Do List” and on the Calendar on the date(s) on which the event occurs.

11:44 AM Tue Aug 2 88%

TODAY CALENDAR HEALTH NOTES ?

+ Add Entry/Event

Tuesday August 2
Tap the View button next to any item in the To Do List for more information.

9:00 AM

10:00 AM

11:00 AM

12:00 PM Doctor Appointment

1:00 PM

2:00 PM

2:00 PM

Doctor Appointment 12:00 PM - 1:00 PM View

Reminders

To set a reminder alarm for a scheduled event, find “Reminder(s)” and select one or more of the “Reminder(s)” options (e.g., 10 minutes, 30 minutes) based on how early you want the alarm to go off prior to the event. Reminders will automatically occur at the start of scheduled events and can also be turned off by selecting “None”.

The screenshot shows a mobile application interface for adding an event. The title is "Add Entry/Event for August 2, 2022". The form includes fields for Date (August 2, 2022), Start Time (Tap Here), End Time (Tap Here), and a checkbox for "No Specific Time". There is also a Title field (Tap Here) and a Description field with a prompt: "Be sure to write a detailed description of the event (consider WHO, WHAT, WHERE, WHY, and HOW)". Below these are two toggle switches: "Is this event high priority?" (set to NO) and "Is this event for health tracking?" (set to NO). The "Reminder(s)" row is circled in red and contains buttons for "None", "Start Time", "10 min", "15 min", "30 min", and "60 min". The "Repeat" row has buttons for "None", "Daily", "Weekly", "Monthly", and "Yearly". At the bottom are "Cancel" and "Save" buttons.

Repeating Events

To repeat an event, find “Repeat” and select one of the repeat options based on how often the event will occur (e.g., daily, weekly).

11:47 AM Tue Aug 2 88%

Add Entry/Event for August 2, 2022
Tap inside any of the boxes to make changes

Date: August 2, 2022 ✓

Start Time: 7:00 PM End Time: 8:00 PM No Specific Time ✓

Title: Refill Weekly Pill Holder ✓

Description: Am, pm ✓

Is this event high priority? NO YES

Reminder(s): None Start Time 10 min 15 min 30 min 60 min

Repeat: None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

Cancel Save

If the event is weekly, select “Weekly” and then select the day(s) on which the event will occur (e.g., Tuesday, Thursday).

11:48 AM Tue Aug 2 88%

Event Repeat Details

Repeat: Daily Weekly Monthly Yearly

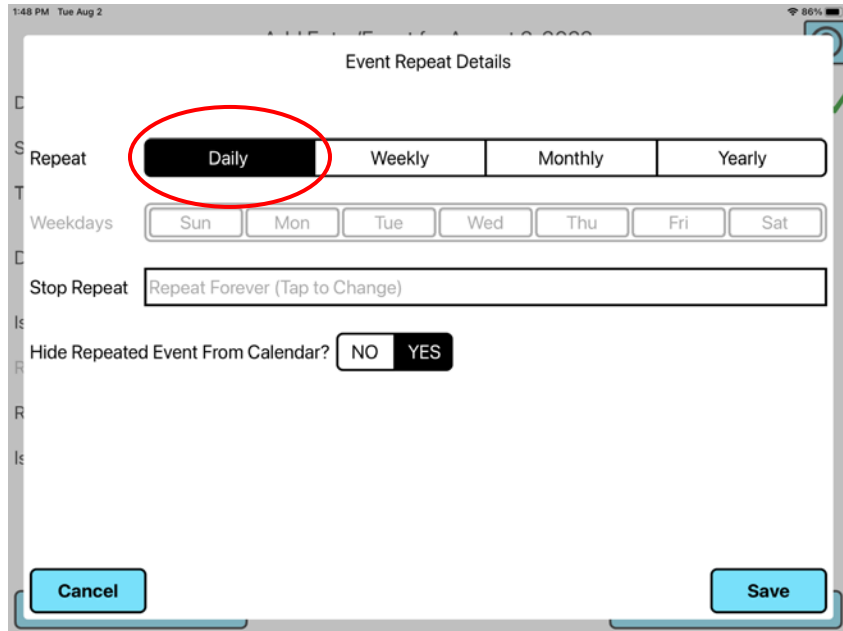
Weekdays: Sun Mon Tue Wed Thu Fri Sat

Stop Repeat: Repeat Forever (Tap to Change)

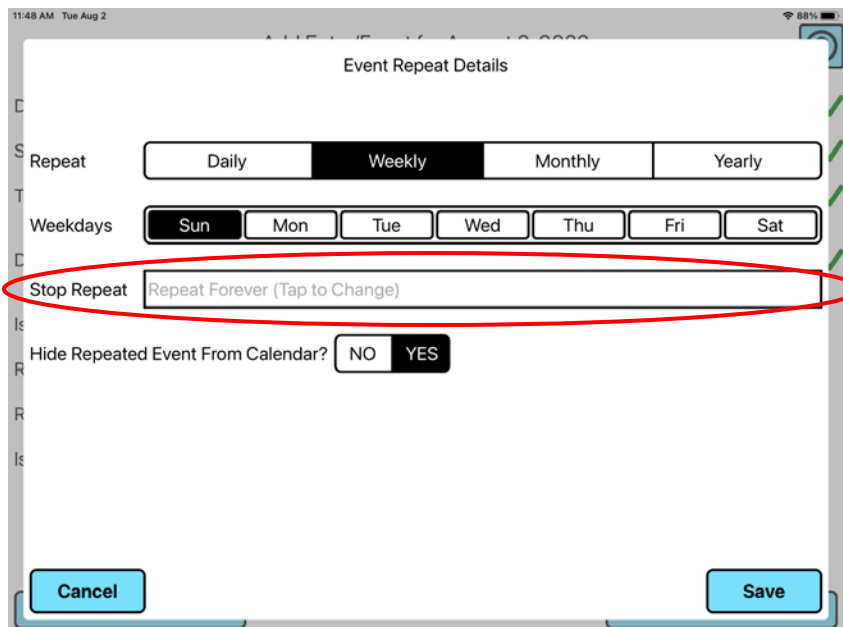
Hide Repeated Event From Calendar? NO YES

Cancel Save

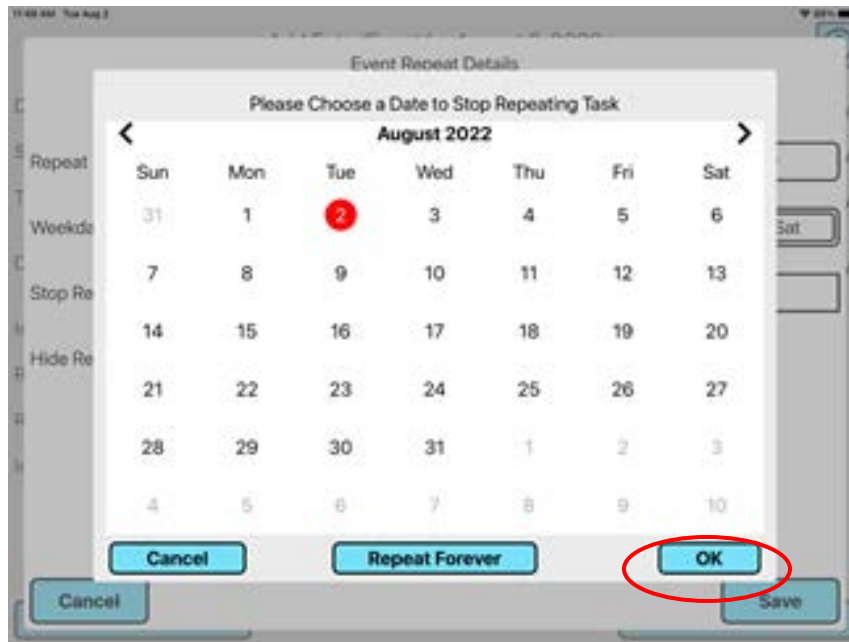
If “Daily” is selected, then the event will automatically be set to repeat every day.



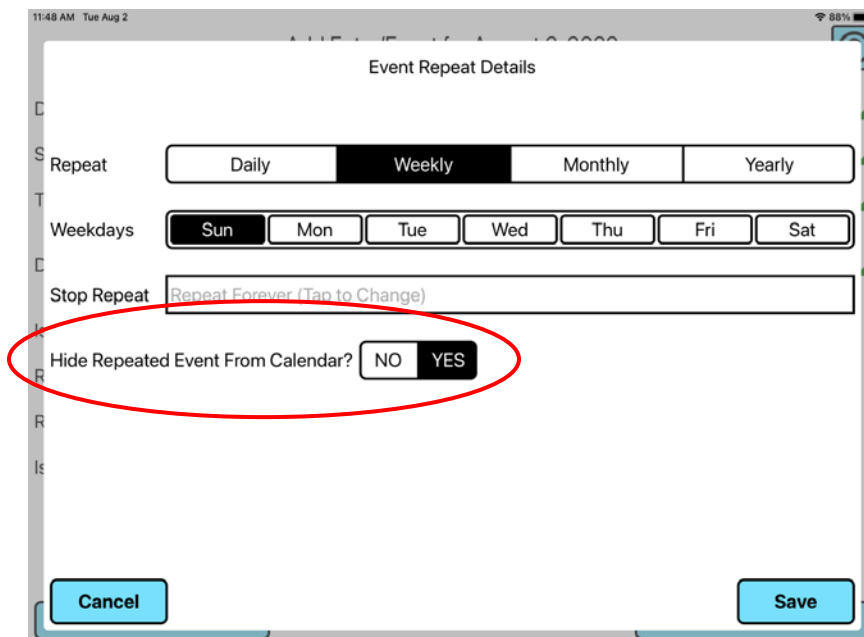
To stop the event from repeating forever, tap the box next to “Stop Repeat” and select the date on which the event will no longer repeat.



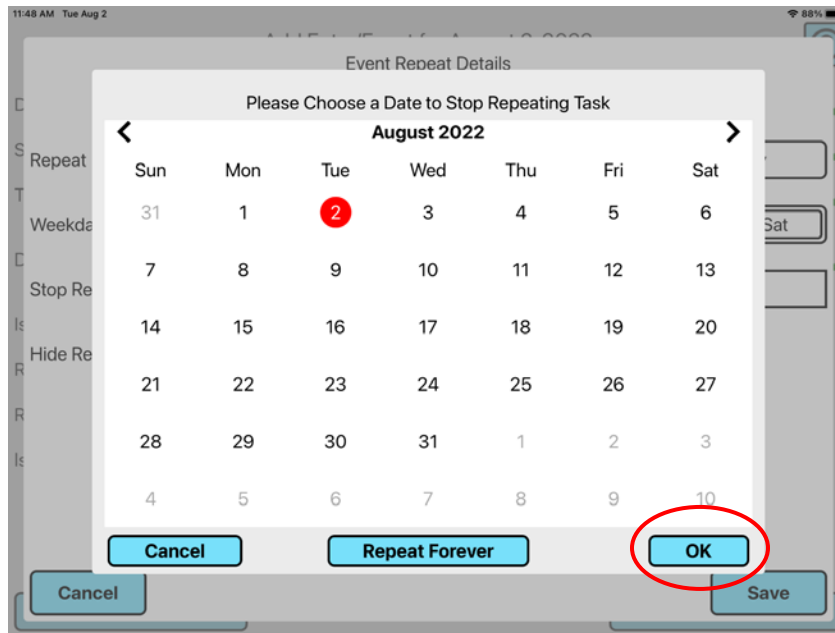
Then tap “OK.”



If you would like the repeating event to be marked on the Calendar with an orange dot, select “NO” for the question: Hide Repeated Event from Calendar? If you do not want the Calendar to be marked on every day that the event repeats, leave the selection as “YES.” The “YES” option may be more suitable for frequent events (e.g., daily events) to avoid overcrowding the calendar.



To save the event repeat details, tap the blue “OK” button followed by the blue “Save” button.

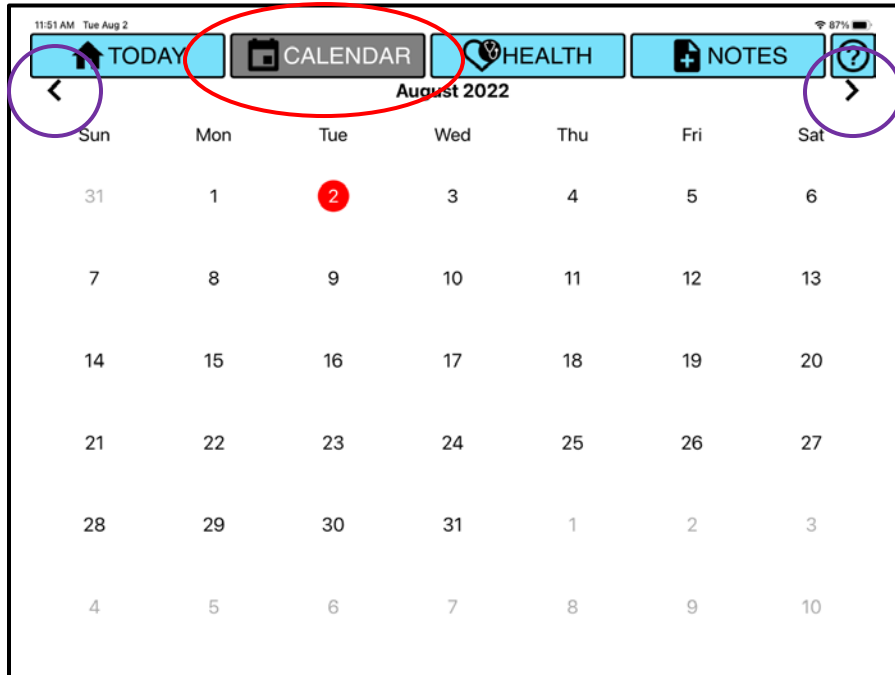


If you are editing a repeating event, you will be asked to choose whether the change should apply to “Only This Event” or “All Future Events”. Note: Once a repeat event is created, the repeat selection(s) aspect of the event cannot be edited and will be grayed out on the Edit Entry/Event page. To reset the repeat selection(s), you will need to delete and re-create the event.

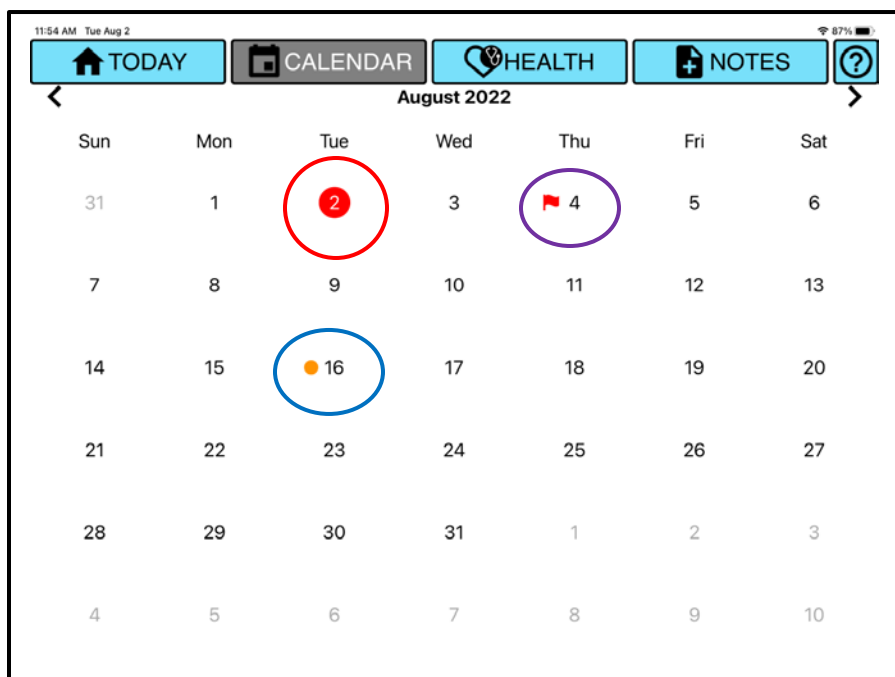


Calendar Page

To use the calendar, tap the blue “CALENDAR” button at the top of the screen. To change the month, tap the right or left black arrow at the top of the calendar.

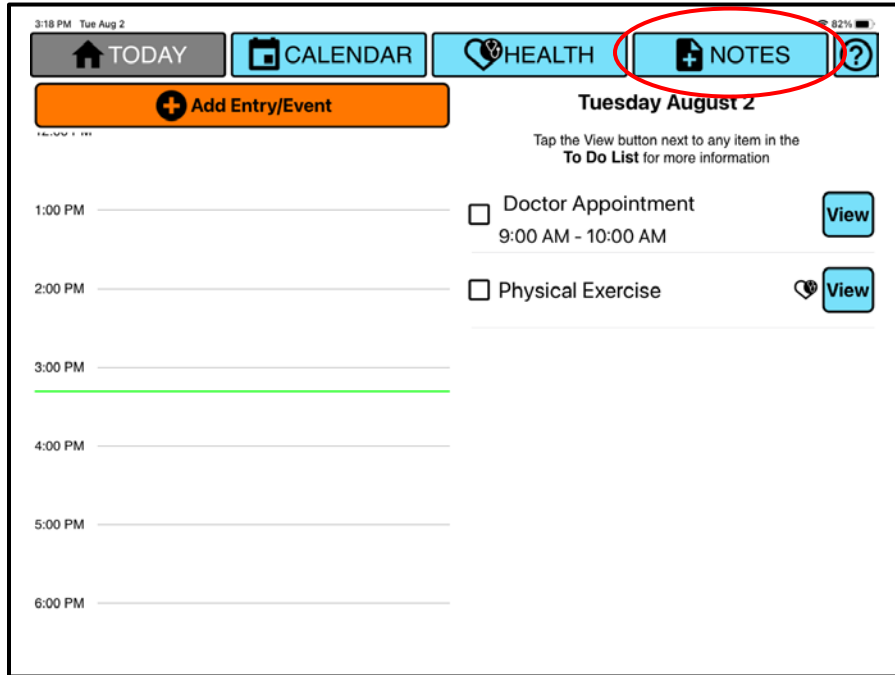


A red circle will appear on the current date. The orange dots on the calendar mean that at least one event is scheduled for that date. Red flags will appear next to dates with an event marked as high priority. To view the events for a specific date, tap the date.

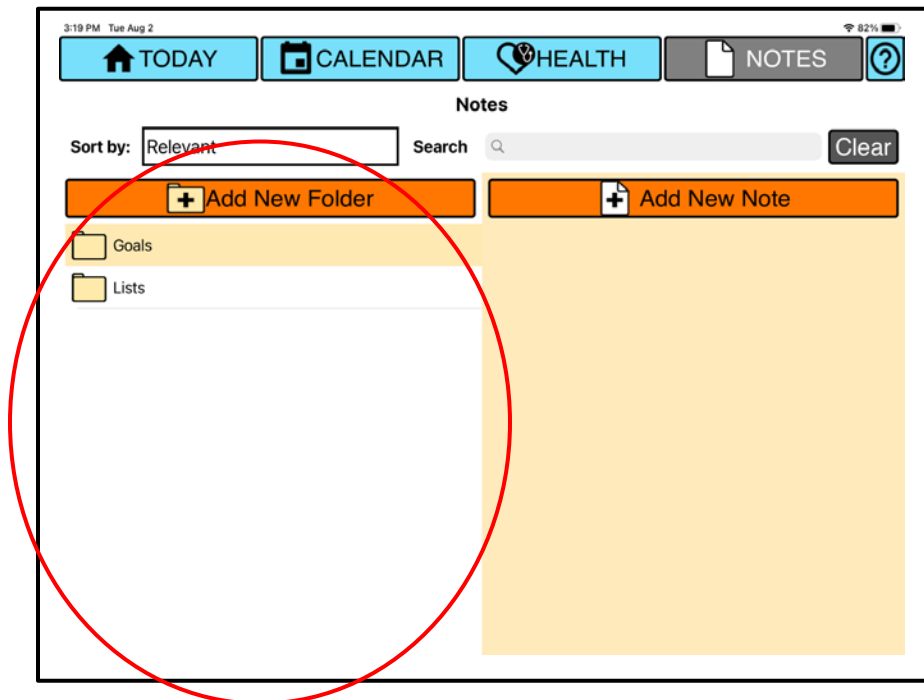


Notes Page

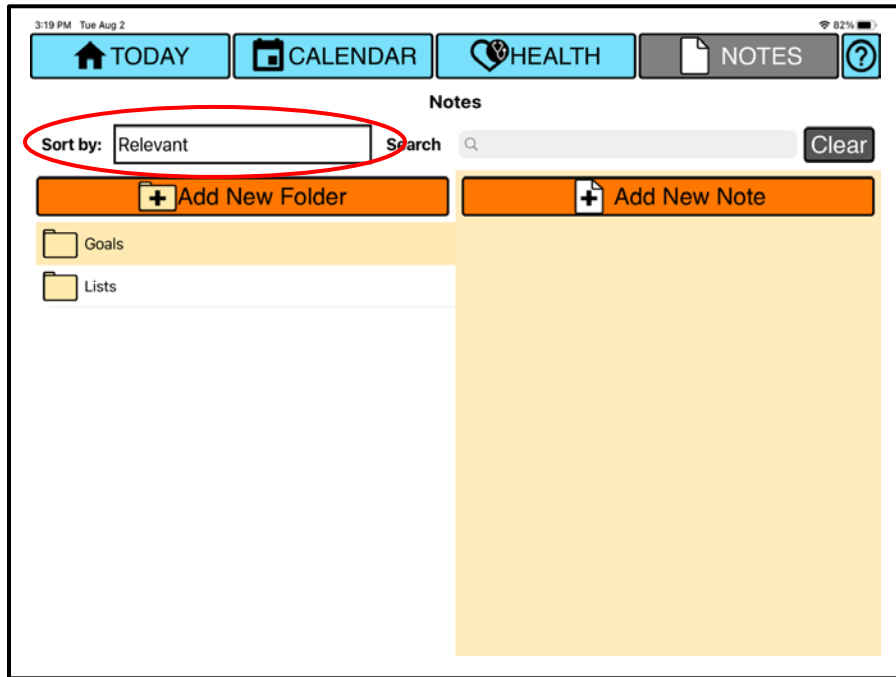
To create, view, or edit a note, tap the blue “NOTES” button at the top of the screen.



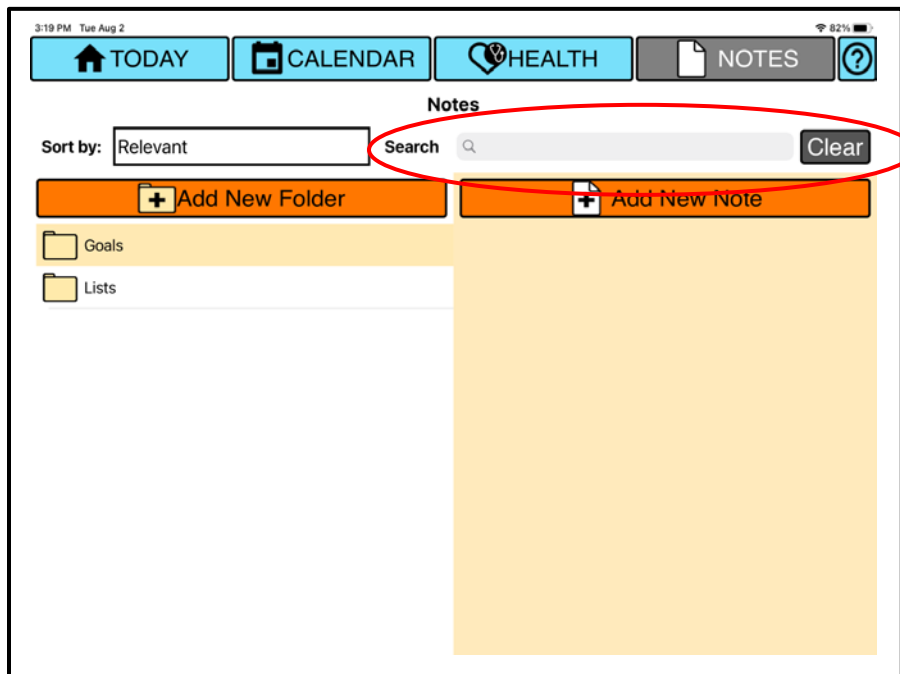
Next, tap on the folder you want to view on the left side of the screen.



To sort the folders or notes, tap the box next to “Sort by” and select one of the sorting options.

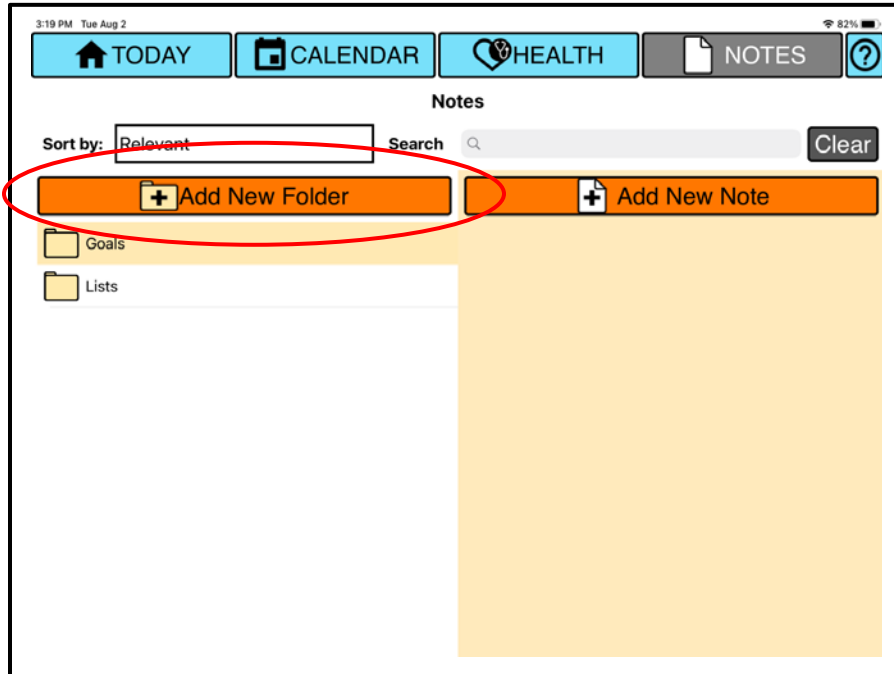


To search for a note, tap the box next to “Search” and input your search word(s).

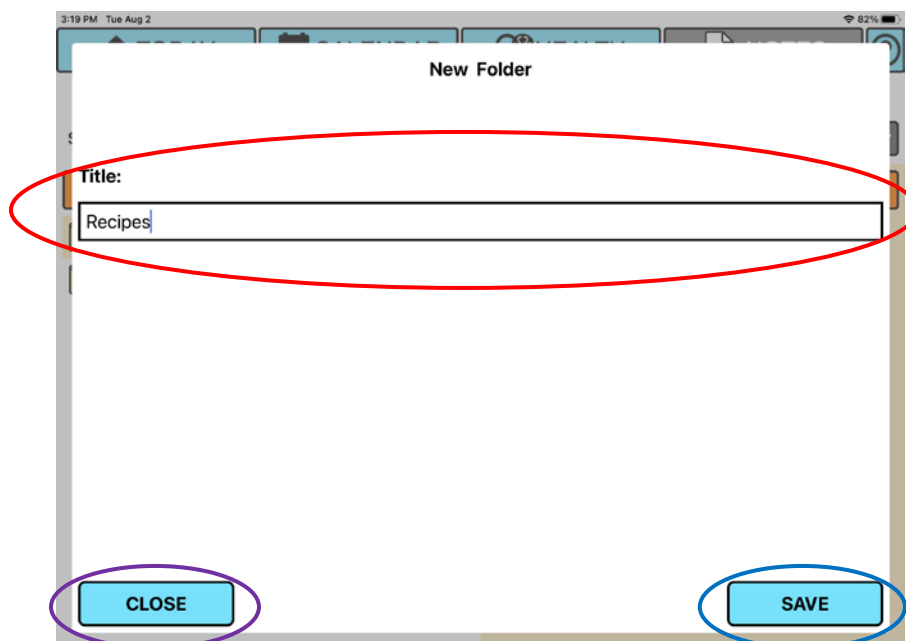


Folders

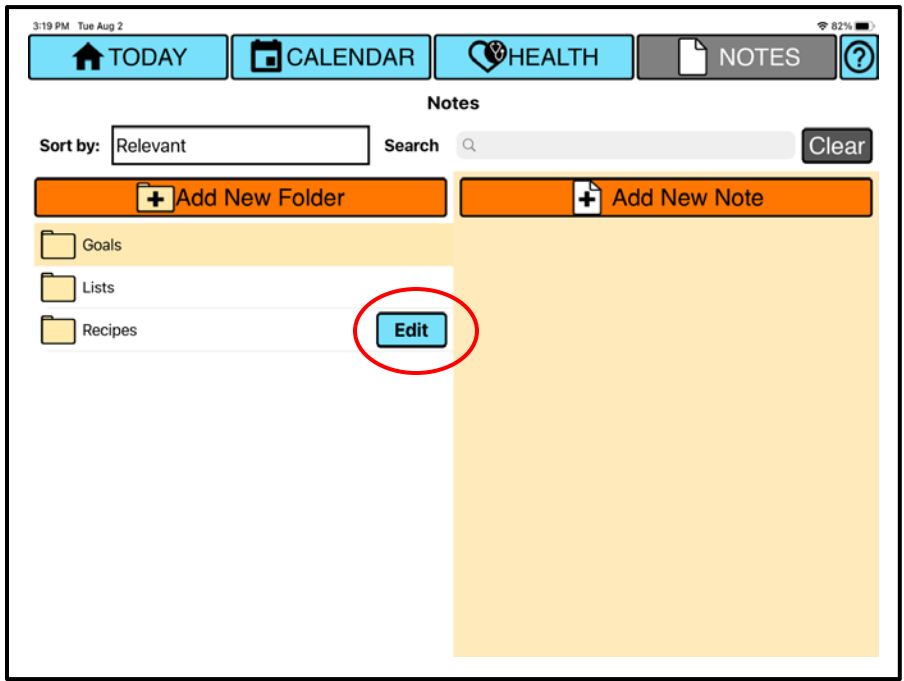
To create a folder, tap the orange “Add New Folder” button.



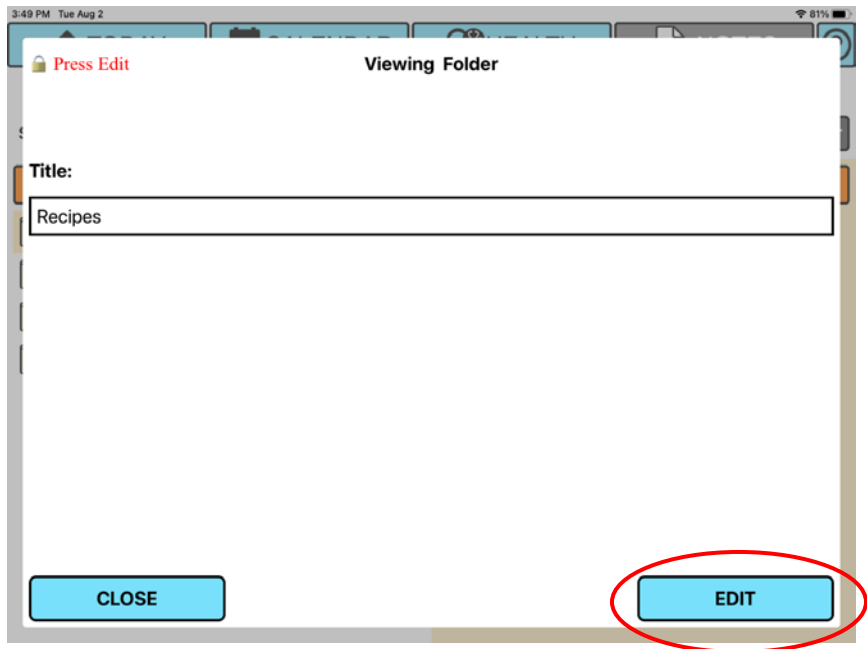
Next, tap the box under “Title” to input a title and then tap the blue “SAVE” button followed by the blue “CLOSE” button.



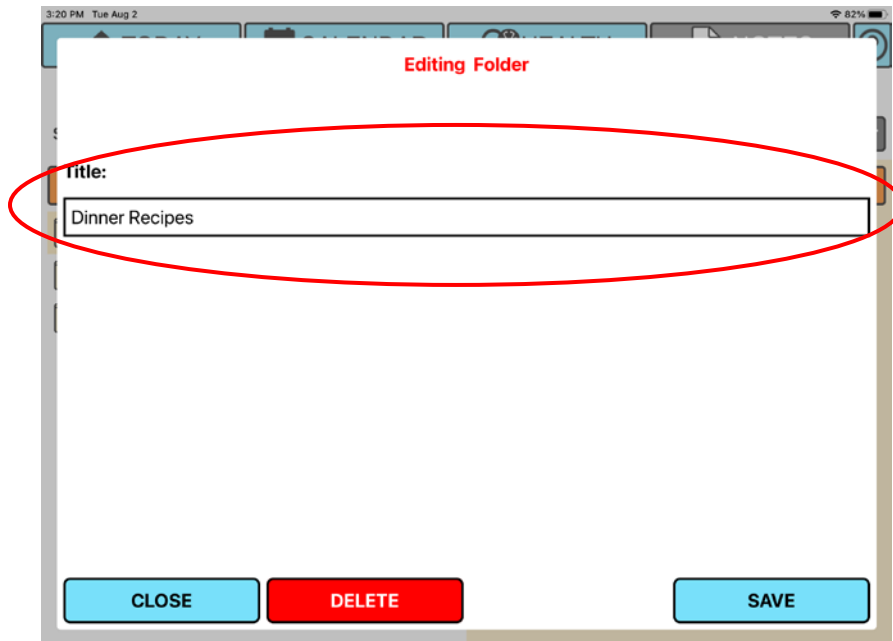
To edit the title of an added folder, tap the blue “Edit” button next to the folder title.



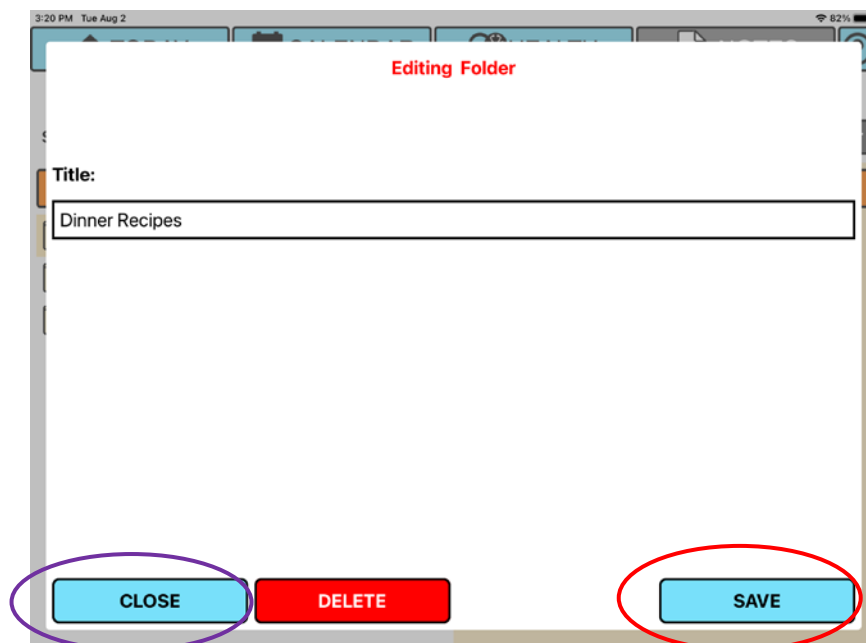
Next, tap the blue “EDIT” button.



Tap the box under “Title” to make the change.

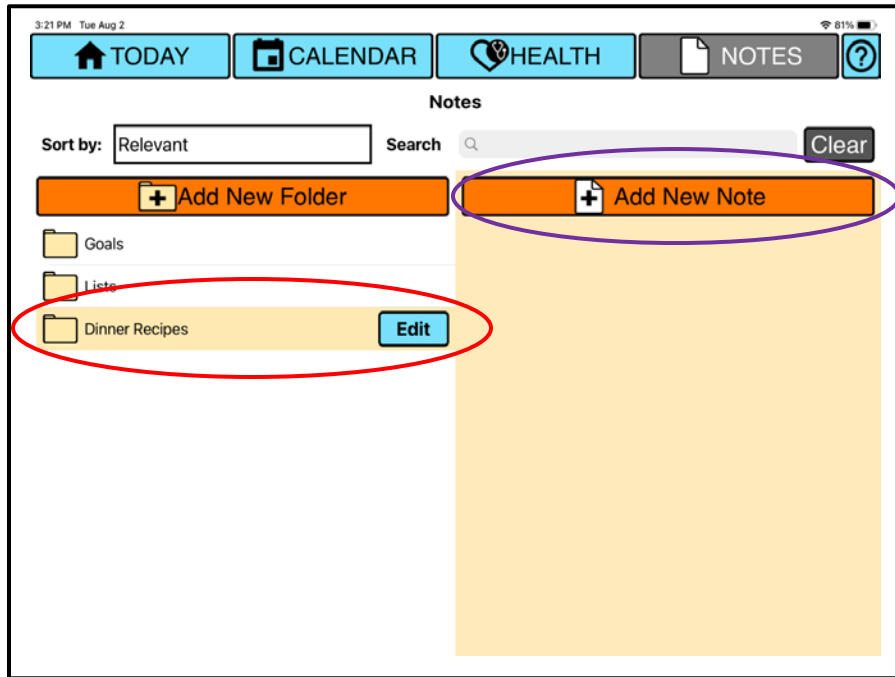


Then, tap the blue “SAVE” button, and then tap the blue “CLOSE” button.

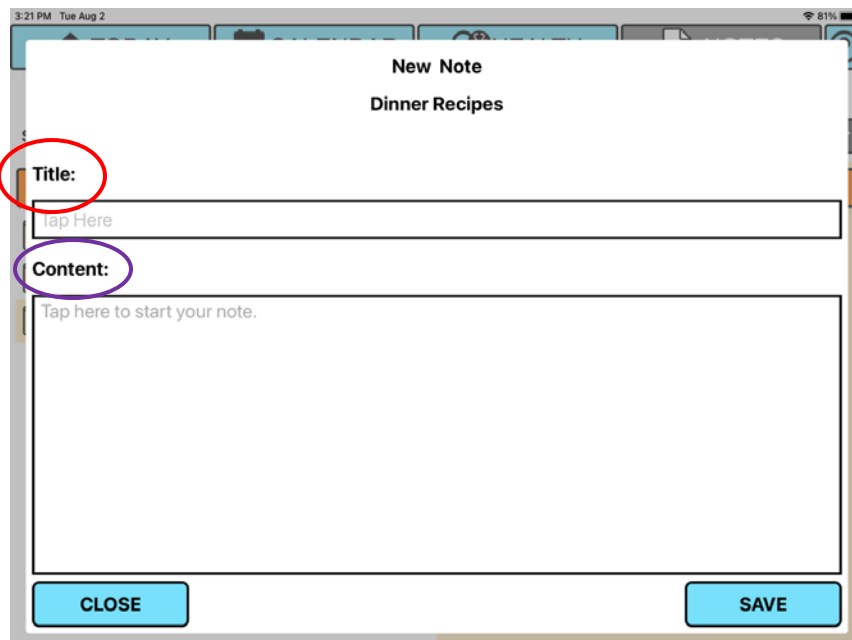


Notes

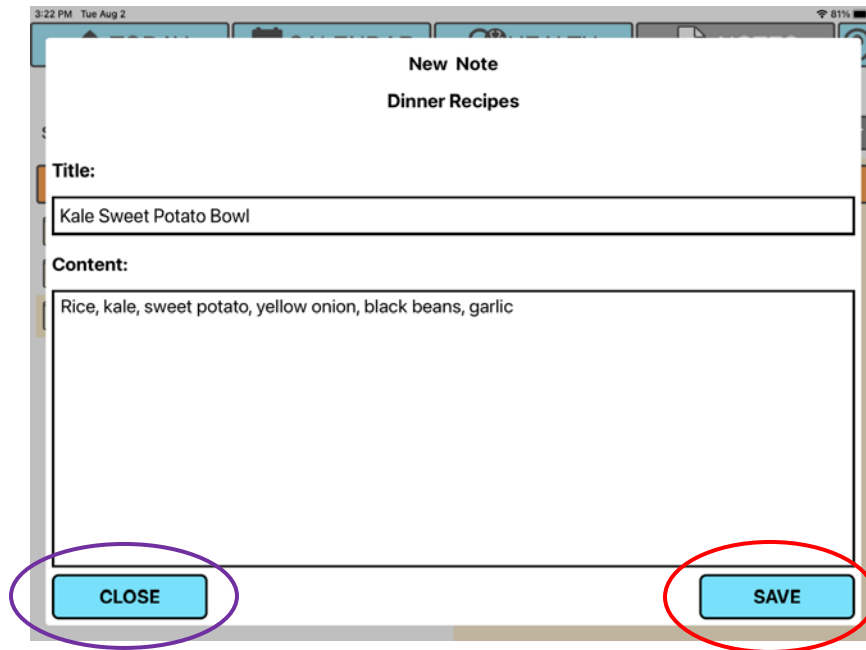
To create a new note, select the correct folder for the note and tap the orange “Add New Note” button on the right side of the screen.



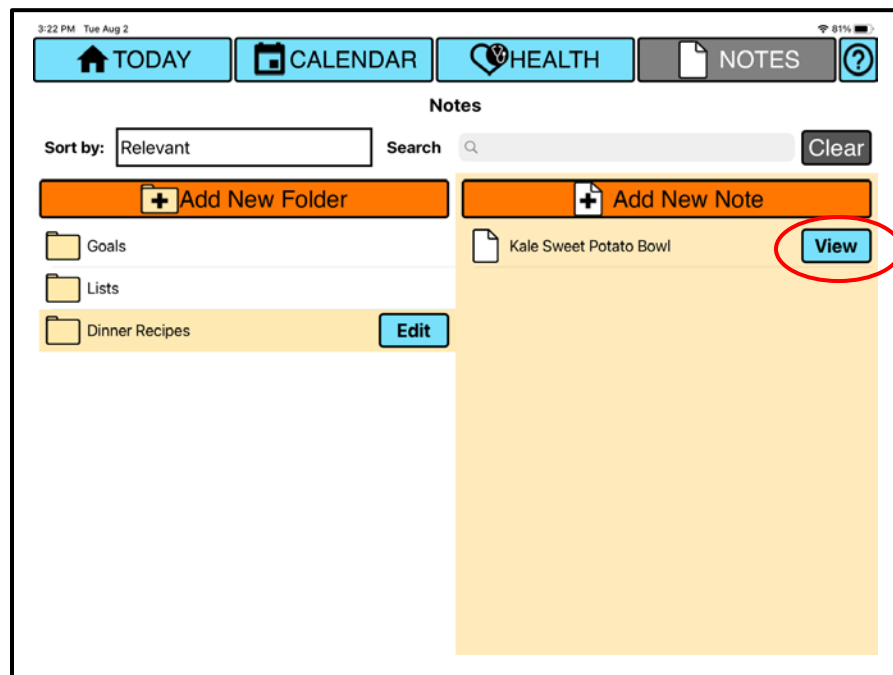
Next, tap the box under “Title” to input a title. To input note content, tap the box under “Content.”



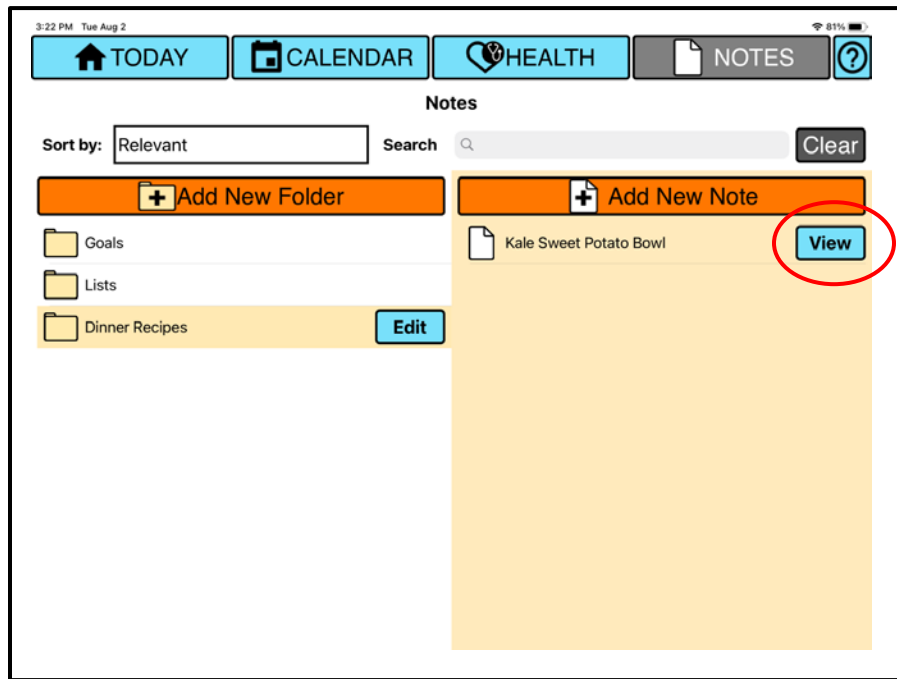
Next, tap the blue “SAVE” button, and then tap the blue “CLOSE” button.



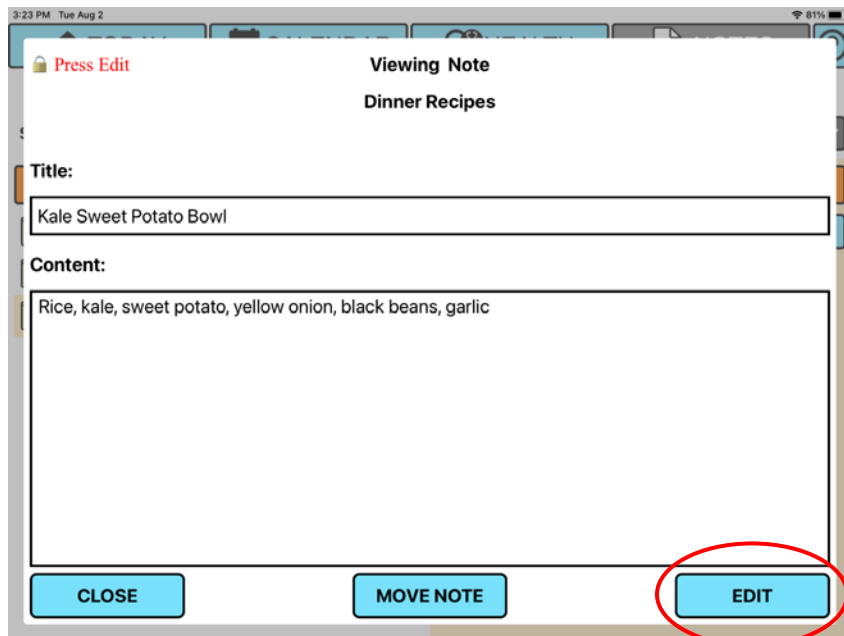
To view the content of a note, tap the blue “View” button next to the note title.



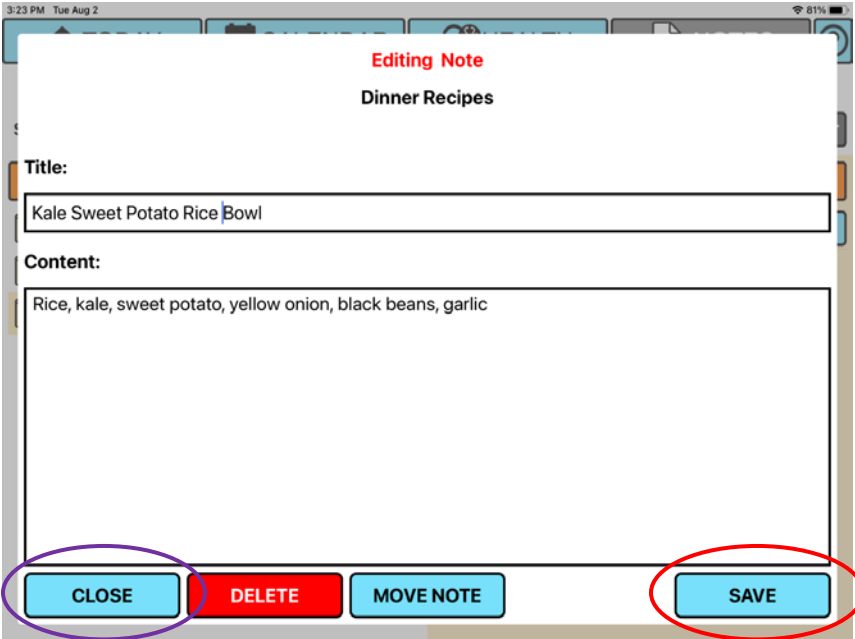
To edit a note, tap the blue “View” button next to the note title.



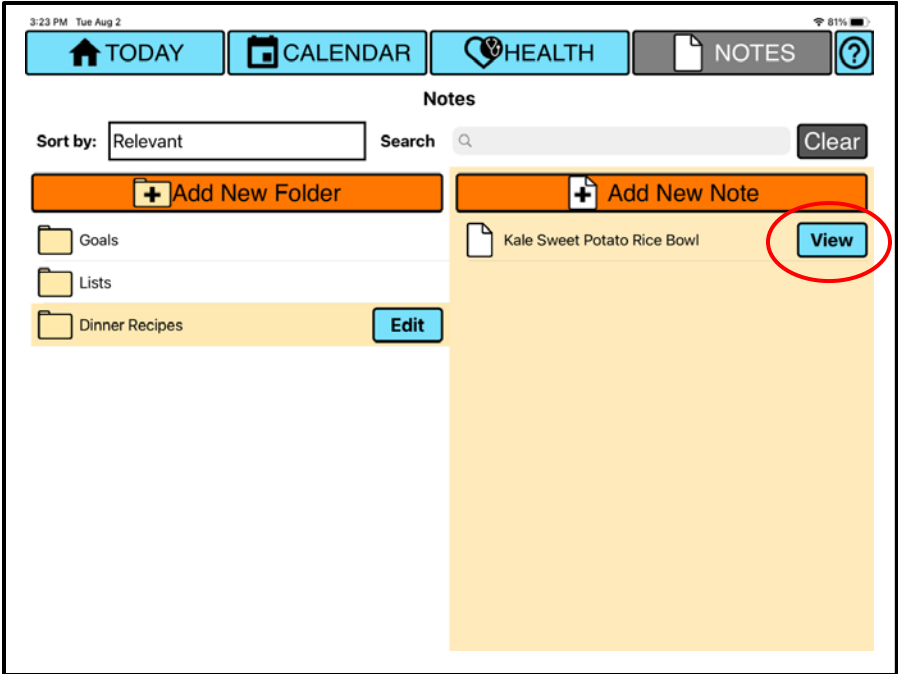
Then, tap the blue “EDIT” button to edit the note.



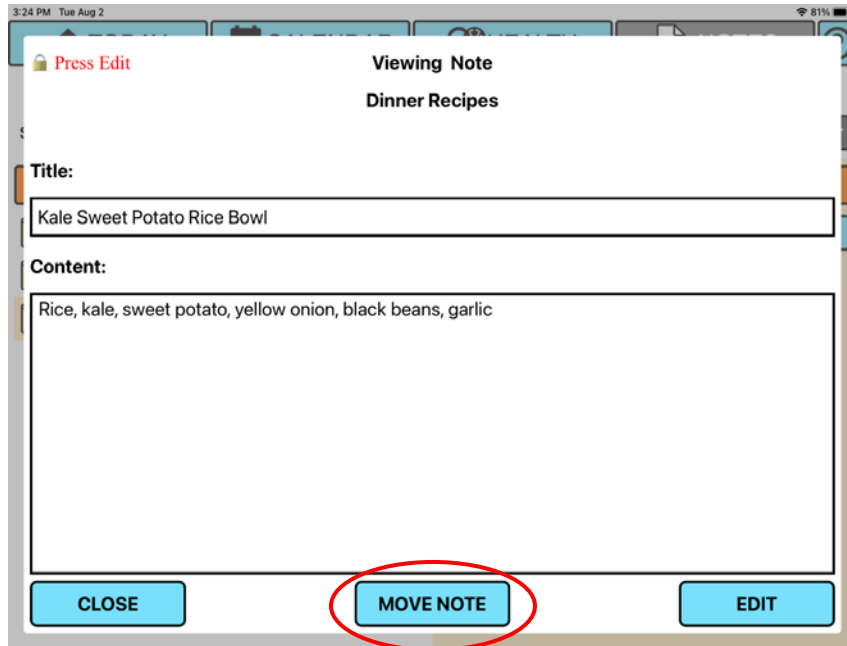
After editing, tap the blue “SAVE” button, and then tap the blue “CLOSE” button.



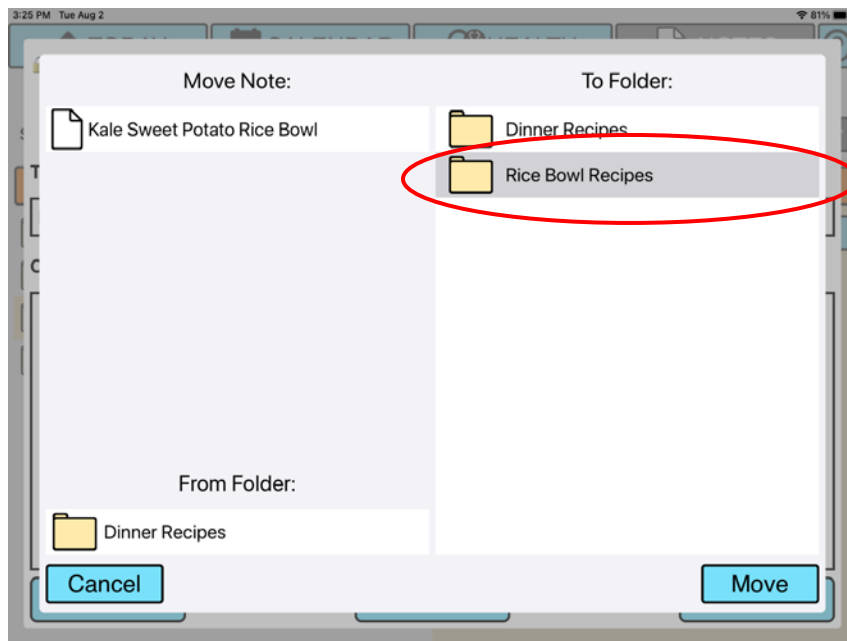
To move a note from one folder to another folder, tap the blue “View” button next to the note title.



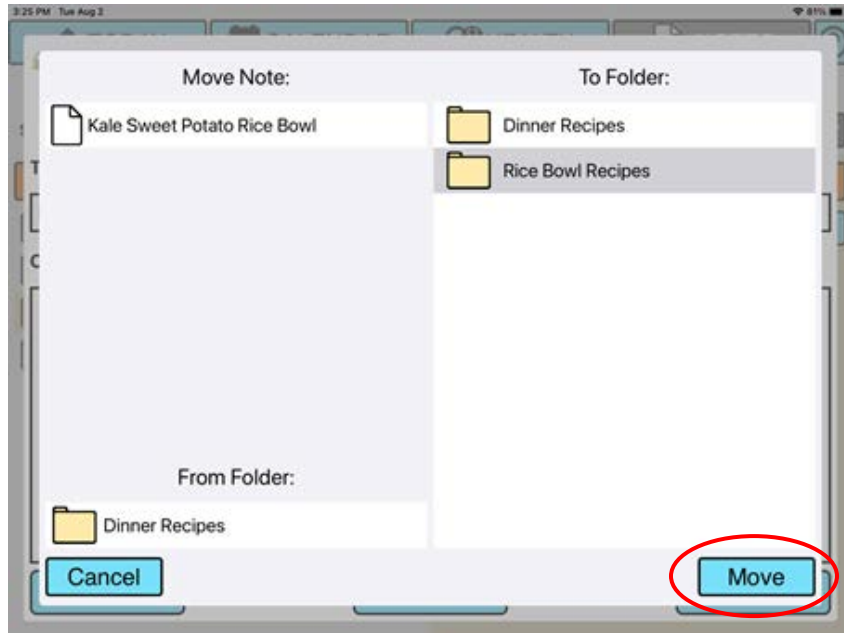
Then, tap the “MOVE NOTE” button.



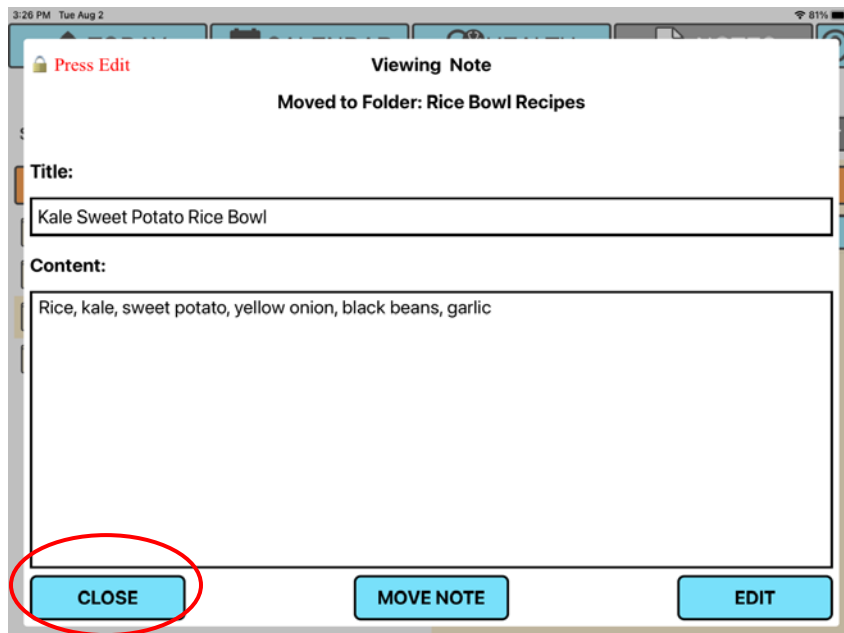
On the right side of the screen, select which folder to move the note to.



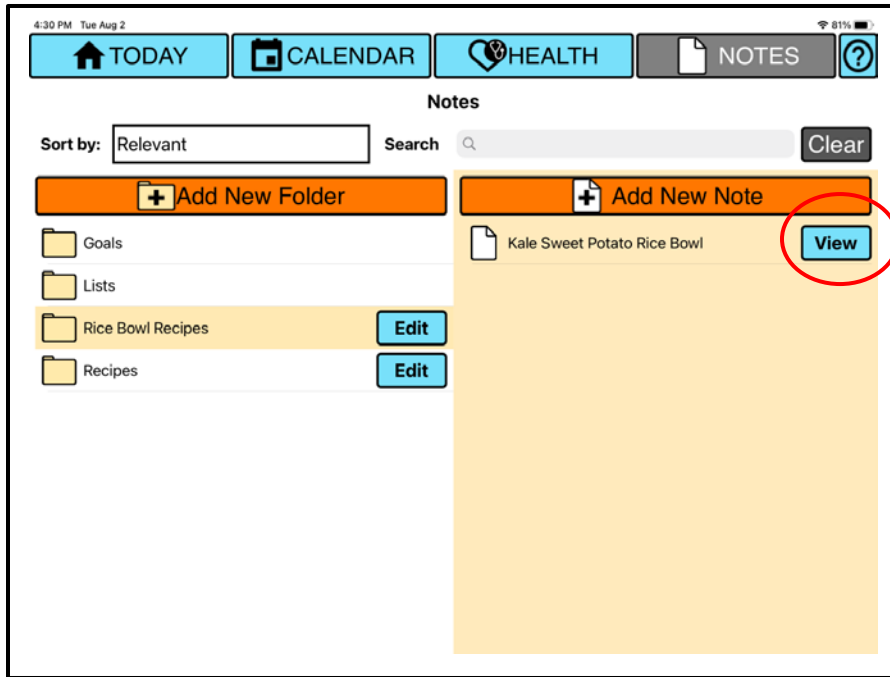
Once the folder is selected, tap the “Move” button.



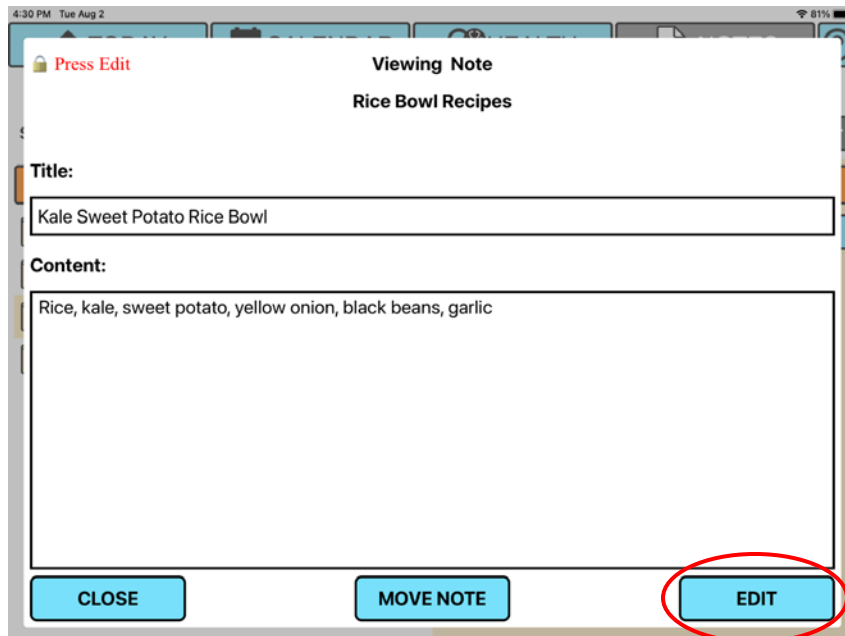
Then, tap the “CLOSE” button. Notes within pre-set folders cannot be moved.



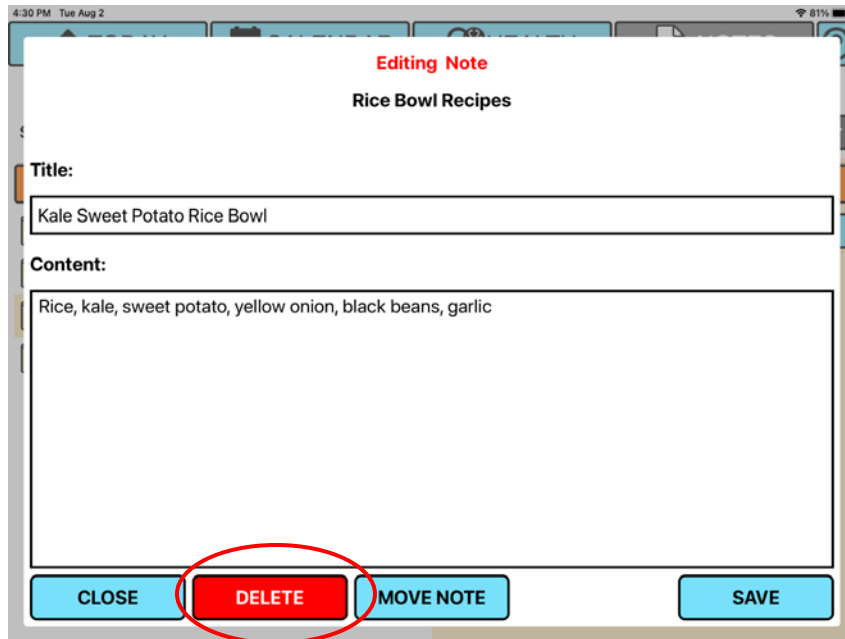
To delete a note, tap the blue “View” button next to the note title.



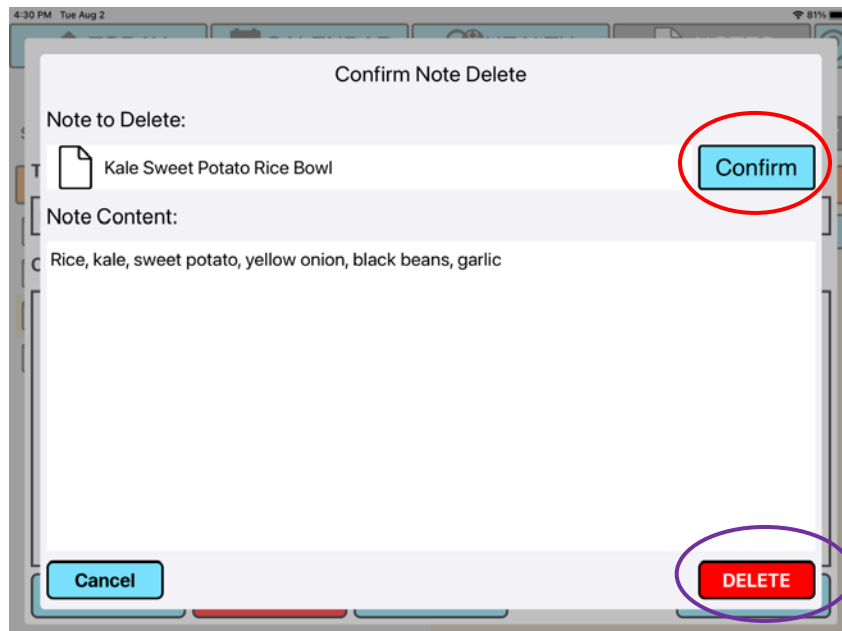
Tap the blue “EDIT” button.



Then, choose the red “DELETE” button.

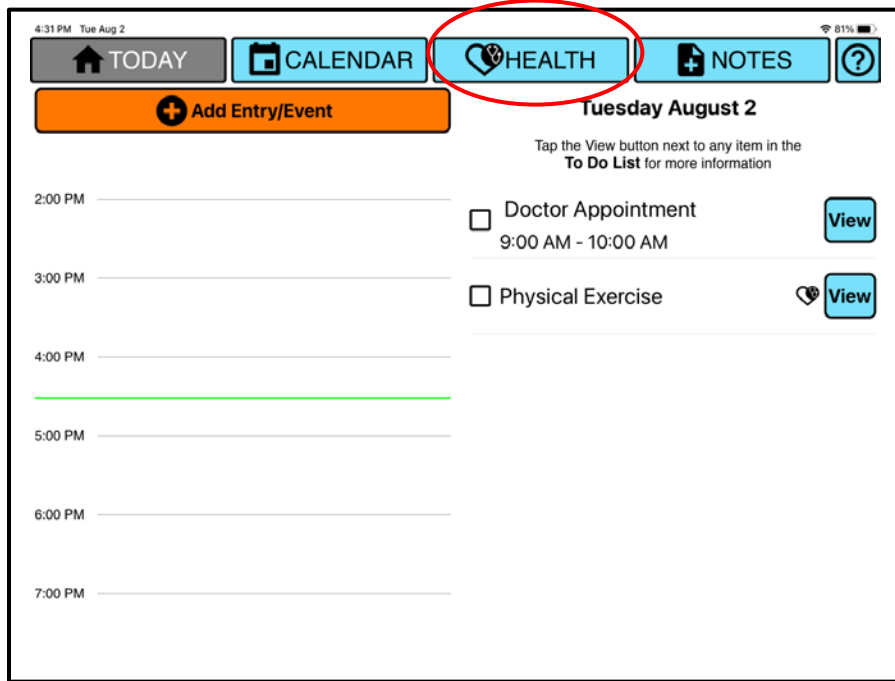


Now, press the blue “Confirm” button to confirm the deletion and then select the “Delete” button again to permanently remove the note.

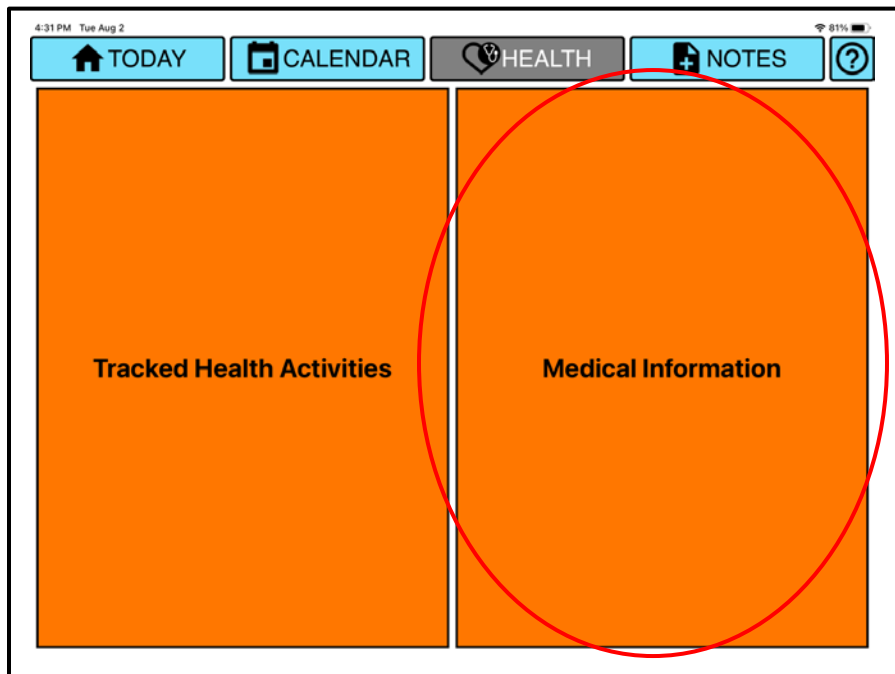


Medical Information

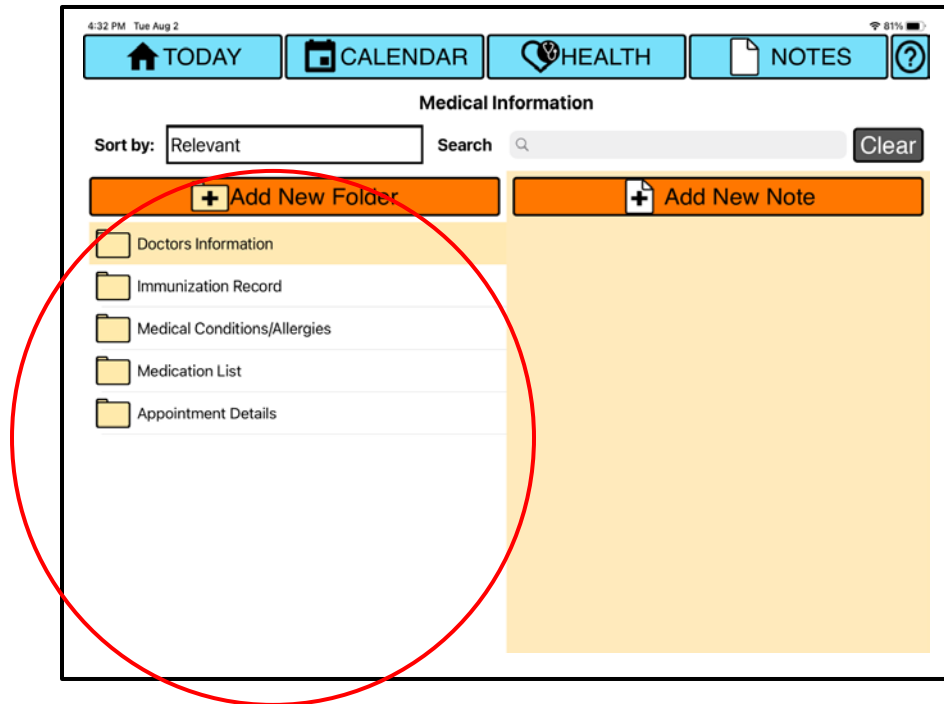
To view your medical information, tap the blue “HEALTH” button at the top of the screen.



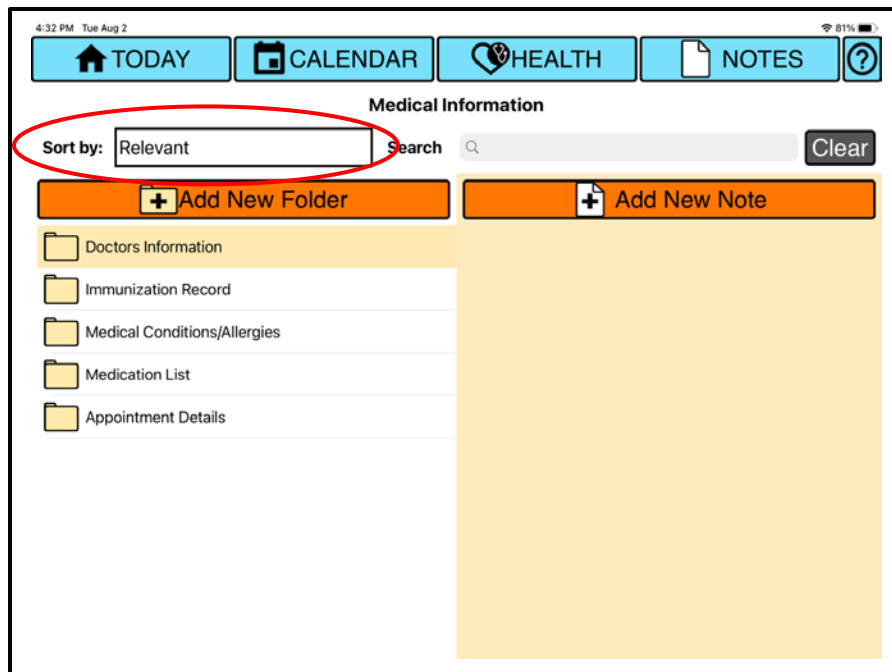
Then tap the orange “Medical Information” button.



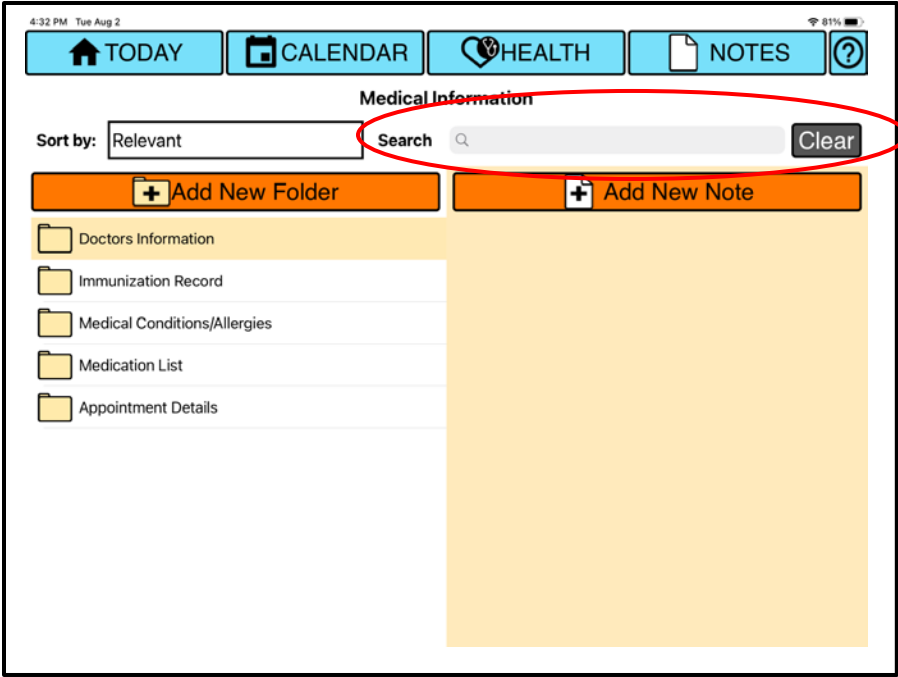
Next, tap the correct folder on the left side of the screen.



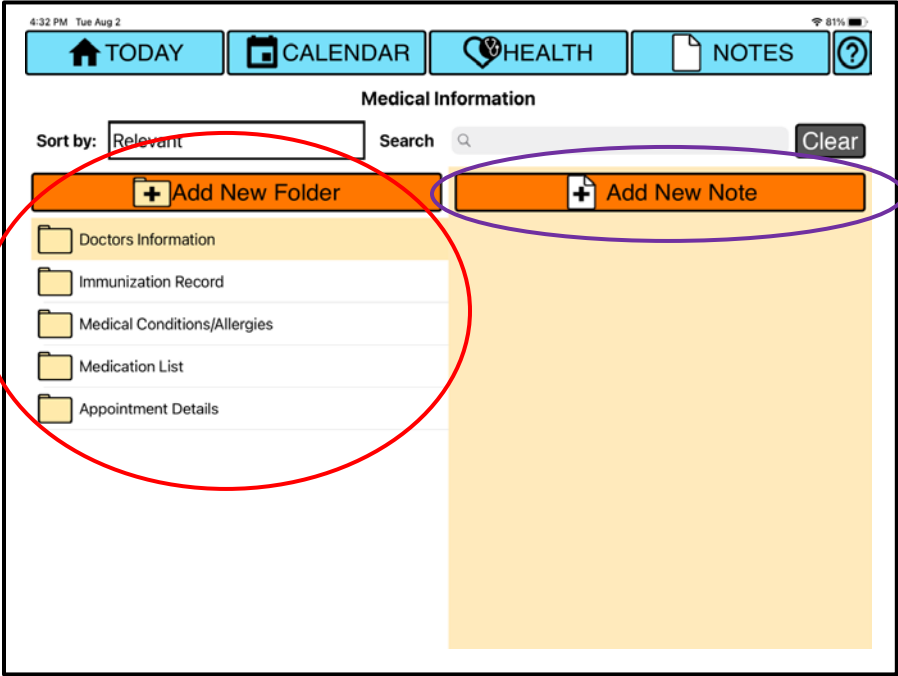
To sort the folders or notes, tap the box next to "Sort by" and select one of the sorting options.



To search for a note, tap the box next to “Search” and input your search word(s).



To create a new note, select the correct folder for the note and tap the orange “Add New Note” button on the right side of the screen.



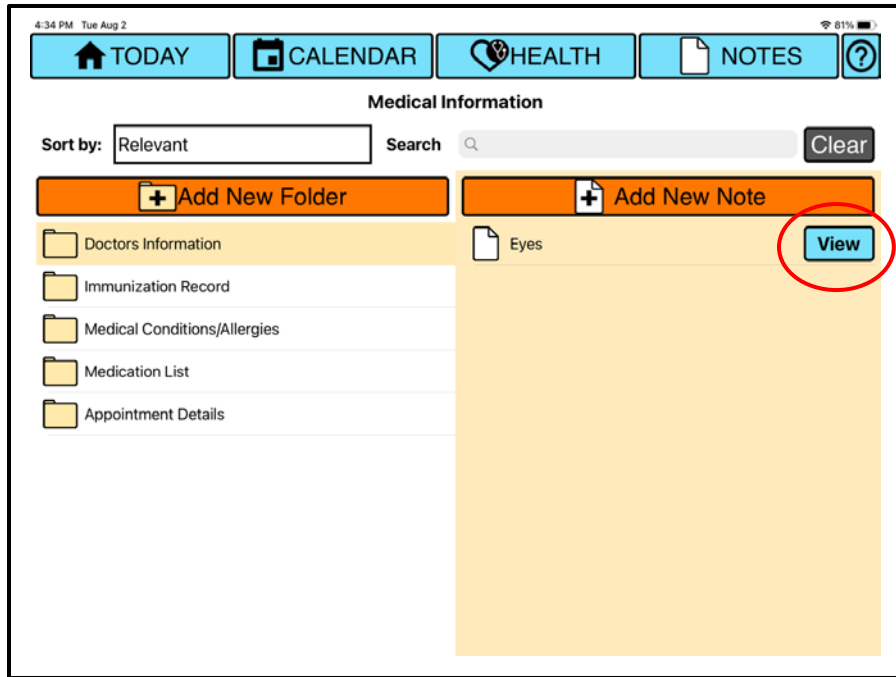
Next, tap within each text box to input the relevant medical information. When the note is complete, tap the blue “SAVE” button and then tap the blue “CLOSE” button.

The screenshot shows a mobile application interface for creating a new doctor note. The form is titled "New Doctor Note" and "Doctors Information". It contains several text input fields: "Specialty" (filled with "Eye Sight"), "Name" (filled with "Dr. Retina"), "Phone Number" (filled with "(XXX) XXX - XXXX"), "Address" (filled with "123 Medical Way"), and "Details" (filled with "Always bring glasses"). At the bottom of the form, there are two blue buttons: "CLOSE" on the left and "SAVE" on the right. Both buttons are circled with red lines.

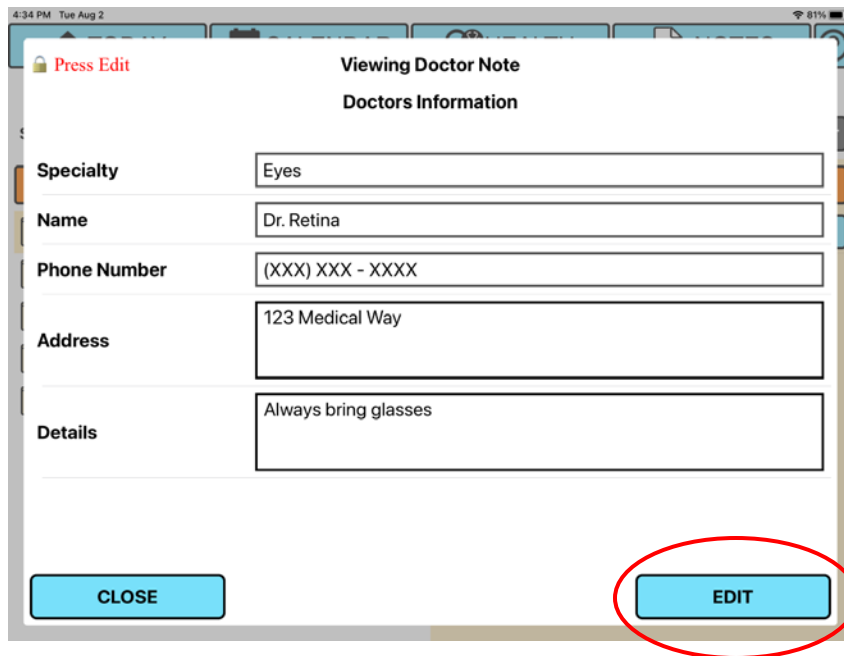
To view the content of a note, tap the blue “View” button next to the note title.

The screenshot shows a mobile application interface for viewing medical information. The screen is titled "Medical Information" and has a navigation bar at the top with buttons for "TODAY", "CALENDAR", "HEALTH", "NOTES", and a help icon. Below the navigation bar, there is a "Sort by:" dropdown menu set to "Relevant", a search bar, and a "Clear" button. There are two orange buttons: "+ Add New Folder" and "+ Add New Note". Below these buttons, there is a list of folders: "Doctors Information", "Immunization Record", "Medical Conditions/Allergies", "Medication List", and "Appointment Details". To the right of the "Doctors Information" folder, there is a note titled "Eyes" with a blue "View" button next to it. The "View" button is circled with a red line.

To edit a note, tap the blue “View” button next to the note title.



Tap the blue “EDIT” button to edit the note.



Next, tap the blue “SAVE” button and then tap the blue “CLOSE” button.

Editing Doctor Note

Doctors Information

Specialty: Eye Sight

Name: Dr. Retina

Phone Number: (XXX) XXX - XXXX

Address: 123 Medical Way

Details: Always bring glasses

Buttons: CLOSE (circled in purple), DELETE (red), SAVE (circled in red)

To delete a note, tap the blue “View” button next to the note title.

Medical Information

Sort by: Relevant Search: [] Clear

Buttons: + Add New Folder, + Add New Note

Folders: Doctors Information, Immunization Record, Medical Conditions/Allergies, Medication List, Appointment Details

Note: Eye Sight (View button circled in red)

Tap the blue "EDIT" button.

4:35 PM Tue Aug 2 81%

Press Edit

Viewing Doctor Note

Doctors Information

Specialty	Eye Sight
Name	Dr. Retina
Phone Number	(XXX) XXX - XXXX
Address	123 Medical Way
Details	Always bring glasses

CLOSE EDIT

Then choose the red "DELETE" button.

4:35 PM Tue Aug 2 81%

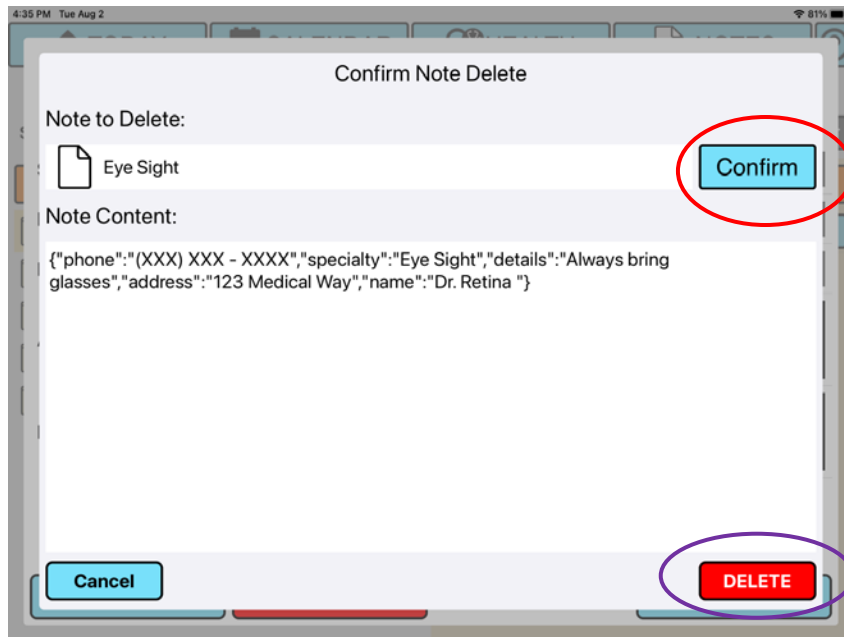
Editing Doctor Note

Doctors Information

Specialty	Eye Sight
Name	Dr. Retina
Phone Number	(XXX) XXX - XXXX
Address	123 Medical Way
Details	Always bring glasses

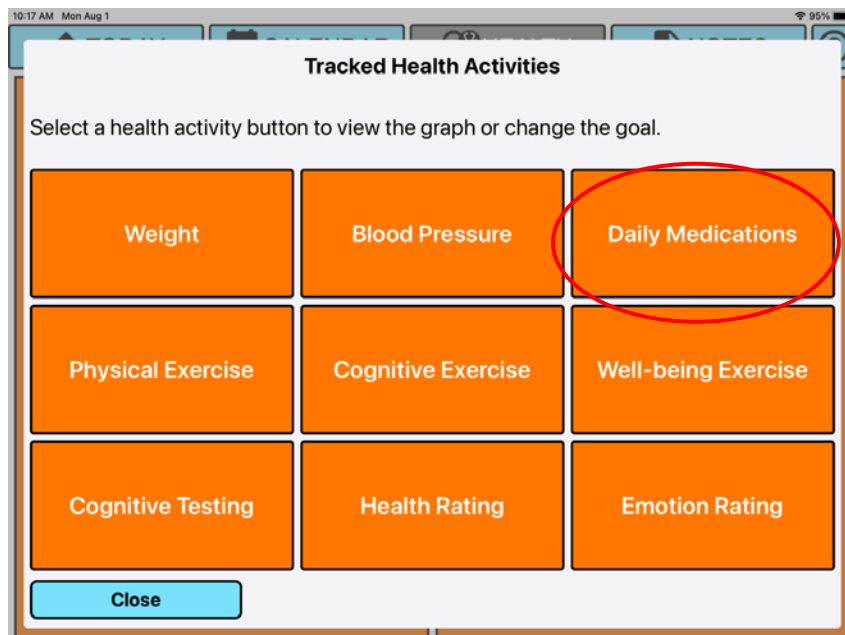
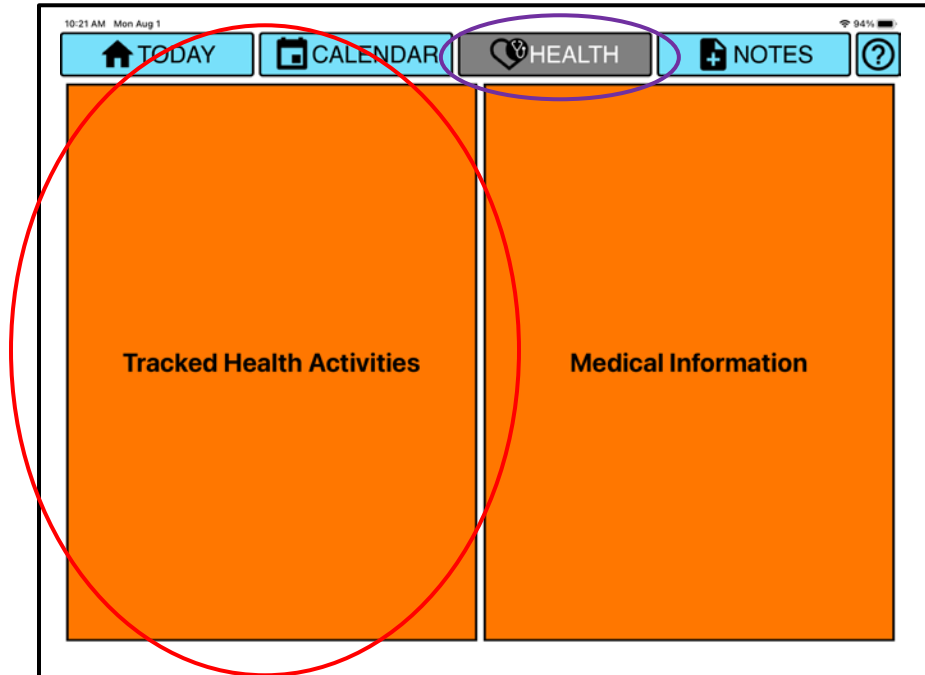
CLOSE DELETE SAVE

Press the blue “Confirm” button to confirm the deletion and then select the “Delete” button again to permanently remove the note.



Scheduling Medications

To schedule your medication(s), go to the “Health” page and select “Tracked Health Activities.”



If this is your first time to schedule medications, a page titled “Daily Medication Schedule” will appear.

Daily Medication Schedule (tap any field to change values)

Time	8:00 AM	12:00 PM	5:00 PM	8:00 PM
Title	Morning	Noon	Evening	Night
Description				
Turn On (green)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any changes made to the medication schedule will be active from today's date onwards

For medications that are not daily, set up repeated event

Close Save

Otherwise, a Medications graph will appear with a “Change Medications” button at the bottom; select this button to go to your Medication Schedule.

Daily Medications Adherence

Jul 31, 2022 - Aug 6, 2022

Time 1							
Time 2							
Time 3							
Time 4							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Close Change Medications View Progress

On the “Daily Medication Schedule” page, tap the time box and input the time at which your medication(s) should be taken.

Daily Medication Schedule (tap any field to change values)

Time	8:00 AM	12:00 PM	5:00 PM	8:00 PM
Title	Morning	Noon	Evening	Night
Description				
Turn On (green)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any changes made to the medication schedule will be active from today's date onwards

For medications that are not daily, set up repeated event

Close Save

Next, tap the title box and input a title. Note: The word medications will always appear at the end of your title and medications will be scheduled daily. The title will appear on your To Do List and Time Schedule.

Daily Medication Schedule (tap any field to change values)

Time	8:00 AM	12:00 PM	5:00 PM	8:00 PM
Title	Morning	Noon	Evening	Night
Description				
Turn On (green)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any changes made to the medication schedule will be active from today's date onwards

For medications that are not daily, set up repeated event

Close Save

Next, tap the description box and input relevant information for taking the medication(s).

The screenshot shows a mobile application interface for setting a medication schedule. The title is "Daily Medication Schedule (tap any field to change values)". The form has four columns representing different times of the day: 8:00 AM, 12:00 PM, 5:00 PM, and 8:00 PM. The rows are labeled "Time", "Title", "Description", and "Turn On (green)". The "Description" row is highlighted with a red oval. Below the form, there are two buttons: "Close" and "Save".

Time	8:00 AM	12:00 PM	5:00 PM	8:00 PM
Title	Morning	Noon	Evening	Night
Description				
Turn On (green)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any changes made to the medication schedule will be active from today's date onwards

For medications that are not daily, set up repeated event

Close Save

Lastly, tap the "Turn On" toggle to green and press the "Save" button.

The screenshot shows the same mobile application interface as the previous one. In this view, the "Turn On (green)" row is highlighted with a red oval, and the "Save" button is highlighted with a purple oval. The "Description" field is now empty.

Time	8:00 AM	12:00 PM	5:00 PM	8:00 PM
Title	Morning	Noon	Evening	Night
Description				
Turn On (green)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any changes made to the medication schedule will be active from today's date onwards

For medications that are not daily, set up repeated event

Close Save

Next, select the type of health activity of the event.



If you have not previously set a goal for the health activity, then a goal setting page will appear for you to enter a goal.



Then, fill out the remaining sections on the “Add Entry/Event” page as needed and select “Save.”

3:22 PM Mon Aug 1

Add Entry/Event for August 1, 2022

Tap inside any of the boxes to make changes

Date: August 1, 2022 ✓

Start Time: None End Time: None No Specific Time

Title: Physical Activity ✓

Description: Participate in at least 30 minutes of mild to moderate exercise 7 days a week ✓

Is this event high priority? NO YES

Reminder(s): None Start Time 10 min 15 min 30 min 60 min

Repeat: None Daily Weekly Monthly Yearly

Is this event for health tracking? NO YES

Cancel Save

This will add a heart icon next to the event on the “To Do List.”

10:21 AM Mon Aug 1

TODAY CALENDAR HEALTH NOTES

+ Add Entry/Event

Monday August 1

Tap the View button next to any item in the To Do List for more information

8:00 AM _____ Physical Exercise View

9:00 AM _____

10:00 AM _____

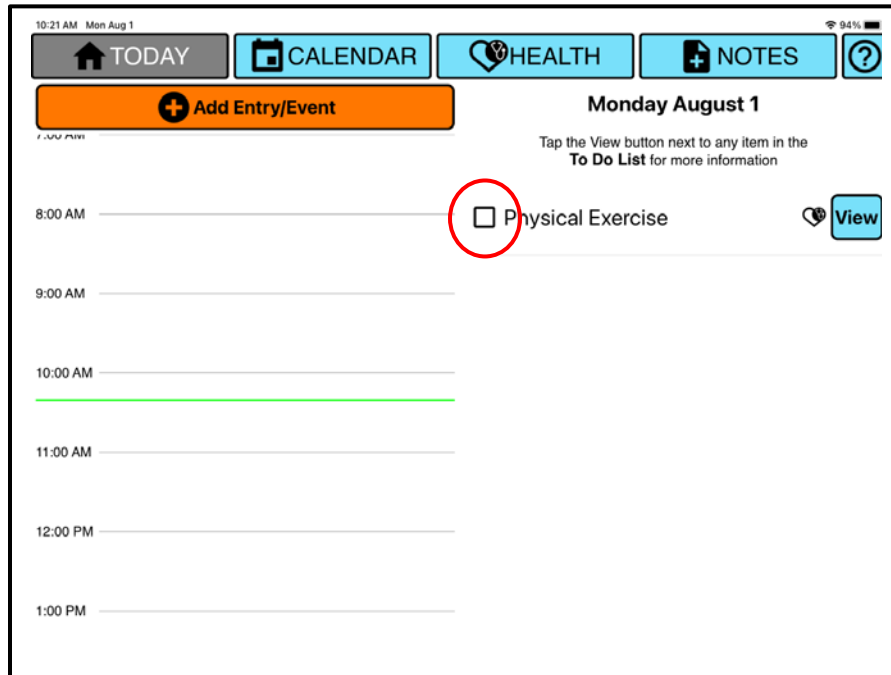
11:00 AM _____

12:00 PM _____

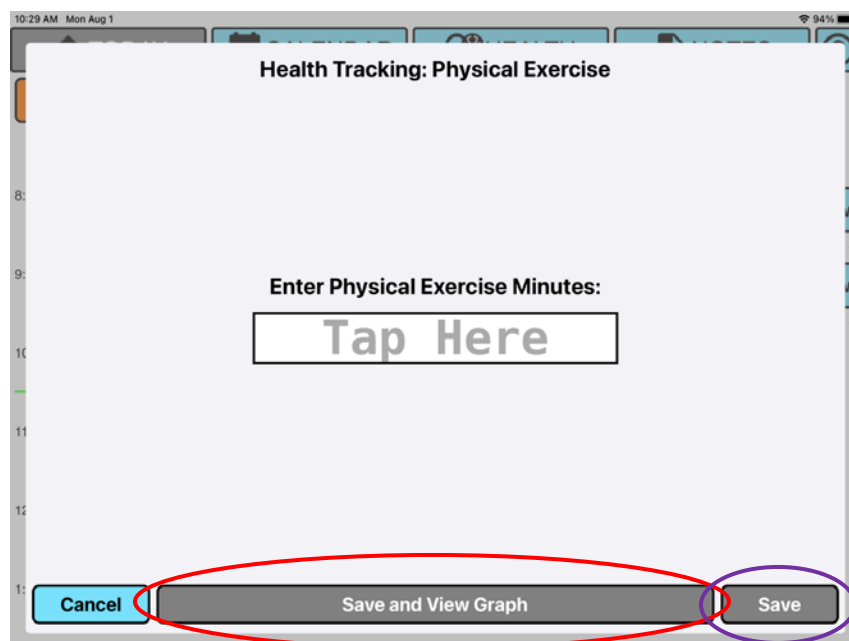
1:00 PM _____

Entering Tracked Health Activities

To enter data for a health activity, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”



If this is an exercise, weight, or blood pressure health event, touch the “Tap Here” box in the center of the screen and input the amount you have completed or measured for the activity. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.



If this is a medication, cognitive testing, or rating event, read the statement on the screen and tap the button that indicates your response. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

The screenshot shows a mobile app interface for rating stress. At the top, the status bar displays "10:29 AM Mon Aug 1" and "94%" battery. The main content area is titled "Rate your level of Stress:". Below the title is a horizontal scale with five buttons labeled "1", "2", "3", "4", and "5". Above the buttons are the labels "Not at all", "A little", "Moderate", "Quite a bit", and "Very much". At the bottom of the screen, there are three buttons: "Cancel" (light blue), "Save and View Graph" (grey), and "Save" (blue). A red oval highlights the "Save and View Graph" button, and a purple oval highlights the "Save" button.

Weight:

To enter data for weight, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then touch the “Tap Here” box in the center of the screen and input the pounds you have measured for your weight. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Blood Pressure:

To enter data for blood pressure, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then touch the “Tap Here” box in the center of the screen and input the amount you have measured for your blood pressure. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Daily Medications:

To enter data for daily medications, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then read the statement on the screen and tap the button that indicates your response. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Physical Exercise:

To enter data for physical exercises, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then touch the “Tap Here” box in the center of the screen and input the minutes of physical exercise you have completed. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Cognitive Exercise:

To enter data for cognitive exercises, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then touch the “Tap Here” box in the center of the screen and input the number of cognitive exercises you have completed. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Well-being Exercise:

To enter data for well-being exercises, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then touch the “Tap Here” box in the center of the screen and input the number of well-being exercises you have completed. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

Cognitive Testing:

To enter data for cognitive testing, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then read the instructions on the screen and tap the blue “Tap Here to Start” button to begin the test. Once you complete the test, tap the blue “Close” button to save your entry and return to the “TODAY” page. You can also select the blue “View Graph” button to save and view your progress.

Health Rating:

To enter data for health ratings, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then read the statement on the screen and tap the button that indicates your rating. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

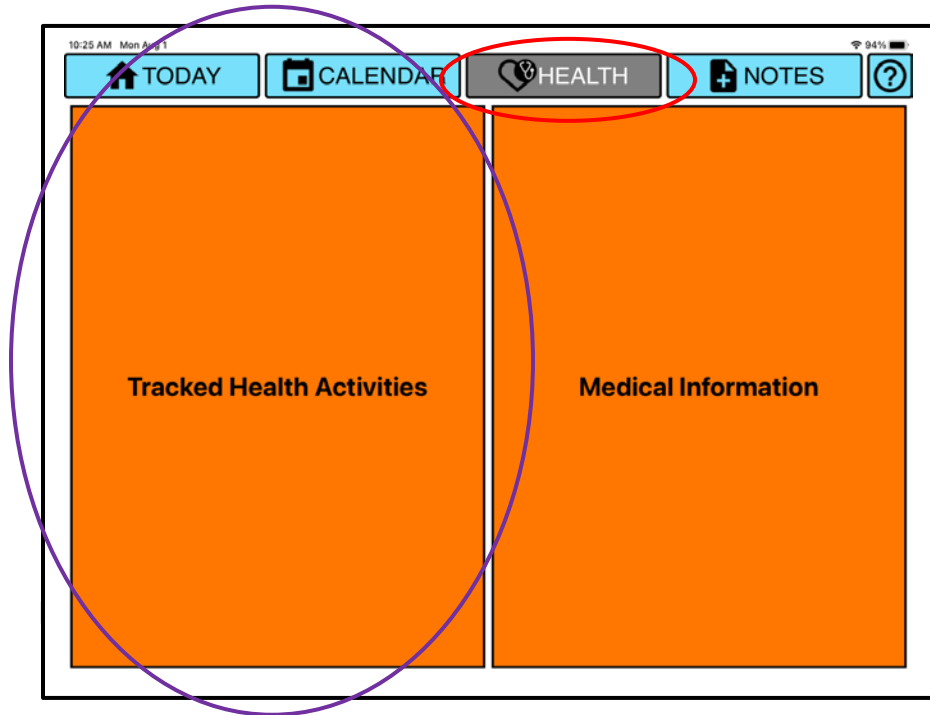
Emotion Rating:

To enter data for emotion ratings, go to the “TODAY” page and tap on the check box to the left of the event on the “To Do List.”

Then read the statement on the screen and tap the button that indicates your rating. Next, tap the blue “Save” button to save your entry and return to the “TODAY” page. You can also select “Save and View Graph” to save and view your progress.

From the “Health” Page:

Go to the “HEALTH” page and select the orange “Tracked Health Activities” button.



If it is your first time viewing a tracked health activity, a goal setting page will appear for you to enter a goal.

10:23 AM Mon Aug 1

TODAY CALENDAR HEALTH NOTES

Set Health Tracking Goal

Weekly Goal: Minutes of Physical Exercise

210

At least 150 minutes of moderate exercise activity per week is recommended.

Cancel Save

For a health or emotion rating activity, you will be asked to select one of five options to rate.

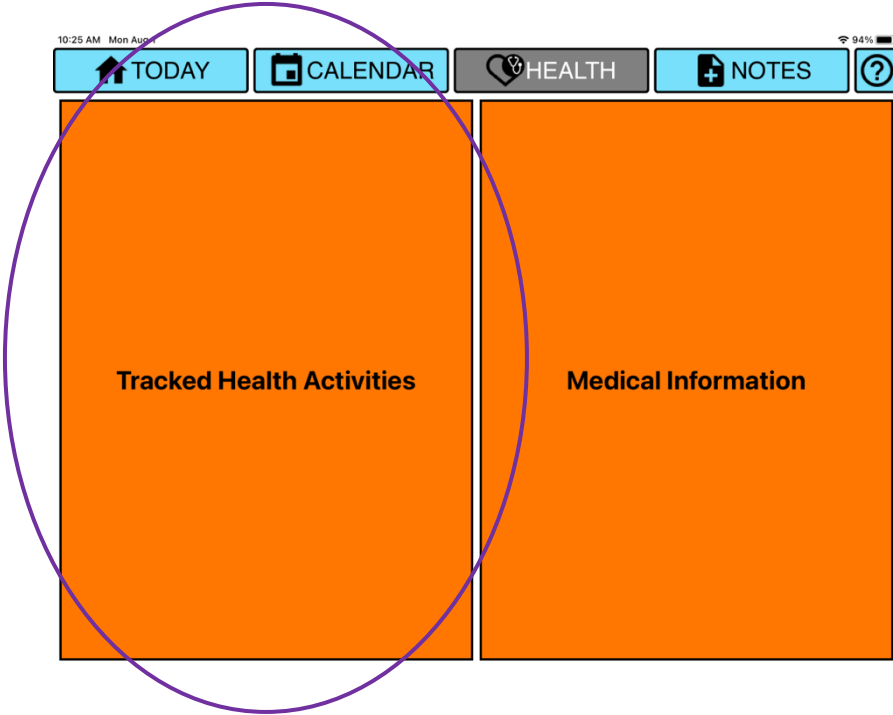
10:26 AM Mon Aug 1

Select Emotion Rating Question

- Happiness
- Stress
- Optimism
- Loneliness
- Other

Cancel Save

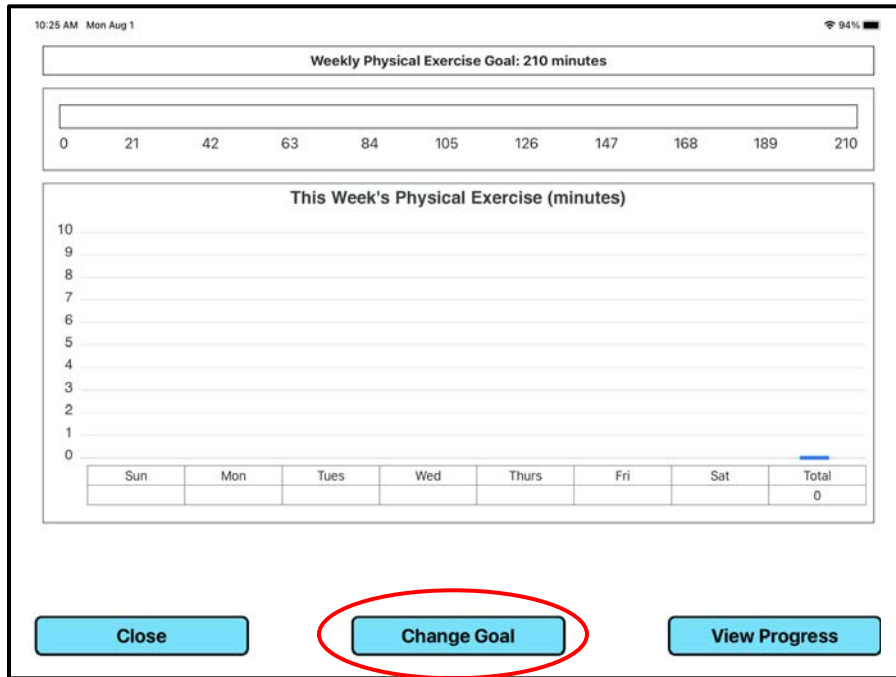
Once a health activity goal has been set, it can be changed on the “Health” page. To change the goal of a health activity, select “Tracked Health Activities.”



Then tap the button of the health activity you would like to change the goal of.



Next, tap the “Change Goal” button at the bottom center of the graph page and change your goal.



Press the “Save” button to save your goal.

10:23 AM Mon Aug 1 94%

TODAY CALENDAR HEALTH NOTES

Set Health Tracking Goal

Weekly Goal: Minutes of Physical Exercise

210

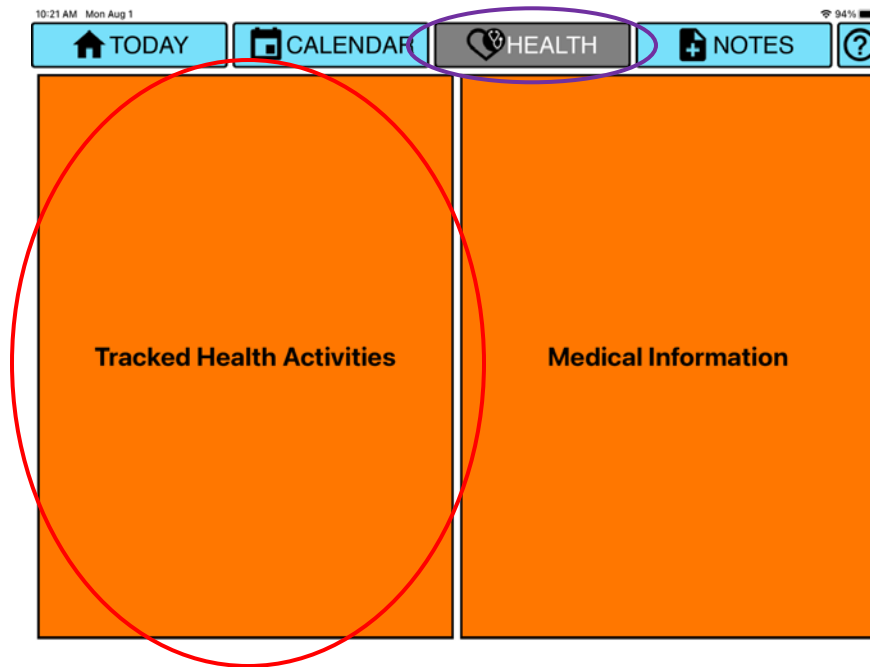
At least 150 minutes of moderate exercise activity per week is recommended.

Cancel Save

Viewing Health Activities Graphs

From the “Health” Page:

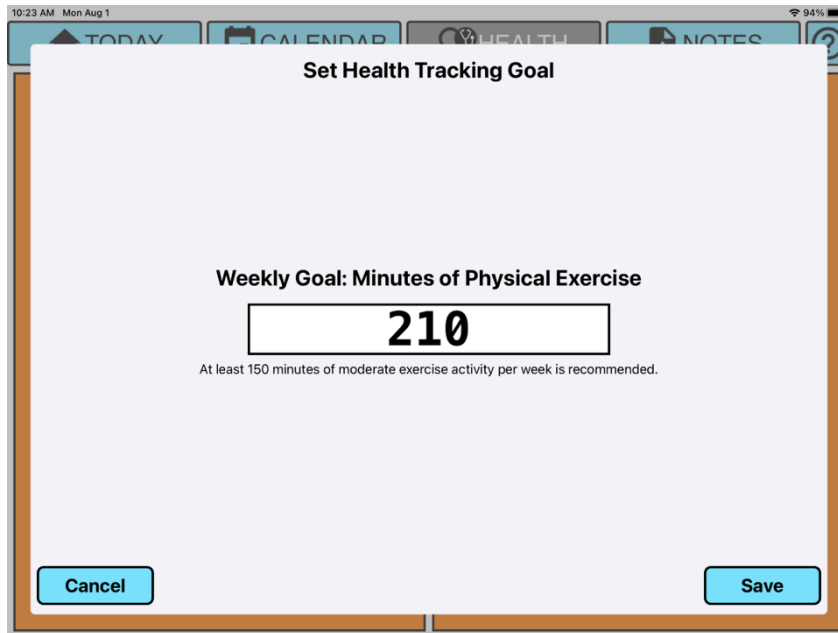
Tap the orange “Tracked Health Activities” button.



Then, select the type of health activity graph you want to view.

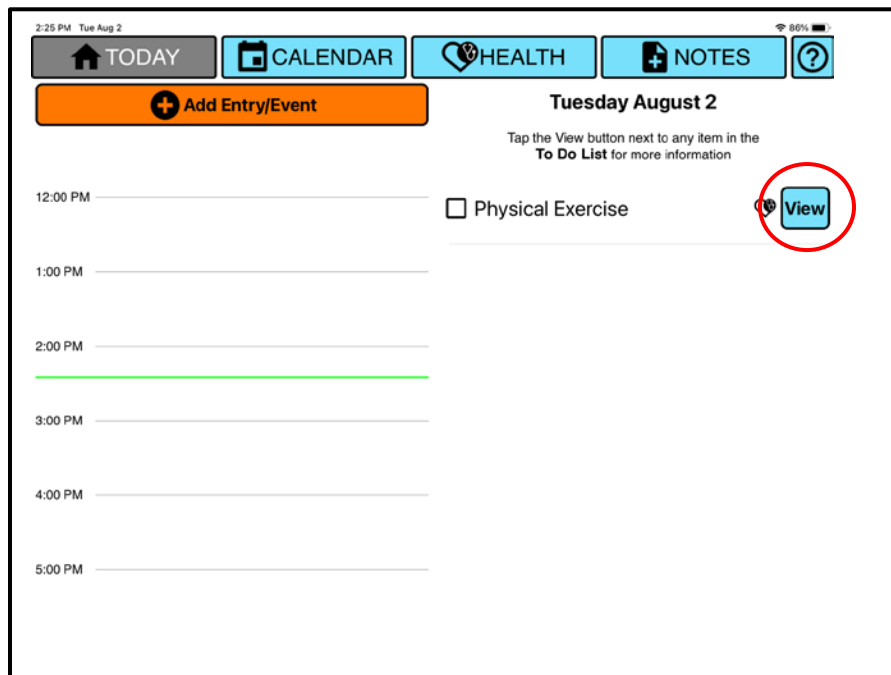


Note: If it is your first time viewing a tracked health activity, you may be asked to set a goal before viewing the health activity graph.

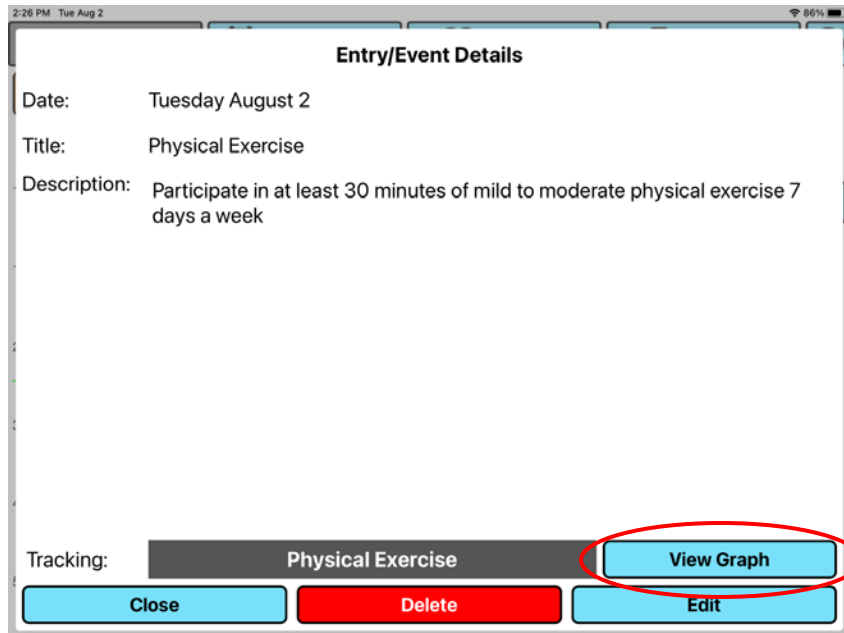


From the Today Page:

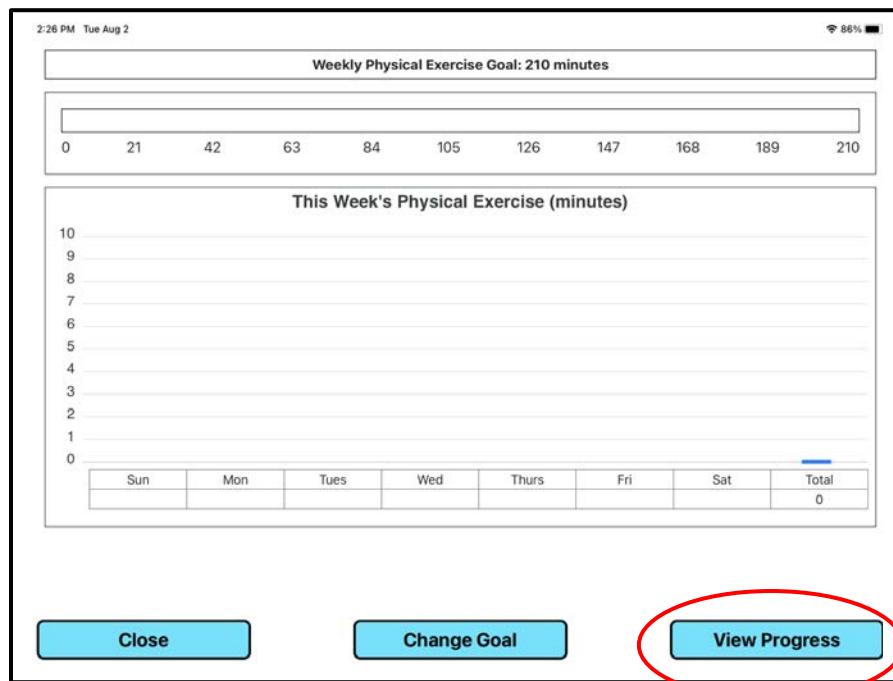
On the “To Do List,” tap the blue “View” button next to an event labeled as a health tracking activity with the heart icon.



Next, tap the blue “View Graph” button to view the graph.



The graph displays your daily progress on the health activity for the week. The days of the week are presented at the bottom of the graph. For a health activity with a goal, the weekly goal is displayed at the top of the graph. You can view your progress for a time frame greater than one week by tapping on the “View Progress” button.



Cognitive Testing

For this task, you will press YES if the shape is the same as the previous one and NO if it is not. Please respond quickly and accurately to as many shapes as you can. You will have 45 seconds to complete the task.

Prior to the task starting, a picture of a shape (circle, diamond, or triangle) will appear with a number counting down from 3. This will be your first shape. After the first shape disappears a new shape will appear on the screen with a green YES button and a red NO button below it. A timer will count down from 45 at the top of the screen.

In the example below, the first shape is a circle. Because the following shape, a diamond, is not the same as the previous circle, you would press the NO button. Next, because the diamond is followed by another diamond, you would press YES. Lastly, because the triangle is not the same as the previous shape, a diamond, you would press NO.

