

eClinicalWorks

healow Kids

September 2016



healow

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ABOUT THIS GUIDE

This document provides information about healow™ Kids. healow™ Kids is a free app available on Google Play™ or the Apple App Store® that enables you to track your child's health and activities. It also enables you to access educational materials, videos, and other helpful areas of your child's growth and wellness.

Product Documentation

The eClinicalWorks documentation supports the eClinicalWorks Electronic Medical Record (EMR), Practice Management (PM), and/or additional software features.

eClinicalWorks Documentation is available from:

- my.eclinicalworks.com Customer Portal <https://my.eclinicalworks.com>
 - ◆ click the Documents and Videos widget on the Knowledge tab to display the documents available in PDF format
 - ◆ click the HelpHub widget on the Helpdesk tab to display the documents available in HelpHub
- eClinicalWorks application - from the Help menu, click the HelpHub link.

For more information, refer to the sections:

- [Webinars](#)
- [eClinicalWorks Newsletter](#)

Webinars

For more information, take advantage of the free unlimited eClinicalWorks webinars—interactive seminars conducted online. These courses are presented by product trainers who are experts with eClinicalWorks and all of its capabilities. To sign up for an eClinicalWorks webinar, go to:

my.eclinicalworks.com Customer Portal <https://my.eclinicalworks.com>.

To view and register for webinars, click the Knowledge tab and then click the Webinars widget.

eClinicalWorks Newsletter

To receive important, timely, and informative product notifications, subscribe to the eClinicalWorks Newsletter e-mailing list.

To subscribe to the newsletter:

- click the link available on the Customer Portal: <https://my.eclinicalworks.com>

OR

- click the link available on the eClinicalWorks website: <http://eclinicalworks.com/>

OR

- click the direct link: [eClinicalWorks newsletter](#)

Getting Support

For support-related issues, open a Support Case on the eClinicalWorks Customer Portal at:

<https://my.eclinicalworks.com>

You may also call or e-mail eClinicalWorks Support:

Phone: (508) 475-0450

E-mail: support@eclinicalworks.com




Conventions





This section list typographical conventions and describes the icons used to call out additional information and to indicate item keys, new features, and enhancements to the application.

- Typographical conventions:

Bold	Identifies options, keywords, and items in a description.
<i>Italic</i>	Indicates variables, new terms and concepts, foreign words, or emphasis.
Monospace	Identifies examples of specific data values, and messages from the system, or information that you should actually type.

- Icons are used to highlight new features and indicate enhanced features and item keys:

Icon	Description
	Indicates a Patient Safety feature.
	Indicates an item key.
	Identifies new features, suggested by clients, from the eCWideas website: http://ecwideas.eclinicalworks.com .

Icon	Description
	Identifies new features.
	Indicates an enhanced feature.
	Points out helpful tips or additional information.
	Indicates feature meets a Meaningful Use requirement.

Note to Cloud/SaaS Users: When accessing the eClinicalWorks application via RDP (Remote Desktop Protocol) as a backup, be advised that Microsoft® Office® applications such as Excel® and Word® will not be supported.

healow Kids SETUP

healow™ Kids is a free app available on Google Play™ or the Apple App Store® that enables you to track your child's health and activities. It also enables you to access educational materials, videos, and other helpful areas of your child's growth and wellness. Set up healow Kids by downloading the application from the Google Play or the Apple App Store and entering a practice code on the application.

Download healow Kids to Android Devices and iOS

Download healow Kids directly to the Android® device or iOS® device.

Note: The Android platform requires version 2.3.3 or higher and the iOS platform requires version 7.0 or higher.

For more information, refer to the sections:

- [Downloading healow Kids to an iOS Device](#)
- [Downloading healow Kids to an Android Device](#)

Downloading healow Kids to an iOS Device

To download healow Kids from the Apple App Store directly to the iOS device:

1. From the iOS device, tap the *App Store* icon:



The App Store opens.

2. Tap the magnifying glass and type *healow Kids* in the Search field.

The App Store returns the results.

3. Select healow Kids and tap the install icon:

When the installation completes, the healow Kids Icon displays on the iOS device Home screen:



Downloading healow Kids to an Android Device

To download healow Kids from the Google Play Store directly to the Android device:

1. From the Android device, tap the *Google Play* icon:



The Play Store opens.

2. Tap the magnifying glass and type *healow Kids* in the Search field.

The Play Store returns the results.

3. Select healow Kids and Tap *Install*:



The App Permission screen displays.

4. Tap the *Accept* button:



- ◆ The application installs on the Android device.
- ◆ When the installation is complete, the healow Kids Icon displays on the Android device Home screen:



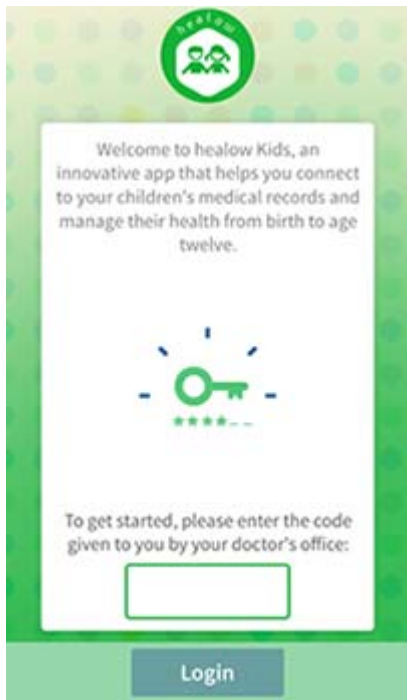
Log in to healow Kids

Enter the practice code provided by the doctor's office to enable healow Kids. Enter a username and password, and then enter a unique PIN code for access to healow Kids.

To enter practice code:

1. Tap the healow Kids icon on the Home screen.

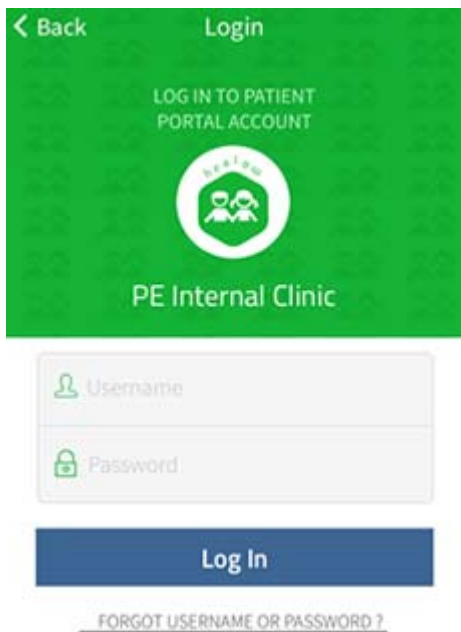
The Welcome screen displays:



2. Enter the practice code in the text box.
3. Tap *Login*.

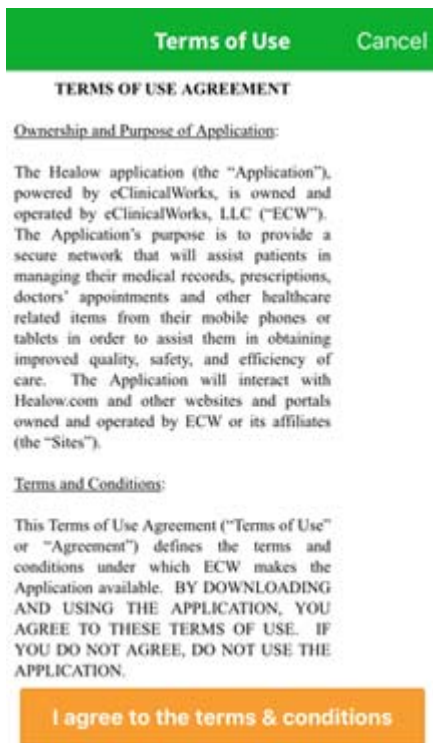
Note: The practice code is the same code that is used to find the patient’s practice on healow.com.

The Login screen displays:



4. Enter the practice portal username and password.

The Terms of Use screen displays:



5. Tap *I agree to the terms & conditions*.

The Create PIN screen displays:



6. Enter a unique four digit PIN.

The Confirm PIN screen displays.

7. Re-enter your PIN.

The home screen for healow Kids displays. Once the PIN is set up, use the PIN to log in each time the application is used.

HEALOW KIDS

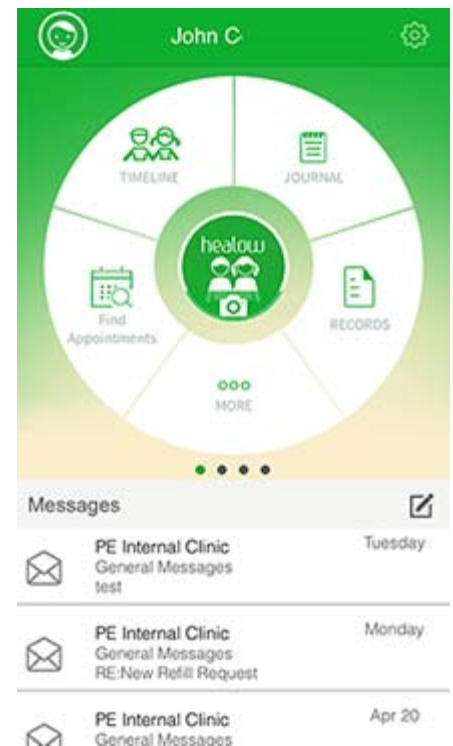
The healow™ Kids Home screen provides access to the Timeline, Records, Messages, Journal, the More screen, and Settings.

The Wheel Screen

The Home screen of the healow Kids application is called the Wheel. Use the Wheel screen to navigate through the application, and view and send messages:

Messages received on the Patient Portal display on the Wheel screen. View and reply to the messages from the Wheel screen. Create a new message by tapping the compose (pen and paper) icon. For more information about messages, refer to the *Patient Portal Users Guide*.

To add a photo at the center of the Wheel screen, tap the *camera* icon and add a photo.



Multiple Accounts

For parents with multiple children, click the child icon at the top left, and tap a child's name to display an account:



To add a new account:

1. On the Wheel screen, tap the child icon, and tap *Add New Account*.
The Add New Account pop-up displays:
2. To link multiple practices to a child, tap *Link Another Practice*.
3. To add an account for a child new to the application, tap *Add Another Child*.
4. To exit, tap outside the Add New Account pop-up.



Wheel Toolbar

Upon tapping an option on the Wheel screen (Timeline, Records, Journal, Appointment, and More), a toolbar displays at the bottom of the next screen that enables users to access the Timeline, Records, Journal, and the More screens:



Settings

The settings icon on the Wheel screen enables users to change their PIN, log out of the application, view My Accounts, About, Terms of Use, Privacy Policy, and Linked Devices.

The following table describes the features of the Settings screen:

Feature	Description
PIN Settings	Change the PIN by tapping <i>PIN Settings</i> .
Manage Accounts	Displays the accounts associated with the application. To remove an associated account, tap <i>Remove account from app</i> .
Support	Displays the Help and Feedback sections.
About	Displays the version of the application.
Terms of Use	Displays the terms of use.
Privacy Policy	Displays the privacy policy.
Logout	Tap <i>Logout</i> to exit the application or log in to a different account.

To change a user PIN:

1. To display the Settings menu, from the Wheel screen, tap the *Settings* icon at the top right corner:



The Settings screen displays.

2. Tap *Pin Settings*.

The Change Pin screen displays:



3. Tap *Change Pin*.
4. Enter the old PIN, create a new PIN, and then confirm the new PIN.

The PIN is changed.

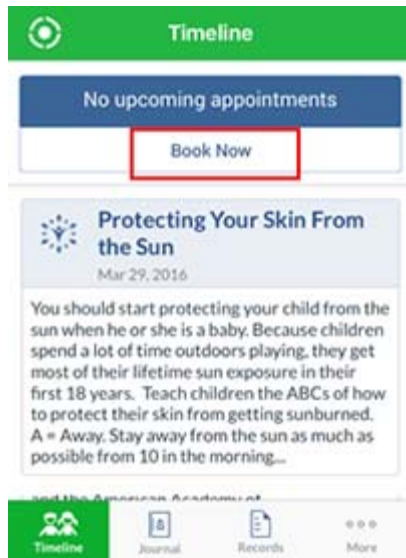
Timeline

The timeline provides a moving scale of the progress of a child from newborn to age 13. Information related to the child displays on the screen, such as upcoming appointments, tests, and helpful tips. Also, informational videos and written education display for each age group for the child (0-1 yrs, 1-2 yrs, etc.). Tap the Wheel icon on the top left corner to return to the Wheel screen. Upcoming appointment information displays at the top of the screen:

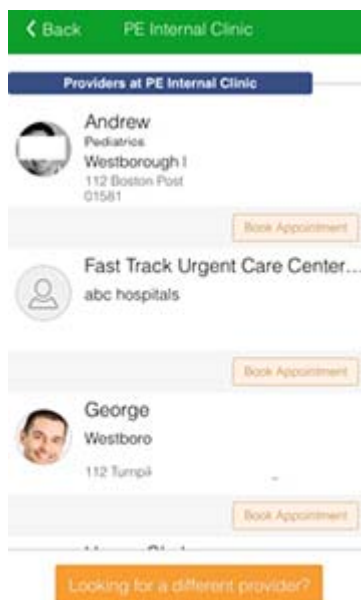


To book appointments:

1. To book an appointment, on the Timeline screen, tap *Book Now*:



The Booking screen opens:



2. To book the appointment, tap *Book Appointment*.

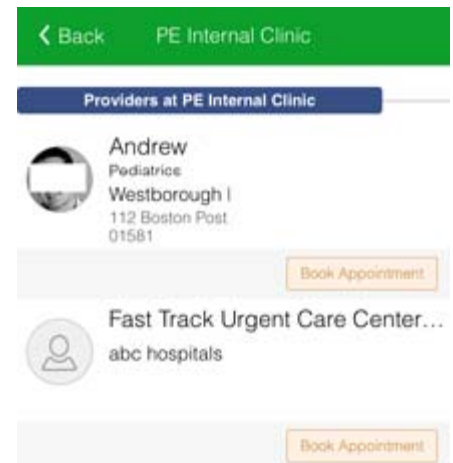
For more information on setting up healow Open Access appointments, refer to the *healow and Open Access Setup* guide.

Note: The *Book Now* button displays on the Timeline screen only if there are no upcoming appointments for a child.

Find Appointments

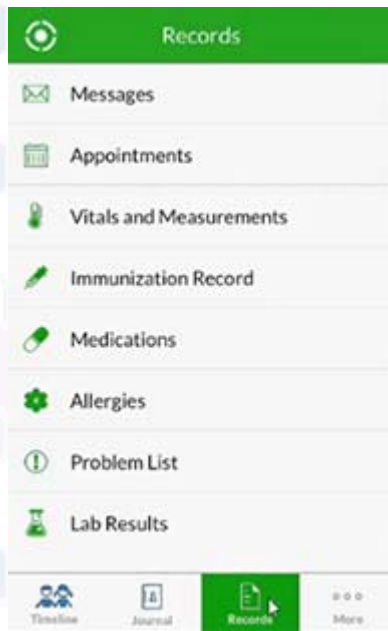
Send appointment requests from the Find Appointments screen. On the Wheel screen, tap *Find Appointments* to display the Booking screen. Tap *Book Appointment* to book an appointment for a child:

For more information on setting up healow Open Access appointments, refer to the *healow and Open Access Setup* guide.



Records

The Records window provides access to messages, appointments, vitals, immunization records, medications, allergies, the patient’s Problem List, and lab results. To display the Records screen, tap *Records* on the Wheel screen:



The following table describes the features of the Records screen:

Feature	Description
Messages	Tap <i>Messages</i> to display messages.

Feature	Description
Appointments	Tap <i>Appointments</i> to display the list of upcoming appointments and completed appointments. The list of upcoming appointments enables the parent to set up reminders on their phone, and set up navigation to the practice.
Vitals and Measurements	Tap <i>Vitals and Measurements</i> to display the vitals and measurements for the child measured in past appointments.
Immunization Record	Tap <i>Immunization Record</i> to display the immunization record of the child.
Medications	Tap <i>Medications</i> to display and refill the medications the child is taking.
Allergies	Tap <i>Allergies</i> to display the allergies associated with the child.
Problem List	Tap <i>Problem List</i> to display the child’s problem list.
Lab Results	Tap <i>Lab Results</i> to display lab results for the child by date or by test. The lab results only display if published to the portal, based on practice preferences.

Note: To display PHR information in the healow Kids app, the practice must publish PHR information (vitals, allergies, lab results, problem list, etc.) using the Portal settings in the EMR.

Switching Between Portals

On a record section screen, switch between portals for the patient by tapping the down arrow at the top of the screen and selecting a different portal:



Journal

Journal entries enable parents to add personal journal entries for their child; no information is relayed back to the EMR through the journal entries. Apply tags to journal entries and filter entries using the tags. To display the Journal Entry screen, tap *Journal* on the Wheel screen. The Journal screen displays:

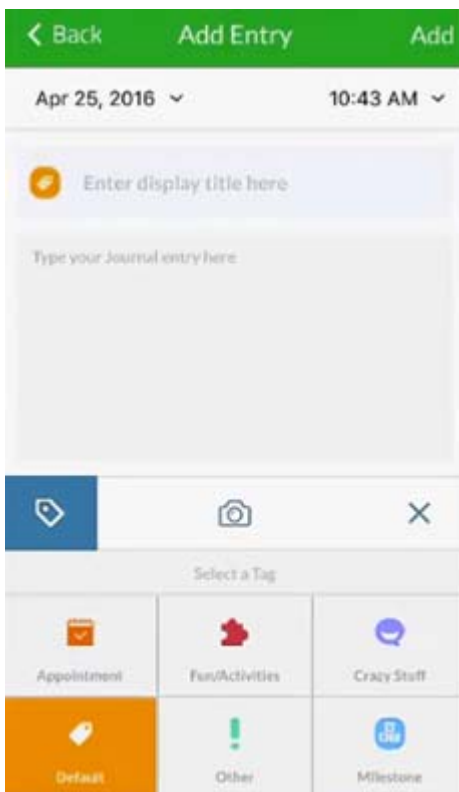


To enter a journal entry:

1. To add a journal entry:
 - a. On the Journal Entry screen, tap the *plus (+)* sign at the top of the screen:



The Add Entry screen opens:



- b. Enter a display title in the *Enter display title here* text box.
- c. Enter journal entry in the text box.
- d. (Optional) To add a picture, tap the camera icon and select Camera, or add a photo from the Photo Library.
- e. (Optional) To add a tag, tap a tag under *Select a Tag*.
- f. (Optional) To cancel an entry, click the X.

g. Tap *Add*.

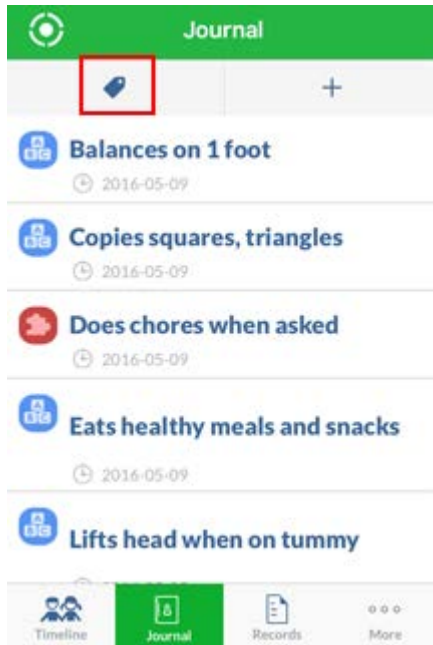
The entry is added.

- To display previous journal entries, tap an entry from the list.

Note: Photos uploaded to the application display under Journal Entries but are not saved on the application; they are saved to the device only. Journal Entries are saved to the application and will display if the application is activated on another device.

- To filter journal entries using tags:

- On the Journal window, tap the tag icon:



The tags display at the top of the window:



- To display all entries associated with a particular tag, tap a tag.

- To exit the Journal window, tap the *wheel* icon on the top left of the window.

More

To access the More screen, tap *More* from the Wheel screen. The More screen provides access to developmental milestones, immunization guides, growth trackers, *etc.*:



For more information, refer to:

- Developmental Milestones
- Immunization Guide
- Growth Tracker
- Ins Outs Ups Downs
- Active Kids
- Potty Trainer
- Toothbrushing Timer
- Profile
- Sun Time

Developmental Milestones

Tap *Developmental Milestones* on the More screen to track the child's milestones by age range. The Milestones window lands on a child's current age. Swipe left or right to display older and newer milestones by age range.

To track a child's milestone:

1. To mark a milestone as accomplished, check the circle next to a milestone:



OR

Tap a milestone.

The milestone displays:



2. Select a date under *Accomplished on*.
3. (Optional) To save the milestone as a journal entry, tap *Save as Journal Entry*.
4. Tap *Back*.

The milestone is saved.

Immunization Guide

Tap *Immunization Guide* on the More screen to display the child's immunizations due by age range. The Immunization Guide window lands on a child's current age. Swipe left or right to display older and newer immunizations by age range.

To review immunizations:

1. On the More screen, tap *Immunization Guide*.

The Immunization Guide screen displays:



2. Tap an immunization.

The CDC VIS screen displays:



3. Review the immunization information, and tap *Mark as Read and Reviewed for Next Doctor's Visit*.

Information about the immunization displays:



4. (Optional) Tap an information row to view detailed information about the immunization row.
5. Tap *Back*.

The immunization is marked as reviewed.

Growth Tracker

Tap *Growth Tracker* on the More screen to track the child's growth through the years. Measure height, weight, head circumference, and calculate the BMI of the child.

To measure growth of a child:

1. Tap *Growth Tracker* on the More screen.
The Growth Tracker window displays:
2. To enter measurements:
 - a. Enter height in the *Height* text box.
 - b. Enter weight in the *Weight* text boxes.
 - c. Enter head circumference in the *Head Circumference* text box.
 - d. (Optional) Change the unit measurements by clicking the down arrow next to a measurement unit, and select from the drop-down list.

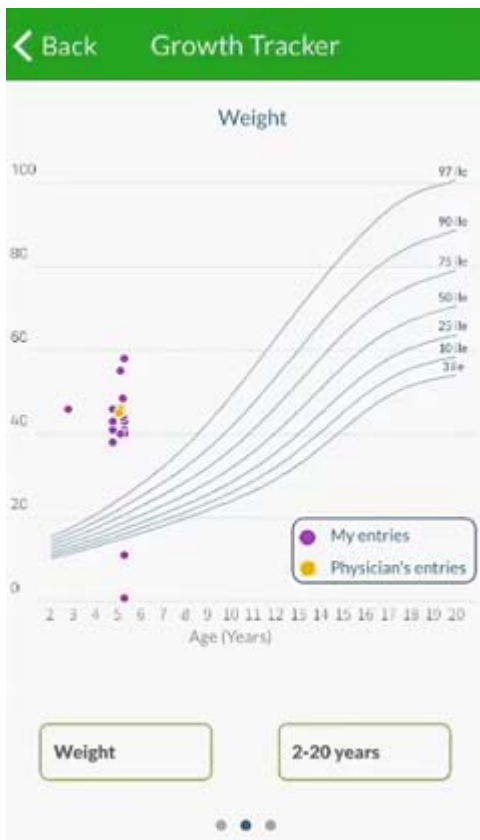
The percentile and BMI for the child displays.

- e. Click *Save*.

The previous entries display at the bottom of the screen.

3. Swipe left at the bottom of the screen to display the entries in graph format:





4. Tap the *Weight* text box, and select a different measurement or measurement unit to display the graph of the chosen criteria:



- To exit, tap *Back*.

Ins Outs Ups Downs

Track a baby's breastfeeding times, quantity of formula or breast milk fed, and quantity of solids fed. Also, track a baby's sleep amounts and the contents of their diapers. Tap *Ins Outs Ups and Downs* to display the Ins Outs Ups Downs screen.

For more information, refer to:

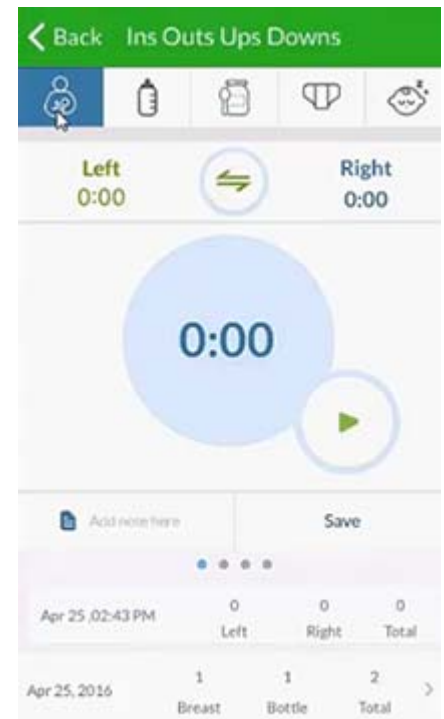
- [Breastfeeding Tracker](#)
- [Bottle-Feeding Tracker](#)
- [Solid Food Tracker](#)
- [Diapering Tracker](#)
- [Sleep Tracker](#)

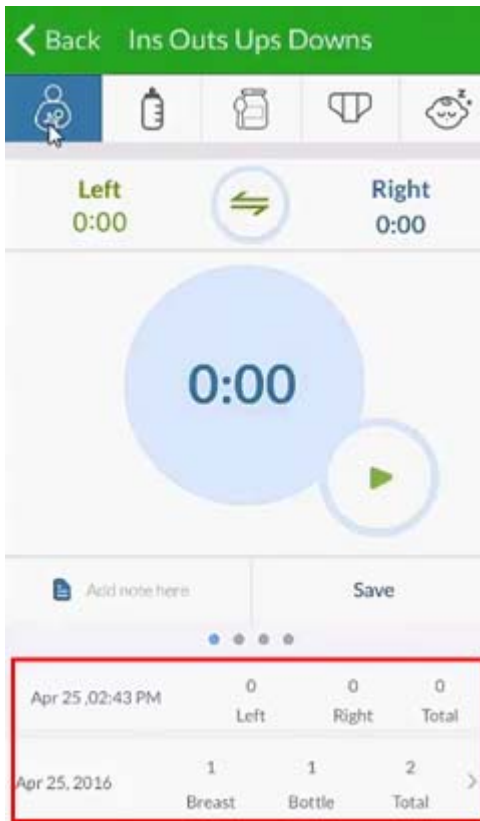
Breastfeeding Tracker

Track the amount of time the baby spends feeding from each breast using the Breastfeeding timer. Also, add notes to each feeding.

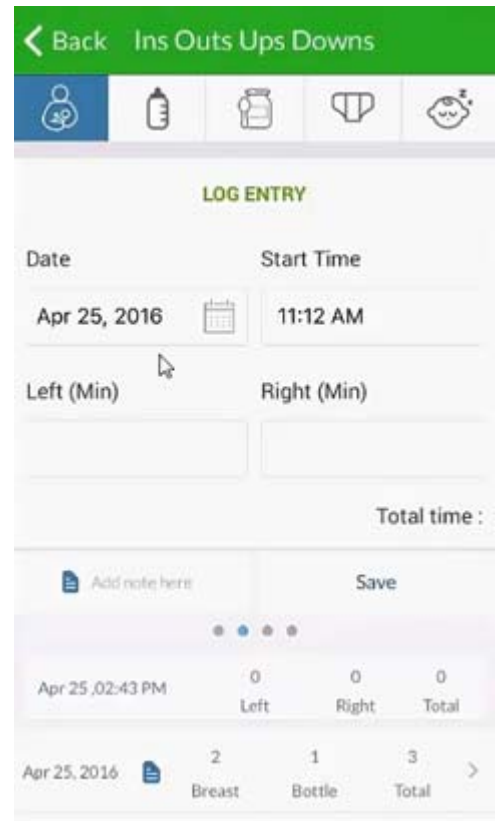
To add breastfeeding times:

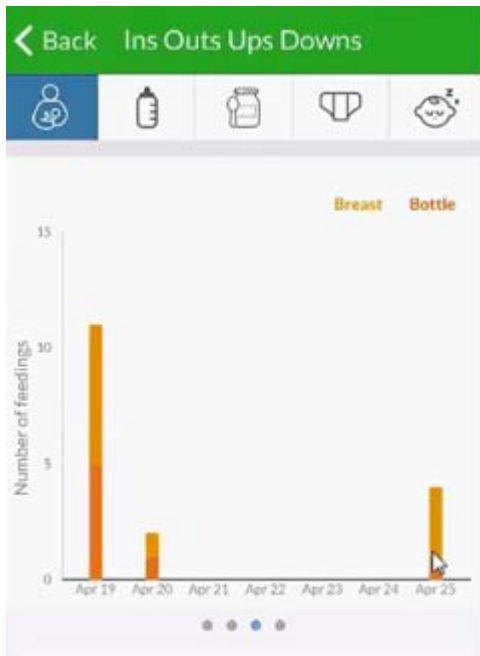
- To add breastfeeding times:
 - On the Ins Outs Ups Downs screen, tap the *Left* or *Right* button:
 - Tap the *Play* button.
The timer starts. You can exit out of the application, and tap back into the application at a later time.
 - To switch to the right breast, tap the *Switch* button in the middle.
OR
Tap the *Right* button.
 - To turn off or pause the timer, tap *Pause*.
 - To add a note, tap *Add note here*.
The Enter Notes screen displays.
 - Enter notes, and tap *Done*.
 - To save the timer entry and notes, tap *Save*.
The entries display at the bottom of the screen in chronological order:



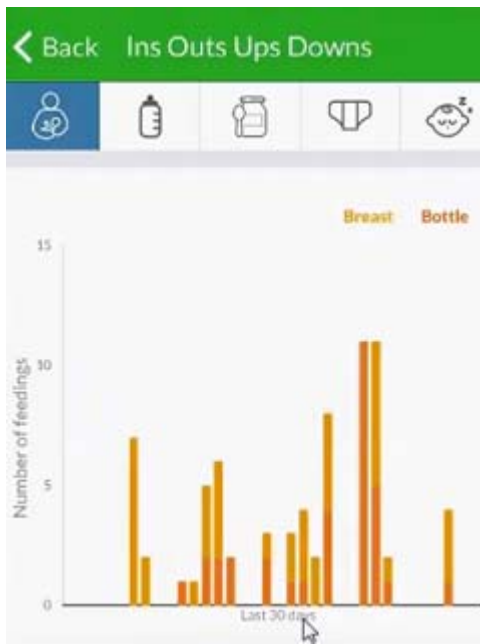


2. To enter a log entry of the breastfeeding times:
 - a. Swipe left at the bottom of the window.
The Log Entry window displays:
 - b. Enter a time for the left breast in minutes in the *Left (Min)* text box.
 - c. Enter a time for the right breast in minutes in the *Right (Min)* text box.
 - d. To add a note, tap *Add note here*.
The Enter Notes screen displays.
 - e. Enter notes, and tap *Done*.
 - f. To save the log entry and notes, tap *Save*.
3. Swipe left to display a graph of the *Number of feedings vs. the previous seven days*:





4. Swipe left to display a graph of the *Number of feedings vs. Last 30 days*:



5. To exit, tap *Back*.

Bottle-Feeding Tracker

Track bottle feeding of a baby with formula or pumped breast milk on the Bottle-Feeding Tracker screen.

To add bottle quantity:

1. Tap the *bottle* icon on the top of the screen.

The Bottle screen displays:

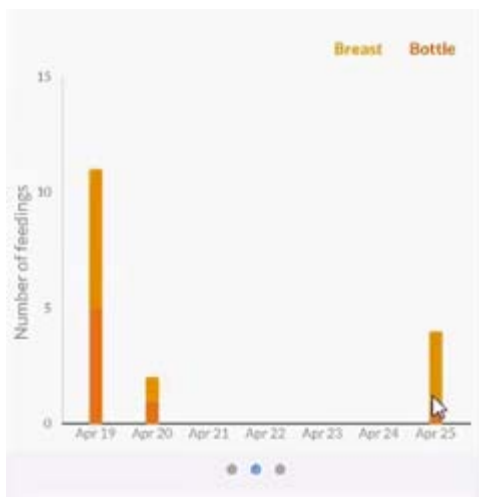
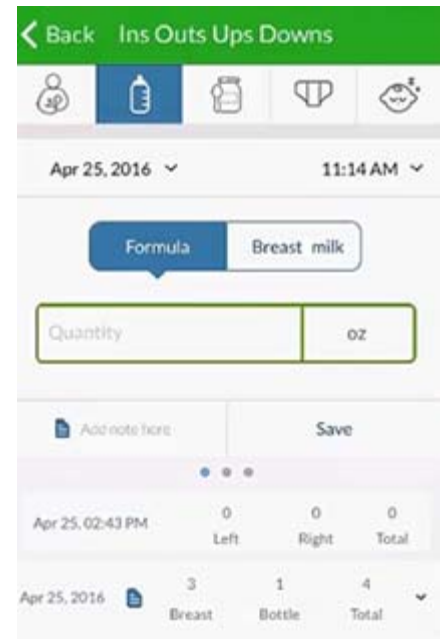
2. Tap *Formula* or *Breast milk*.
3. Enter a quantity in the *Quantity* text box.
4. To add a note, tap *Add note here*.

The Enter Notes screen displays.

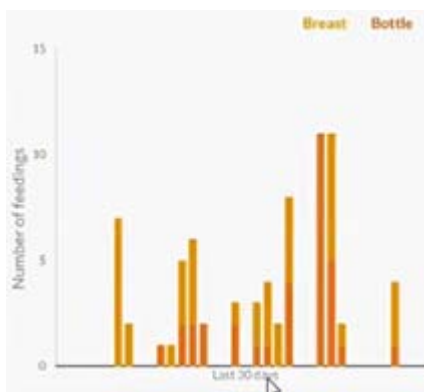
5. Enter notes, and tap *Done*.
6. To save the entry and notes, tap *Save*.

The entries display at the bottom of the screen in chronological order.

7. Swipe left to display a graph of the *Number of feedings vs. the previous seven days*:



8. Swipe left to display a graph of the *Number of feedings vs. Last 30 days*:



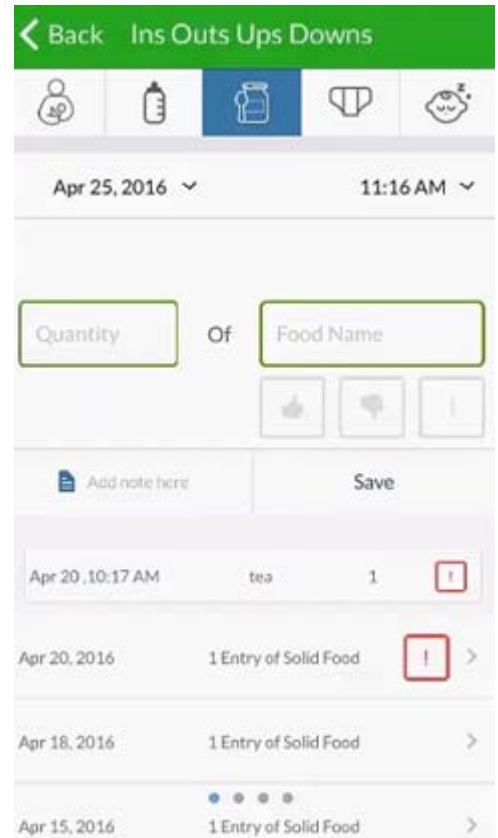
9. To exit, tap *Back*.

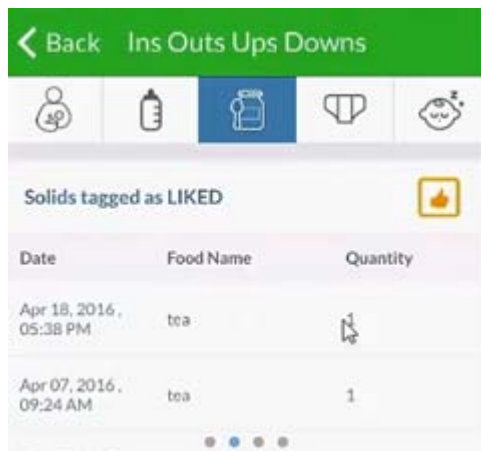
Solid Food Tracker

Track food items for a baby on the Solid Food screen. Most parents introduce new foods one at a time to babies, and evaluate if the baby has an adverse reaction to the food.

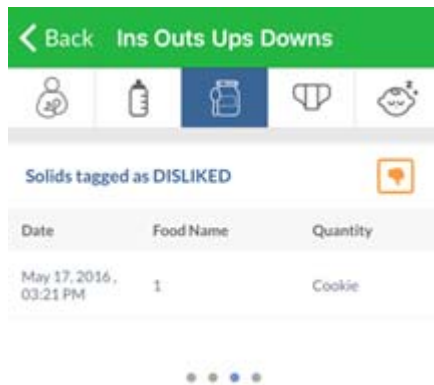
To add solid food for a baby:

1. On the Ins Outs Ups Downs screen, tap the *jar and spoon* icon.
The Solid Food screen displays:
2. To add a solid food entry:
 - a. Enter a quantity in the *Quantity* text box and the food name in the *Food Name* text box.
 - b. *(Optional)* If the baby likes the food, tap the *like* icon.
 - c. *(Optional)* If the baby does not like the food, tap the *dislike* icon.
 - d. *(Optional)* If the baby has a reaction to the food, tap the *exclamation point* icon.
3. To add a note:
 - a. Tap *Add note here*.
The Enter Notes screen displays.
 - b. Enter notes, and tap *Done*.
4. To save the entry and notes, tap *Save*.
The entries display at the bottom of the screen in chronological order.
5. To edit or delete an entry:
 - a. Tap a previous entry at the bottom of the screen.
The entry displays.
 - b. Update the entry, and tap *Update*.
 - c. *(Optional)* To delete the entry, tap the *trash can* icon.
6. To display solids tagged as liked, swipe left:





7. To display solids tagged as disliked, swipe left again:



8. To display solids tagged as a food causing a reaction, swipe left again:



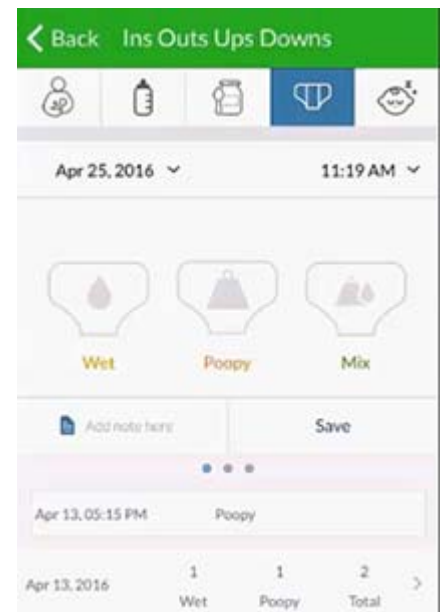
9. To exit, tap *Back*.

Diapering Tracker

Track diapering of a baby on the Diapering screen. Count the number of wet, feces-filled, and both feces- and urine-filled diapers on the Diapering screen.

To add a diaper to the count:

1. On the Ins Outs Ups Downs screen, tap the *Diapering* tracker.
The Diapering screen displays:
2. To indicate the contents of a diaper, tap *Wet*, *Poopy*, or *Mix*.
3. To add a note:
 - a. Tap *Add note here*.
The Enter Notes screen displays.
 - b. Enter notes, and tap *Done*.
4. To save the entry and notes, tap *Save*.
The entries display at the bottom of the screen in chronological order.
5. Tap a date to display all the entries for a day.
6. Swipe left to display a graph of the *Number of diapers vs. the previous seven days*:



7. Swipe left again to display a graph of the *Number of diapers vs. Last 30 days*:



- To exit, tap *Back*.

Sleep Tracker

Track the amount of time the baby sleeps using the Sleep tracker. Also, add notes for the sleep times.

To add sleep times:

- On the Ins Outs Ups Downs screen, tap the *sleeping baby* icon.

The Sleep times screen displays:

- To add sleep times:

- Tap the *Play* button.

The timer starts. You can exit out of the application, and tap back into the application at a later time.

- (Optional) To reset timer, tap *Reset*.
- To turn off or pause the timer, tap *Pause*.

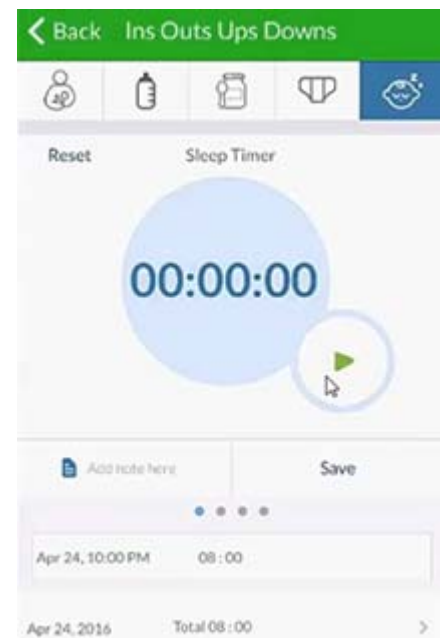
- To add a note, tap *Add note here*.

The Enter Notes screen displays.

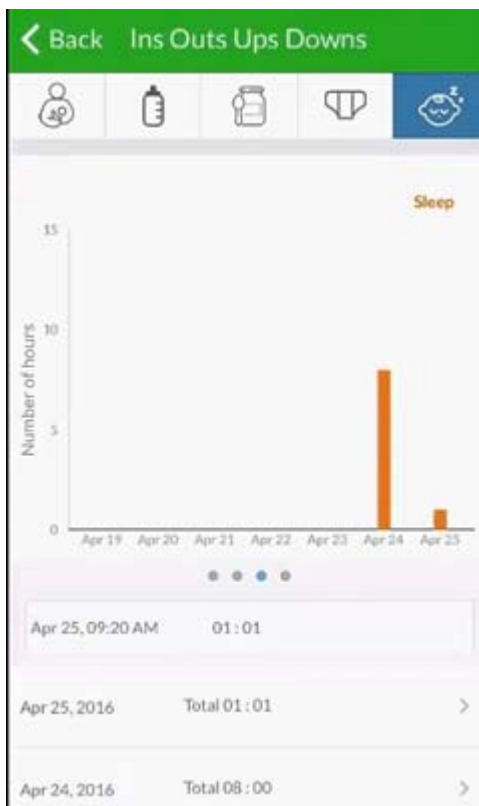
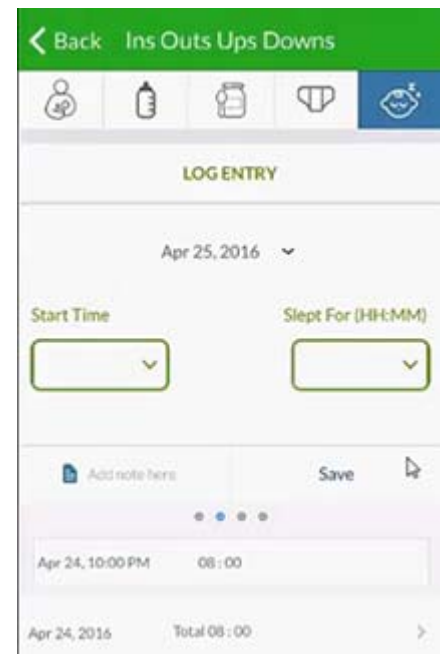
- Enter notes, and tap *Done*.

- To save the timer entry and notes, tap *Save*.

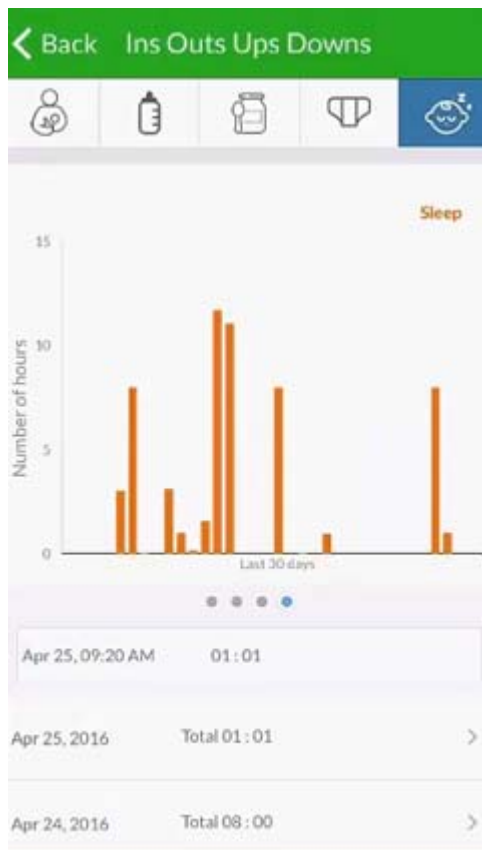
The entries displays at the bottom of the screen in chronological order.



3. To enter a log entry of the sleep times:
 - a. Swipe left at the bottom of the window.
The Log Entry window displays:
 - b. Select a start time from the *Start Time* drop-down list.
 - c. Select the time slept from the *Slept For (HH:MM)* drop-down list.
 - d. To add a note, tap *Add note here*.
The Enter Notes screen displays.
 - e. Enter notes, and tap *Done*.
 - f. To save the log entry and notes, tap *Save*.
4. Swipe left again to display a graph of the *Number of hours vs. the previous seven days*:



5. Swipe left again to display a graph of the *Number of hours vs. Last 30 days*:



- To exit, tap *Back*.

Active Kids

The American Academy of Pediatrics (AAP*) recommends that children age six years and older get at least one hour per day of moderate to vigorous exercise. For children younger than six years, active play is the best exercise. Vigorous activity is anything that makes you breathe harder and sweat. Track a child's activity on the Active Kids screen. To display the Active Kids screen, tap *Active Kids* on the More screen. Tap the question mark on top of the window to display information related to kids being active.

To track activity:

- On the More screen, tap *Active Kids*.

The Active Kids screen displays:

*. www.aap.org

Back Active Kids Save

1

THIS WEEK'S SCORE 1

GOAL IS 75

Apr 25, 2016 11:21 AM

Enter activity here

Effort Level Time (Min)

Effort Level Time

Apr 25, 04:04 PM 60 min Moderate

Apr 24 - 30, 2016 Score 1.0

Apr 17 - 23, 2016 Score

2. Enter an activity in the *Enter activity here* text box.
3. Select an effort level (Moderate or Vigorous) from the *Effort Level* drop-down list.
4. Select time from the *Time (Min)* drop-down list.
5. To save, tap *Save* at the top of the screen.

The entries display at the bottom of the screen in chronological order.

6. To edit older entries:
 - a. Tap an entry at the bottom of the screen.
The entry displays:
 - b. (Optional) To delete an entry, tap the *trash can* icon.
 - c. (Optional) To cancel the update, tap the blue *X*.
 - d. Update the activity, and tap *Update*.
7. Swipe left to display a graph of the *Number of minutes vs. The past 4 weeks*:

Back Active Kids

2

THIS WEEK'S SCORE 2

GOAL IS 75

Apr 25, 2016 04:04 PM

Enter activity here

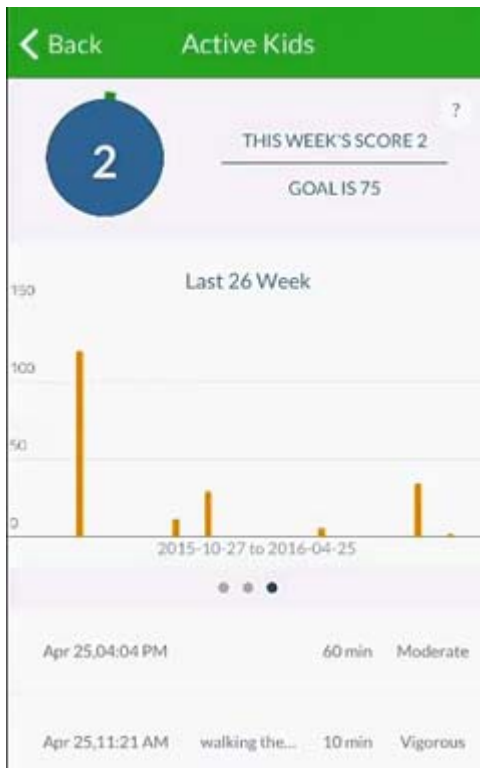
Effort Level Time (Min)

Vigorous 60

X Trash Update



8. Swipe left again to display a graph of the *Number of hours vs. Last six months*:



9. To exit, tap *Back*.

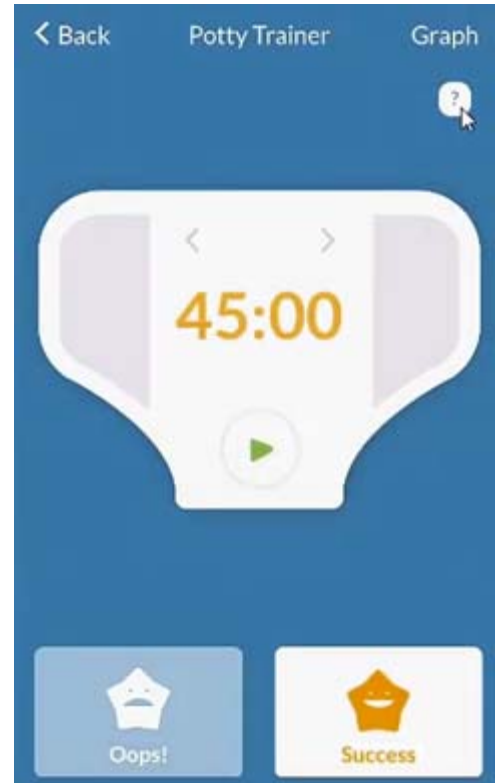
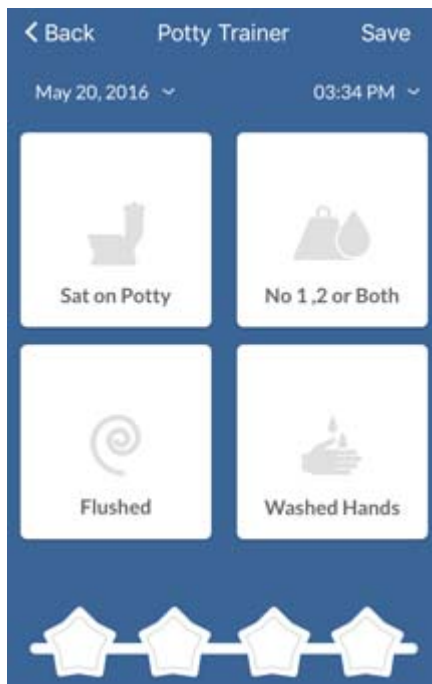
Potty Trainer

Your child's readiness for potty training is determined by a number of factors including, staying dry for two hours at a time, interest in the bathroom, recognizing when they are peeing or pooping, *etc.* You can use the Diaper tracker for a period of time prior to starting potty training to better understand the times at which your child needs to go to the bathroom. Set the timer for the number of minutes after which the child should ideally go to the bathroom. After the set amount of time, an alarm rings to remind you and the child that it is time to go to the bathroom.

To set and use the potty trainer:

1. On the More screen, tap *Potty Trainer*.
The Potty Trainer screen displays:
 2. Tap the *question mark* icon to display information about potty training and the potty trainer.
 3. Increase or decrease the number of minutes of the timer using the *right* or *left* arrow.
 4. Tap the *Play* button.
5. (Optional) To pause or stop the timer, tap *Stop*.
6. If the training event is successful:
 - a. Tap the *Success* button.

The Potty Trainer screen displays:



- b. To record the child's actions, tap *Sat on Potty*, *No 1,2 or Both*, *Flushed*, or *Washed Hands*.

A fun sound emits to indicate success to the child.

- c. Tap *Save*.

The Potty Trainer Child tab screen displays:

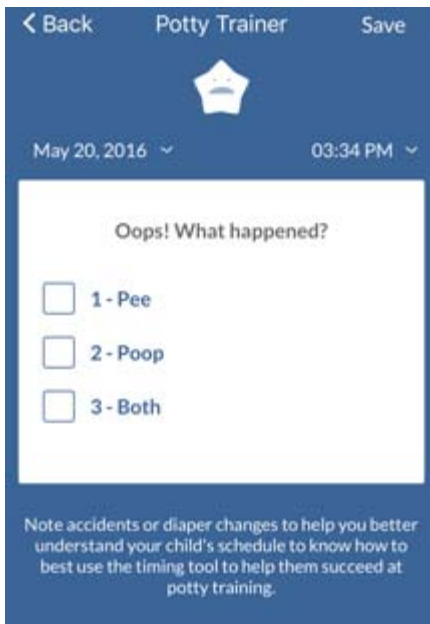
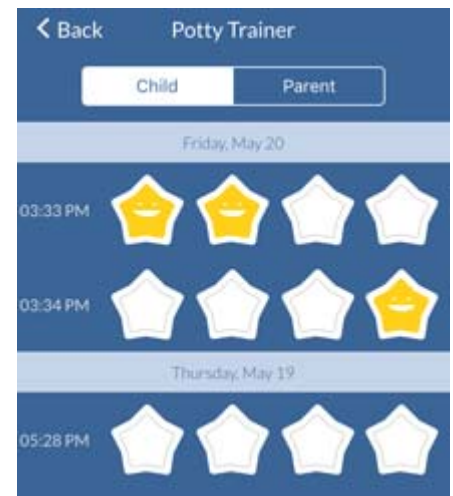
The screen displays yellow stars to indicate successes for the child.

- d. Tap *Back*.

- 7. If the training event is unsuccessful:

- a. Tap the *Oops* button.

The Potty Trainer screen displays:



- b. Tap the box next to *Pee*, *Poop*, or *Both*.

- c. Tap *Save*.

The Potty Trainer Parent tab screen displays:



A graph of *time vs date* displays. The yellow dots indicate successes, and the white dots indicate accidents.

- d. Tap a dot to view successes and accident types and counts for the day.
 - e. Tap *Back*.
8. (Optional) To access the graph of *time vs date*, tap *graph*.
 9. To exit, tap *Back*.

Toothbrushing Timer

The toothbrushing timer is set for two minutes. Tap the mouth to start the timer. Every thirty seconds, each quadrant turns from yellow to white for children to visualize their progress, and note the passage of time. Once the two minutes are up, a cheer sound indicates brushing is complete:



Screen Time Countdown

The American Academy of Pediatrics recommends that children have no more than 1 or 2 hours a day of screen time including TV screens, computer screens, tablets, and phones. Start the screen timer and once the alarm sounds, the screen time for your child is complete for the day.

To monitor screen time:

1. On the More screen, tap *Screen Time Countdown*.
The Screen Timer screen displays:
2. To adjust the amount of screen time, tap the *left* or *right* white arrow to decrease or increase screen time.
3. Press *Play*.
The screen timer countdown begins. An alarm will sound once the timer counts down to zero.
4. To stop the screen timer, tap the *Stop* button.
5. To display an history of screen times, tap *History*.

The previous screen times display:



DATE	TOTAL TIME
May 23, 2016	00:00
May 19, 2016	00:00
May 13, 2016	00:10
May 12, 2016	00:00

6. To exit, tap *Back*.
7. To exit the screen timer screen, tap *Back*.

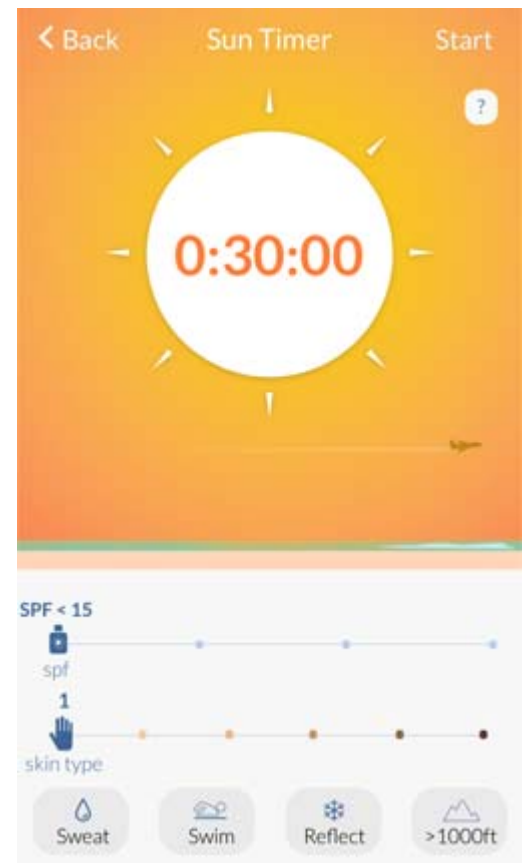


Sun Time

The Sun timer helps you reapply sunscreen in a timely manner to avoid sunburn. Start the timer to be reminded when it's time to reapply sunscreen when the alarm sounds. Tap the *question mark* button on the Sun Timer screen to display sun time information.

To add the sun timer:

1. On the More screen, tap *Sun Time*.
The Sun Timer screen displays:
2. Drag the bottle icon to indicate the SPF range of the sunscreen:
 - ◆ SPF < 15
 - ◆ SPF 15-30
 - ◆ SPF 30-45
 - ◆ SPF > 45
3. Drag the hand icon to indicate the skin type (1-6).
4. To indicate the activity type, tap *Sweat*, *Swim*, *Reflect*, or *>1000 ft*.
The timer is set.
5. To start the timer, tap the *sun* icon or tap *Start*.
6. To reset the timer, tap *Reset*.
When the countdown on the timer is complete, an alarm activates to indicate that sunscreen should be reapplied.
7. To exit, tap *Back*.



Profile

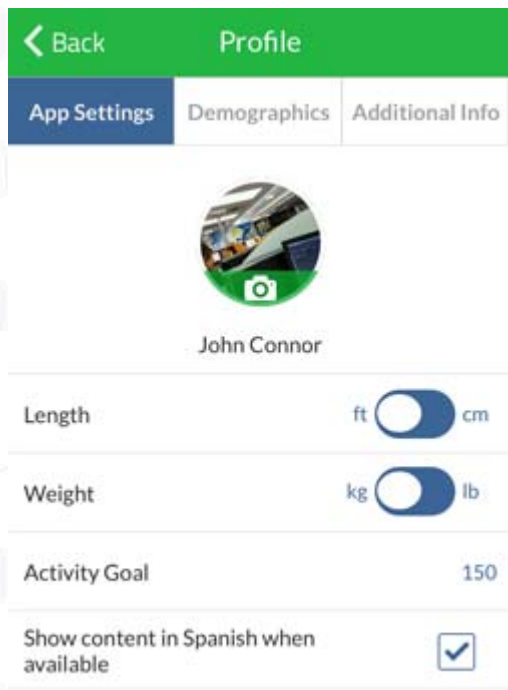
Edit demographic information for your child in the Profile screen. The data is used for app calculations and in other screens. The changes made in the Profile screen do not update your child's record in the practice. Contact the practice(s) directly to update any information they have on file.

For more information, refer to:

- [App Settings](#)
- [Demographics](#)
- [Additional Info](#)

App Settings

Change application settings from the App Settings screen:



The following table describes the features of the App Settings screen:

Feature	Description
Profile Photo	Tap the <i>photo</i> icon to change the profile picture.
Length	Toggle the <i>Length</i> button to choose ft (feet) or centimeters (cm) for length unit measurements.
Weight	Toggle the <i>Weight</i> button to choose kg (kilograms) or lb (pounds) for weight unit measurements.
Activity Goal	Tap the <i>Activity Goal</i> text box, and choose default activity goal minutes for your child.
Show content in Spanish when available	Tap the box next to <i>Show content in Spanish when available</i> to display sections of the application in Spanish.

Demographics

Change demographics information on the Demographics tab screen. The demographics information update is only saved to the application. Changes in demographics information should be sent to the practice directly to be reflected in their records:

The following table describes the features of the Demographics tab screen:

Feature	Description
First Name	Enter your child's first name.
Last Name	Enter your child's last name.
Date of Birth	Enter your child's date of birth.
Address Line 1	Enter the address.
Address Line 2	Enter the address.
City	Enter the city.
State	Enter the state.
Zip Code	Enter the zip code.

Additional Info

Change additional information on the Additional Info tab screen:

The following table describes the features of the Additional Info tab screen:

Feature	Description
Emergency Contact	
First Name	Enter your child’s first name.
Last Name	Enter your child’s last name.
Phone	Enter the phone number.
Relationship	Enter the relationship.
Insurance Information	
Carrier	Enter the insurance carrier.
Policy Number	Enter the insurance policy number.

APPENDIX A: NOTICES

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