



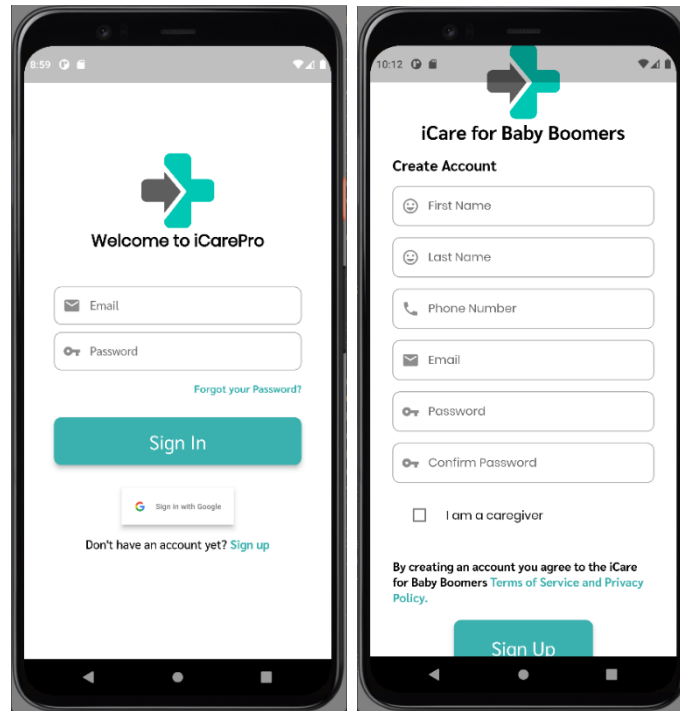
iCare for Baby Boomers

**User Manual
v2.0**

Sign in to Your Account

To use the app, you need to sign in using the email address and password of your iCarePro account.

If you don't have an iCarePro account yet, click **Sign Up** and fill in the form with your personal information. You will receive a verification email soon after confirming your details. Make sure to click the link on the email to gain access to your account.



By default, you will need to sign in every time you open the application.

How to Reset the Password

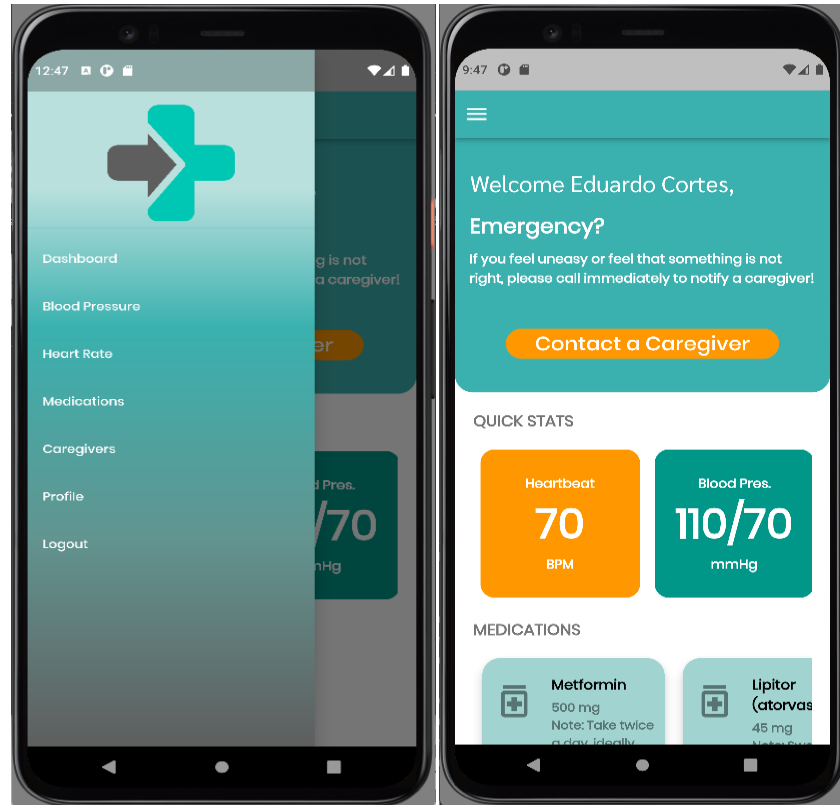
1. Press the **Forgot your Password?** link located in the Login screen.
2. Enter the email you used to create your account.
3. Press the **Reset Password** button and follow the instructions sent to your email.

Create a Caregiver Account

1. Click the **Sign-Up** link at the bottom of the page.
2. After filling in the form with your personal information select the **I am a caregiver** checkbox to generate a caregiver account. Afterwards, make sure you follow the steps in the **Sign in to Your Account** section when signing-up.

Main Menu & Dashboard

The side menu provides a quick and easy access to all functionalities of the app.

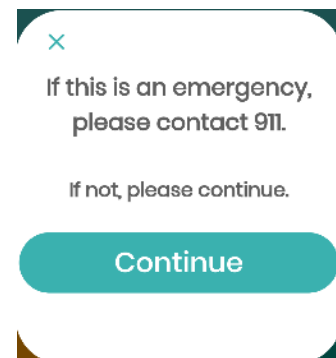


The dashboard screen provides information about the heart rate, blood pressure, and medications that the user might need to take today.

Contact a Caregiver (Emergency)

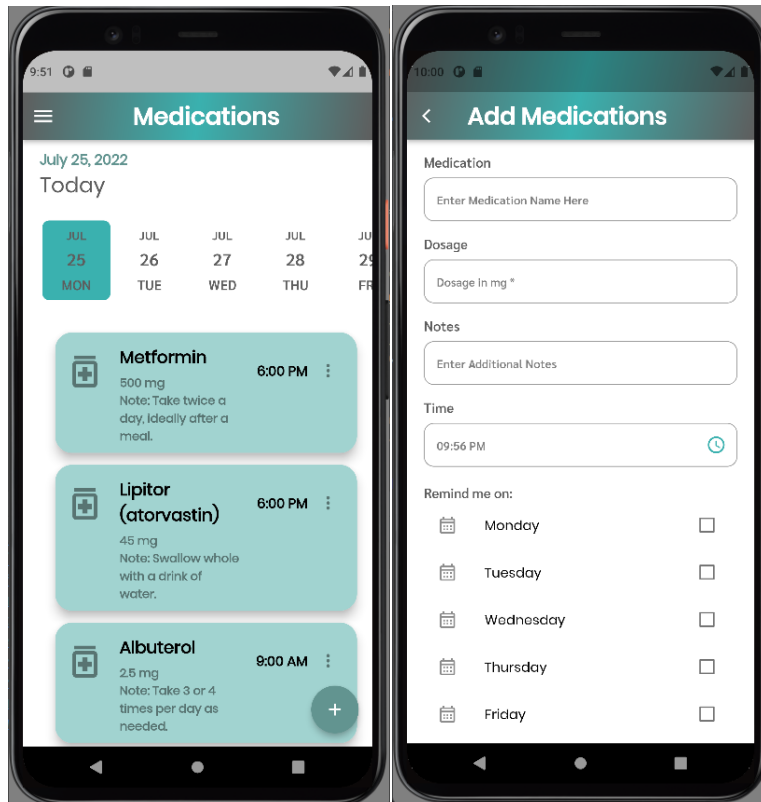
In case of an emergency the user is able to contact their caregiver of choice by sending them an instant message with a summary of the emergency.

1. Click the **Contact a Caregiver** button on the dashboard.
2. This will open a menu where the user can select to continue, and a message reminding the user to call 911 if this is a serious emergency will appear.
3. If they choose to continue, they will have to select a caregiver to contact, the severity of the emergency, and they can write a quick message regarding their emergency before sending it to the caregiver.



Medications

This page provides reminders for your medications. This includes the name of your medication, the daily dosage, and a user given time to take the medication. Additionally, the page provides a calendar widget that allows the user, if they created a reminder for said date, to see upcoming reminders.



How to add a Medication Reminder

1. Press the plus button located in the lower right side of the Medications page.
2. Enter the name of the medication.
3. Enter the dosage of the medication.
4. Enter any notes regarding the medication that you would like to see alongside the reminder.
5. Enter a time to be reminded to take your medication.
6. Select the dates that you would like to be reminded on to take your medication.
7. Press the **Confirm** button to save reminder and return to the main page.

Blood Pressure - Current

It provides access to your current blood pressure including your diastolic pressure and systolic pressure.

Blood Pressure - History

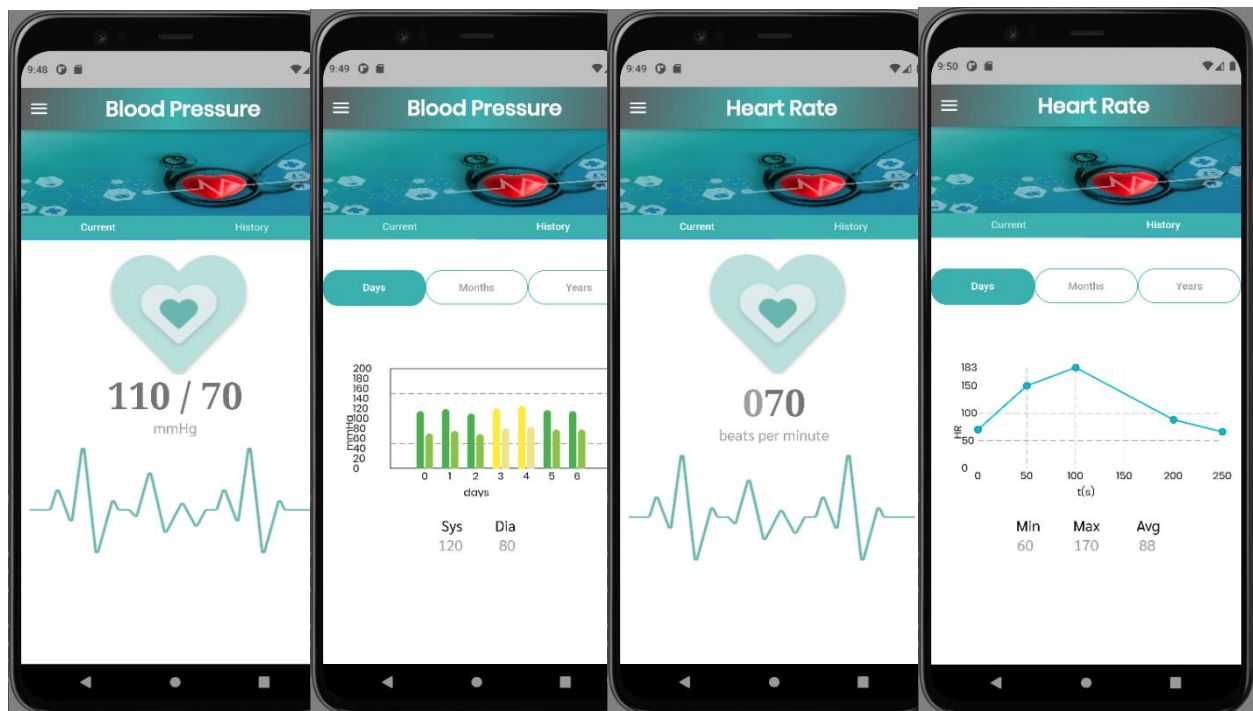
It provides data related to your blood pressure through a time graphic. The graph can

Heart Rate - Current

It provides access to your current heart rate showing the beats per minute.

Heart Rate - History

It provides data related to your heart rate through a time graphic.

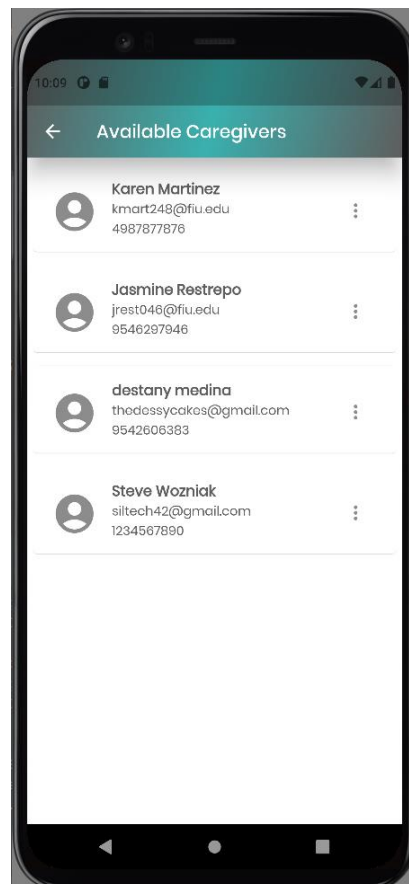
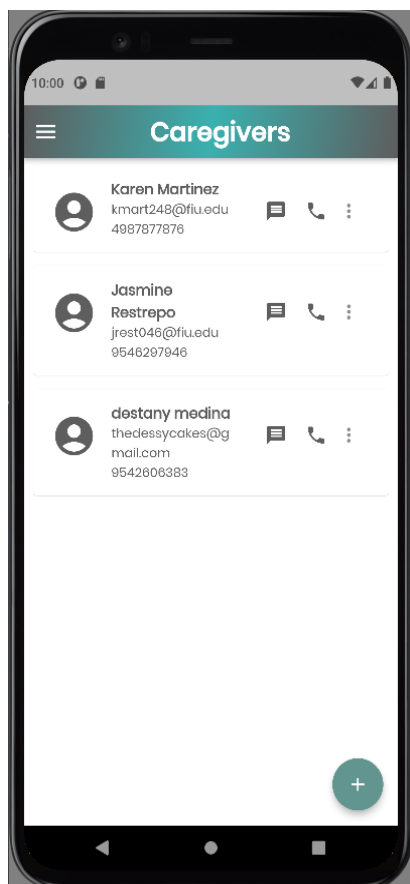


Caregivers

This page allows the user to add any caregivers to their page which they can then message if they have any non-life-threatening concerns regarding their health or their medications.

Adding a Caregiver

1. Press the plus button located in the bottom right corner of the Caregivers page.
2. A list of caregivers will pop up and you can select any from the list to add to your caregiver's page by clicking the kebab menu icon on the right side of the list tile and selecting **Add Caregiver**.
3. Press the arrow at the top of the page once you are done selecting caregivers to return to the main page.
4. Select the message icon to text with your caregiver or press the kebab icon to **remove** the selected caregiver from your page.



Profile

This is the user's profile page where they can change their email, update their password, change their profile picture, update their address, add emergency contact numbers, and delete their account if they choose not to use the application any longer and wish to permanently remove their personal data.

Change Profile Picture

1. Press the camera button to add your picture.
2. Select an image from your gallery or give the app permission to access your camera.
3. Confirm that you wish to make use the selected image.

Change Email

1. Select the **Change Email** button from the profile page.
2. Enter the new email into the form and press **update email** to confirm the change.

Update Password

1. Select the **Update Password** button from the profile page.
2. In the new page enter your old password, and then below enter your new password and select **update** to confirm the change.

Update Address

1. Select the **Update Address** button from the profile page.
2. In the **User Address** page select the plus button on the bottom right corner of the page.
3. Fill in the form with your personal information and select the **Update** button to confirm.
4. The new address will load onto the address page. Select the trash icon to **remove** it.

Add Emergency Contact

1. Select the **Emergency Contact** button.
2. In the new page, select the plus button at bottom right corner of the page.
3. Fill in the form with your personal information and phone number.
4. Select **Add** to confirm emergency contact.
5. Select **trash** icon to remove contact or select phone icon to communicate with contact.

Delete my Account

1. Select **Delete my Account** button from profile page.
2. In the new page enter your current password into the form.
3. If you still wish to proceed, press the **Delete my Account** button to confirm that you have the correct password and that you want to delete your account and any associated data.

Caregiver Account

Unlike the main application, the caregiver account will only include the Dashboard, Recipients, Profile, and Logout menus.

Read Emergency Messages

1. Login with a caregiver account to the application. If you don't have one and you aren't sure of how to make one, please read the section above labeled **Create a Caregiver Account**.
2. Select **Dashboard** from the menu.
3. Here you can read, respond, and delete the most recent emergency messages.

