

# Essential HealthTracker User Documentation

Thank you for selecting the Essential HealthTracker app. We hope you find it useful. This documentation is intended to familiarize and guide you through the set-up and use of this app.

## Table of Contents

INTRODUCTION.....	2
Key Features.....	3
Technical Requirements.....	3
Screenshots.....	3
Version History.....	3
SET-UP & INSTALLATION.....	4
PERSON PROFILES.....	5
Create a Profile.....	5
Edit a Profile.....	5
Delete a Profile.....	6
MEASUREMENTS.....	7
See Measurement History.....	7
Add a New Measurement.....	7
Edit or Delete a Measurement.....	8
MEDICATIONS.....	9
Add a New Medication.....	9
Add a New Instance of Taking a Medication.....	9
See Medication History.....	10
Edit or Delete an Instance of Taking a Medication.....	10
CREATE A REPORT.....	11
Email the Report.....	11
To Save or Print a Report*.....	11
EXPORT/IMPORT DATA.....	12
INFORMATION.....	12
Contribute.....	12
DISCLAIMERS.....	12

## INTRODUCTION

Essential HealthTracker is a FileMaker app for iPad and iPhone that lets you document and analyze key metrics that serve as indicators of your overall health and wellness. For privacy purposes, it is intended for use by individuals or those in a family unit.

Key metrics included in the app are temperature, blood pressure, blood oxygen level, severity of cough, difficulty breathing and other indicators. The app also allows you to enter when, what kind and how much of any medication you take. Each entry is time-stamped and shown in graph and/or list formats for easily assessing the progression of each over time.

Finally, the app allows you to export data to a printed report for sharing with your doctor or other caregivers. It *does not* contain any tracking mechanism, nor does it share data outside of the app. It is intended purely for personal use and any sharing of information happens solely at the user's discretion.

Use it to track the progression of acute illnesses, such as COVID-19, or as an app to log daily measurements and medications when managing a chronic illness, such as diabetes or high blood pressure.

While the app can accommodate multiple people, it is intended purely for private use and again includes no tracking mechanism. No data or personal information is shared unless the individual user chooses to share it. Please see the [Reports](#) section for more information.

## Key Features

- Tracks various health metrics quickly and easily, including temperature, blood pressure, cough severity, etc.
- Documents medications and dosages with timestamped entries
- Metrics show in both list and easy-to-read graph formats
- Allows private health tracking for one or more people
- Entirely private and absolutely no sharing of data unless initiated by the user
- No internet connection required

## Technical Requirements

- FileMaker Go 18 (download from the App Store)
- iOS devices require iOS 12.2 minimum or iOS 13

## Screenshots

Please visit our website for [screenshots of the Essential HealthTracker app.](#)

## Version History

1.0: Initial Release

## SET-UP & INSTALLATION

### STEP 1: Download FileMaker Go 18

(Already have FileMaker Go 18? Skip to Step 2.)

Essential HealthTracker runs on the FileMaker platform utilizing the FileMaker Go 18 app. This app is free and does not require a license, but only runs on iOS 12 and later.

[Download it \(again, for free!\) on the app store.](#)

(Please note that, at this time, FileMaker Go only runs on iPads and iPhones. There is no Android app.)

### STEP 2: Download the Essential HealthTracker App

To download the app, follow the link in your store receipt email or go to your [Downloads page](#) on the Sounds Essential website and select the Downloads tab.

Do you want to download? Yes, you do! Select Download to begin.

#### In iOS 13 and later:

- Download progress is tracked by the arrow in the upper right next to the URL.
- Once download has completed, tap on the Download arrow and select Essential HealthTracker from your downloads list.
- Tap the Upload/Share icon in the upper right of your screen.
- Scroll the available apps until you get to FileMaker Go 18. (Please note, you may have to select the More button to find it.)
- Select Copy to FileMaker Go 18.

#### In iOS 12:

You will be presented with the option to “Open in FileMaker Go 18.” Tap this.

**Now let's see it in action!**

## PERSON PROFILES

### Create a Profile

Once you are logged in, you will be presented with a blank screen. Tap the green “Add New Person” button at the bottom of the screen.

A first and last name are the only required elements, but you’ll have the opportunity to add information such as your gender, date of birth, height (in centimeters or feet), weight (in kilograms or pounds), and your address. You can also get your geographical coordinates by tapping the blue “Get” button.

When you’ve entered all the information you’d like to enter, tap the green “Save” button. Tap the gray “Cancel” button to go back to the home screen without saving.

### Edit a Profile

To edit a person’s information or to delete a person entirely, simply tap the name of the person for whom you’re editing the information.

### See Personal Details

On this screen, you’ll see the person’s name and date of birth (if entered) in the upper left. Tap the green [See Details](#) link to see all the personal information entered for that person.

### Add a Photo

You may also include a picture here if you like. To do so, tap the blue + (plus) in the box to the left of the person’s name.

You will be presented with a pop-up asking for FileMaker Go 18 to access the camera. Tap “OK” to launch your device’s camera to take a picture of yourself or someone else.

You can retake the photo or choose to take another. Then tap “Use Photo” when you’re ready to save it as the profile photo.

### Edit Personal Details

To add or change the details entered for a person, tap the green “Edit Person” button at the bottom of the screen. When you’ve entered all the information you’d like to enter, tap the green “Save” button. Tap the gray “Cancel” button to go back to the previous screen without saving.

### Delete a Person

To delete a person from the app, tap the green “Edit Person” button at the bottom of the screen. Then tap the red “Delete” button.

**IMPORTANT!!!** Deleting a person will also delete any and all other information for that person from the app. You should only delete a person if you’re sure you won’t need a record of their associated health measurements or medications that you’ve already entered.

## **MEASUREMENTS**

To view all measurements or take a new measurement, tap the person's name on the home screen. On the next screen, you'll see a list of common health metrics for which you can add a measurement.

### **See Measurement History**

To see all measurements of a specific type taken in the last fourteen (14) days, tap its name. This will automatically pop up a new window.

#### **Graph View**

The graph view plots all measurements taken in the last fourteen (14) days.

Tap any blue dot to see the specific readings for that measurement.

#### **List View**

Tap the gray "List" button at the bottom of the screen to see all measurements taken in the last fourteen (14) days in a list format.

Tap a row to view more details or to edit the details of that measurement.

Tap the green "Close" button to exit back out to the previous screen.

### **Add a New Measurement**

To add a new measurement, tap the blue + (plus) at the end of the row of the measurement you want to record.

A new window will pop up that lets you enter the measurement in the format specific to its type. For example, the blood pressure measurement allows you to enter both systolic and diastolic numbers.

You may also enter notes related to that specific measurement.

## Edit or Delete a Measurement

To edit any measurement, tap your choice and go to [List view](#). Then tap the row of the selected measurement to edit its details or delete the measurement entirely.



## MEDICATIONS

To view all medications or enter a new instance of taking a medication, tap the person's name on the home screen.

On the following screen, tap the Medications tab. Here you'll see a list of all medications entered into the app, as well as the last time and amount taken for the selected person.

### Add a New Medication

To add a new Medication, tap the white + (plus) in the Medications tab.

Enter the medication's name, the strength of one dose of the medication, and choose the type or format of the medication from the dropdown menu. You may also enter notes about that particular medication, such as who prescribed it, its intended use, any adverse reactions, etc.

#### For example:

Medication:	Tylenol
Medication Strength:	Extra Strength or XXXmg
Type:	Gel Cap
Notes:	Prescribed by Dr. Jones for headache; causes upset stomach when taken without food

When you've entered all the information you'd like to enter, tap the green "Save" button. Tap the gray "Cancel" button to go back to the previous screen without saving.

### Add a New Instance of Taking a Medication

To add a new instance of taking a medication, tap the blue + (plus) at the end of the selected medication's row. Please note: you must add a medication before you can add an instance of taking it.

A new window will pop up. The date and time will be there automatically.

Add the quantity of the medication you're taking. For example, if you're taking two (2) Tylenol Extra Strength gel caps, enter the number 2.

You may also add any notes you'd like to about that specific instance of taking the medication.

When you've entered all the information you'd like to enter, tap the green "Save" button. Tap the gray "Cancel" button to go back to the previous screen without saving.

### **See Medication History**

To see all instances of a specific medication taken in the last fourteen (14) days, tap its name. This will automatically pop up a new window, showing this information in List view.

Tap a row to view more details or to edit the details of that instance.

Tap the green "Close" button to exit back out to the previous screen.

### **Edit or Delete an Instance of Taking a Medication**

To edit or delete an instance of taking a medication, tap your selected medication.

Then tap the row of the selected instance to edit its details or delete the instance entirely.

## **CREATE A REPORT**

The app lets you create a report that shows the last fourteen (14) day history of both measurements and medications for a specific person.

To create a report, select the person you want to produce a report for from the home screen.

From anywhere within that person's record, tap the white export button (a square with an arrow pointing up) found in the upper right corner of the screen.

The app will ask if you're sure you want to create the report. Select "Yes" to continue. Select "No" to cancel and go back to the previous screen.

### **Email the Report**

When you select "Yes", the app automatically generates an email using your device's native email client. The Subject of the email is automatically created as "Essential HealthTracker Report – {Current Date}". The report itself is automatically attached as a PDF to an email.

### **To Save or Print a Report\***

A copy of the report is automatically saved to your device. To find this report:

Log out of the app using the power button in the lower left corner of the screen.

When you're logged out, you'll see a menu across the bottom of your screen.

Select "My Apps" and your reports will show up there.

Select a report to open it.

Tap the export button (a square with an arrow pointing up) found in the upper right corner of the screen.

This will launch your device's native action menu, and you can choose to text, email, print the report, etc.

\*The ability to view your reports in-app is slated for the next version of Essential HealthTracker.

## **EXPORT/IMPORT DATA**

To export all your data for importing into a future version of the HealthTracker app, or to import your data from a previous version of the HealthTracker app, tap the Export button on the Home screen, found in the upper right corner.

## **INFORMATION**

To learn more about the app, contact Sounds Essential LLC, or ways you can contribute to future development of the HealthTracker app, tap the Information icon, located next to the power button in the lower left-hand corner of your screen.

### **Contribute**

If you would like to contribute to this app, you can do so by submitting an idea for future development or by making a financial contribution to support development costs and time.

To submit a new feature request or suggestion, please tap the “Submit Idea” button or visit: <https://soundsessential.com/requests-for-healthtracker>.

To contribute financially, please tap the “Donate” button or visit: <https://soundsessential.com/donate-to-healthtracker>.

## **DISCLAIMERS**

Sounds Essential LLC are not doctors or medical providers and do not make any medical claims as to the use of this app in relation to your health or overall wellness. It is merely a tool to help you keep track of key metrics. The app should not be used in lieu of actual guidance and/or recommendations by your healthcare providers or caregivers.

This app ships with no content. In accordance with our [Terms & Conditions](#), this software is provided "as-is" and does not include any technical support. Support can be purchased in blocks on our website, if required.