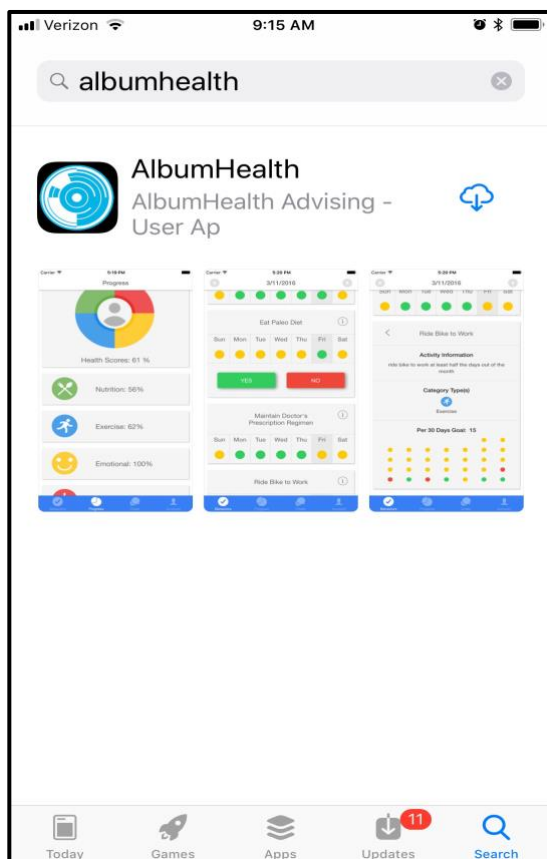# Album Health App User's Guide

1. Downloading the App.

- From the Apple Store or Google Play, type AlbumHealth (all one word) in the search bar. If you are using the Web Interface on your computer use this link, Client App Web view: https://client.albumhealth.com, you will not download anything.

- Click the "Get" button or " ☁ " to download the app.
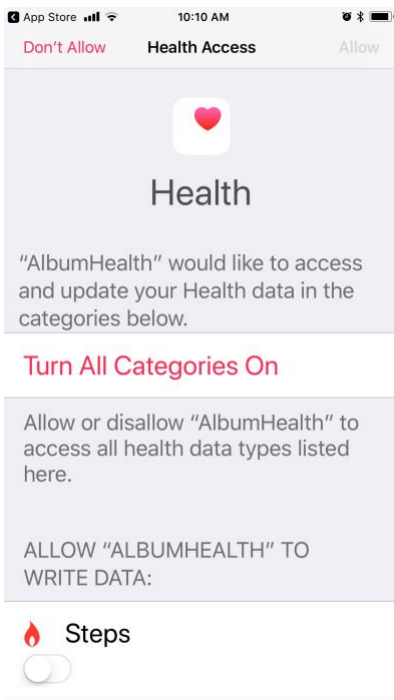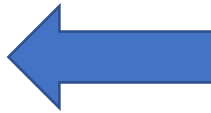

- A circle will appear and you can see the progress of the download which will only take a minute.
- When the download is complete click "OPEN", it will appear in this same spot.

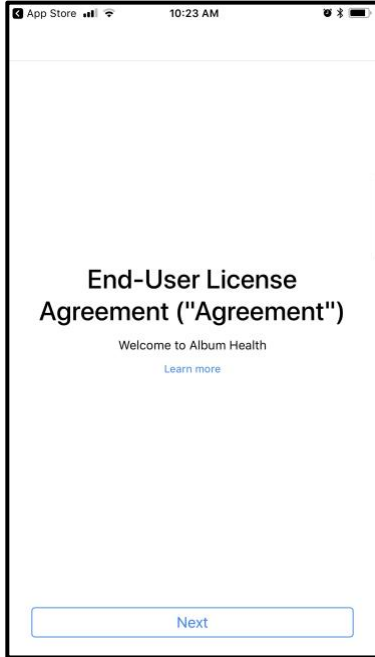- Log in using the same email and password you used to register with Album Health.
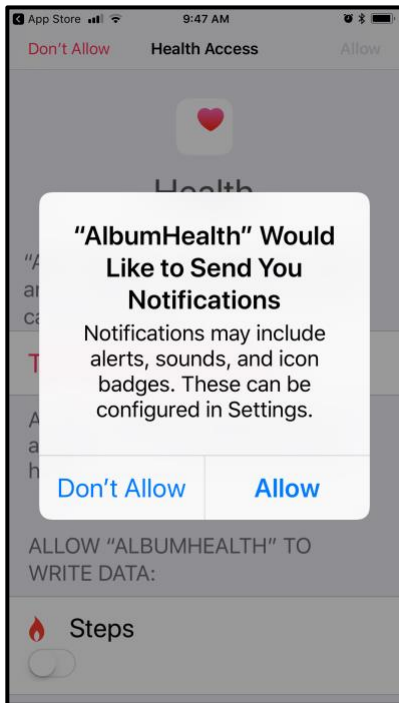
- Select "Allow" to receive notifications so you will know when your advisor has sent you a text.

Apple Users Only:

- Click the ⬭ to write data and read data about your steps.
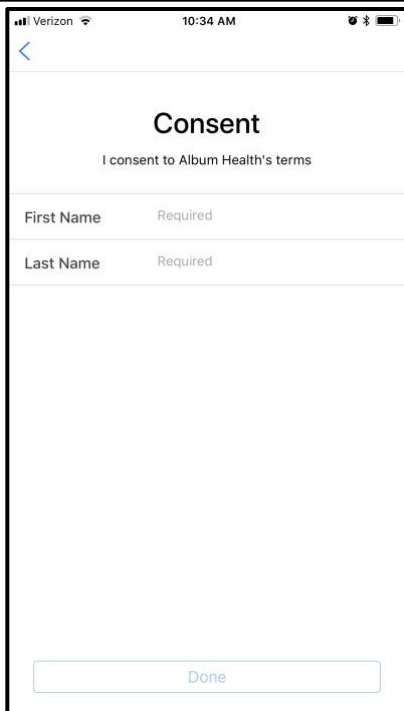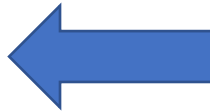- Scroll down the page there are two categories.

- Click "NEXT".
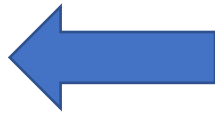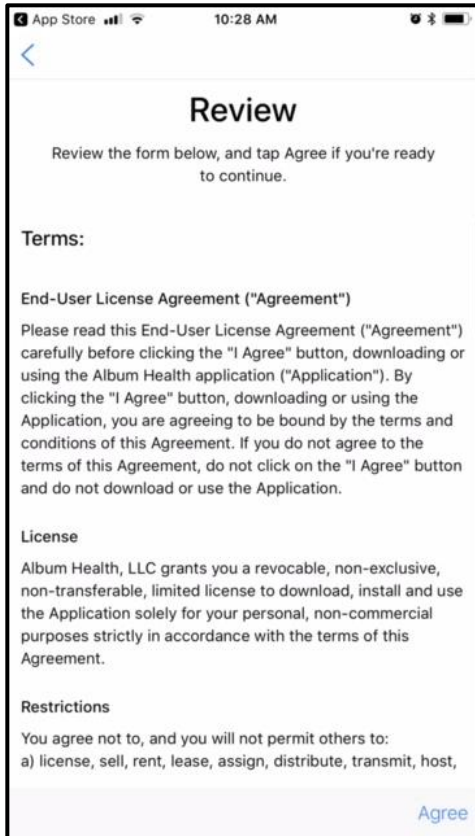
- Click "Agree".

- Type your first and last name.
- Click "done".
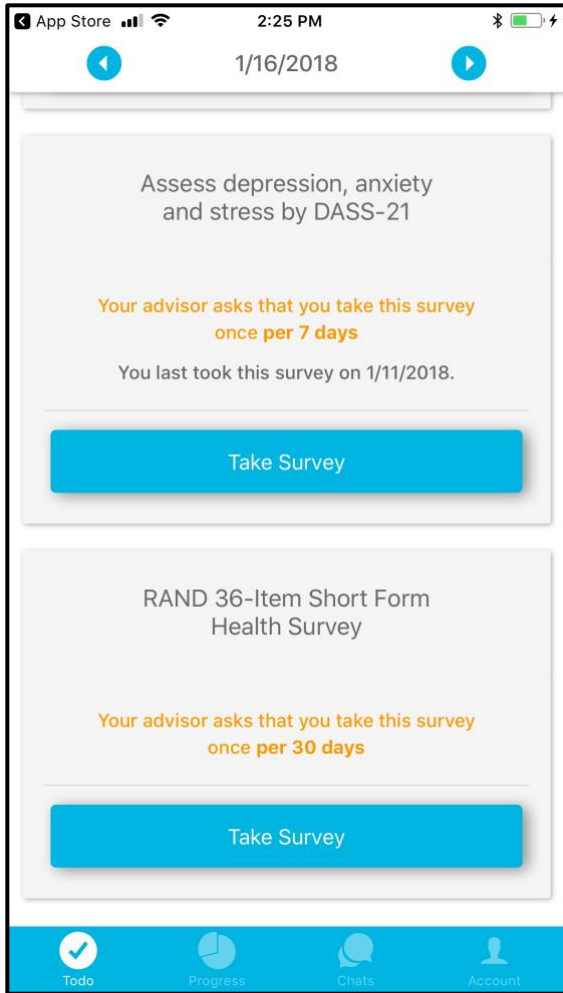
- You will be prompted to take two Surveys. The DASS and RAND.
- Click on the blue survey box to begin the survey.
- Once you have completed one survey you will be taken back to this screen to complete the other.
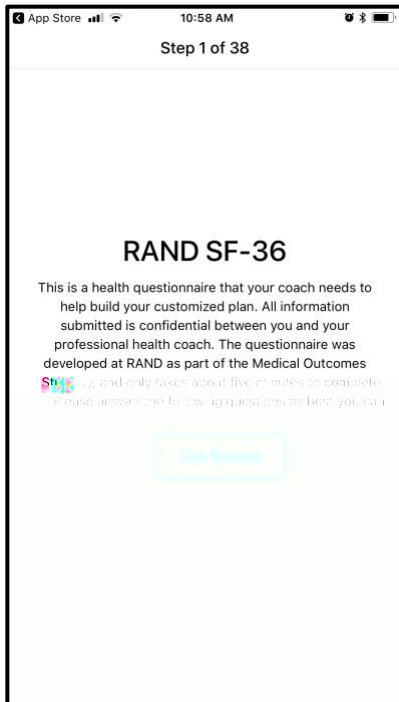
- Click "Get Started"

Conditions

I have the following medical and/or emotional conditions
(check all that apply)

I have no medical or emotional health
conditions

ADHD (Attention Deficit Hyperactivity
Disorder)

Allergies

Alzheimer's/Dementia

Anemia

Anxiety

Arthritis

Next

- Click on all of the conditions that apply to you.
- Click "next"
- Continue through all 38 steps, this will take you about 5 minutes.
- The DASS 21 survey will operate the same way as the RAND survey but only has 22 steps.

- If you have not met with your advisor, you can stop here.
- If you have met with your advisor, your behaviors will display, continue to the next page.

- These arrows will allow you to toggle back 10 days. Be sure the toggle is set to "show all behaviors". It is best if you get into the habit of logging every day, but if you miss a day you can go back and get caught up.
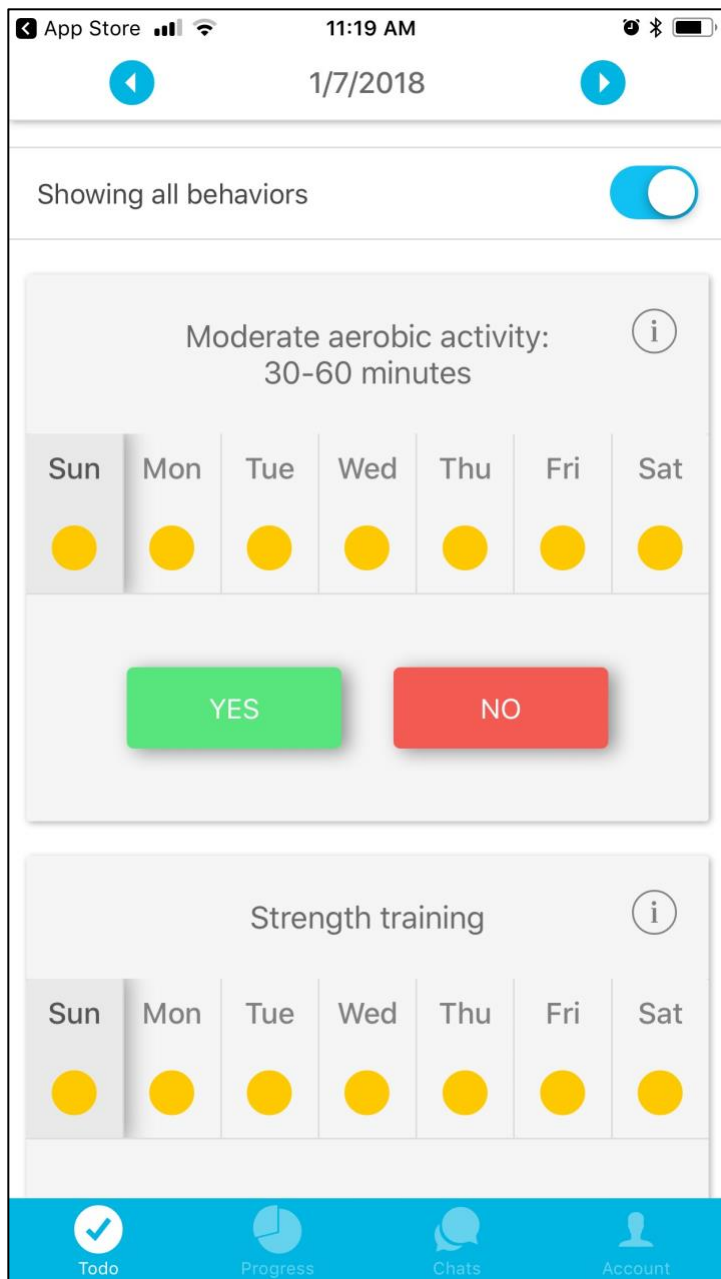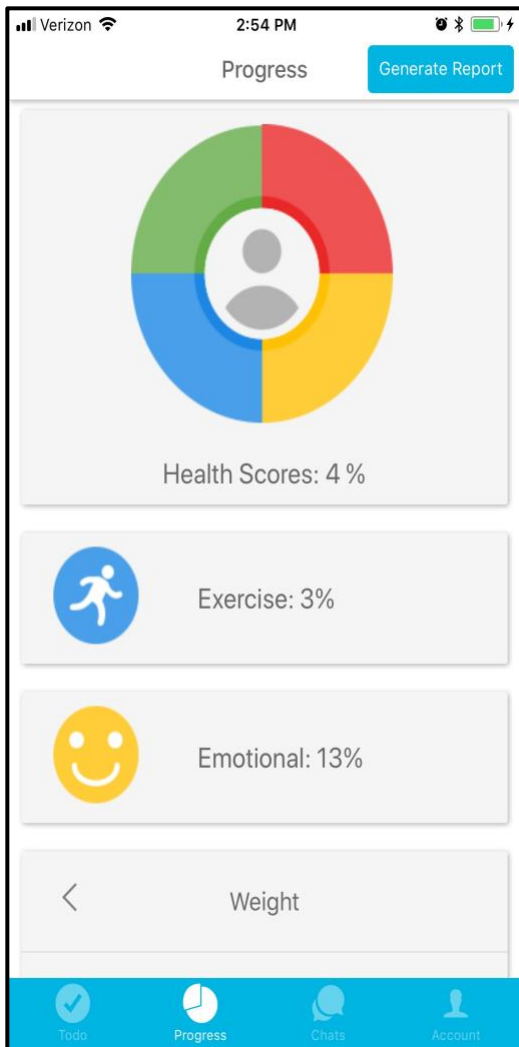- Tap the day you want to record and click "YES" or 'NO" to each behavior every day.

- Clicking this button will allow you to see additional behaviors that will be due soon, for instance if you weigh yourself only once per month, it will show you when you need to record.

- Clicking on the ⓘ will take you to a detailed page about the behavior; advisor notes, frequency for completing the behavior and a snap shot of your progress over the last 30 days, specific to that behavior.

- The blue tool bar displays the four pages available in the app. The Icon will be white indicating the current page.
- The current page is the "Todo." page. You can scroll up and down to see all of your health behaviors.

- Your app will default to your "Todo" page every day.
- Touch the yellow dot for the day you want to record then click "YES" or "NO" for the behavior, the behavior will slide to the left and disappear from your "Todo" list.
- Be sure to do this for each yes/no behavior every day.

- From the "Progress" page you can create a report showing your progress with your health behaviors, this might be beneficial to take to share with a doctor.

- The color wheel displays your overall health score, which is a combination of how well you did tracking and completing your health behaviors.
- The goal is to have a health score of at least 80%, as that is where we have seen the most improvement in health conditions and that is what is required on your Meredith Scorecard.
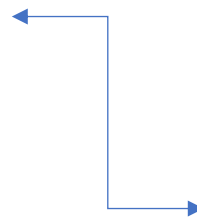
- Your individual health scores are broken out below. Note you may not have behaviors in all 4 categories; exercise, emotional, medical and nutritional.
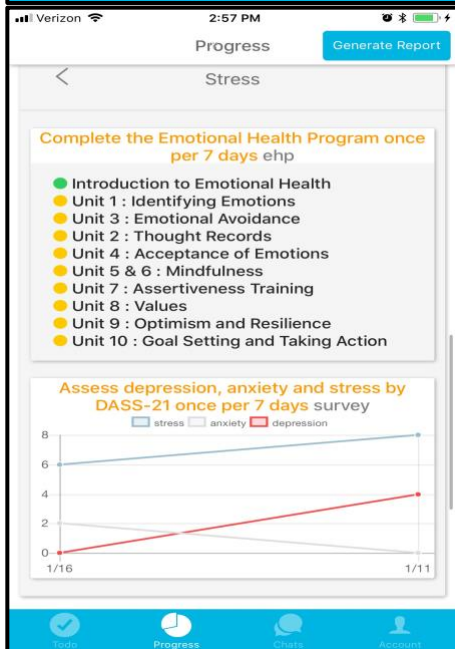
- Progress on all independent behaviors and "self-report" data such as weight, Emotional Health Program progress and DASS charts will populate here.

ull Verizon 🌐   3:21 PM   🔵

Chat   Schedule

test

Hey there, I've got your behavior updated!
Please check you "chat " button to reply back
that you are getting this.

test

This weekend, about 5 cigarettes on Saturday.
None on Sunday.
You had a great Sunday!
test
test

Me

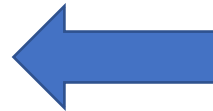q 👍

8/1/2017

Advisor

https://aggresshealth.mypaysimple.com/online-booking

It is that time again. Please use the link to
reschedule. The schedule is done in CST.
https://aggresshealth.mypaysimple.com/online-booking I look forward to talking with you. Susie
survey test

Send

- Click here to access your advisor's schedule.
- You can send and receive texts to/from your advisor.

- Type your message and hit send.
- This information is private.

AlbumHealth

Account

Logout

If your account is not displaying your behaviors or chat messages, the system may have logged you out. Try logging in again here: LOGIN

Your email is: susie.bormann+u1@aggresshealth.com

Having problems? Let us know at info@albumhealth.com
Version: 4.0.3 (1/1/2018)

Todo   Progress   Chats   Account
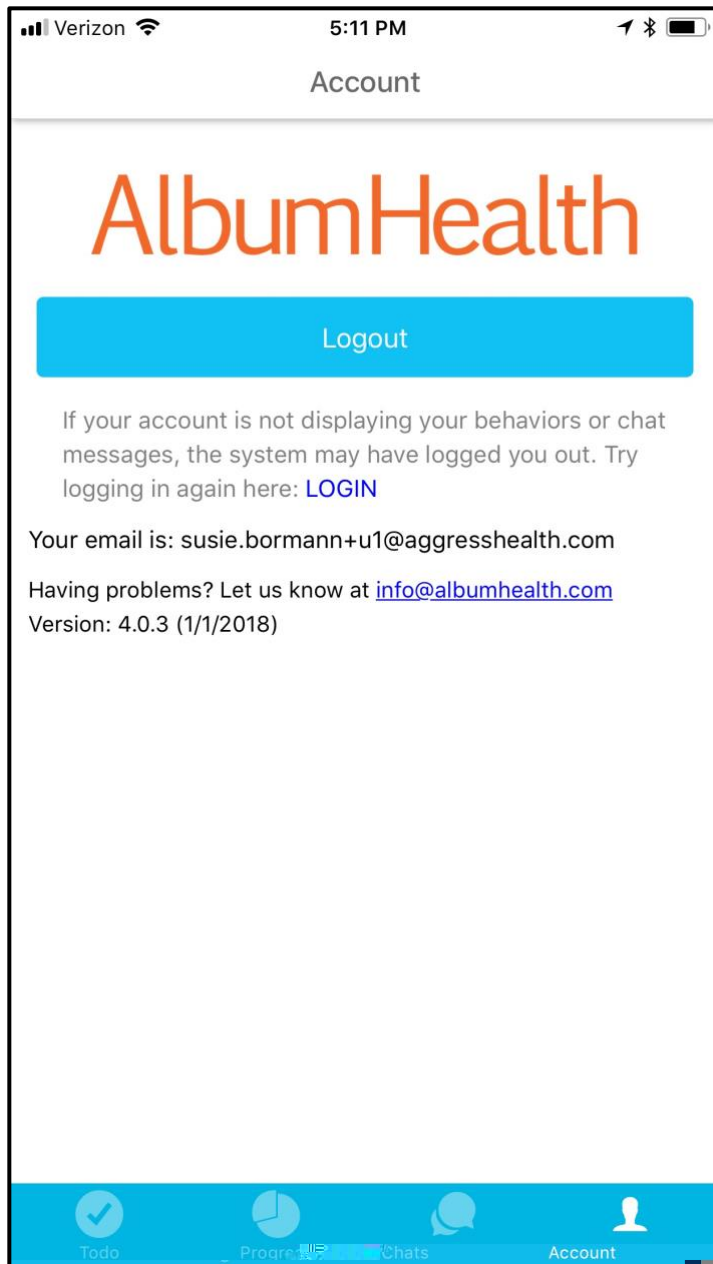
- The Account page is where you can log in/out of the app.
- Feel free to contact your Advisor or you can send a message to admin using this email.
- You can also check to make sure you are on the most current version of the app.