

Living With Covid Recovery

Patient Guide

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CONTACT US

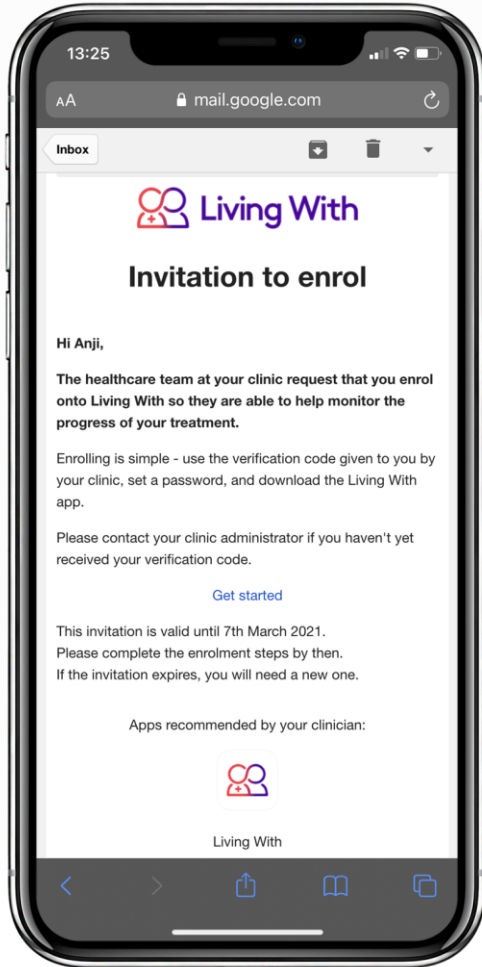
Further questions? See page 26 for our contact details



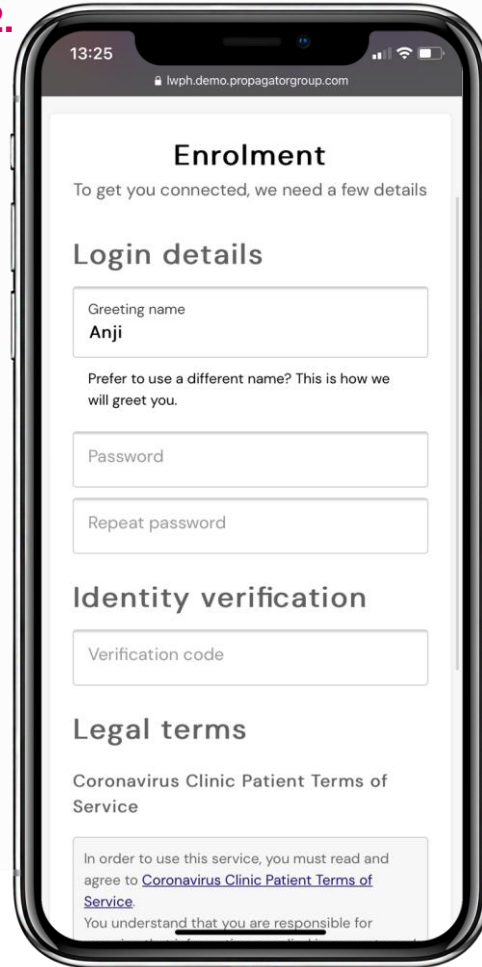
Living With Covid Recovery was created to help you manage long covid. This is through an informative library of clinically validated articles, questionnaires, trackers for symptoms, medication and measurements, a planner for tasks and goals and a fatigue diary. The app is connected to a dashboard used by your clinician, where they can monitor your progress and also send you messages.

ENROLMENT

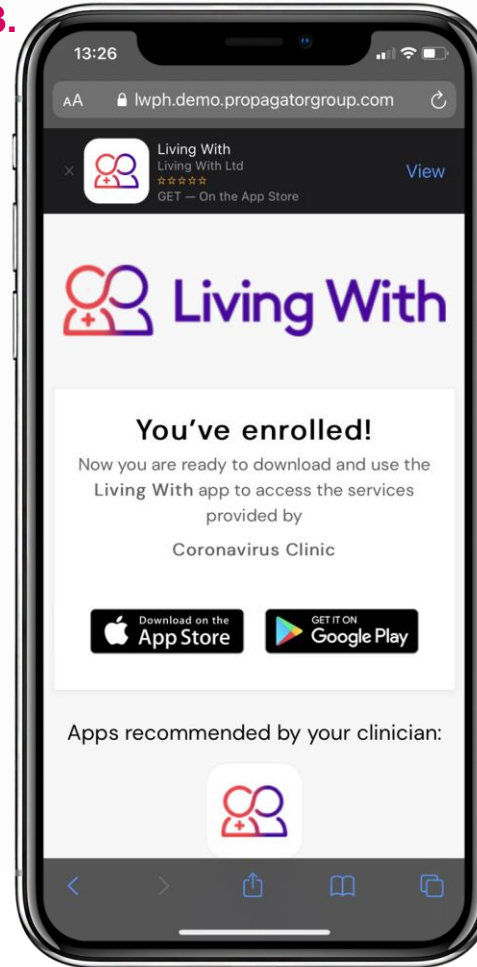
1.



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Enrolment

Time: 3 minutes

When you're first invited to join Living With, you'll receive an email - see image 1 for an example.

Once you click **Get Started**, you'll be taken to the Enrolment page shown in image 2.

There you can set up your password and then enter your verification code - ask your clinician for this.

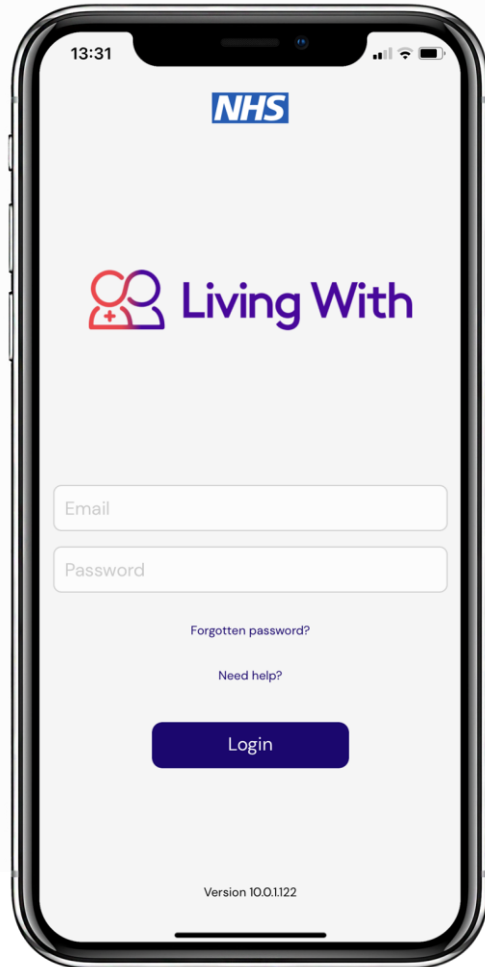
You'll need to agree to the Legal Terms before tapping **Enrol**.

Once you've enrolled, you'll be taken to a screen (shown in image 3) that allows you to download the Living With app from the App Store.

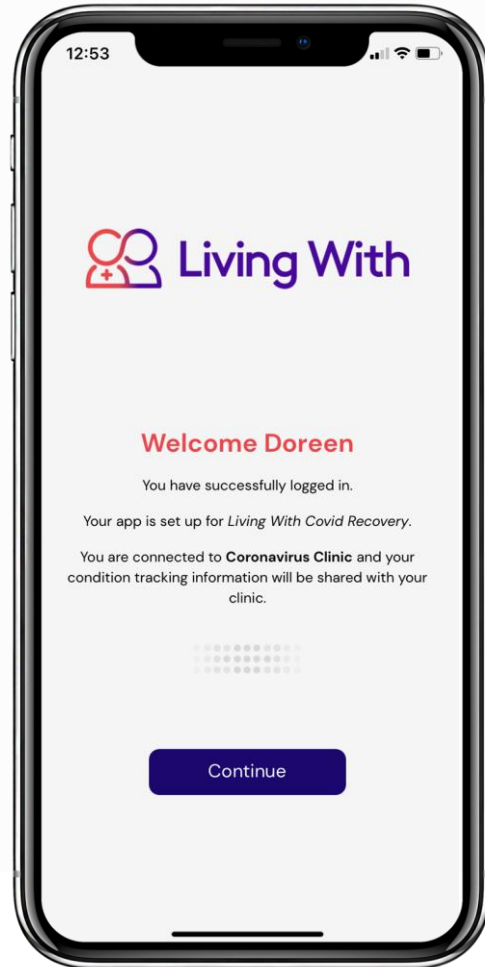
Now you're ready to use the Living With app!

LOGGING IN

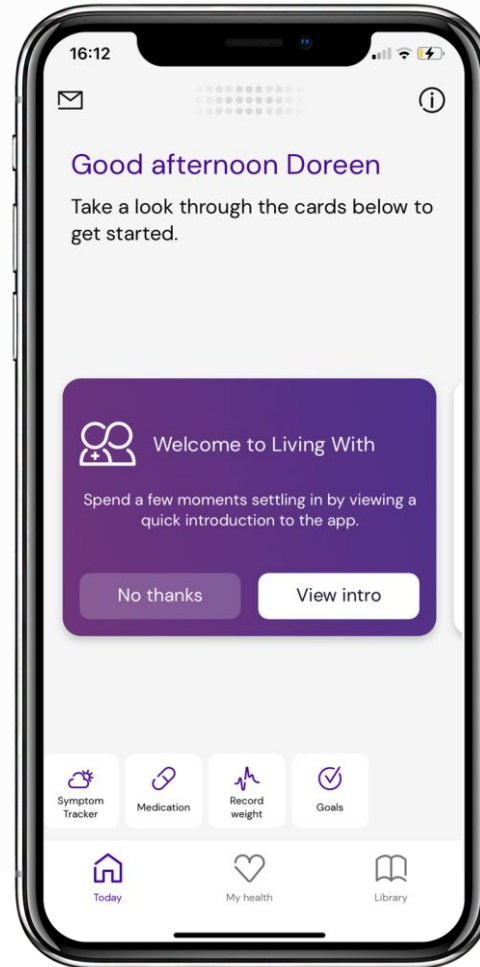
1.



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Logging in

Time: 2 minutes

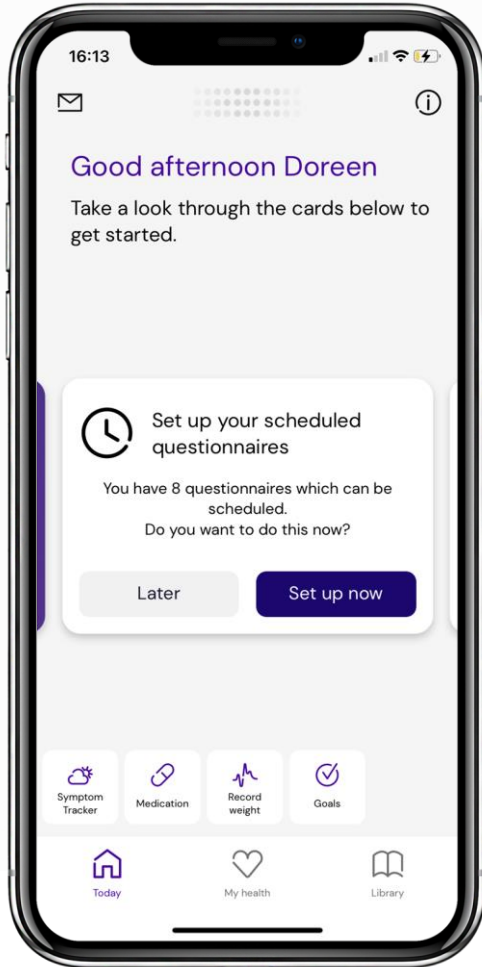
After downloading the Living With app, login using your email address and the password you created during enrolment (image 1).

Your password won't be shared with your clinic.

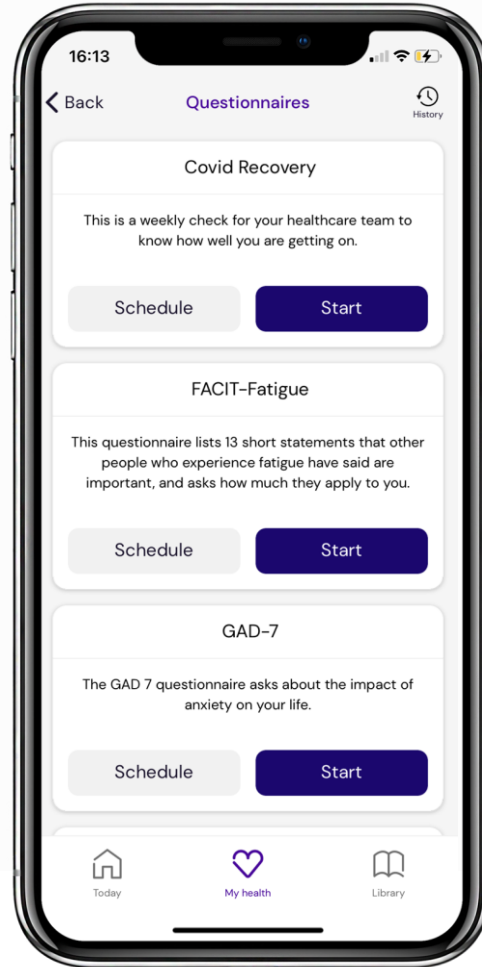
A great place to start is **View Intro** - this explains how the app fits together, summarising its main functions.

QUESTIONNAIRES (1/2)

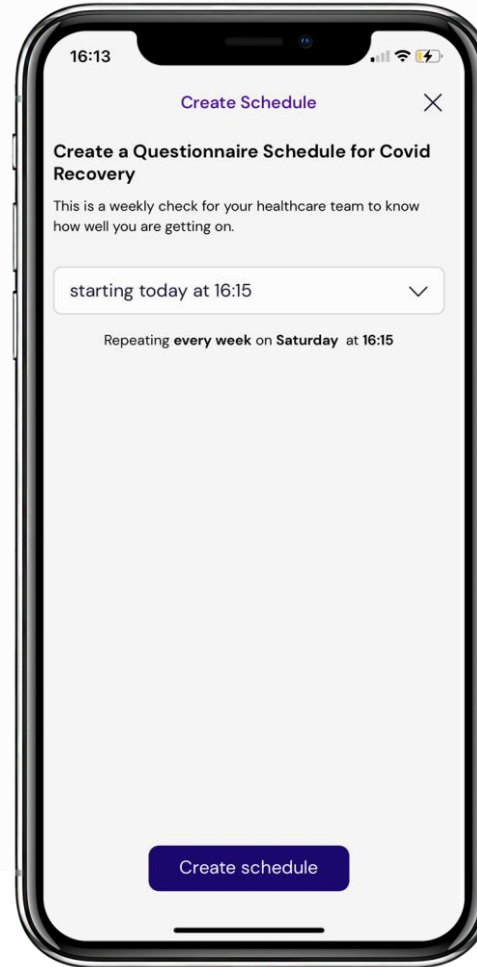
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Scheduling questionnaires

Time: 2 minutes

One of the first cards you'll be shown is about setting up scheduled questionnaires. Tap **Set Up Now** to get started (image 1). Next tap **Schedule**.

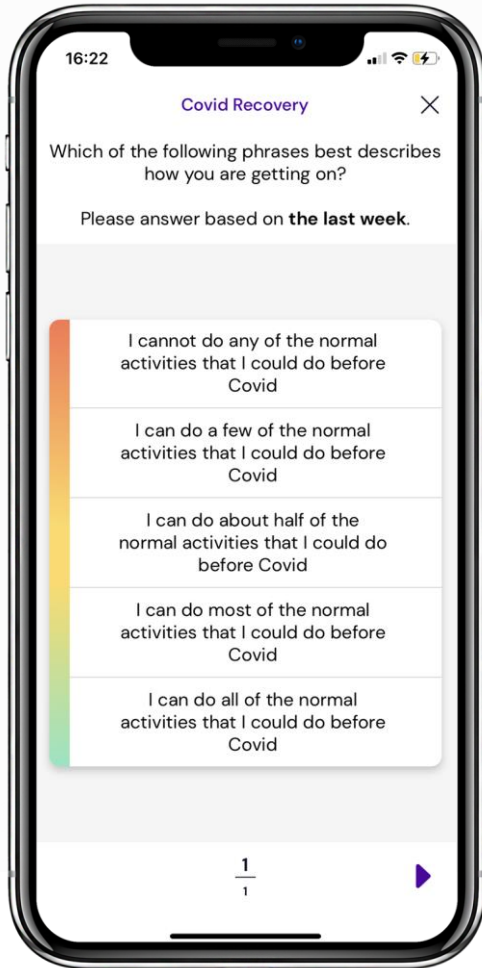
Questionnaires like the Covid Recovery or FACIT-Fatigue (image 2) help healthcare professionals to understand about your condition. That's why your answers are automatically sent to your clinician - they're used to help track your treatment.

Enable notifications to be reminded by the app to complete questionnaires. Just tap **Allow** when a message pops up after you create a schedule.

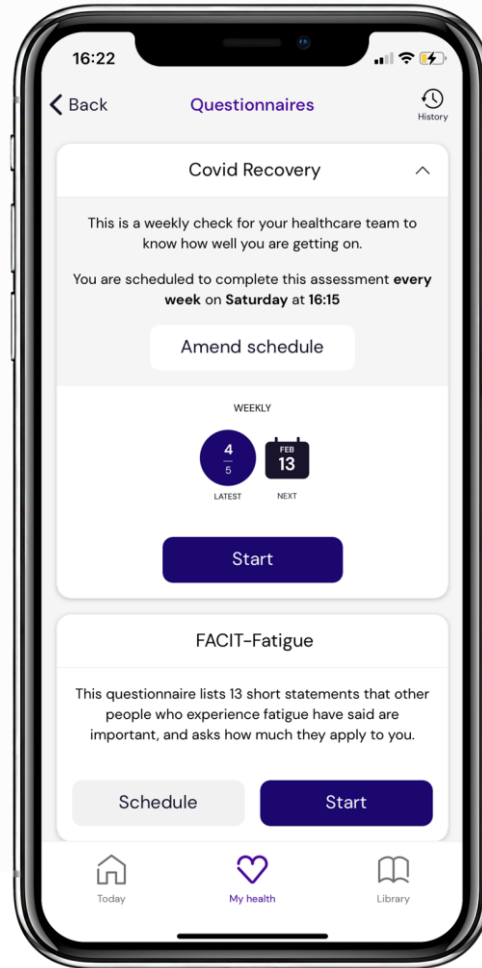
If you have done so and still are not receiving reminders, you might need to change your phone settings. Page 25 of this guide explains how to do so on iPhone.

QUESTIONNAIRES (2/2)

1.



2.



3.



Completing questionnaires

Time: 2 minutes

An example question from the Covid Recovery is shown in image 1.

Once you've completed a questionnaire, the main questionnaires page will show you summaries of recent scores. See image 2.

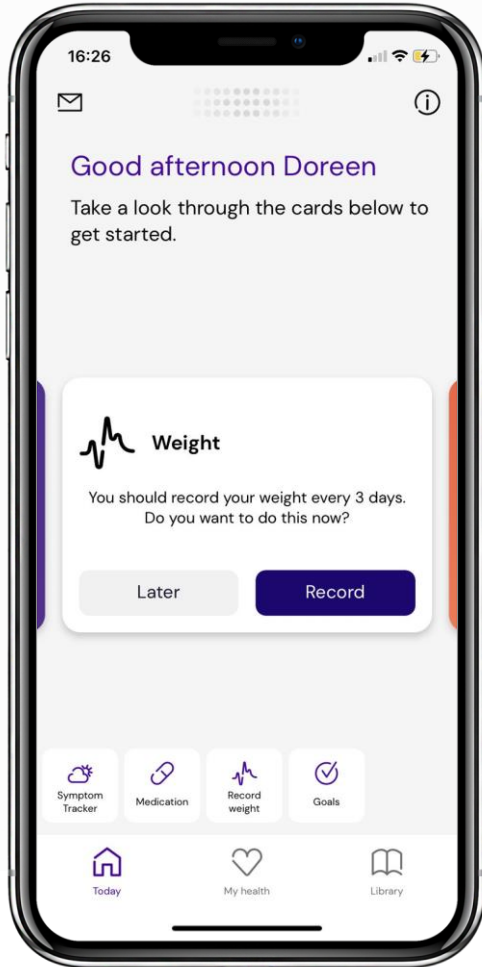
To amend a schedule, use the arrow to the right of a questionnaire name (e.g. 'Covid Recovery', image 2) and tap **Amend schedule**. This dropdown also gives you information about what the assessment is used for.

To see a record of your previous answers, tap the clock icon in the top right, image 2. Tap on the relevant entry to see a breakdown of your answers from that date.

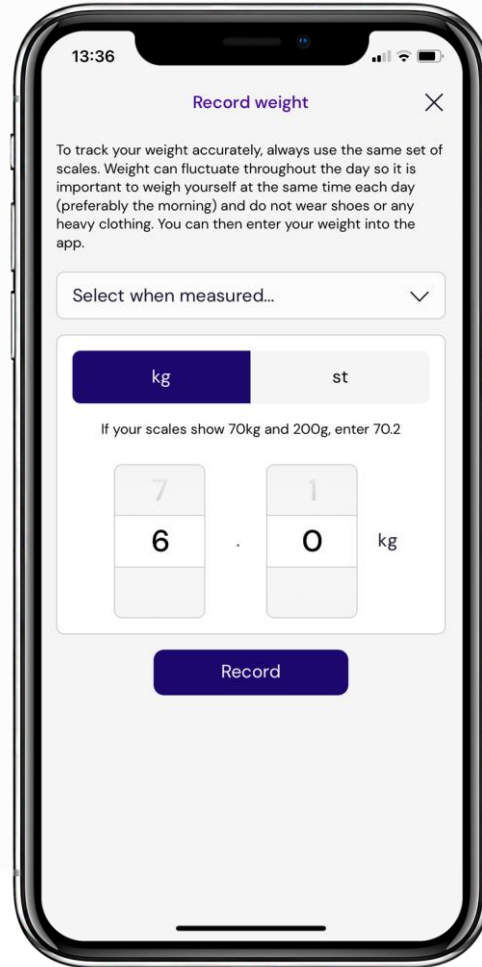
From Questionnaire History (image 3), tap the arrow in the top left hand corner to go back.

MEASUREMENTS (1/2)

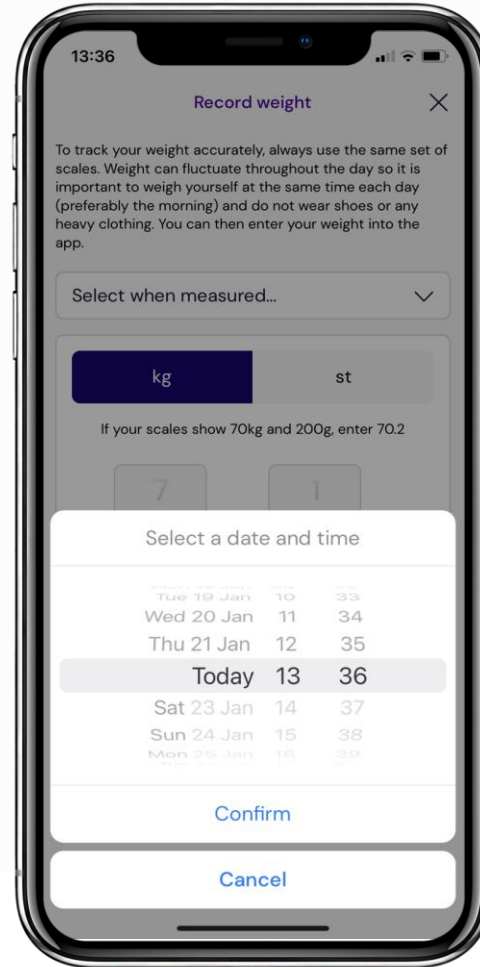
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Recording weight

Time: 1 minute

Another card you'll see on the homescreen reminds you to record your weight. Tap **Record** to get started.

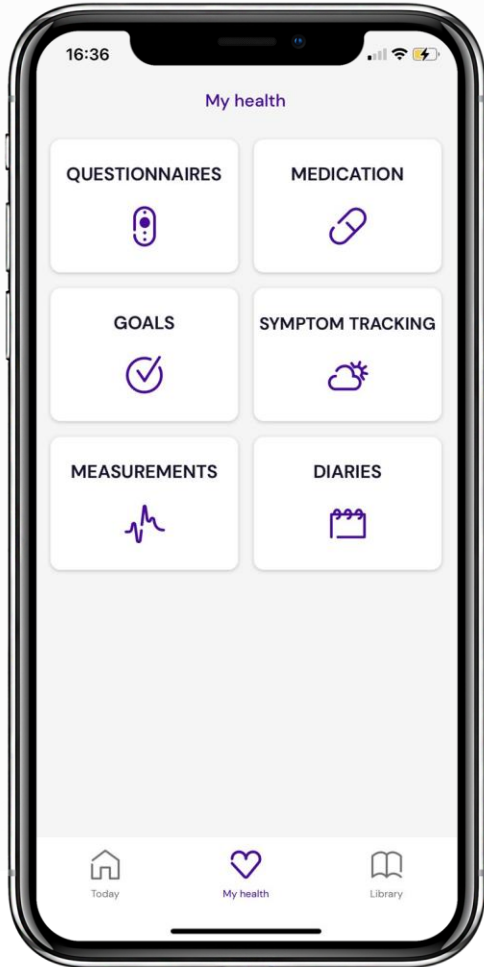
First use the **Select When Measured** dropdown to choose a date and time (images 2 and 3).

Next choose whether to measure yourself in kilograms or stone - metric or imperial. Then scroll to select a weight.

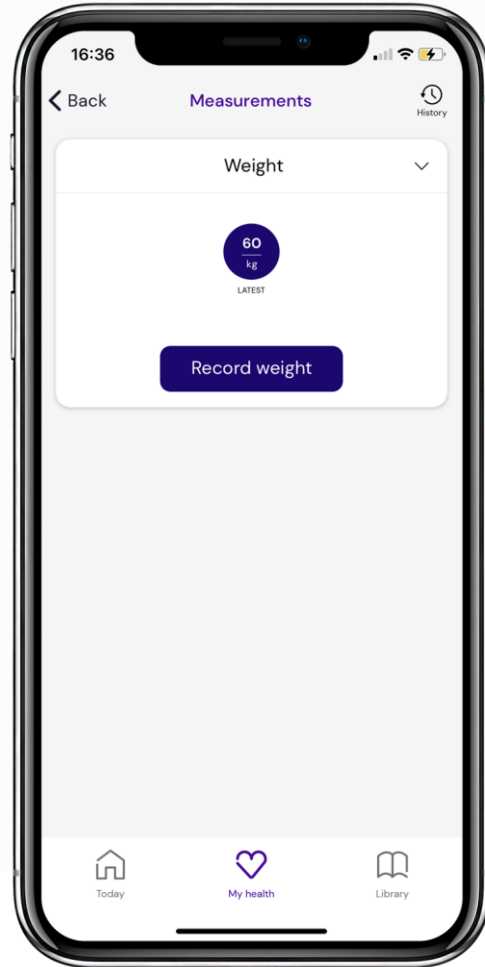
Always use the same set of scales, and weigh yourself at the same time of day (ideally the morning).

MEASUREMENTS (2/2)

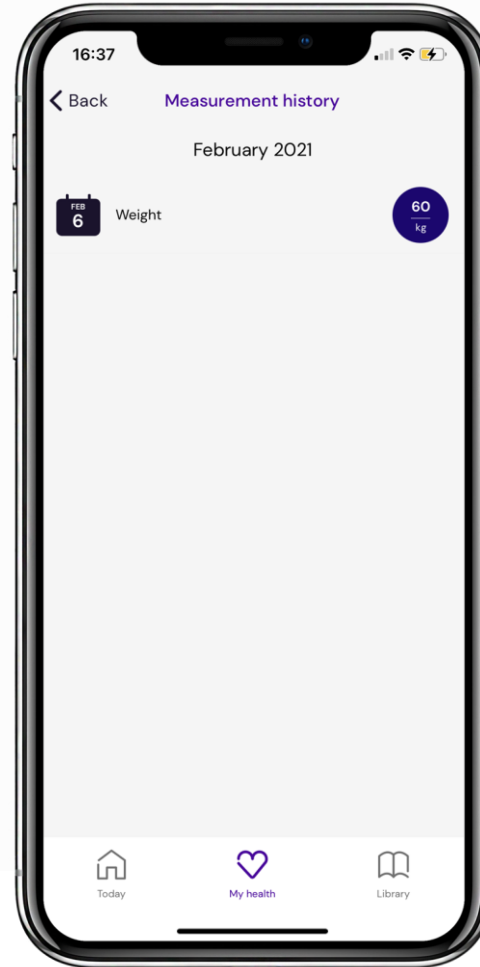
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Measurement history

Time: 30 seconds

When you want to record your weight at another time, go to **My Health**, bottom middle.

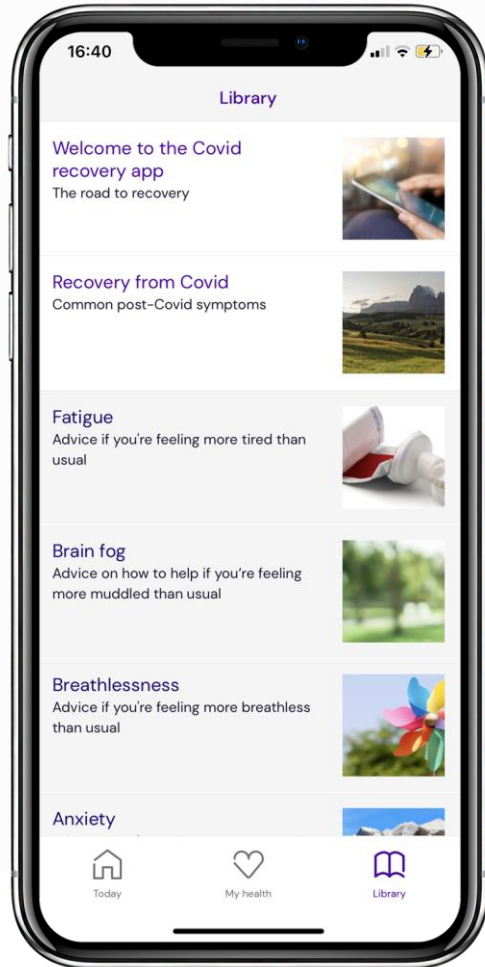
Tap **Measurements** in the bottom left to get to the main Measurements page (image 2) - from here, **Record Weight** will allow you to record a new entry.

To see a history of your previous recordings, tap the clock icon in the top right hand corner (image 2).

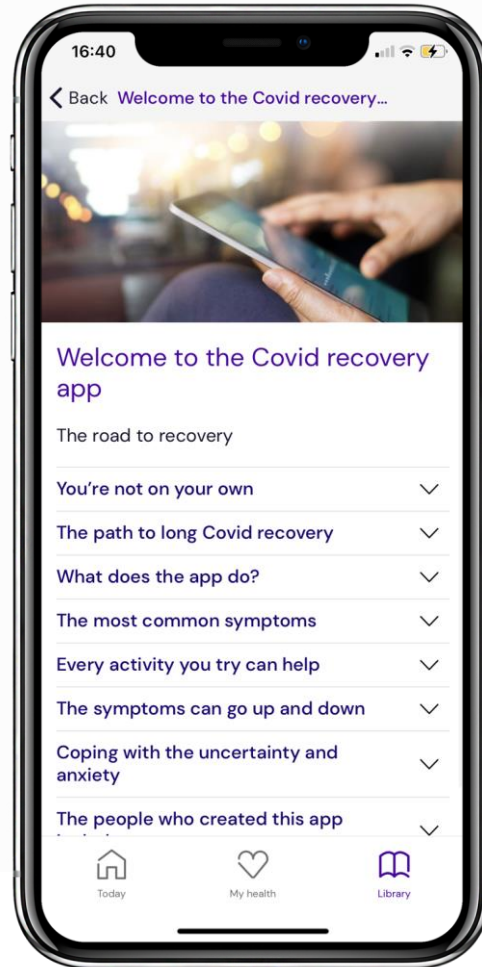
From Measurement History (image 3), tap the arrow button in the top left hand corner to go back.

ARTICLES

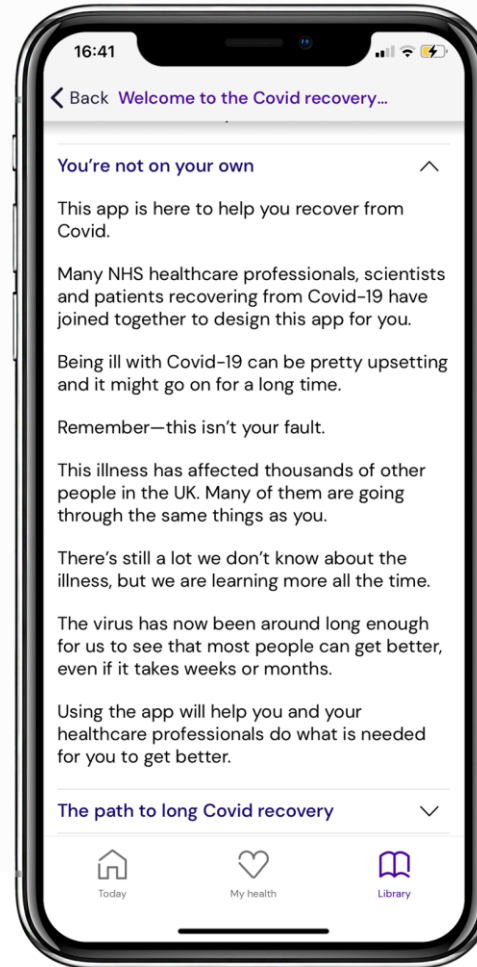
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Finding articles

Time: 30 seconds

The Living With app contains lots of informative articles related to recovery from Covid.

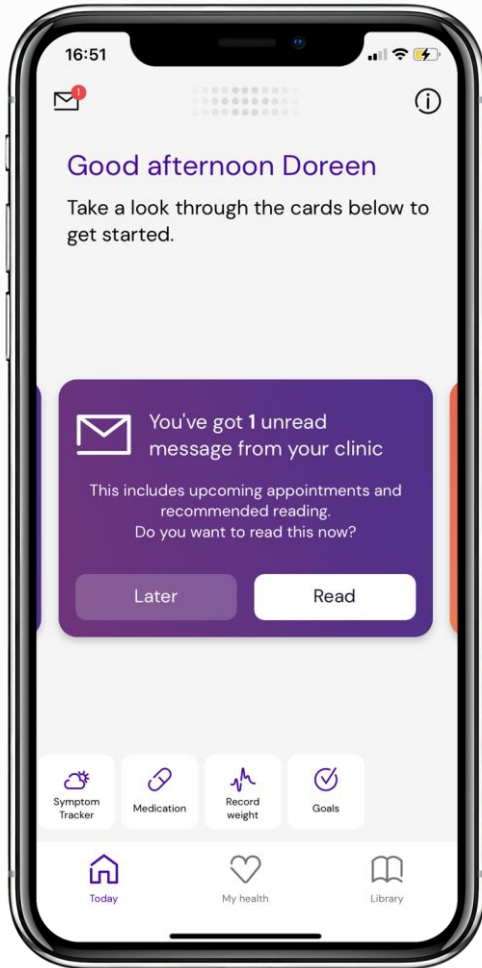
Tap **Library** in the bottom right to get to the main collection shown in image 1. Tap through to find articles. An example article, **Welcome to the Covid recovery app**, is shown in image 2.

Articles are structured with openable headings (bold and purple, image 2), which help to break them down to be more readable. Tap to open and read the respective sections.

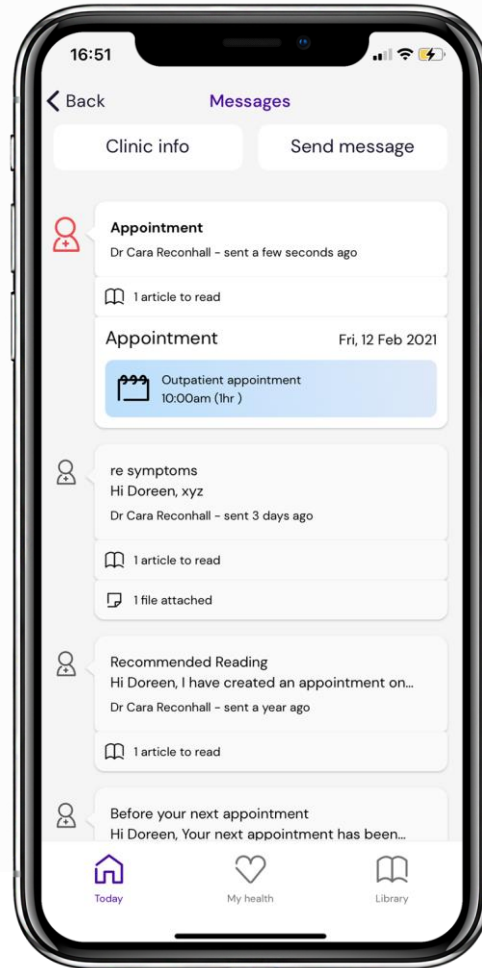
To go back to the list of articles in the collection, tap the back button in the top left hand corner.

MESSAGES (1/2)

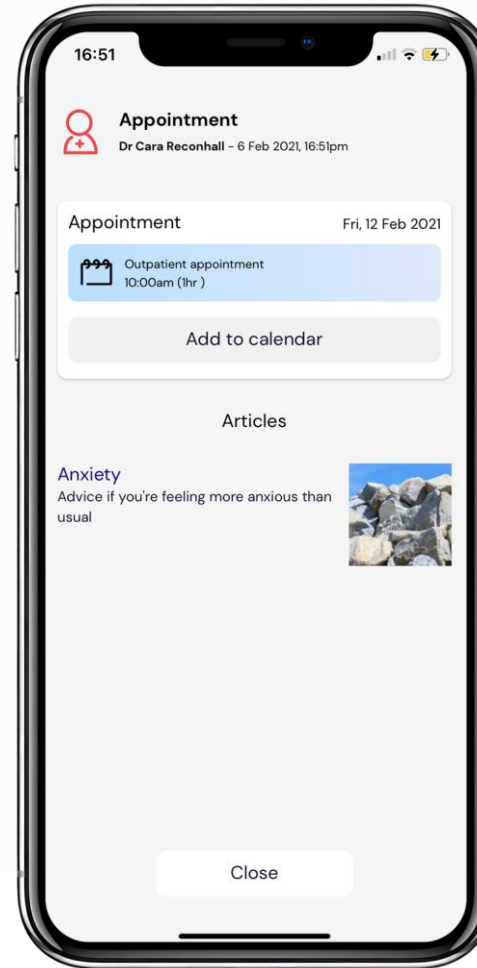
1.



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Reading messages Time: 30 seconds

Clinicians can send you outpatient, investigation and treatment appointment reminders, general messages, and they can attach files and articles to read too.

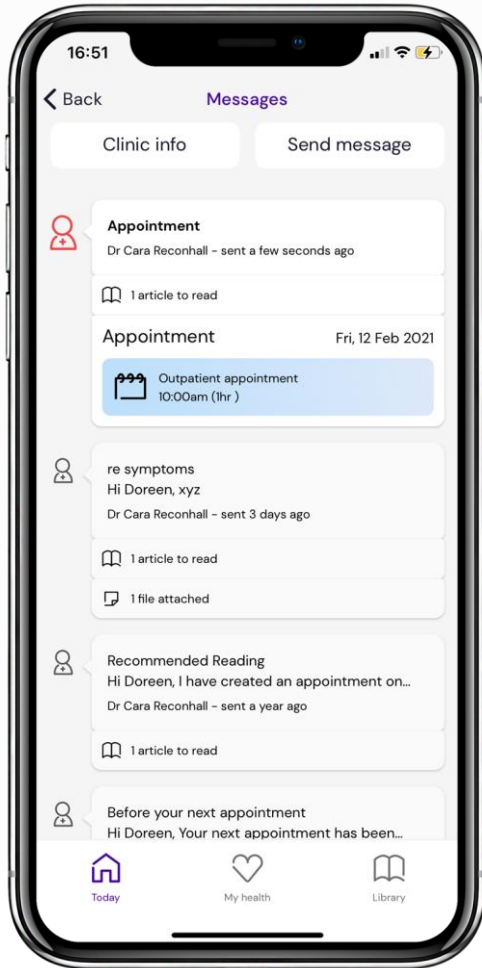
Notifications will appear as cards on the homescreen (image 1). Tap **Read** on a card, or tap the envelope icon in the top left hand corner to be taken to the main Messages page (image 2).

Unread messages show up red. Tap on a message to see its contents - our example shows one with an attached appointment reminder and two articles to read.

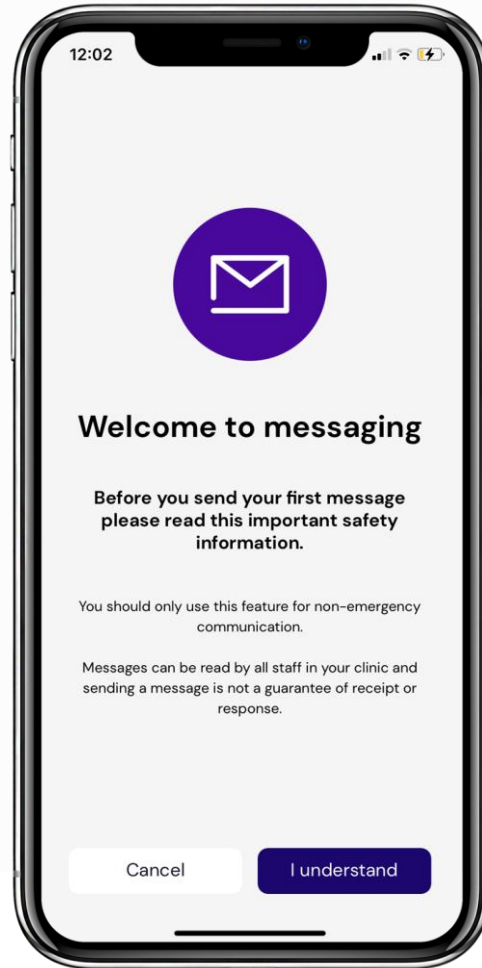
Tap **Add to Calendar** to add the date and time of an appointment to your phone's calendar (image 3). You might need to change your phone settings to enable access - Page 25 of this guide explains how to do so on iPhone.

MESSAGES (2/2)

1.



2.



3.



Sending messages

Time: 1 minute

You can send messages in the app to your clinician - from the main messages page in image 1, tap **Send Message** in the top right.

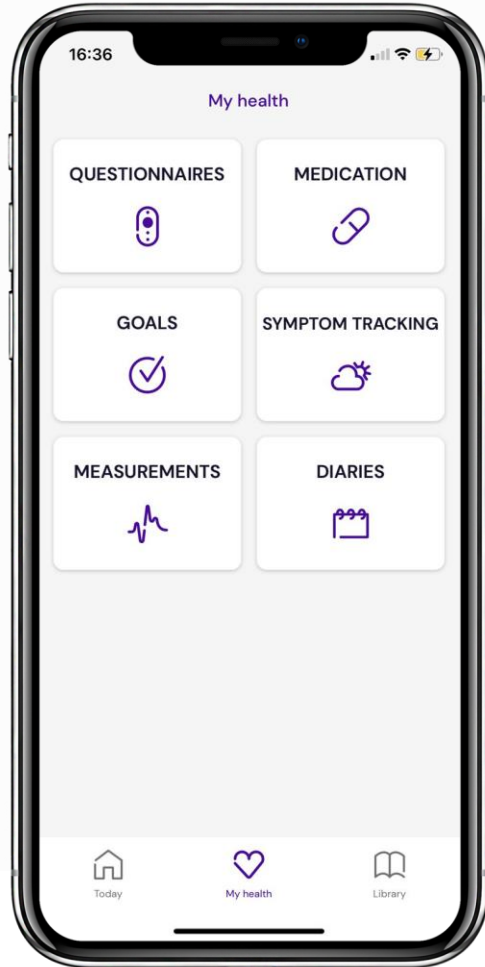
Before you're able to use the function, you'll need to agree to the information which will pop up (see image 2). Only use messaging for non-emergencies. Page 24 of this guide explains how to find your clinic's contact information in the app.

An example messaging template is shown in image 3. Send your message as you would normally using instant messaging apps or email. You can attach files and photos after tapping **Attachments**.

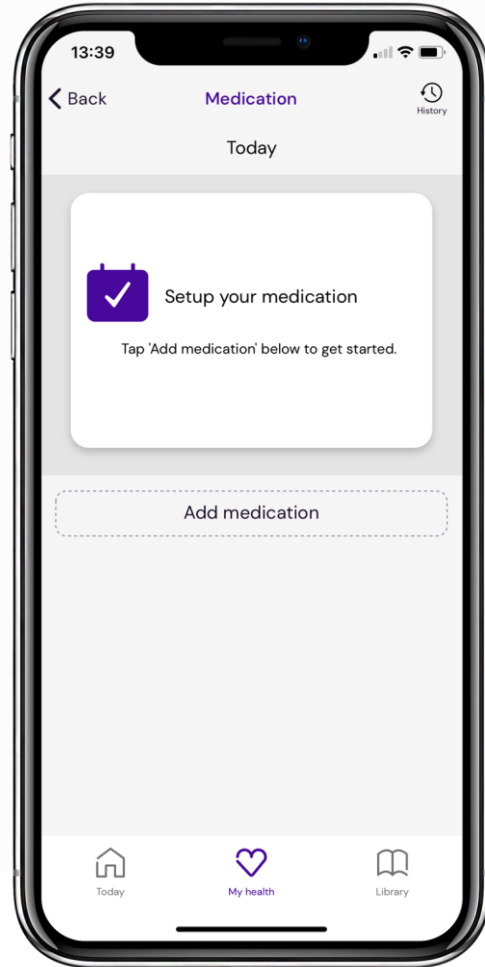
The sent message will show up on the right as a reply on the main messages page.

MEDICATION (1/3)

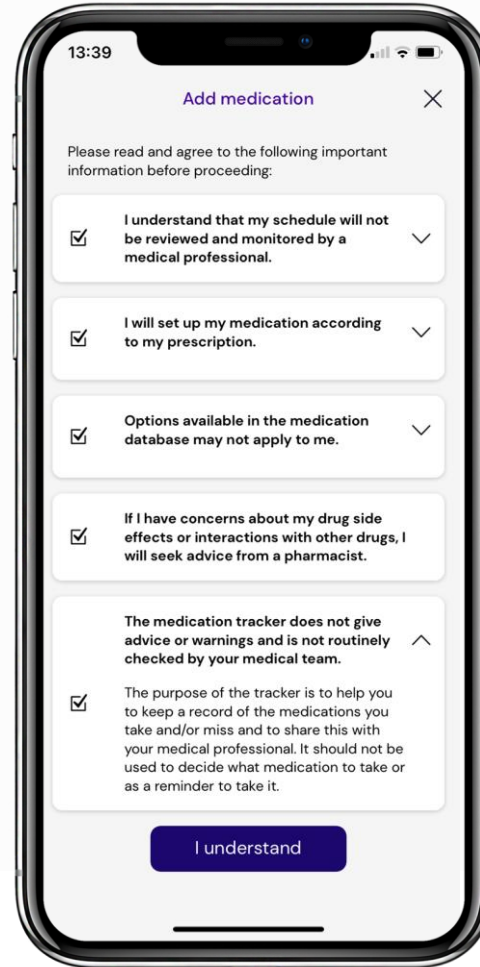
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Setting up Time: 1 minute

When you want to record medication usage, go to My Health, bottom middle (image 1). Tap **Medication** in the top right.

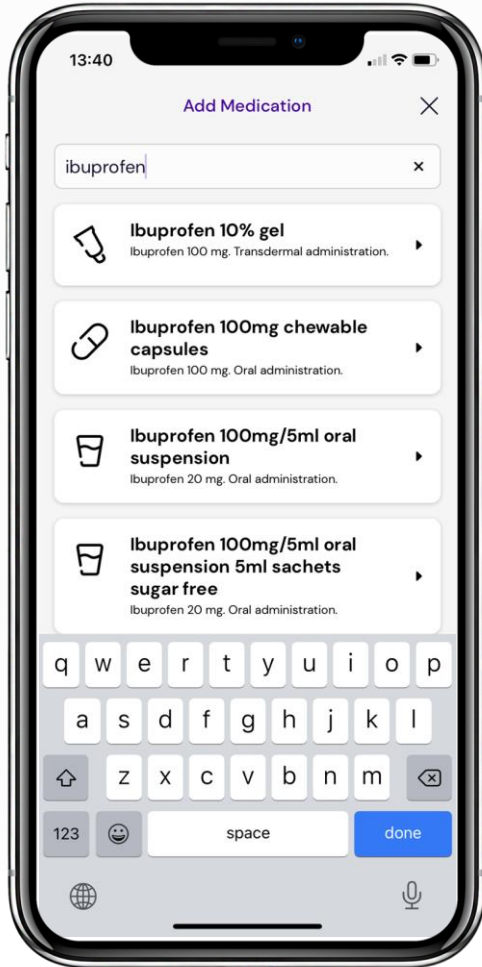
You'll need to set up your medication, but after clicking **Add medication** (image 2), you'll first be taken to the screen in image 3.

It's important that you confirm you agree to the information by ticking the boxes to the left. Tap the downwards-pointing arrows on the right if you want to find out more.

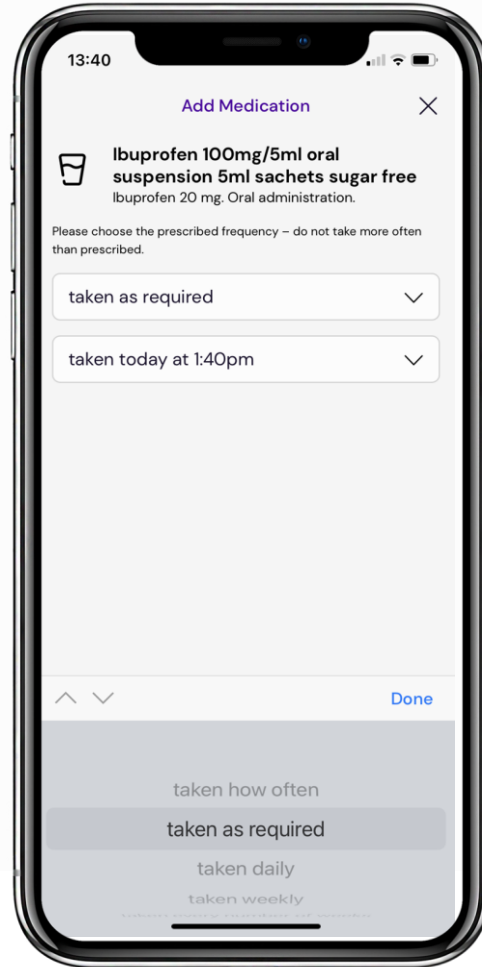
Once you're finished, tap **I understand** at the bottom to proceed.

MEDICATION (2/3)

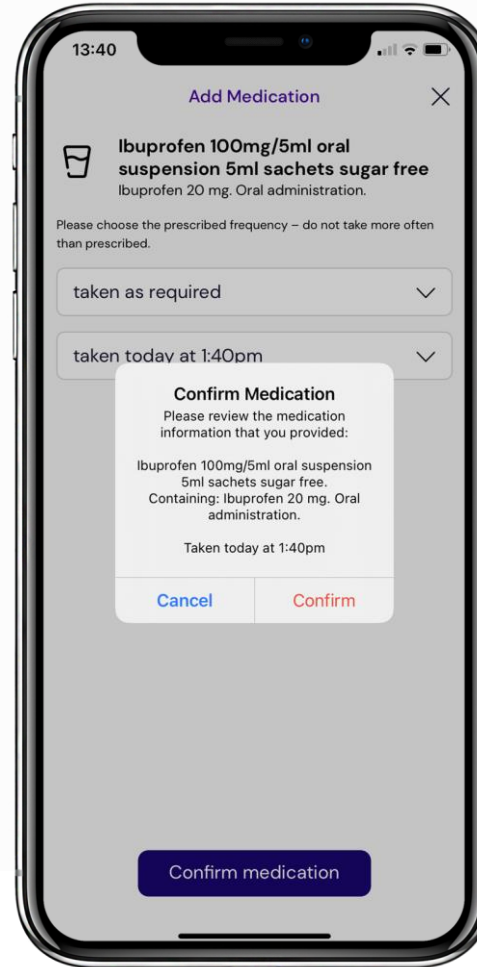
1.



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Adding medication

Time: 1 minute

Once you've agreed, you're able to add your medication - type its name into the search box at the top and it should appear. An example is shown in image 1.

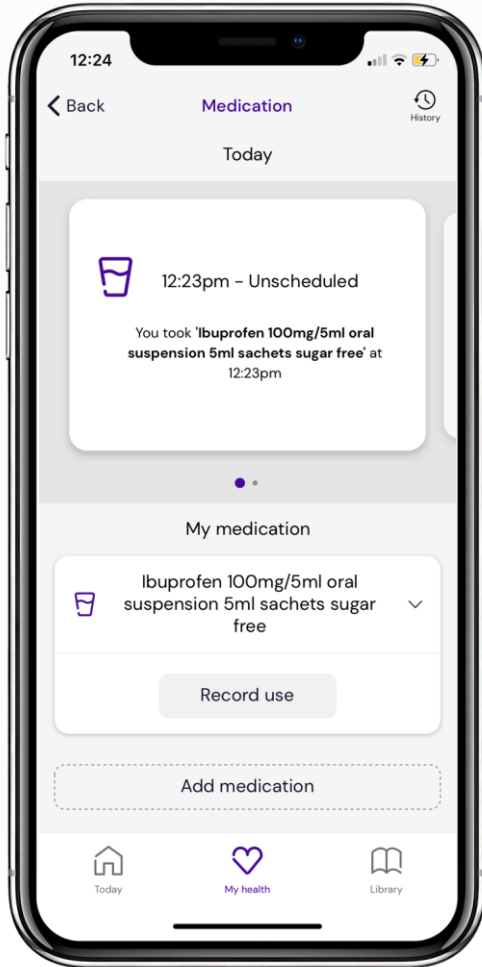
You'll next need to say how often you've been prescribed to take it - this is so that we can provide you with reminders.

Make sure you enable notifications to be reminded by the app to take your medication. You might need to change your phone settings - Page 25 of this guide explains how to do so on iPhone.

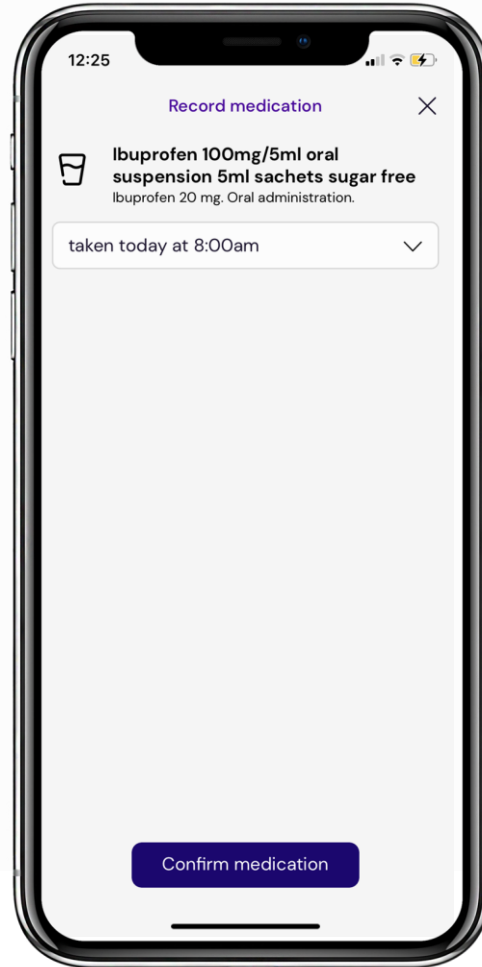
Lastly, confirm your entries - a small summary will pop up (see image 3).

MEDICATION (3/3)

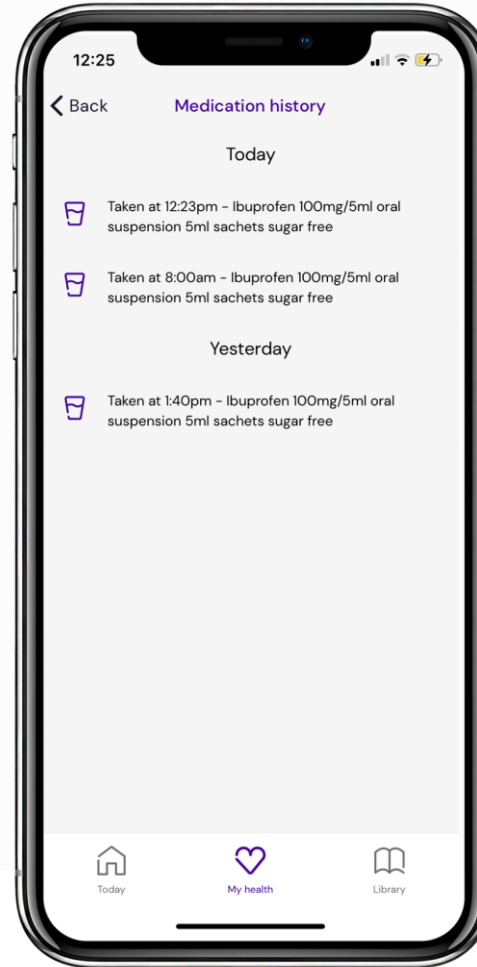
1.



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3.



Recording medication usage Time: 1 minute

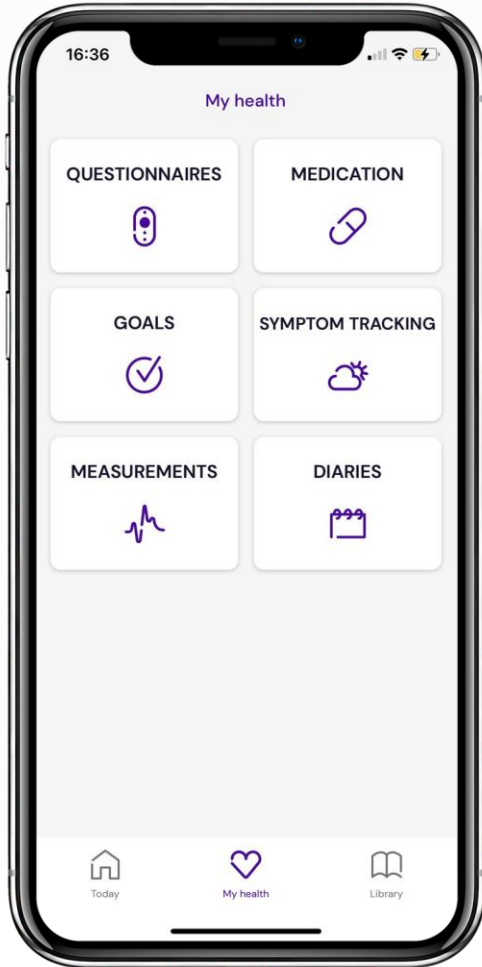
From the main medication screen, image 1, you can record whenever you've taken your medication - just tap **Record use** on the tab for the specific item.

This will take you to the screen shown in image 2 - tap "**Taken Today at ...**" and you'll be able to set the administration date and time.

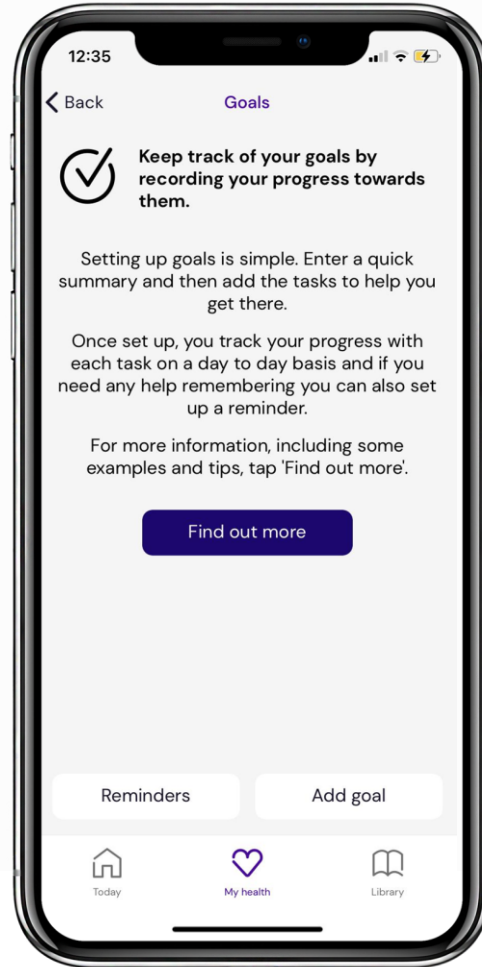
To see a record of your usage history, tap the clock icon in the top right hand corner (image 1). This will take you to the screen shown in image 3. Tap the arrow in the top left hand corner to go back.

GOALS (1/4)

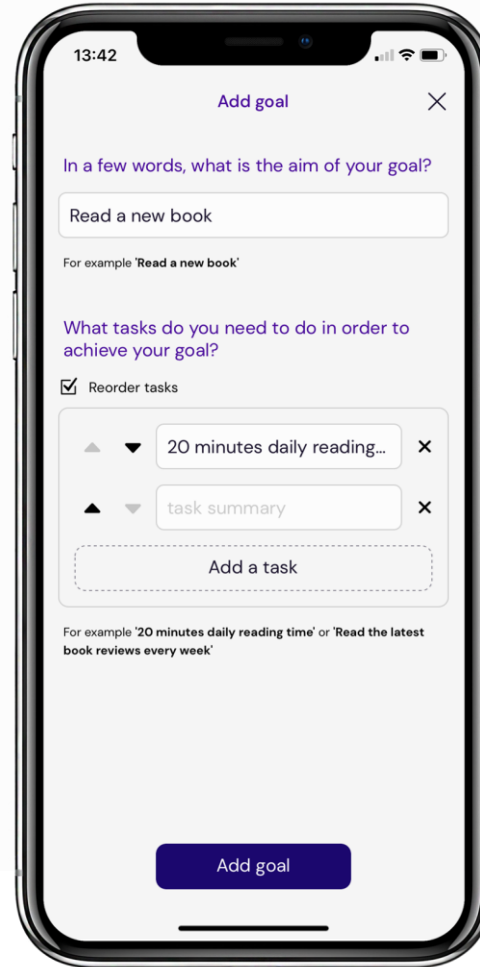
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Setting goals and tasks

Time: 30 seconds

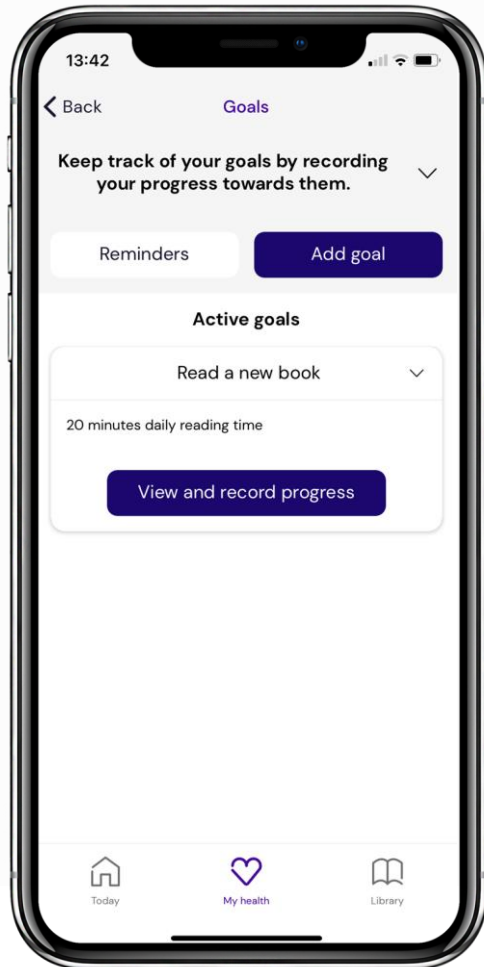
When you want to set goals for yourself in the app, go to My Health, bottom middle (image 1). Tap **Goals** to the left under Questionnaires. Next tap **Find Out More** for examples and tips, or **Add Goal**, bottom right.

It's helpful to write a short summary of a larger goal that you breakdown into step-by-step tasks. This is why the add goal page (image 3) is structured the way it is. The example goal is to read a new book, and the example task is to read for 20 minutes a day.

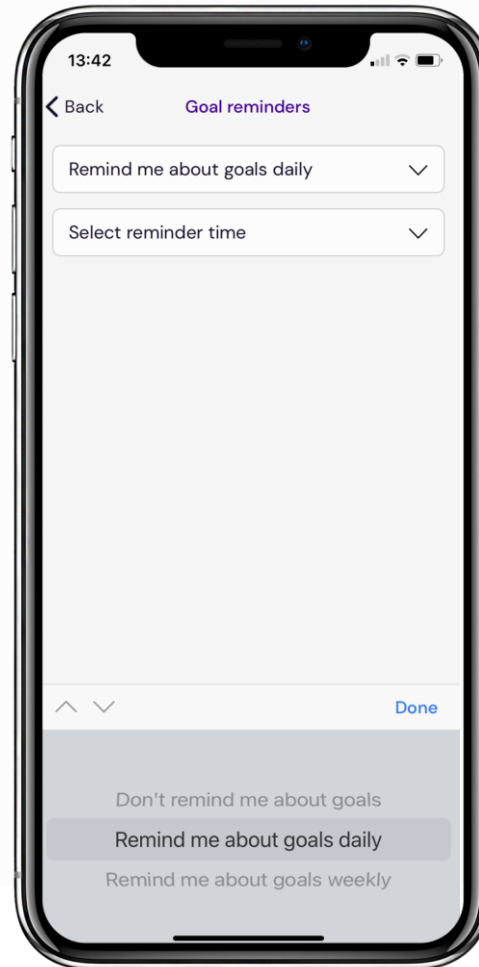
You can reorder your tasks after they're added if you need to. Tick the small Reorder checkbox to the left (above task summaries), then use the arrows that appear to the left.

GOALS (2/4)

1.



2.



Goal reminders

Time: 30 seconds

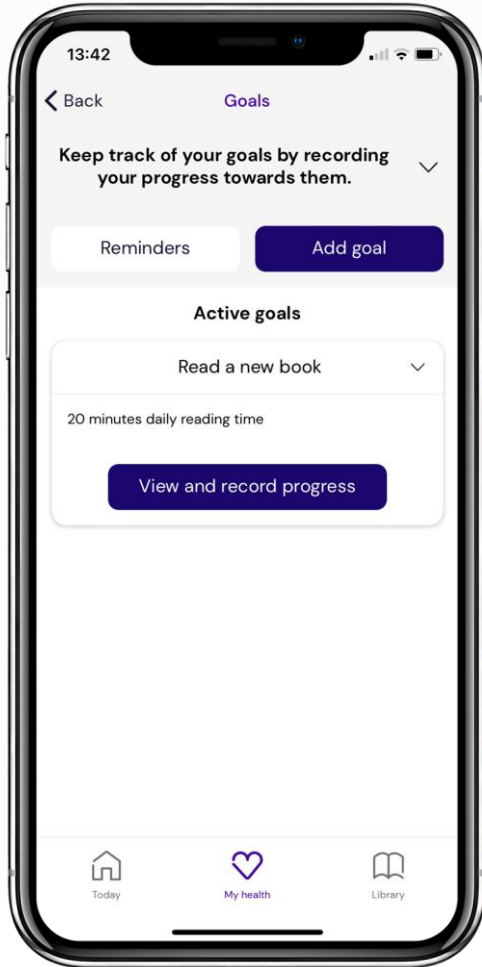
If you want some help remembering to do your tasks, you can set Goal reminders - from the Goals screen (shown in image 1), tap **Reminders** in the top left.

This will take you to the screen shown in image 2, where you can choose how often to be notified.

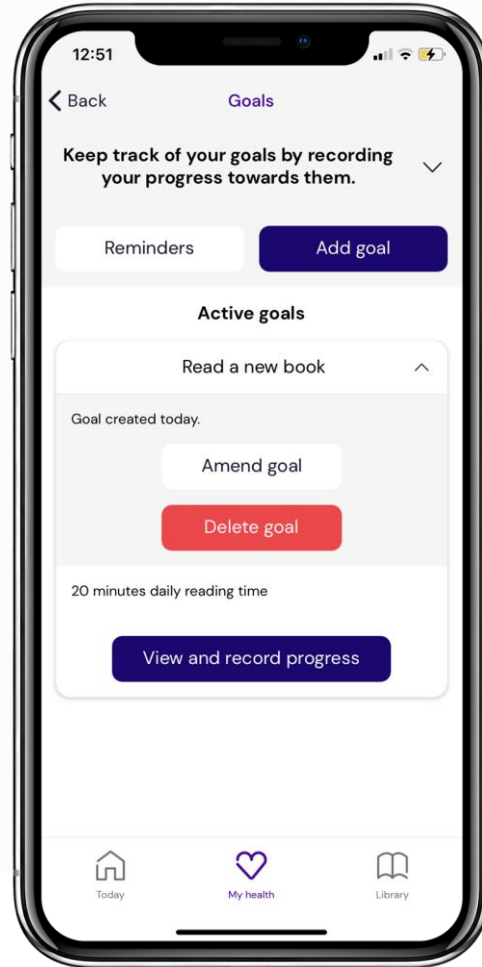
Make sure you enable notifications to be reminded by the app to complete goals and tasks. You might need to change your phone settings - Page 25 of this guide explains how to do so on iPhone.

GOALS (3/4)

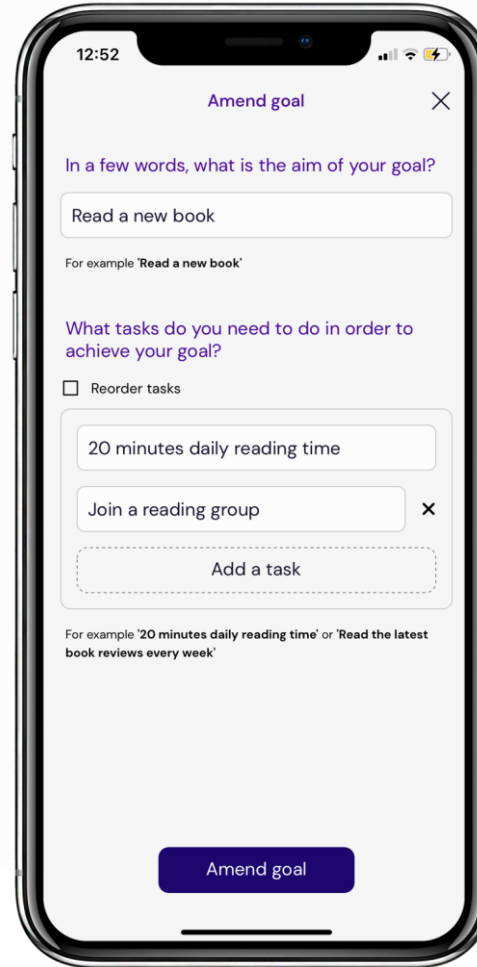
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Amending goals Time: 1 minute

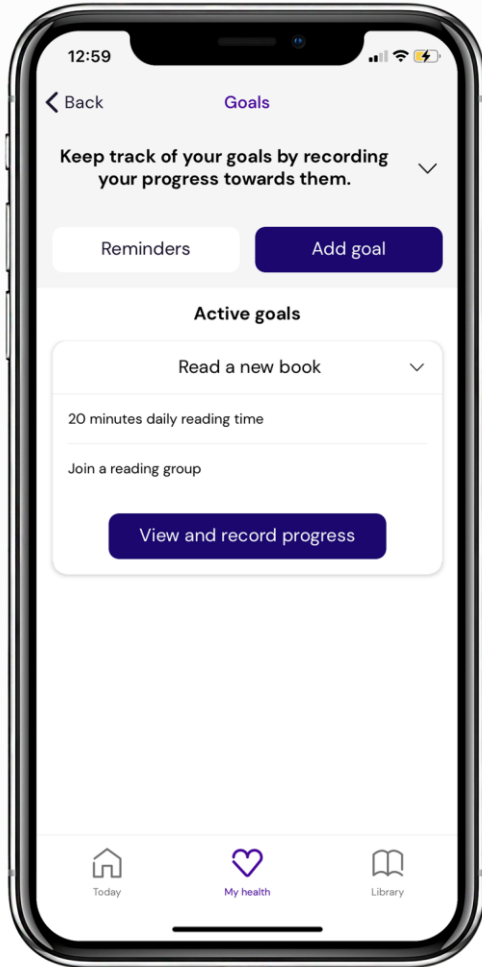
It's easy to amend goals from the main goals screen shown in image 1.

On the right of the example goal summary ("Read a new book") tap the downwards-pointing arrow and you'll see a list dropdown (see image 2). **Amend goal** will take you to a similar screen as the one shown to you when you first added the goal, and you'll be able to amend goals and tasks as you like from there.

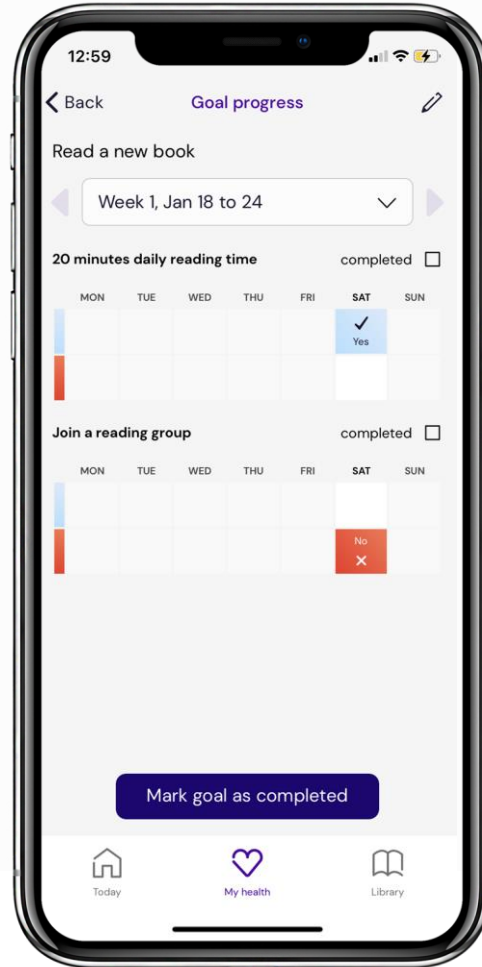
See image 3 for an example - we've added another task to join a reading group.

GOALS (4/4)

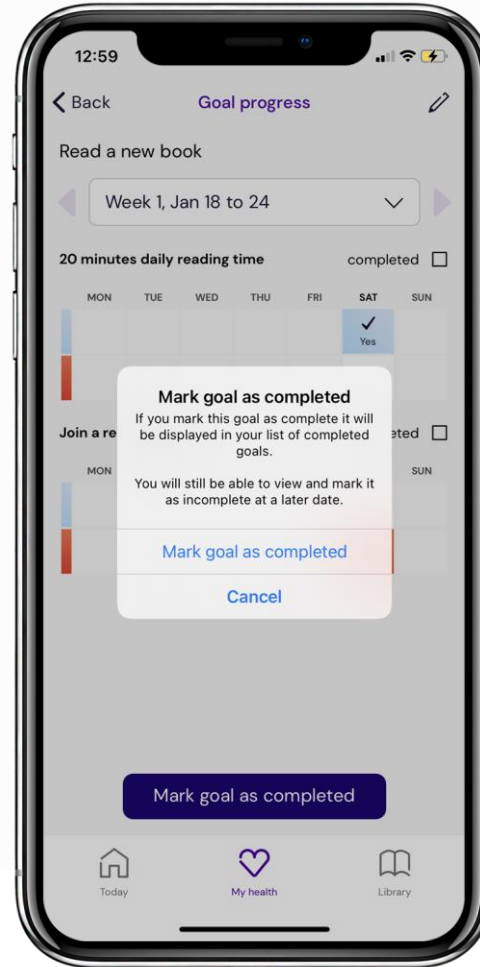
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Recording progress

Time: 1 minute

Tap **View and Record Progress** below the goal summary to go from the screen in image 1 to the screen shown in image 2, where a weekly calendar is displayed for each task. To change the week displayed, use the dropdown at the top below the title.

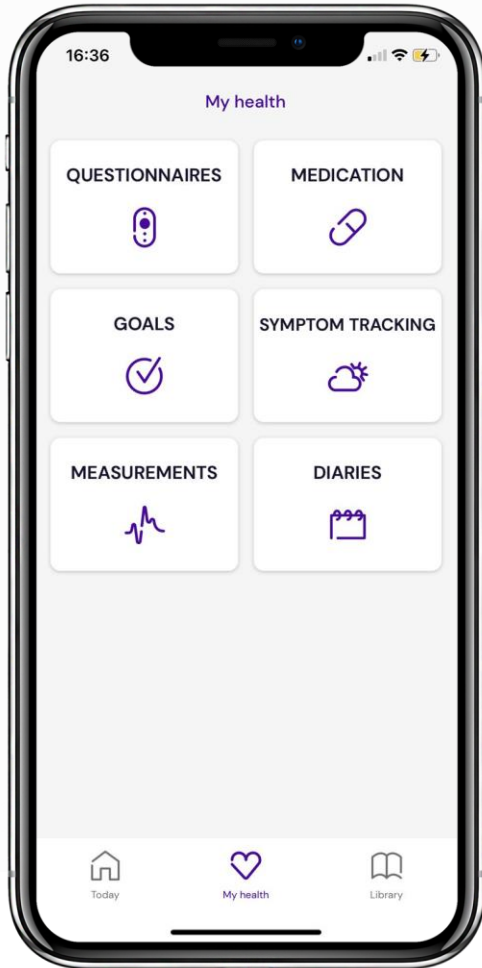
Tap boxes in the blue row to mark when you've completed a task on a particular day. Use the red boxes if you've missed a day. Once you've completed a task, check the **Completed** box, located to the right of each task name.

You can also amend your goals from this screen: tap the pencil icon in the top right hand corner.

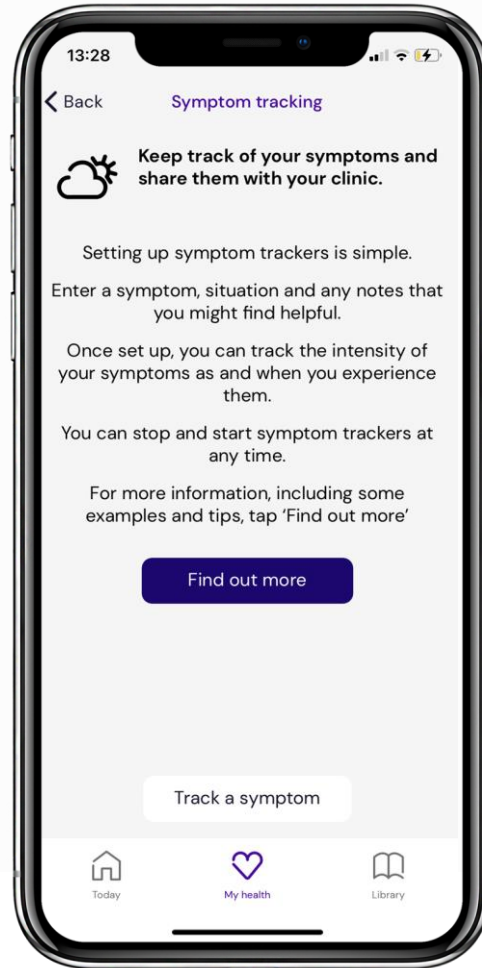
When you've reached your goal, tap **Mark Goal as Completed** in purple at the bottom.

SYMPTOM TRACKING (1/2)

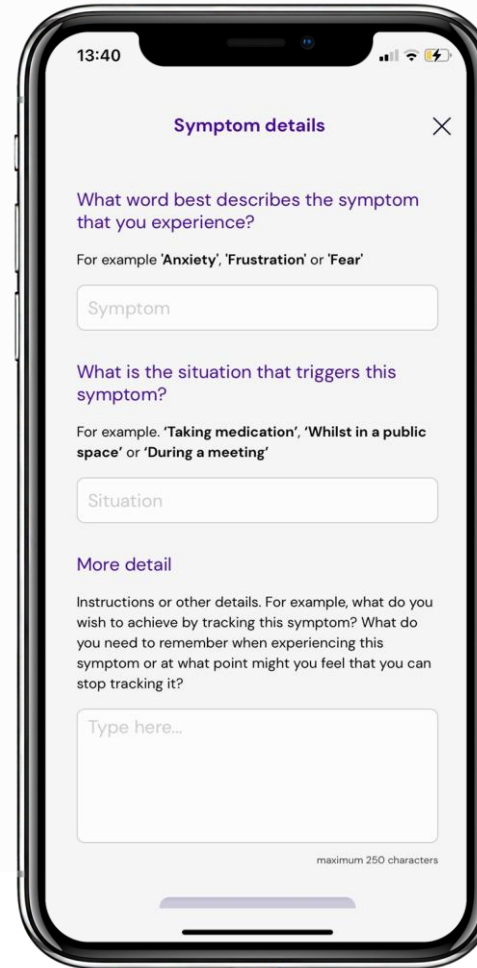
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Setting up the symptoms tracker

Time: 2 minutes

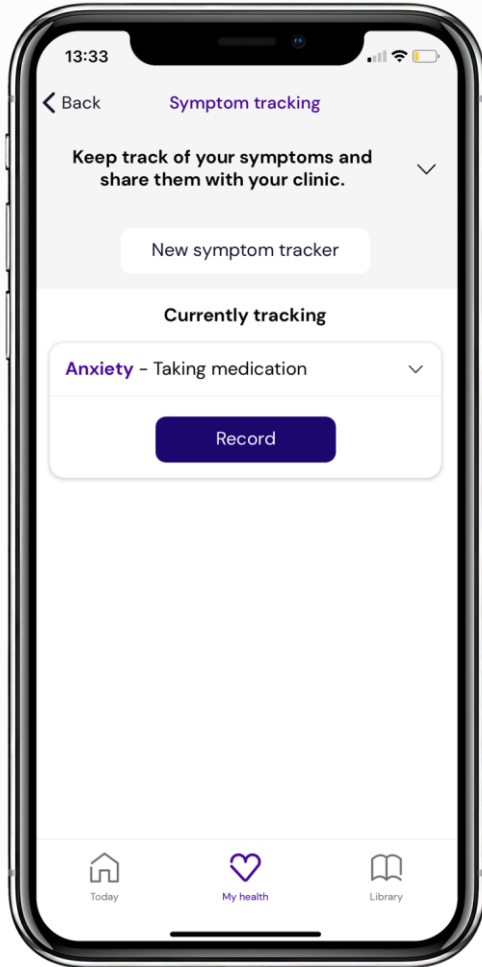
This part of the app is designed to allow you to record the intensity of symptoms like anxiety over a period of time. Your answers to the questions in the tracker will be sent to your clinician to help them monitor your symptoms and progress.

To start using the symptoms tracker, navigate to My Health, bottom middle (image 1) and tap **Symptom Tracking** on the right below Medication. Next tap **Find out more** for examples and tips, or **Track a symptom** at the bottom, on the main Symptoms tracking screen (image 2).

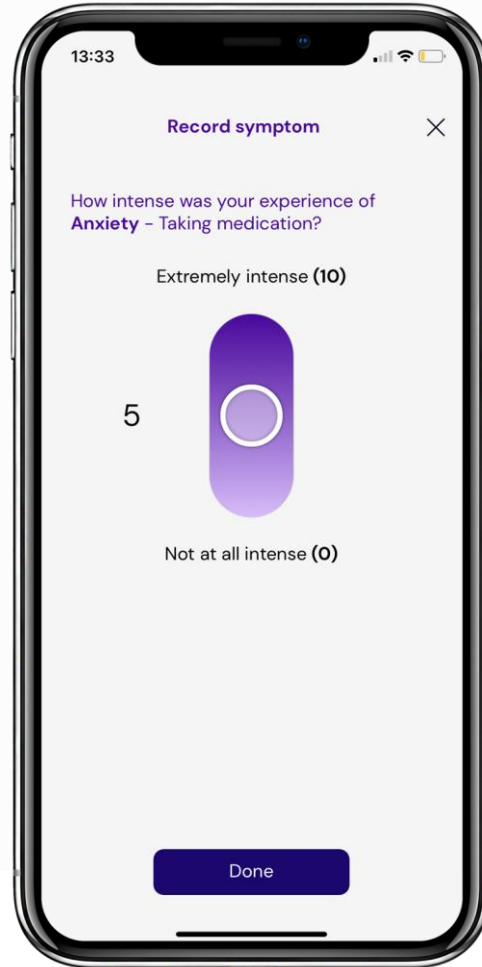
This will take you to a short form to fill in - an example is shown in image 3.

SYMPTOM TRACKING (2/2)

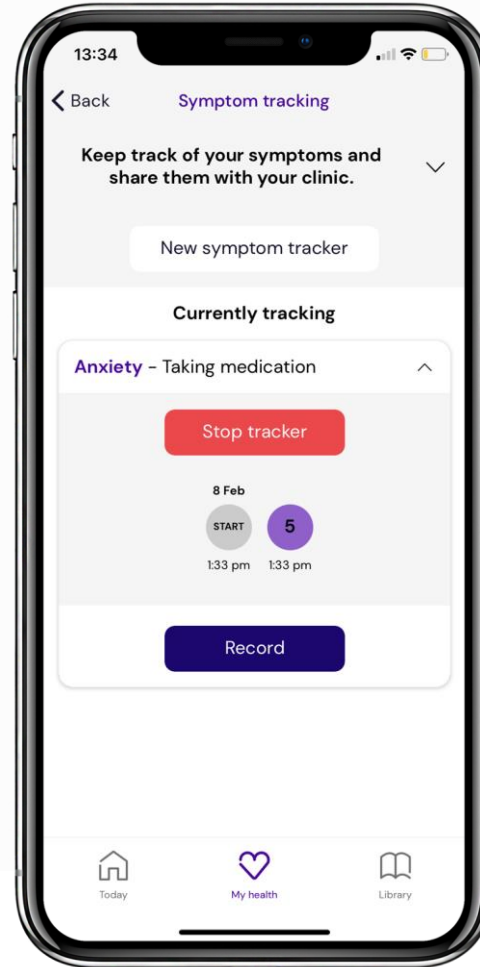
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Symptoms tracking

Time: 1 minute

Once you've set up a symptoms tracker, you can record the intensity of an experience from the main Symptoms tracking screen (image 1).

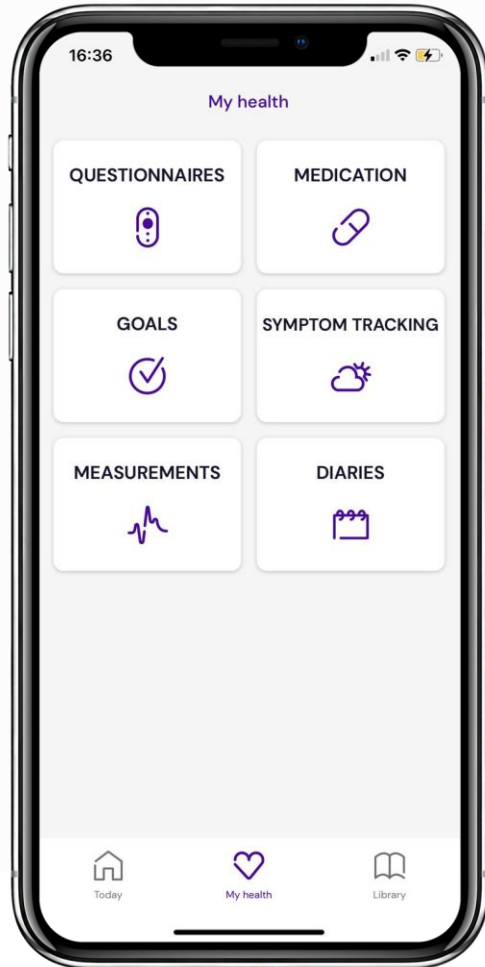
Tap **Record** and the screen shown in image 2 will pop up. Hold and drag the white circle to answer. Tap **Done** at the bottom once you're finished.

When you've been tracking the intensity of a symptom, the main symptoms screen will show you a summary of your recent responses (image 3). To stop tracking a symptom, tap the arrow on the right and then tap **Stop Tracker** in red.

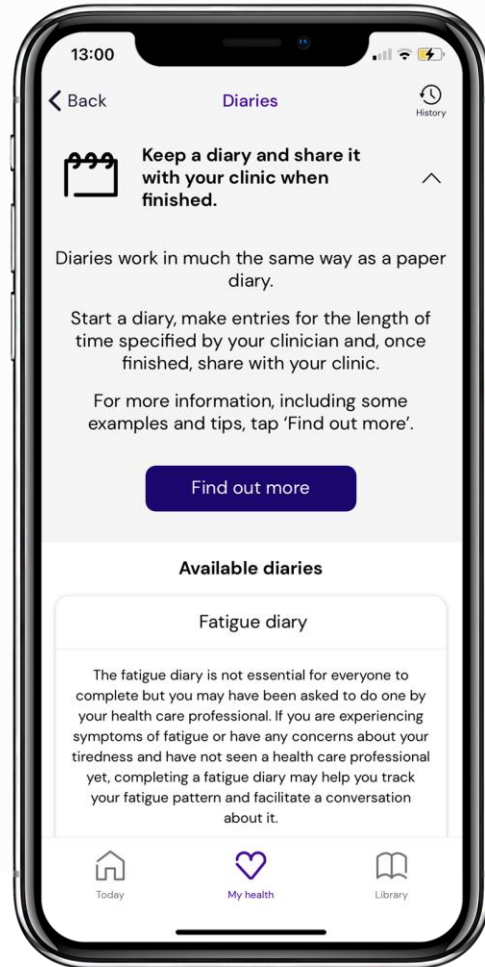
To start monitoring a different symptom, tap **New symptom tracker** at the top.

DIARIES (1/3)

1.



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3.



Starting a diary Time: 1 minute

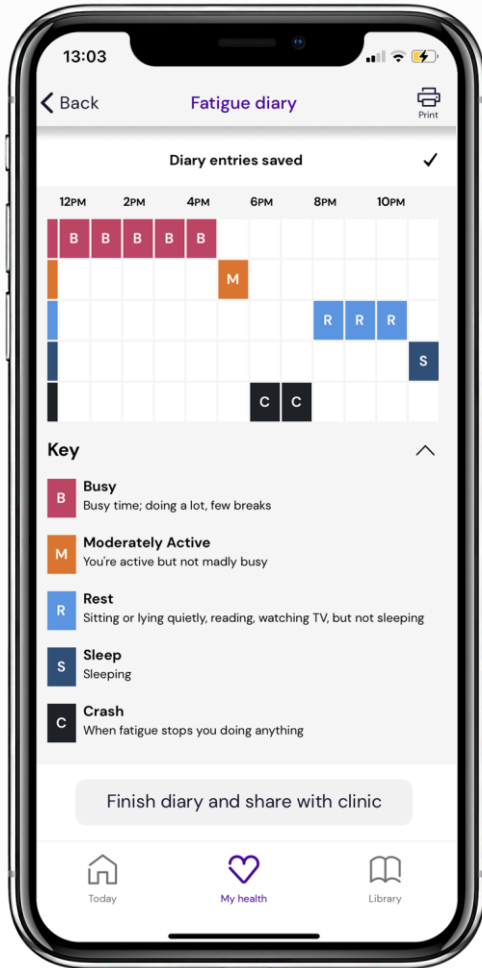
You may have been asked to complete a fatigue diary by your health care professional. This helps you to keep track of your fatigue pattern. You can keep diaries in the Living With app which you can share with your clinician once finished.

When you want to start, go to My Health, bottom middle (image 1). Tap **Diaries** in the bottom right beneath Symptom Tracking. Next tap **Find Out More** for examples and tips, or scroll and tap **Start Diary** (image 2).

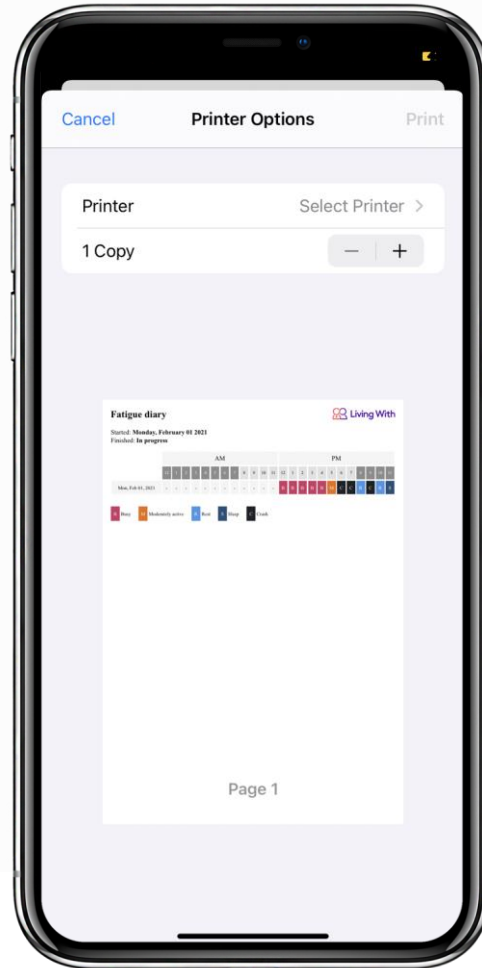
An example fatigue diary is shown in image 3. Tap the white squares to make entries for different times of the day. Make sure you use the key at the bottom of the screen - different levels of fatigue are colour coded.

DIARIES (2/3)

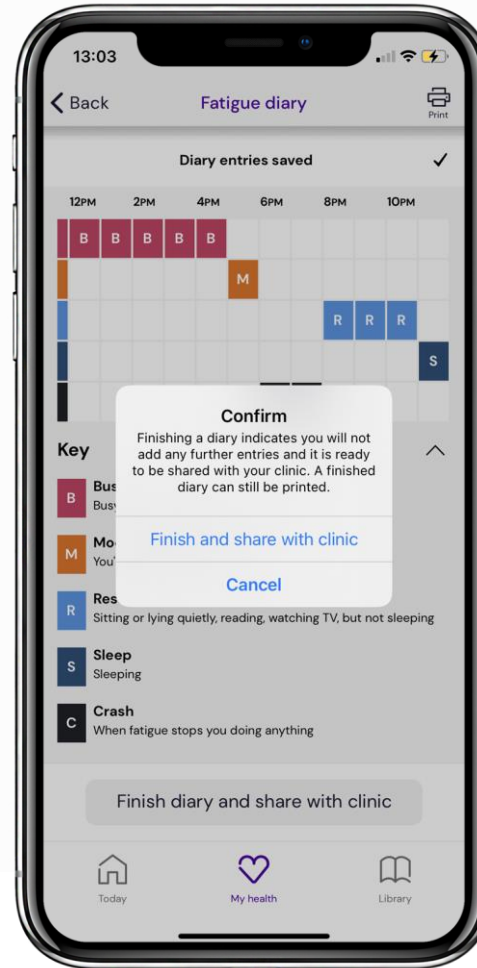
1.



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Making entries and sharing

Time: 1 minute

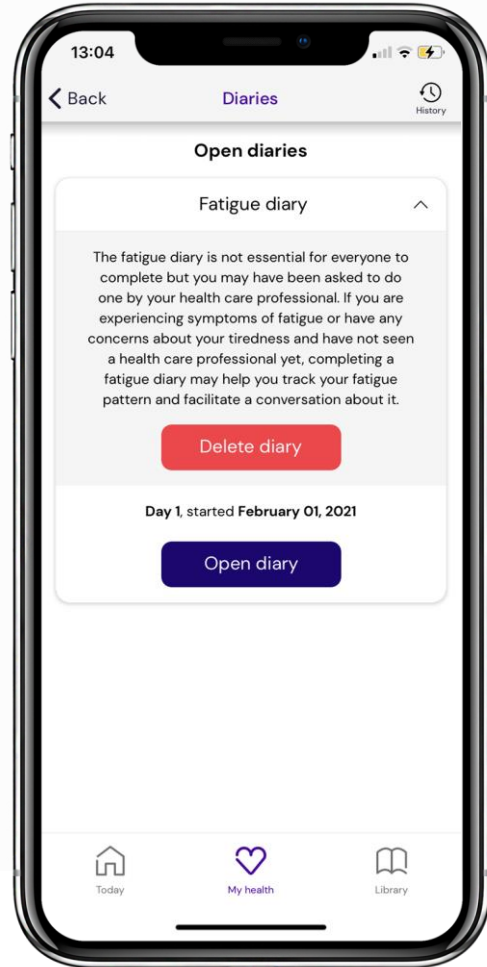
Once you've made entries for a whole day the diary will look something like our example in image 1.

You can print out the diary by tapping **Print** in the top right hand corner (image 1) - this will open up a system dialogue (image 2).

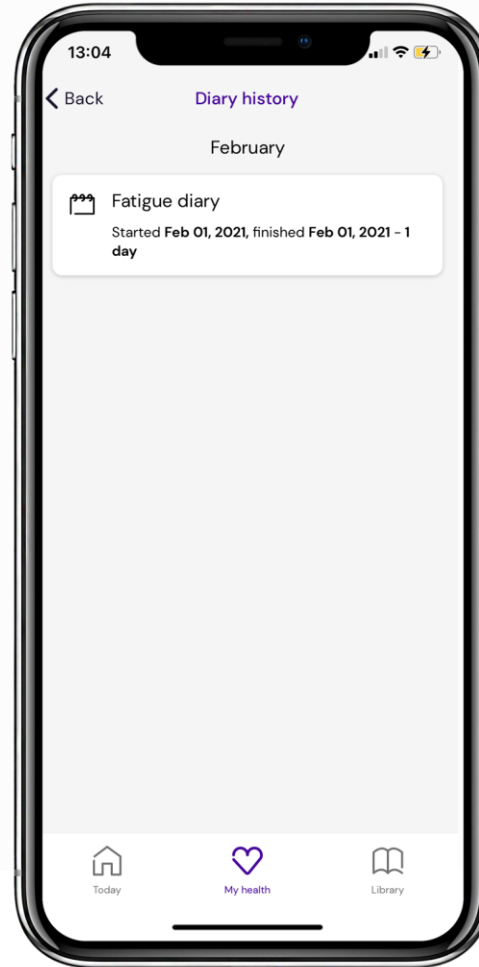
After a few days making entries, tap **Finish Diary and Share With Clinic** at the bottom. A copy will then be sent to your clinician for their analysis.

DIARIES (3/3)

1.



2.



Deleting a diary and viewing history

Time: 30 seconds

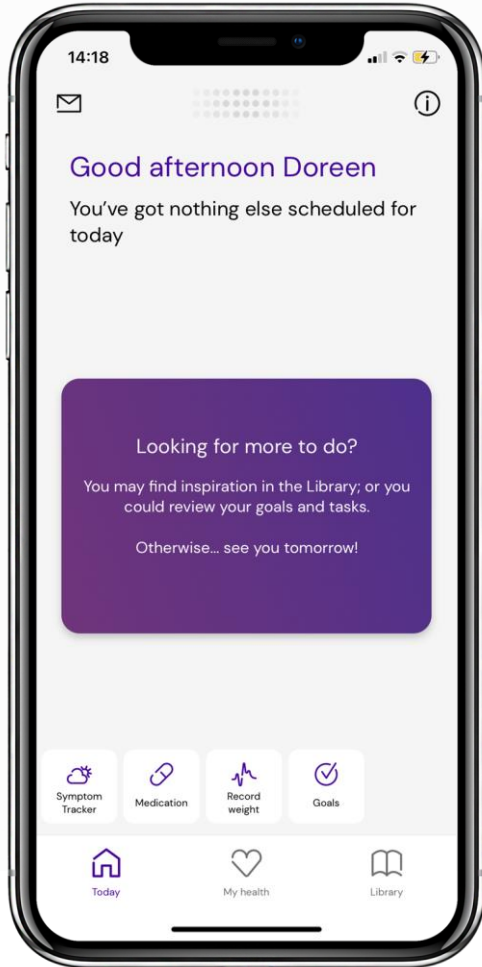
Once you've started a diary, the main diaries page will display it as an open diary - tap **Open Diary** in purple to make new entries (image 1).

To delete a diary, from the main diaries page (image 1) use the dropdown arrow to the right (of 'Fatigue Diary') and tap **Delete Diary** in red.

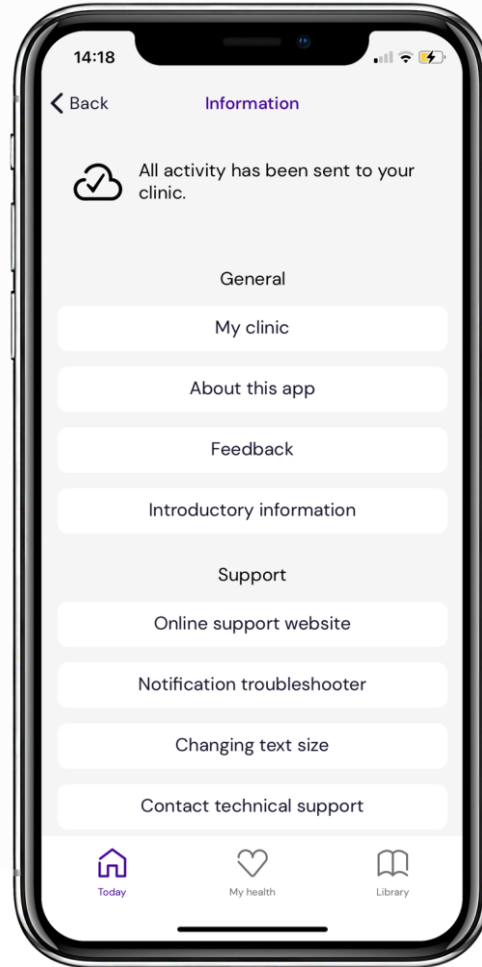
To see a record of your diary history, tap the clock icon in the top right hand corner (image 1). This will take you to the screen shown in image 2. Tap on the relevant entry to see your diary from those dates. Tap the arrow in the top left hand corner to go back.

MY CLINIC

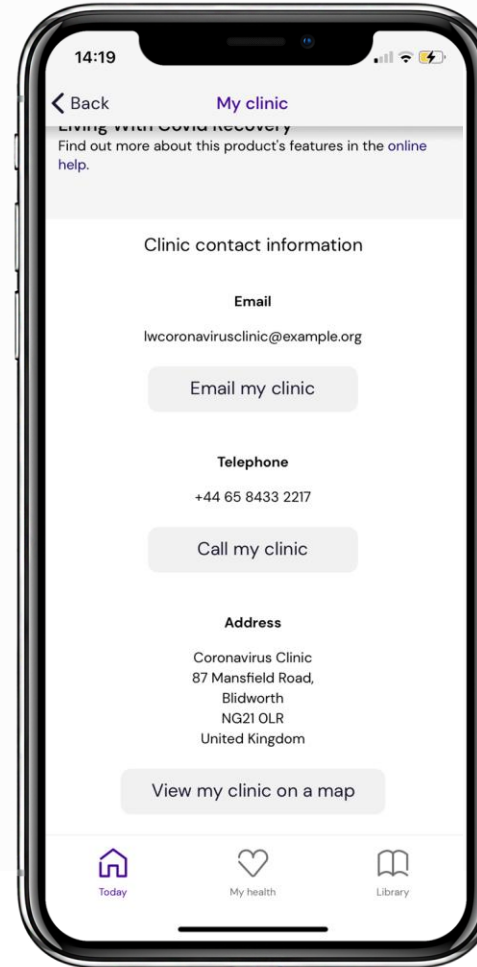
1.



2.



3.



Finding clinic contact information Time: 30 seconds

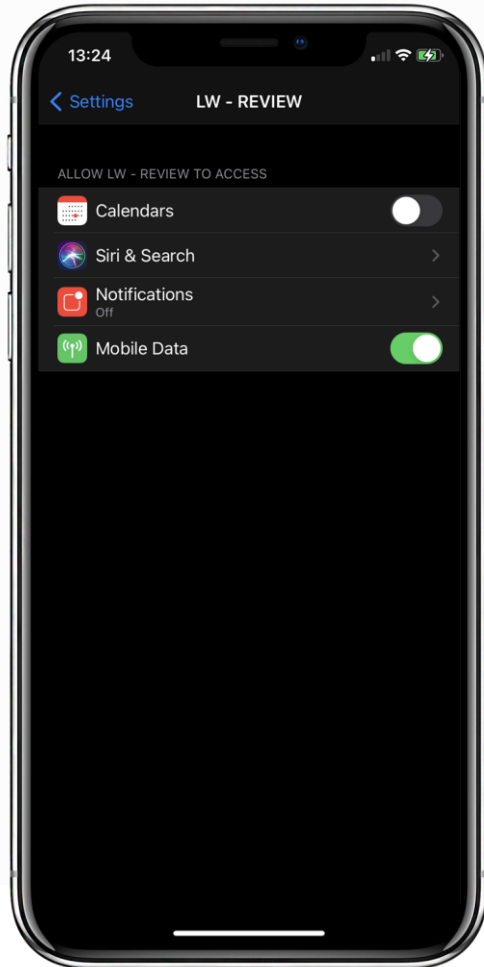
From the homescreen (image 1) tap the information icon in the top right hand corner to navigate to the Information page, shown in image 2.

From here, tap **My Clinic** under General to find your clinic's contact information. There are buttons shortcutting to emailing and calling so that you can do so directly from within the app.

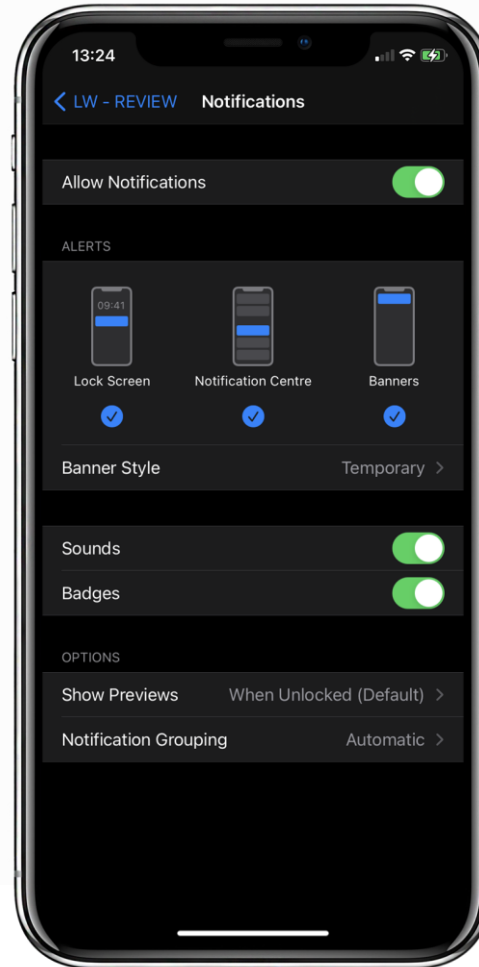
Tap **View My Clinic on a Map** to open up your preferred maps application and see your clinic's location.

REMINDERS

1.



2.



Enabling notifications

Time: 30 seconds

A message might pop up asking you to change your settings to allow reminders from Living With. Navigate to your phone's settings and search for **Living With** - a screen similar to the one shown in image 1 should appear.

From here you can enable the app to use Calendars, such as for appointment reminders - just toggle the switch at the top.

You can also enable notifications, such as for medication or goals - tap **Notifications** to be taken through to the screen shown in image 2. From here toggle the switch at the top which says Allow Notifications.



QUESTIONS?

See something that is not addressed here?

Get in touch.

● support@livingwith.health

● 0800 909 8959