Getting started with Zamplo

A step-by-step guide for creating an account

Zamplo How to Guide

Creating your Zamplo Account

The first step to getting started with Zamplo is creating your account.

Create your account by:
- Typing in your first and last name
- Typing in your email
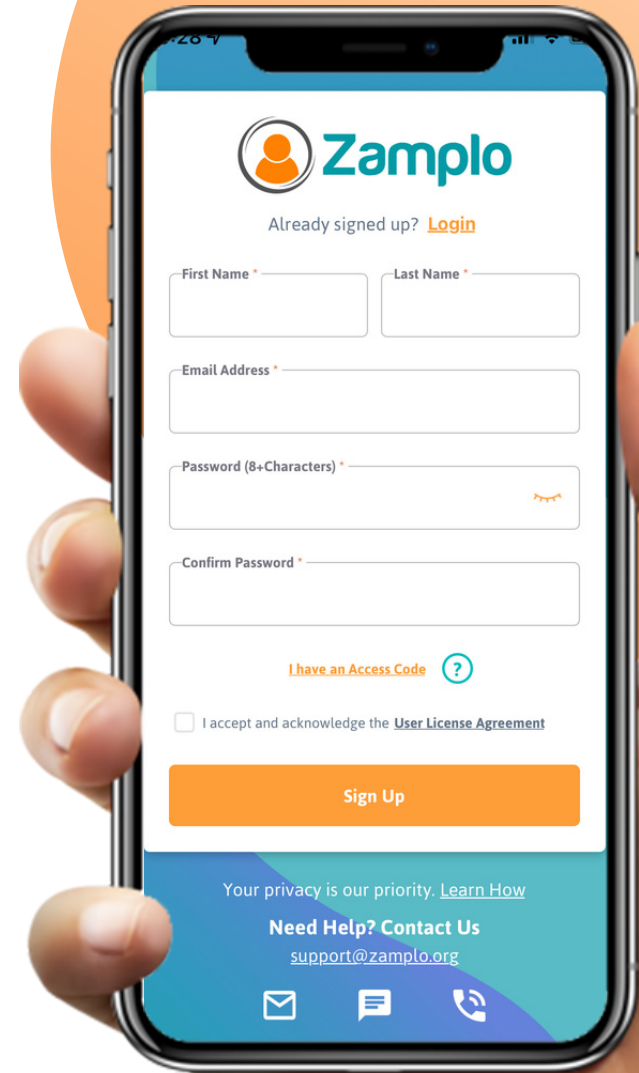- Creating a password

Once this is done, you can press Sign Up

Verify Your Email Address:

Once you have created your account, you will be taken to the dashboard.

> ▶ **Watch an Overview**   Please confirm your email to start using Zamplo.
> Resend Email

We will send you an email to verify your email address. Navigate to your email to verify your email address and start using your new Zamplo account.

Zamplo

Already signed up? **Login**

First Name *
Last Name *

Email Address *

Password (8+Characters) *

Confirm Password *

I have an Access Code (?)
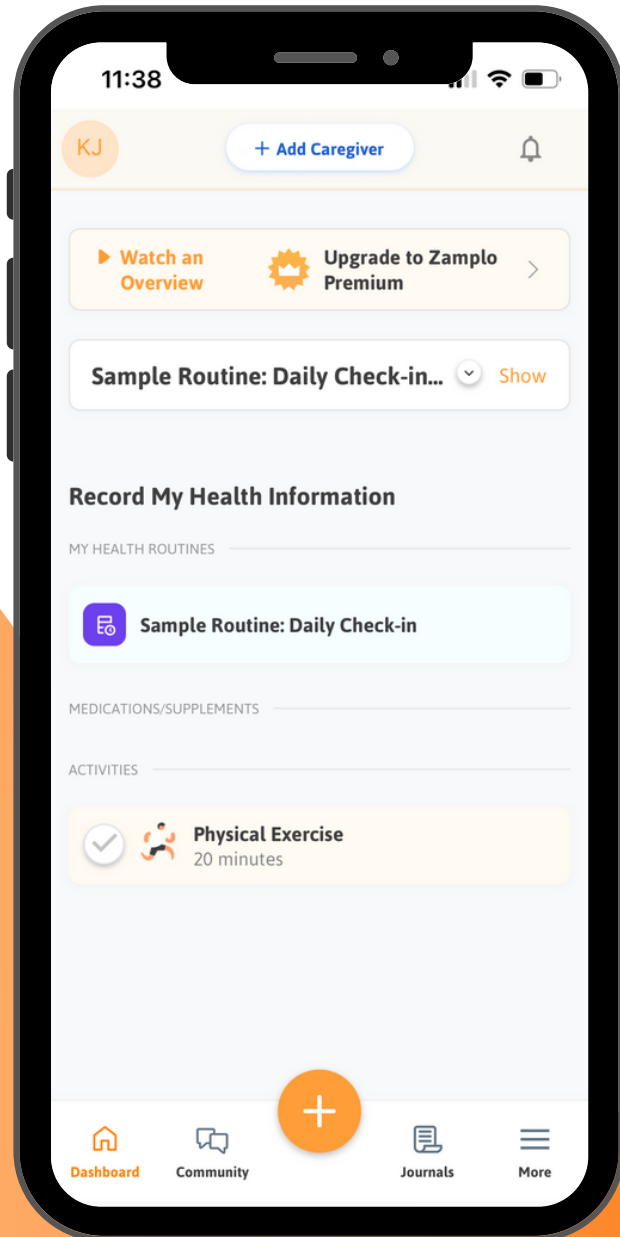
☐ I accept and acknowledge the **User License Agreement**

Sign Up

Your privacy is our priority. Learn How

Need Help? Contact Us
support@zamplo.org

Get to know the Dashboard (Mobile App)

There are two buttons that are extremely helpful when navigating Zamplo:

- The **More** button takes you to the full feature list and can be found in the bottom right corner of the app

- The **Global Add** button is the orange plus bubble at the bottom of the dashboard
  - Your go-to tool when you want to add content quickly!
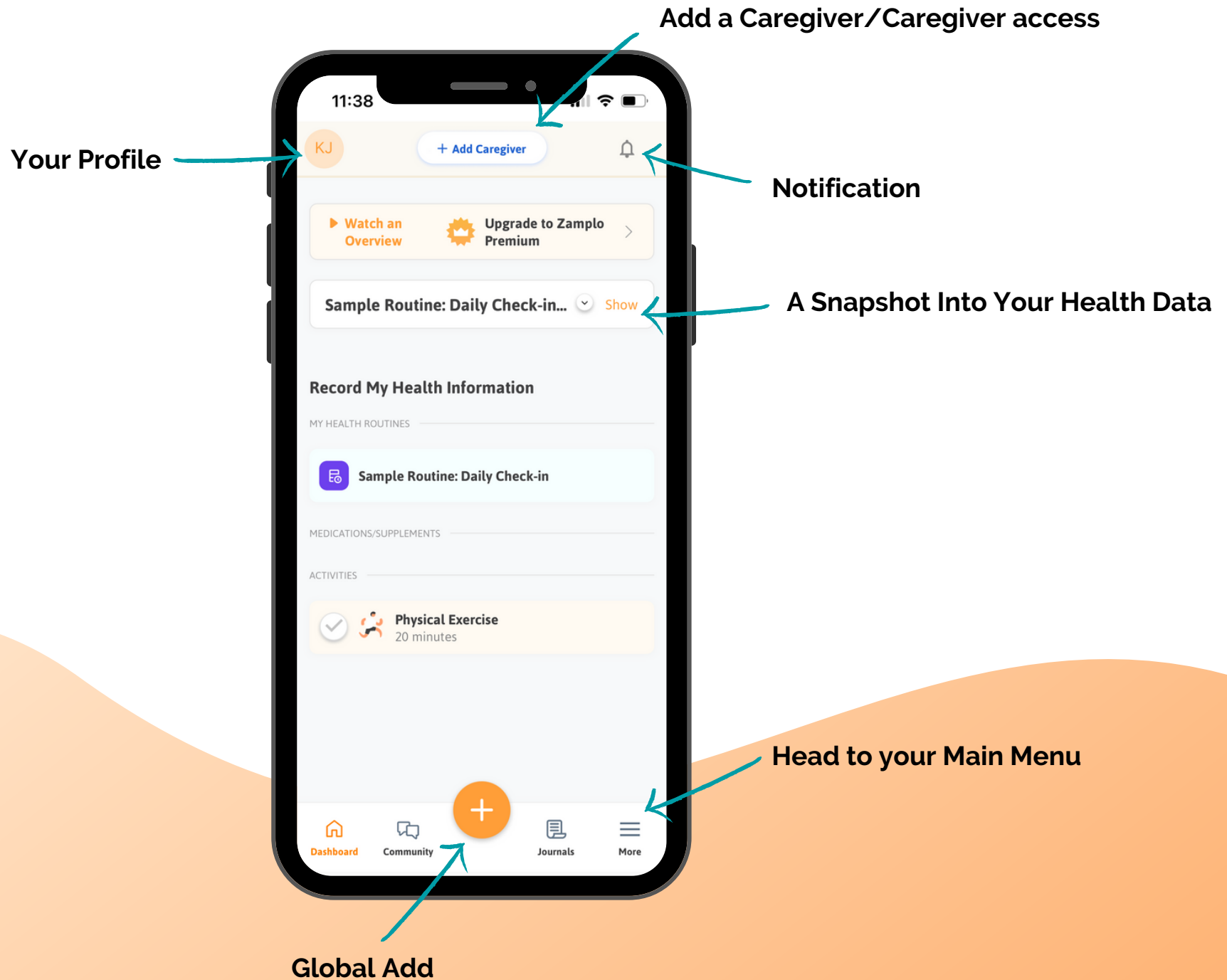
A Snapshot Into Your Health Data

Your **Health Data** will be summarized on the **Dashboard** once you have created a **Routine,** added **Medications, Supplements**, or **Activities**.

The Dashboard in Action

To quickly add a To-do reminder for your next doctor's appointment, navigate to the **Global Add** button and use **To-do** to write down the question before you forget.

Get to know the Dashboard (Mobile App)

Add a Caregiver/Caregiver access

Your Profile

Notification

A Snapshot Into Your Health Data

Head to your Main Menu

Global Add

Within the phone screen:

11:38

KJ   + Add Caregiver   🔔

▶ Watch an Overview   Upgrade to Zamplo Premium   >

Sample Routine: Daily Check-in... ⌄   Show

Record My Health Information

MY HEALTH ROUTINES

Sample Routine: Daily Check-in

MEDICATIONS/SUPPLEMENTS

ACTIVITIES

✓   Physical Exercise
20 minutes

Dashboard   Community   Journals   More

Get to know the Dashboard (Web)

Add a Caregiver/Caregiver access

Notifications

Your Profile

Main Menu

Log out

Global Add

Test Test
View Profile

Dashboard >

+ Add Caregiver

- Dashboard
- To-dos
- Journals
- Graphs
- Community
- Contacts & Careteam
- Caregivers
- Refer a friend

MY HEALTH TRACKING

- Meds/Supplements & Activities
- Routines
- Symptoms

- Open Routine Wizard

LOG OUT

▶ Watch an Overview   Upgrade to Zamplo Premium

Sample Routine: Daily Check-in G...   ⌄   Show

Record My Health Information

MY HEALTH ROUTINES

Sample Routine: Daily Check-in

MEDICATIONS/SUPPLEMENTS

ACTIVITIES

✓ Physical Exercise
   20 minutes

+

Setting up Your Profile

As a new user, you will need to set up your profile.

It is important to add in any medical conditions or allergies. The conditions you enter here are added to **Reports** and can be seen by your care team.

To visit your **Profile** click the bubble with your initials in the top left corner.

Here, you will see your account information.

How to:

- From the **Dashboard,** click the bubble with your initials on the top left corner
- Click the edit button to make changes
- Add your medical condition(s)
- Add any allergies
- Fill out your personal information

Once this is done, you can press save

To-dos

To-dos are a useful tool if you need a reminder to take a certain action. Instead of forgetting a piece of paper with your important questions or notes, you can carry them with you!

How to add to your To-do List

1. Click the **Global Add** button
2. Enter your To-do item
3. Press Save
   - you can choose to add the **To-Do** to a **Contact**, **Journal Entry** or **Medication/Activity**

Once you've completed your **To-do** reminder, you can hit the checkmark to the left of the note.

To access previous **To-do's**, click on **All.**

To-dos in Action

You are wanting to ask your doctor if it is okay to travel next month. To make sure you don't forget to ask this question, you add a To-do. At your next doctor's visit, you refer back to your question and add your doctor's answer in the "add comment section."
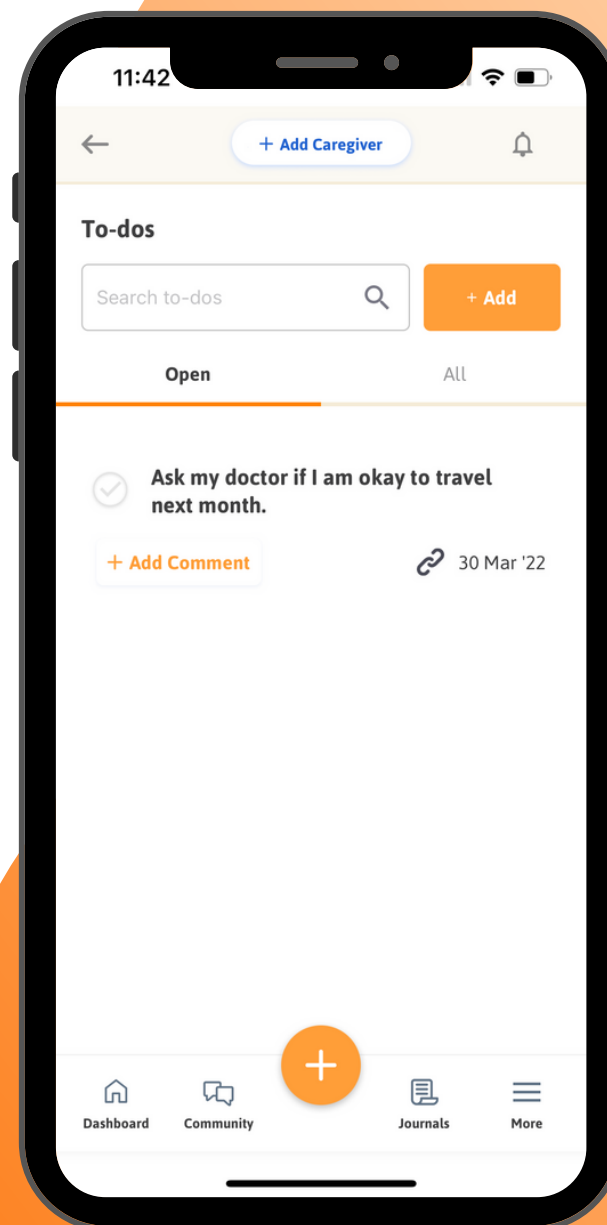
Quick Note

Quick Note lets you easily keep track of any symptoms or thoughts throughout the day. Additionally, they can be used for journaling your experience.
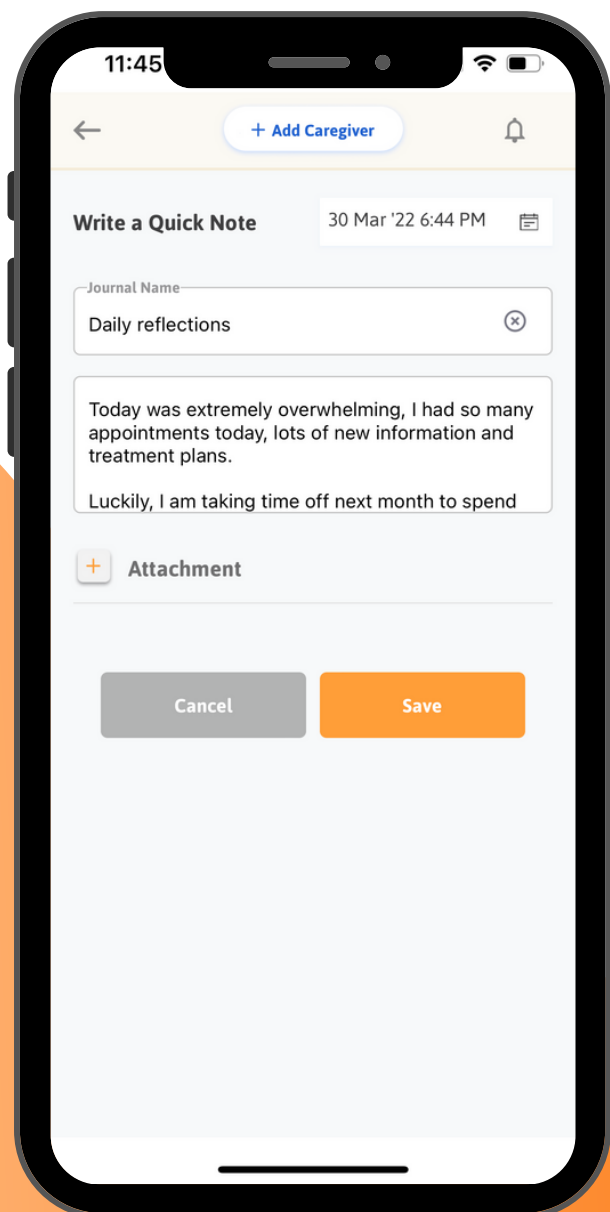
How to add a Quick Note

1. Give your **Quick Note** a name
2. Enter your notes
3. Click on **+ Add Attachment** (photos, pdf files, reports, referrals)
4. Upload a file or take a photo to attach to your **Quick Note** (optional)
5. Click on **Save** to save your **Quick Note** as a **Journal** entry

How to edit a Quick Note

To edit, delete, or convert your **Quick Note**, navigate to **Journals** and click the three dots on the top right of the note

How to favorite a Quick Note

To favorite a note, press the star on the top right of the note

Quick Note in Action

You want to quickly log your daily reflections. To make note of your reflection before you forget, navigate to Quick Note and record how you are feeling at the moment.
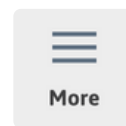
Medications and Supplements

Medications and Supplements is an important tool that can give you access to your medication history, and help you keep track of active and inactive medications and supplements.
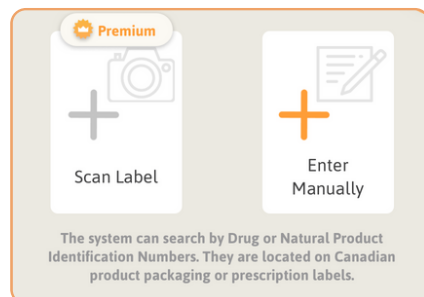
Navigate to Medications and Supplements
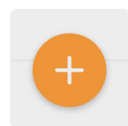
Pathway 1
1. Click the Global Add button
2. Click Meds/Supplements & Activities

Pathway 2
1. Click the More button
2. Click Meds/Supplements & Activities

Two Ways to Enter Medications and Supplements

You can scan the label of your medication or supplement *

You can enter the medication or supplement manually

Adding a Medication or Supplement only takes minutes to do:

Zamplo is connected to the Health Canada Drug database to help look up all the information on your medications and supplements. Because of this, you can add your medication by scanning the label. Or, you can enter manually.

Medications and Supplements

How to add a Medication or Supplement

1. Chose to either scan or enter manually
2. Type in the name or DIN
   a. The app will have database suggestions
   b. If your medication is not listed, press create custom
3. Add the quantity, units and frequency
4. Chose the **Graph** color
5. Add any instructions, the prescriber, and the start and end date if applicable
6. Add any **Notes**
7. Add any **To-dos**
8. Click on **Save**

Medication and Supplements in Action

You have started taking a new medication twice a day and want to make sure you don't skip a day or dose. You enter your medication, quantity, frequency, and start date so you can refer back to the information at any time.

Activities

For some medical conditions, activities need to be performed on a daily, weekly, or as needed basis. They can also be used for non-medical related reasons, such as tracking routines or progress, or as a social prescription like gardening or meditation.

How to add an Activity:

Activities are added the same way as **Medications and Supplements**.

1. Through the **Global Add** button or **More** button, click **Meds/Supplements & Activities**
2. On the top right-hand side, click **Activity**
3. Type in your activity, if your activity is not already in the database, hit **Create Custom**
4. Chose your quantity, measure, frequency, and colour for the graph function.
5. Under more information, you can add any other important information associated with the activity
6. When you are done, press **Save**

Activities in Action

Your doctor has recently asked you to go for a 25 minute walk a day. In the app, you add the activity, with the quantity of 25 minutes, on a daily basis. You ended up only going for a 10 minute walk, but no worries. You can edit that day's activity for only 10 minutes.

Symptoms

Adding your symptoms to your digital health binder can help you keep track of new and recurring symptoms throughout your health journey.

How to add Symptoms:

1. Click the **More** button
2. Click on **Symptoms** under "**My Health Tracking"** and click add
3. Enter the symptom you would like to track
4. Choose from the list, or add custom
5. Once you have added your symptom, chose a colour to be associated with it. The colour that you chose will show up on the **Graph** function
6. Click on **Save**

Symptoms in Action

You can add symptoms to **Routines** for better health tracking.

You can visualize changes in your symptoms and how your symptoms may be impacted by other factors through the **Graph** feature.

For example, you can see how a symptom, such as stress, may be positively or negatively impacted by activity, like yoga, or a certain medication, like Prozac.
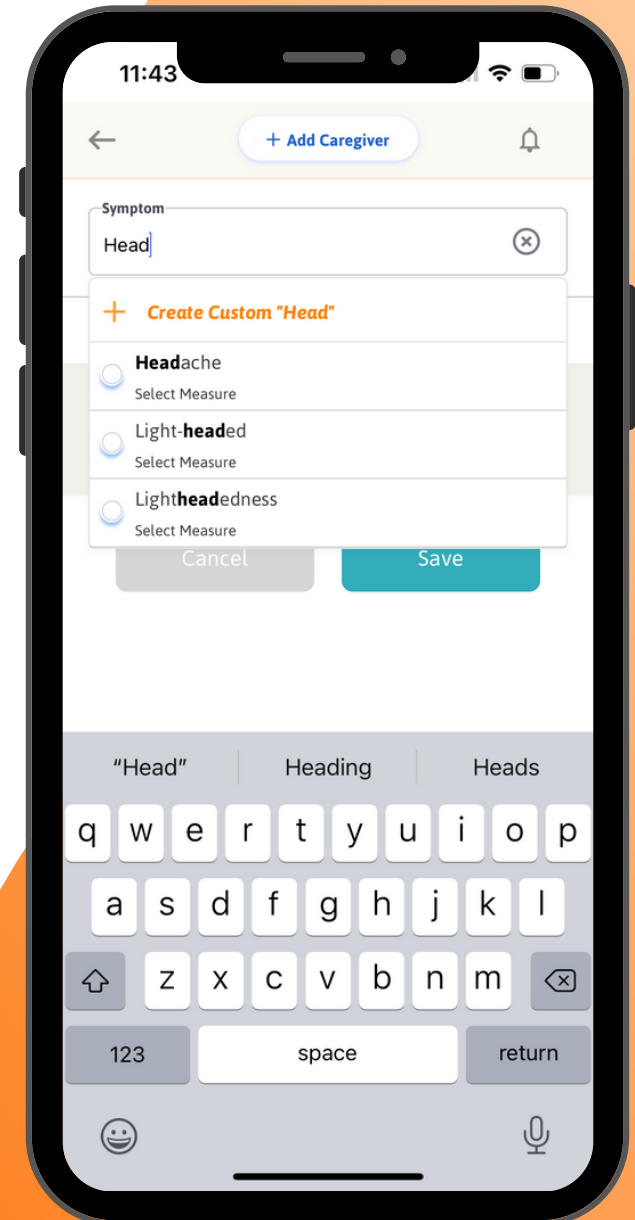
Health Data

Health Data helps you keep track of any information related to your health metrics that you want to make note of. This feature is used to track specific health-related data such as blood pressure, weight, heart rate, hours of sleep, and even emotions.
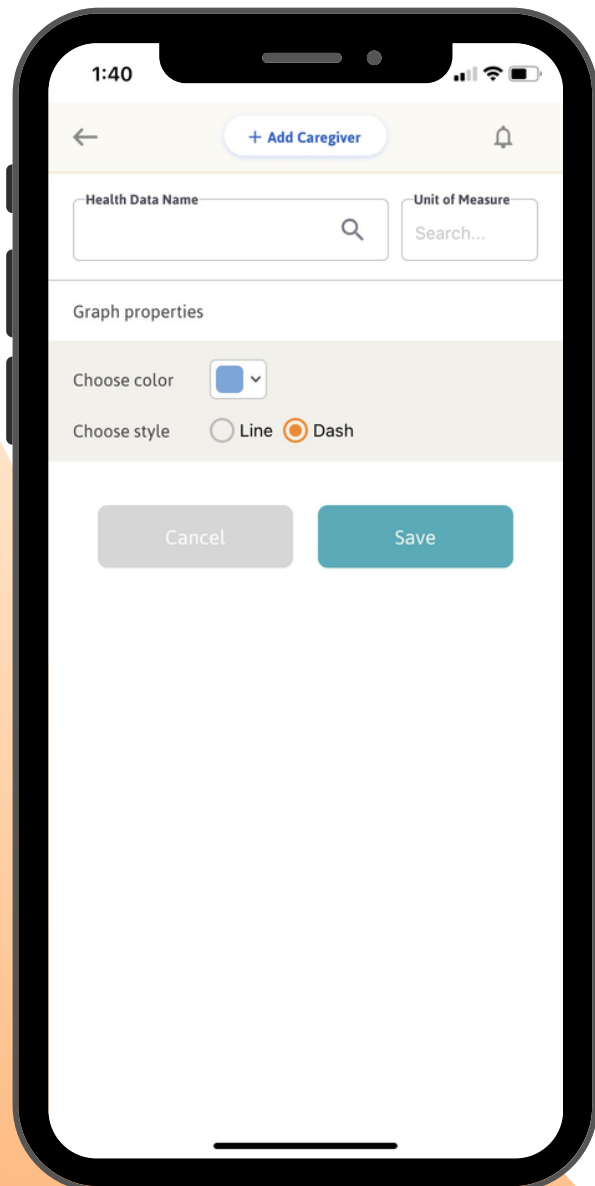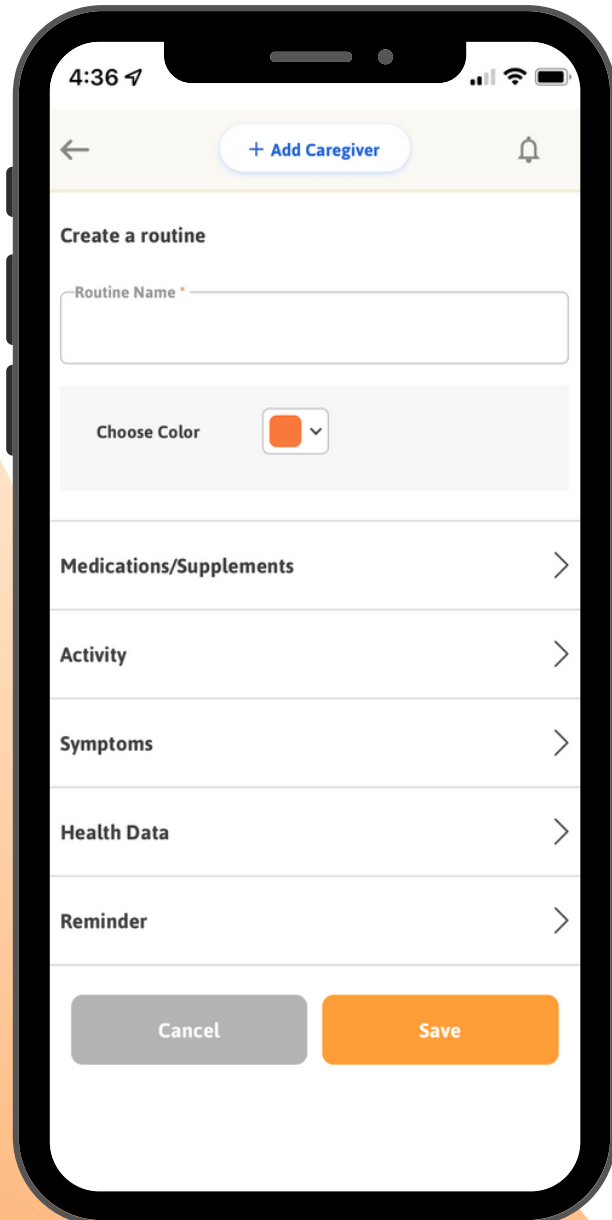

How to add Health Data:

1. Click the **More** button
2. Chose **Health Data** under My Health Tracking
3. Click the **Add** button
4. Enter the **Health Data** you want to track
   - Note: You can use a preset option that appears or make a custom entry
5. Select the unit of measurement you will be using (dependant on health data chosen)
6. Choose **Graph** colour and style
7. Click **Save**

Health Data in Action

You want to track your water consumption to stay hydrated. You input water consumption under **Health Data.** From there, you can graph your consumption to see if your water intake affects any **Symptoms**, or changes based on certain **Activities.**

Routines

Routines can be created for anything. Whether you want to track changes in your mental health, or are looking to figure out certain triggers, **Routines** can help you to form habits. It is also a tool that allows you to easily schedule reminders for the daily, weekly, or monthly tasks that you need to complete.

To add a new **Routine** click the orange **+ Add** button located in the top right corner of the routines tab

When adding a new Routine, there are five categories to choose from:

- Medications and Supplements
- Activity
- Symptoms
- Health Data
- Reminder

You can set a **Routine** for one of these categories alone or combine them if there is intersecting information needed.

The next few pages will explain how to navigate each category to finalize your reminder

Routines in Action

You want to track changes in your mental health. You set up a "Mental Health Check-In" routine. You decide to track stress and anxiety as your symptoms, and schedule daily reminders to help you stay on track of your mental health.

Routines: Medications/Supplements, Activity and Symptoms

## How to add a Medication or Supplement to a Routine:
1. Click on **Medications/Supplements** dropdown menu
2. Enter the medication or supplement, or select from "**My List"**
3. Enter the quantity and unit of the **Medication** or **Supplement**

How to add an Activity to a Routine:
1. Click the **Activity** dropdown menu
2. Enter the activity you will be completing, select from "**My List"** or **Create Custom**
3. Click the measure dropdown menu and select either hours, minutes, repetitions, or sessions
4. Depending on the measurement selected then choose the subsequent value needed for the activity

How to add a Symptom to a Routine:
1. Click the **Symptom** dropdown menu
2. Enter the **Symptom** you have been experiencing
3. Navigate to the measure section and select either Yes/No or 0-10
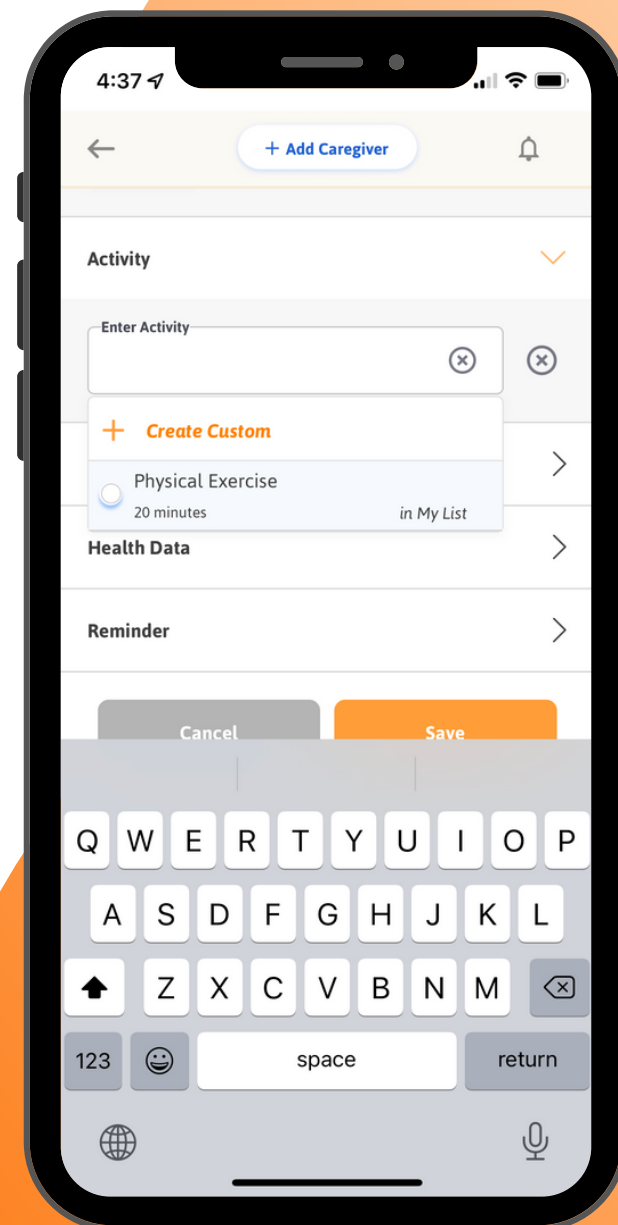
Routines: Health Data and Reminders

Health Data

To add **Health Data**, refer to the previous page and follow the steps for adding a symptom to a routine.

Note: The unit of measure will depend on the type of health data you want to track

Reminders

Reminders are how you will finalize the **Routine** you are creating for any of the categories listed above.

This section of creating a new **Routine** allows you to select how often and how you will be notified about your Routine, and how you will be notified.

How to set a Reminder

1. Select push notification, email notification, or both
2. Select a **Reminder** frequency tab: Daily, Weekly, or Monthly
3. Depending on the tab you select, fill out the the time you want to be notified and when you want the the notifications to end

Journals

Journals can be created for just about anything, and are a great way to document important information that will always be available to you on the app. Whether its about current symptoms, or making notes about how your health journey is going, **Journals** are an excellent way to record what is pressing to you

How to add Journals:

1. Click the **Add** button
2. Click either **New Journal Entry** or **Lab & Reports**
- Note: The bulk of information that can be inputted in both of these options are the same, and the selection of one is to specify between more personal use and official medical reports
3. Create a **Journal** Name
4. Using the **Journal** tab, fill out any of the tabs below with relevant information (Medications, Notes, Health Data etc.)
5. If any attachments are needed, click on the **Attachments** tab and click the **Add** button
6. Click **Save**
- Note: If you select the Lab & Reports Journal option, you can choose to enter the lab type, and contact/provider

Journals in Action

You can add a Journal entry that discusses how a new medication/supplement has been making you feel, track any relevant symptoms, and make a to-do to have a discussion with your doctor if necessary.
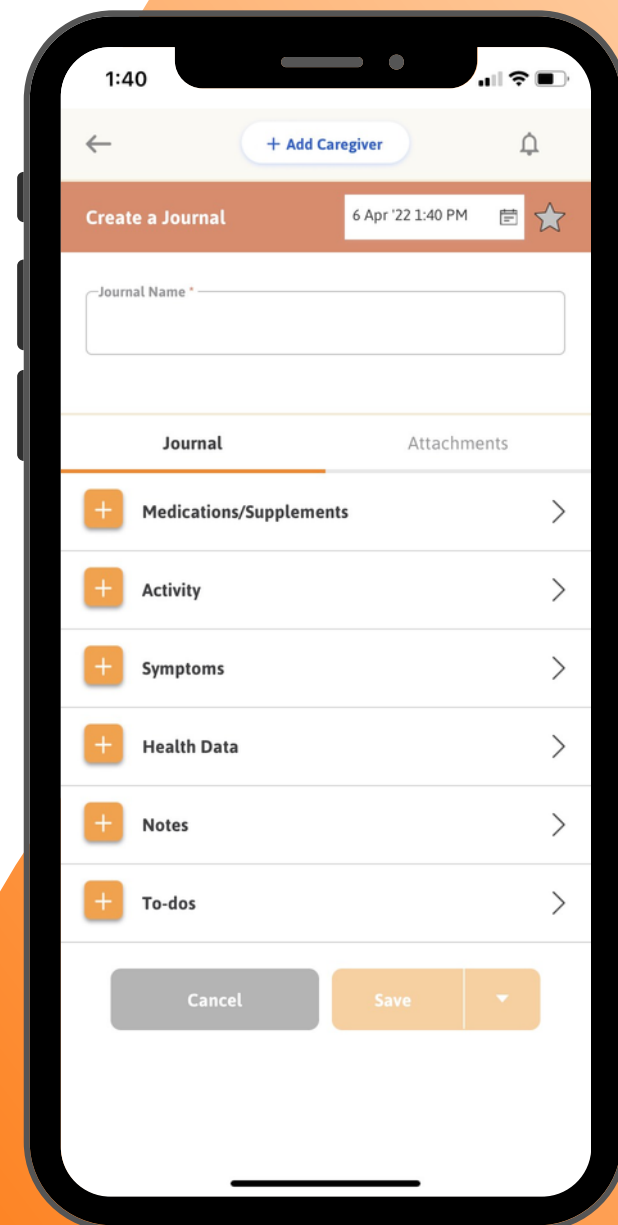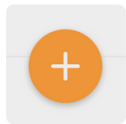
Attachments

Zamplo is a digital binder for your health records.

- Lower the chance of losing any important paper documents
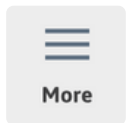- Ensure your documents are easily accessible

The **Attachments** feature is a safe, convenient, and organized way to store all of your important documents.

Navigate to Attachments

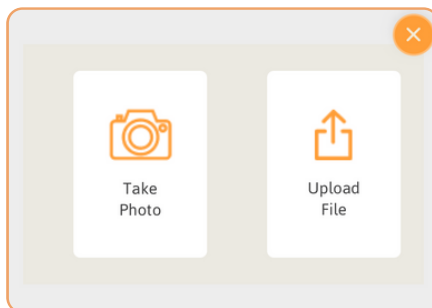Use your **Global Add** or **More** navigation and select **Attachments**.
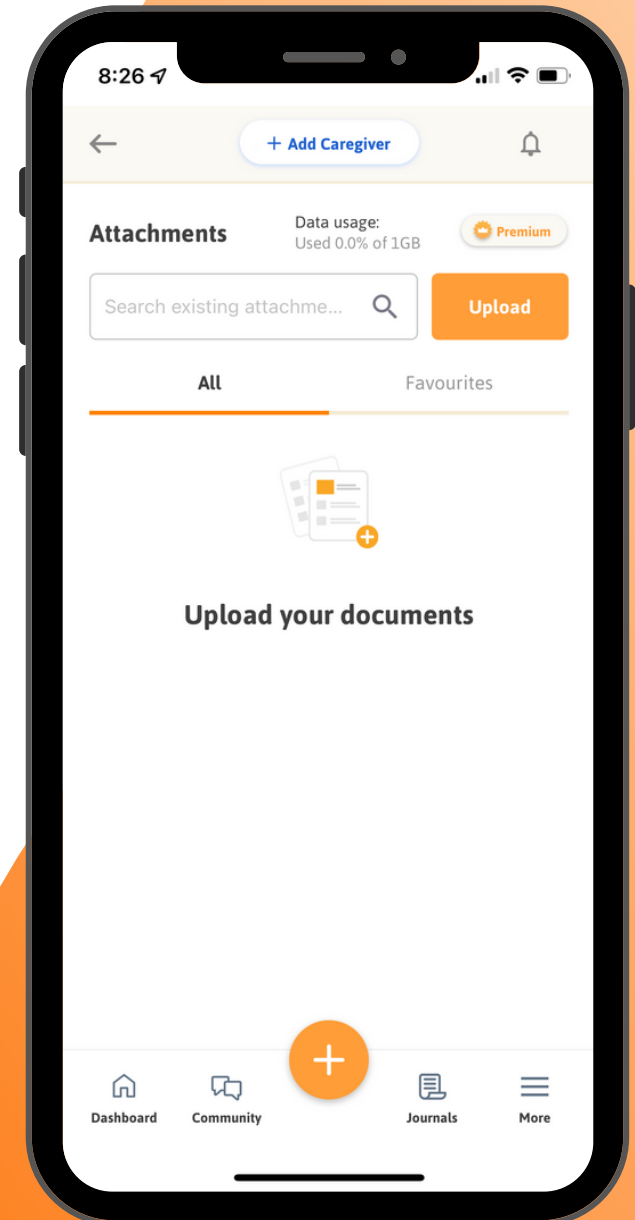
The **Global Add** button will only let you add

You can edit and find other attachments under **More**
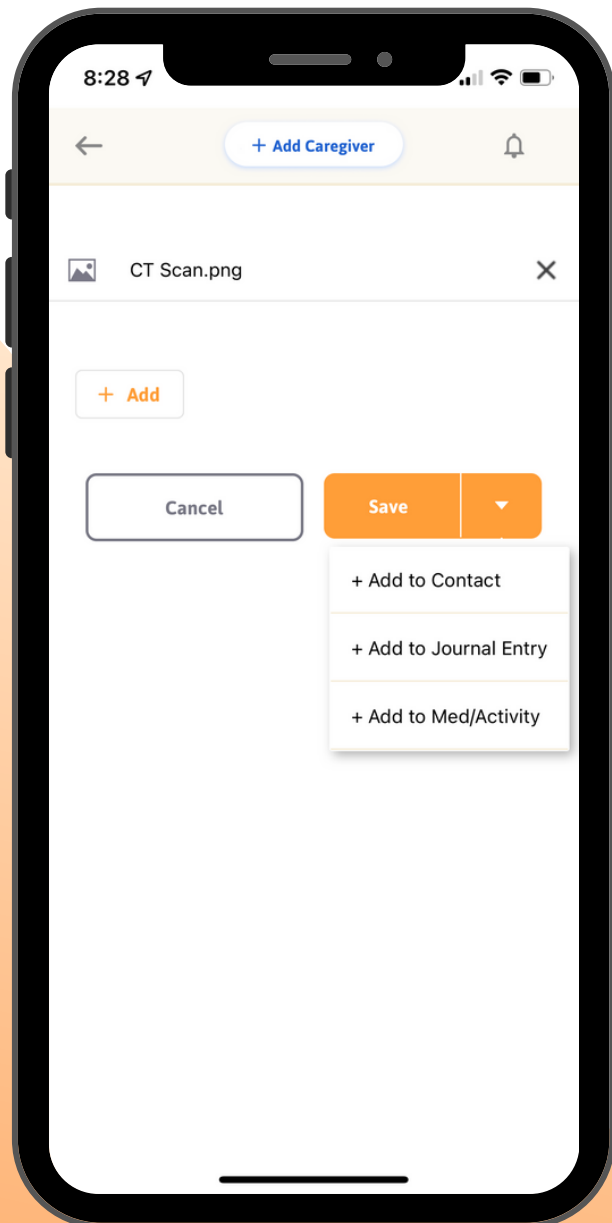
Two ways to add Attachments

Option 1: take a photo using your device and upload the image

Option 2: upload an already existing file or an already existing image in your camera roll

Attachments: How to Add Attachments

Take a Photo:
1. Take a photo of the document
2. Click done, or the orange camera to take another one
3. Once you see your photo(s), click done
4. Name the file

Upload a File:
1. Chose the upload file option
2. You can add an existing photo or document
3. Chose the photo or document from your computer or phone
4. To change the name, click the name and edit

Before you save, you can choose to add your attachment to a contact card, journal entry, medication or activity.

After you save, you can find all your files in **Attachments** under the **More** section. Here, you can edit, favorite, or delete your attachments.

Attachments in Action

You have received the results of your CT Scan and want to store them safely and have them on hand in case they are needed. You upload the CT image into Attachments, where you can easily access it.

Reports

Reports allow you to see a snapshot of your **Medications, Symptoms**, **Health Data** and overall health regime

These reports allow you to easily share an overview of your health with your care team or at your next appointment with a health care provider. **Reports** can help to better equip you to advocate for yourself

How to create a Report

1. Go to **Reports** and click **+ Add**
2. Create a custom title for your report and select the time frame
3. If you want to remove information click on the **X** , if you want to add click on **Add**
4. Press save to create the **Report**
5. Once the **Report** is saved, you can choose to download it as a PDF or send it by Email

Reports in Action:

Your doctor has asked how your new health routine is going, and if you have any questions or concerns. Instead of giving him separate answers for each factor in your new routine, you compile the data to give to him in one report. It saved both you and your doctor time

Health Library: Directory

The **Health Library** is a central location to find information that is specific to your health condition, goals, or the condition of someone you care for.

This feature allows you to harness the wisdom of the crowd, as all the resources were either added by people like you or support and advocacy groups. You can search or upload webpage links, support group recommendations, pdf files, and more.
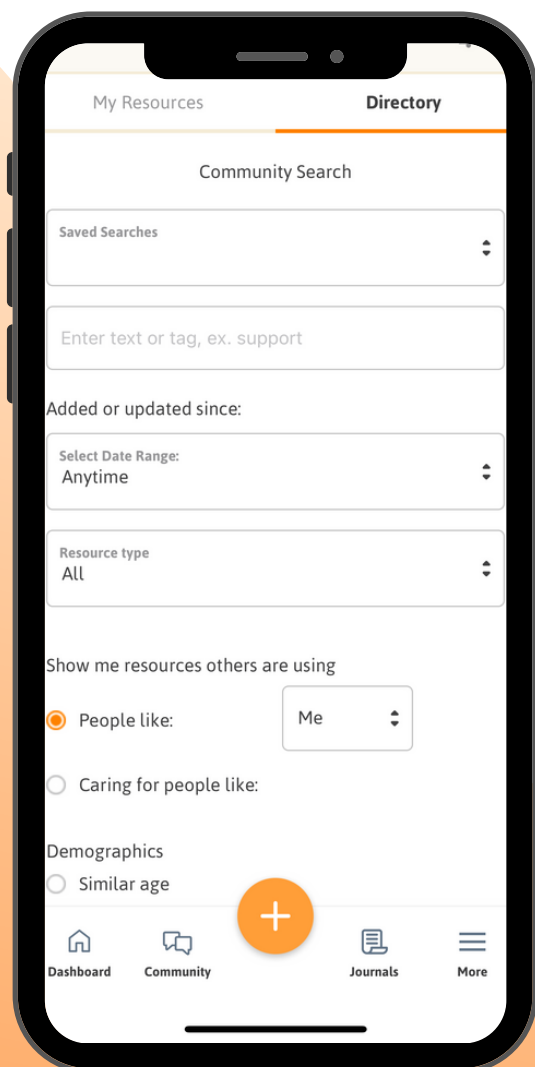
How to use the Health Library Directory
1. Select More on your **Dashboard**
2. Scroll down and press **Health Library**
3. Click **Directory** near the top right corner

Here, you can customize what you are looking for
- Enter tags or keywords you are interested in finding resources for
- Show resources for people like yourself
- If you have contacts and want to look up their resources, select the contact in the drop-down menu

You can further customize your search by entering demographics, diagnosis, treatment options and symptoms.

Tip:
If you find a resource you like, or want to refer to again, you can add it to your list.

Health Library: My Resources

My Resources in the **Health Library** is a place for patients and caregivers to upload resources.

Adding resources will help the **Health Library** become more diversified for other users.

How to add Resources:
1. Select **More** on your dashboard
2. Scroll down and hit **Health Library**
3. Select **+ Add a resource**
4. From here, you can add a link to the resource, or upload a file
5. Chose a name for the resource, and add any tags associated
6. Press **Save**

In your **My Resources** tab, you will be able to see all the resources you uploaded.

Uploading Resources in Action:
You recently spent a lot of time searching for a great Mindfulness tutorial. After trying it yourself, you want to share it with other people who may struggle with anxiety. You upload it to the resource library, with appropriate tags for the content.

Important Note: Please do not upload any documents that include personal identification

Clinical Trials

Clinical Trials uses the ClinicalTrial.gov service provided by the U.S. Library of Medicine to allow you to search for Clinical Trials related to your condition to take part in. This eliminates the need to conduct a lot of research to find this trials and instead puts them in one place

How to search Clinical Trials

1. Check off the **Liability Disclaimer**
2. Click the **Arrow**
3. Type in medical condition
4. Select the country
5. Select the city
6. Input a distance from that location in which trials can be located
7. Check off the study status and phase of study (if applicable)
8. Enter study type, age group and sex in which the study pertains
9. Click **Search**
10. Browse search results
11. Save the entire search by clicking **Save Search**, or add specific trials to your list by clicking **My List**

Clinical Trials in Action:

You are interested in participating in a clinical trial for your condition but do not know of any near you. You use the **Clinical Trials** feature to find a trial for your condition close to the city you live in.
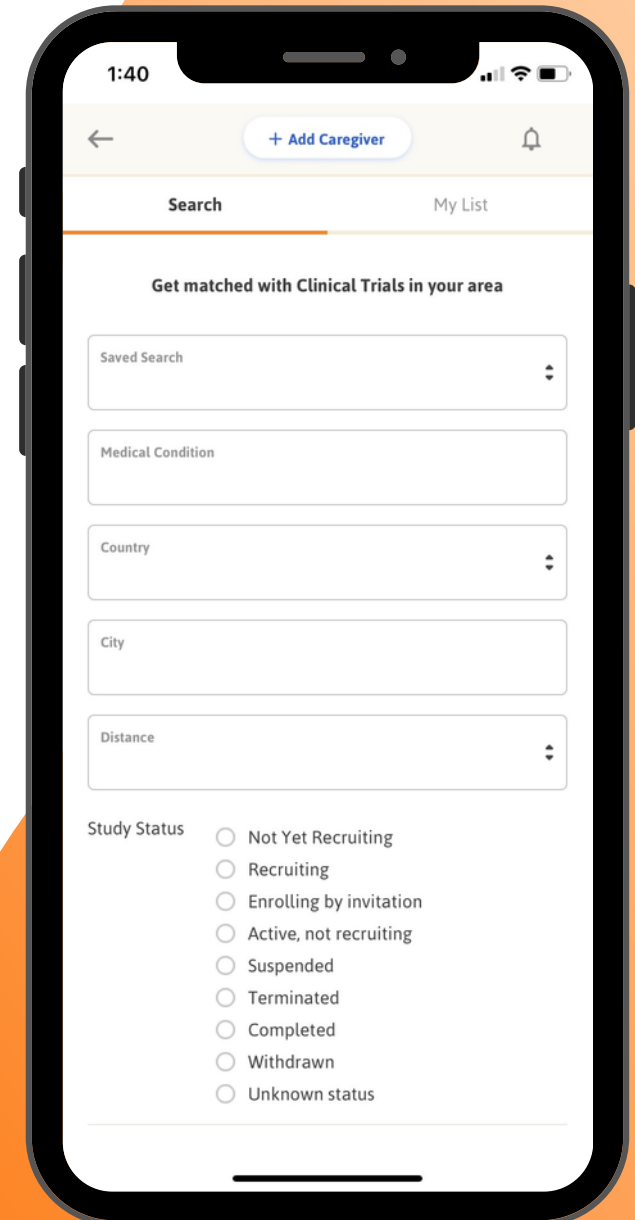
Surveys

Surveys allows you to fill out surveys sent to you by researchers that are looking for information surrounding certain experiences. Completing surveys will allow these researchers to gather the information they need to improve their research going forward
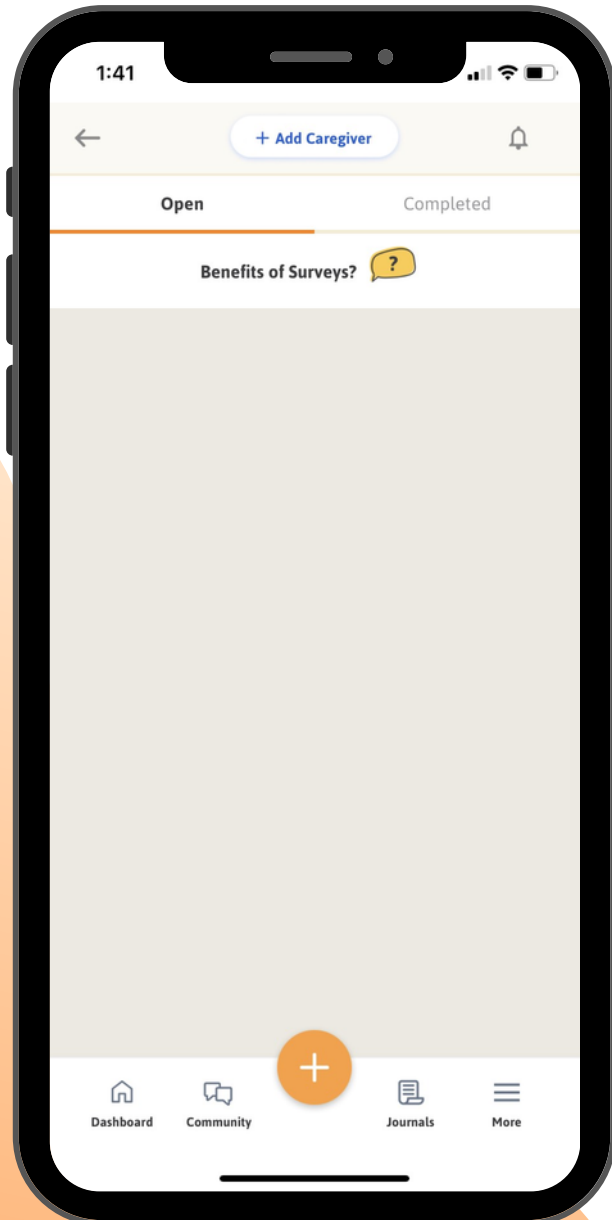
Navigate to Surveys

To find the **Surveys** feature:

1. Click on the **More** tab
2. Navigate to the **My Health Research** section
3. Click **Surveys**

The **Surveys** feature can be broken up into two main tabs. The **Open** tab is where you will find all of the surveys you have been invited to that are pending. The **Completed** tab is where you can find all of the surveys you have already completed

The Value of Surveys

The surveys you fill out will most likely be connected to the your condition in some way. By completing the survey sent to you by researchers, the researchers will be able to acquire valuable information that they can then use to make better therapies for your condition going forward.

Creating your Community Profile

Our **Community** feature empowers you to find others with the same or similar diagnosis worldwide. With **Community**, you can chat one-to-one with others, share health journeys, expand your health knowledge, and build a support system.

How to start building your Community

- In the app, click on **Community** in the bottom left-hand corner
- Click on "let's get started" and then on "create a profile"
- If you have already set up your main Zamplo profile, you can turn on "sync with main profile" to maintain the same information. You can also choose to create a different username
- If you did not sync your account with your main profile, enter your medical conditions, year of birth, biological sex, city, and country
- Write a little bit about you and what brings you to **Zamplo Community**

You also have the option to turn on **Incognito Mode** which keeps others from being able to search you.

After choosing your preferred settings, go ahead and press save

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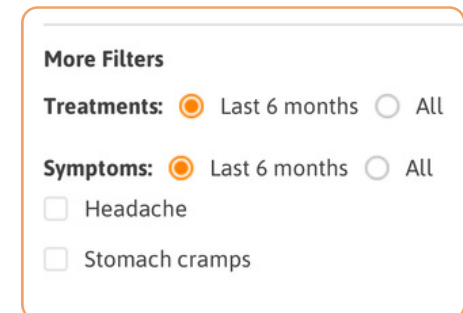
Start Building your Community!

Now that you have created your **Community** profile, you can now get started on privately and securely connecting with a global community of peers and motivating others to take control of their health journeys!

How to Find Connections

1. Click on **Find Connections** on the **My Connections** Community page
2. Select if you want to connect with people like you or people caring for someone like you
3. Select the demographics you would like to search for: sex and age
4. Select what medical conditions you would like to search by
5. Click **Search Connections**

If you'd like, before searching for connections, you can further narrow your connection search by clicking on **More Filters**
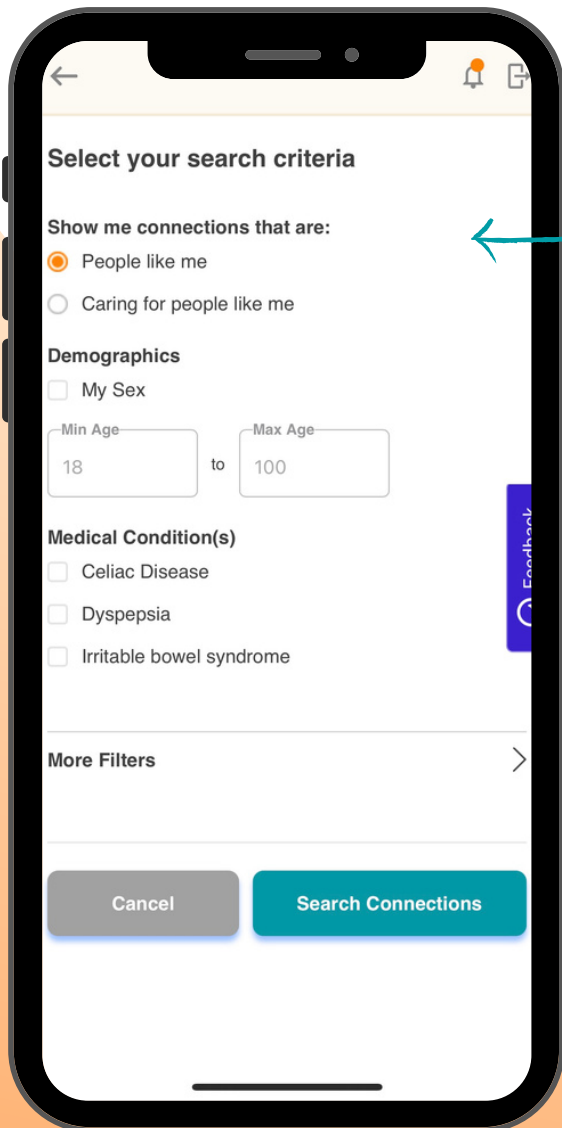
If there are any matches, they will come up in a list. To connect, press the connect button beside their profile.
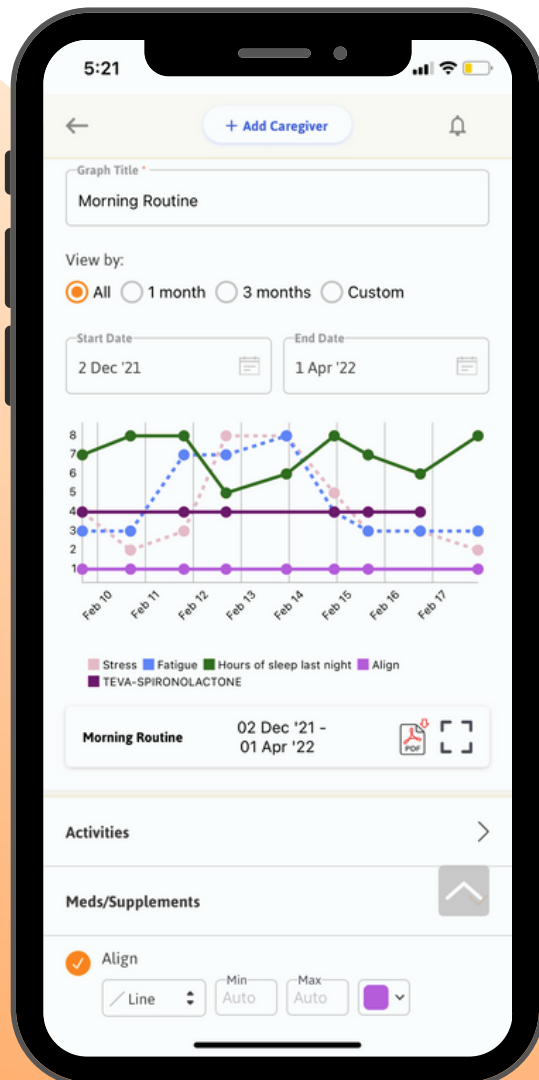
Graphs

With Zamplo, you can track, graph, analyze and view trends in your **Symptoms, Activities, Medications and Supplements and Health Data.**

Better understanding trends in your **Health Data** will allow for more informed decision-making and enhance your engagement at your medical appointments and throughout your health care journey.

How to create a Graph:

1. From the dashboard, navigate to more on the bottom right-hand corner.

2. Click on **Graphs** and then **Add**

3. You can add a graph from an existing routine or create a graph from scratch

4. Choose a start and end date - there are default settings, or customize your own

5. Choose the **Activities, Meds/Supplements, Symptoms,** and other **Health Data** you would like to graph

6. Customize each with its own colour

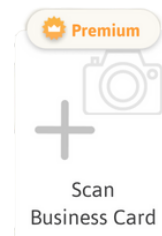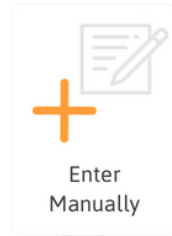7. Press **Save** to create the Graph

Contacts and Careteam

Adding **Contacts** into your Zamplo account is an easy way to keep track of the people who are a part of your health journey. Contacts has features such as **Notes** and **To-do** lists, to help keep all of your important information in one space.
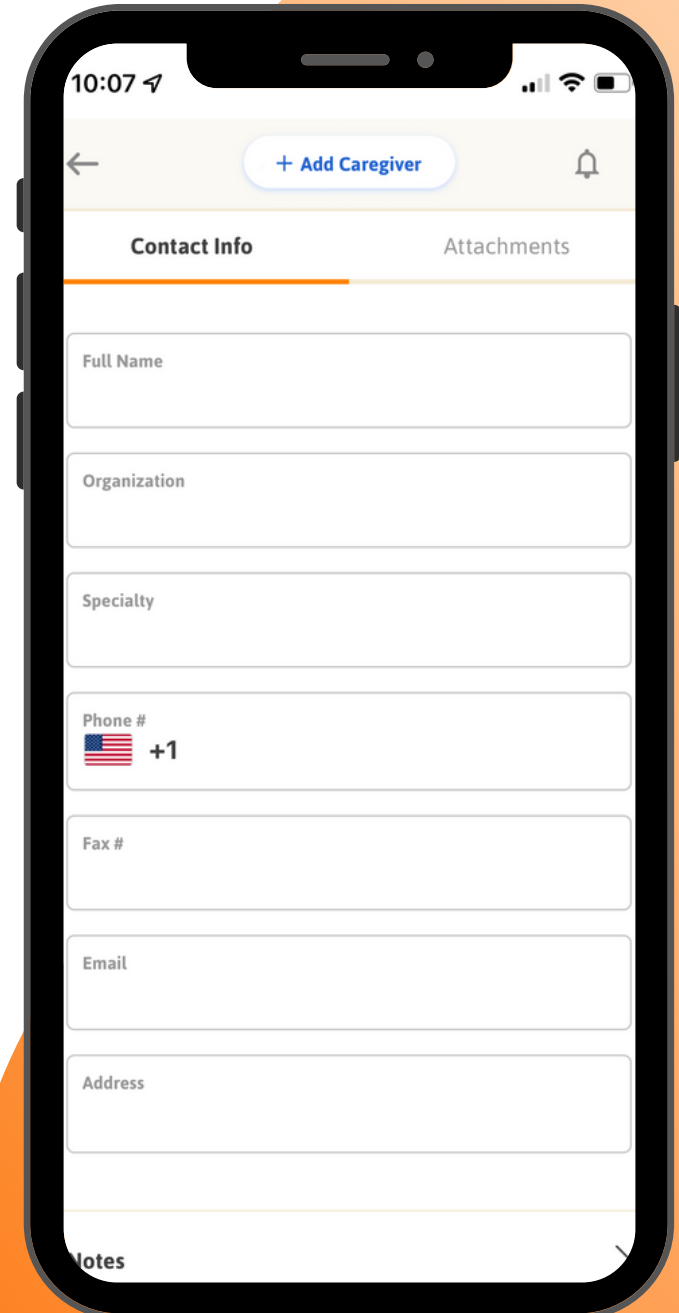
You can add a contact two ways:

How to add a Contact manually:

1. Click on the **Global Add** and select **Enter Manually**
2. Enter basic information such as name, organization, specialty, etc.
3. Next, you can enter any **Notes** you may want to associate with the contact.
4. Add any reminders or **To-do's** associated with the contact
5. Choose if this person is part of your **Careteam**
   a. **Careteam** members will automatically be listed on reports
6. Press **Save**

Contact and Careteam in action:

You met with a new specialist, and they provided you with a checklist to fill out for your next appointment. Here you can enter the new contact information, as well as a To-do reminder for the checklist.
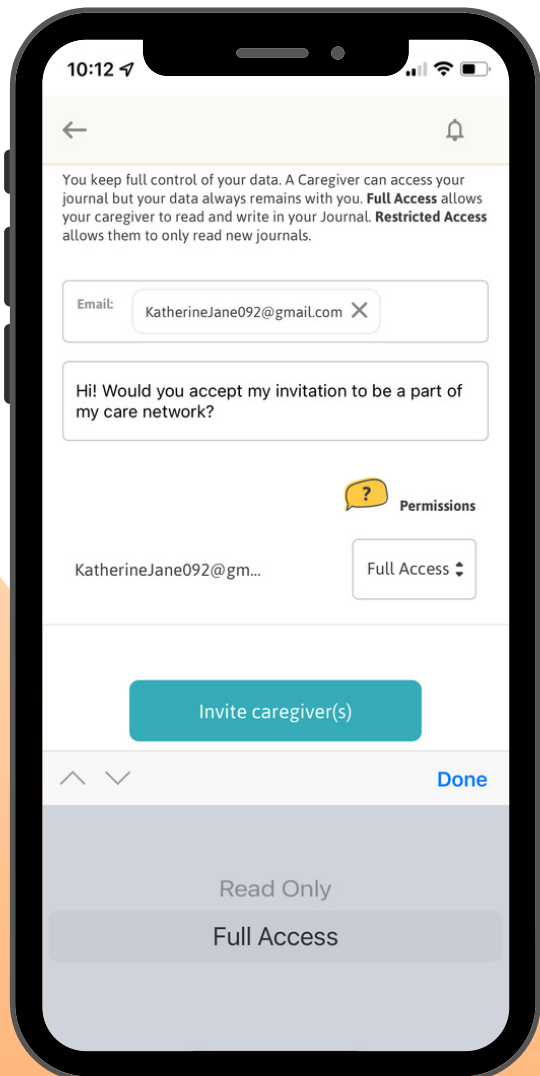
Caregivers

Friends and family often play a huge role in your health care journey. They are a support system, and often times will help you with appointments and research

It is important to decide what information you want to share on your journey. Instead of passing around a binder, invite a **Caregiver** to contribute to your virtual binder

How to invite a Caregiver:

1. From the **Dashboard**, navigate to the top of the screen and click on **Add Caregiver**
2. Enter the email of the person you would like to add
3. There is a preset invitation message, however, you can customize it

Now you can choose the type of permission you would like to grant your caregiver.

- You can grant **Full Access** which means that your caregiver will be able to read and write in your journal.
- You can also choose to grant **Read Only** access, which allows caregivers to only read new journals.

Once you have selected the permission type, click on **Invite Caregiver(s)**

Caregiver in action:

Your partner is accompanying you to a specialist appointment. You have asked them to write down what the doctor says, so you are not distracted during the appointment. You add them as a **Caregiver** with **Full Access**. From there, they are able to take notes in your journal while you talk and listen.

Refer a Friend

Refer a Friend allows you to invite your friends and family members to Join the Zamplo Movement!

Invite your friends and family members that you think can benefit from tracking and storing their health information and being a part of a growing health community.

Anyone can benefit; whether you know a friend who is trying to create a mindfulness routine at night or a family member who is dealing with a new diagnosis.

Zamplo is a customizable app to help suit many different needs.

How to:
- Open your **Zamplo** app and click on **More**
- Scroll down and click on **Refer a Friend**

Here you will be prompted to refer a friend who is in your contacts, or to type in their email so they can automatically be sent a referral link.

And that's it! You can now refer a friend to Zamplo!