

MedM Health Diary Getting Started

This document provides some basic guidelines for getting started with the MedM Health Diary app.

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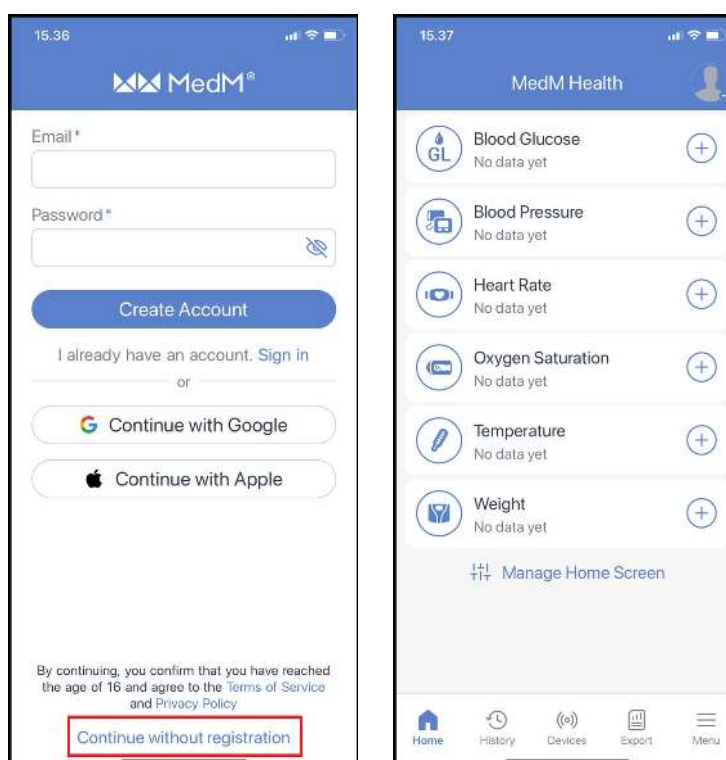
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Running the App

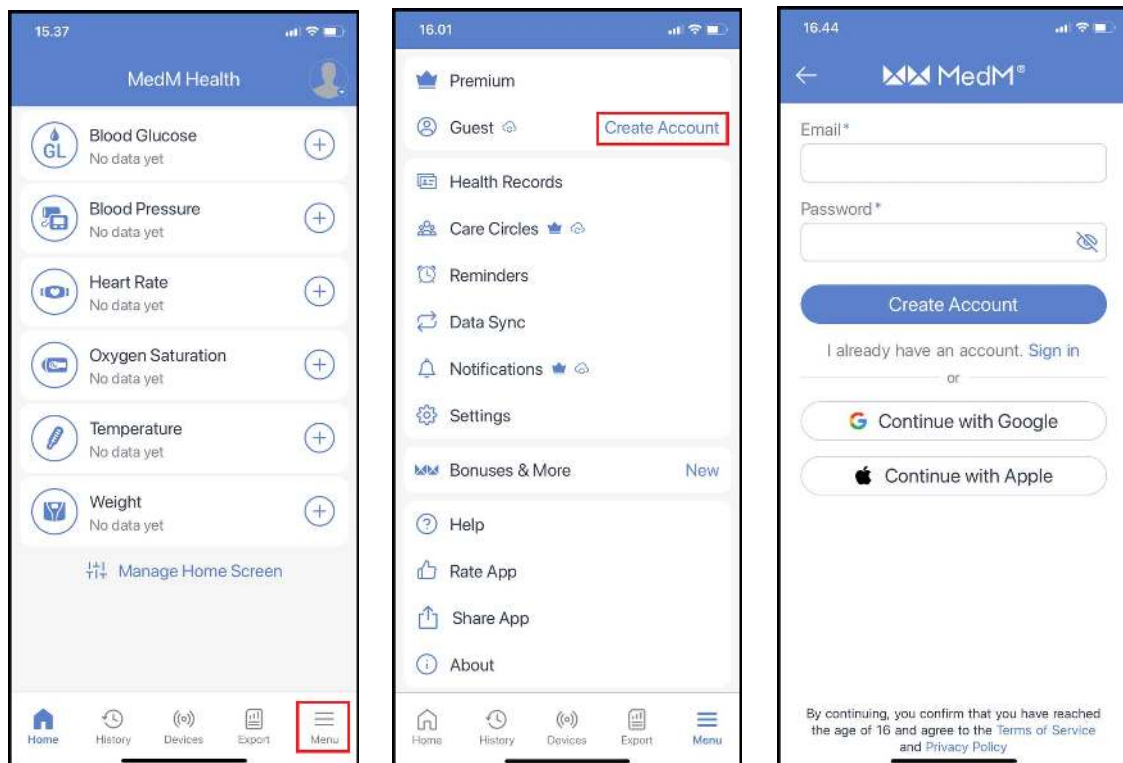
Without Registration (Local Mode)

The app can be used in local mode: without registration or an established connection with [MedM Health Cloud](#). In this case, all collected health data is stored on the user's mobile device **only**. Some [MedM premium features](#) such as [threshold notifications](#), [Garmin data sync](#) and [shared access to health data](#) remain unavailable for unregistered users.

Launch the app and select **Continue without registration**. You will be prompted to the **Home** screen:



The last measurements are displayed on the **Home** screen for each enabled data type. Data acquired in local mode can be synced with a registered MedM account at any time. Press the **Menu** button, then press **Create Account**, it will send you to the **Login Page**:

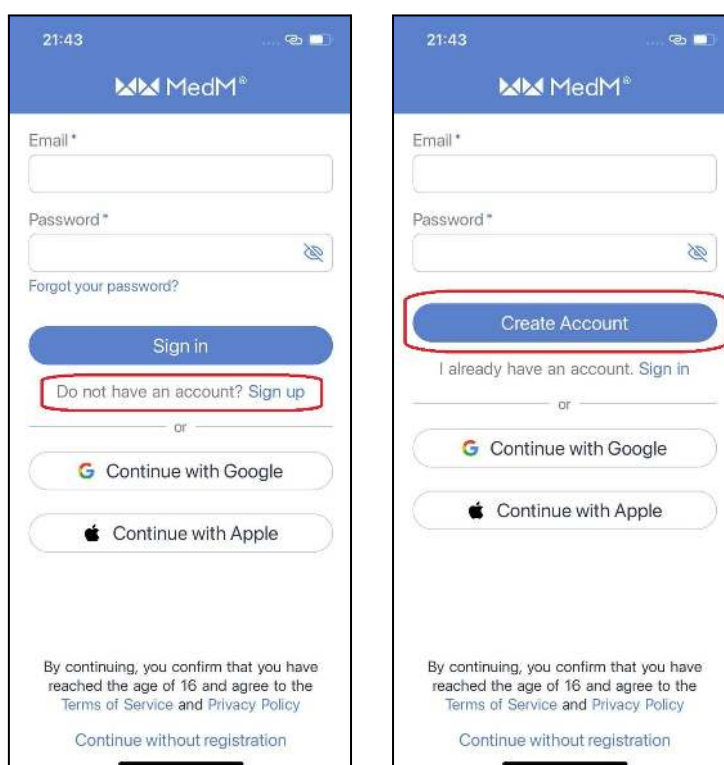


After signing into a MedM account from local mode, all locally stored health data will be synced with this account and backed up to [MedM Health Cloud](#). You can also purchase MedM subscriptions with Google Play, App Store, or Stripe (via the [online portal](#)) to gain access to MedM Premium features.

Connecting to MedM Health Cloud

Users may connect to the encrypted MedM Health Cloud in order to securely back up their data, as well as to have and share remote access to it. Data stored in MedM Health Cloud can be accessed by authorized users from desktops or mobile devices, both via the app and the web portal. More features become available to users who have registered accounts and logged in.

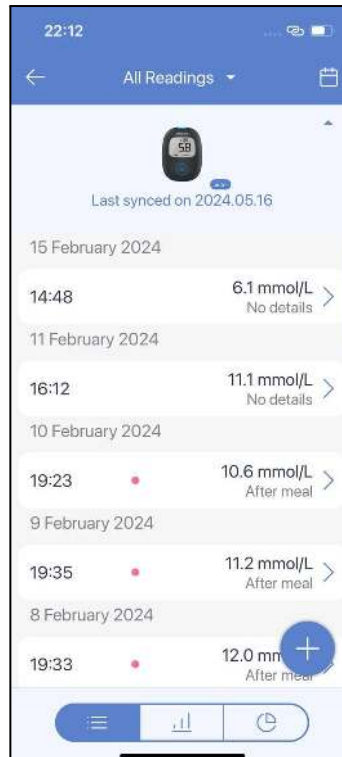
Launch the Health Diary by MedM app. Sign into your account or sign up to create a new one. It is also possible to sign up with Apple or Google ID. Use the same credentials to sign into your account via the [MedM Health Portal](#):



At Sign In users are prompted to the **Home** screen. [Configure](#) your **Home** Screen. The Home screen shows the latest value for each enabled data type. To view history, select one of the data types by tapping the corresponding tile:



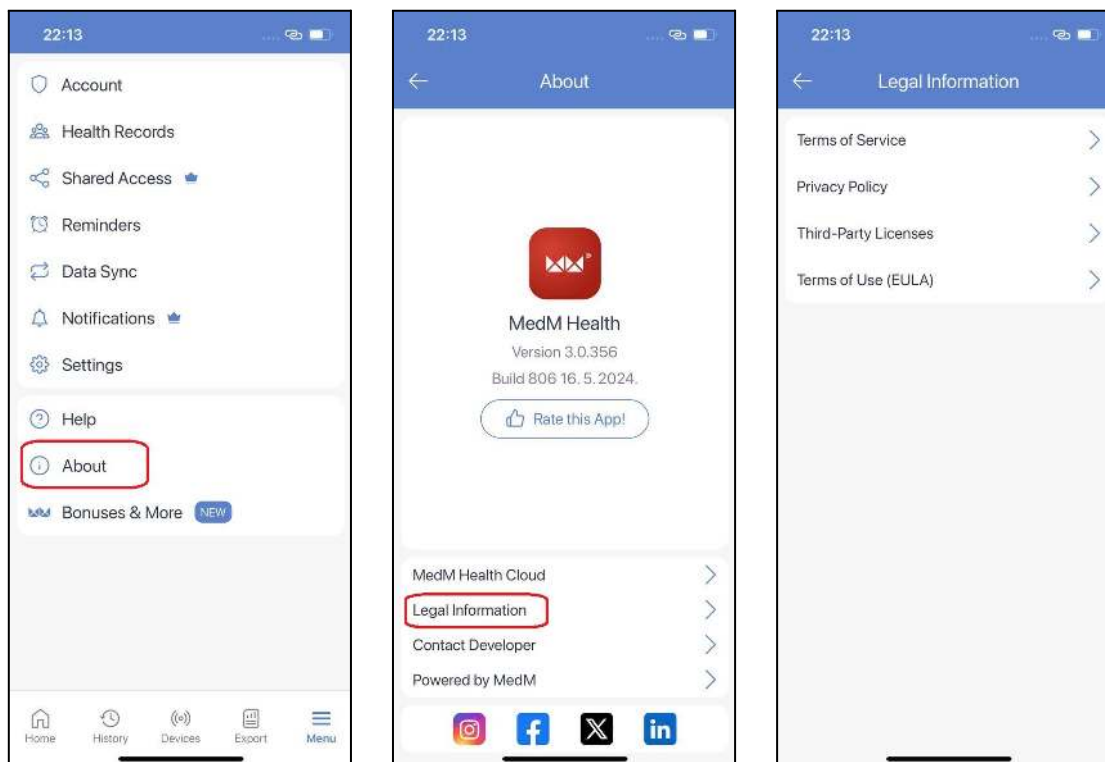
You are now on the history screen. View the previous measurements by scrolling (swiping) up or down:



[User Management](#)

[Legal Information](#)

To read MedM's **Privacy Policy**, **Terms of Service**, **Third-Party Licenses** or **Terms of Use (EULA)** select the About item from the app menu and tap **Legal Information**:

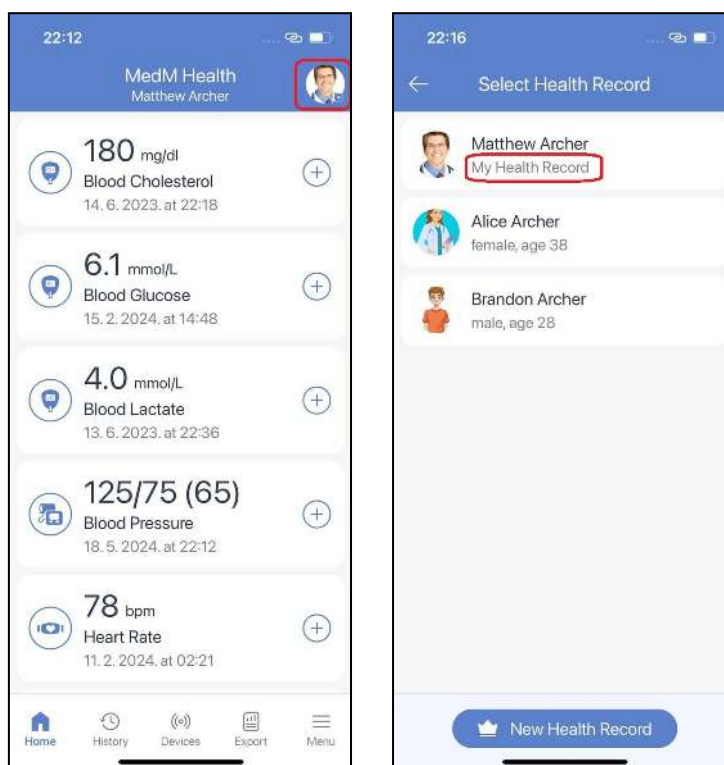


[Health Records](#)

All user data is stored within a specific Health Record. All new [local](#) and [registered](#) users automatically receive one [main health record](#) when they start using the app. Users can also create a second Health Record (for another individual or even a pet). Creating more than two Health Records requires [MedM Premium](#) membership.

[The Main Health Record](#)

The main health record is **automatically created** for all users and always exists. At sign in a user is prompted to the home screen or dashboard of their main health record. It is highlighted as **(My Health Record)** in the list of accessible health records, which can be viewed by tapping the profile picture at the top-right corner of the dashboard:

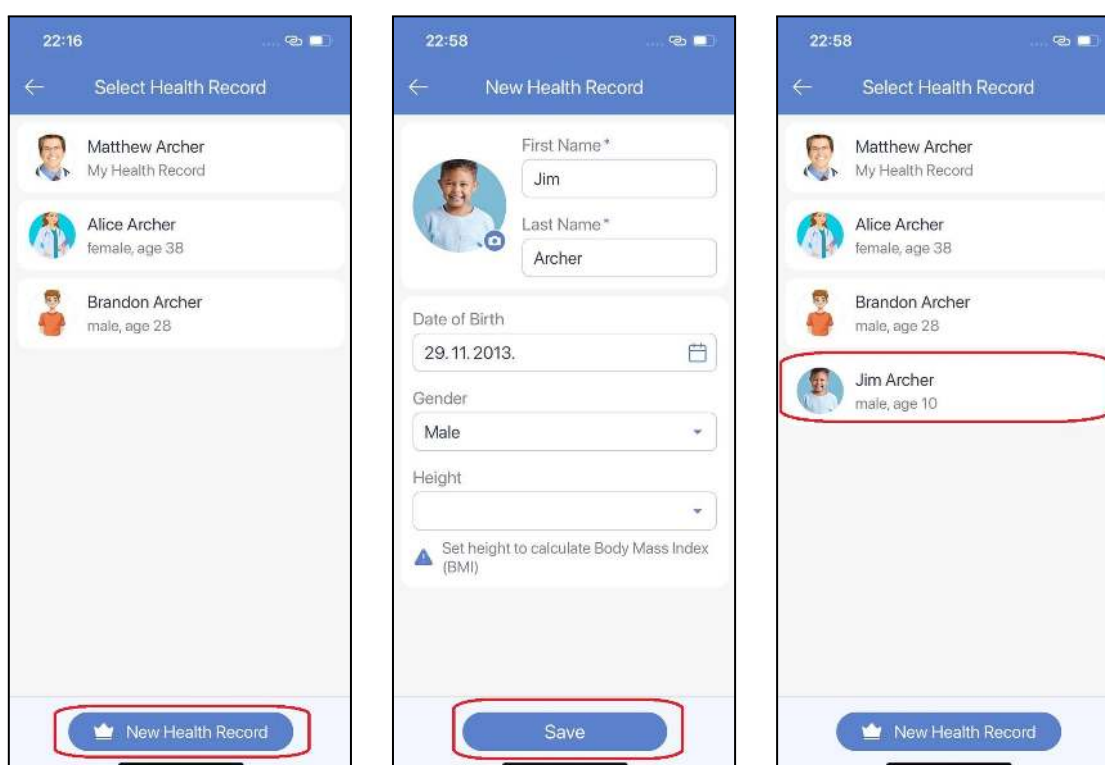


Any registered user has the **custodian** level of access for their **main** health record and hence can exercise full control: [share with other registered users](#) or revoke this access. The only way to delete the main health record is by [deleting](#) the corresponding user account.

[New Health Record](#)

All new [local](#) and [registered](#) users automatically receive one [main health record](#) when they start using the app. Users can also create a second Health Record (for a family member or even a pet). Creating more than two Health Records requires [MedM Premium](#) membership.

To go to a **Health Record list**, tap the profile picture at the top-right corner of the dashboard. To create a new health record tap **New Health Record** from the health record list. Tap the **Avatar** field to upload an image from Camera or Gallery. Fields **Name** and **Last Name** are mandatory. After filling in the new profile info, tap **Save**:



Any registered user has the [custodian](#) level of access to all health records they create and may [share](#) access to them with other users (with Premium membership).

[Access Levels for Health Records](#)

Any registered user is a **Custodian** for their main health record and other health records that they have created (creating more than two health records is a [MedM Premium feature](#)). A **Custodian** with [MedM Premium](#) membership may share access to their health records with other registered users.

The Three Access Levels That Can be Granted are Viewer, Modifier and Custodian:

1. **A Viewer** can only view the shared health records
2. **A Modifier** can view and edit the shared health records as well as edit and delete measurements
3. **A Custodian** has full control: can view and edit health records, edit and delete measurements, grant (with [MedM Premium](#)) or revoke access to health records, and even delete them altogether

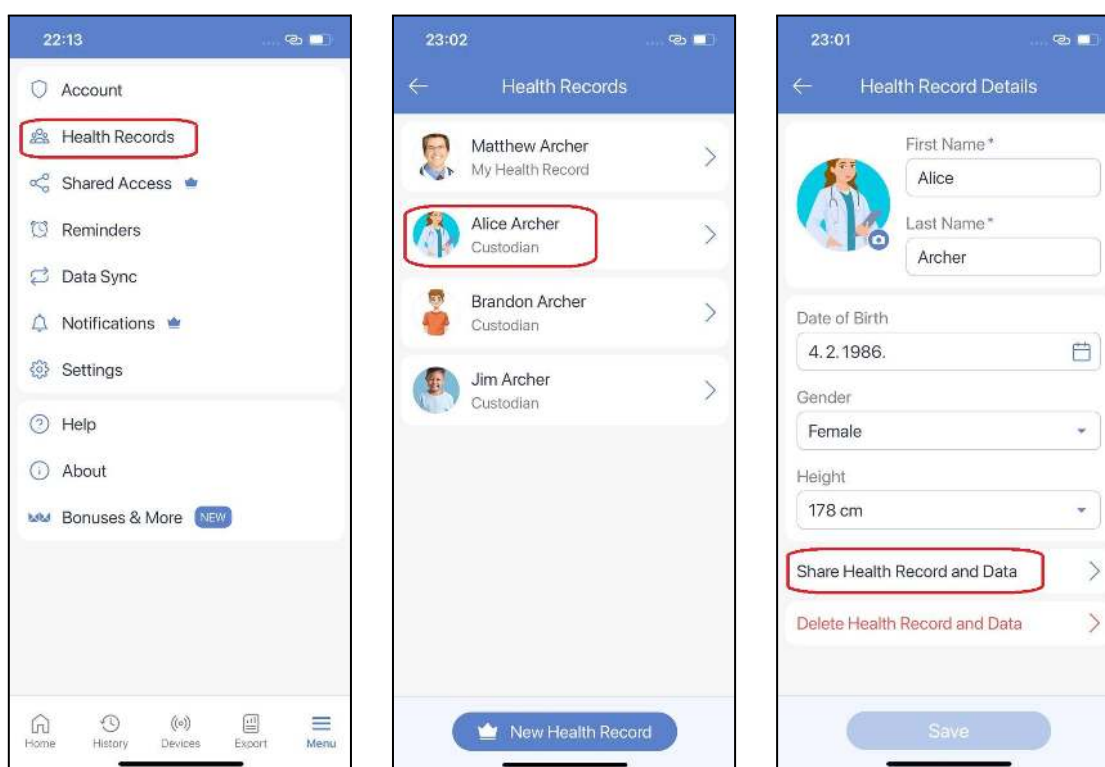
Note: reminders and thresholds cannot be shared and need to be set up individually for each accessible health record.

	Viewer	Modifier	Custodian
View Data	✓	✓	✓
Edit Data	✗	✓	✓

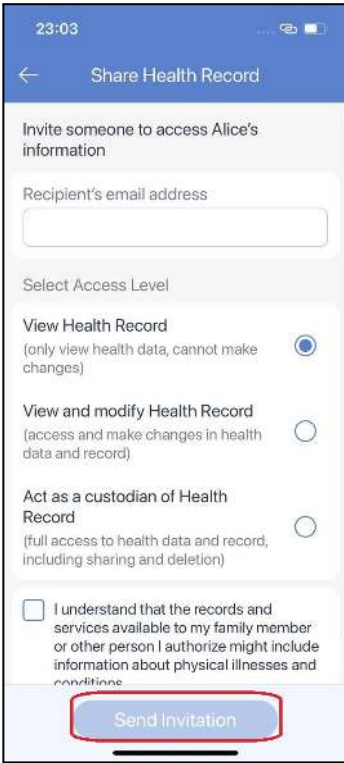
Delete Data	✗	✓	✓
Share health record	✗	✗	✓
Delete health record	✗	✗	✓

Sharing a Health Record

This is a [Premium feature](#). Sharing of health records is only available to users with the [custodian level of access](#). To share, first go to the list of accessible health records via the app menu, select the needed profile, and tap **Share Health Record and Data**:



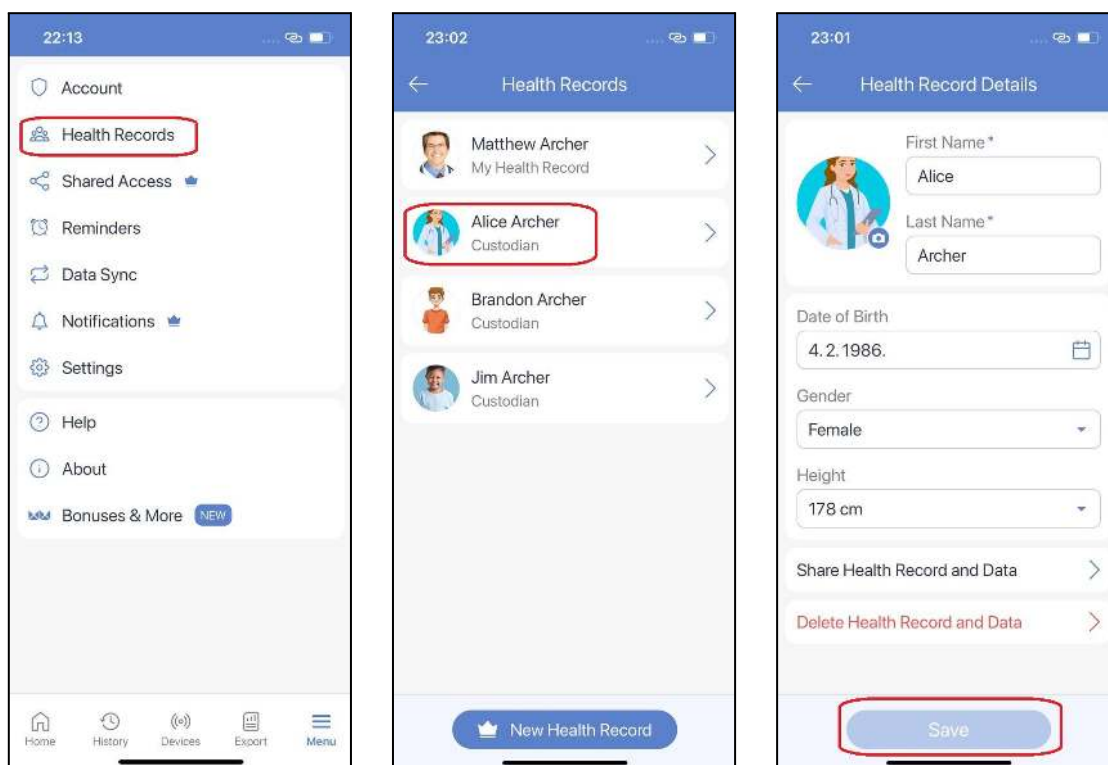
Enter the recipients email address, set the desired [access level](#) and tap **Send Invitation**:



The invited user can then accept or reject the invitation they receive via email. If they accept the invitation - they will be asked to either sign into their existing MedM account or create a new one. Once the invitation is accepted, the shared health record (with all its data) will become accessible for the invited user via their list of health records. MedM Premium is not required for any user to accept an invitation. Access can be revoked at any time.

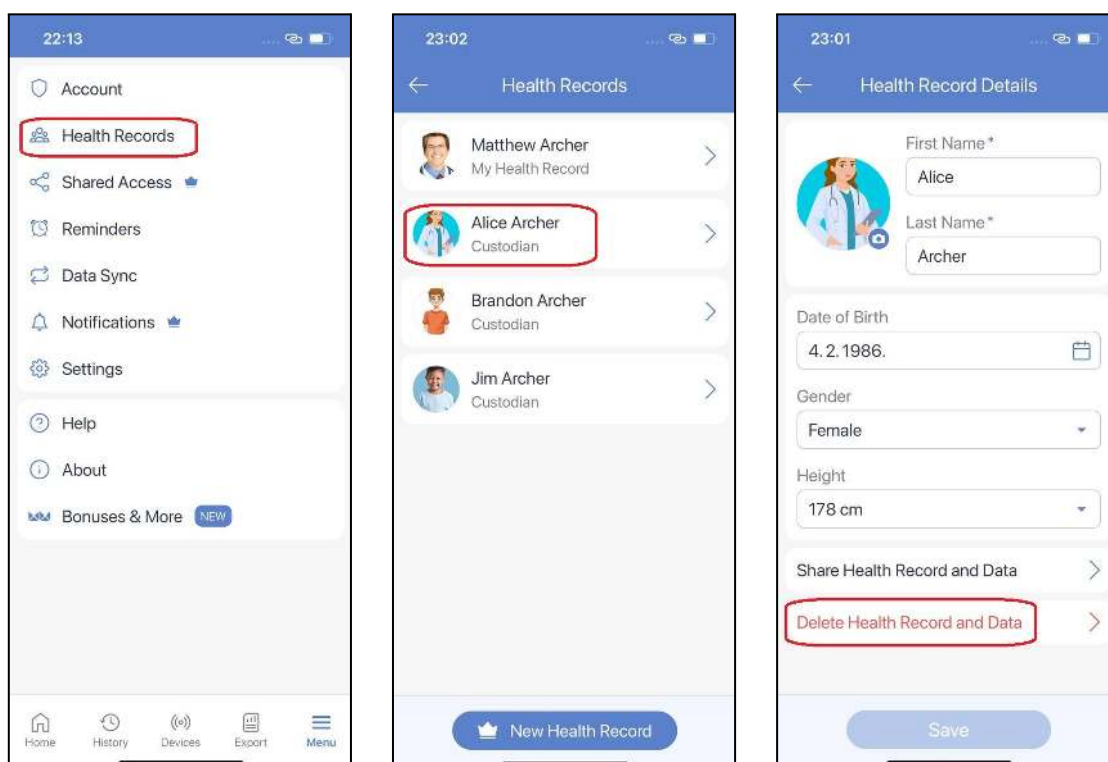
[Editing Health Records](#)

Editing a health record or the data stored in it is only available to [custodians](#) and [modifiers](#). To edit, first select **Health Records** from the app menu, then select the desired profile. Tap the **profile picture** field to upload a new image from the camera or gallery. Set the first name, last name, date of birth, gender and height. If you are using the MedM Health Diary for tracking weight - be sure to set the height correctly, since this value is used for calculating the [Body Mass Index](#) or BMI. After changes are made tap **Save**:



Deleting a Health Record

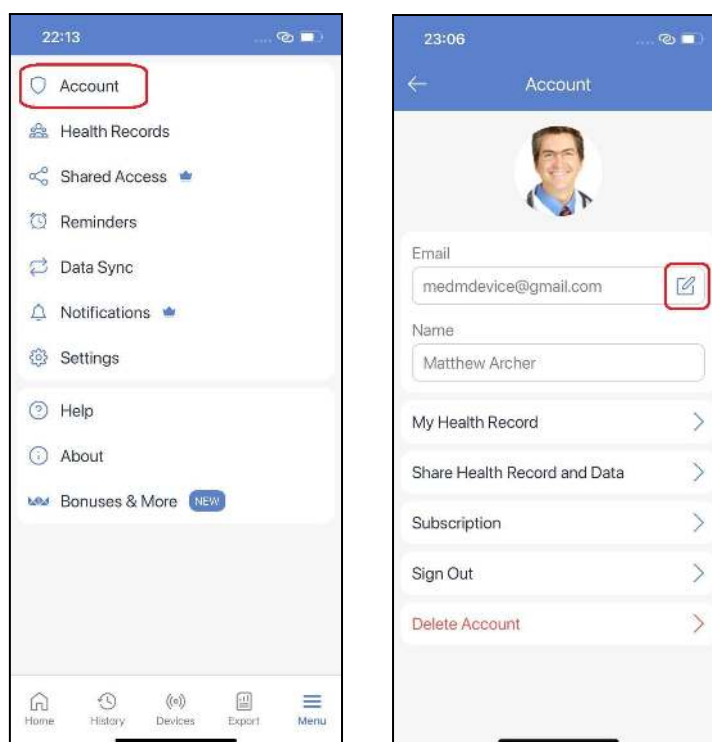
Deletion of health records is available only to users with [custodian](#) level of access. The [main health record](#) cannot be deleted separately from the user account that it was created with. The only way to delete the main health record is to [delete the entire account](#). To delete other profiles, first go to the list of accessible health records from the app menu, then select the profile in question and tap **Delete Health Record and Data**:



Proceed with deleting the health record.

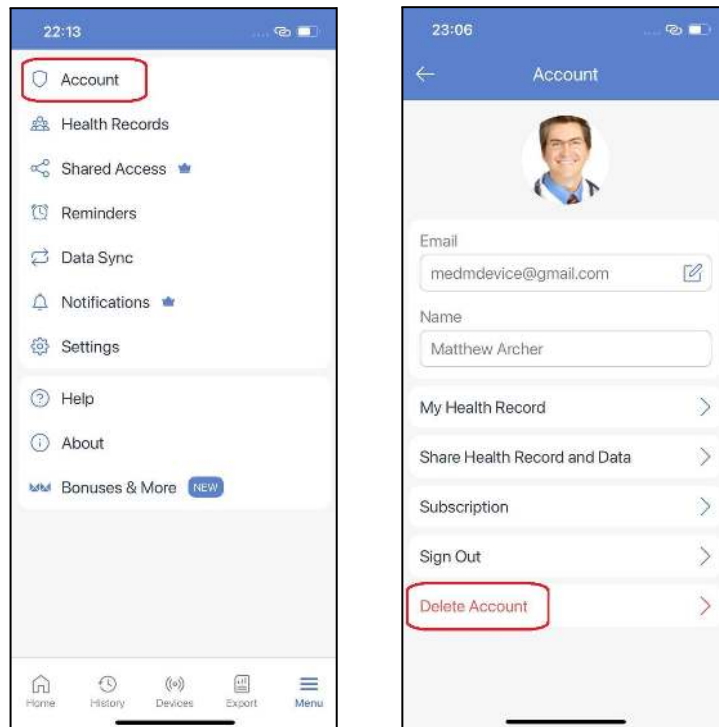
[Changing the User Email Address](#)

To change the email associated with your account - tap the **Account** item at the top of the **app menu**, tap the **Edit icon** next to your **user email address**. Proceed to change the associated email address and verify it.



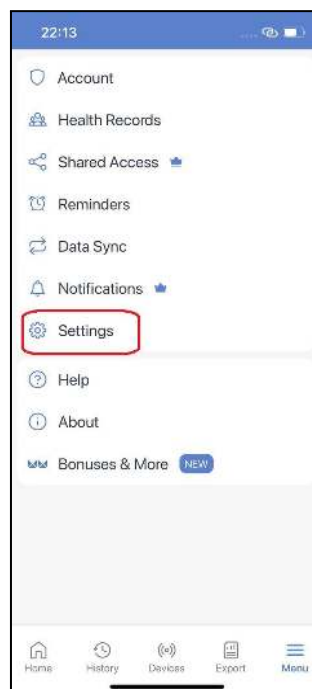
[Deleting a User Account](#)

To delete your MedM account - tap the **Account** item at the top of the **app menu**, tap the **Delete Account** button. Proceed with deleting the account.



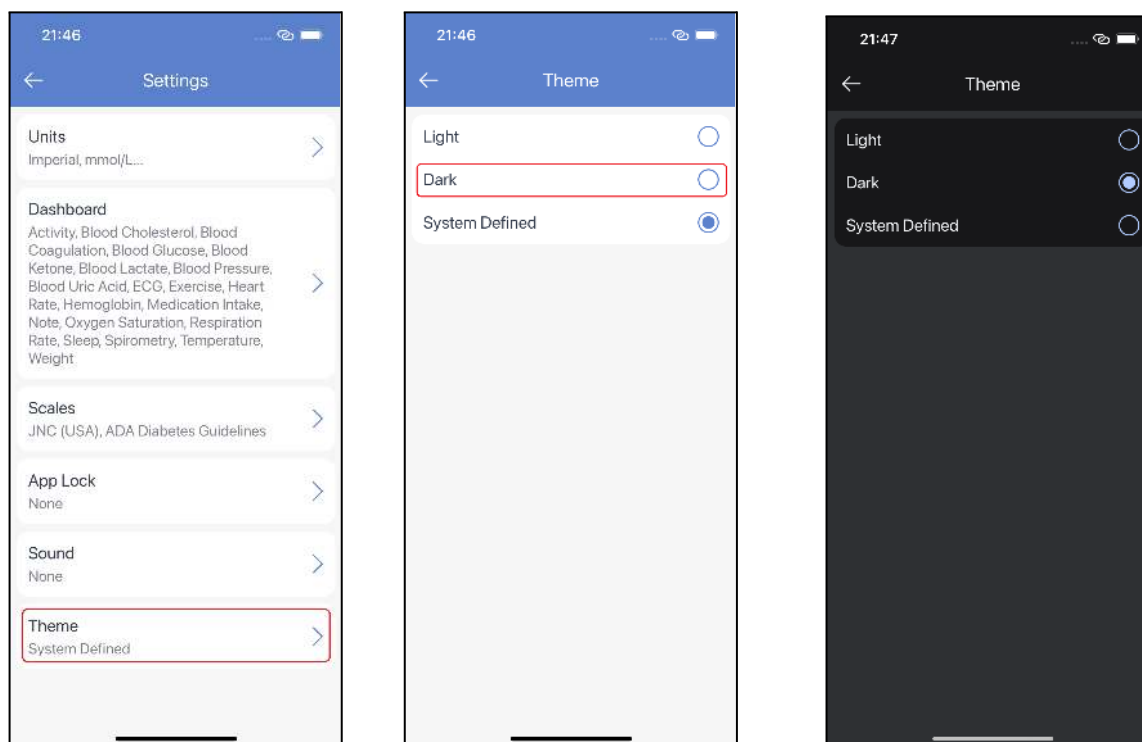
App Settings

Select **Settings** from the **app menu**:



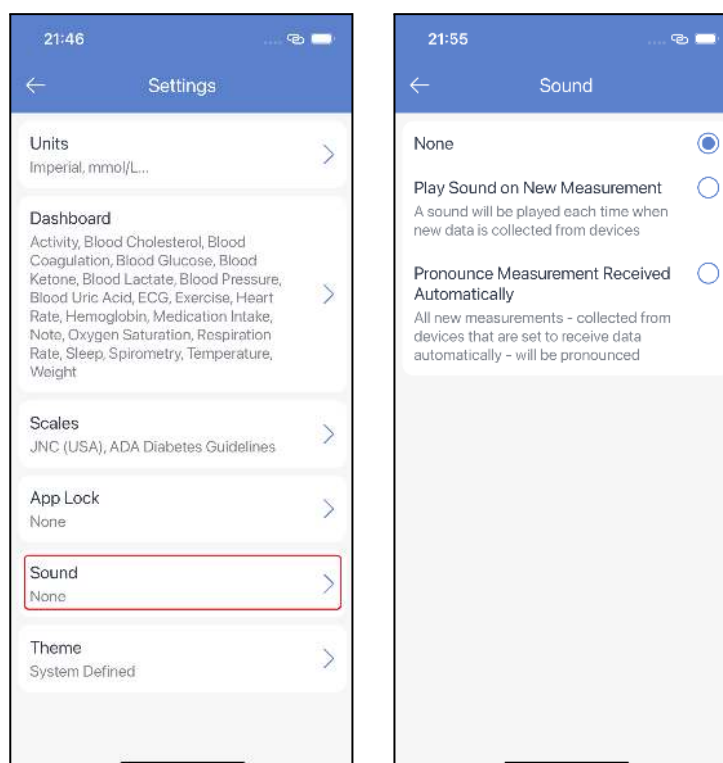
Theme

Select **Theme** in the **Settings** screen to set the light or the dark mode. System defined theme is available only on smartphones running iOS and Android 10 or higher:



Sound

Sound is set to **None** by default. Switching on the **Play Sound on New Measurement** option enables receiving sound notifications when new measurements are collected automatically from [compatible](#) connected sensors. Switching to **Pronounce Measurements Received Automatically** makes the app pronounce the automatically collected measurements aloud:



Measurement Units

Select **Units** in the **Settings** screen. You can adjust the units displayed in the history and on the data collection screens.

There are two base unit sets:

- Metric (kg, km)
- Imperial (lb, miles)

Two options for Blood Glucose, Total Cholesterol and Triglycerides units:

- mg/dL
- mmol/L

Two options for Uric Acid units:

- mg/dl
- $\mu\text{mol/L}$

Two options for Hemoglobin units:

- g/dl
- mmol/L

Three options for Water intake units:

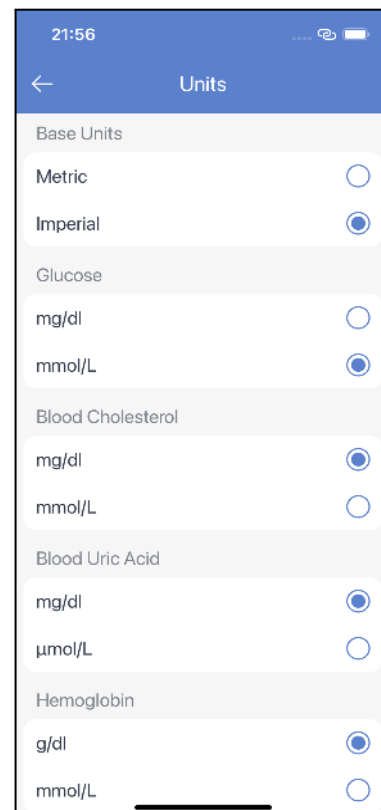
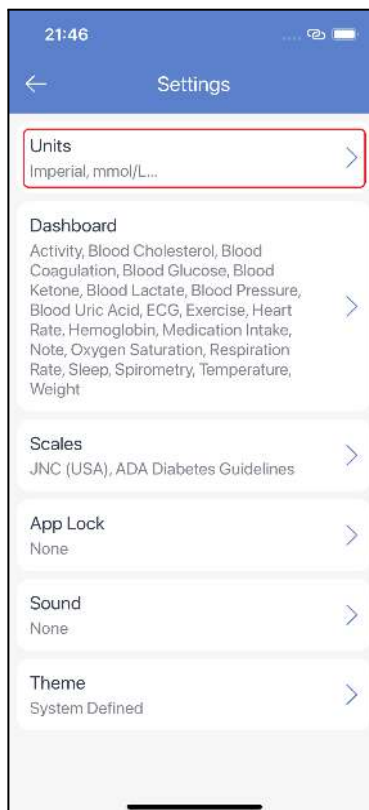
- mL
- fl oz (US)
- fl oz (Imperial)

Two options for Creatinine units:

- mg/dl
- $\mu\text{mol/L}$

Two options for A1C units:

- percent
- mmol/mol



Two options for Temperature:

- °C
- °F

Three options for Carbohydrates units:

- bread unit
- carb unit
- gram

Three options for White Blood Cells:

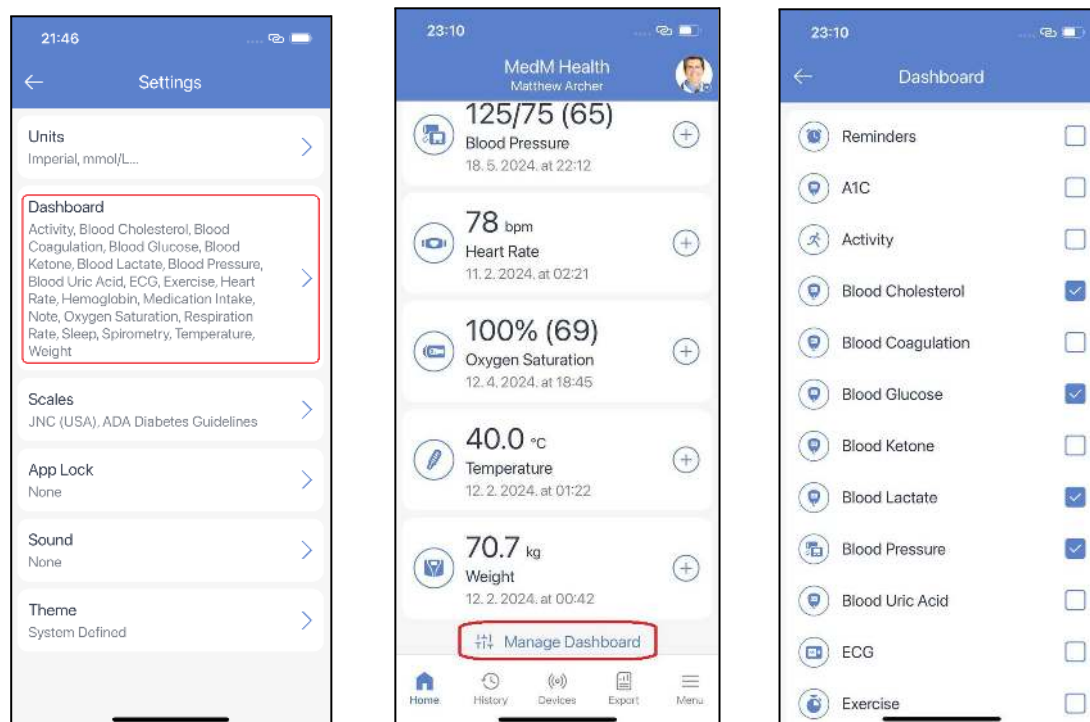
- cells/ μL
- $\times 10^3$ cells/ μL
- $\times 10^9$ cells/L

Three options for Weight units:

- Kg
- lb
- st

The Home Screen

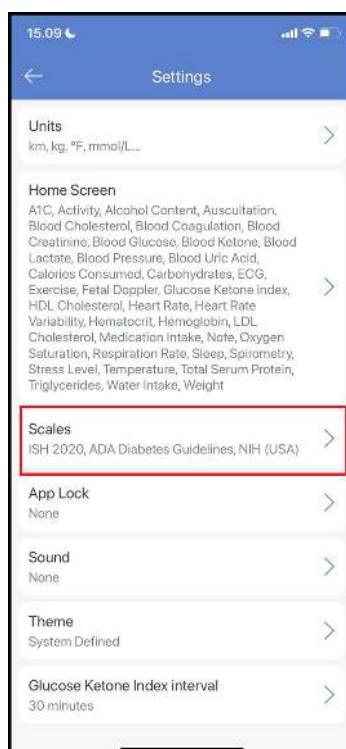
Select **Dashboard** from the **Settings** screen or tap **Manage Dashboard** at the bottom of the **Home** item in the app tab bar. It is possible to select any/all of the available measurement types to be displayed on the **Home** screen. Tap a measurement type to enable/disable it:



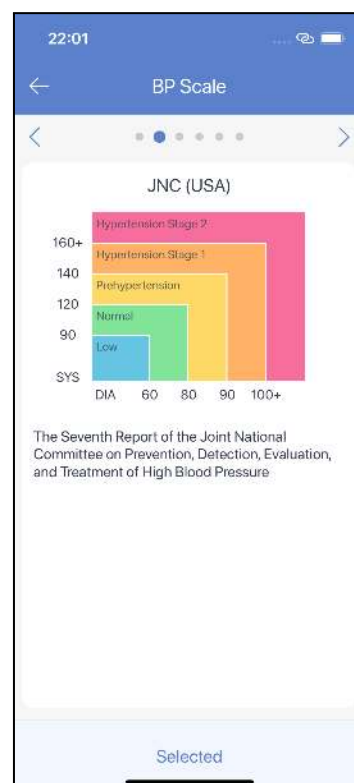
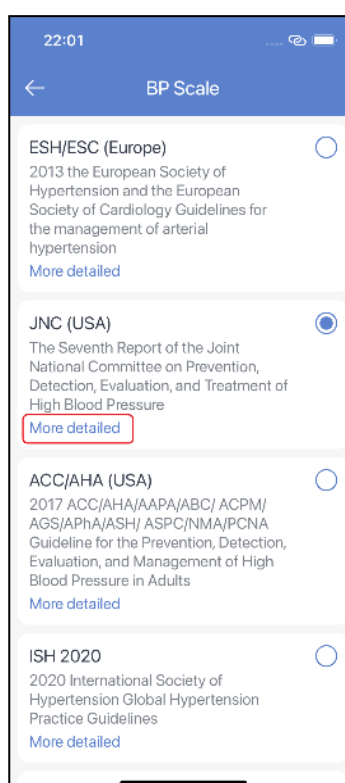
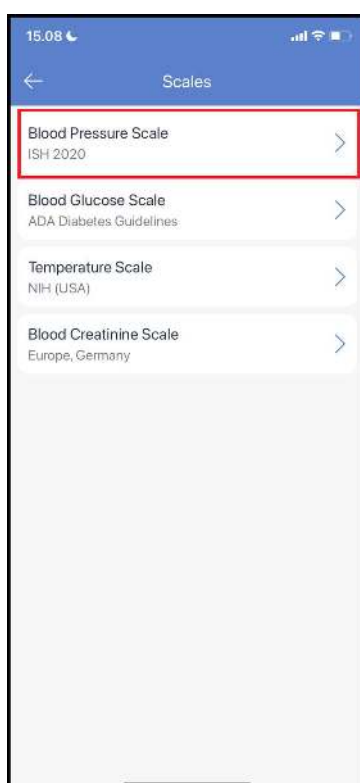
The last recorded measurement of each data type is displayed on the **Home** screen.

Types Of Scales

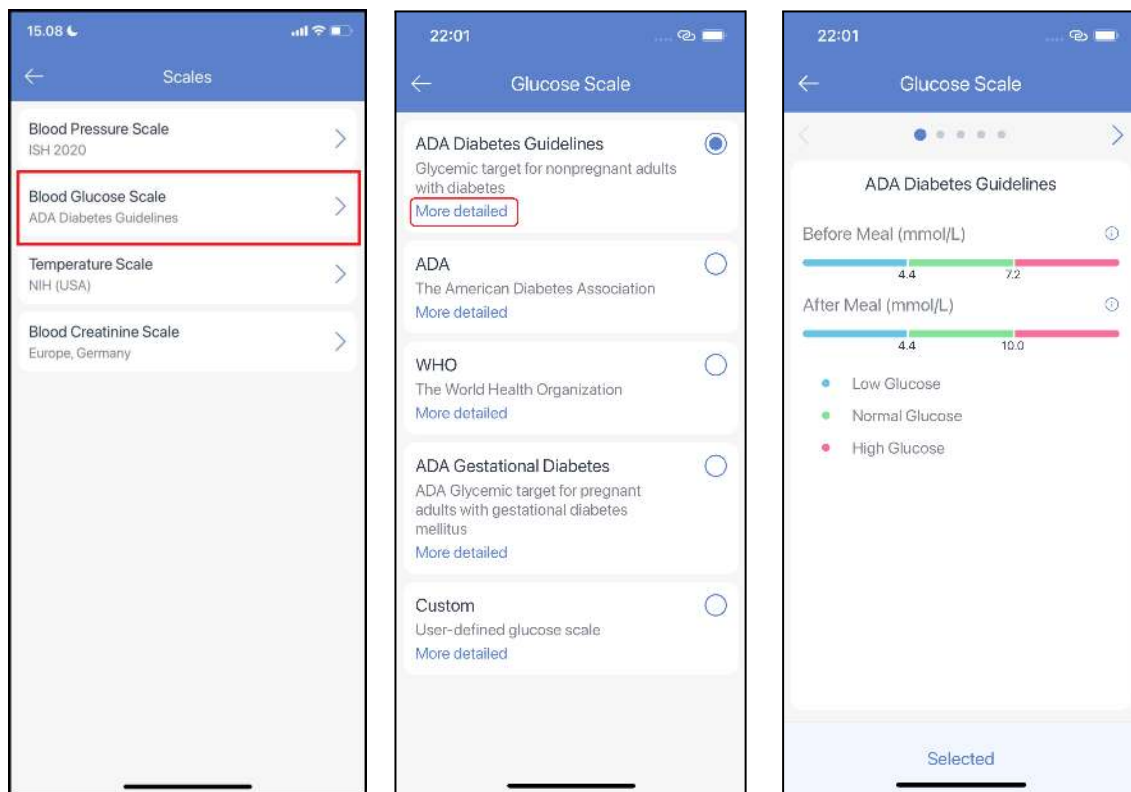
Set one of the scales for blood pressure, blood glucose, Temperature, or Blood Creatinine measurements to be used to determine their statuses (low, normal, high etc.). Select **Scales** in the **Settings** screen, select **BP Scale/Glucose Scale/Temperature Scale/Blood Creatinine Scale** and pick the preferred scale:



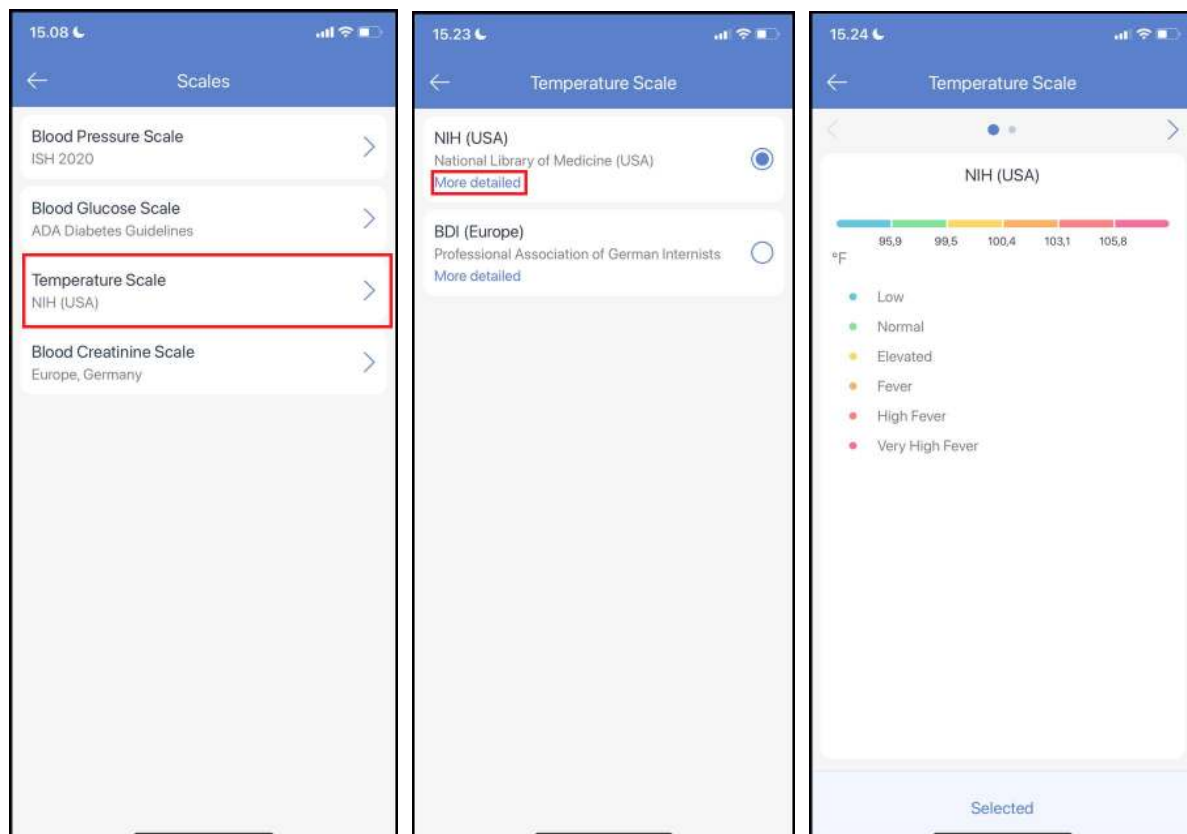
Blood Pressure scales:



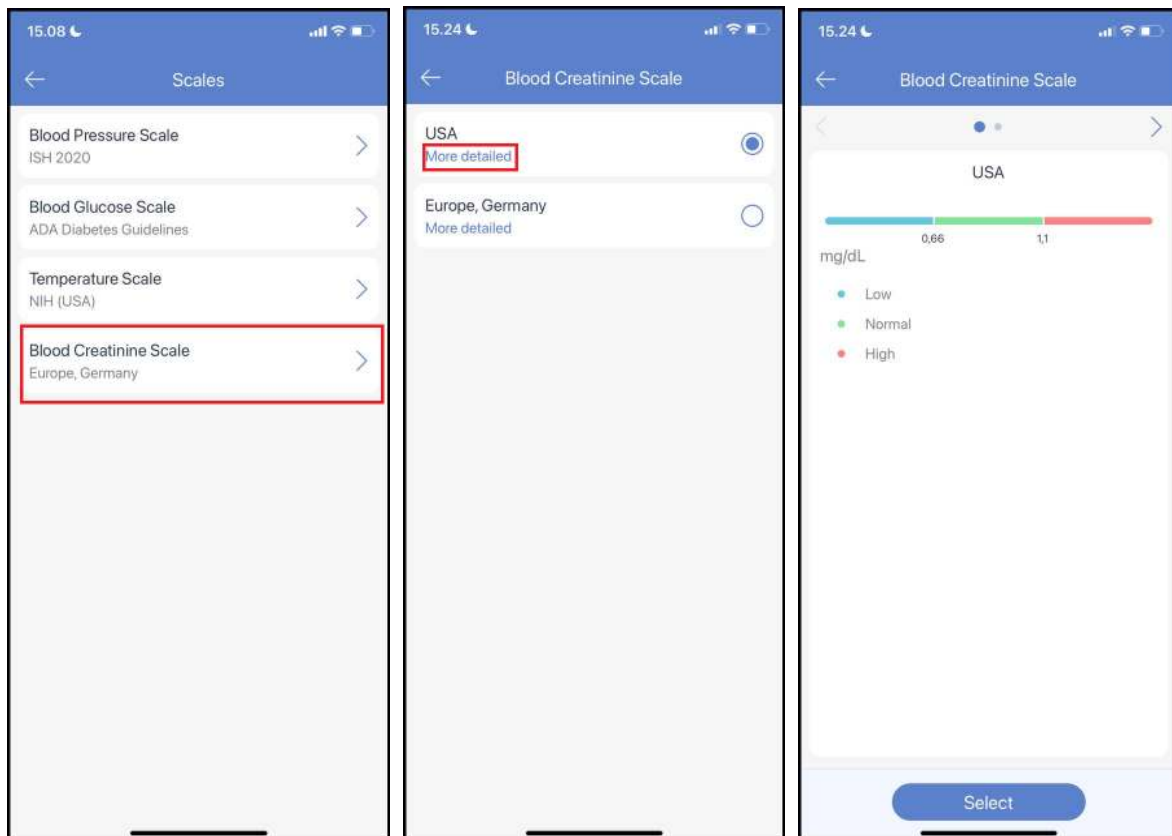
Blood Glucose scales:



Temperature scales:

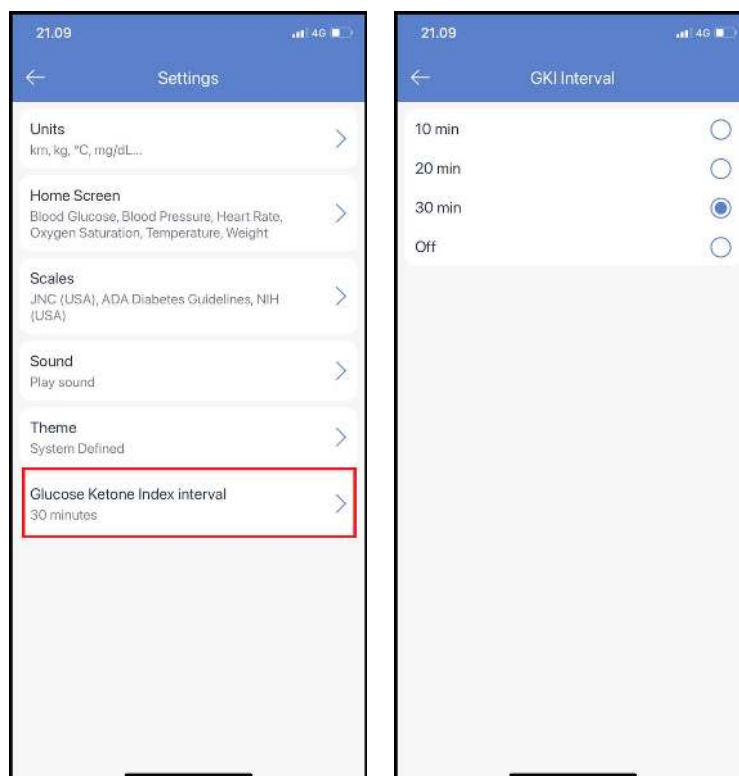


Blood Creatinine scales:



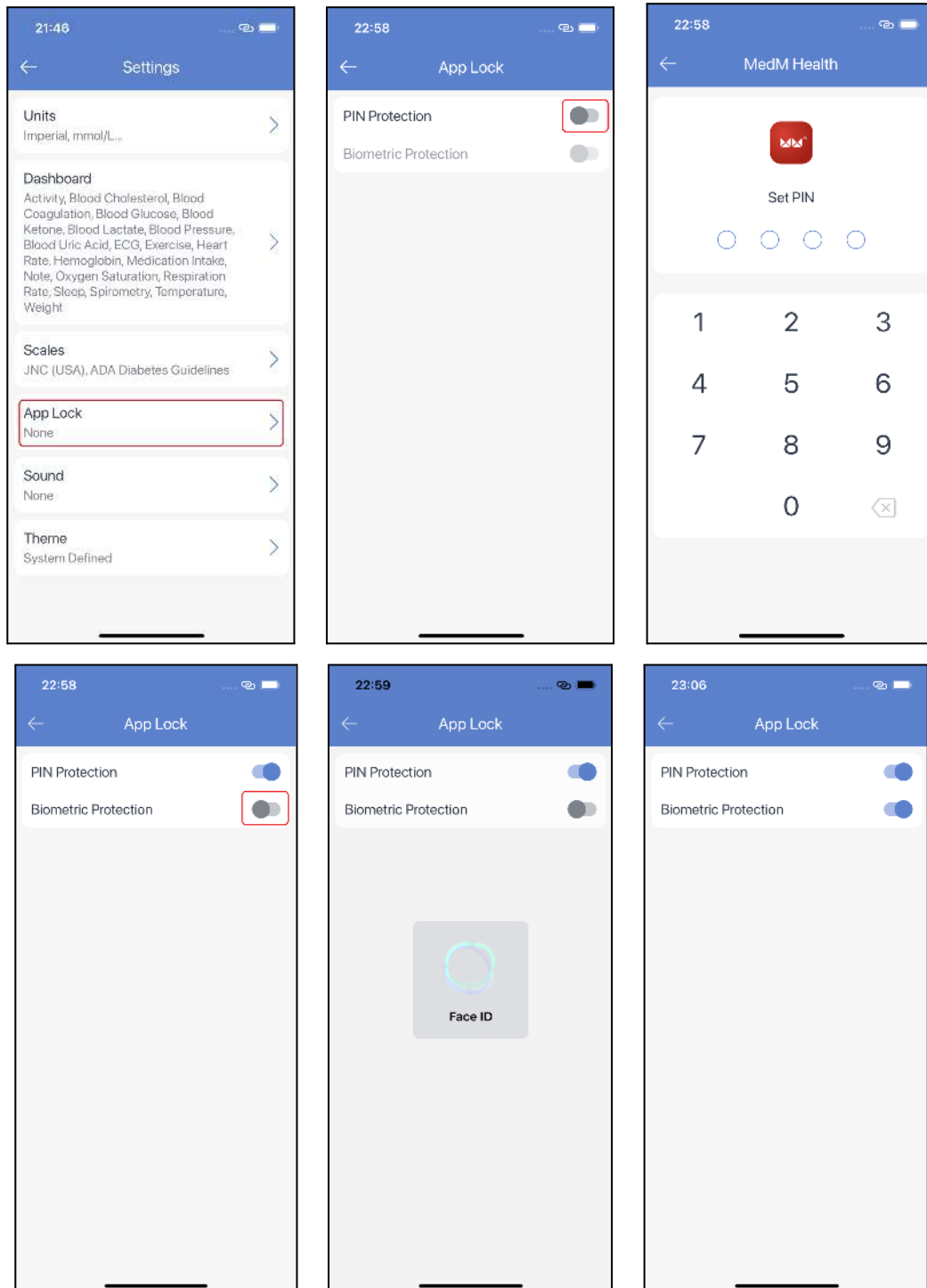
Glucose Ketone Index interval

Set Glucose Ketone Index interval to manage your [Glucose Ketone Index](#) measurements.



App Lock

Set **Screen Lock** to protect the app and the data it contains from unauthorized access. Select the **App Lock** on the **Settings** screen. **PIN** protection is always available. **Biometric** protection is available if it is already configured in the system: fingerprint or face unlock, depending on your mobile device. Biometrics become active for use only if PIN protection is enabled:



Once the screen lock is set, you will need to use your PIN or biometrics to open the app. If the biometric data is not recognized, the system will ask for the PIN. If the PIN is entered incorrectly 5 times - the user will be signed out:

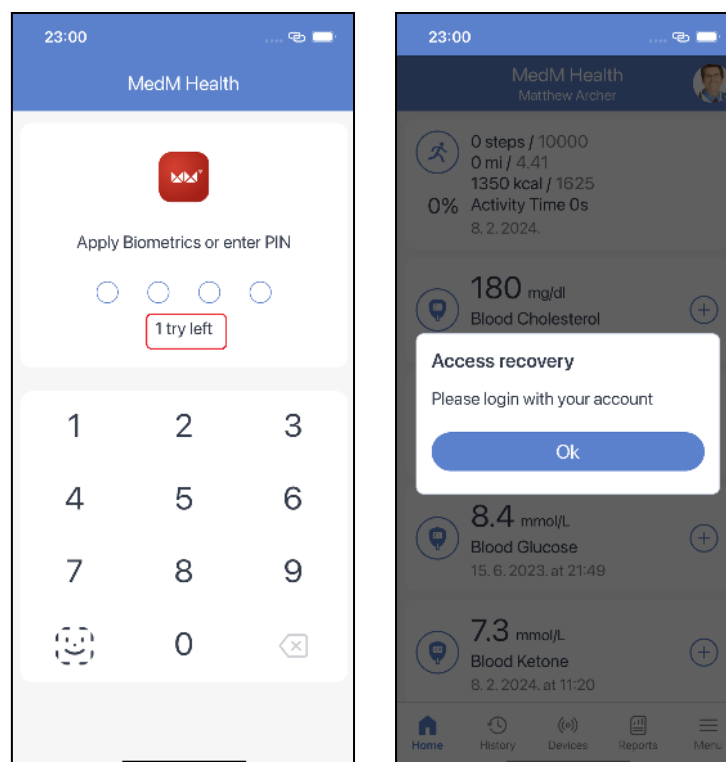
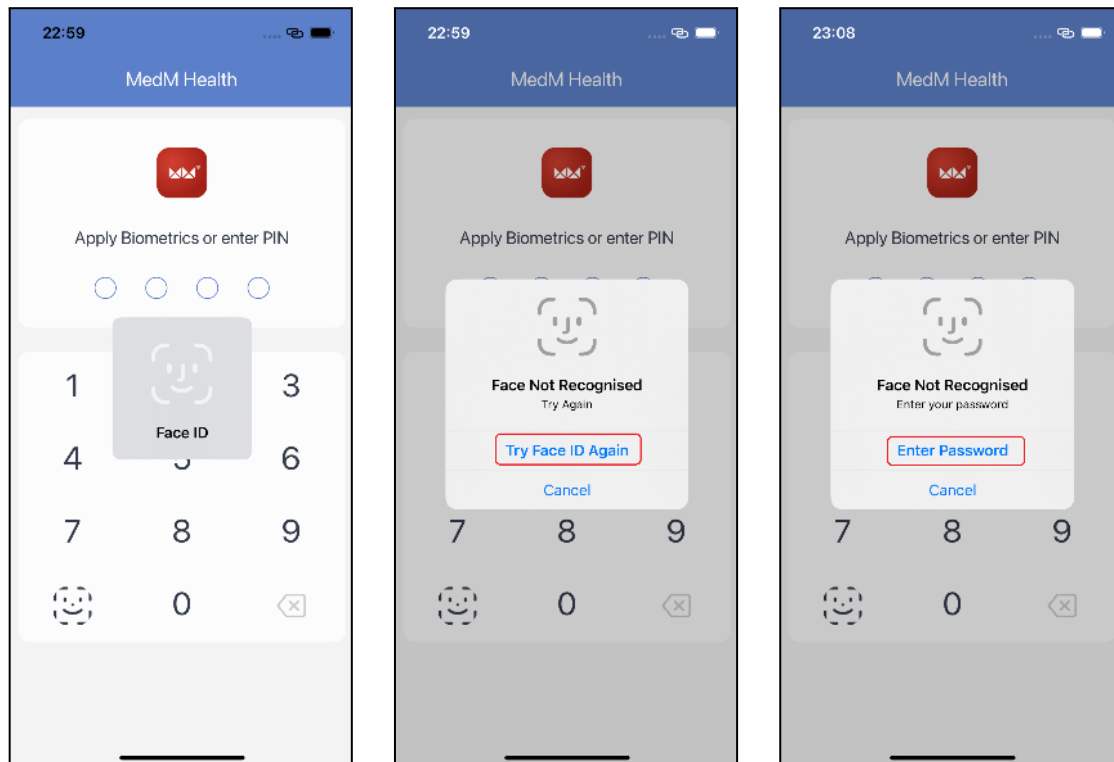
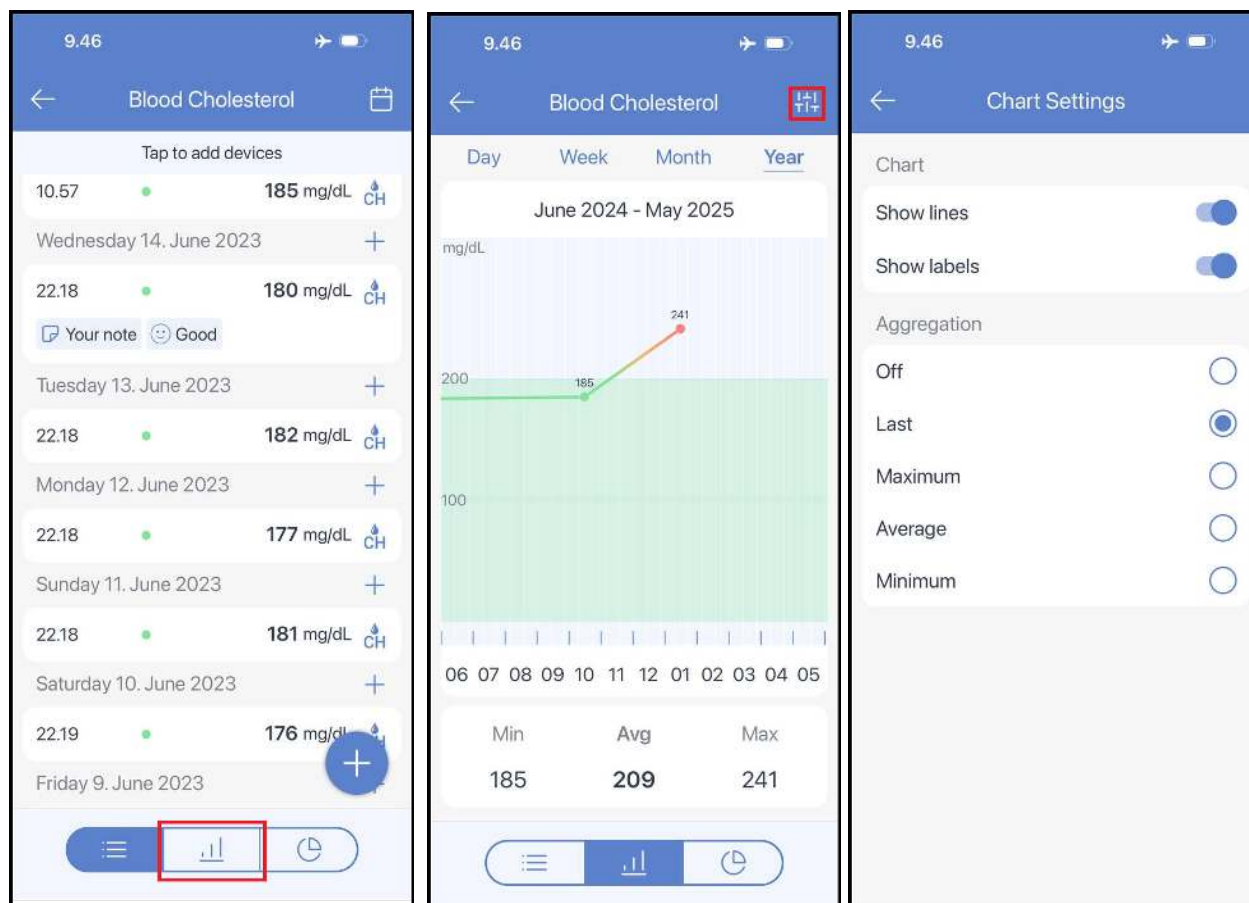


Chart Settings

Chart Settings are available for change in any Data Type with available charts to explore. The data types with available charts are [A1C](#), [Blood Cholesterol](#), [Blood Cholesterol](#), [Blood Coagulation](#), [Blood Creatinine](#), [Blood Glucose](#), [Blood Ketone](#), [Blood Lactate](#), [Blood Pressure](#), [Blood Uric Acid](#), [Calories Consumed](#), [HDL Cholesterol](#), [Hematocrit](#), [Hemoglobin](#), [LDL Cholesterol](#), [Oxygen Saturation](#), [Respiration Rate](#), [Stress level](#), [Temperature](#), [Total Serum Protein](#), [Triglycerides](#), [Urine Test](#), [Water Intake](#), [White Blood Sells](#), and [Weight](#).

To manage Chart Settings, press any Data Type, go to the Chart Page and press the Chart Settings Button in the up right corner.

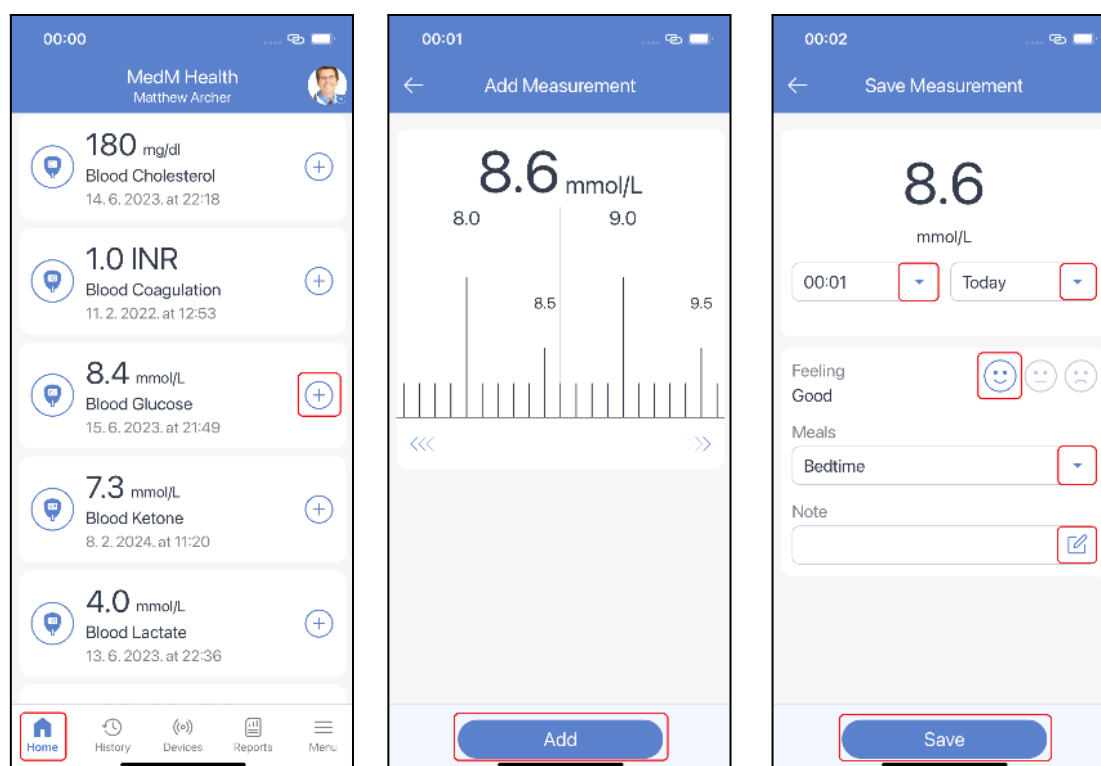


Manual Data Entry

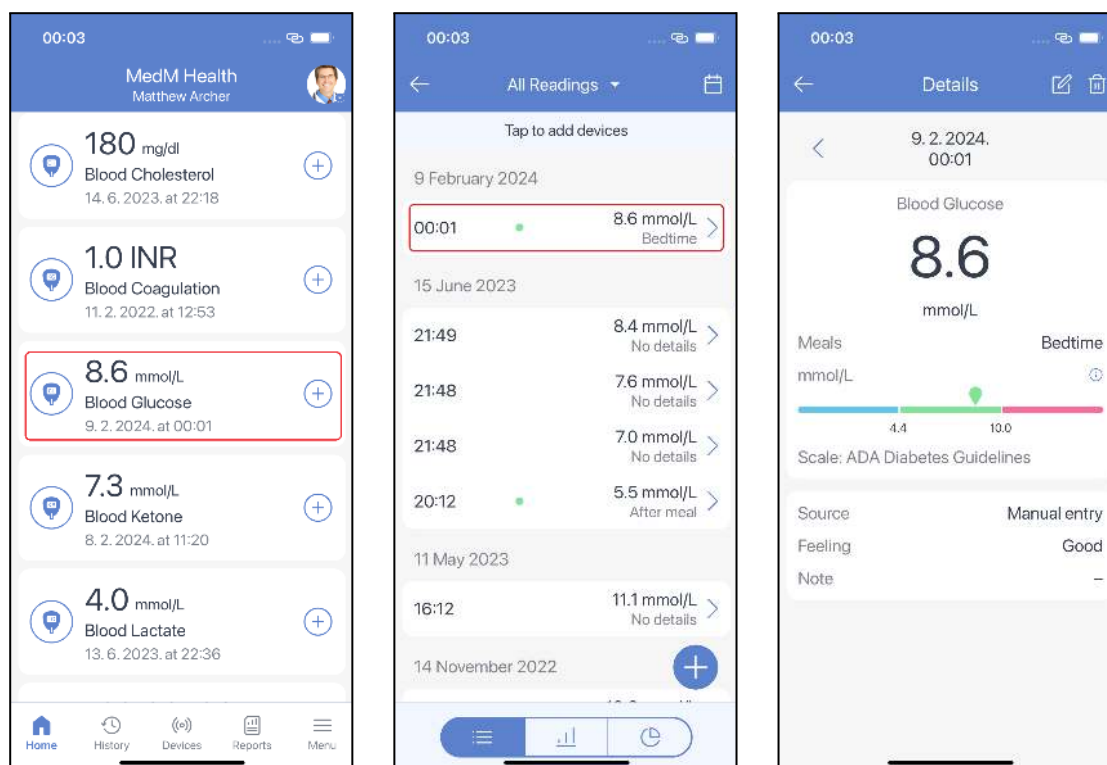
The MedM Health Diary app supports manual entry for [A1C](#), [Blood Cholesterol](#), [Alcohol Content](#), [Blood Cholesterol](#), [Blood Coagulation](#), [Blood Creatinine](#), [Blood Glucose](#), [Blood Ketone](#), [Blood Lactate](#), [Blood Pressure](#), [Blood Uric Acid](#), [Calories Consumed](#), [Carbohydrates](#), [Exercise](#), [Fetal Doppler](#), [HDL Cholesterol](#), [Heart Rate](#), [Heart Rate Variability](#), [Hematocrit](#), [Hemoglobin](#), [LDL Cholesterol](#), [Medication Intake](#), [Note](#), [Oxygen Saturation](#), [Respiration Rate](#), [Temperature](#), [Total Serum Protein](#), [Triglycerides](#), [Urine Test](#), [Water Intake](#), [White Blood Cells](#) and [Weight](#) data types.

To manually enter a new measurement:

- Enable data type availability by configuring your Home Screen
- In the **Home** tab tap the **+** button for the corresponding data type
- Type in the value and tap **Add**
- Type in date, time, tags, note, and tap **Save**:



- The last added measurement will appear on the Home screen. Tap on it to open history for the corresponding data type
- Select a measurement from the list to view its details:



Uploading Data From Health Meters

Device Classification

Currently there are over [900 health and medical devices](#) compatible with the app. The supported sensors can be classified by the following properties:

1. By pairing type:

- **Multi-user devices**

- Once paired with the app, such devices are ready to transfer new data to any [health record](#) of any signed in user if they have the [custodian or modify](#) access level to the [health record](#) in question
- For such devices, the [device settings](#) can be reconfigured at any time without the need to re-pair
- Most devices are multi-user (except for all [activity trackers](#), some [weight scales](#) and some [blood pressure monitors](#))

- **User-specific devices**

- Once paired with the app for a specific user, such devices are ready to transfer data only to a specific [health record](#) (specified on pairing), provided that the user has [custodian or modify](#) access right for this [health record](#)
- For such devices, [user-specific settings](#) are configured on pairing and can be changed only via re-pairing
- All [activity trackers](#) and some [weight scales](#) and [blood pressure monitors](#) are user-specific devices

- There is an exception: a small number of user-specific devices paired with the app for a specific user are ready to transfer data to any currently selected [health record](#) associated with this user, provided that the user does have [custodian or modify](#) access rights (e.g Smart Weight Scale 101AO)
- All user-specific blood pressure monitors and weight scales are **Devices with several user IDs**

2. By the number of users IDs stored on devices:

- **Devices with no User IDs**
 - Examples of such devices are all of [compatible devices](#) except some [weight scales](#) and [blood pressure monitors](#)
- **Devices with several user IDs**
 - Examples of such devices are some [weight scales](#) and [blood pressure monitors](#)
 - Both **user-specific** or **multi-user** devices can have several user IDs

3. By the kind of data collected from devices:

- **Spot devices**
 - Such devices provide only one value per measurement
 - Examples of such devices are [glucose meters](#), all [blood pressure monitors](#), all [weight scales](#)
- **Stream/Continuous devices**
 - Such devices provide a stream of values per measurement
 - Examples of such devices are some [thermometers](#) (e.g. CORE, Cosinuss Two), some [pulse oximeters](#) (e.g. Nonin 3230), some [heart rate monitors](#) (e.g. Wahoo Tickr), all [ECG](#) devices
- **Statistical devices**
 - Such devices provide statistical data e.g average, max, min value for each measurement
 - An example of such devices are some [pulse oximeters](#) (e.g. Beurer PO 60)
- **Stream + Spot devices**
 - Some devices support both modes (e.g. Nonin 32030, Choicemmed MD300CI218). In this case the [Device mode](#) setting is available in the app

4. By data transfer mode:

- **Real-time devices**
 - Such devices transfer data to the app in real-time and do not transfer history data
 - Examples of such devices are most [activity trackers](#), some [spirometers](#) (e.g. MIR Smart One), almost all **stream** devices (some exceptions are Bodimetrics, Viatom Armfit+), some **spot** devices (Yonker YK-BPA1, Finicare FC-BP110)
- **History devices**
 - Such devices can store previously made measurements in memory and the app can collect this history data at next connection
 - Examples of such devices are most **spot** devices (e.g. all [Roche](#) devices)
- **Real time + history devices**
 - Some devices support both modes. In this case the [Device mode](#) setting is available in the app's device settings (e.g. Nonin 3150)

5. By data upload type:

- **Auto devices**
 - The app automatically collects new measurements from such devices directly into history of the corresponding measurement type
 - The example of such devices are some [activity trackers](#)
- **Manual devices**
 - For such devices data collection needs to be initiated by the user. This can be done either by tapping on the device icon at the top of the history screen (of the corresponding data type) or the + icon on the dashboard (next to the corresponding data type)
 - Example of such devices are some [pulse oximeters](#) and some [spirometers](#) (e.g, [Jumper pulse oximeters](#), [MIR spirometers](#))
- **Auto + manual devices**
 - For most compatible devices both modes are available. To select the preferred data upload mode use the [Receive data automatically](#) setting

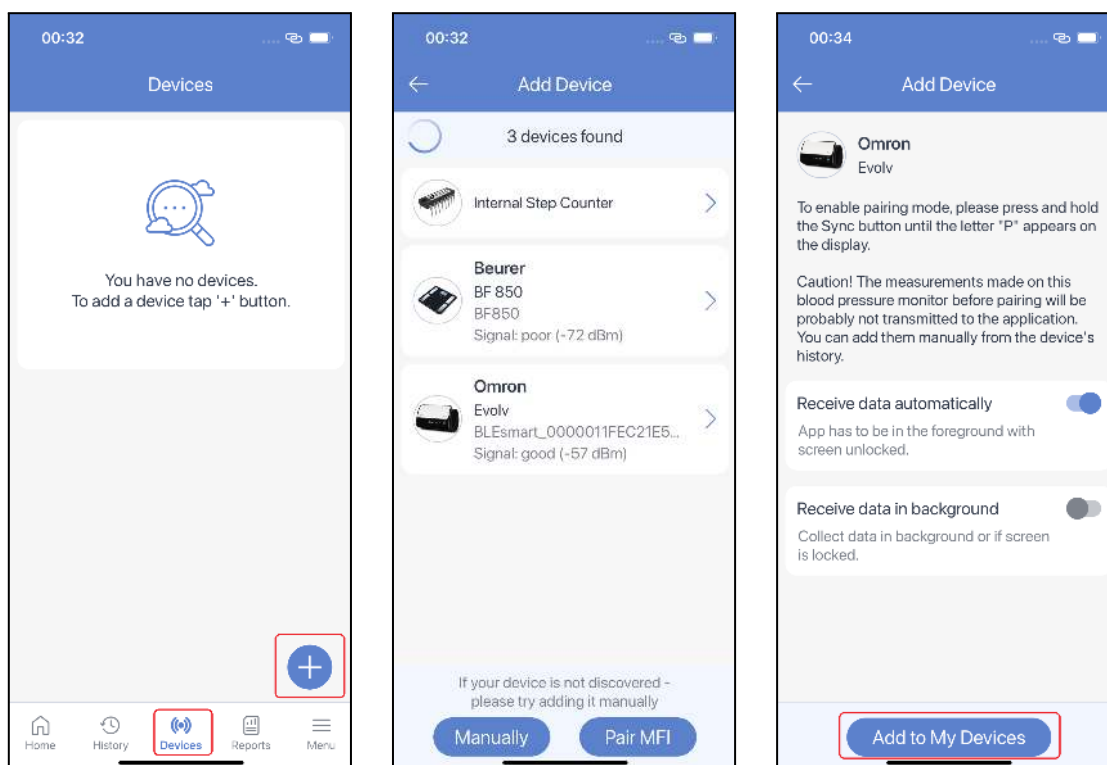
Pairing

Before pairing a [compatible meter](#) make sure that the Bluetooth is turned on for your smartphone or tablet and that all of the necessary permissions are granted:

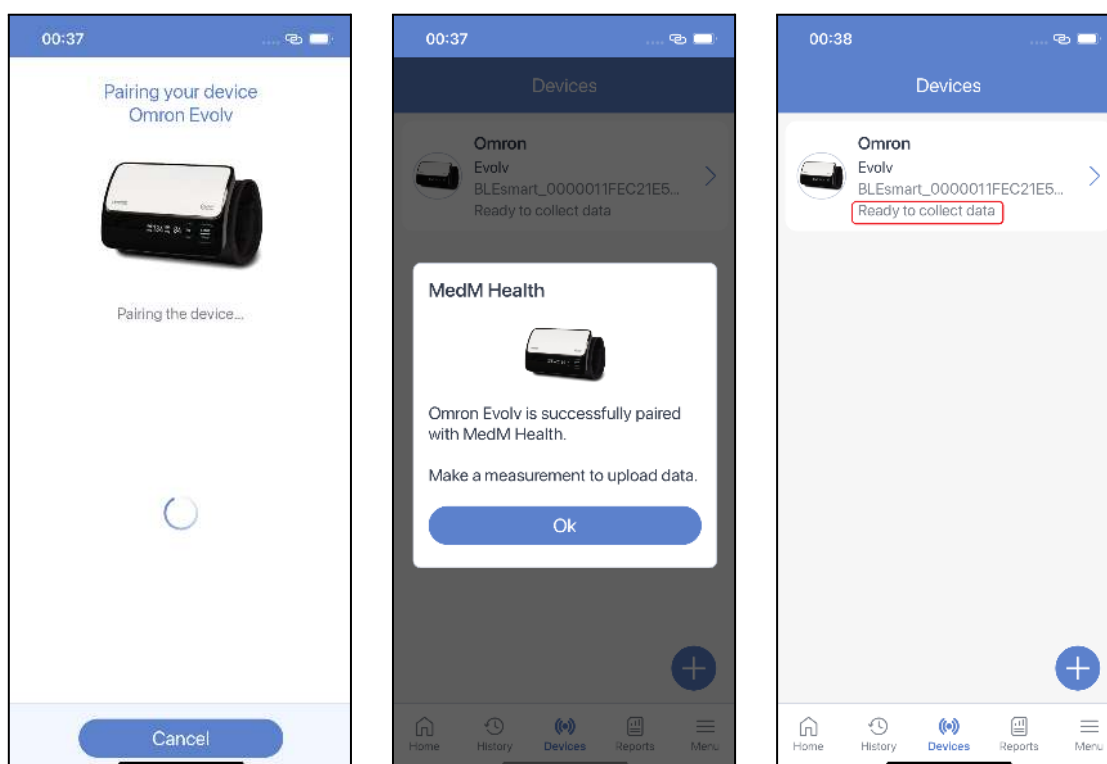
- **iOS:** on mobile devices running iOS you will be asked to allow MedM Health Diary to access Bluetooth.
- **Android 11 or lower:** if you start discovering Bluetooth devices for the first time on a mobile device running Android OS 11 or lower you will be asked to grant permission to access your location. The permission can be granted in the app system settings at any time. It is necessary for discovering Bluetooth Smart (Low Energy) devices. More info can be found at this [official Google For Developers source](#). MedM does not collect or use your location data for any other purpose.
- **Android 12 or higher:** on mobile devices running Android 12, MedM Health does not require location permission for Bluetooth discovery. The system prompts users to allow MedM Health Diary to access nearby devices. More info can be found on [the official Google for Developers](#) page.

To pair a [compatible meter](#) with MedM Health Diary please perform the following steps:

1. Open **Devices** from the tab bar and tap the + button to start Bluetooth discovery
2. Turn on the meter and make sure **Bluetooth is active**. Some models enable Bluetooth at power-on, after a measurement, or using a dedicated button (refer to the device manual)
3. Once your meter is discovered by the app, tap on its image, configure [device settings](#) and **Add to My Devices:**

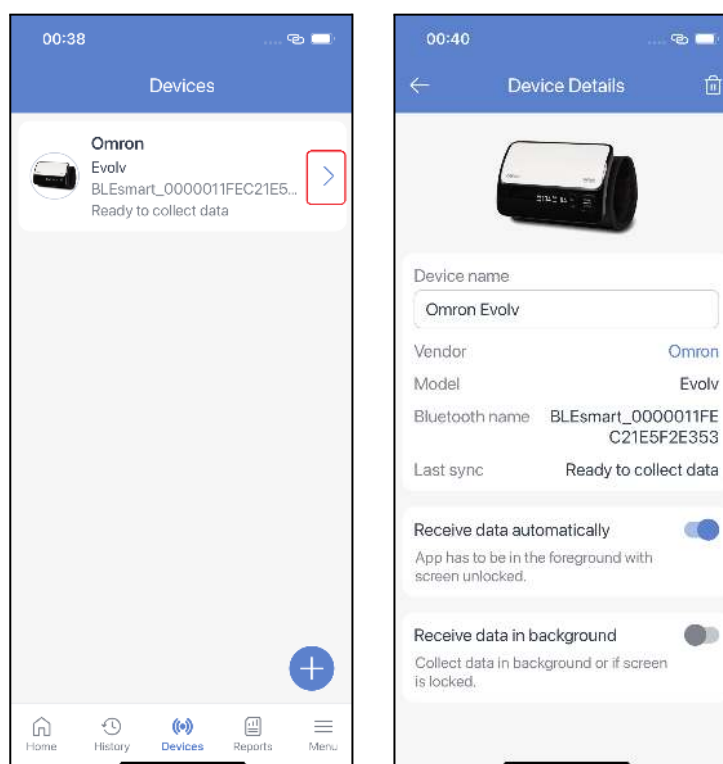


4. Upon successful pairing a corresponding message will appear. The paired device will now become available on the **Devices** tab, as **Ready for collect data**:



Device Settings

To open device settings from the tab bar select **Devices** and select a paired device to get to the **Device Details** screen:



The **Device Details** screen contains:

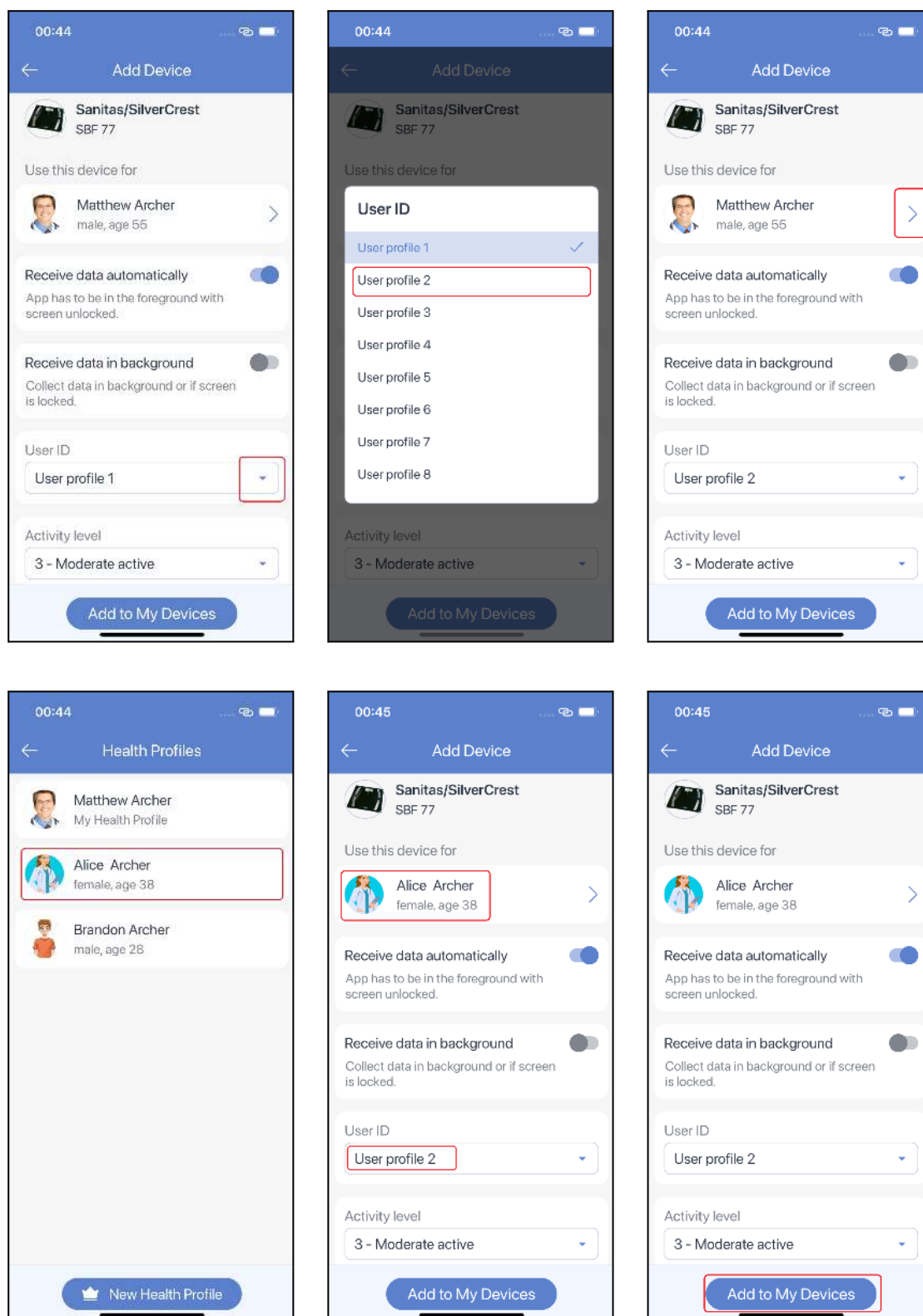
- Device picture
- Device name (editable), Vendor, Model, Bluetooth name, and last sync time
- Configurable device settings
- The **bin** icon to unpair the device

User-Specific Settings

All [activity trackers](#) are [user-specific](#) devices. They [have no user IDs](#) since they are personal devices, hence the **User ID** setting is not available for them.

Some [weight scales](#) (e.g. [Omron VIVA](#)) and [blood pressure monitors](#) (e.g. Welch Allyn) are also [user-specific](#) and all of them [have several user IDs](#), hence the **User ID** setting is available for them.

E.g. a user Matthew Archer has three health records: Matthew Archer, Alice Archer and Brandon Archer, and a [user-specific](#) weight scale SilverCrest SBF 77 which has 8 device IDs. Matthew uses the **Use the device for** and the **User ID** settings to assign **device user ID 2** to **Alice Archer's** health record:



After successful pairing, all data measured on the **device user ID 2** will be collected to the weight data history of **Alice Archer's** health record.

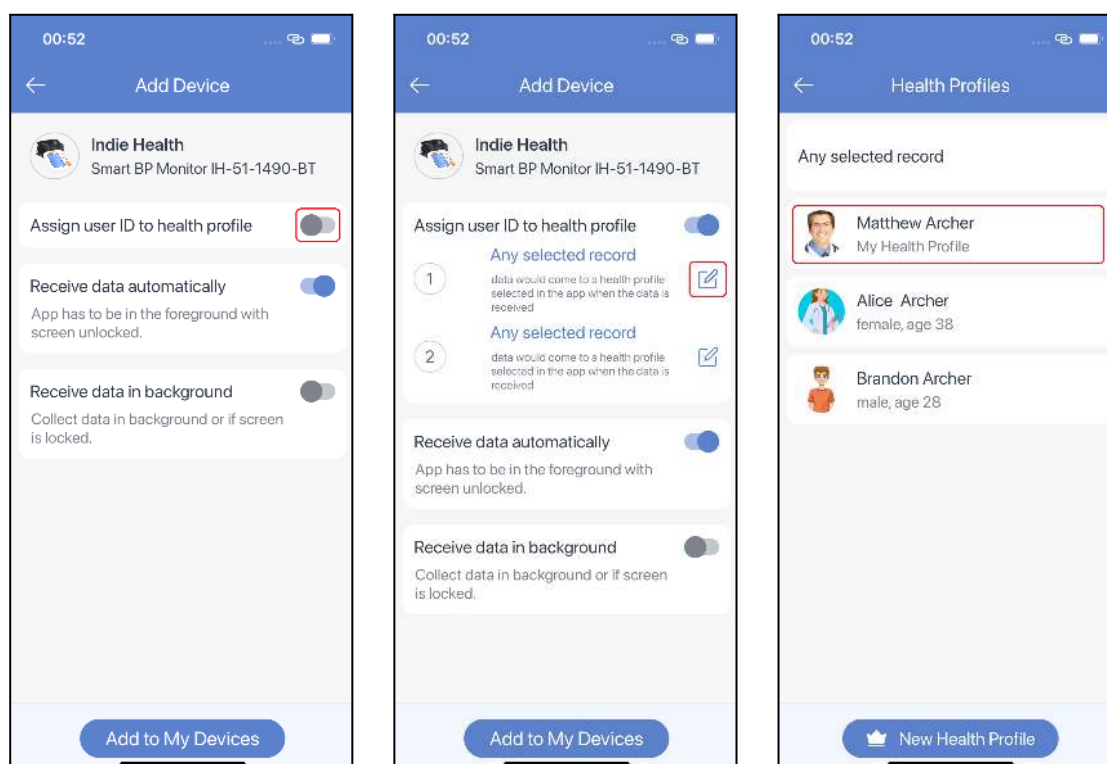
The user-specific **Use the device for** and **User ID** settings can be configured only on pairing. So if you want to change the current configuration - you should first unpair the device and then set a new configuration on new pairing.

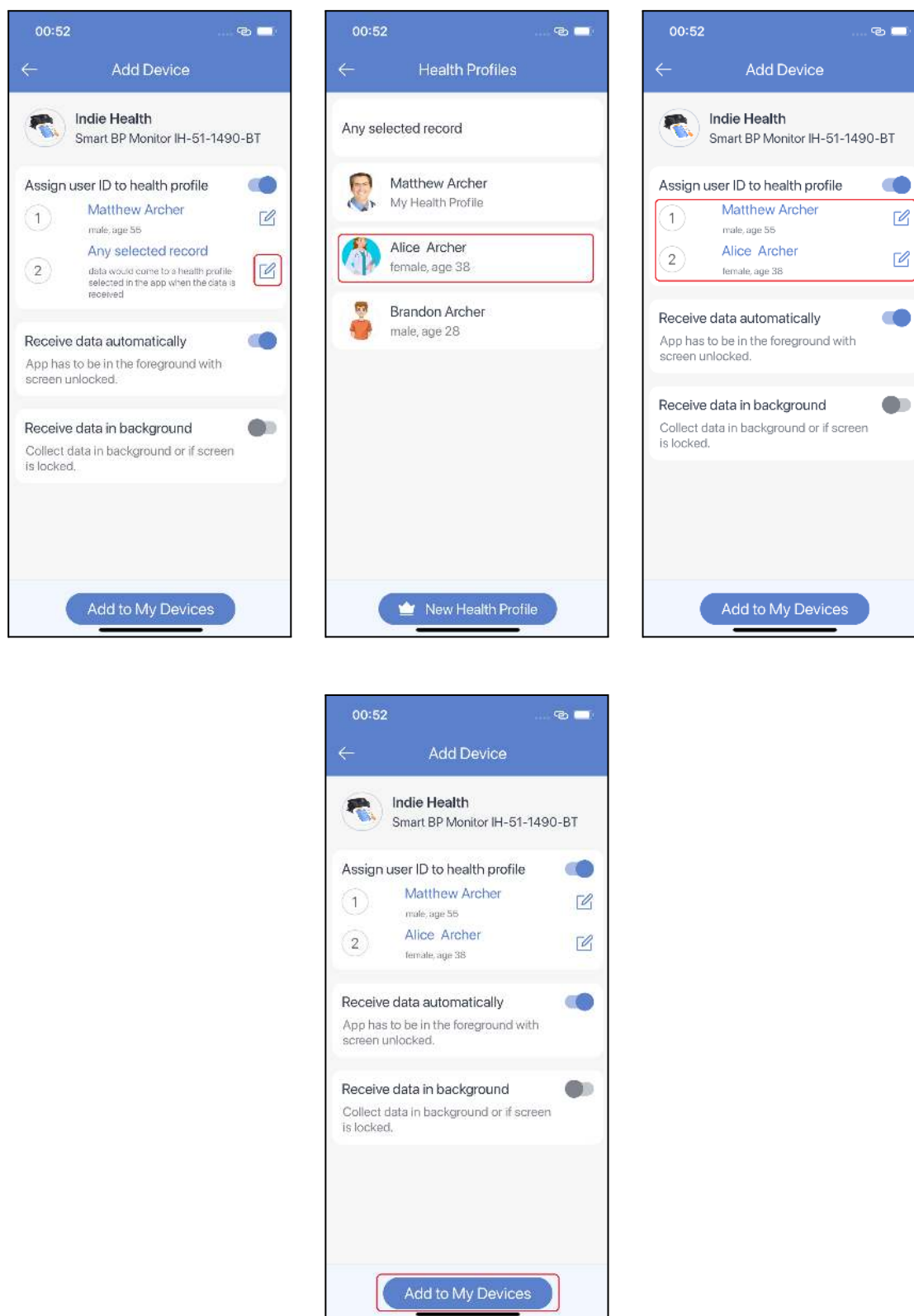
Multi-User Settings

Devices that are not [user-specific](#), are [multi-user](#). And once paired with the app, a **multi-user device** can be used with any health record. Multi-user devices without user IDs always transfer data to the currently selected [health record](#), provided that the user has [custodian or modify](#) access rights for this profile.

If a multi-user meter has several user IDs, then a specific user ID on the device can be assigned to a specific health record in the app, provided that the user has [custodian or modify](#) access rights for this health record. For this purpose the **Assign user ID to health record** setting is available. This setting is only relevant if the user has more than one health record in their app account.

E.g. Indie Health BP monitor has two device user IDs and the user Matthew Archer has 3 health records: Matthew Archer, Alice Archer and Brandon Archer. On pairing, Matthew enables the **Assign user ID to health record** setting. Both device IDs are linked to **Any selected record** by default (this means that data will be uploaded from any user ID to any currently selected health record). To assign a user ID to a specific health record, Matthew taps on the device ID number and on the next screen selects a health record to assign:





After successful pairing, blood pressure data measured on the **device user ID 1** is automatically collected to the blood pressure history of **Matthew Archer's** health record while blood pressure data measured on the **device user ID 2** - to the blood pressure history of **Alice Archer's** health record.

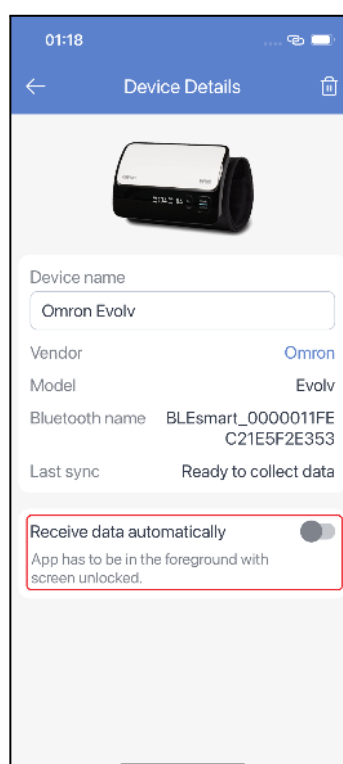
The **Assign user ID to health record** setting can be reconfigured at any time while the device is paired with the app.

[Data Upload Settings](#)

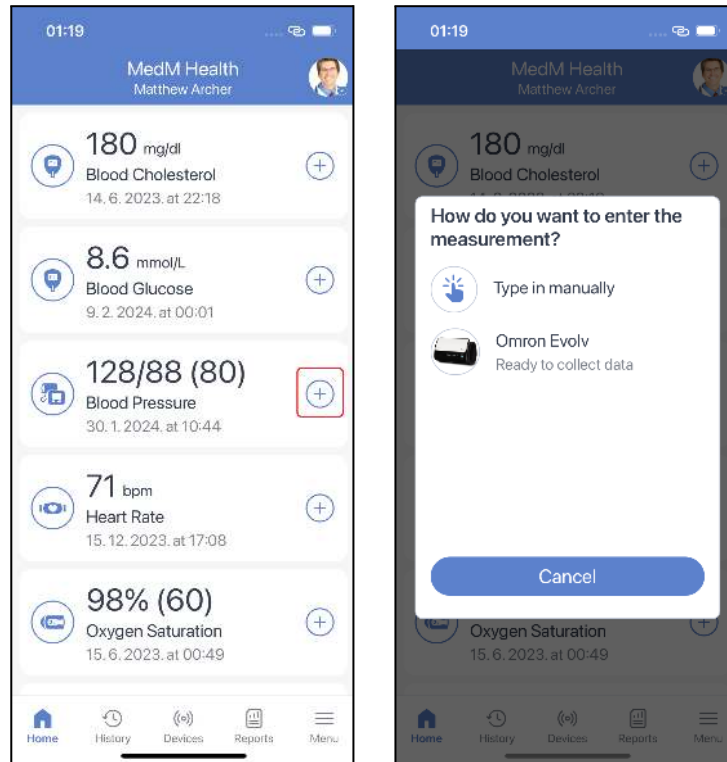
Some devices transfer data to the app only in manual mode, and other devices - only in automatic mode. For devices that support both modes, the **Device Details** page shows the **Receive data automatically** setting.

[Manual Data Upload](#)

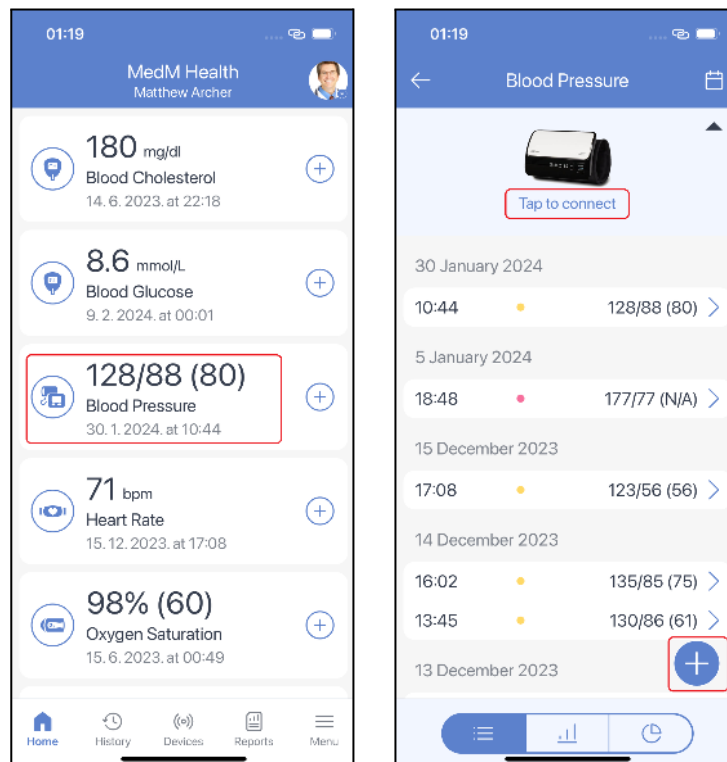
If the **Receive data automatically** setting is **disabled** or not available - the app has to be in the foreground with the screen unlocked for successful manual data upload from the paired device:



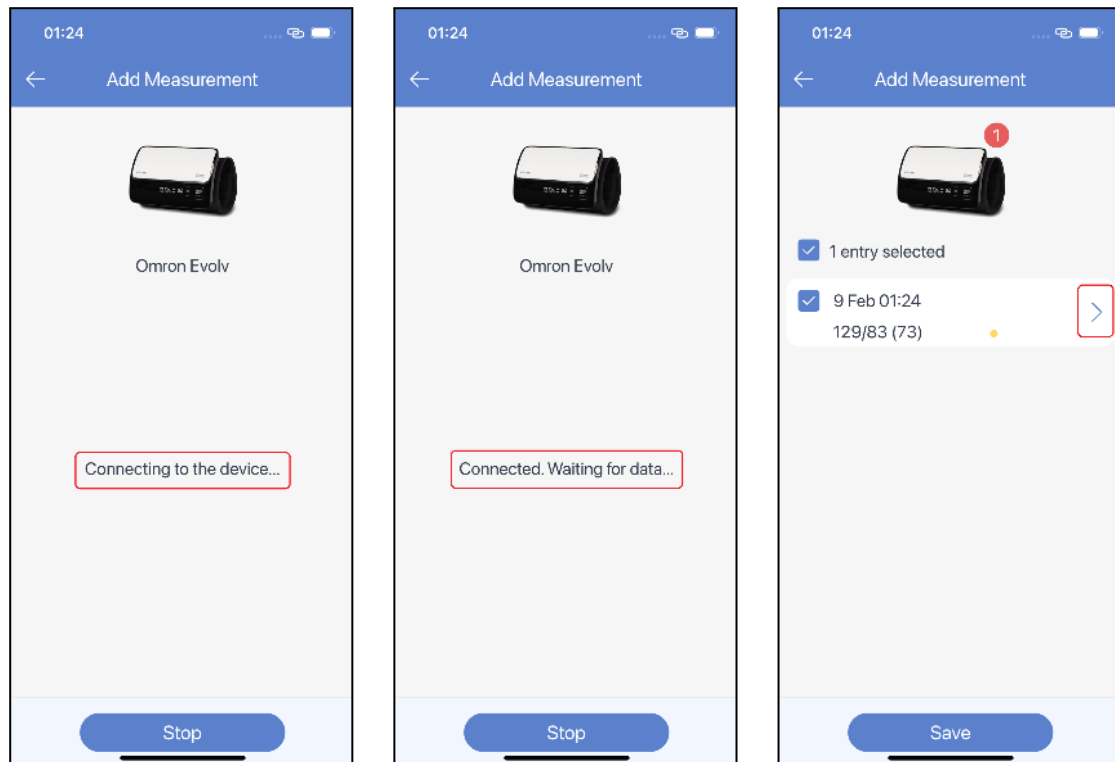
Manual data collection is initiated either by tapping the + icon on the Home screen (next to the corresponding data type) or by tapping the + button or device icon at the top of the history screen (of the corresponding data type):



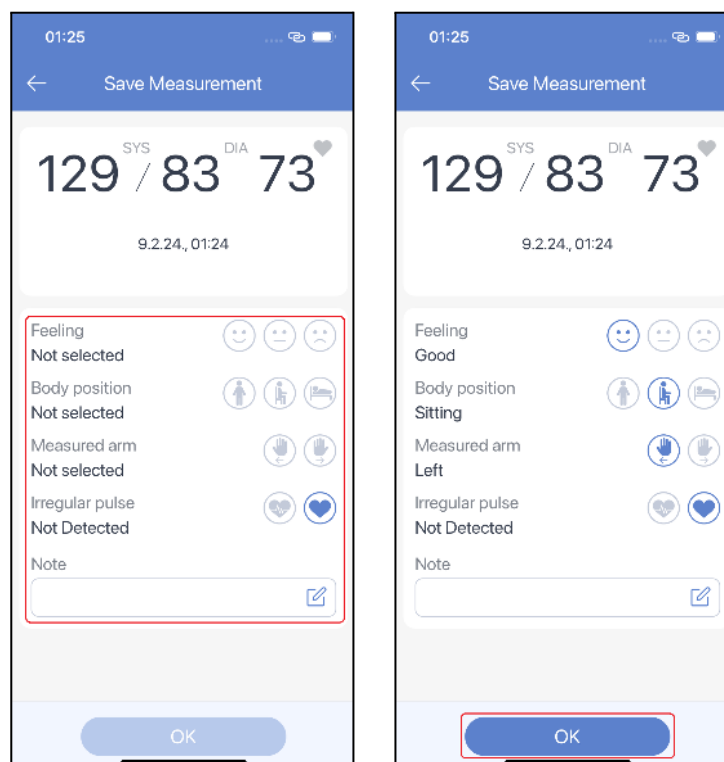
Or:



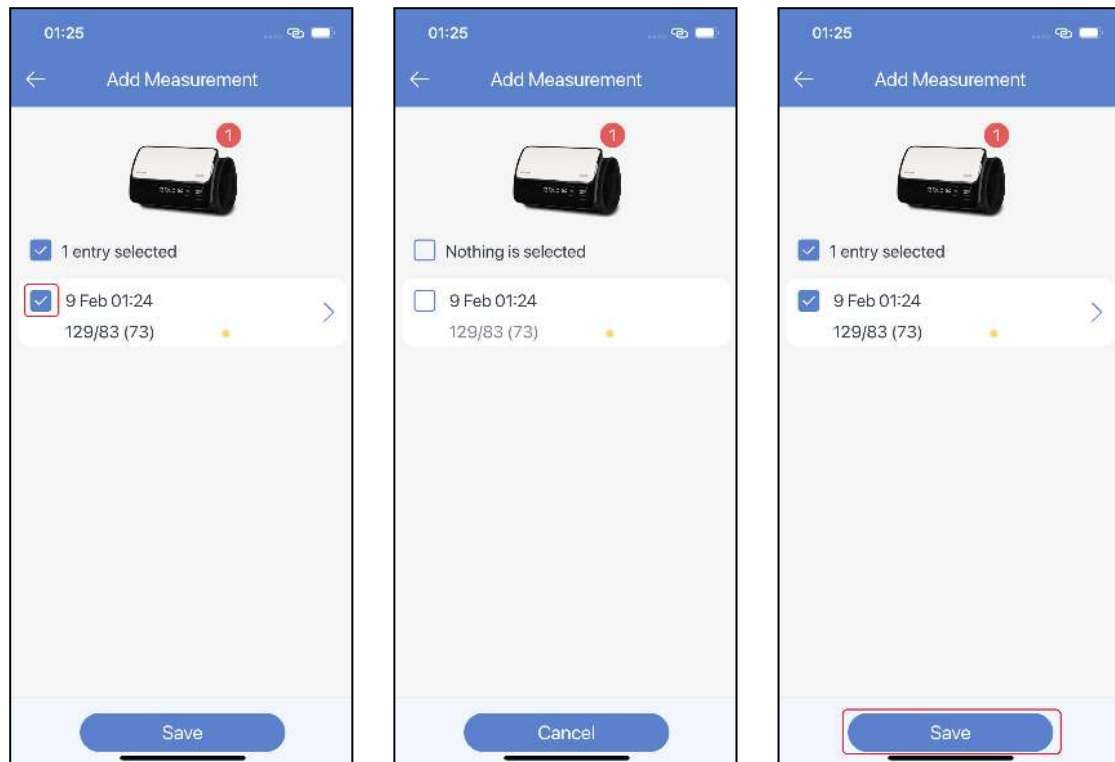
Once manual data collection is initiated, the app will start connecting to the device to collect new data:



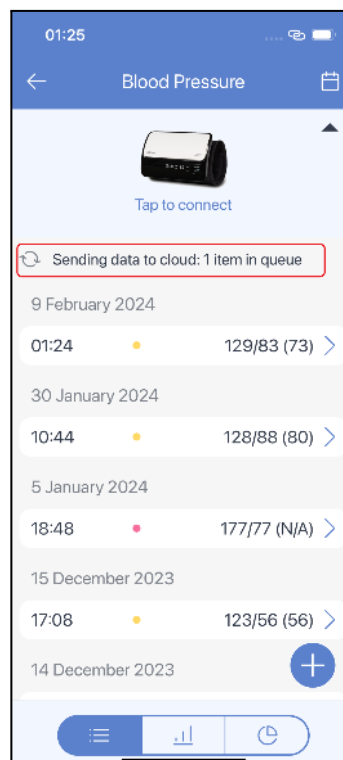
The user can tap on the new measurement before saving it to add/edit the available measurement details:



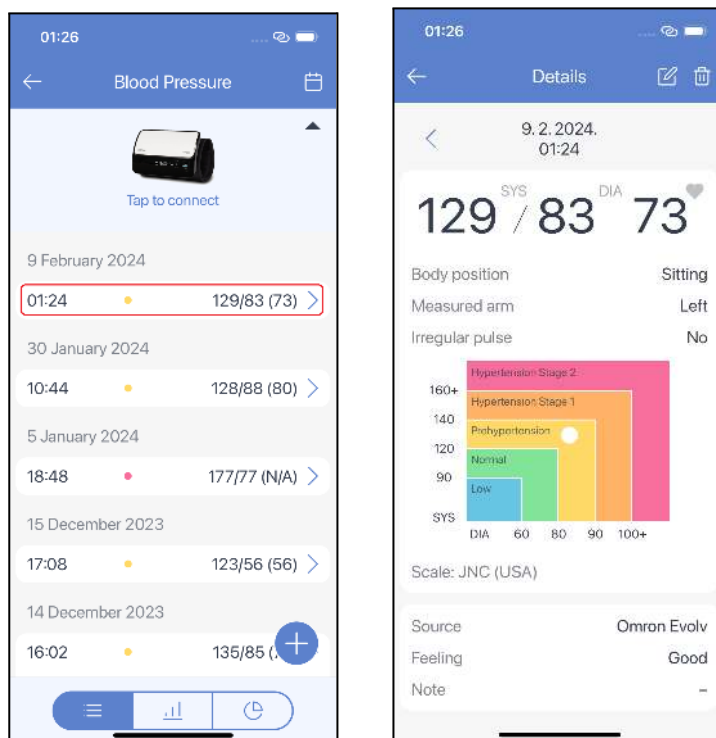
If several measurements are collected by the app, checkboxes can be used to select which measurements should be saved:



For registered users, newly recorded data is immediately synced with the MedM Health Cloud when an active Internet connection is available:

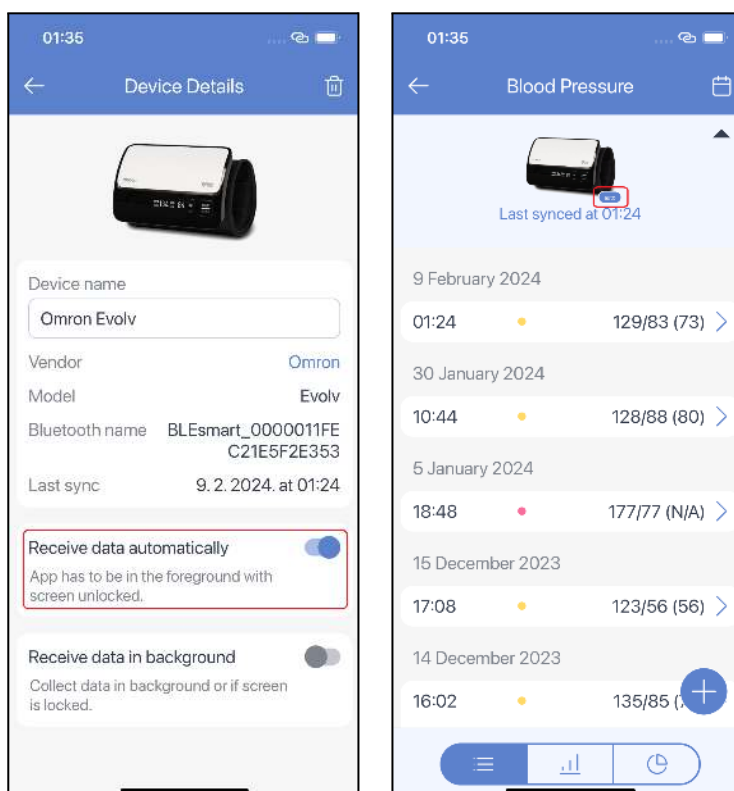


Tap on a new measurement to view its details:



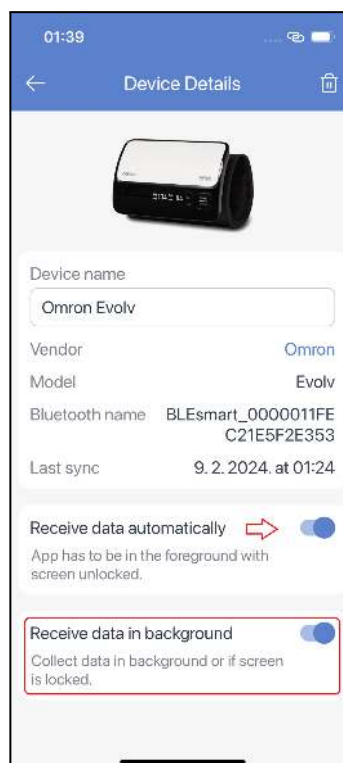
[Auto Data Upload](#)

When the app is running in the foreground with the screen unlocked, new data from an “auto device” is collected automatically without requiring any additional user action. So, if the **Receive data automatically** is **enabled** for an [auto device](#), the device image displayed at the top of the corresponding measurement type history screen is marked as auto:



[Data Upload in Background](#)

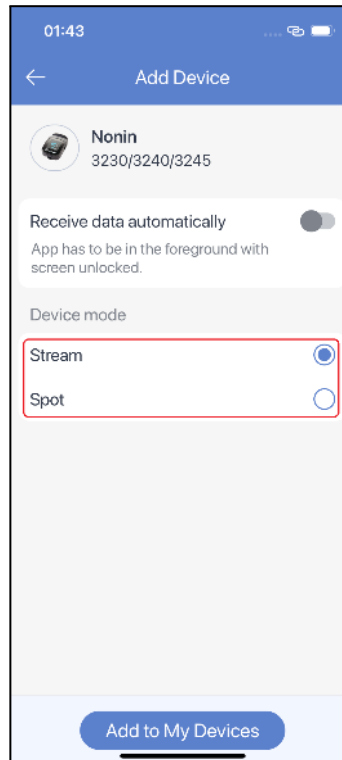
The **Receive data in background** setting is available for most [auto devices](#) if the **Receive data automatically** setting is **enabled**:



If **enabled**, the **Receive data in background** setting allows users to collect data from paired auto-devices even when the smartphone or tablet screen is locked. The app must still be running in the background.

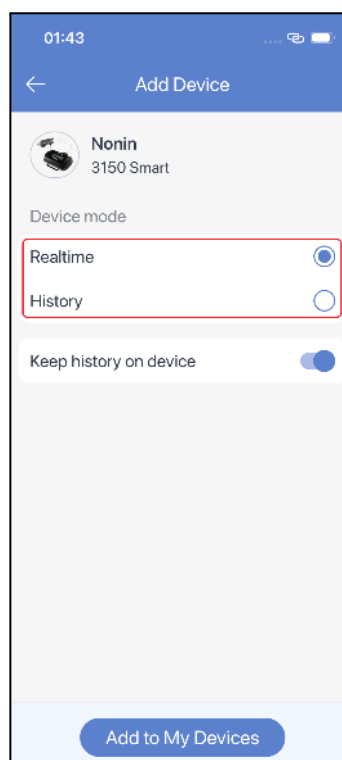
[Stream/Spot Mode](#)

Some devices only transfer stream data, and others - only spot data. And the **Device Mode** setting is available for devices that support both stream and spot data transferring modes:



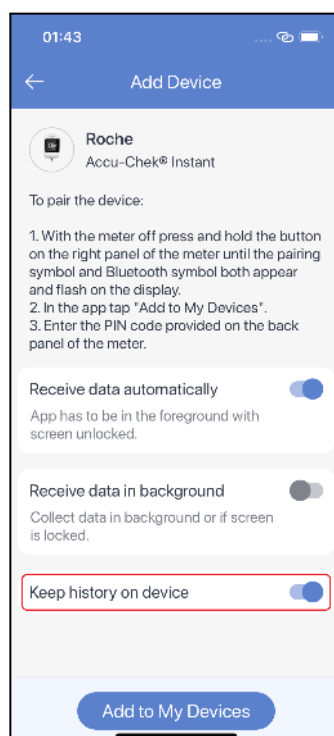
[Real-Time/History Mode](#)

Some devices transfer only history data to the app, other devices - only real-time data. The **Device Mode** setting is available for devices that support both history and real-time data transferring modes:



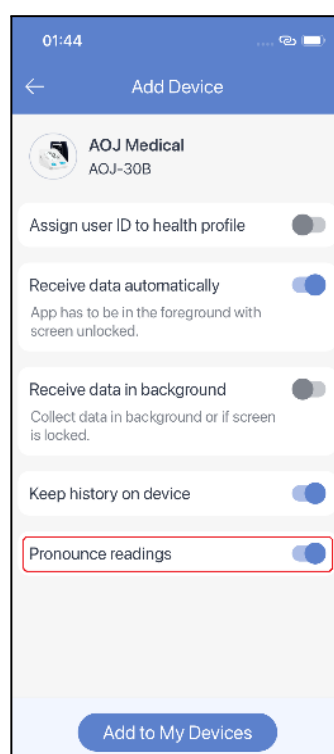
[Keep History Setting](#)

For meters that can store data in their own memory, the **Keep history on device** setting is available. If turned **off**, the setting will wipe all data stored in meter memory during the next connection with the app:



[Pronounce Data](#)

For some [compatible](#) sensors the **Pronounce readings** setting is available. If this setting is turned **on**, the paired meter will pronounce measurement values aloud as they are received:



Data History

General Info

To enable data types availability, [configure](#) your **Home** Screen. App supports collecting and storing data for the following data types:

1. [A1C](#)
2. [Activity](#)
3. [Alcohol Content](#)
4. [Auscultation](#)
5. [Blood Cholesterol](#)
6. [Blood Coagulation](#)
7. [Blood Creatinine](#)
8. [Blood Glucose](#)
9. [Blood Ketone](#)
10. [Blood Lactate](#)
11. [Blood Pressure](#)
12. [Blood Uric Acid](#)
13. [Calories Consumed](#)
14. [Carbohydrates](#)
15. [ECG](#)
16. [Exercise](#)
17. [Fetal Doppler](#)
18. [Glucose Ketone Index](#)
19. [HDL Cholesterol](#)
20. [Heart Rate](#)
21. [Heart Rate Variability](#)
22. [Hematocrit](#)
23. [Hemoglobin](#)
24. [LDL Cholesterol](#)
25. [Medication Intake](#)
26. [Mole Scan](#)
27. [Note](#)
28. [Oxygen Saturation](#)
29. [Respiration Rate](#)
30. [Sleep](#)
31. [Spirometry](#)
32. [Stress Level](#)
33. [Temperature](#)
34. [Total Serum Protein](#)
35. [Triglycerides](#)
36. [Urine Test](#)
37. [Water Intake](#)
38. [Weight](#)
39. [White Blood Sells](#)

[A1C](#), [Alcohol Content](#), [Blood Cholesterol](#), [Blood Coagulation](#), [Blood Creatinine](#), [Blood Ketone](#), [Blood Lactate](#), [Blood Uric Acid](#), [Fetal Doppler](#), [Medication Intake](#), [Hematocrit](#), [Hemoglobin](#), Total Serum Protein, [Triglycerides](#) and [Urine Test](#) data can either be [entered manually](#) or collected via Bluetooth from [compatible sensors](#).

[Blood Glucose](#), [Blood Pressure](#), [Carbohydrates](#), [Exercise](#), [Heart Rate](#), Heart Rate Variability, [Oxygen Saturation](#), [Respiration Rate](#), [Temperature](#), Water Intake and [Weight](#) data can either be [entered manually](#), collected via Bluetooth from [compatible sensors](#) or imported from external apps such as [Google Fit](#), [Apple Health](#), [Samsung Health](#), [Health Connect](#) or [Garmin Connect](#),

[Activity](#), [ECG](#) and [Sleep](#) data can only be collected from compatible [devices](#) or for users with Premium subscription data can be imported from [Apple Health](#), [Google Fit](#), [Samsung Health](#), [Health Connect](#), [Garmin Connect](#) or [Fitbit](#).

[Spirometry](#) data can only be collected from compatible [devices](#) or for users with Premium subscription data can be imported from [Apple Health](#).

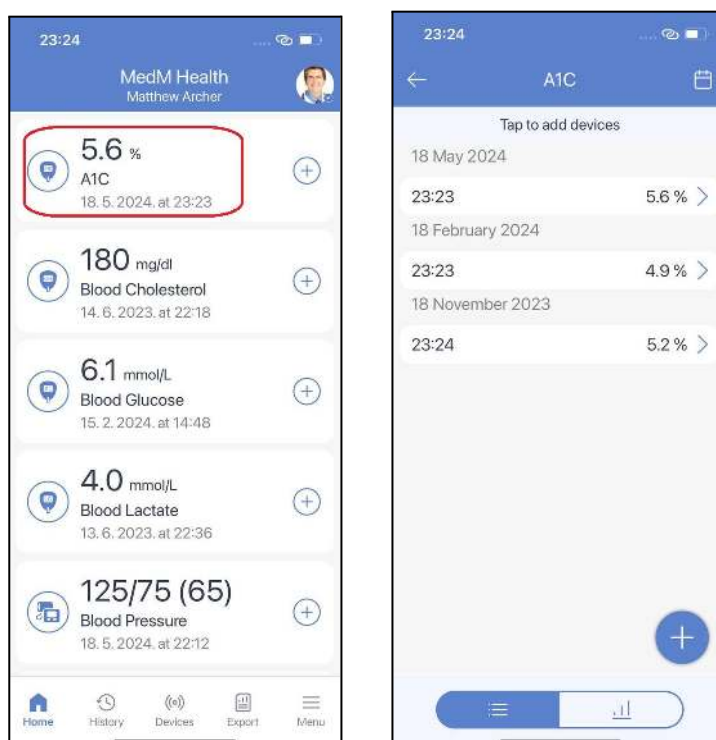
[Auscultation](#) data can only be collected from compatible [devices](#).

[Mole Scan](#) data can be imported for users with Premium subscription from [Artes Electronics](#).

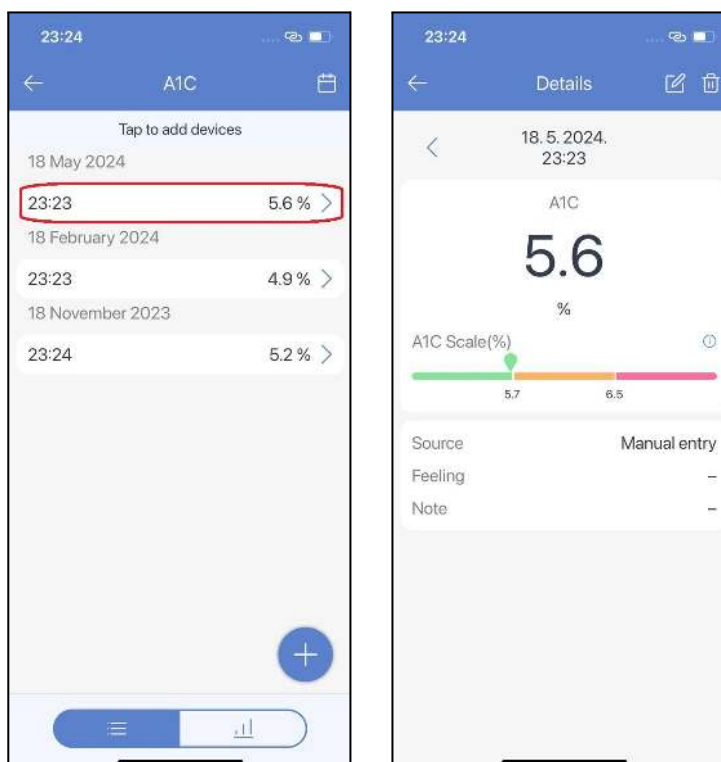
[Note](#) data can only be [entered manually](#).

[A1C](#)

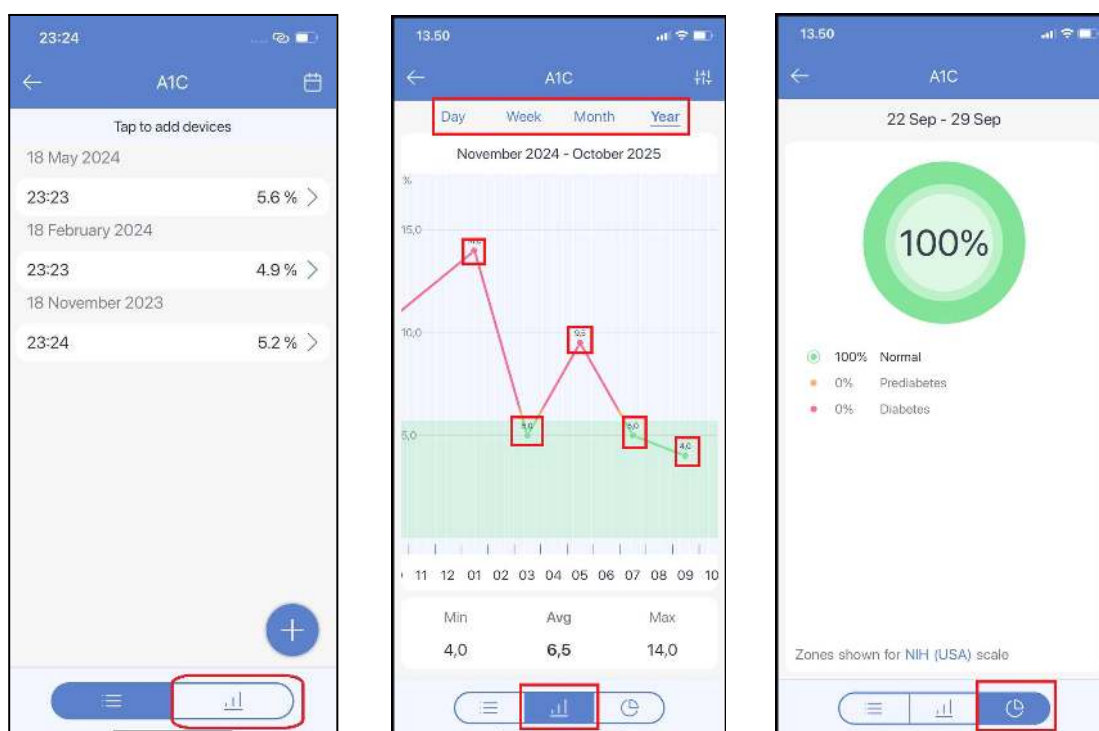
To enable this data type, configure the **Home** Screen. From the **Home** screen tap the **A1C** section to open the A1C history:



Tap any line in the list of readings to view details. Common parameters are: A1C value, date and time, feeling tag, note, data source ([manual entry](#)):



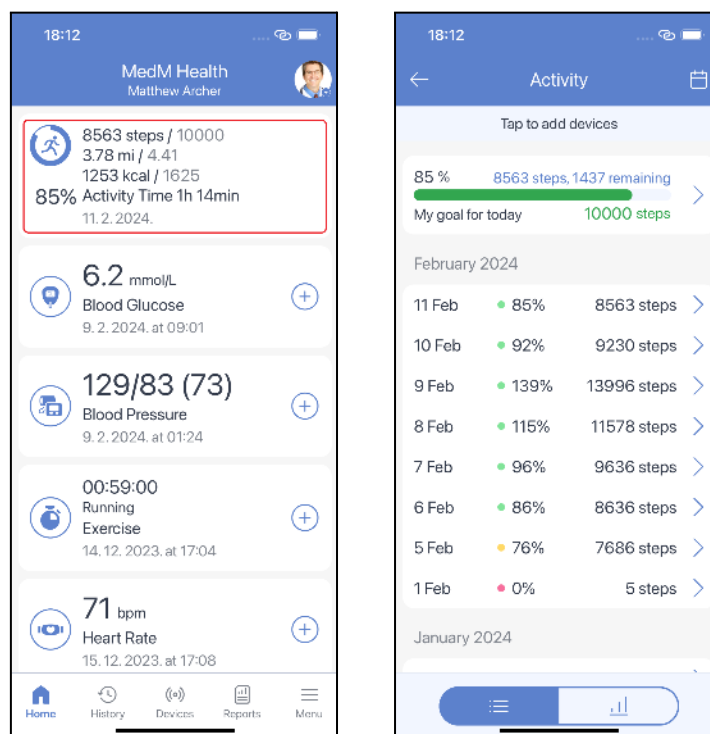
Go to **A1C** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. Change the time period by tapping **Day**, **Week**, **Month** under the chart.



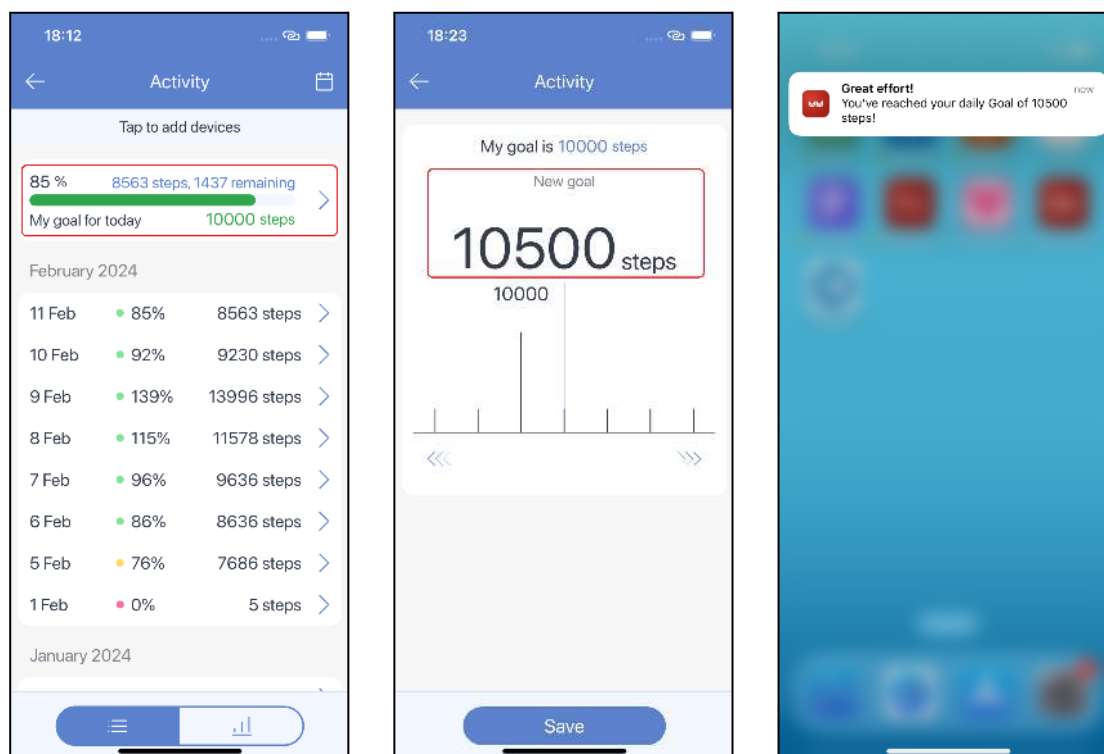
Go to **A1C** history and tap the wheel diagram icon at the bottom of the screen to open the pie chart.

Activity

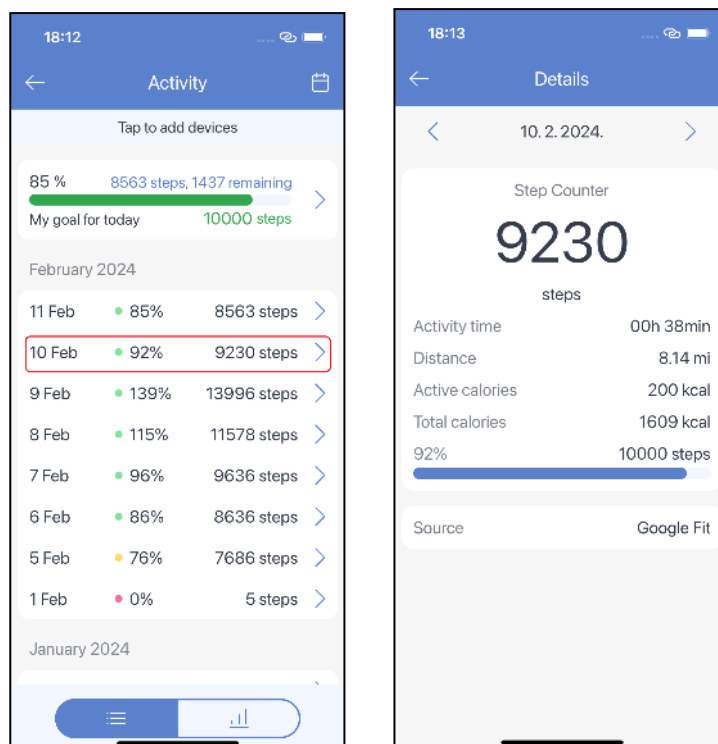
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Activity** section to open activity history:



Set a Steps goal, track daily progress, and receive a push notification when the daily goal is achieved:

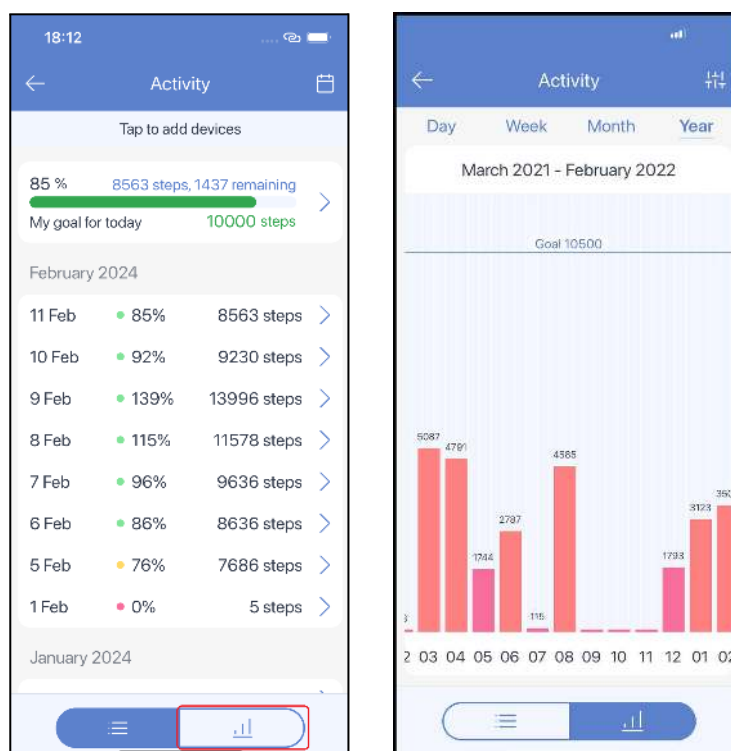


Tap any line in the list of measurements to view activity details. Common parameters are: steps count, distance, active calories, total calories, goal progress and data source ([compatible activity tracker](#) or [external app](#)):



The activity bar graph shows the cumulative number of steps for a selected time period: the day chart shows totals for each hour, the week chart shows totals for each day, the month chart shows totals for each week, and the year chart shows totals for each month.

Tap the **chart** icon at the bottom of the screen or any daily activity data line to open the bar graph:

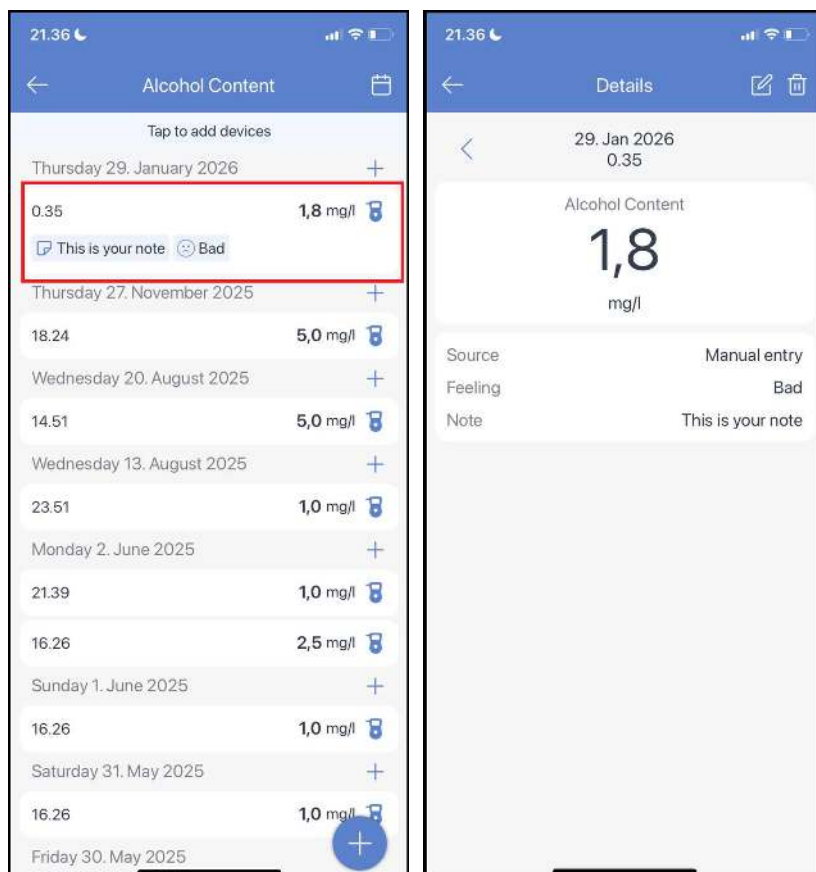


To view data for a specific time period, tap Day, Week, Month, or Year under the graph.

Alcohol Content

To enable this data type, configure your **Home** Screen. From the **Home** screen tap the **Alcohol Content** section to open the Alcohol Content history

Tap any line in the list of readings to view details. Common parameters are: blood total alcohol value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible alcohol content meter](#)):

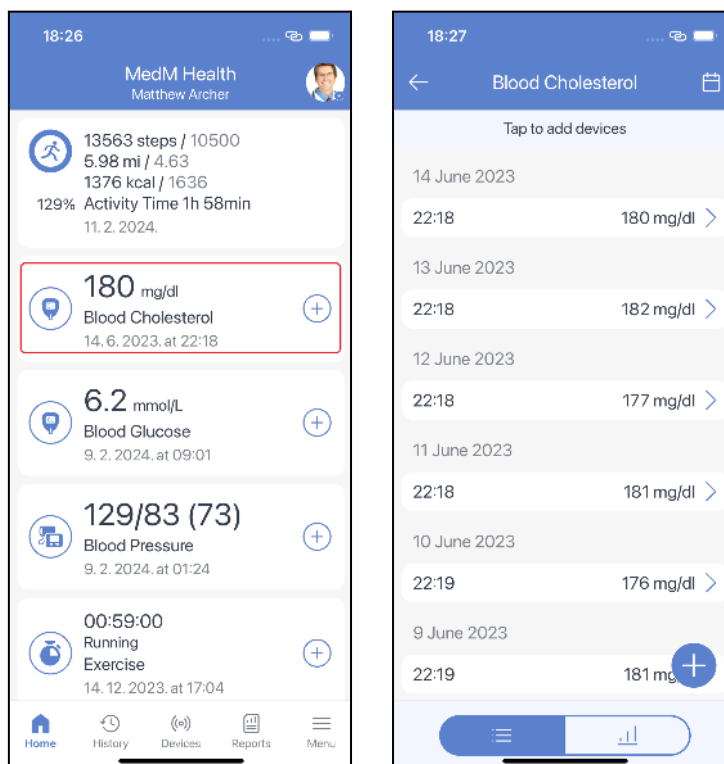


Auscultation

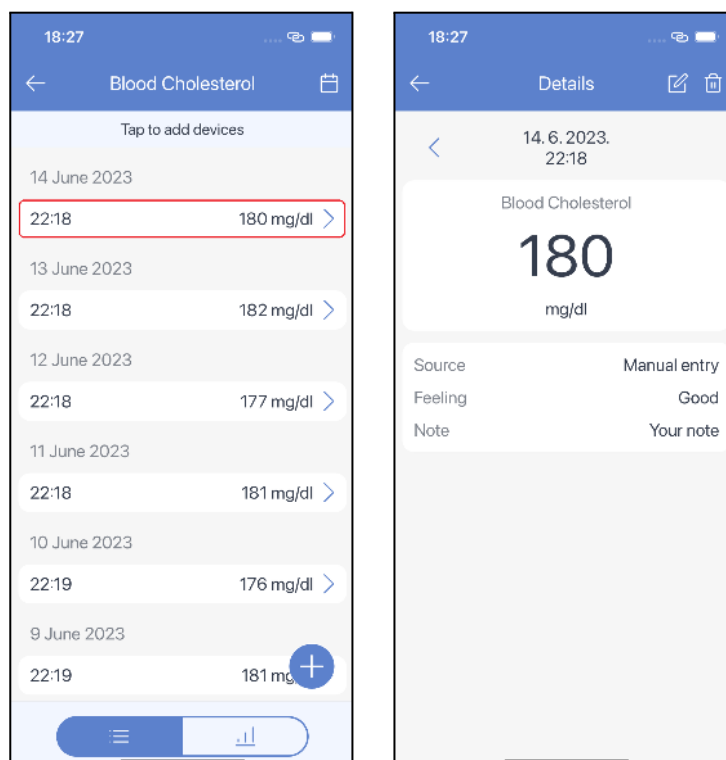
To enable this data type, configure the **Home** Screen. From the **Home** screen tap the **Auscultation** section to open the blood cholesterol history. Auscultation can **only be recorded** from a paired device.

Blood Cholesterol

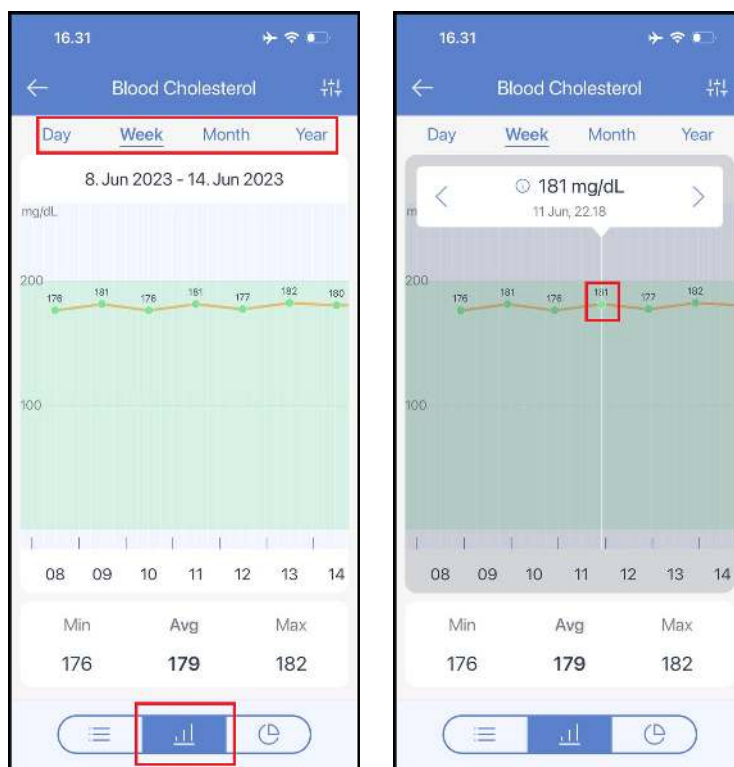
To enable this data type, configure the **Home** Screen. From the **Home** screen tap the **Blood Cholesterol** section to open blood cholesterol history:



Tap any line in the list of readings to view details. Common parameters are: blood total cholesterol value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible blood cholesterol meter](#)):



On the **Blood Total Cholesterol** history screen and tap the **chart** icon at the bottom of the screen to view every measurement as a single point. Tap any point on the chart to view details and skim through measurements. Tap Day, Week, Month, or Year under the graph to select the time period:

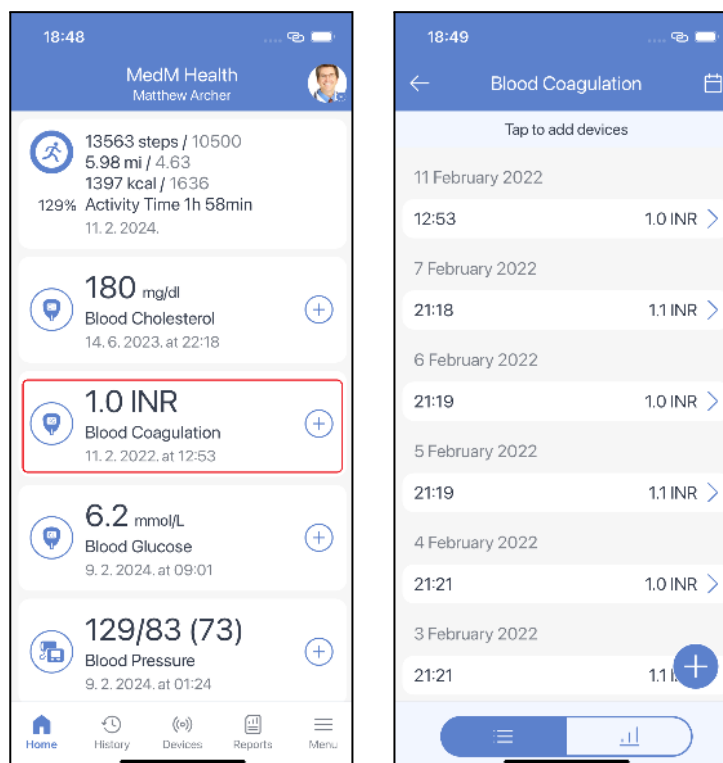


From the **Blood Total Cholesterol** history tap the **wheel diagram** icon at the bottom of the screen to open the pie chart.

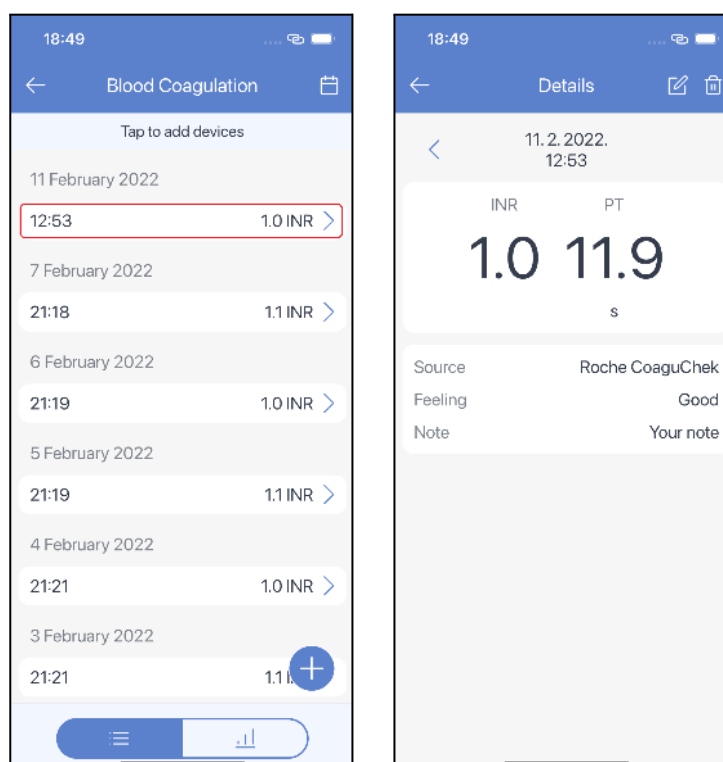


Blood Coagulation

To enable this data type, [configure](#) the **Home** Screen. From the **Home** screen tap the **Blood Coagulation** section to open history:



Tap any line in the list of readings to view details. Common parameters are: INR value, prothrombin time, date and time, feeling tag, note, data source ([manual entry](#) or [compatible blood coagulation meter](#)):



Go to **Blood Coagulation** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap any point on the chart to view details and skim through measurements. To view data for a specific time period, tap Day, Week, Month, or Year under the graph:



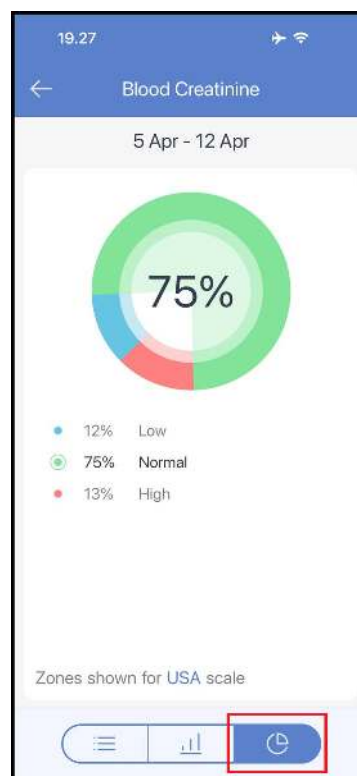
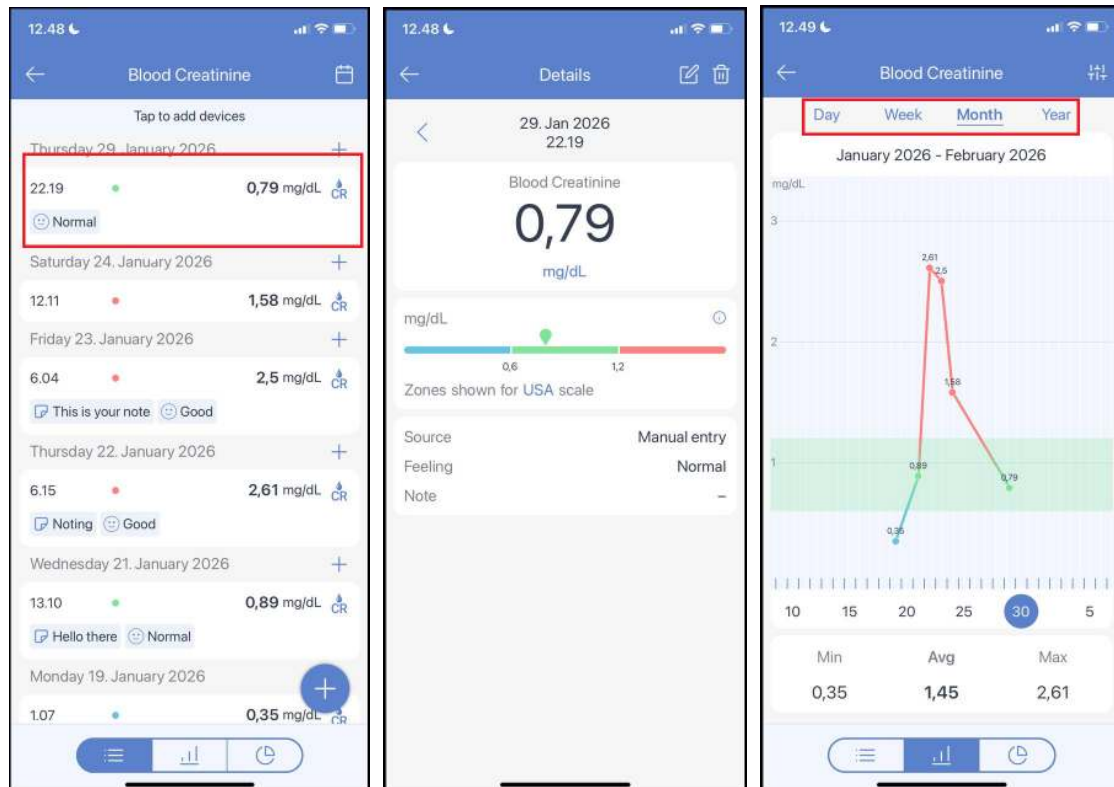
Go to **Blood Coagulation** history and tap the wheel diagram icon at the bottom of the screen to open the chart.

Blood Creatinine

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Creatinine** section to open Blood Creatinine history.

Tap any line in the list of readings to view details. Common parameters are: blood total creatinine value, date and time, feeling tag, note, data source ([manual entry](#) or compatible blood creatinine meter).

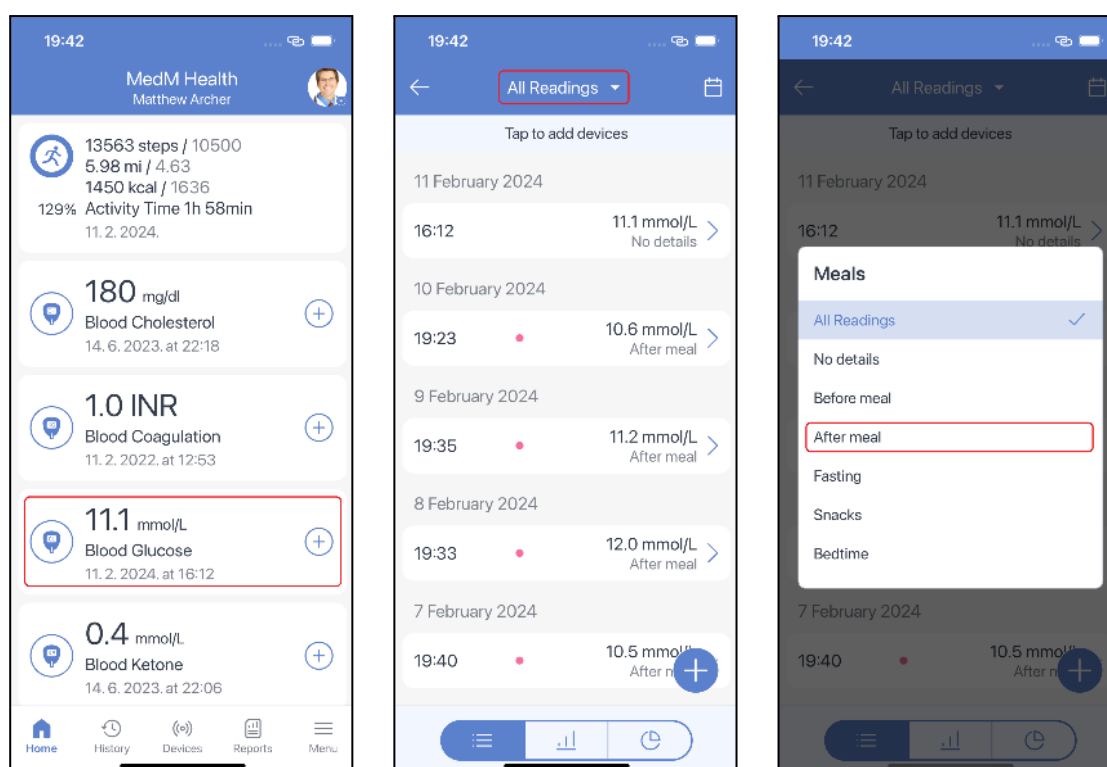
You can change the time period selected by tapping **Day**, **3 Days**, **Week**, **Month** under the chart:



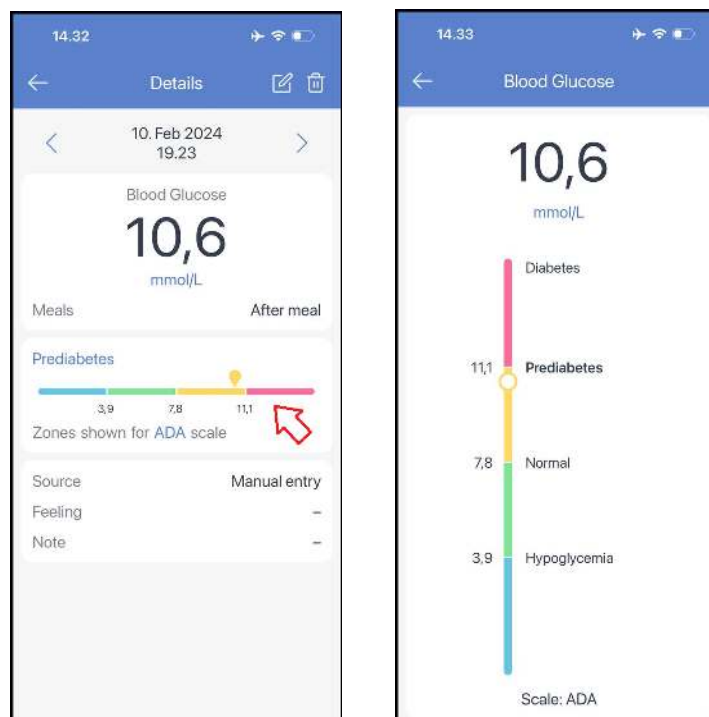
The color of a dot represents its corresponding creatinine range according to the selected [Blood Creatinine Scale](#). Go to **Blood Coagulation** history and tap the wheel diagram icon at the bottom of the screen to open the chart.

Blood Glucose

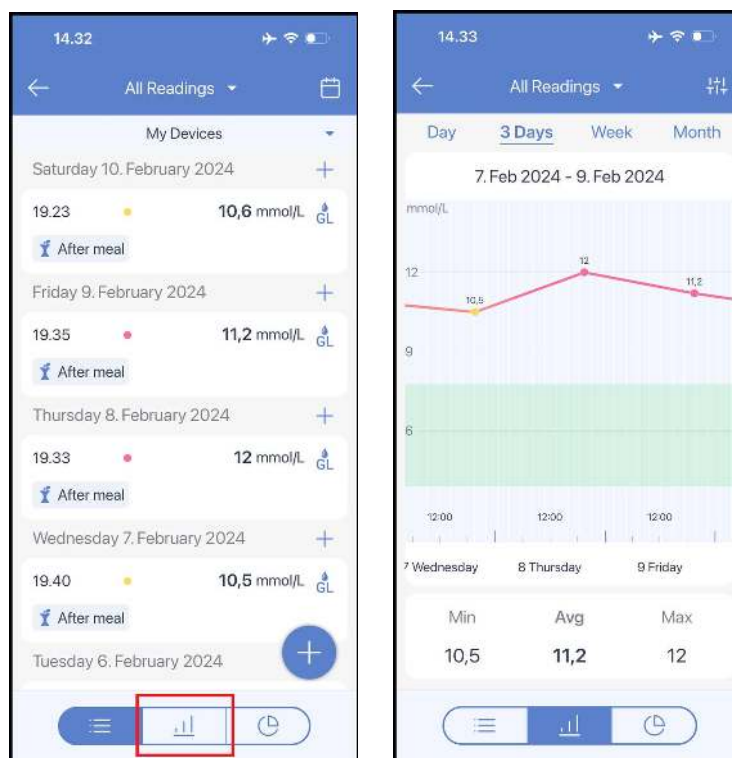
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Glucose** section to open blood glucose history. It is possible to apply **meal tag** filters to blood glucose readings. Readings with a specified meal tag are marked with a colored dot in history. The color of a dot represents its corresponding glucose range according to the selected [Glycemia Scale](#):



Tap any line in the list of measurements to view details. Common parameters are: blood glucose value, date and time, meal tag, feeling, note, point on a selected [Glycemia Scale](#), data source ([manual entry](#), [compatible blood glucose meter](#) or [external app](#)). Tap the **scale** itself to expand the scale:



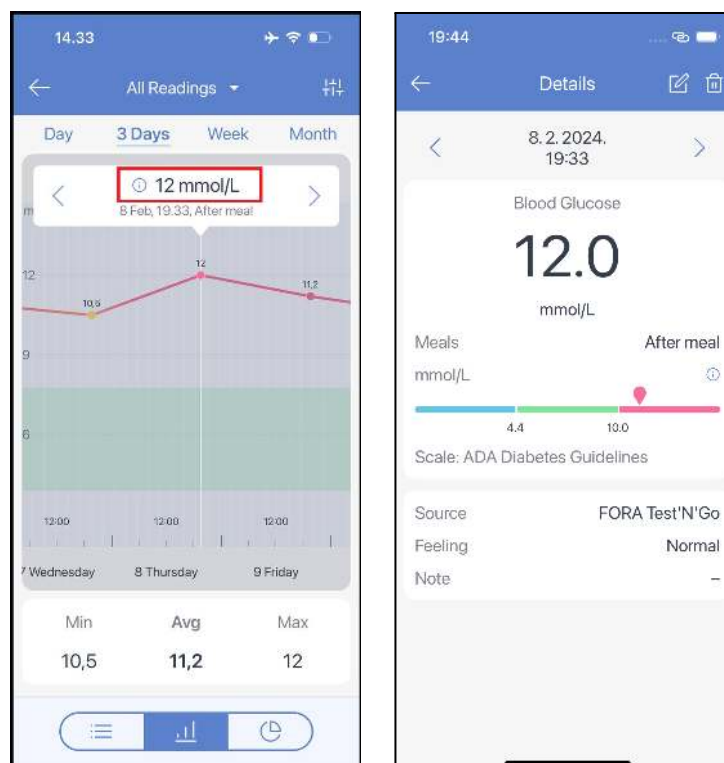
Every measurement is presented as a single point on the graph. To open the chart, go to **Blood Glucose** history and tap the **graph** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, **Week**, **Month** under the chart. It is also possible to apply **meal tag** filters to the blood glucose chart:



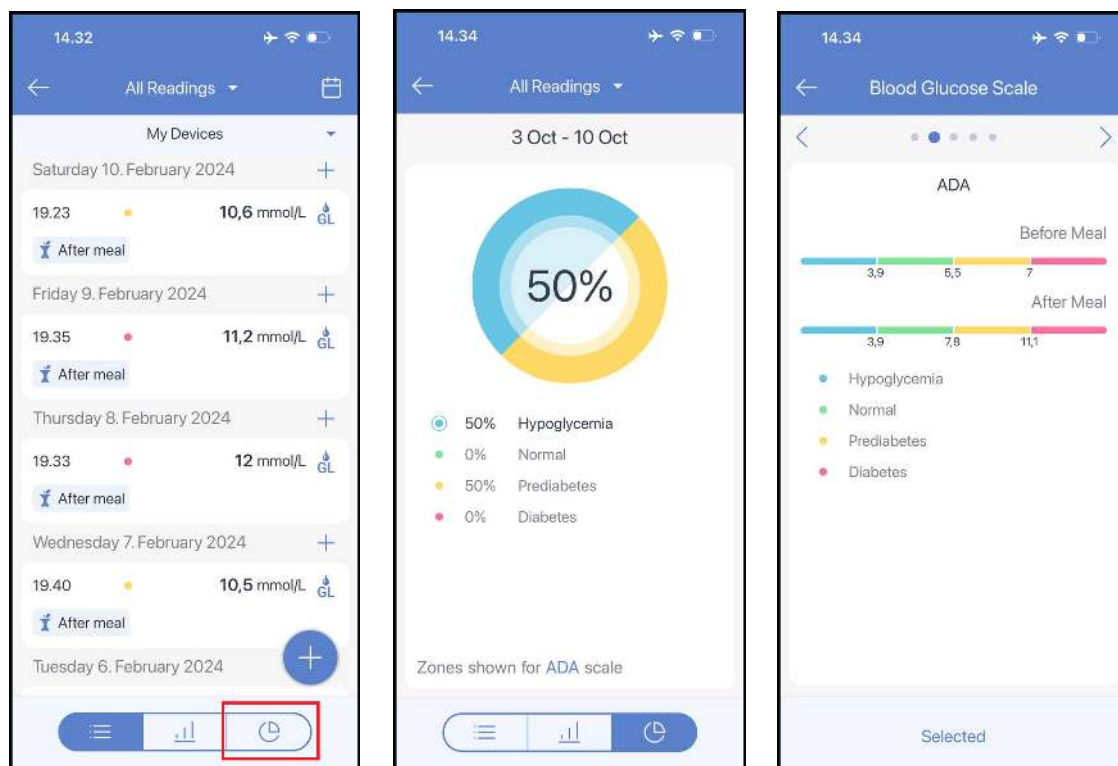
The green zone on the graph represents the normal range according to the selected [Glycemia Scale](#). Call up a bubble with the value and date of a measurement by tapping on any point of the chart. Skim through measurements using arrows on the left and right side of the bubble:



Tap the value in the bubble to open measurement details:

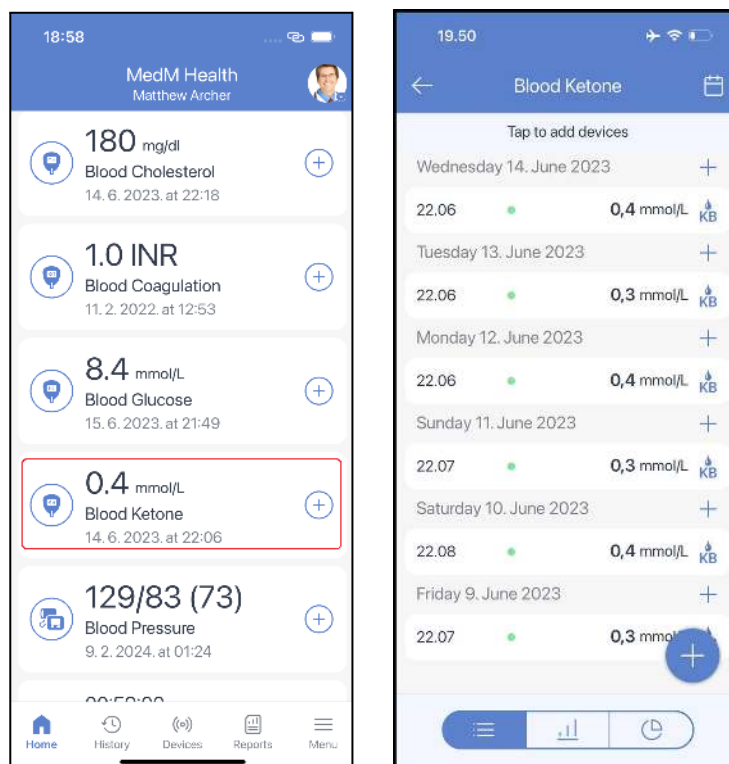


Blood glucose chart displays the blood glucose readings for the past week according to the selected [Glycemia Scale](#). The **meal tag** filter is available for the wheel diagram.

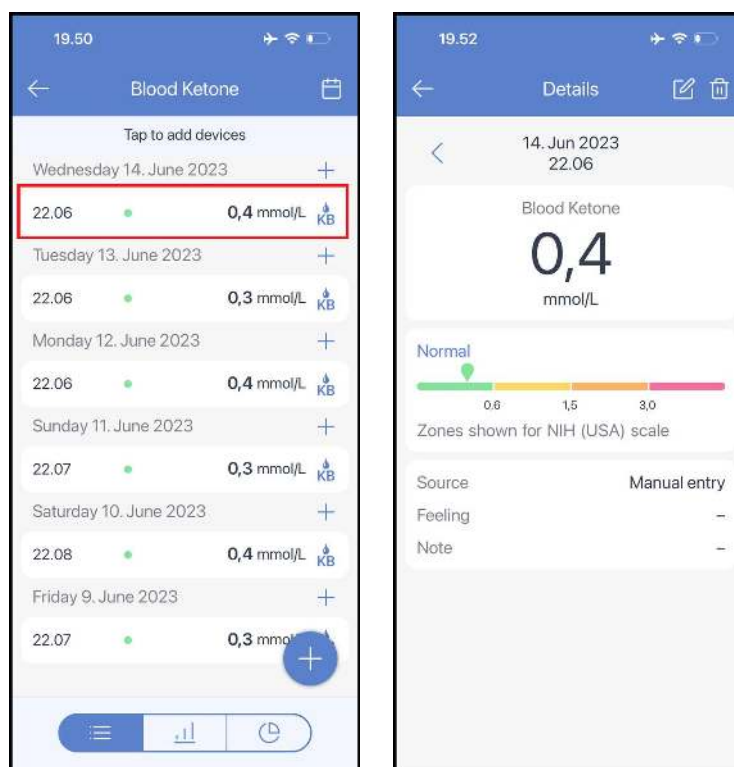


Blood Ketone

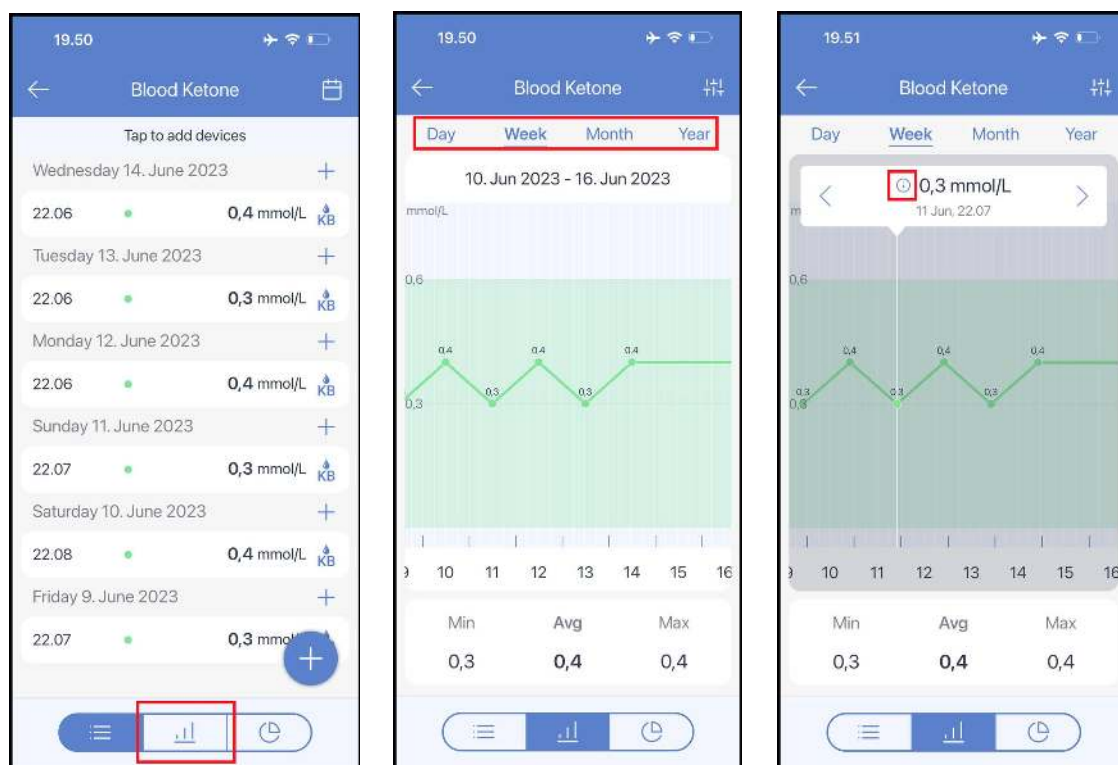
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Ketone** section to open blood ketone history:

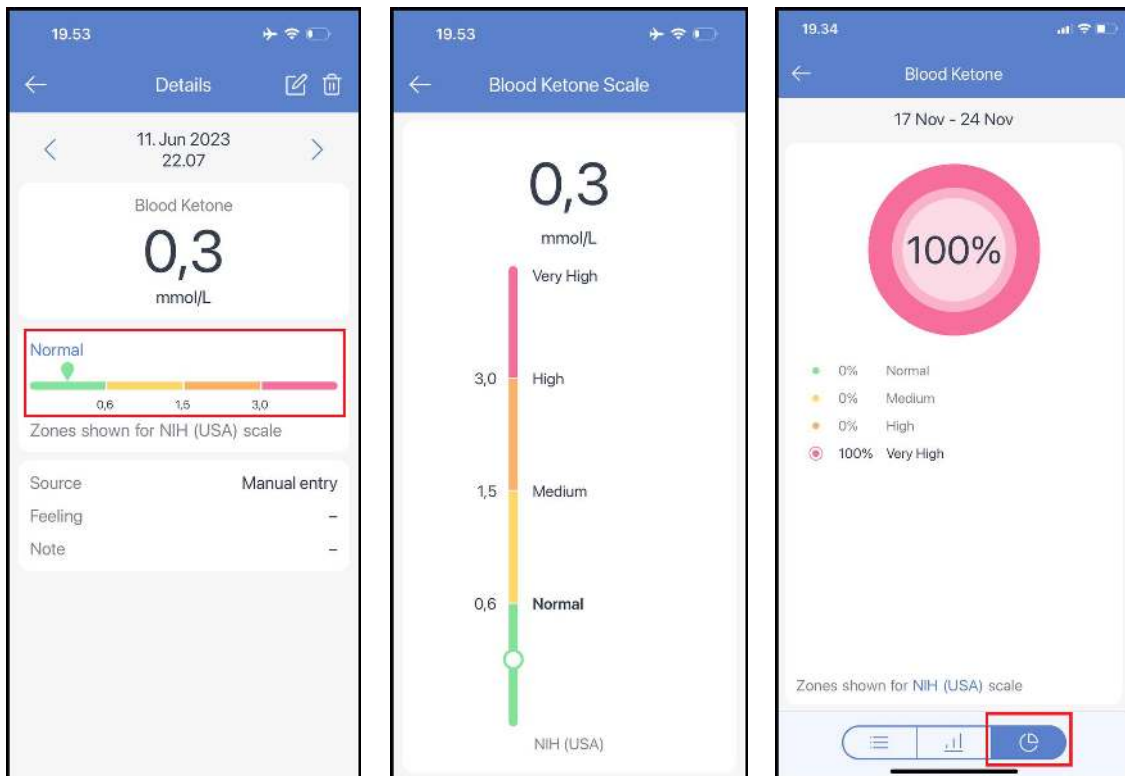


Tap any line in the list of readings to view the ketone measurement details. Common parameters are: blood ketone value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible blood ketone meter](#)):



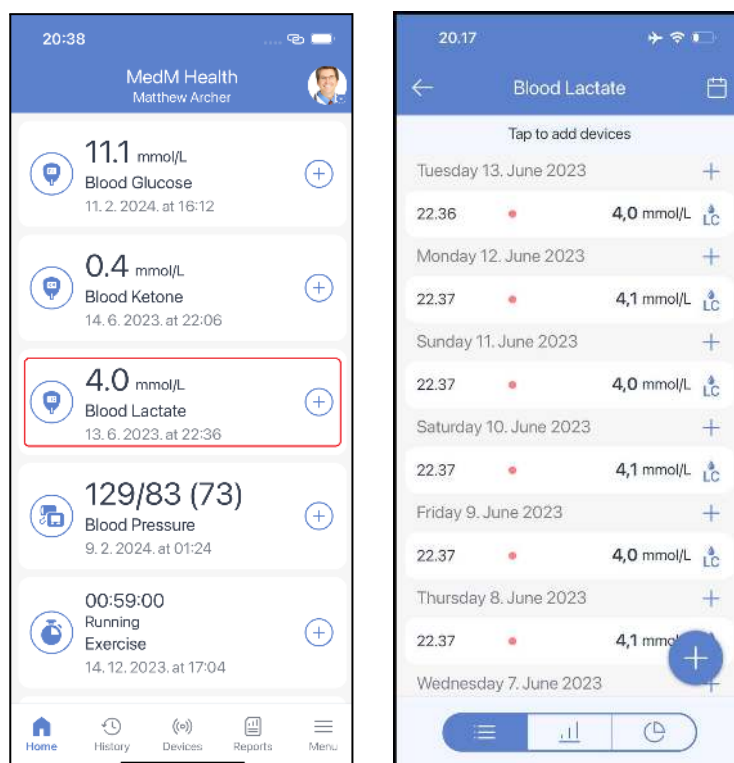
Go to **Blood Ketone** history and tap the **graph** icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call the bubble to see details and to skim through measurements. Change the time period selected by tapping **Day**, **Week**, **Month** under the chart. Go to **Blood Ketone** history and tap the wheel diagram icon at the bottom of the screen to open the chart.



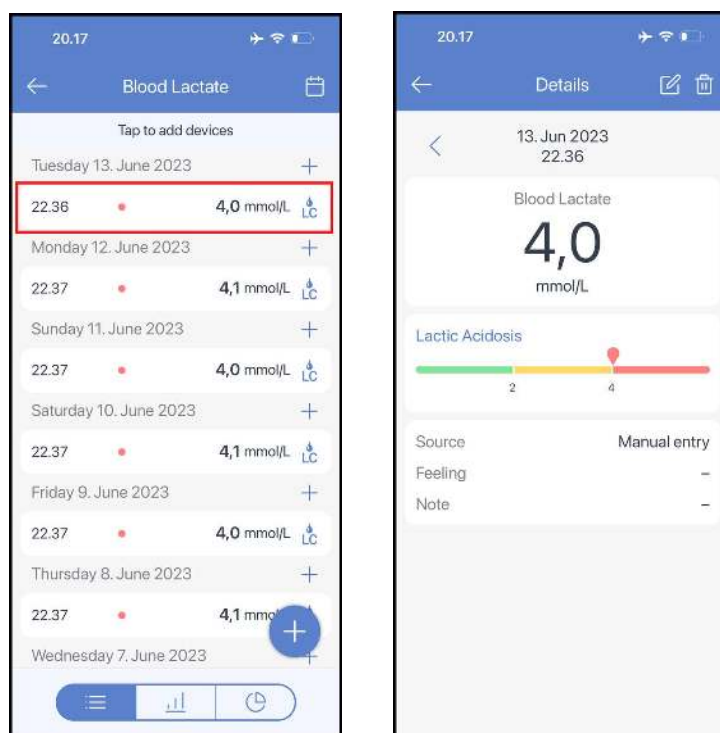


Blood Lactate

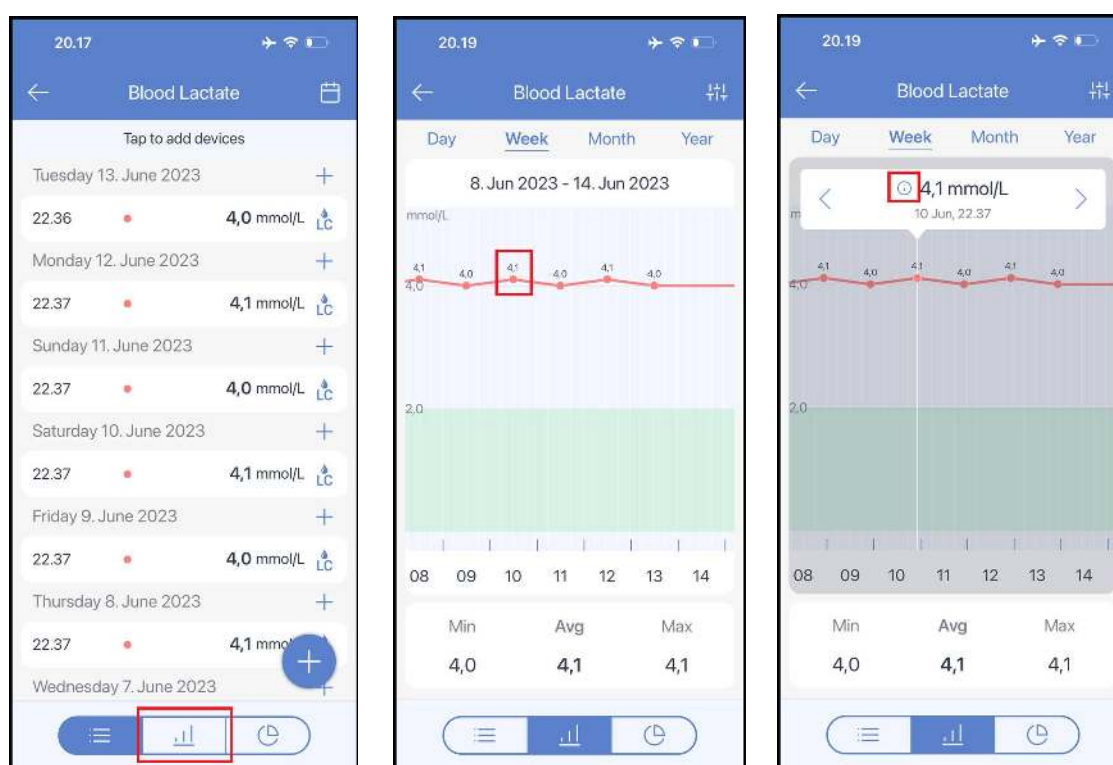
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Lactate** section to open lactate history:

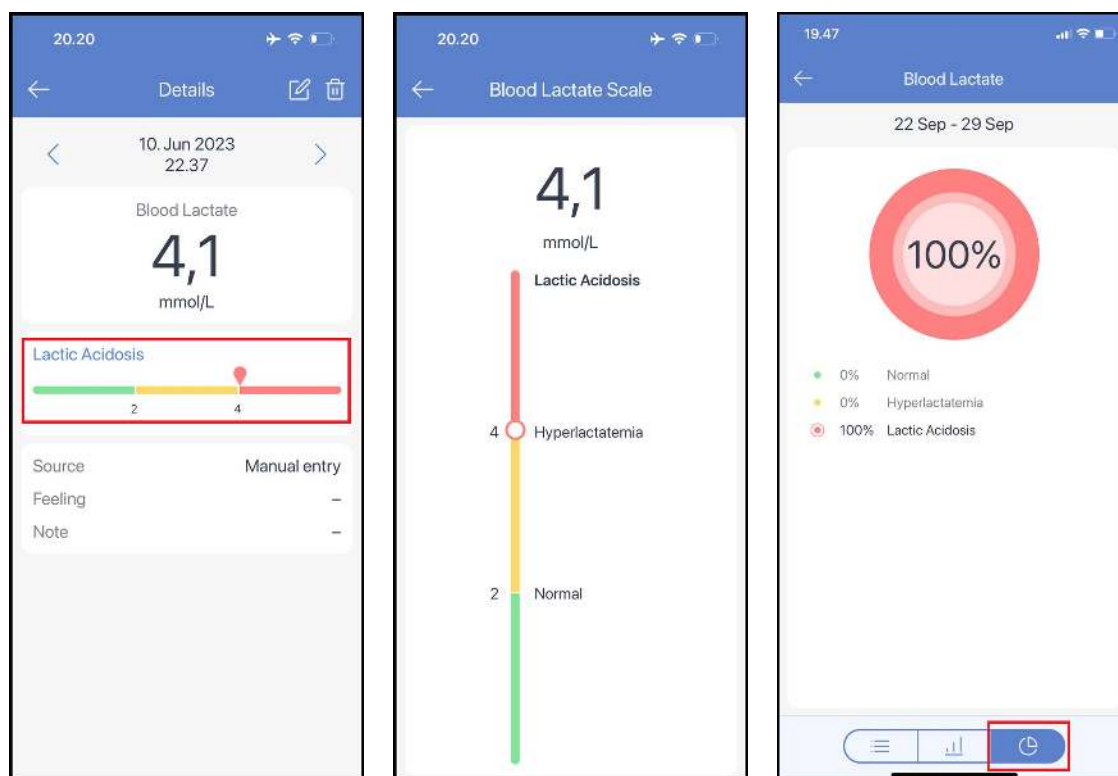


Tap any line in the list of readings to view measurement details. Common parameters are: blood lactate value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible blood lactate meter](#)):



Go to **Blood Lactate** history and tap the **graph** icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call the bubble to see details and to skim through measurements. Change the time period selected by tapping **Day**, **Week**, **Month** under the chart. Go to **Blood Lactate** history and tap the wheel diagram icon at the bottom of the screen to open the chart.

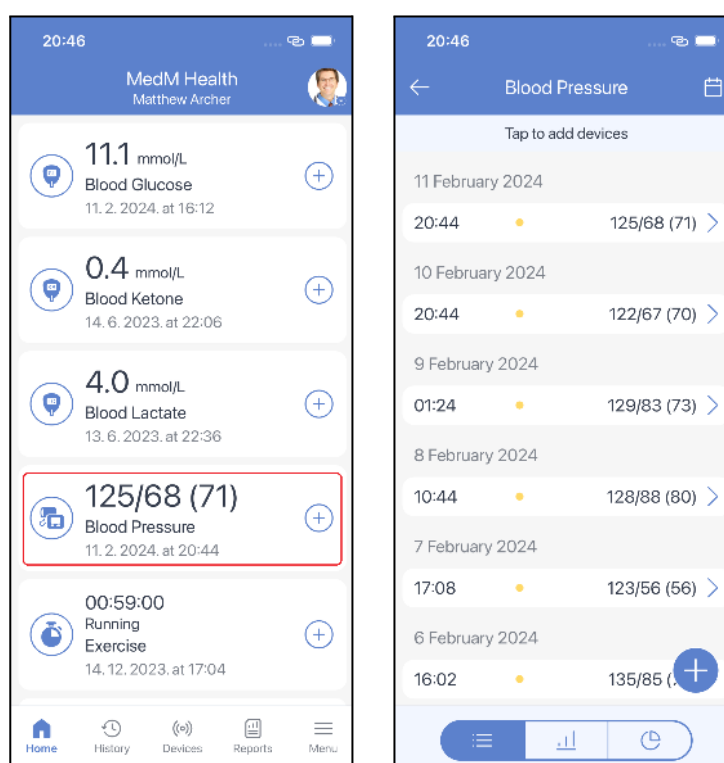




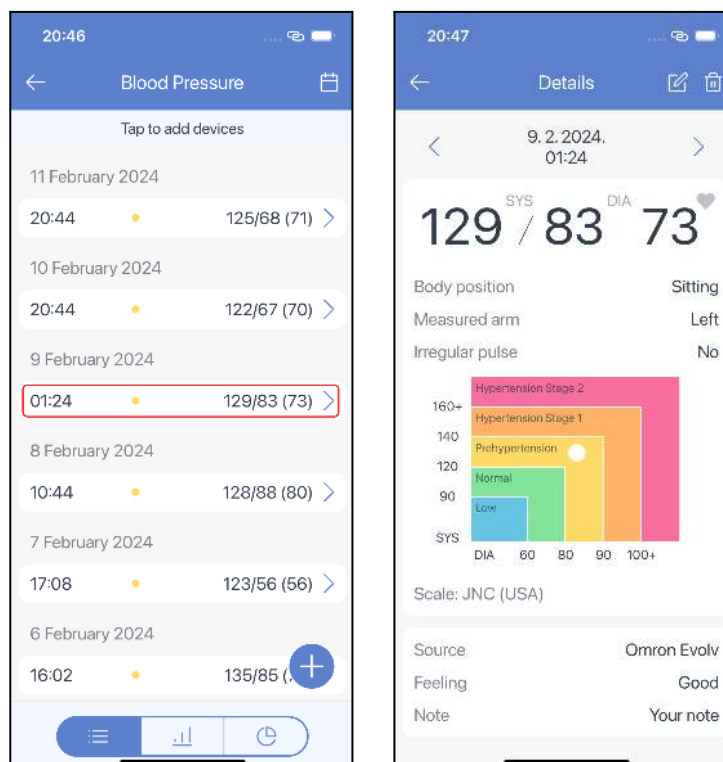
Blood Pressure

In MedM Health Diary a blood pressure measurement stores **Blood Pressure** data and may store additional **Heart Rate** data since all [compatible blood pressure monitors](#) measure blood pressure and heart rate.

To enable this data type, configure your **Home** Screen. From the **Home** screen tap the **Blood Pressure** section to open history. Readings are marked with a colored dot in the history. Colors represent the blood pressure value ranges according to the selected [Hypertension Scale](#):



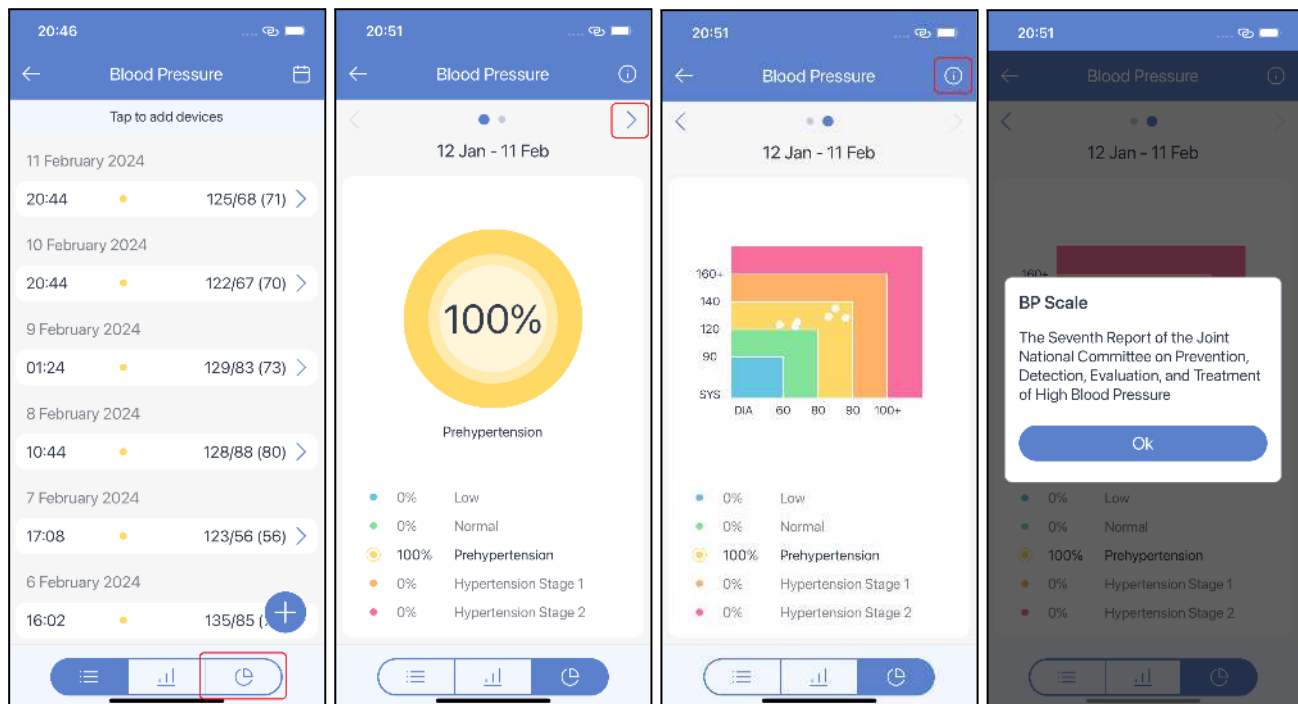
Tap any line on the list of readings to view blood pressure measurement details. Common parameters are: blood pressure value, heart rate value, date and time, hypertension stage chart (according to the selected [Hypertension Scale](#)), feeling, body position, arrhythmia and measured arm tags, note, source ([manual entry](#), [compatible blood pressure monitor](#) or [external app](#)):



Go to **Blood Pressure** history and tap the **graph** icon at the bottom of the screen. The graph is represented by points which are connected by lines. Green zones represent the combined optimal and normal ranges of systolic and diastolic blood pressure according to the selected [Hypertension Scale](#). Change the time period by tapping **Day**, **Week**, **Month** under the chart. It is possible to apply **Blood Pressure** and **Pulse** filters to blood pressure readings:

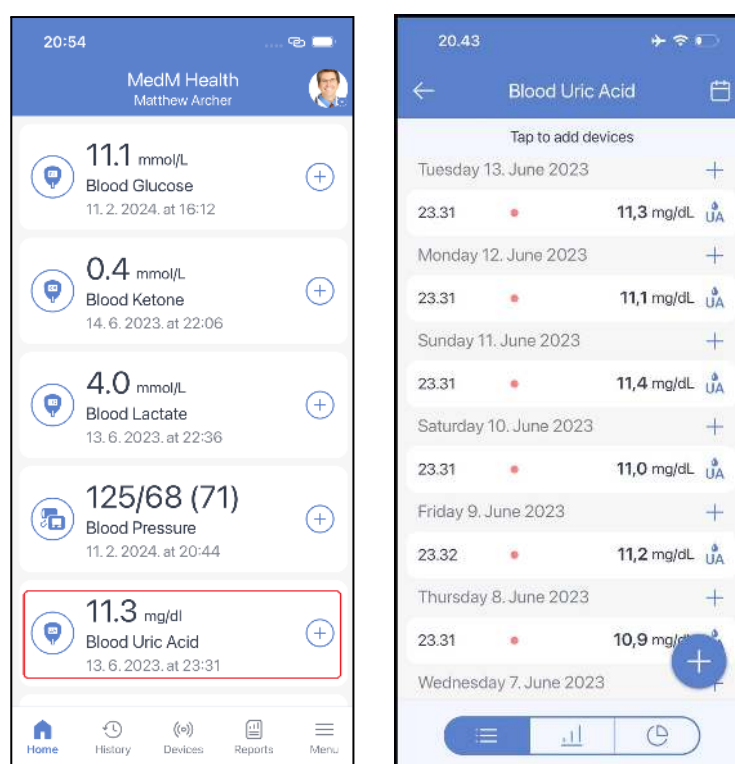


Tap the diagram icon at the bottom of the blood pressure history screen to open the **wheel diagram**. It displays the blood pressure readings for the **past month** according to the selected [Hypertension Scale](#). Tap the **info** icon in the top-right corner of the screen to view the selected scale. You can also view your data as a **square diagram**:

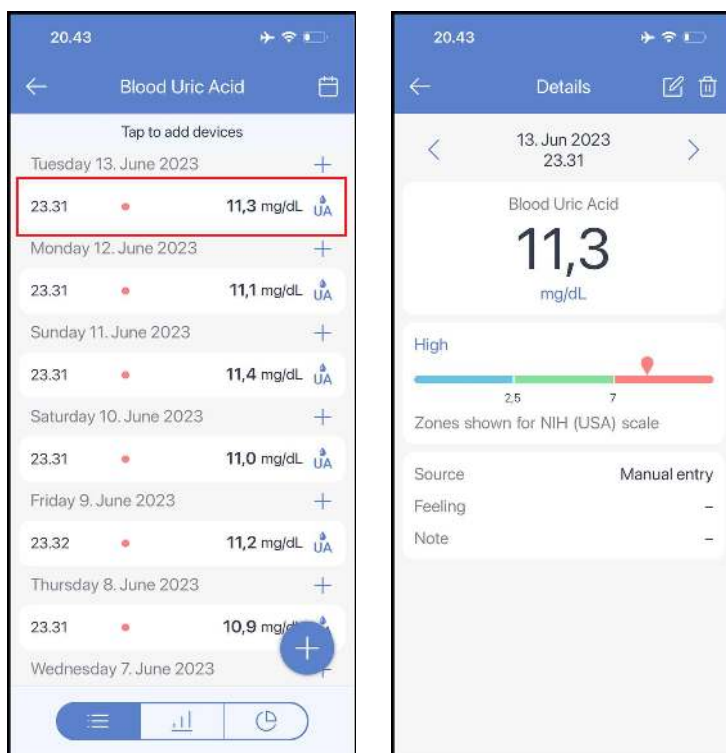


Blood Uric Acid

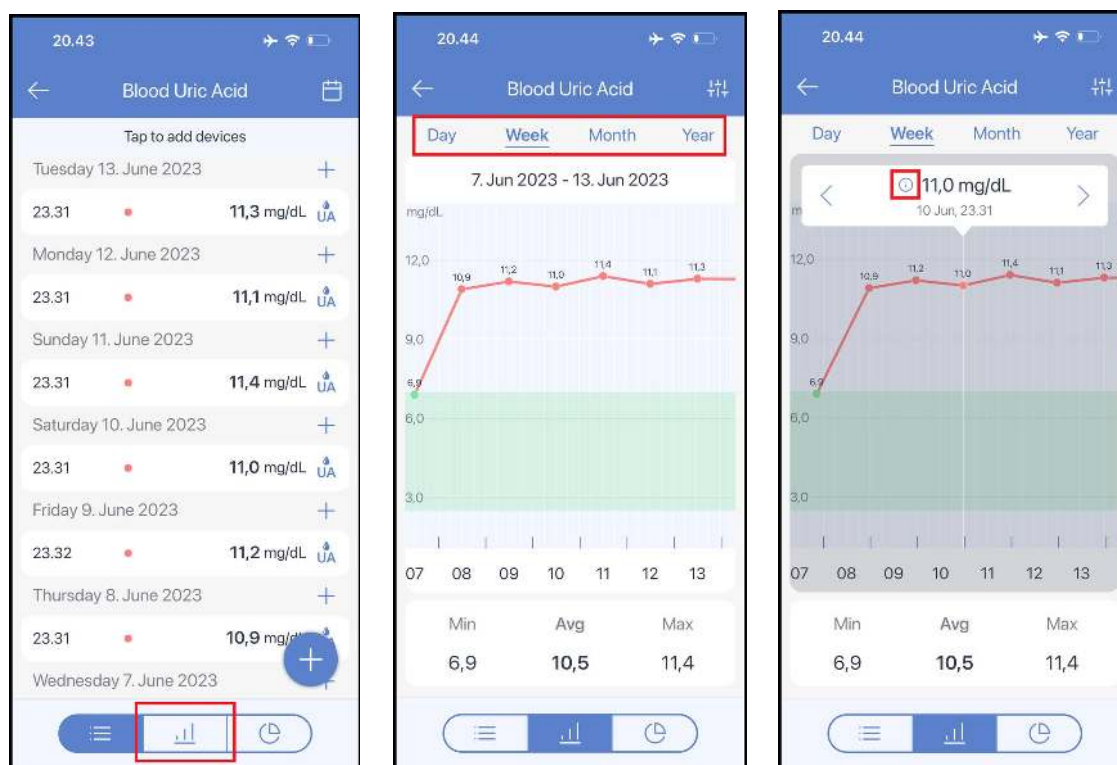
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Uric Acid** section to open history:

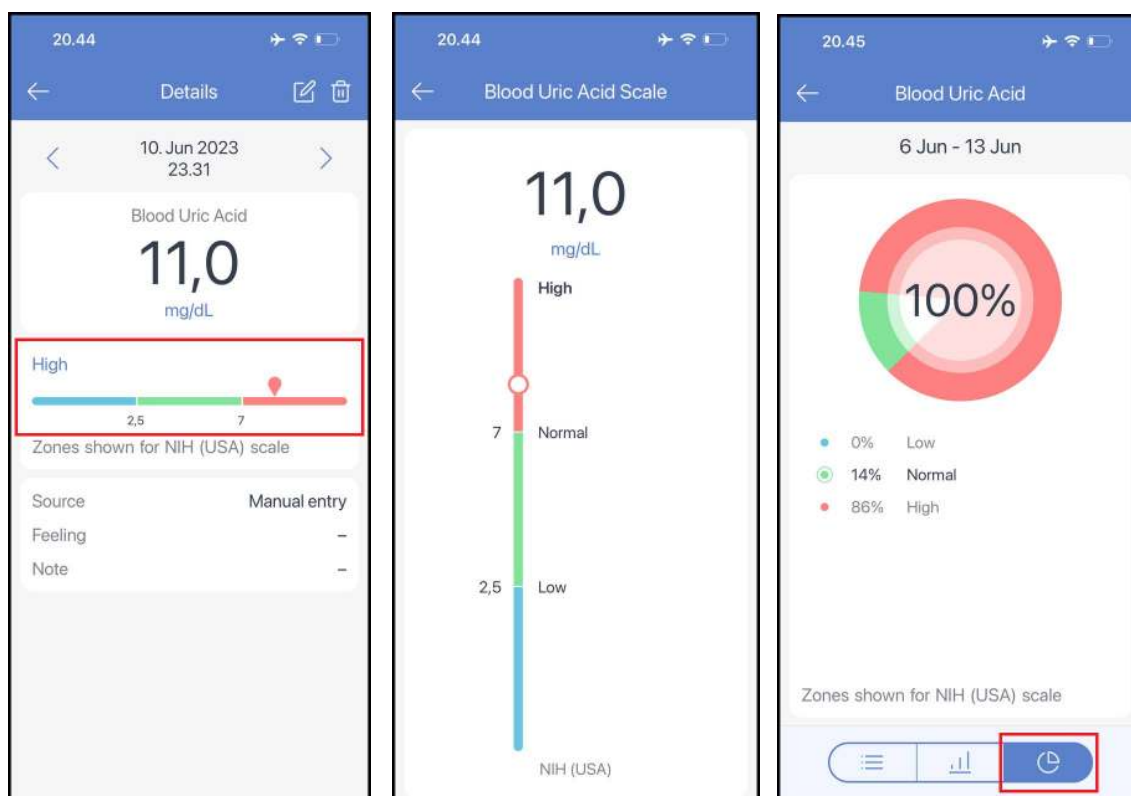


Tap any line in the list of readings to view measurement details. Common parameters are: blood uric acid value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible blood uric acid meter](#)):



Go to **Blood Uric Acid History** and tap the **graph** icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to see details and skim through measurements. Change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

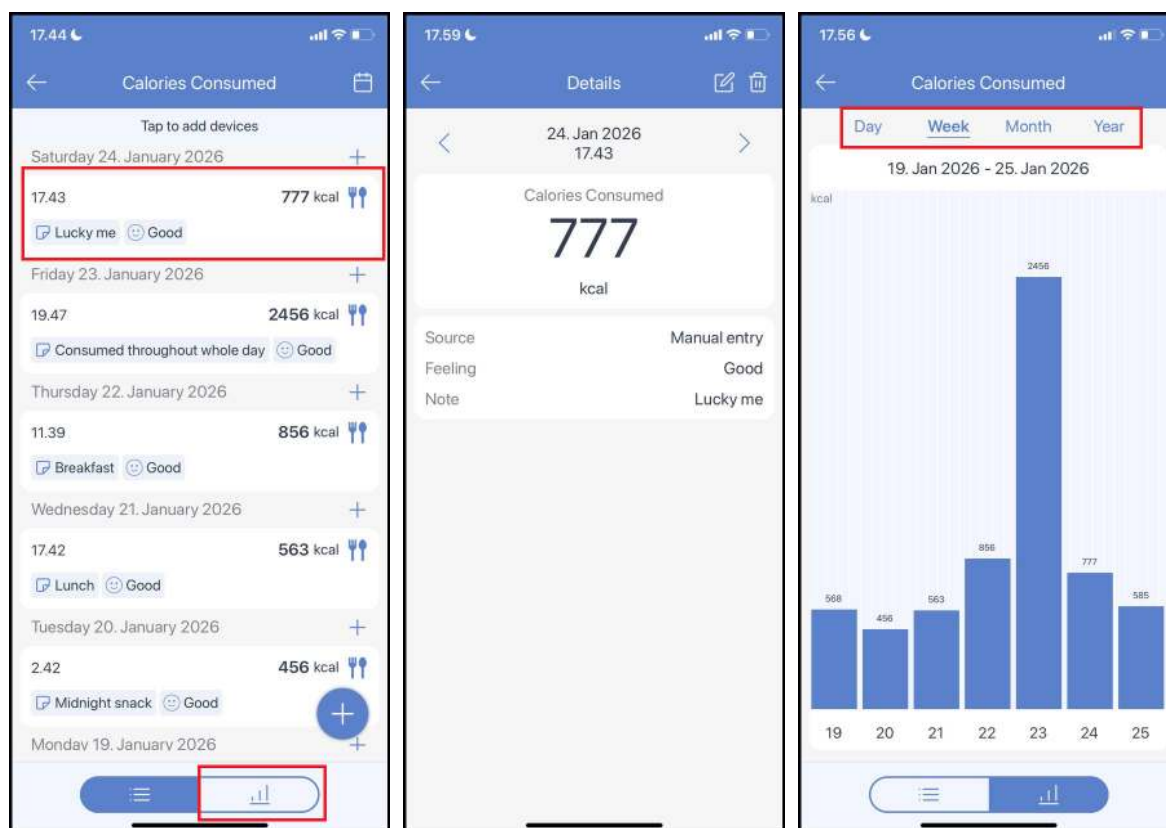




Calories Consumed

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Calories Consumed** section to open Calories Consumed history.

Tap any line in the list of readings to view measurement details. Common parameters are: calories value, date and time, feeling tag, note, data source ([manual entry](#) or compatible device):

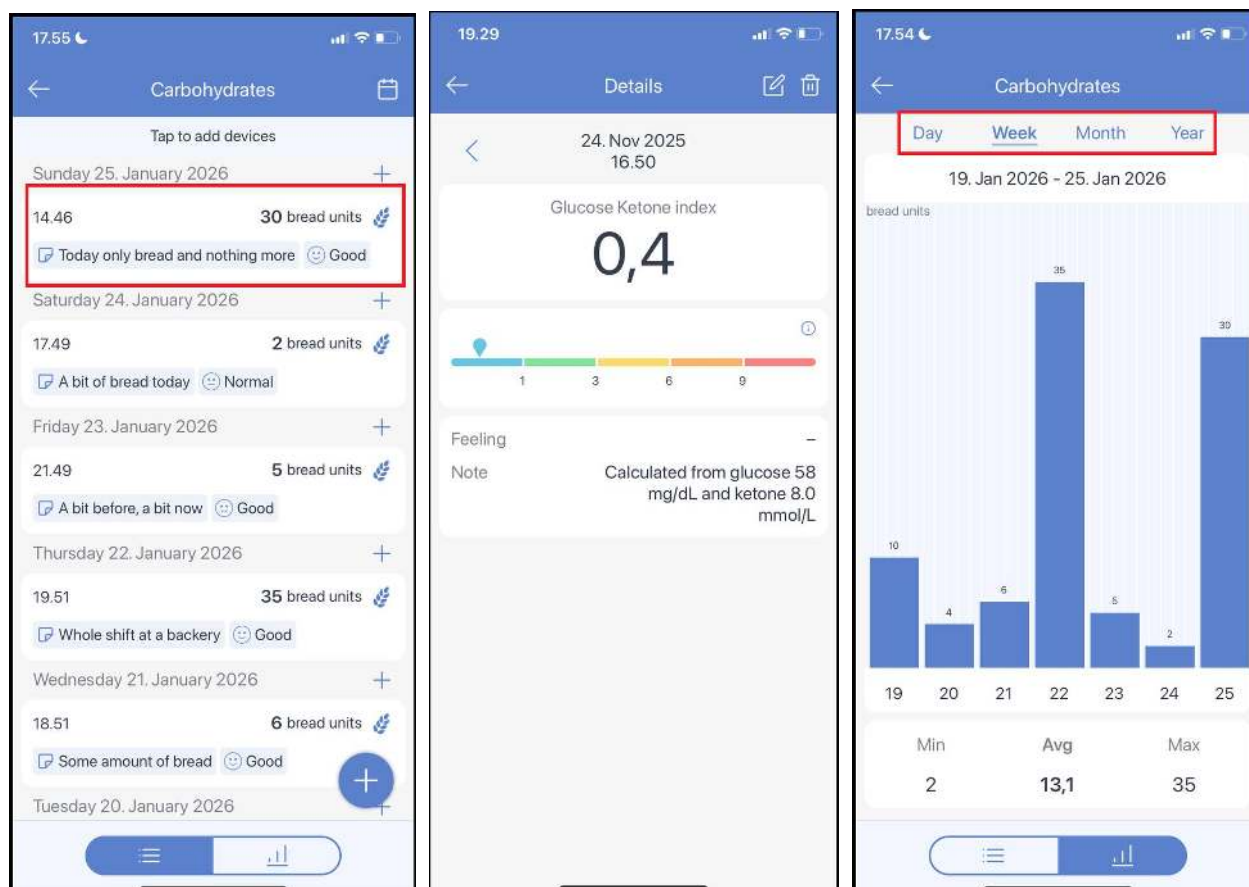


Go to **Calories Consumed** and tap the **graph** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

Carbohydrates

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Carbohydrates** section to open Carbohydrates history.

Tap any line in the list of readings to view measurement details. Common parameters are: carbohydrates value, date and time, feeling tag, note, data source ([manual entry](#) or compatible device):



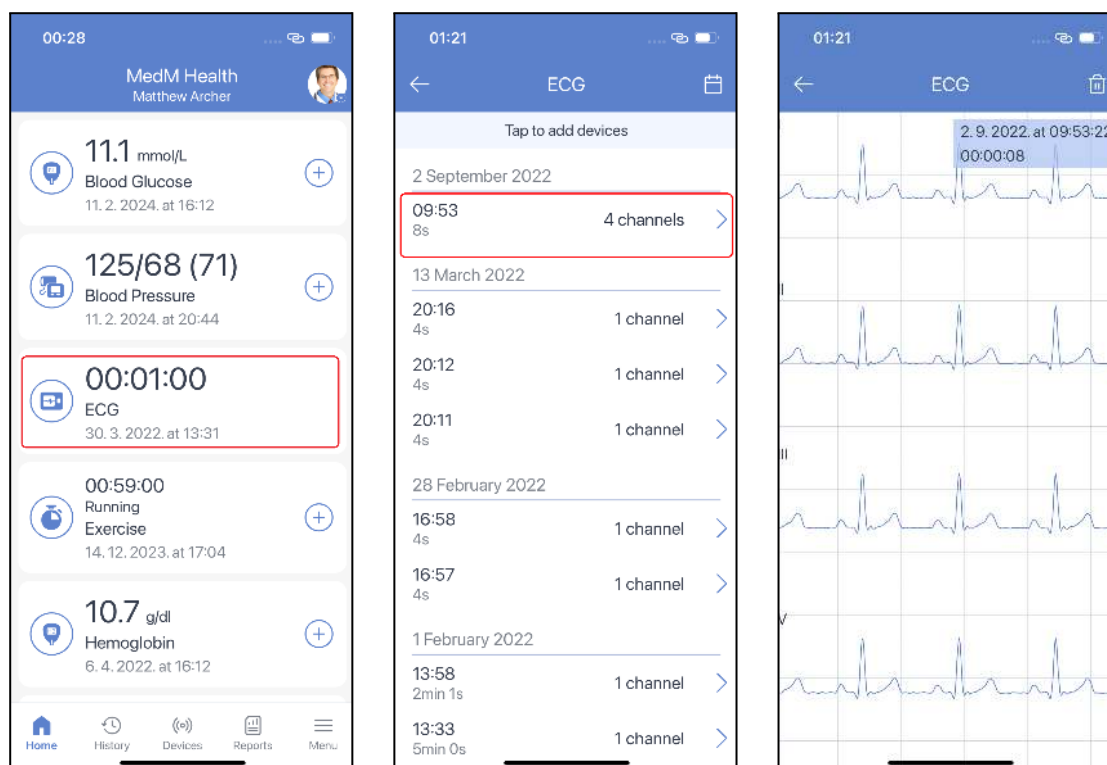
Go to **Carbohydrates** and tap the **graph** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

Bread Units in Common Foods (Approximate)

- 1 Slice of Bread (approx. 30g-40g): Generally 1 to 1.5 BU (12-18g carbs).
- 1 Medium Potato (approx. 60g-70g): 1 BU.
- 1 Cup Cooked Rice/Pasta (approx. 150g): 3 to 4 BU.
- 1 Apple (medium): 1 BU.

[ECG](#)

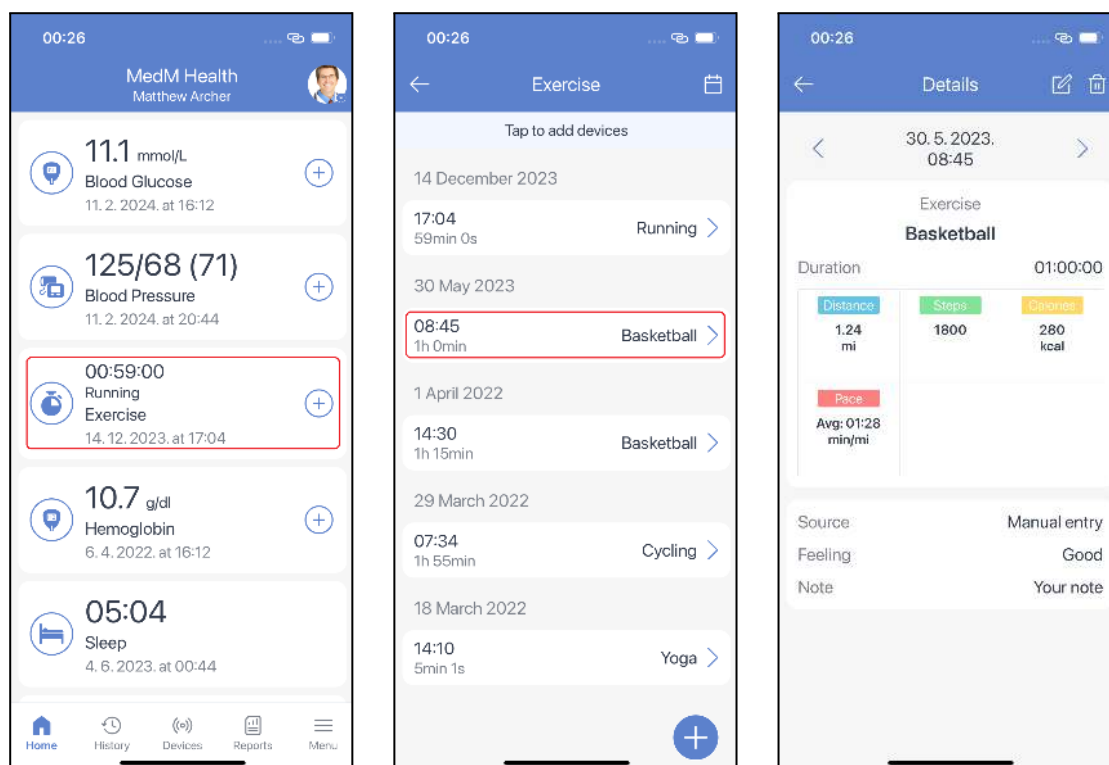
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **ECG** section to open ECG history. Every ECG measurement is a cardiogram. Select a measurement and tap any place on it to see details. Date, time, and duration are displayed in the top-right corner of the screen. You can scroll cardiograms by swiping right and left:



ECG_data can only be collected from compatible [ECG meters](#). Premium users can also import ECG data from [Apple Health](#) and [Health Connect](#).

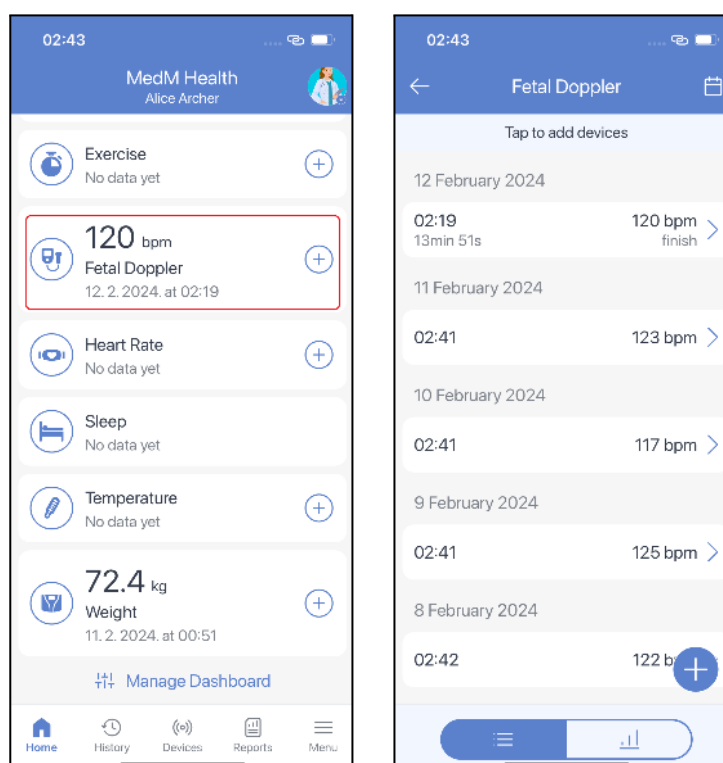
[Exercise](#)

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Exercise** section to open history. Exercise data may have the following parameters: exercise type, duration, start time, pulse, distance, steps, active calories, laps, pace, feeling, note, source ([manual entry](#), [compatible exercise tracker](#) or [external app](#)):

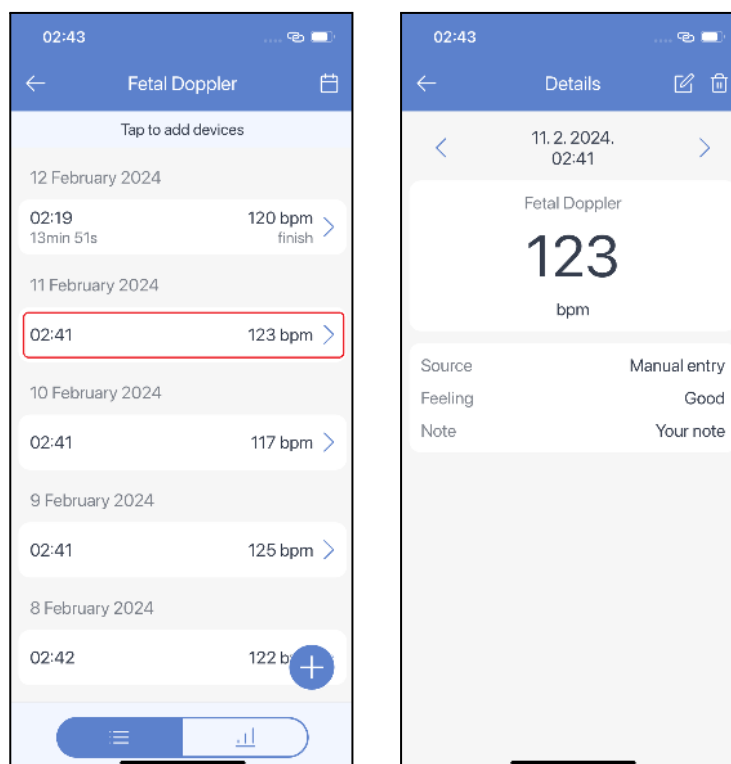


Fetal Doppler

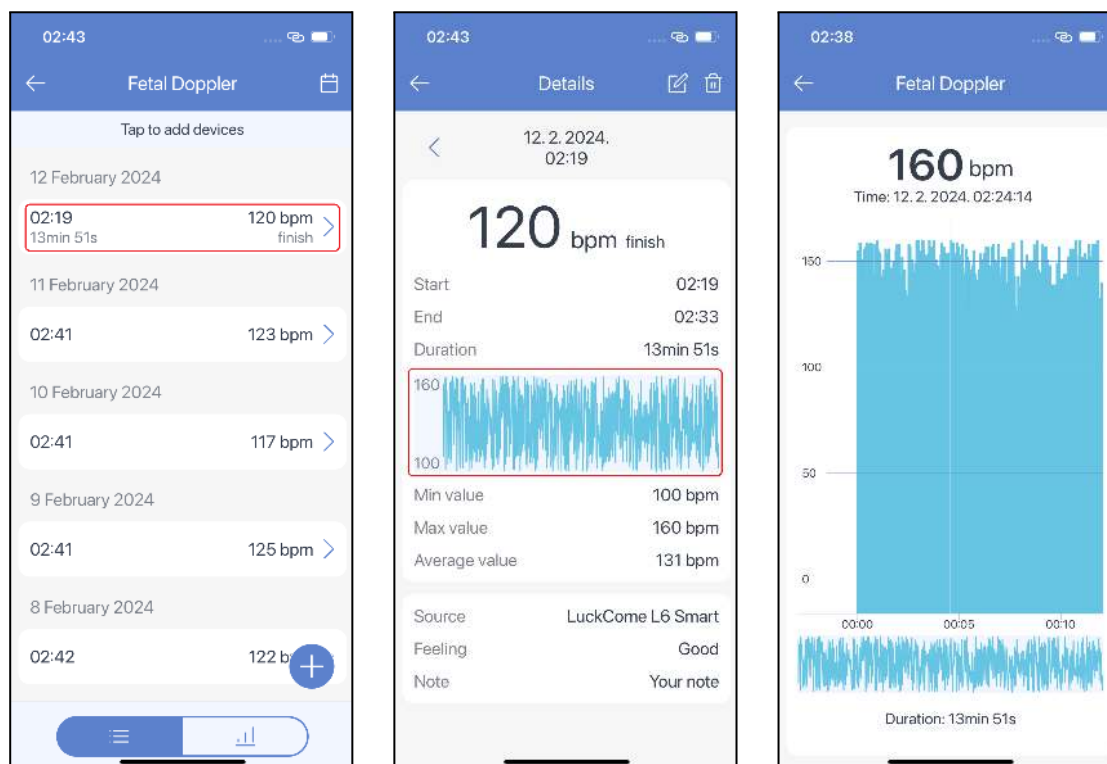
To enable this data type, [configure](#) your **Home** Screen. The Fetal Doppler measurement type is only present in health records with non-male gender. From the **Home** screen tap the **Fetal Doppler** section to open fetal doppler history:



Tap any line in the list of measurements to see details. For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source ([manual entry](#)):

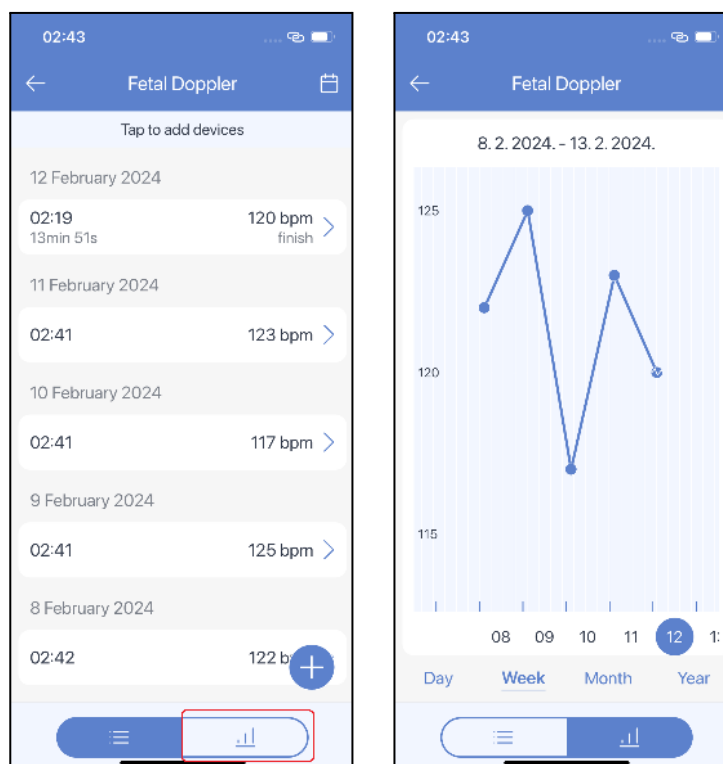


For stream measurements you will see the following parameters: date and time, finish value, heart rate graph (you can tap the graph to enter the interactive observing mode), maximum, average and minimum values, duration, feeling tag, note, source ([manual entry](#) or [compatible fetal doppler](#)):

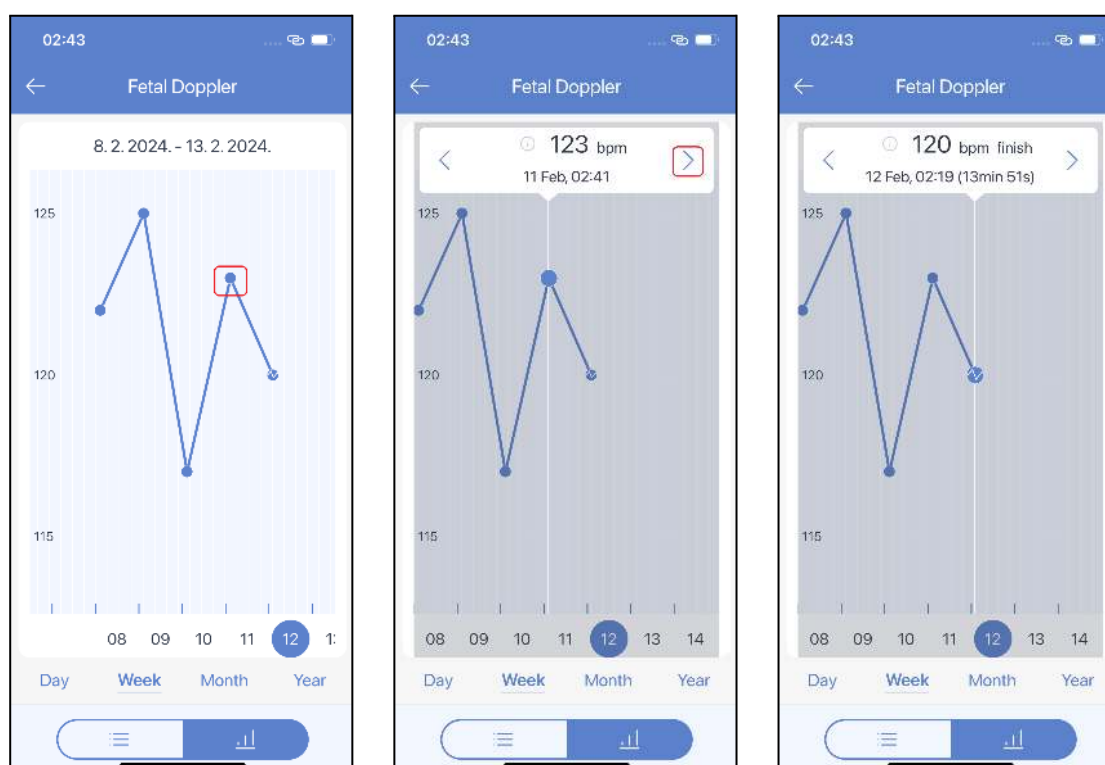


To open the overall fetal doppler chart, go to **Fetal Doppler** history and tap the chart icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream

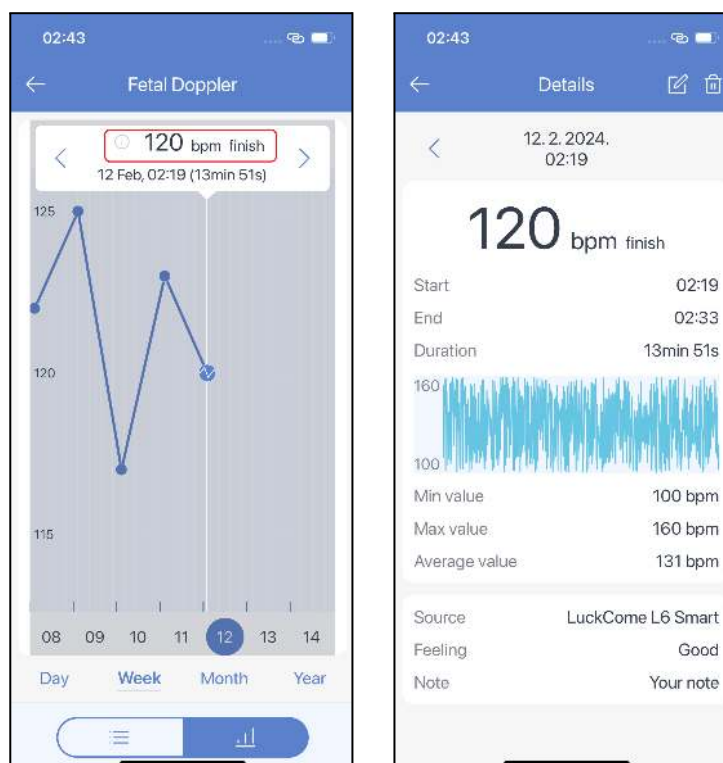
measurement represents the **finish** value of the measurement and is marked with a **stream** sign. You can change the time period selected by tapping **Day**, **Week**, and **Month**, **Year** under the chart:



By tapping on any point of the chart, call up a bubble with the value and date of a measurement. Scroll through measurements using arrows on the left and right side of the bubble:

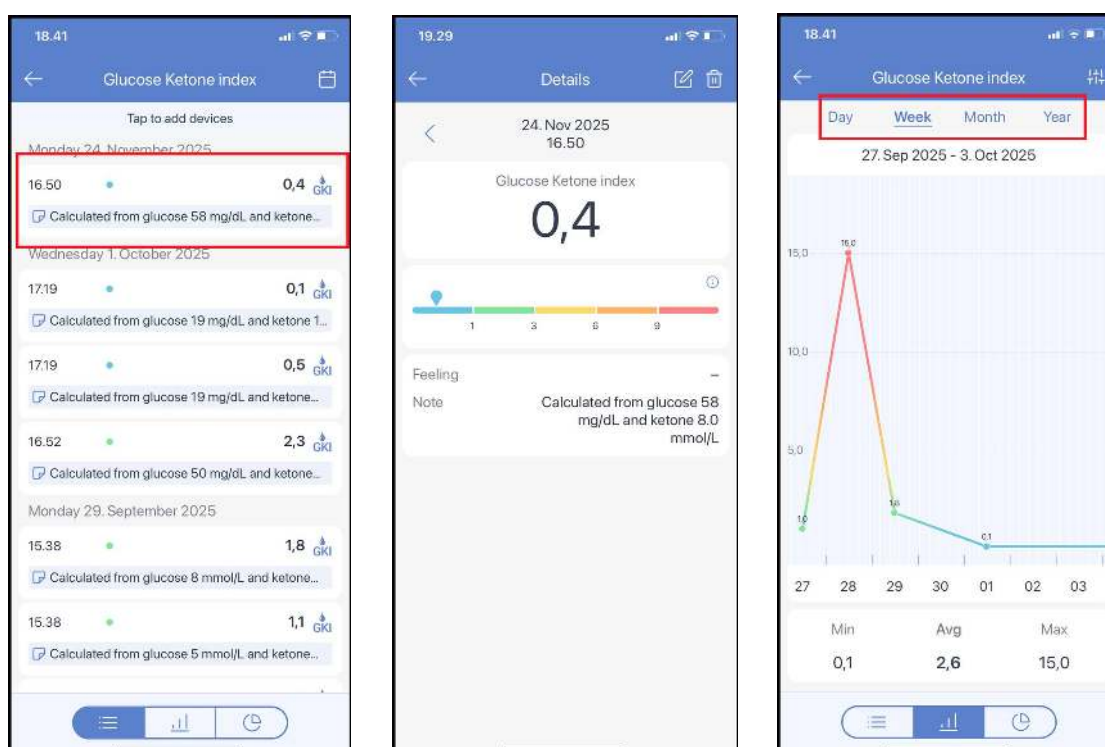


Tap the value in the bubble to open measurement details:



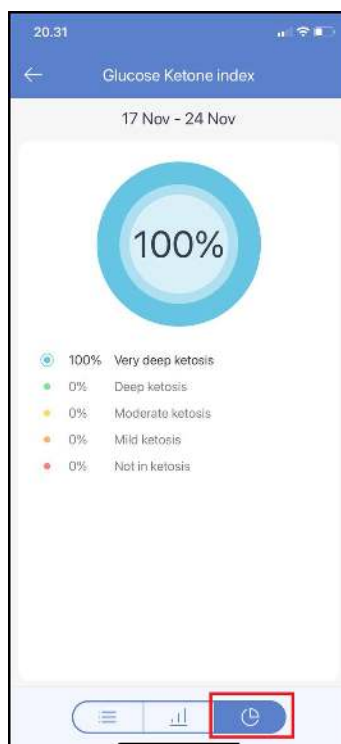
Glucose Ketone Index

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Glucose Ketone Index** section to open the Glucose Ketone Index history. Tap any line in the list of readings to view details. Common parameters are: Glucose Ketone index value, date and time, feeling tag, note, data source ([manual entry](#) or compatible Glucose Ketone index meters):



Go to **Glucose Ketone Index** history and tap the **graph** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll

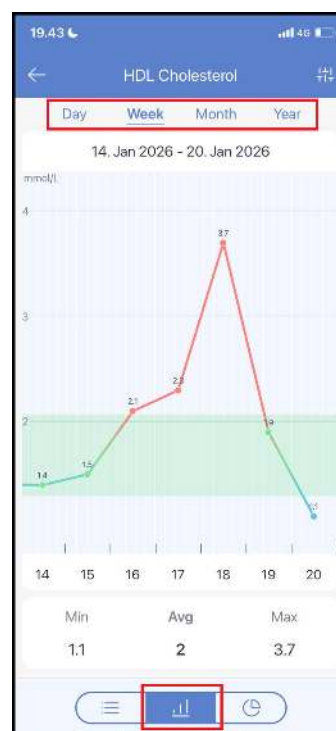
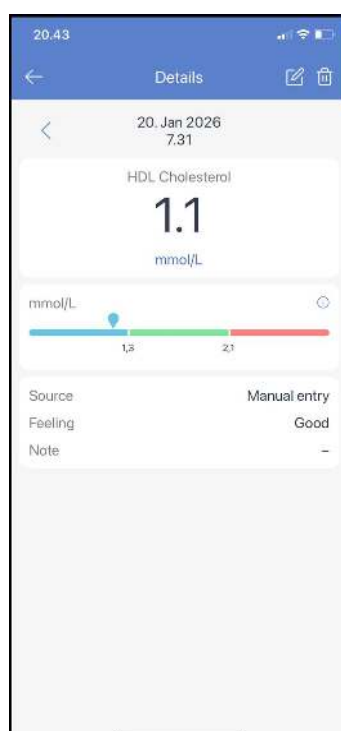
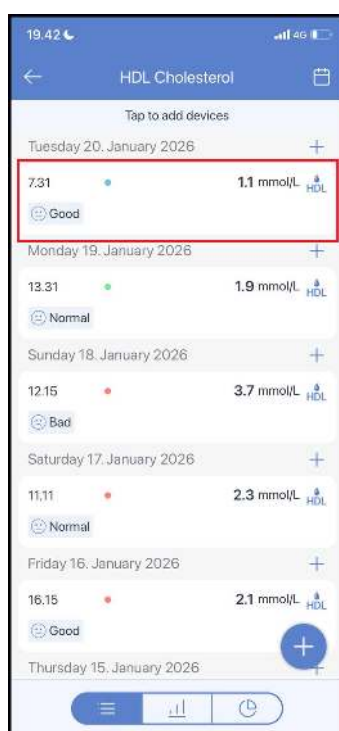
through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart.



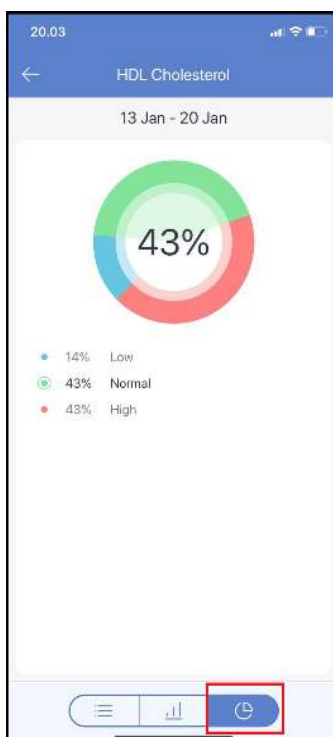
HDL Cholesterol

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **HDL Cholesterol** section to open the HDL Cholesterol history.

Tap any line in the list of readings to view details. Common parameters are: HDL cholesterol value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible cholesterol meters](#)):



Go to **HDL Cholesterol** history and tap the graph icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping Day, Week, Month under the chart.



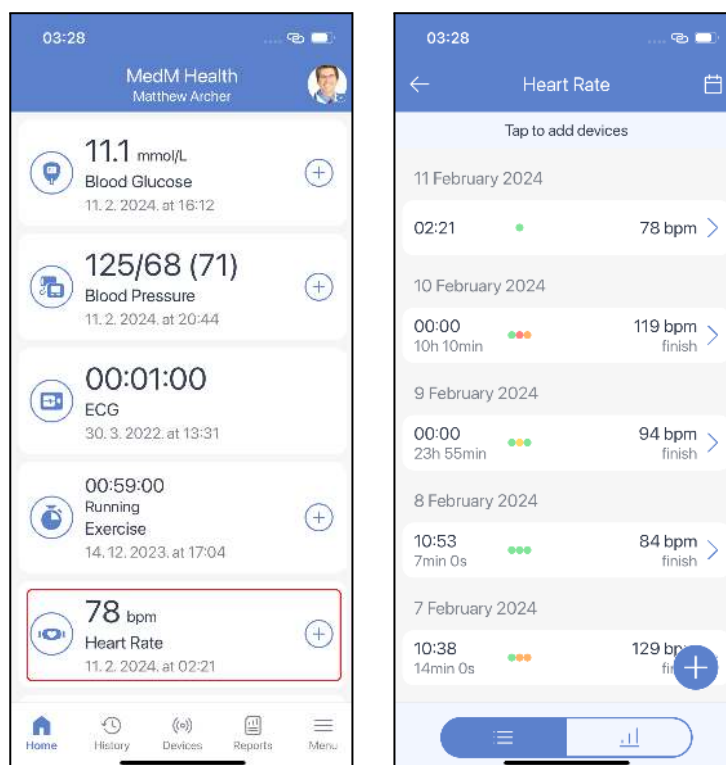
Heart Rate

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Heart Rate** section to open history. Spot measurements are marked with a single dot, stream measurements - with three dots which from left to right represent the starting value, the maximum value and the finish value. Dot colors represent the heart rate range.

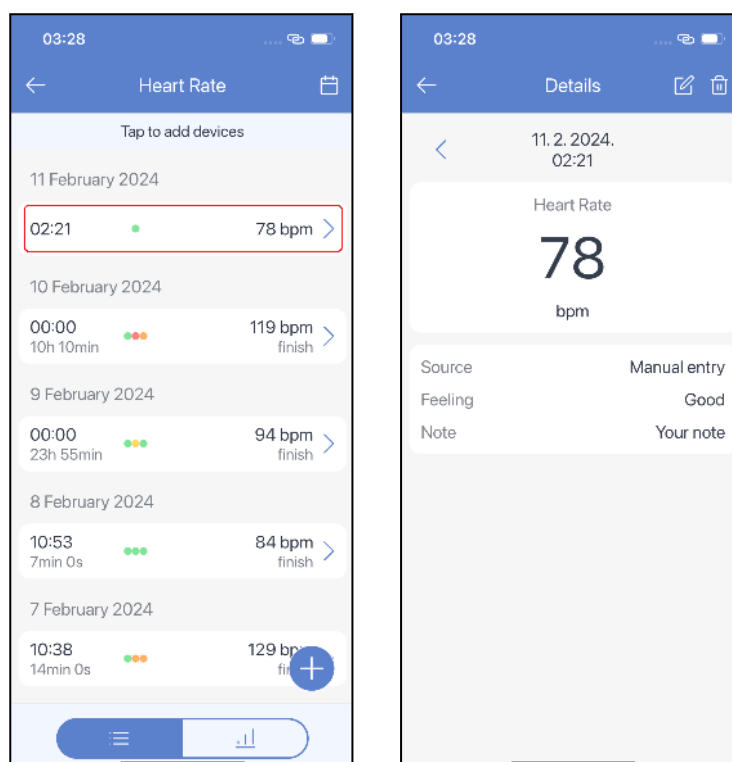
Since the heart rate data is mostly added from heart rate fitness stream monitors, the app recognizes 5 heart rate ranges according to the Max heart rate value which is calculated by the formula:

$$\text{Max heart rate} = 207 - (0.7 \times \text{Age})$$

- green (Recovery): 60% of max heart rate or less
- yellow (Manageable): 60-70% of max heart rate
- orange (Challenging but doable): 70-80% of max heart rate
- red (Feelin' the burn): 80-90% of max heart rate
- crimson (All-out effort): 90-100% of max heart rate

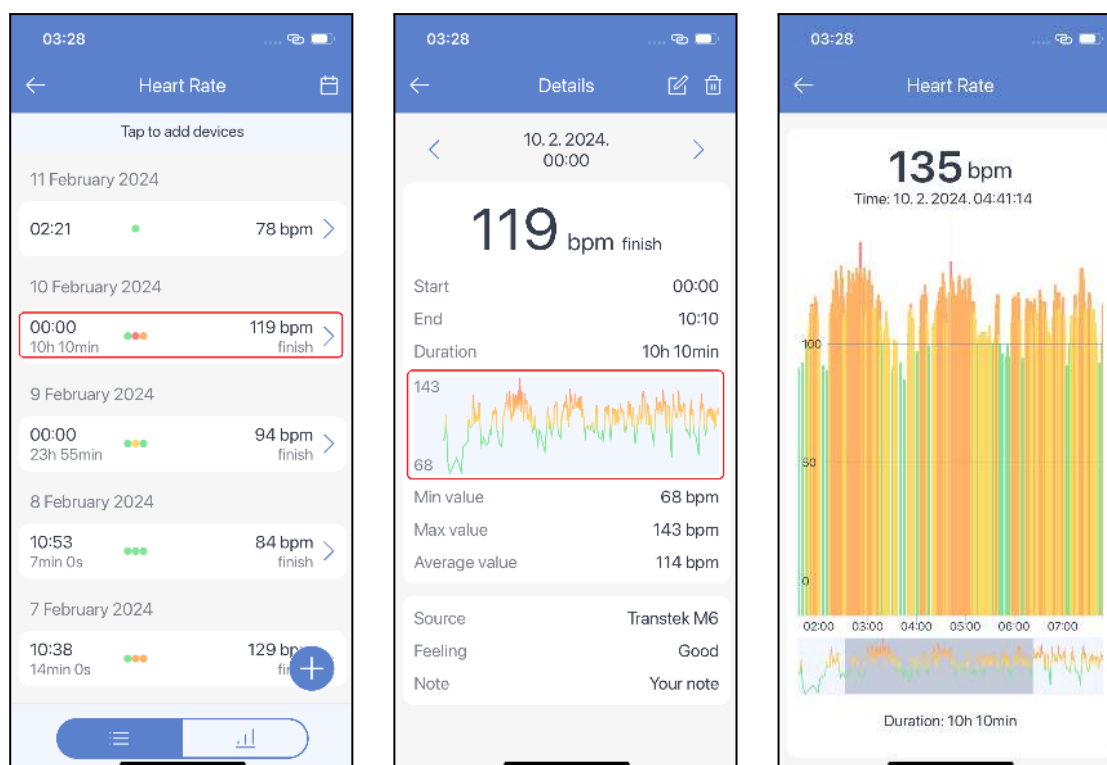


For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source ([manual entry](#), [compatible heart rate monitor](#) or [external app](#)):



For stream measurements you will see the following parameters: date and time, finish measurement value, heart rate graph (you can tap the graph to enter the interactive observing mode), average value, minimal

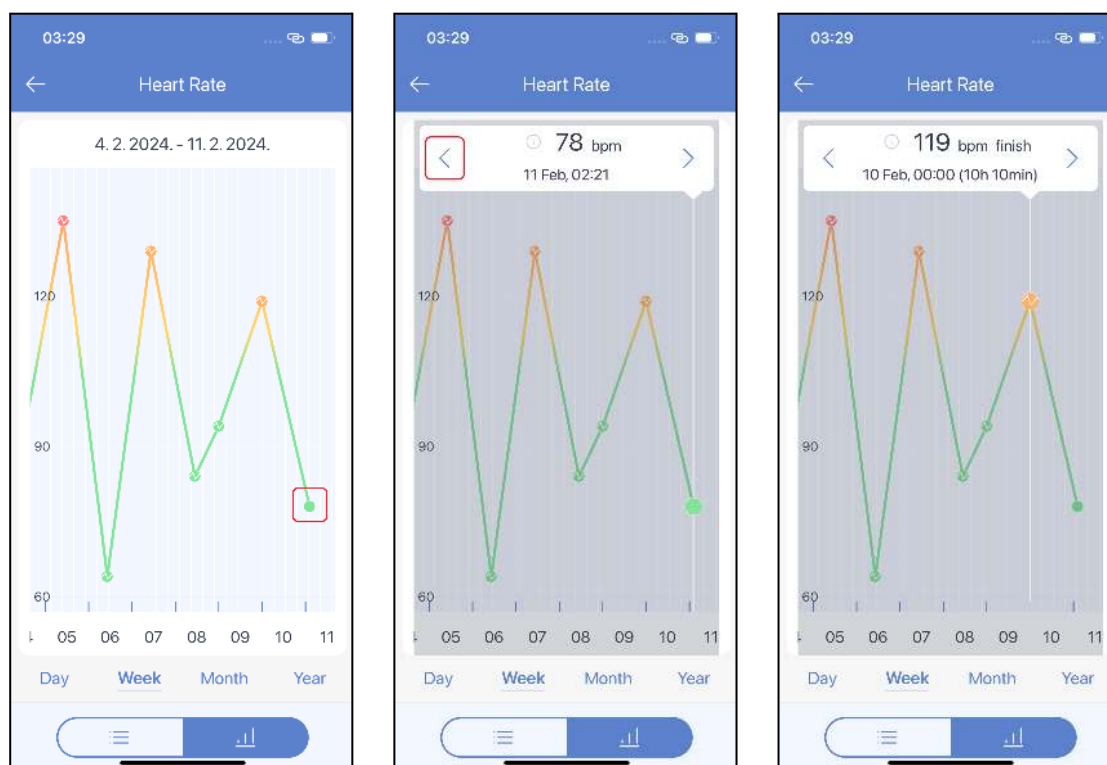
value, maximal value, duration, feeling tag, note, source (manual entry, [compatible heart rate monitor](#) or [external app](#)):



To open the overall heart rate chart, go to **Heart Rate** history and tap the graph icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream measurement represents the finish value of the measurement and is marked with a **stream** sign. You can change the time period selected by tapping **Day**, **Week**, **Month** and **Year** under the chart:



On tapping any point on the chart a bubble will appear with the value and the date of any measurement. Scroll through measurements using arrows on the left and right of the bubble. Stream values are marked with the graph sign inside the circle. For such records duration is also displayed with the final reading value marked as **finish**:



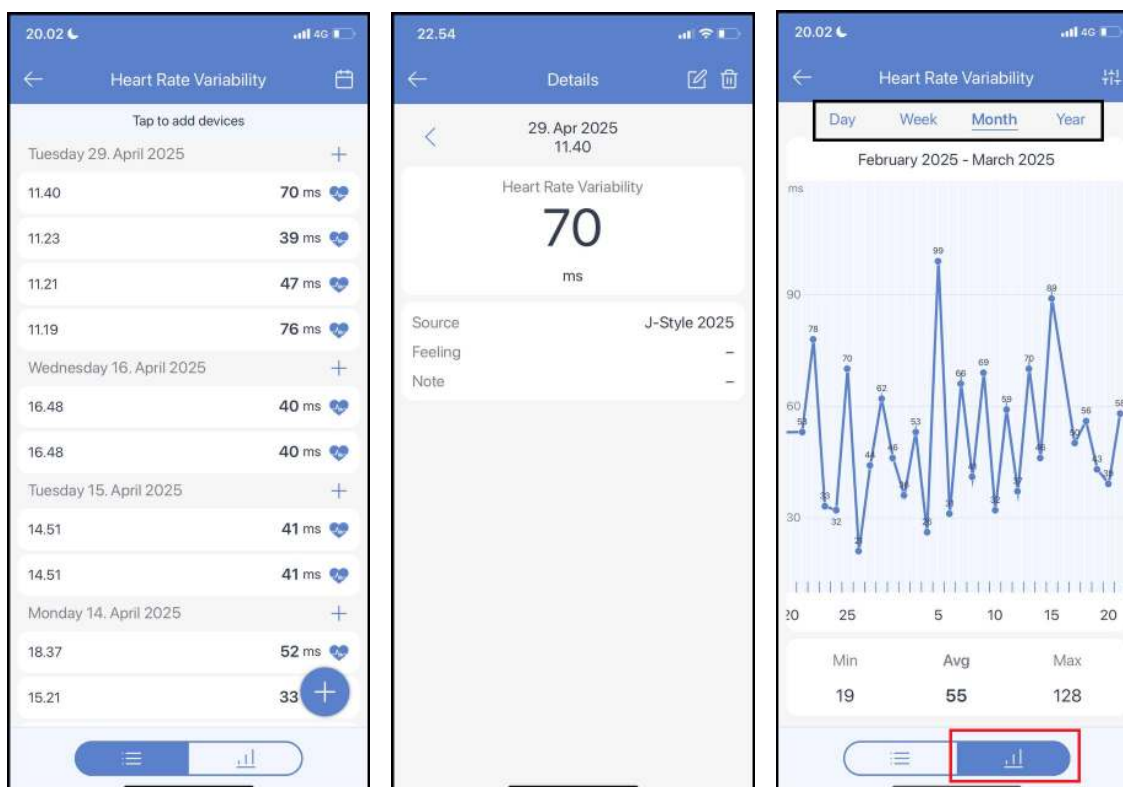
Tap the value in the bubble to open measurement details:



Heart Rate Variability

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Heart Rate Variability** section to open the Heart Rate Variability history.

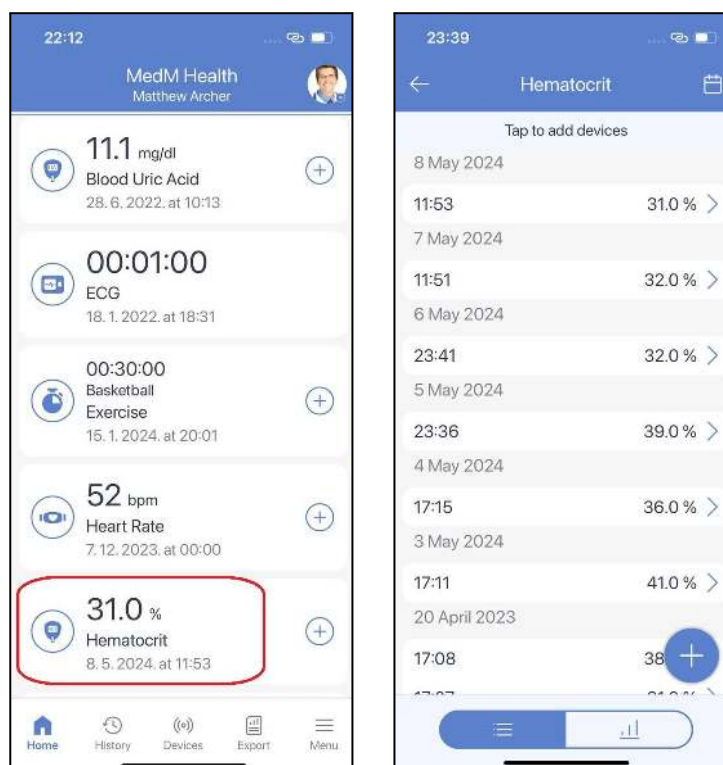
Tap any line in the list of readings to view details. Common parameters are: heart rate variability value, date and time, feeling tag, note, data source ([manual entry](#), Data Synchronization or compatible heart rate variability meters):



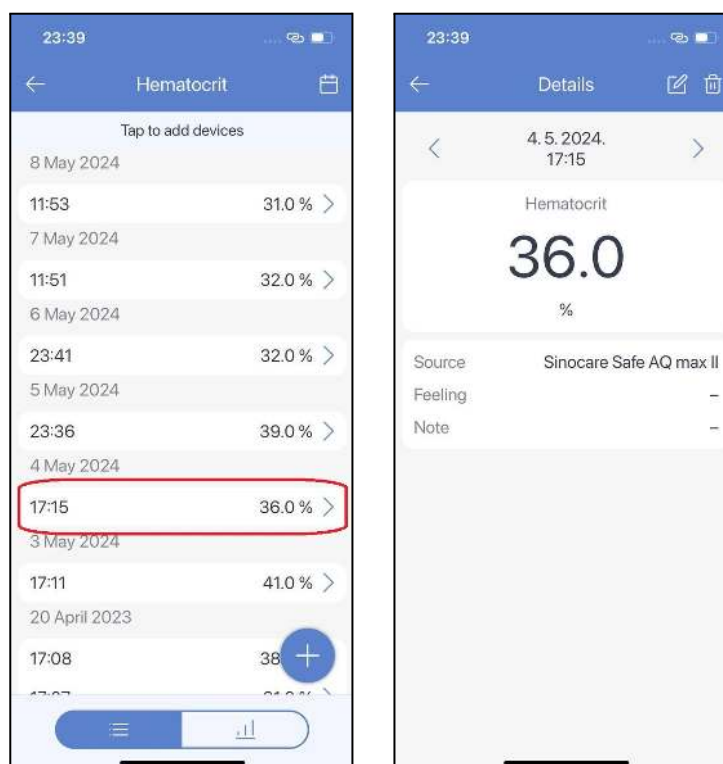
Go to **Heart Rate Variability** history and tap the graph icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call up the chart bubble, see details, and to skim through measurements. Change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

Hematocrit

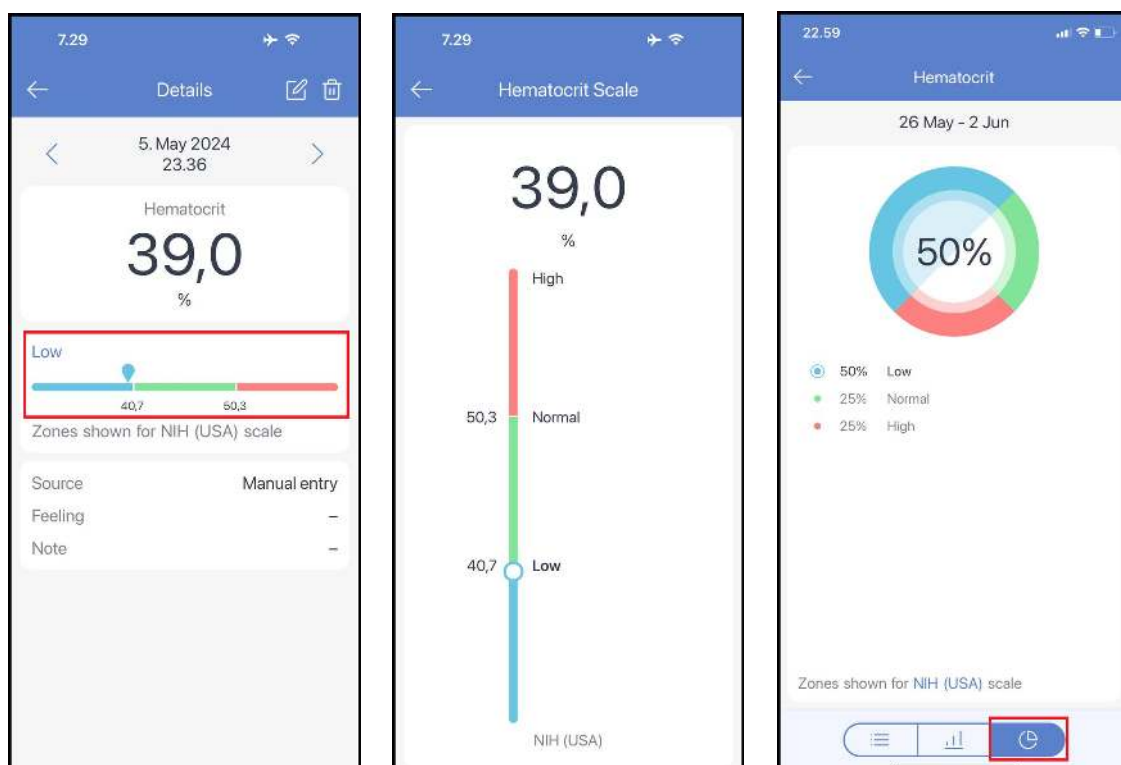
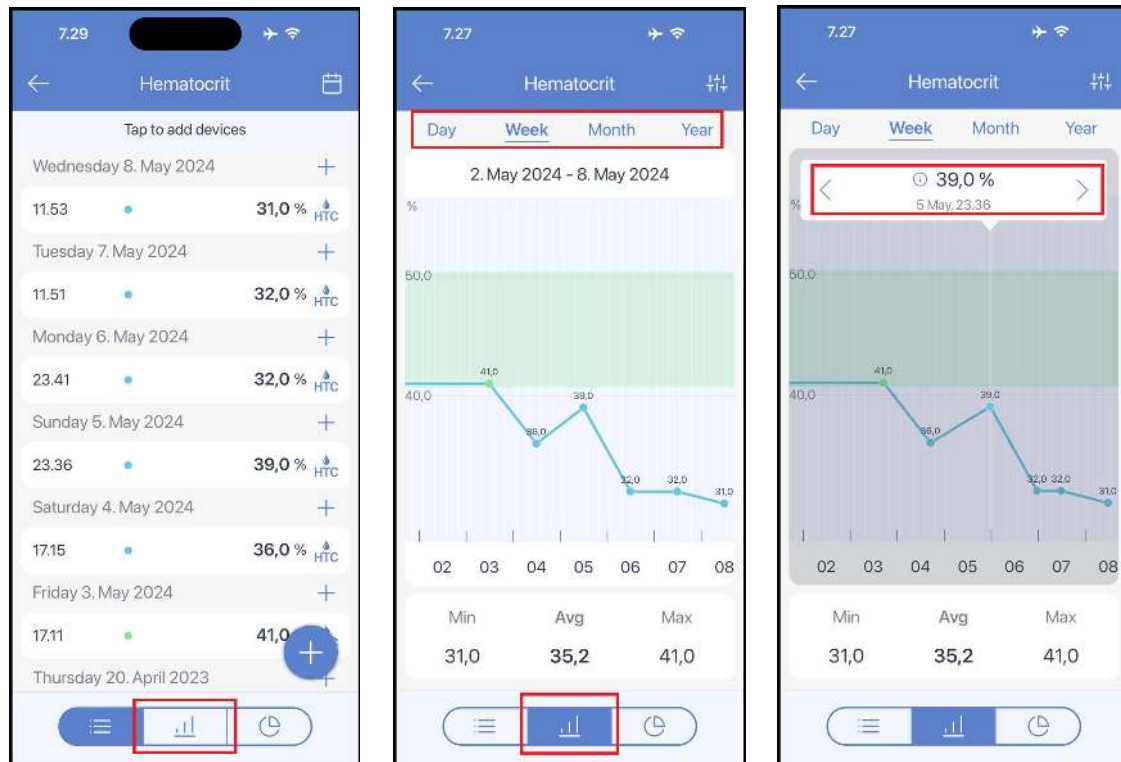
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Hematocrit** section to open the hematocrit history:



Tap any line in the list of readings to view details. Common parameters are: hematocrit value, date and time, feeling tag, note, data source ([manual entry](#) or compatible hematocrit meters):

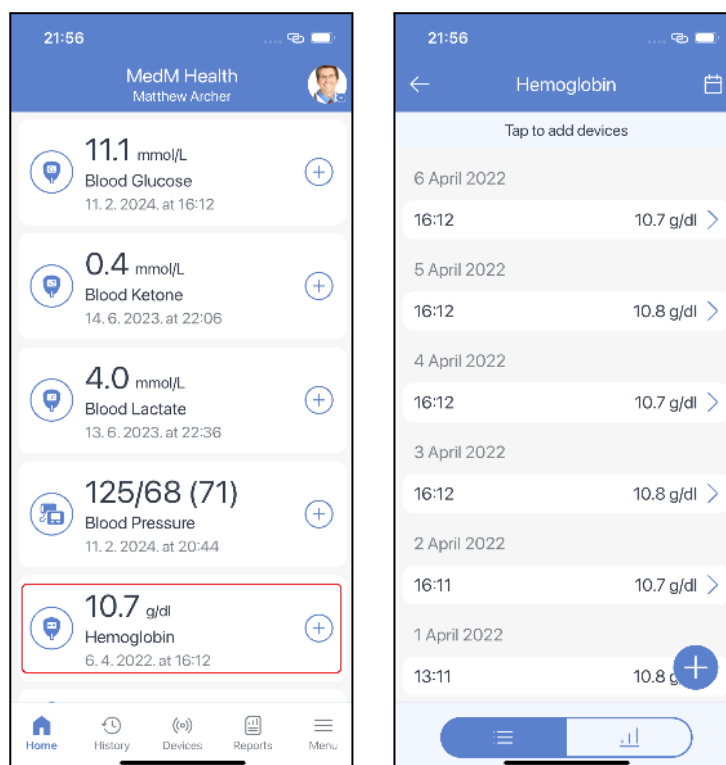


Go to **Hematocrit** history and tap the **graph** icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart. Go to **Hematocrit** history and tap the wheel diagram icon at the bottom of the screen to open the chart.

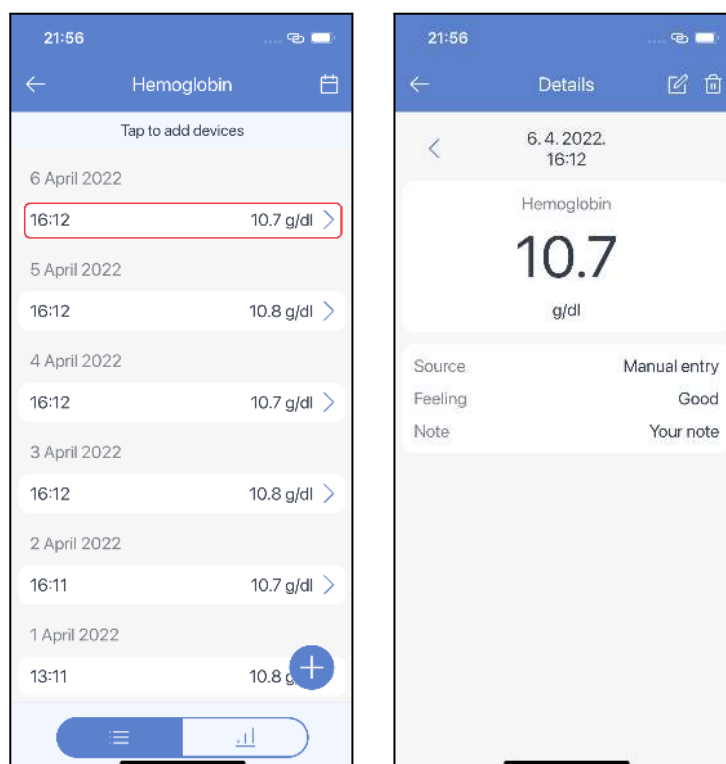


Hemoglobin

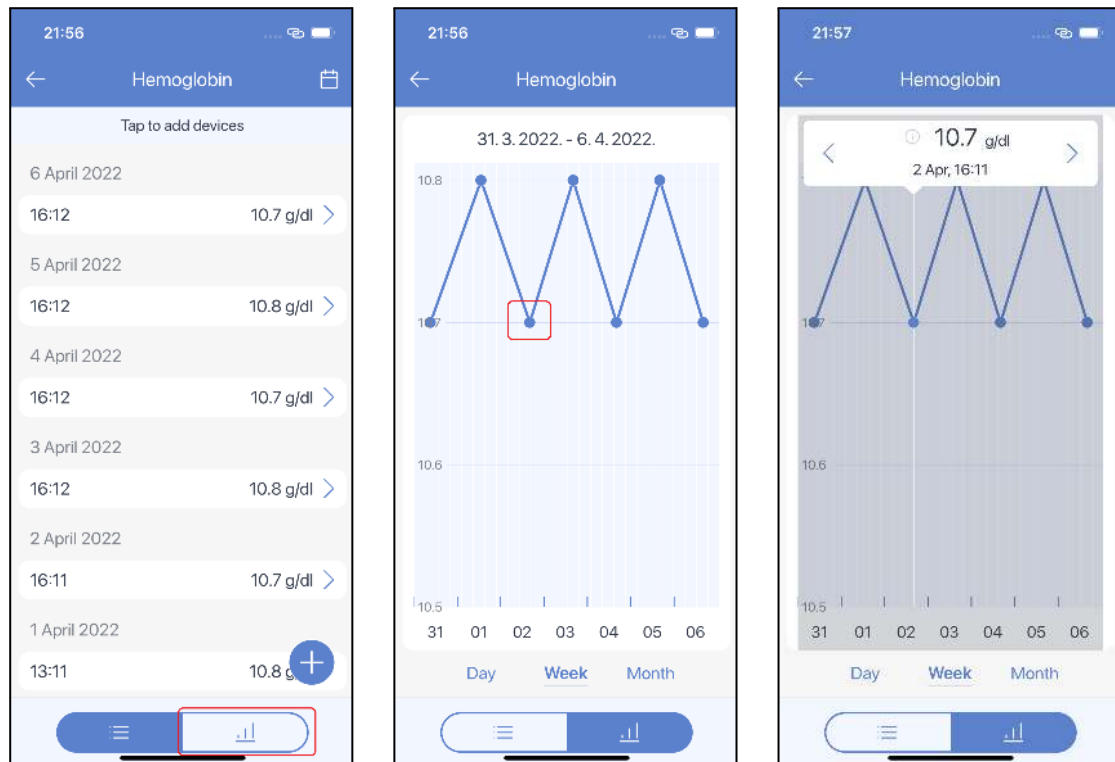
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Blood Hemoglobin** section to open the blood hemoglobin history:



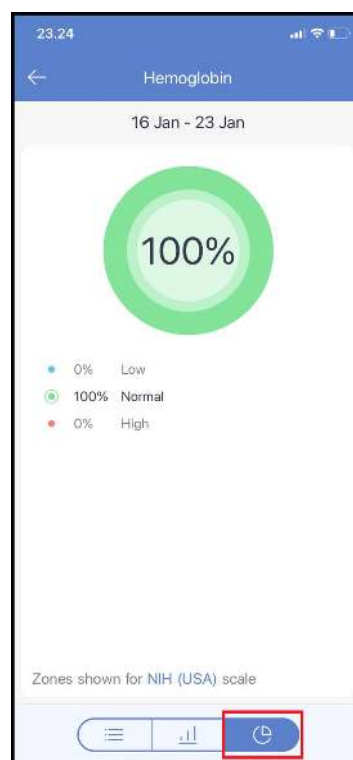
Tap any line in the list of readings to view details. Common parameters are: blood hemoglobin value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible hemoglobin meter](#)):



Go to **Blood Hemoglobin** history and tap the **graph** icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



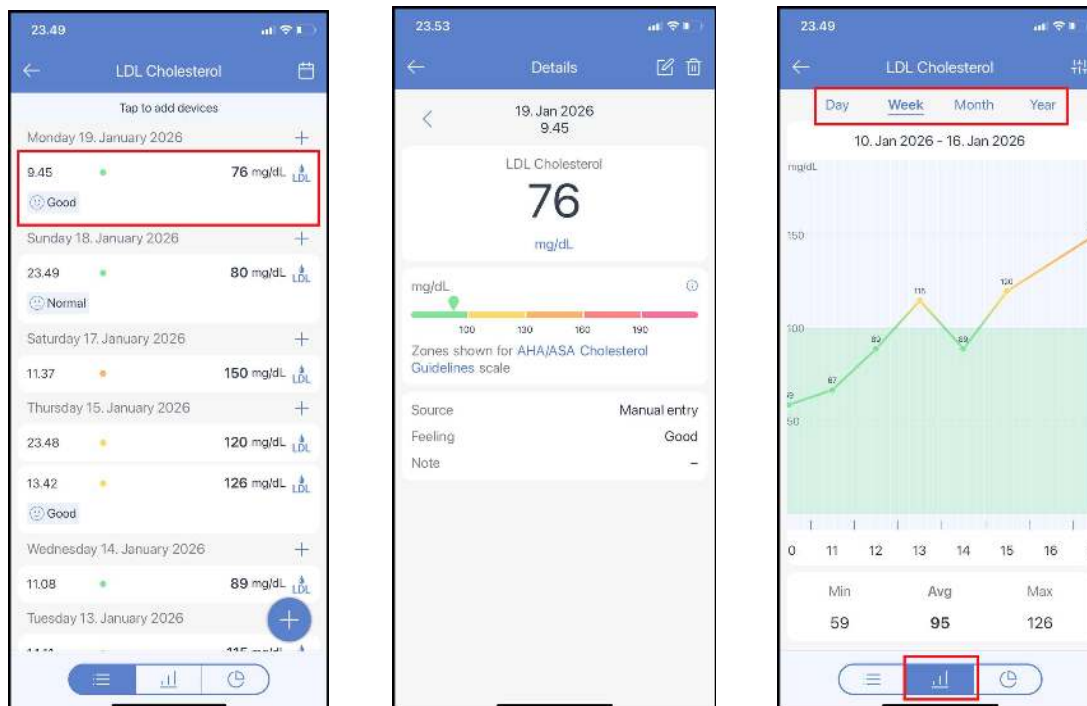
Go to **Blood Hemoglobin** history and tap the wheel diagram icon at the bottom of the screen to open the chart.



LDL Cholesterol

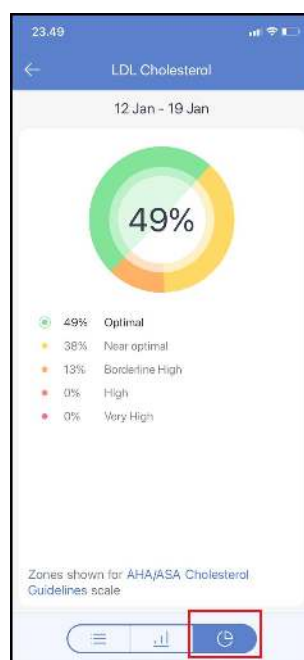
To enable this data type, configure your Home Screen. From the Home screen tap the **LDL Cholesterol** section to open the LDL cholesterol history.

Tap any line in the list of readings to view details. Common parameters are: LDL Cholesterol value, date and time, feeling tag, note, data source (manual entry):



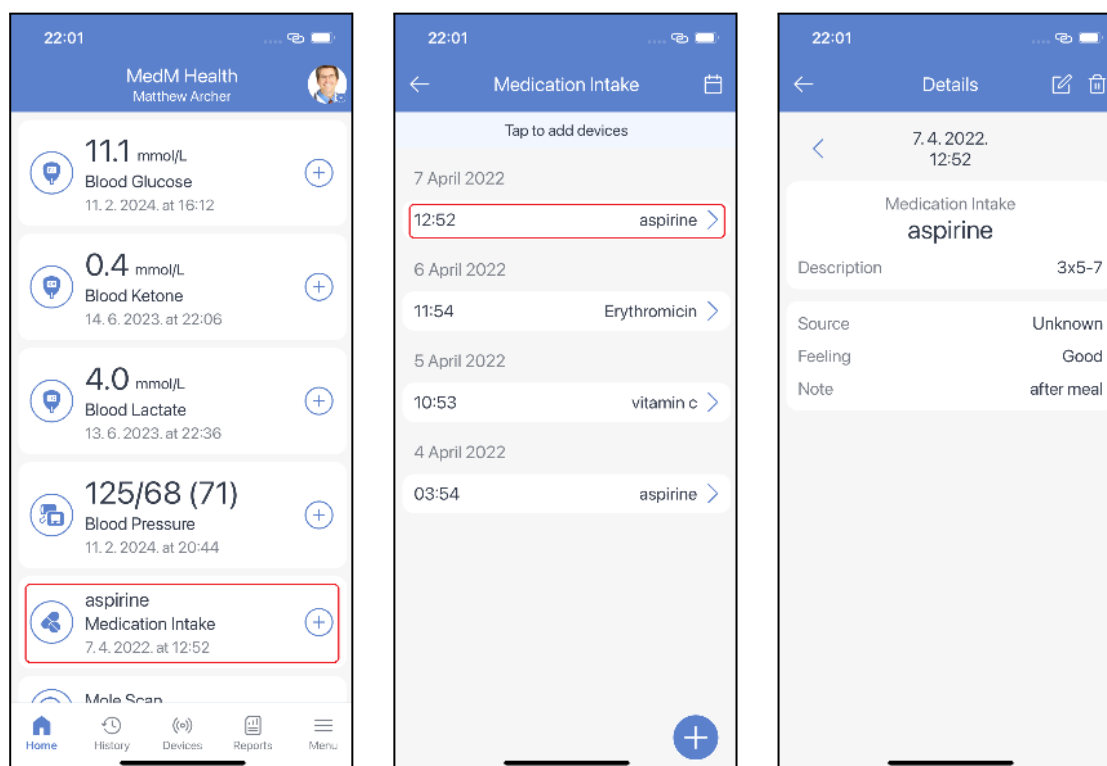
Go to **LDL Cholesterol** history and tap the graph icon at the bottom of the screen. The graph shows every measurement as a single point. Tap on any point to call the chart bubble, view details, and to skim through measurements. Change the time period selected by tapping Day, Week, Month under the chart.

Go to **LDL Cholesterol** history and tap the wheel diagram icon at the bottom of the screen to open the chart:



Medication Intake

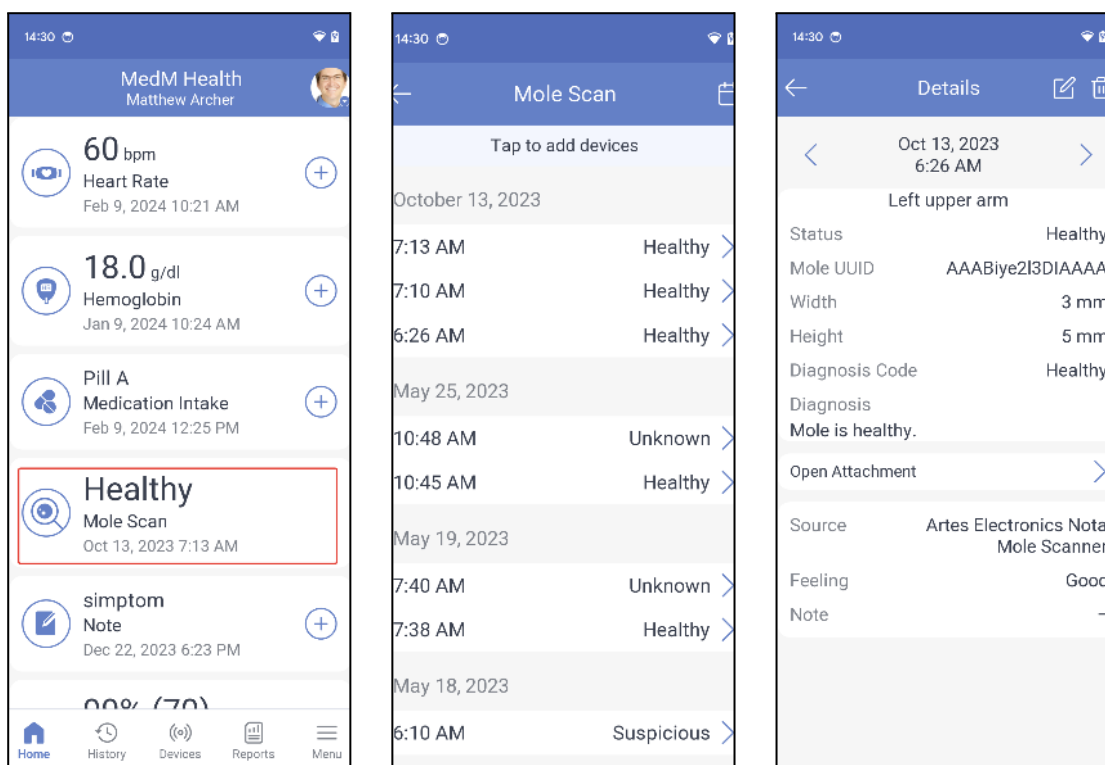
To enable this data type, [configure](#) your **Home** Screen. Medication intake data can be added either manually via the “+” icon on the app dashboard or automatically via a [medication reminder](#). From the **Home** screen tap the **Medication Intake** section to open history. Tap any line in the list of readings to see the details:



Data of this type can either be added via [manual entry](#) or collected from [compatible medication trackers](#).

[Mole Scan](#)

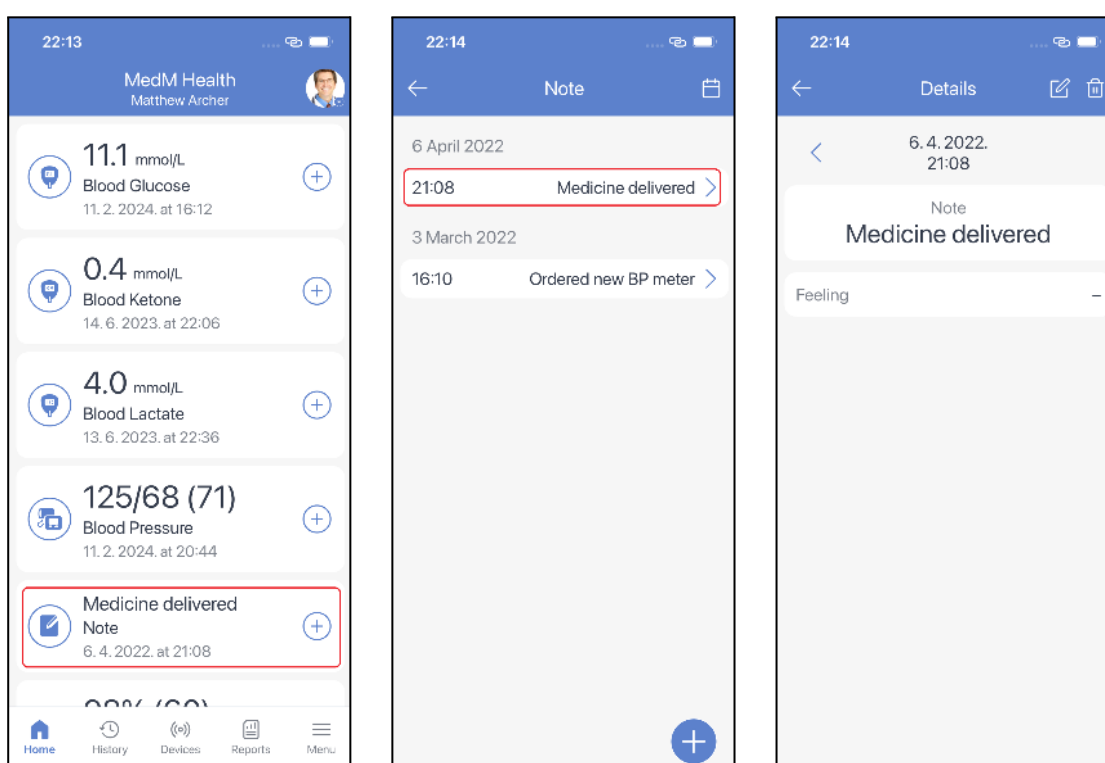
To enable this data type, [configure](#) your **Home** Screen. Data can be only added via the NOTA Mole Tracker app. Data collection needs to be enabled in the Data Sync section. From the **Home** screen tap the **Mole Scan** section to open history. Tap any line in the list of readings to see the details:



Data of this type can only be imported from [Artes Electronics](#) or from [compatible devices](#).

Note

You can manually create personal notes in the MedM Health diary. To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Note** section to open history:

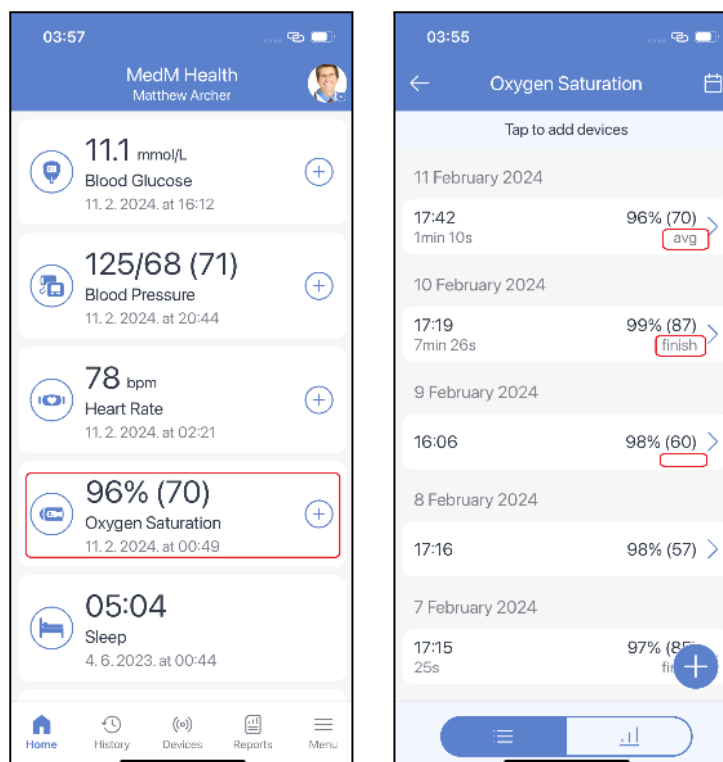


This data type can only be added via [manual entry](#).

Oxygen Saturation

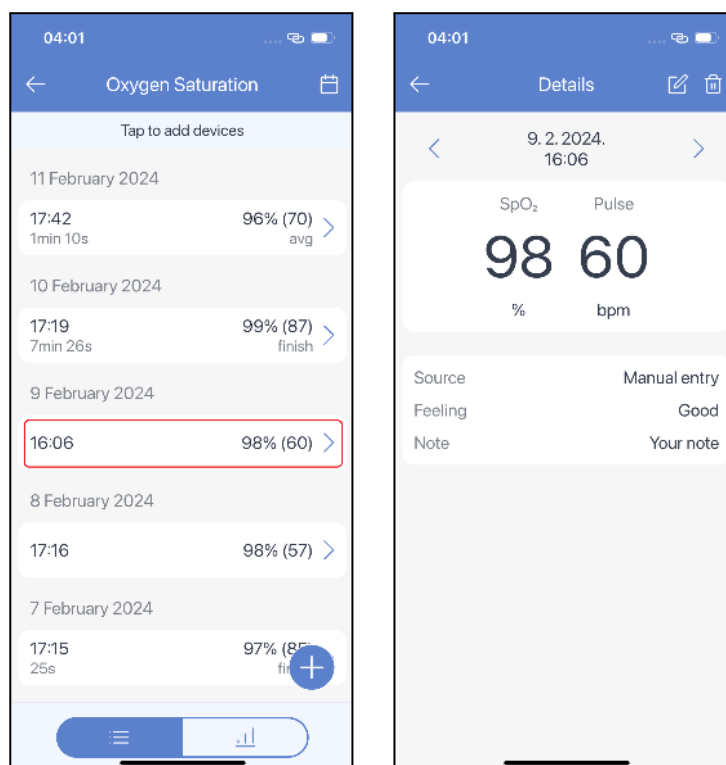
The oxygen saturation record stores **Oxygen Saturation** and possibly additional **Heart Rate** data, since all [compatible pulse oximeters](#) measure pulse with oximetry. To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Oxygen Saturation** section to open history.

Measurements which are uploaded from [statistical devices](#) are marked as **avg** since their average value is shown in history. Stream measurements which are uploaded from [stream devices](#) or [imported from external apps](#) are marked as **finish** since their finish value is shown in history. Spot measurements which are not marked as **avg** or **finish** are added via [manual entry](#), [imported from external apps](#) or uploaded from [spot devices](#):

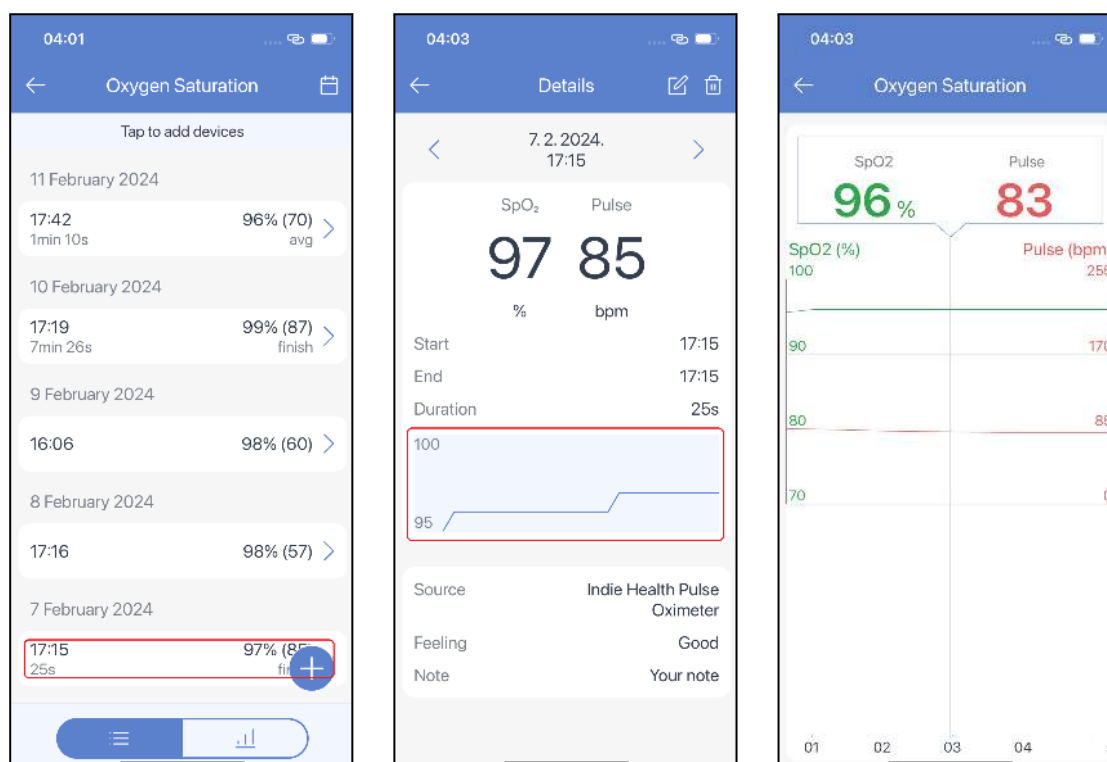


Tap any line on the list of readings to see details.

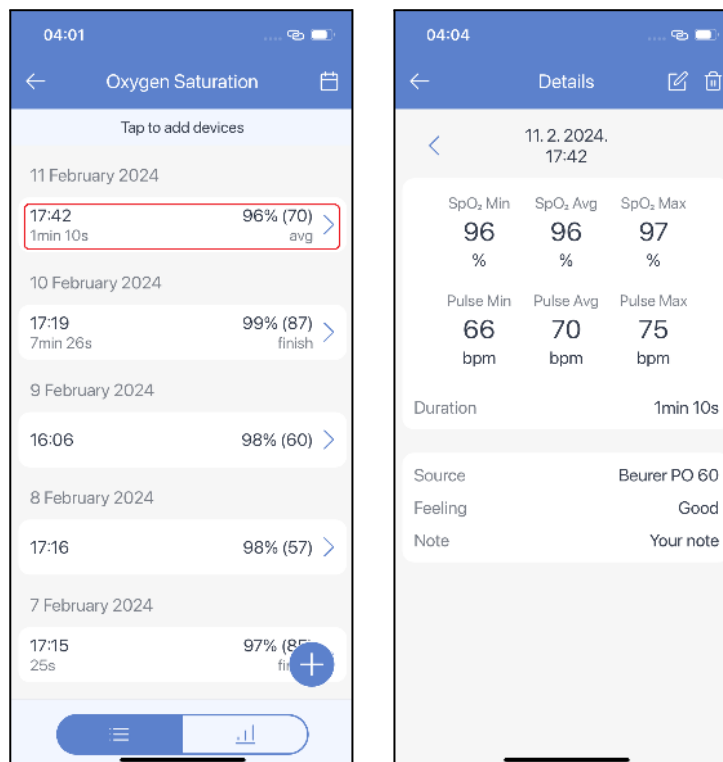
Common spot blood oxygen parameters are: blood oxygen value, heart rate value, PI value (if your sensor supports this parameter), date and time, feeling tag, note, source ([manual entry](#), [compatible pulse oximeter](#) or [external app](#)):



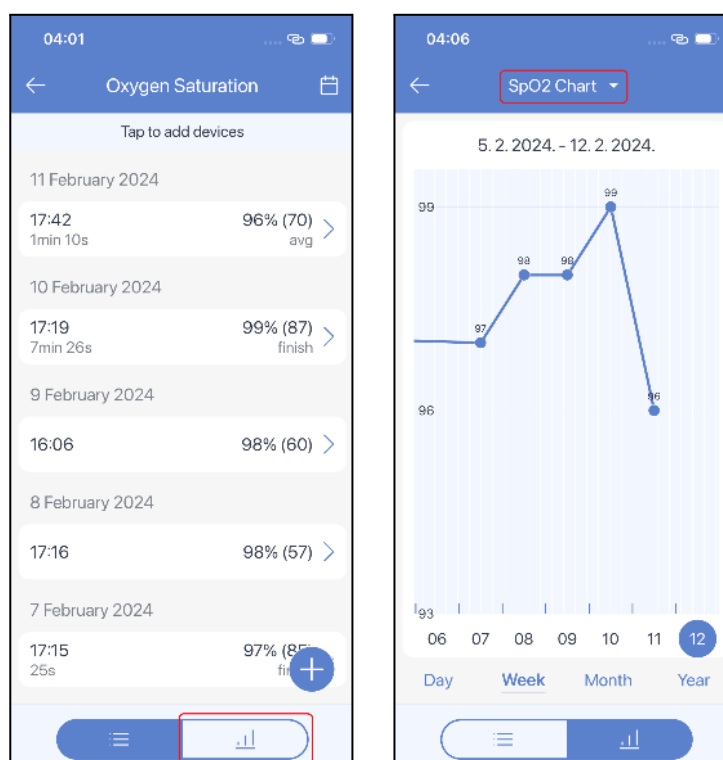
On the stream measurement details screen you will see start, end, and duration values, feeling tag, note and a graph in the interactive viewing mode. You can expand the graph and scroll it by swiping right or left:

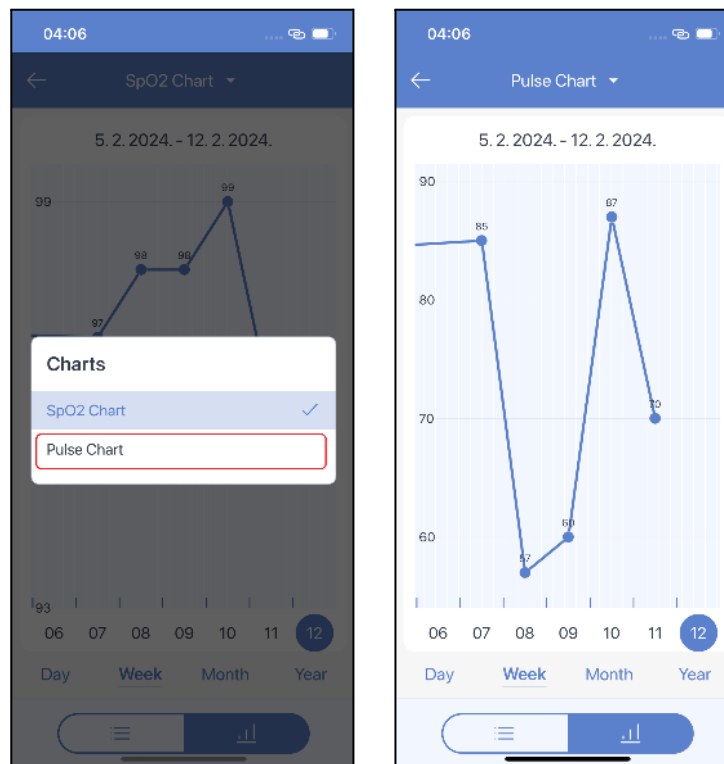


In the **statistical** measurement details view you will also see start, end, and duration, as well as maximum, average, and minimum values for heart rate and oxygen saturation:



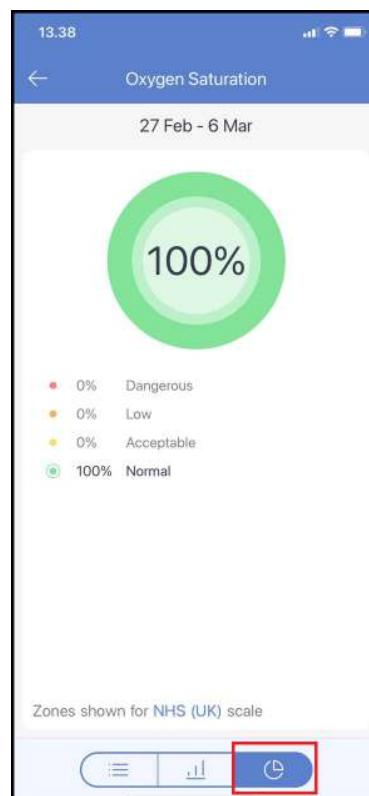
To see the overall graph, go to **Oxygen Saturation** history and tap the **graph** icon at the bottom of the screen. The graph is represented by points which are connected by lines. Each point represents the **last** measurement for the corresponding period of time (hour for the **Day** graph, day for the **Week** graph, week for the **Month** graph, and month for the **Year** graph). It is possible to apply **SpO2** and **Pulse** filters at the top of the chart screen:





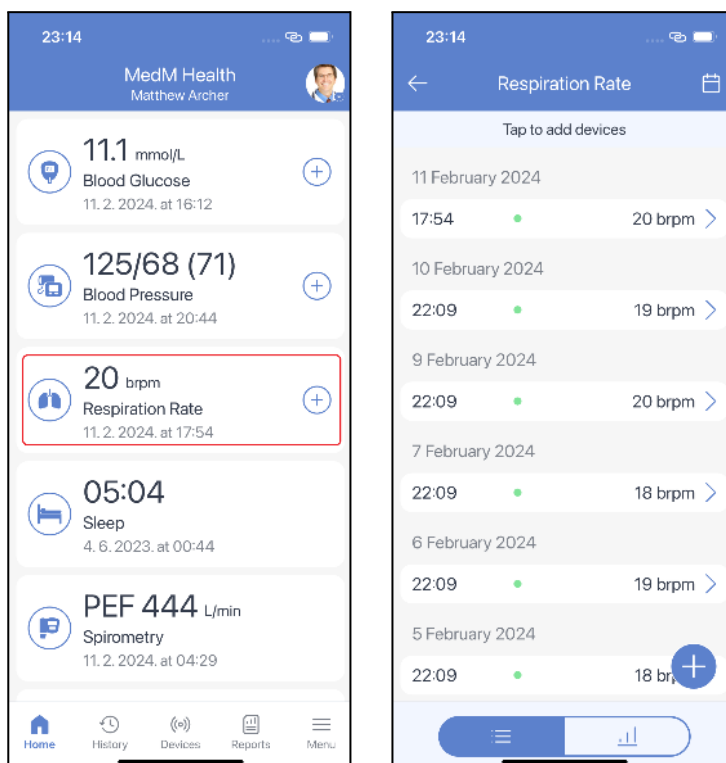
The chart displays dots with average values for statistical measurements, the finish value for stream measurements, and single values which correspond to spot measurements.

Go to **Oxygen Saturation** history and tap the wheel diagram icon at the bottom of the screen to open the chart:

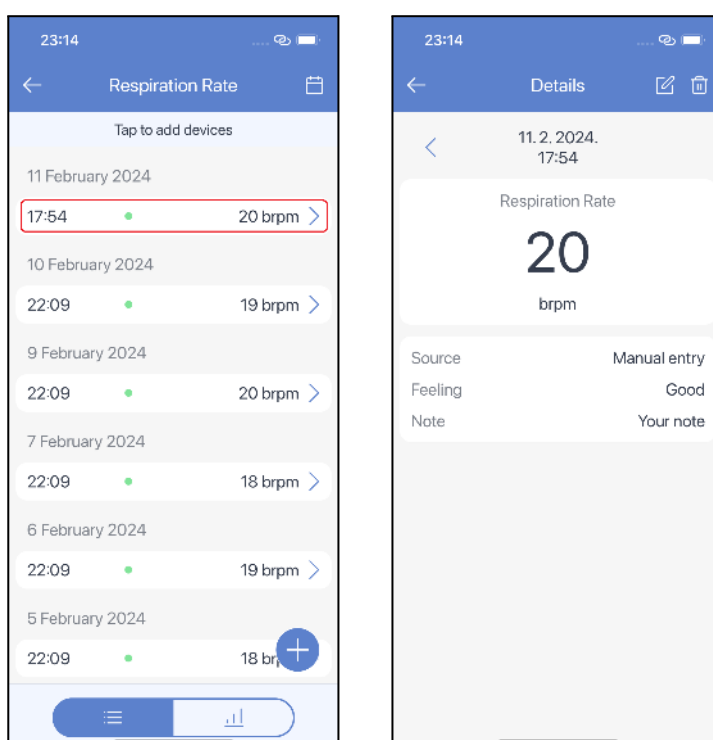


Respiration Rate

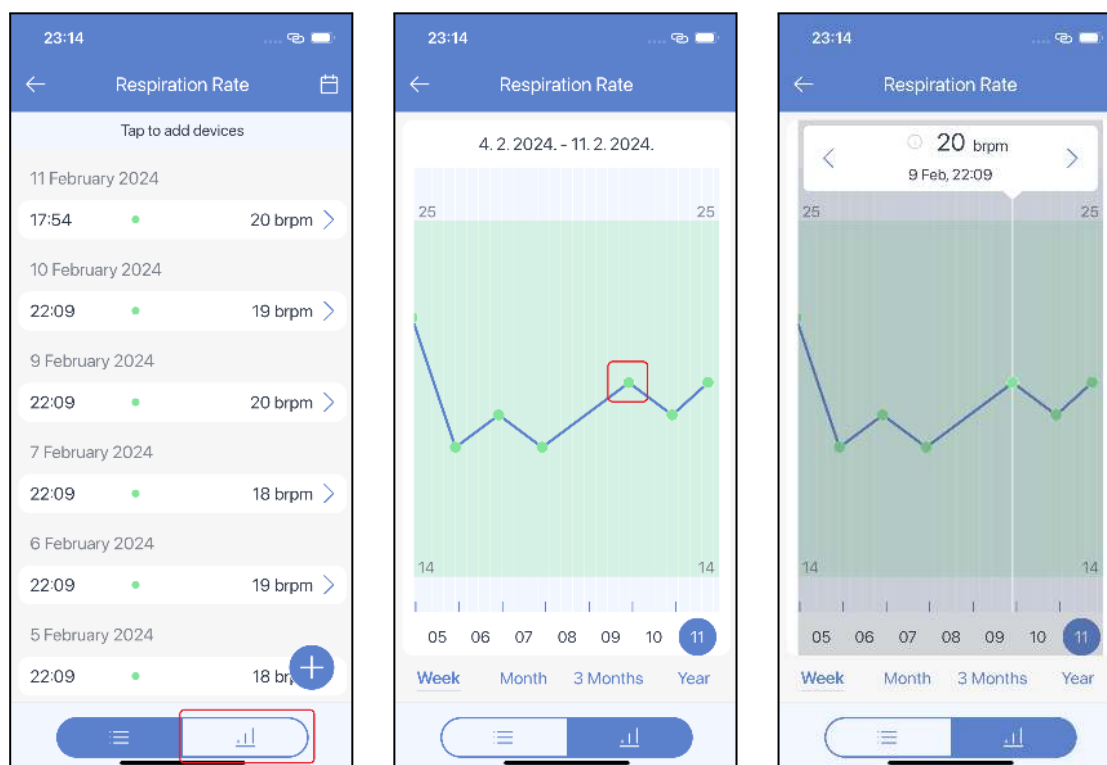
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Respiration Rate** section to open respiration rate history:



Common parameters are: respiration rate value, date and time, feeling tag, note, source ([manual entry](#), [compatible respiration rate meter](#) or [external app](#)):



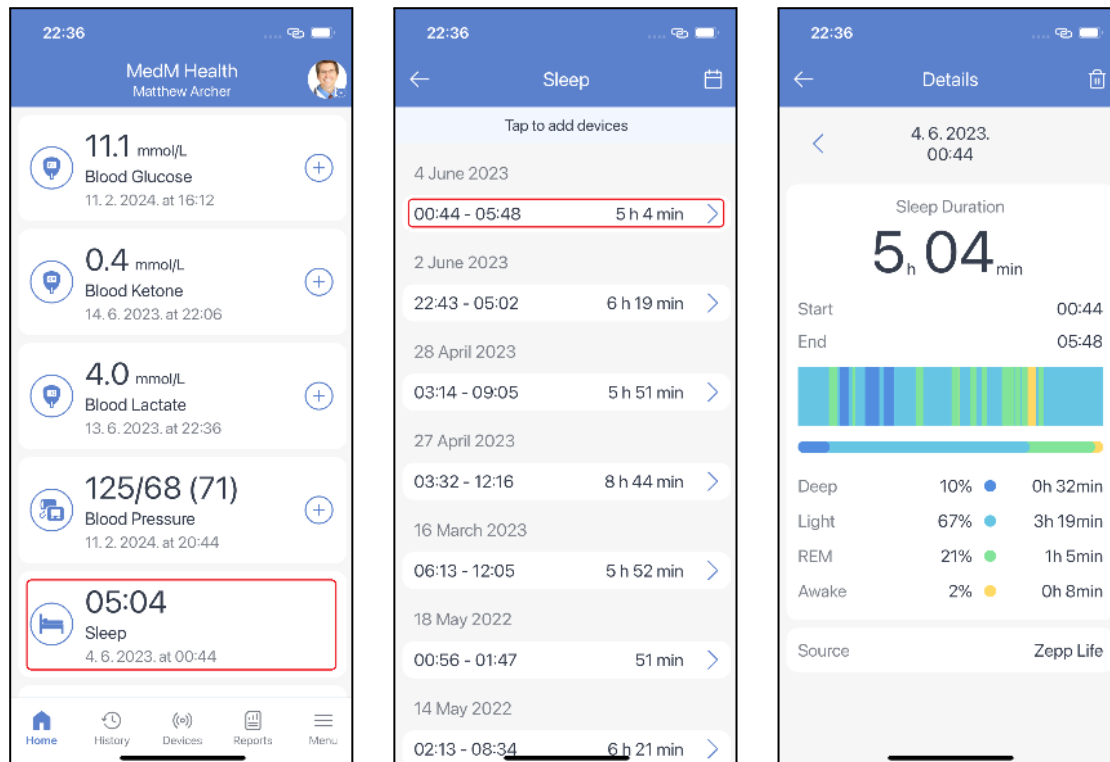
Go to **Respiration Rate** history and tap the **graph** icon at the bottom of the screen. The green zone on the chart represents the normal range: between 14 and 24 breaths per minute. Tap on any point to call up the chart bubble, view details, and scroll through measurements. Change the time period selected by tapping **Week**, **Month**, **3 Months**, **Year** under the chart:



Sleep

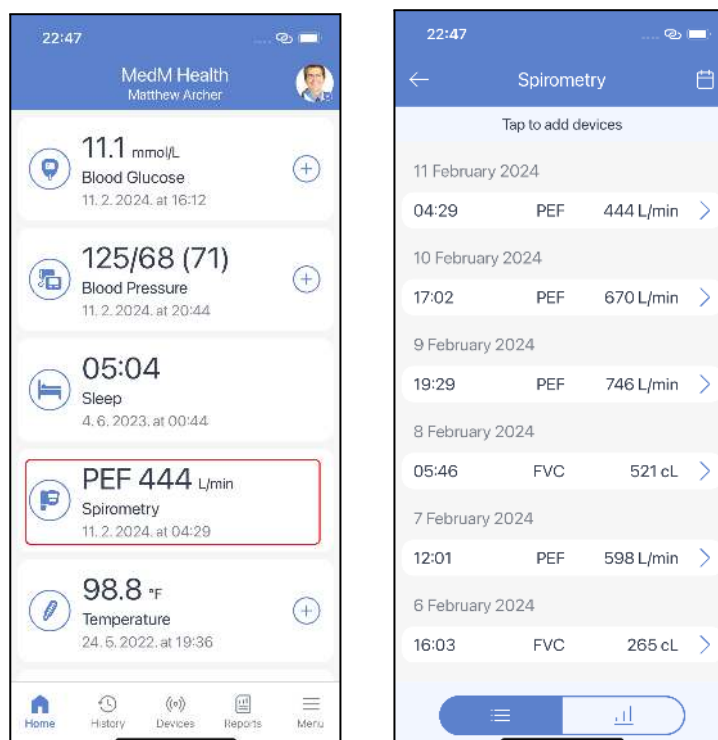
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Sleep** section to open sleep history.

Common parameters include: total sleep duration, deep sleep time (optional, source dependent), light sleep time (optional, source dependent), awake time (optional, source dependent), rapid eyes movement time or REM (optional, source dependent), sleep time (light + deep + REM), source ([compatible sleep tracker](#) or [external app](#)), sleep diagram:



Spirometry

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Spirometry** section to open history:



Tap any line on the list of readings to see details. The number of displayed spirometry characteristics and diagram availability depend on the type of [compatible spirometer](#) used for capturing data. Real-time measurements from MIR Devices have a specific diagram. Tap the graph icon at the bottom of the measurement details screen to see a diagram of a FVC/PEF or MVV measurements if your spirometer provides this information:



To open the spirometry chart, go to **Spirometry** history and tap the chart icon at the bottom of the screen. It is possible to apply **PEF** and **FEV1/FEF6 (%)** filters to spirometry measurements. Tap on any point to call up the chart bubble, view details, and scroll through measurements. Change the selected time period by tapping **Day**, **Week**, and **Month** under the chart:

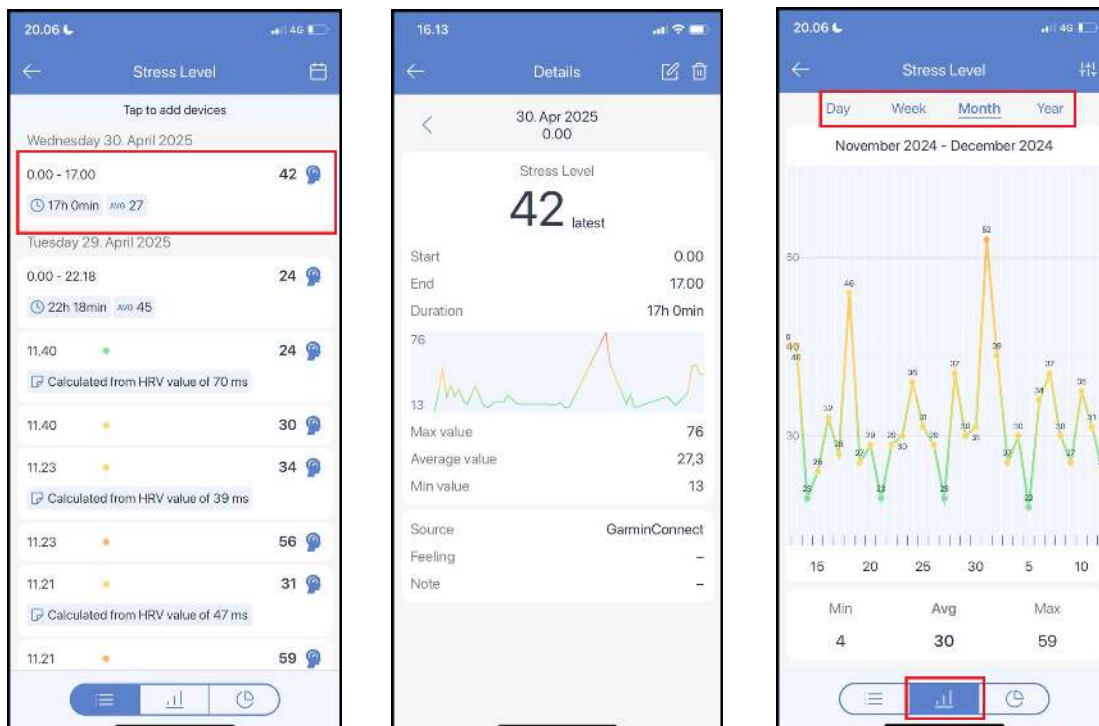


Data of this type can either be imported from [Apple Health](#) or collected via Bluetooth from [compatible spirometers](#).

Stress Level

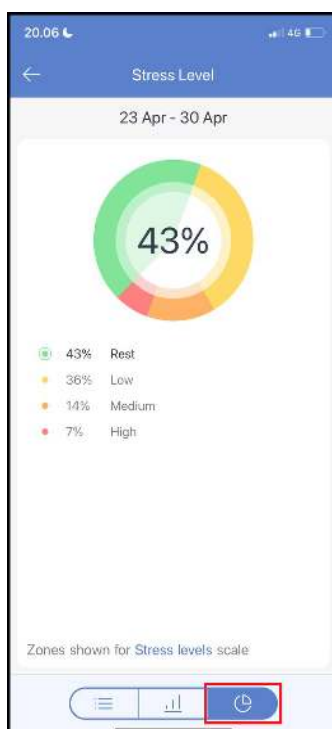
To enable this data type, configure your Home Screen. From the Home screen tap the **Stress Level** section to open the stress level history.

Tap any line in the list of readings to view details. Common parameters are: Stress Level value, time period, date and time, feeling tag, note, data source ([Data Synchronization](#) or [compatible devices](#)):



Go to **Stress Level** history and tap the graph icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

Go to **Stress Level** history and tap the wheel diagram icon at the bottom of the screen to open the chart.

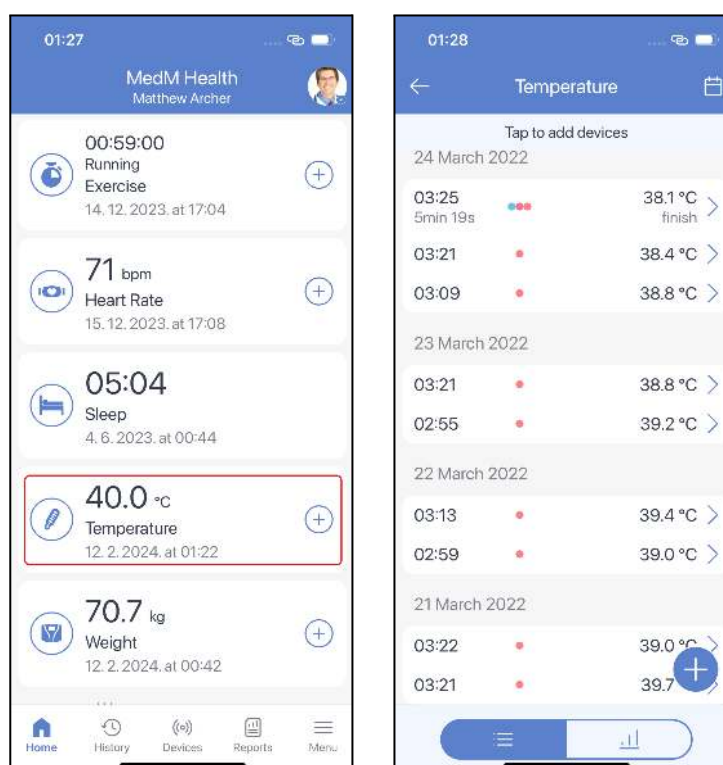


Temperature

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Temperature** section to open history.

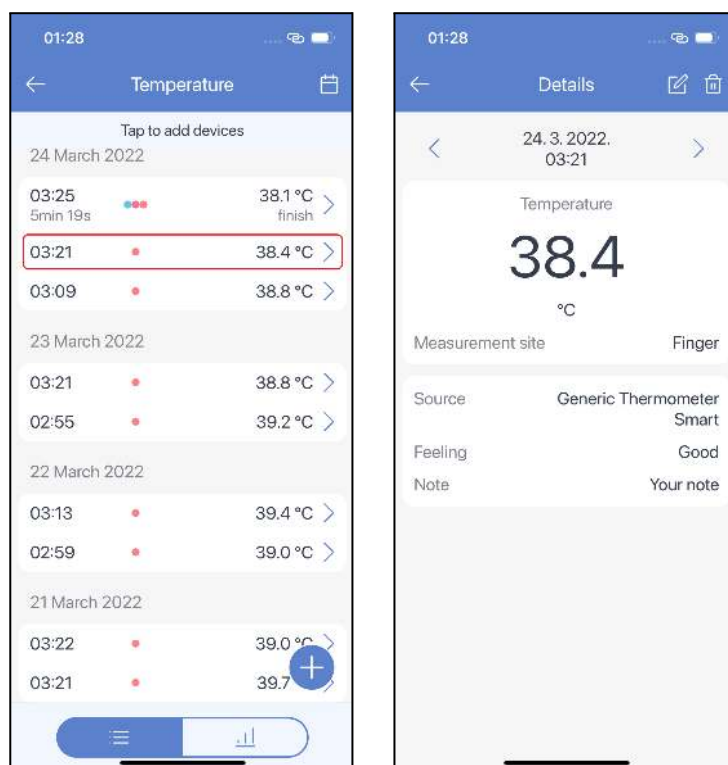
A spot measurement is marked with a single dot, a stream measurement - with three dots, which from left to right represent the starting value, the maximum value, and the finish value. Dot colors represent the corresponding temperature range. The app recognizes 5 temperature ranges:

- blue (low)- temperature is less than 35.9 °C or less
- green (normal) - temperature is between 36.0 and 37.0 °C
- yellow (elevated) - temperature is between 37.1 °C and 37.9 °C
- red (fever) - temperature is between 38.0 °C and 39.9 °C
- crimson (high fever) - temperature is 40 ° or higher

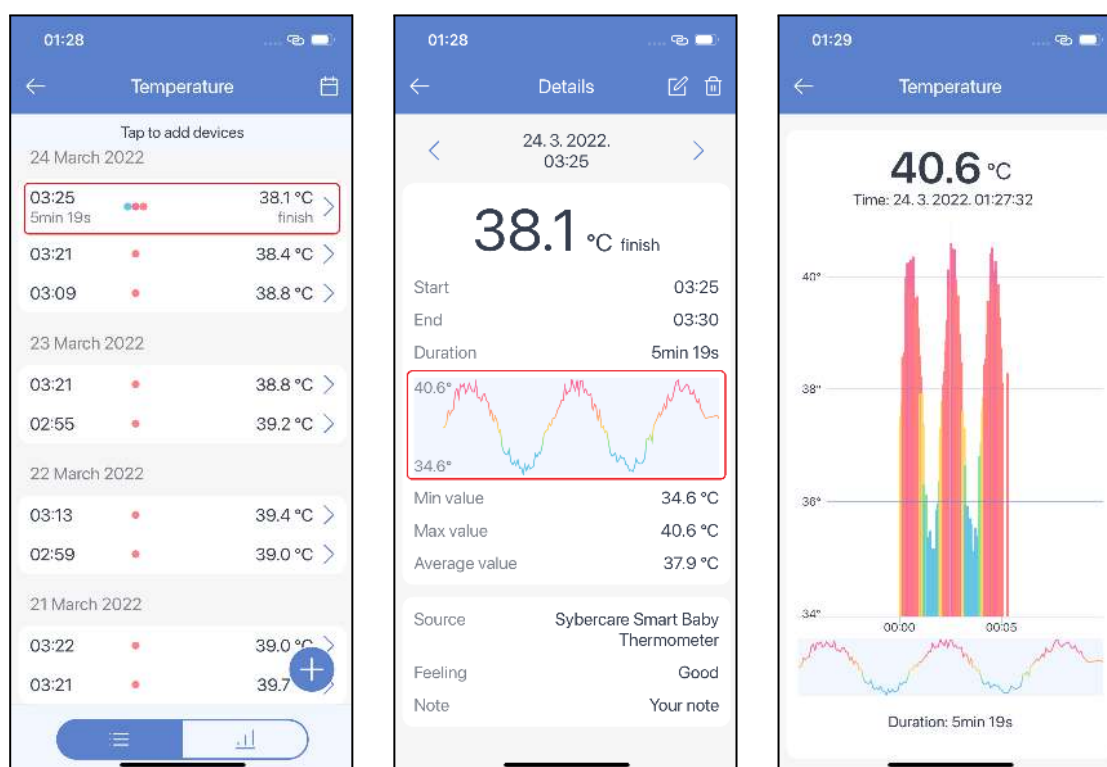


Tap any line in the list of readings to see temperature details.

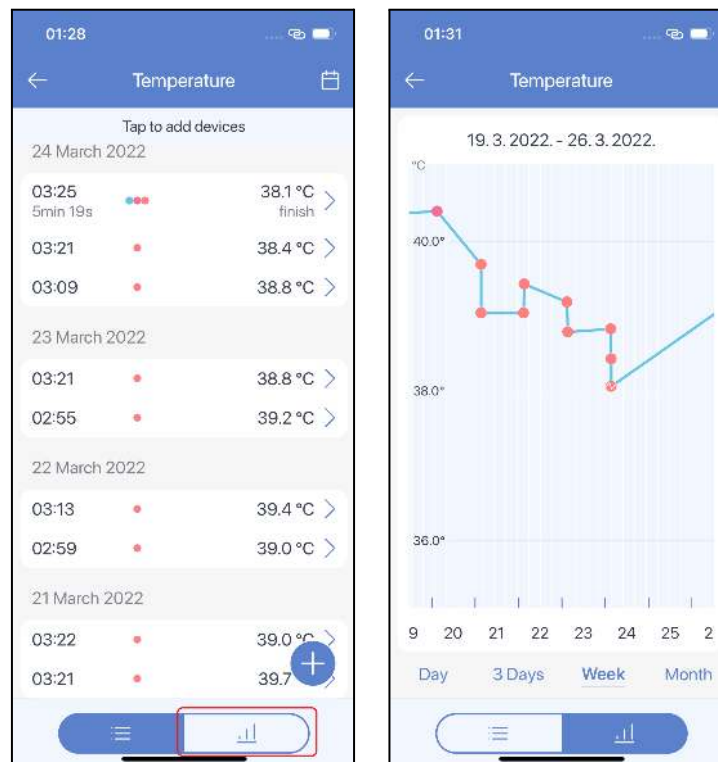
For spot measurements you will see the following parameters: temperature value, measurement site (if your sensor supports this parameter), date and time, feeling tag, note, source ([manual entry](#), [compatible thermometer](#) or [external app](#)):



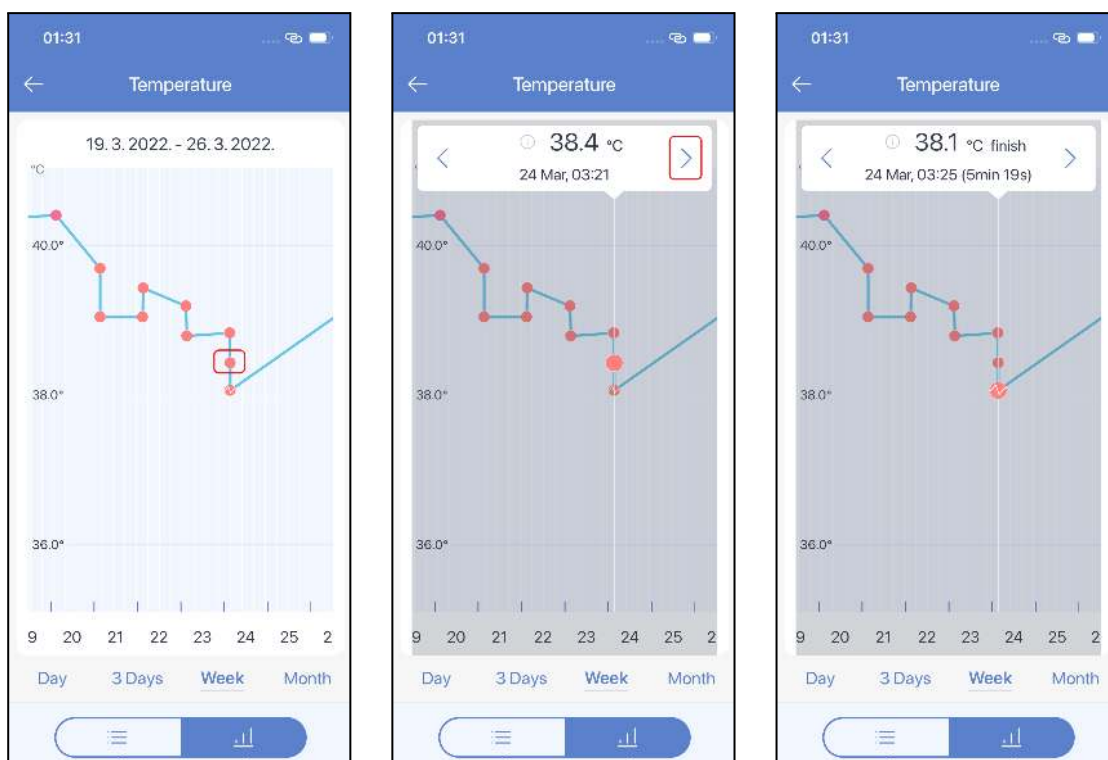
For stream measurements you will see the following parameters: date and time, finish value, temperature graph (you can tap the graph to enter the interactive viewing mode), minimal, average and maximal value, duration, feeling tag, note, source ([manual entry](#), [compatible thermometer](#) or [external app](#)):



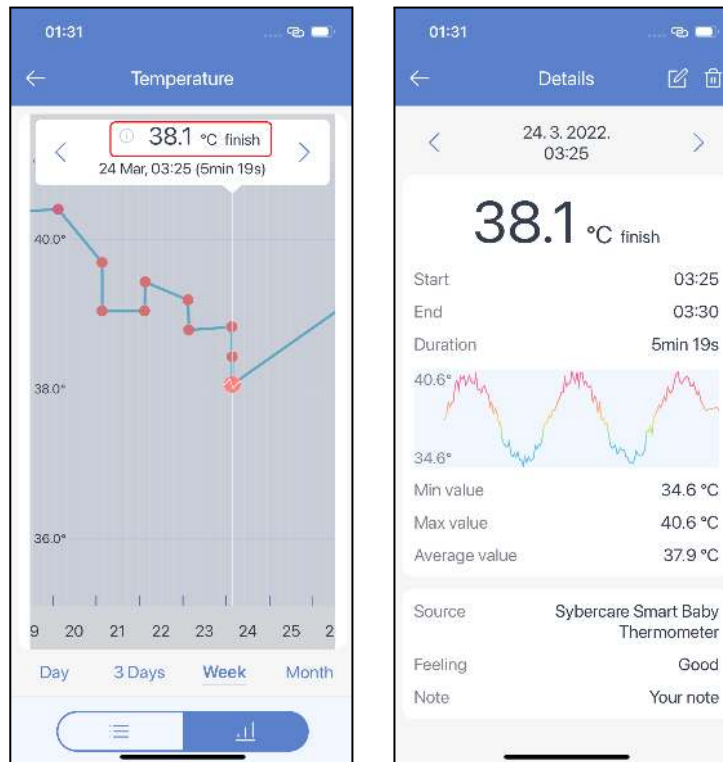
The temperature chart shows both stream and spot measurements as single points. To open this type of chart, go to **Temperature** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, and **Week**, **Month** under the chart:



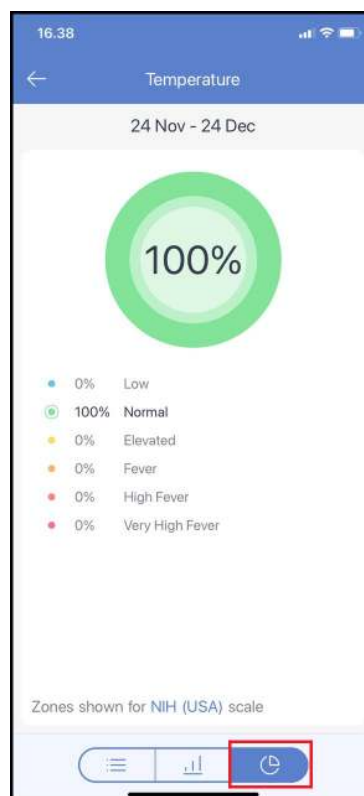
Tap any point on the chart to call up a bubble with the value and date for each measurement. Scroll through measurements using arrows on the left and right side of the bubble. Stream values are marked with a graph sign inside the circle. For such readings duration is also displayed in the bubble and the final value is marked as **finish**:



Tap the value in the bubble to open measurement details:



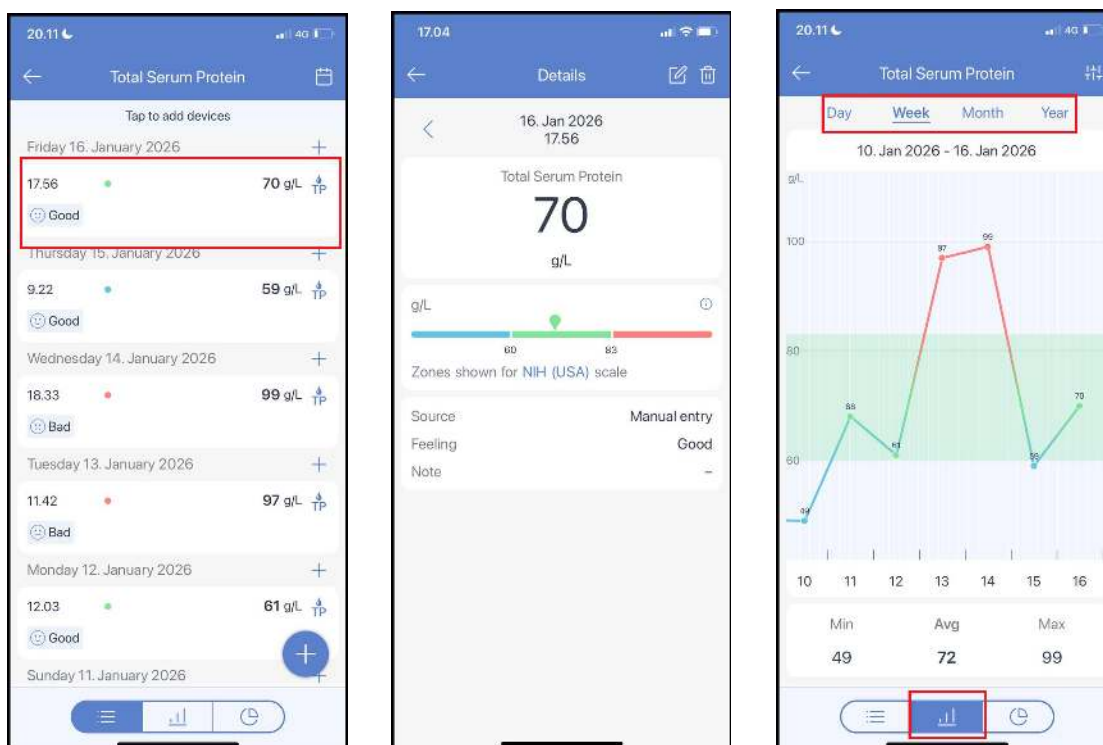
Go to **Temperature** history and tap the wheel diagram icon at the bottom of the screen to open the chart.



Total Serum Protein

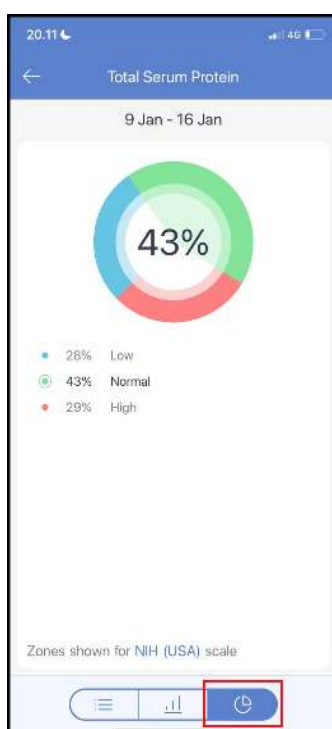
To enable this data type, configure your Home Screen. From the Home screen tap the **Total Serum Protein** section to open the total serum protein history.

Tap any line in the list of readings to view details. Common parameters are: total serum protein value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible devices](#)):



Go to **Total Serum Protein** history and tap the graph icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see details, skim through measurements. You can change the period selected by tapping **Day**, **Week**, **Month** under the chart.

Go to **Total Serum Protein** history and tap the wheel diagram icon at the bottom of the screen to open the chart:

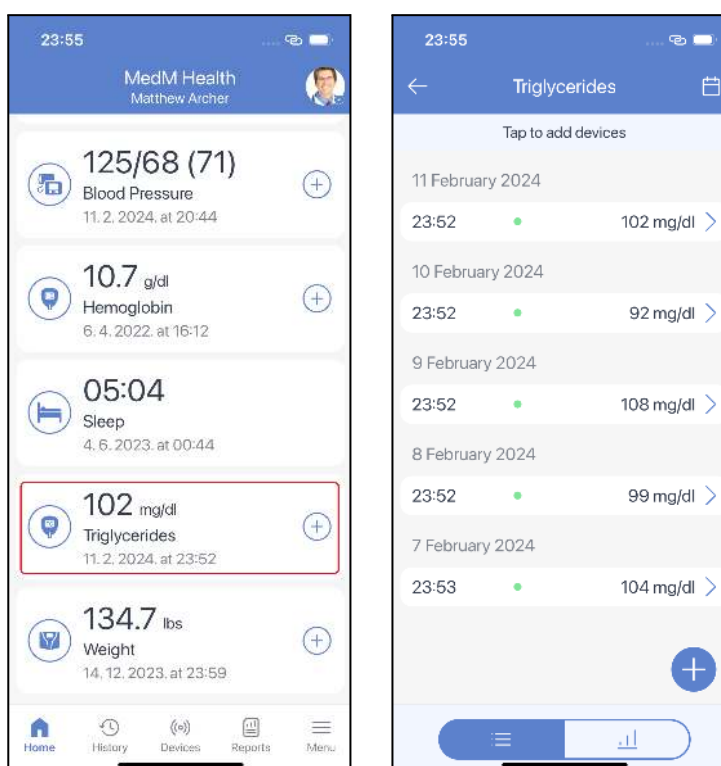


Triglycerides

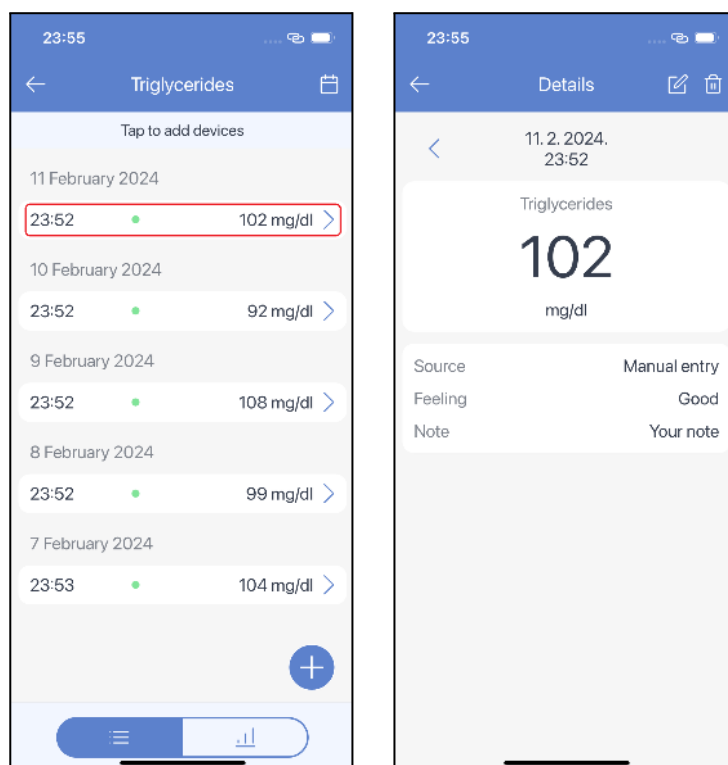
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Triglycerides** section to open history.

Dot colors represent the corresponding value range. The app recognises 4 triglycerides ranges:

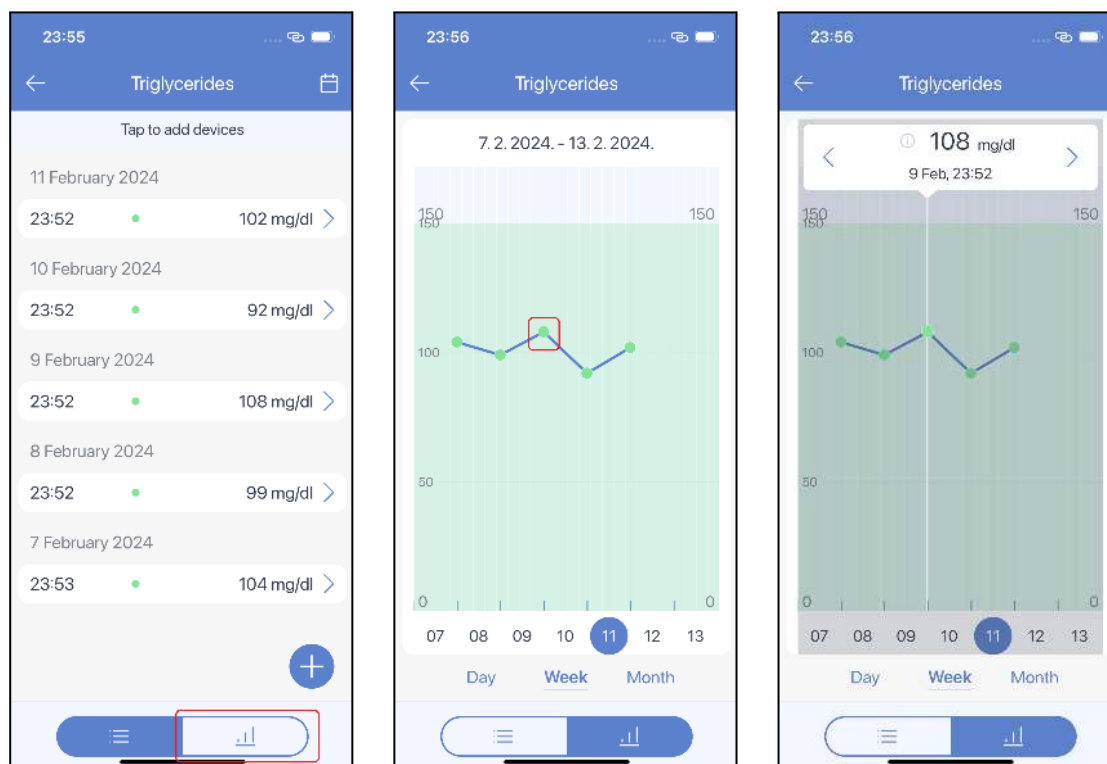
- green - triglycerides value is less than 150 mg/dl (1.69 mmol/l)
- yellow - triglycerides value is between 150 and 199 mg/dl (1.7 and 2.25 mmol/l)
- orange - triglycerides value is between 200 and 499 mg/dl (2.26 and 5.64 mmol/l)
- crimson - triglycerides value is 500 mg/dl or higher (5.65 mmol/l or higher):



Tap any line in the list of readings to view the triglycerides measurement details. Common parameters are: triglycerides value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible Triglycerides meter](#)):

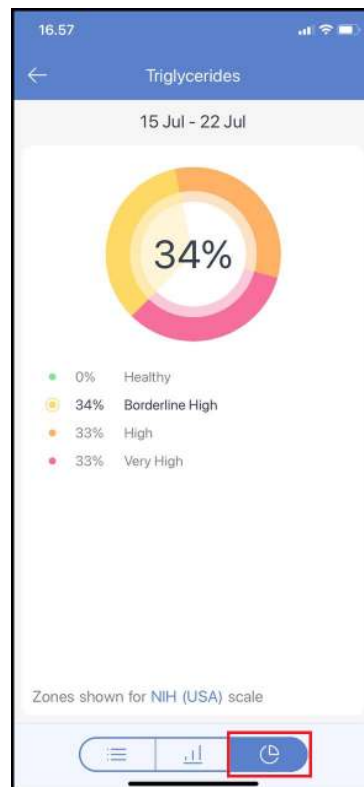


Go to **Triglycerides** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



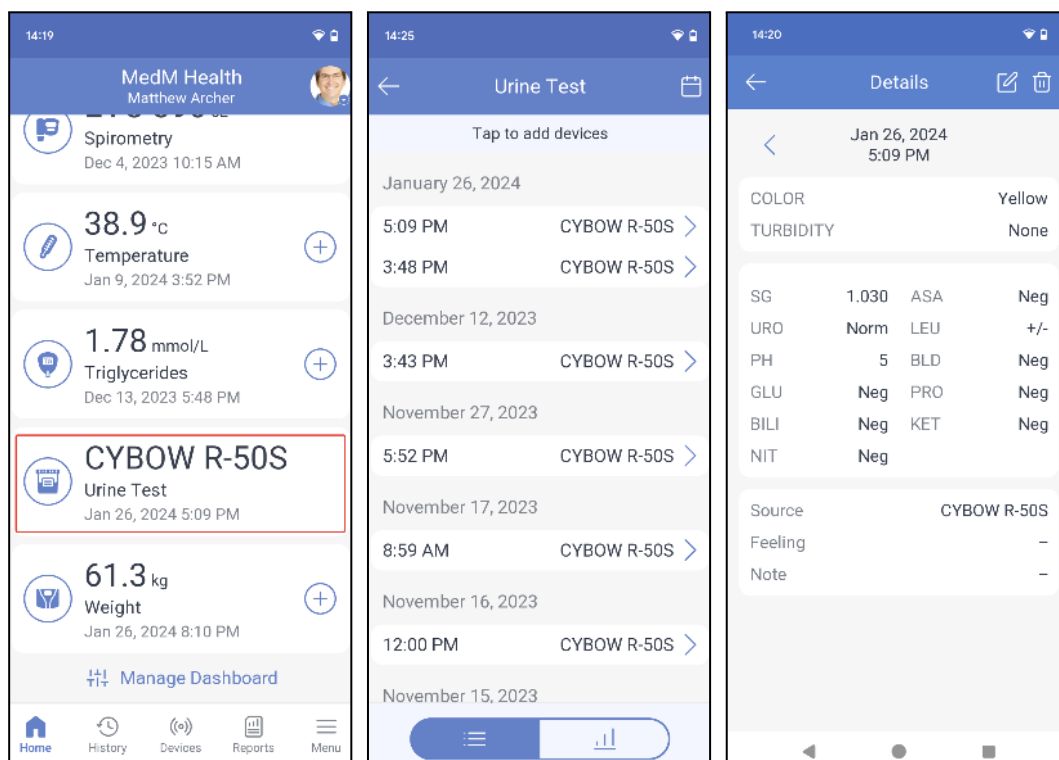
The green zone on the chart represents the normal range.

Go to **Triglycerides** history and tap the wheel diagram icon at the bottom of the screen to open the chart.



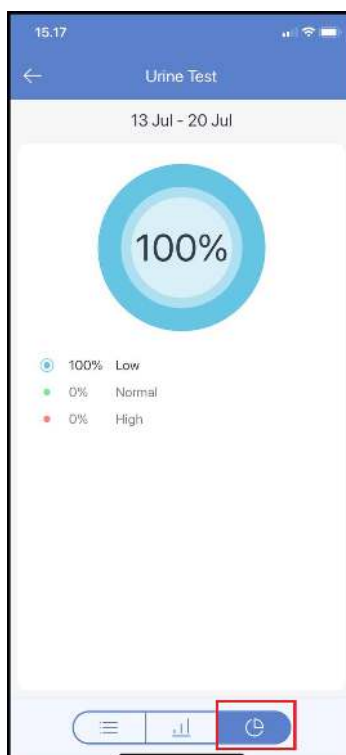
Urine Test

To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Urine Test** section to open urine test history. The source of the measurement is displayed as its title.



Tap any line in the list of readings to see the Urine Test measurement details. Data of this type can be entered [manually](#) or collected from compatible [Urine Test Meters](#).

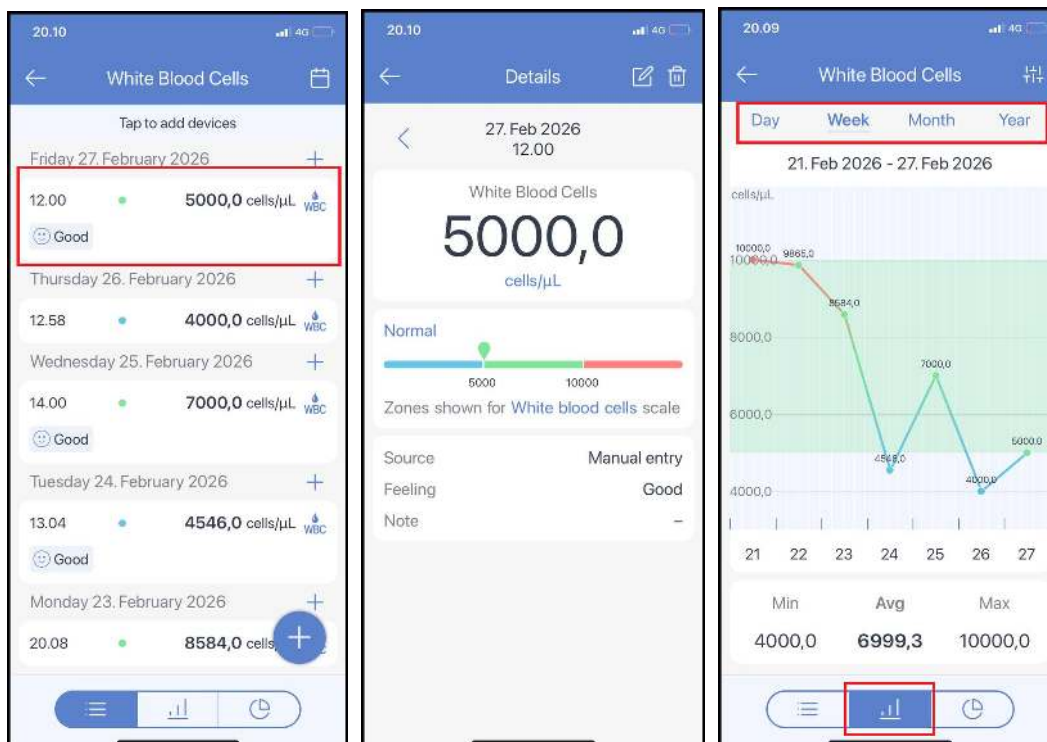
Go to **Urine Test** history and tap the wheel diagram icon at the bottom of the screen to open the chart.



[White Blood Sells](#)

To enable this data type, configure your Home Screen. From the Home screen tap the **White Blood Sells** section to open the white blood sells history.

Tap any line in the list of readings to view details. Common parameters are: white blood sells value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible devices](#)):



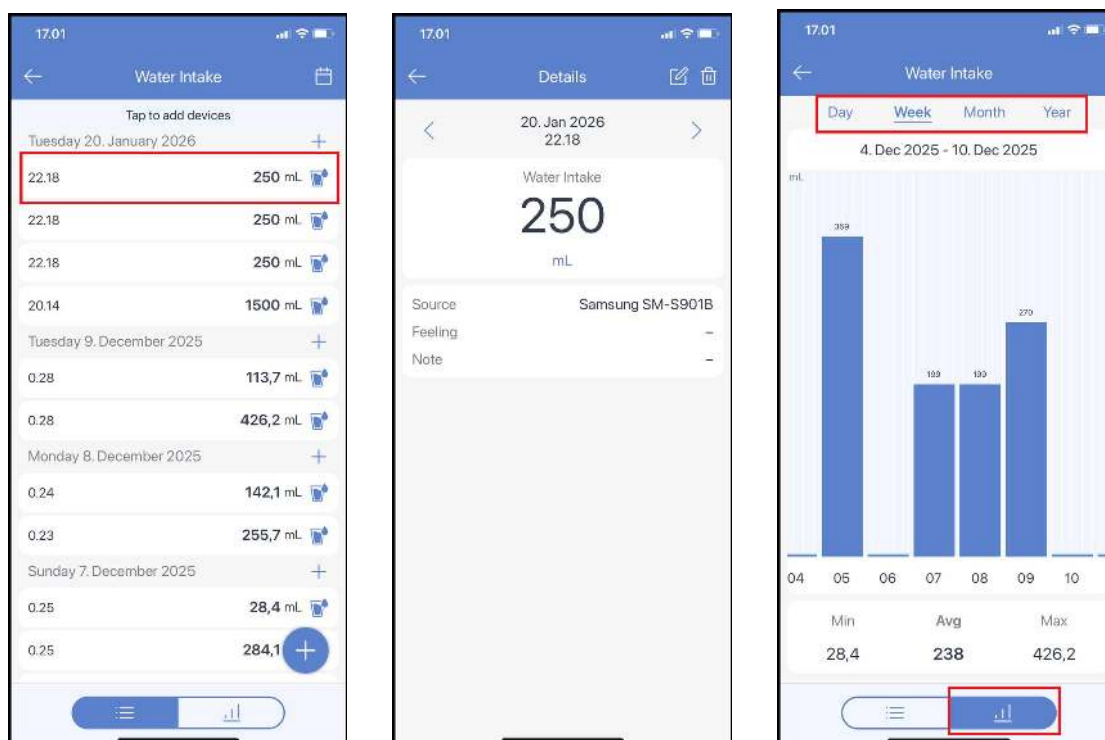
Go to **White Blood Sells** history and tap the graph icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see details, and skim through measurements. You can change the period selected by tapping **Day**, **Week**, **Month** under the chart.

Go to **White Blood Sells** history and tap the wheel diagram icon at the bottom of the screen to open the chart:



To enable data type availability, configure your Home Screen. From the Home screen tap the **Water Intake** section to open the water intake history.

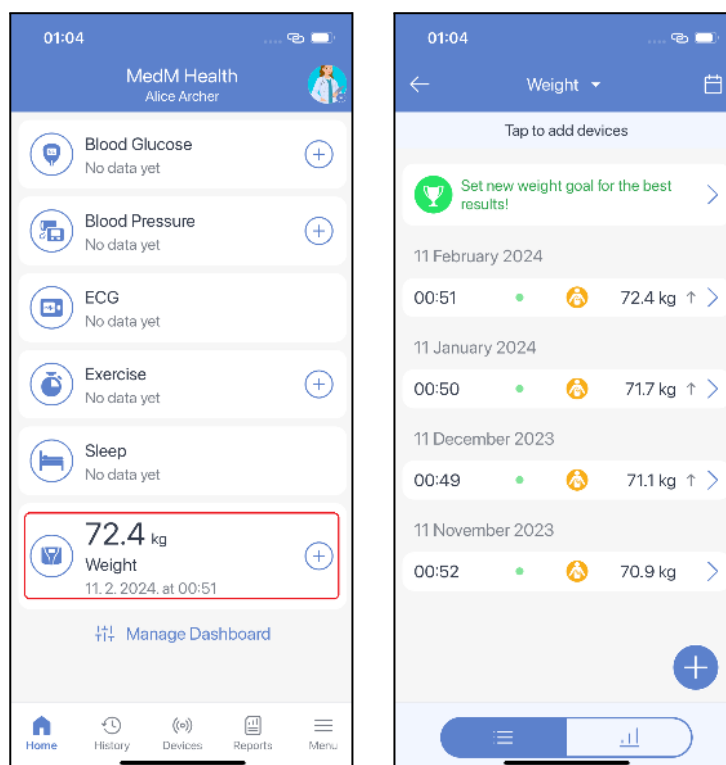
Tap any line in the list of readings to view details. Common parameters are: water intake value, date and time, feeling tag, note, data source ([manual entry](#) or [compatible devices](#)):



Go to **Water Intake** history and tap the chart icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. Change the time period selected by tapping **Day**, **Week**, **Month** under the chart.

Weight

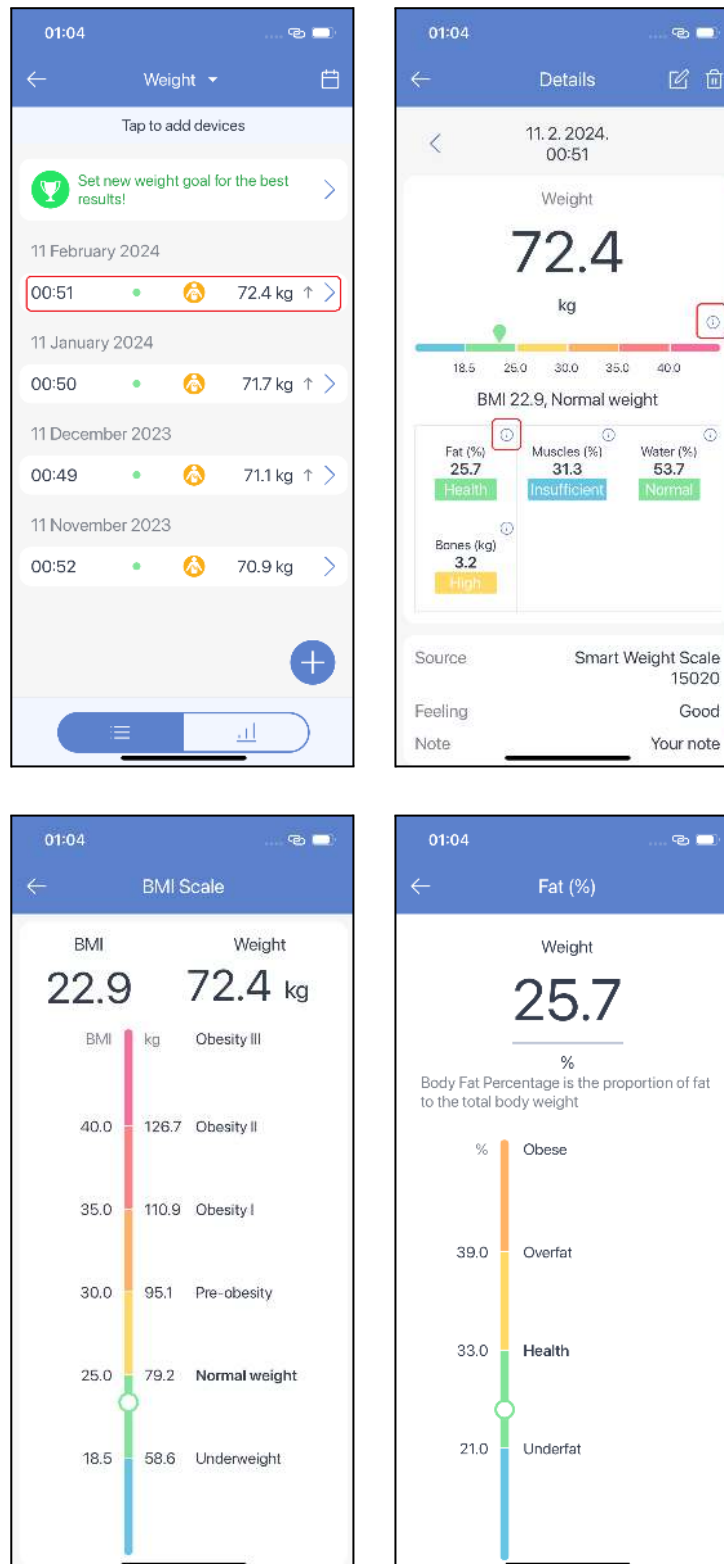
To enable this data type, [configure](#) your **Home** Screen. From the **Home** screen tap the **Weight** section to open history. Measurements with body composition parameters are marked with the **body composition** tag. Arrows show whether your weight has changed compared to the previous measurement:



Tap any line in the list of readings to see the weight measurement details. Common weight parameters are:

- ✓ weight value
- ✓ date and time
- ✓ BMI (calculated according to the user's height)
- ✓ source ([manual entry](#), [compatible weight scale](#) or [external app](#))
- ✓ Optional [body composition parameters](#) (depending on your weight scale) are: Body Fat %, Body Mass Index, Muscles %, Muscles Mass, Water %, Water Mass, Basal Metabolic Rate, Active Metabolic Rate, Bones Mass, Visceral Fat, Fat Free Mass, Soft Lean Mass, Metabolic Age, and others

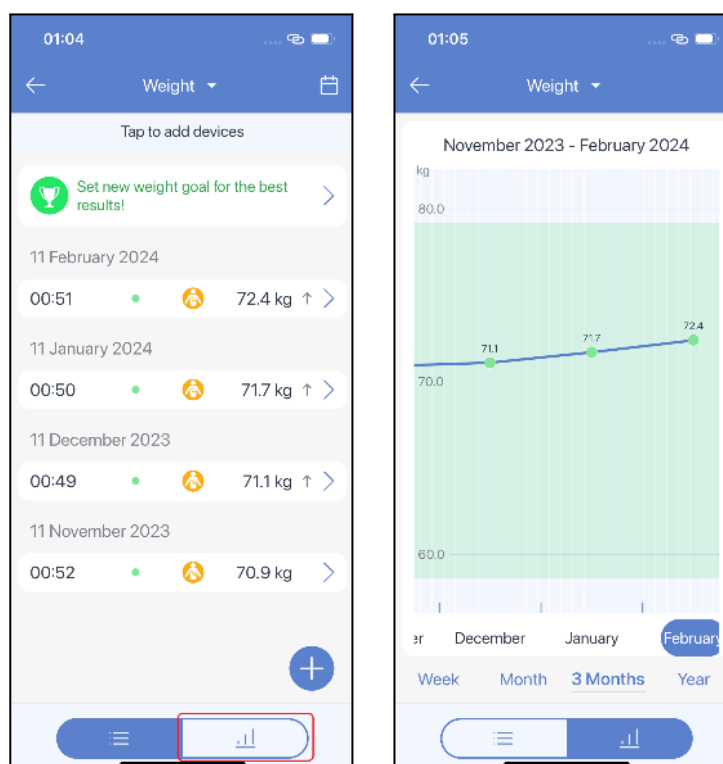
Click on the BMI picture to view the BMI scale for the selected health record (calculated based on height):



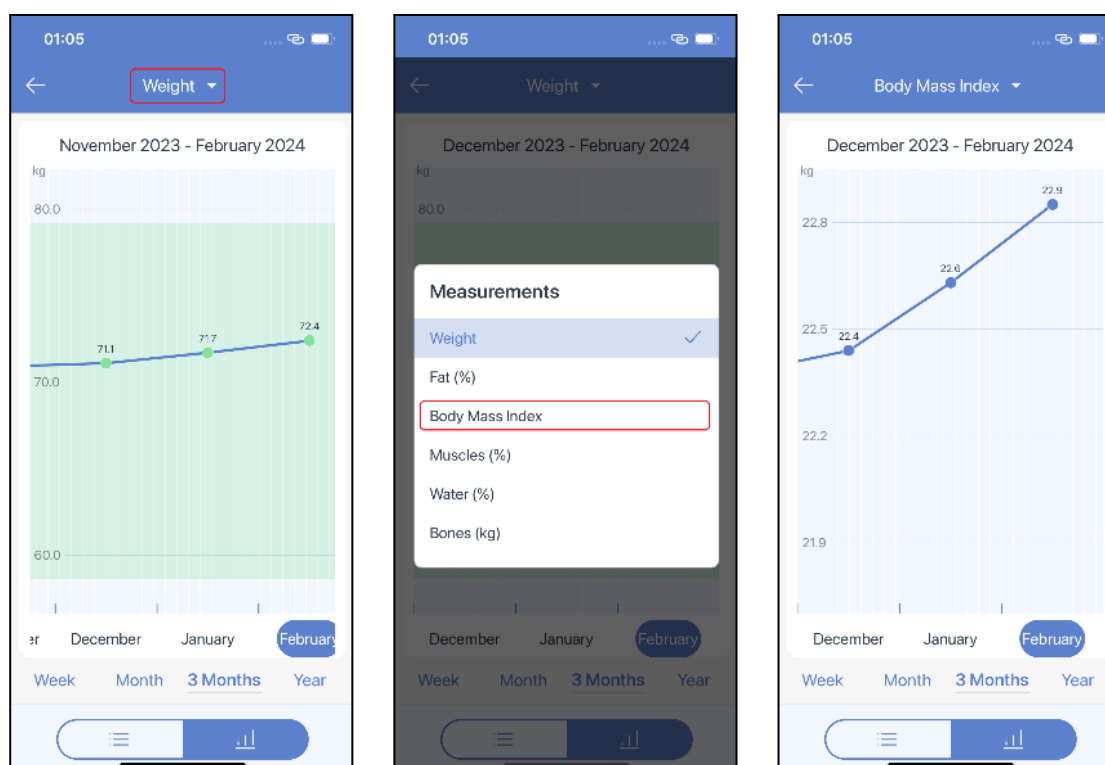
This chart consists of points connected by lines. Points on the graph represent the last value of the day for the Week graph and Month charts, the last value of the month for the 3 Months chart and the Year chart).

Go to **Weight** history and tap the chart icon at the bottom of the screen to open the chart.

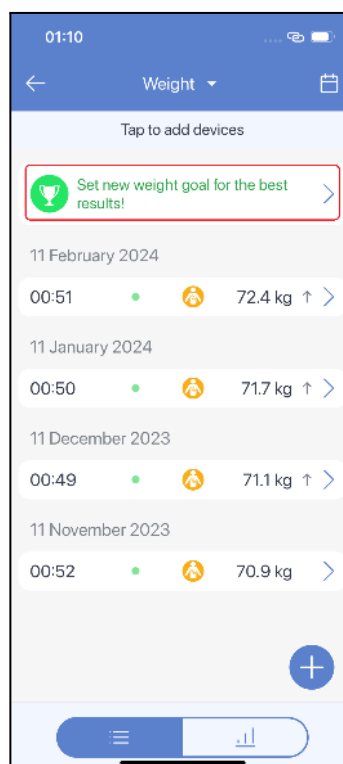
You can change the time period by tapping **Week, Month, 3 Months, Year** under the chart. The green zone on the chart represents the normal BMI range:



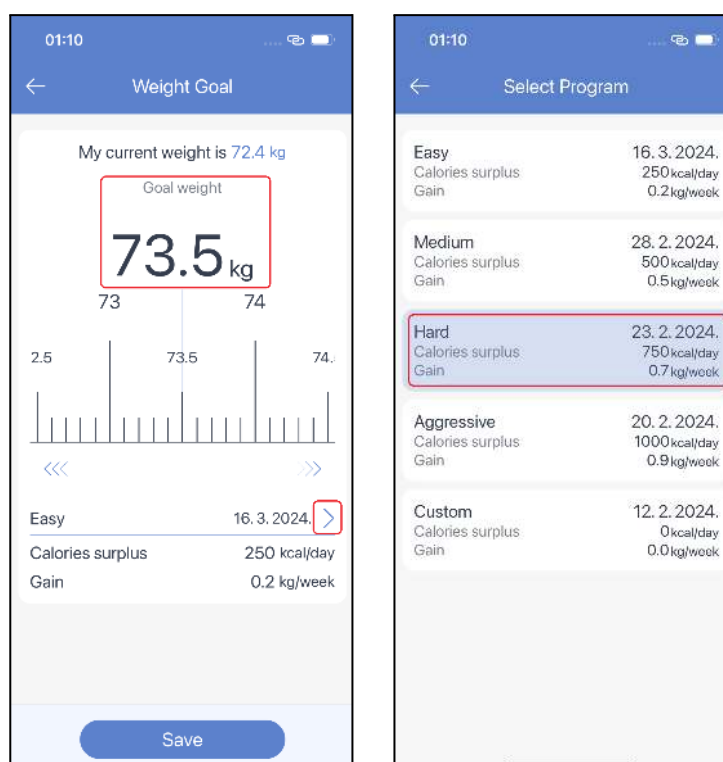
At the top of the screen you can also select a body composition parameter to be viewed:

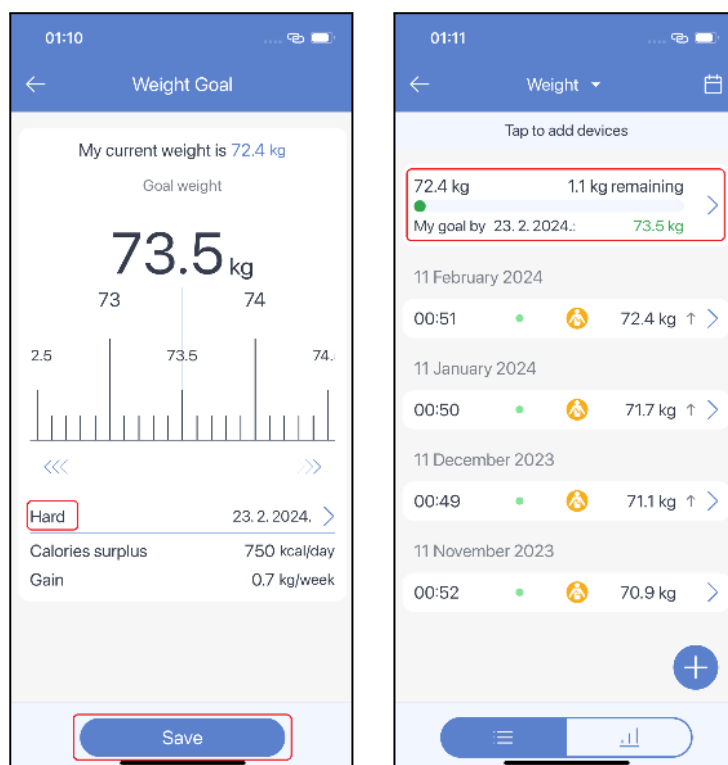


You can set your weight goal and see progress on the **Weight** history screen. To set a goal, go to the weight history screen and tap **Set new weight goal for the best results!**:



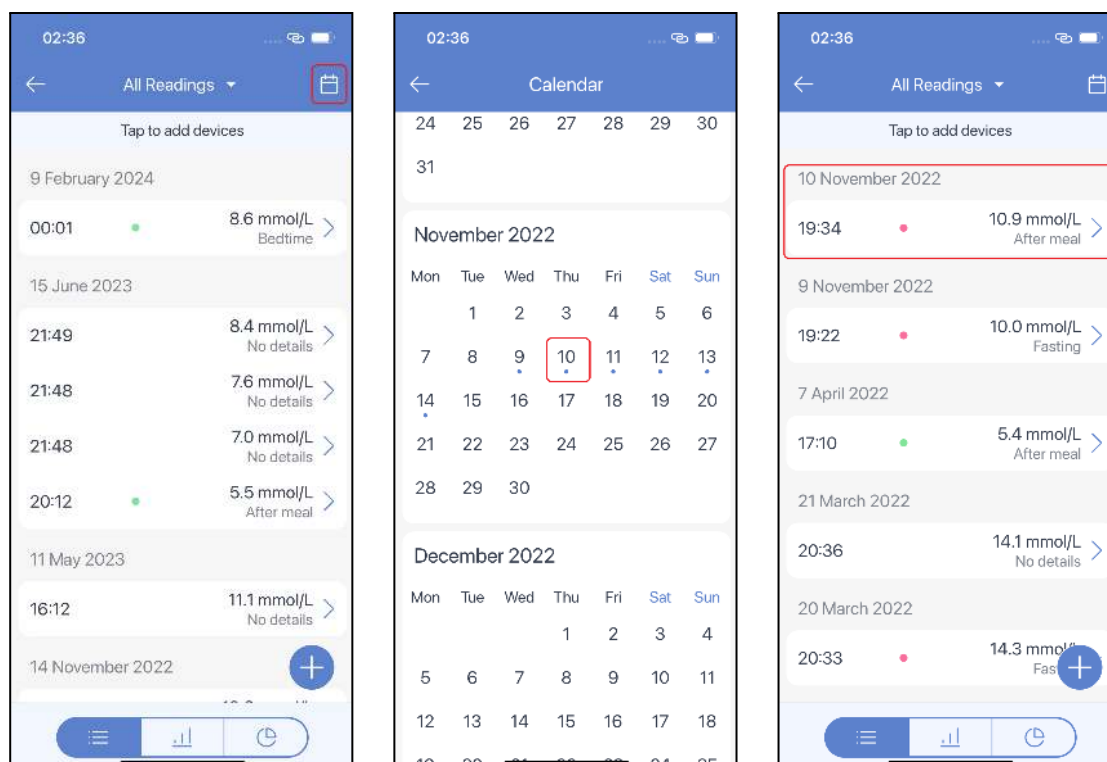
On the next screen you will be asked to provide the target weight and the difficulty (date by which you want to achieve this target weight). After specifying the target weight and difficulty tap **Save** and the progress bar will appear at the top of the weight history screen:





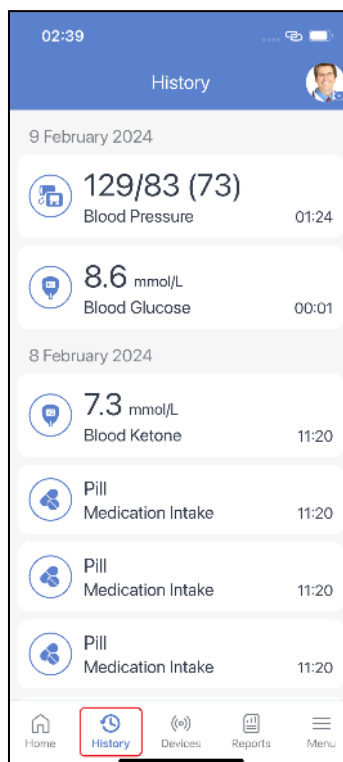
Calendar

Measurements can also be found and viewed by the date they were recorded. Use the **calendar** located in the top-right corner in the history screen for this purpose. Dates with measurements are marked with dots. Tap on a date with a dot to view the measurements history for the corresponding date:



Overall Timeline

Use the **History** tab on the tab bar to see your data history in chronological order. View the previous measurements by scrolling (swiping) up or down:

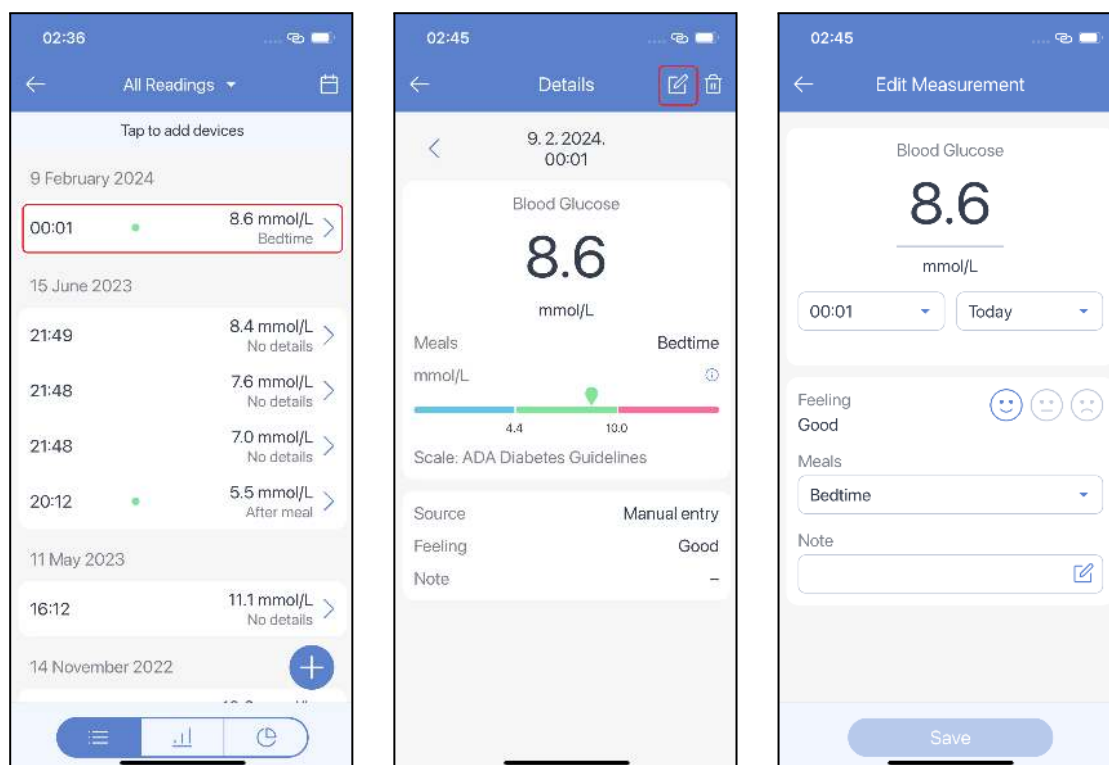


Editing Measurements

Different measurement parameters can be edited depending on the selected measurement type. Measurement values can only be edited for manually entered measurements. Activity measurements cannot be edited at all.

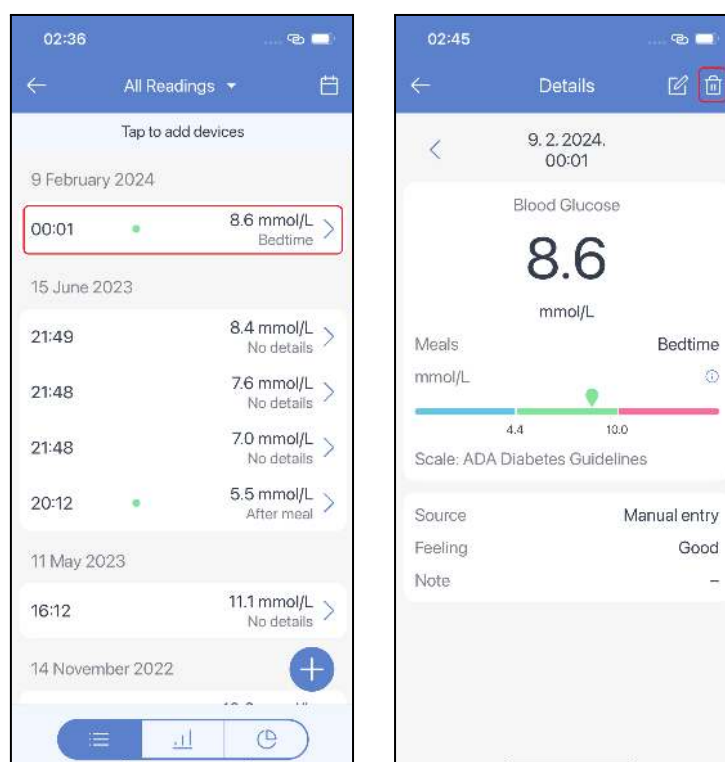
Perform the following steps to edit a measurement:

1. Select a measurement from history to open measurement details
2. Tap the **Pen** icon
3. Tap the piece of data you want to change (e.g value, date, time, feeling, note)
4. After changes are made, tap the **Save** button:



Deleting Measurements

You can delete a measurement of any data type except **Activity** and past **Reminders**. To do this, open measurement details, tap the **bin** icon and confirm deletion by tapping **Yes**:



Data Sync

Apple Health

General info

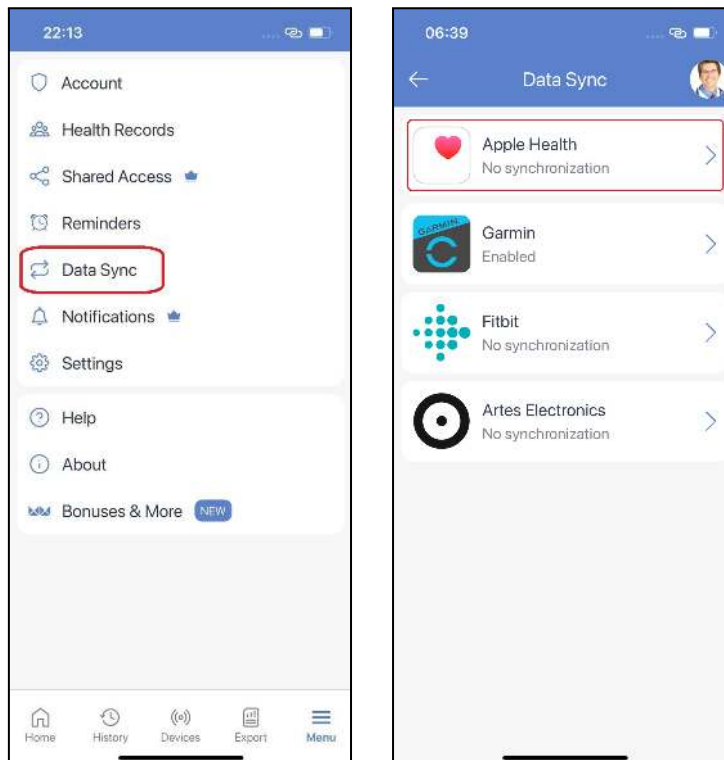
Data sync with Apple Health is available to users of iPhone and iPad (running iPadOS 16.3 or later) for the following measurement types: **Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, and Weight.**

Please note:

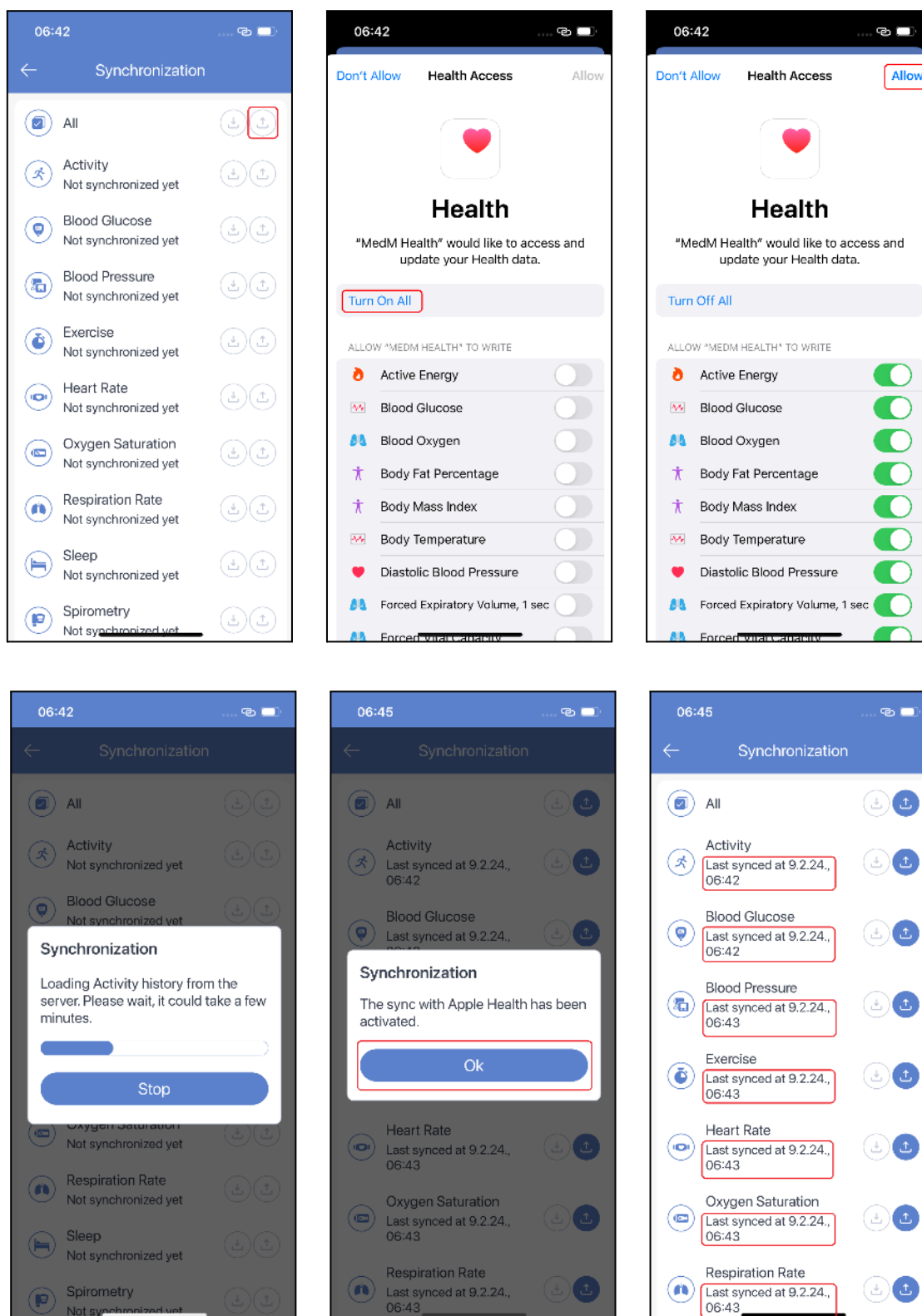
- Data sync with Apple Health is a [Premium feature](#), only available to registered users
- Data sync can only be set up for the [main health record](#) of any user
- Data export and import cannot be active for the same reading simultaneously
- Imported data will not be exported, and the exported data will not be imported
- MedM Health Diary app should be kept in the foreground for successful data transfer

Reading and Writing Data

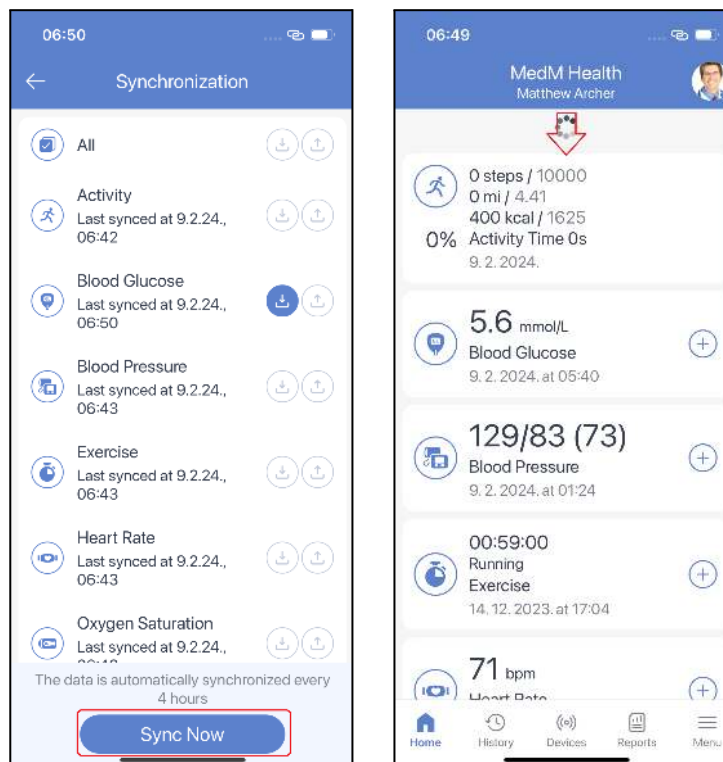
From the **app menu** select **Data Sync**, then select **Apple Health** and pick the desired measurement types to start importing or exporting your data:



To continue with data export/import you will be asked to grant access rights for Apple Health data to the MedM app. After successful sync activation, the imported data should appear in Apple Health or MedM Health, accordingly. The last sync time will be specified under corresponding measurement types:



To stop exporting/importing data - simply uncheck the box for the corresponding measurement. Stopping the export/import of data will not affect any data already stored in MedM Health Diary and Apple Health. When data export is activated - data sync with Apple Health is performed automatically when a new measurement is added, edited, or deleted in the MedM app. When data import from Apple Health is activated - data sync is performed automatically every 4 hours. To force it, tap the **Sync Now** button or just swipe from top to bottom on the **Home** tab screen:



To manage permissions for **MedM Health Diary** in **Apple Health** on the **Summary** screen tap the **user icon** in the top-right corner, in the **Privacy** section tap **Apps** and choose **MedM Health Diary**.

[Data Types](#)

[Activity](#)

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories** and **Total Calories** data.

Export: **Steps**, **Distance**, and **Active Calories** data is exported to Apple Health as separate measurements into **Steps**, **Walking+Running Distance**, and **Active Energy** correspondingly.

Import: **Steps**, **Walking+Running Distance** and **Active Energy** data is imported into MedM Health Diary as a single data type stored in **Activity**. If **Walking+Running Distance** and **Active Energy** data is not present in Apple Health - they are calculated by MedM Health Diary, based on **Steps**, the last weight measurement and other health record data such as height, age, and gender.

[Blood Glucose](#)

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.

Export: **Blood Glucose** data is exported to Apple Health as **Blood Glucose**. Related **Meal Time** data is also exported and stored in measurement details.

Import: **Blood Glucose** data is imported into MedM Health Diary as **Blood Glucose**. Related **Meal Time** data is also exported and stored in measurement details.

[Blood Pressure](#)

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** readings and may store additional **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: **Systolic and Diastolic Blood Pressure** data is exported to Apple Health as **Blood Pressure** history. Related **Heart Rate** data is exported as **Heart Rate** history.

Import: **Systolic and Diastolic Blood Pressure** data is imported into MedM Health Diary as **Blood Pressure** history. If Apple Health stores related **Heart Rate** data - in MedM Health it is merged into one blood pressure measurement.

[Exercise](#)

MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data and may store additional **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related **Exercise Type**, **Duration**, **Distance**, and **Active Calories** data is exported to Apple Health as one reading and stored in **Workout**. **Steps** data is exported into **Steps** history.

Import: Related **Workout Type**, **Duration**, **Active Energy**, **Steps**, and **Distance** data is imported into MedM Health Diary as one exercise reading and stored in **Exercise** history.

[Heart Rate](#)

MedM Health Diary heart rate measurements store **Heart Rate** data which may be stream or spot.

Export: **Heart Rate** data is exported to Apple Health as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Heart Rate** data is imported into MedM Health Diary as **Heart Rate** history. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Oxygen Saturation](#)

MedM Health Diary oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** data.

Export: **Oxygen Saturation** data is exported to Apple Health as **Blood Oxygen** history. Related **Heart Rate** data is exported to Apple Health as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Blood Oxygen** data is imported into MedM Health Diary as **Oxygen Saturation** history with N/A **Heart Rate** data. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Respiration Rate](#)

MedM Health Diary respiration rate measurements store **Respiration Rate** data.

Export: **Respiration Rate** data is exported to Apple Health as **Respiratory Rate** history.

Import: **Respiratory Rate** data is imported into MedM Health Diary as **Respiration Rate** history.

[Sleep](#)

MedM Health Diary sleep measurements store **Duration** data and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** values.

Export: Sleep measurements are exported to Apple Health as **Sleep** history. All related parameters can be viewed in measurement details.

Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters can be viewed in measurement details.

[Spirometry](#)

MedM Health Diary spirometry measurements may store data of **FVC**, **PEF**, **FEV1**, **FEV3**, **FEV6**, **PIF**, **FEF25**, **VEVT**, **FIVC**, **MVV**, **FET**, and many other spirometry parameters.

Export: Related **FVC**, **PEF**, and **FEV1** data is exported to Apple Health as separate measurements into **Forced Vital Capacity**, **Peak Expiratory Flow Rate**, and **Forced Expiratory Volume, 1 sec** histories correspondingly. Other spirometry parameters are currently not supported by Apple Health.

Import: Related **Forced Vital Capacity**, **Peak Expiratory Flow Rate**, and **Forced Expiratory Volume, 1 sec** data is imported into MedM Health Diary as one **Spirometry** history measurement.

[Temperature](#)

MedM Health Diary temperature measurements may be stream or spot and store **Body Temperature** data, and may additionally store **Measurement Site** data.

Export: **Temperature** data is exported to Apple Health as **Temperature** history. **Measurement Site** data is currently not supported by Apple Health. Exported stream measurement is presented as a range and may be expanded to view as a sequence of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Weight](#)

MedM Health Diary weight measurements store **Body Mass (Weight)** readings and may store additional **Body Fat %**, **Body Mass Index**, **Muscles %**, **Muscles Mass**, **Water %**, **Water Mass**, **Basal Metabolic Rate**, **Active Metabolic Rate**, **Bones Mass**, **Visceral Fat**, **Fat Free Mass**, **Soft Lean Mass**, and **Metabolic Age** data.

Export: Related **Weight**, **Body Mass Index**, **Soft Lean Mass**, and **Body Fat %** data is exported to Apple Health as separate measurements into **Weight**, **Body Mass Index**, **Lean Body Mass**, and **Body Fat Percentage** histories correspondingly. Other weight parameters are currently not supported by Apple Health.

Import: **Weight** data is imported into MedM Health Diary as **Weight** history. If Apple Health stores the related **Body Mass Index**, **Lean Body Mass**, and **Body Fat Percentage** data, it is merged with **Weight** data into one weight measurement on import and marked in MedM **Weight** history with a body composition icon. **Body Mass Index** data is calculated by MedM Health Diary, based on such health record data as height, age, and gender.

Google Fit

Migrating from Google Fit to Health Connect

[According to Google](#) the Google Fit Android API has been deprecated as of May 11, 2022 and will no longer be accessible by the end of 2024. For all MedM users who have been using the data sync with Google Fit, we recommend to first migrate their data from Google Fit to [Health Connect](#), and then switch their MedM app data sync from Google Fit to Health Connect. Read [here](#) how to do it.

General Info

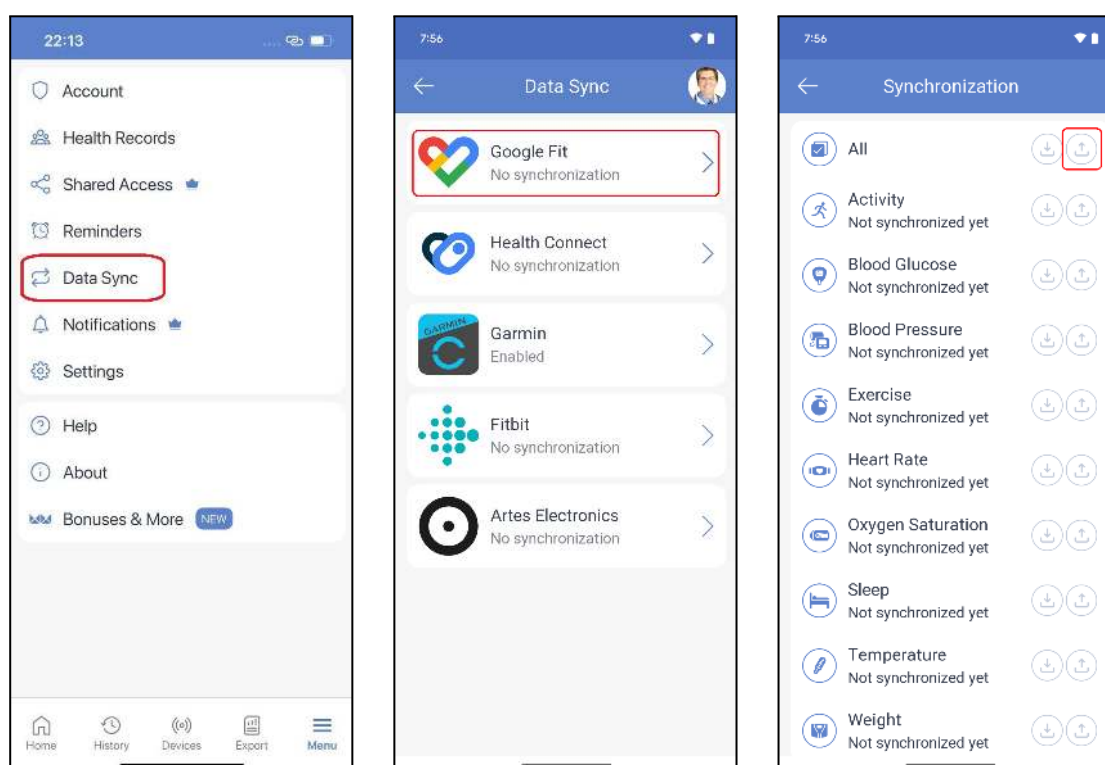
Data sync with Google Fit is available to Android users for the following measurement types: **Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Sleep, Temperature, and Weight.**

Please note:

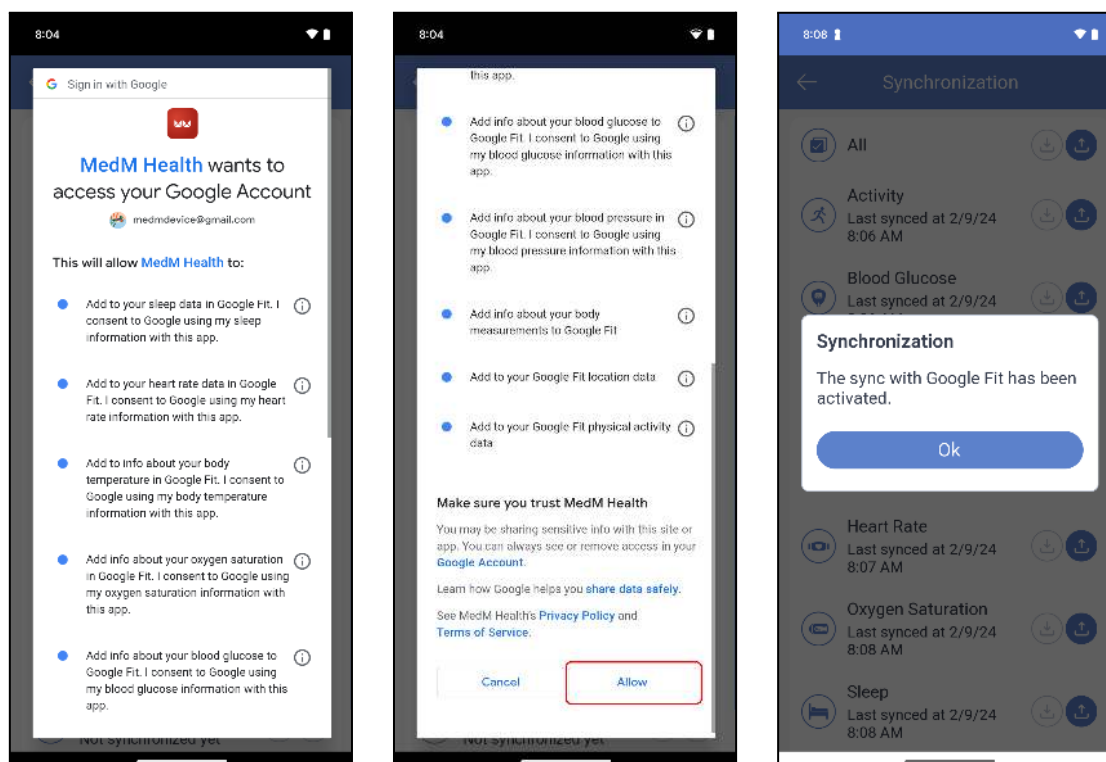
- Data sync with Google Fit/Health Connect is a [Premium feature](#) only available to registered users
- Data sync can only be set up for the [main health record](#) of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health Diary app should be kept in the foreground for successful data transfer

Reading and Writing Data

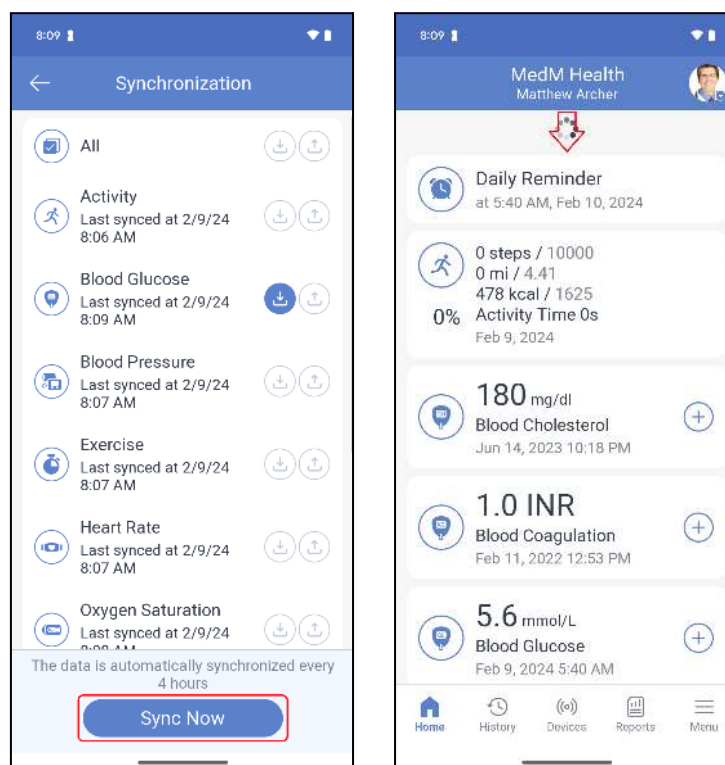
From the **app menu** select **Data Sync**, select **Google Fit** and pick the desired measurement types to start importing (**down** arrow) or exporting (**up** arrow) your data:



Grant MedM Health Diary the right to access your Google account. After a successful data transfer, the last sync time will be shown under each corresponding measurement type:



To stop exporting/importing data to/from Google Fit, just uncheck the box of the corresponding measurement type. This will not affect any data already stored in the MedM app and Google Fit. If data export is activated for any measurement type, then synchronization with Google Fit is performed automatically as new measurements are added, edited, or deleted. If data import into MedM Health Diary is activated for any measurement type - synchronization is performed automatically every 4 hours. To force it, tap the **Sync Now** button or swipe from top to bottom on the **Home** tab screen:



Data Types

Activity

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories**, and **Total Calories** data.

Export: Related **Steps**, **Activity Time**, **Distance**, and **Active Calories** data is exported to Google Fit **Activity** data type as separate measurements into **Steps**, **Move Minutes**, **Distance**, and **Energy Expended** histories correspondingly.

Import: Related **Steps** and **Distance** data is imported into MedM Health Diary as one activity measurement stored in **Activity** history. If **Distance** data is not present in Google Fit, it is calculated by MedM Health Diary, based on **Steps** and some health record data such as height, age, and gender. **Activity Time** and **Active Calories** data is calculated by MedM Health Diary based on **Steps**, the last weight measurement, and health record data.

Blood Glucose

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.

Export: **Blood Glucose** data is exported to Google Fit as **Blood Glucose** history. Related **Meal Time** data is also exported and stored in measurements details.

Import: **Blood Glucose** data is imported into MedM Health Diary as **Blood Glucose** history. Related **Meal Time** data is also exported and stored in measurements details.

[Blood Pressure](#)

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** data and may store additional **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: **Systolic and Diastolic Blood Pressure** data is exported to Google Fit as **Blood Pressure** history. Related **Body Position** and **Measured Arm** data is also exported and stored as measurements details. Related **Heart Rate** data is exported to Google Fit into **Heart Rate** history.

Import: **Systolic and Diastolic Blood Pressure** data is imported into MedM Health Diary as **Blood Pressure** history. Related **Body Position** and **Measured Arm** data is also imported and stored in measurement details. If Google Fit stores related **Heart Rate** data - it is merged into one blood pressure measurement.

[Exercise](#)

MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data and may also store additional **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related **Exercise Type**, **Duration**, **Distance**, **Steps**, and **Active Calories** data is exported as one activity measurement and stored in Google Fit **Journal**. At the same time this data is stored in **Activity** data types: **Steps** data in **Steps** history, **Activity Time** data in **Move Minutes** history, **Distance** data in **Distance** history, **Active Calories** data in **Energy Expended** history.

Import: Related **Activity type**, **Duration**, **Distance**, **Steps**, and **Energy Expended** data is imported into MedM Health Diary as one measurement and stored in **Exercise** history.

[Heart Rate](#)

MedM Health Diary heart rate measurements store **Heart Rate** data which may be stream or spot.

Export: **Heart Rate** data is exported to Google Fit as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Heart Rate** data is imported into MedM Health Diary as **Heart Rate** history. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Oxygen Saturation](#)

MedM Health Diary oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** and **PI** data.

Export: **Oxygen Saturation** data is exported to Google Fit as **Oxygen Saturation** history. Related **Heart Rate** data is exported to Google Fit as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Oxygen Saturation** data is imported into MedM Health Diary as **Oxygen Saturation** history with N/A **Heart Rate** data. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Sleep](#)

MedM Health Diary sleep measurements store data of **Duration** and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** time readings.

Export: Sleep measurements are exported to Google Fit as **Sleep** history. All related parameters are presented in measurement details.

Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters are present in measurement details.

[Temperature](#)

MedM Health Diary temperature measurements may be stream or spot and they may store **Body Temperature** data as well as additional **Measurement Site** data.

Export: **Temperature** data is exported to Google Fit as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

[Weight](#)

MedM Health Diary weight measurements store **Body Mass (Weight)** data and may store additional **Body Fat %**, **Body Mass Index**, **Muscles %**, **Muscles Mass**, **Water %**, **Water Mass**, **Basal Metabolic Rate**, **Active Metabolic Rate**, **Bones Mass**, **Visceral Fat**, **Fat Free Mass**, **Soft Lean Mass**, and **Metabolic Age** readings.

Export: Related **Weight** and **Body Fat %** data is exported to Google Fit as separate measurements into **Weight** and **Body Fat** histories correspondingly. Other weight parameters are currently not supported by Google Fit.

Import: **Weight** data is imported into MedM Health Diary as **Weight** history. If Google Fit stores the related **Body Fat** data, it is merged with **Weight** data into one weight measurement in MedM Health Diary on import and marked in **Weight** history with a body composition icon.

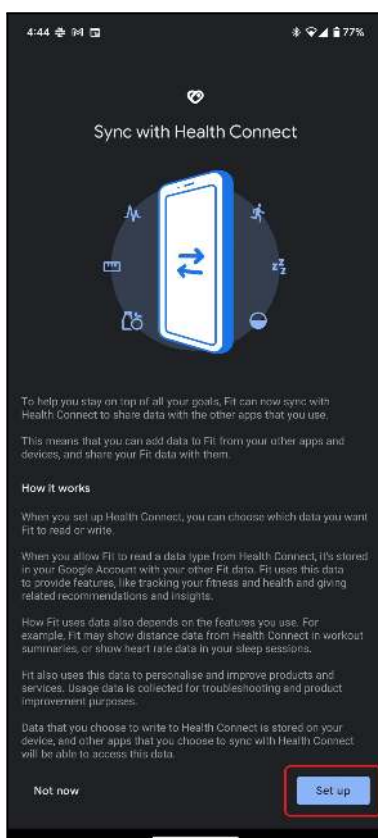
health conn

[Health Connect](#)

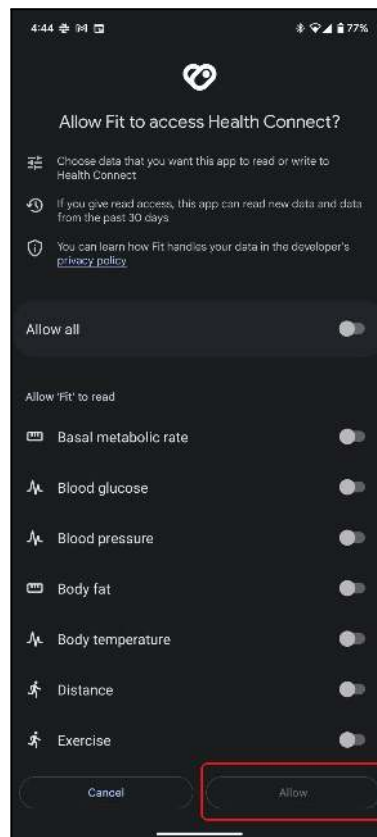
[Migrating from Google Fit to Health Connect](#)

[According to Google](#) the Google Fit Android API has been deprecated as of May 11, 2022 and will no longer be accessible by the end of 2024. For all MedM users who have been using the data sync with Google Fit, we recommend to first migrate their data from Google Fit to [Health Connect](#), and then switch their MedM app data sync from Google Fit to Health Connect. Here is how to achieve this:

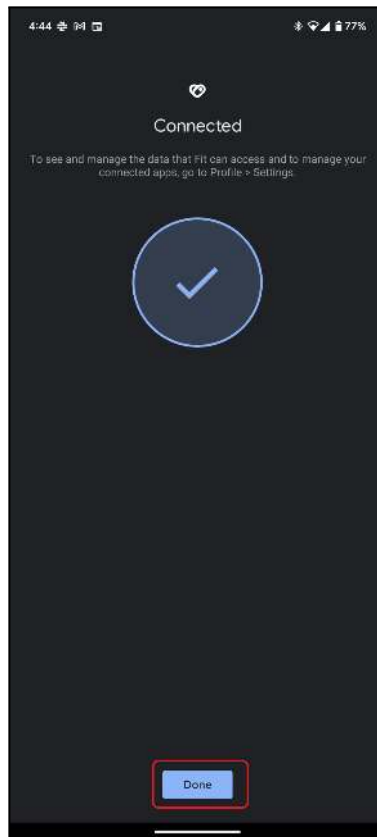
1. Download the Health Connect app from the Google Play Store on your Android phone
2. The first time you open Google Fit after installing Health Connect, you should see a **Sync with Health Connect** banner
3. Tap **Get started**
4. Select **Set up** from the **Sync with Health Connect** page:



- Grant Fit access to Health Connect data. You can allow access to all data or select the categories individually:

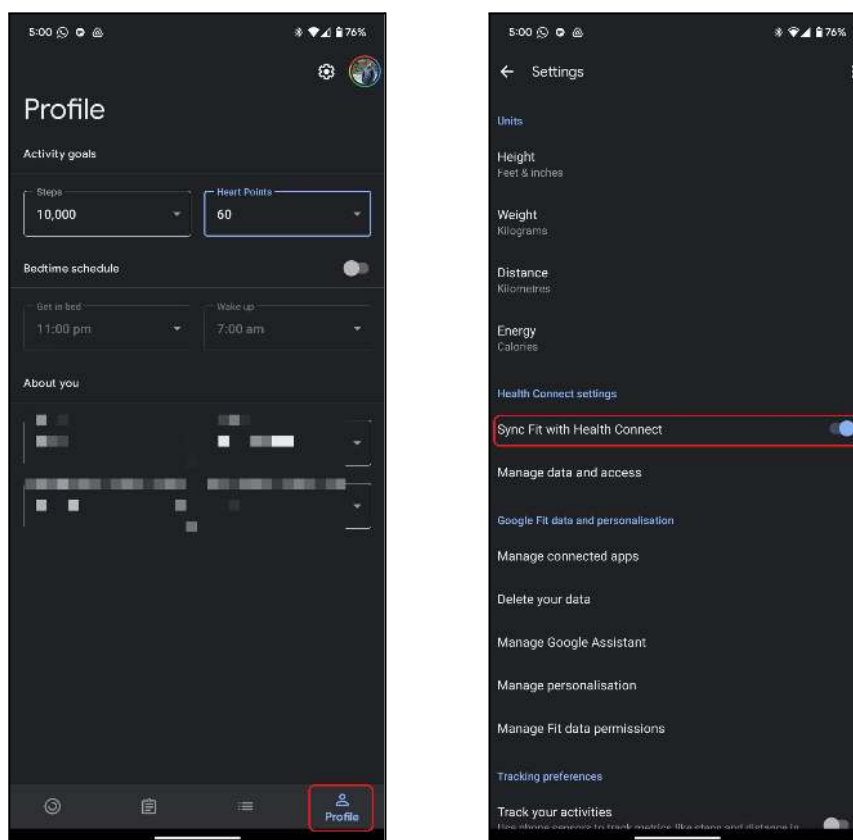


- Tap **Done** to proceed:



After a connection is established, Google Fit reads data shared with Health Connect over the last 30 days to pull existing data saved by other services. You can confirm Google Fit is syncing data with Health Connect by following the steps below:

1. Open **Google Fit** app on your phone
2. Tap the **Profile** button from the bottom navigation bar
3. Tap the **Settings** button at the top
4. Ensure that **Sync Fit with Health Connect** option is turned on:



General Info

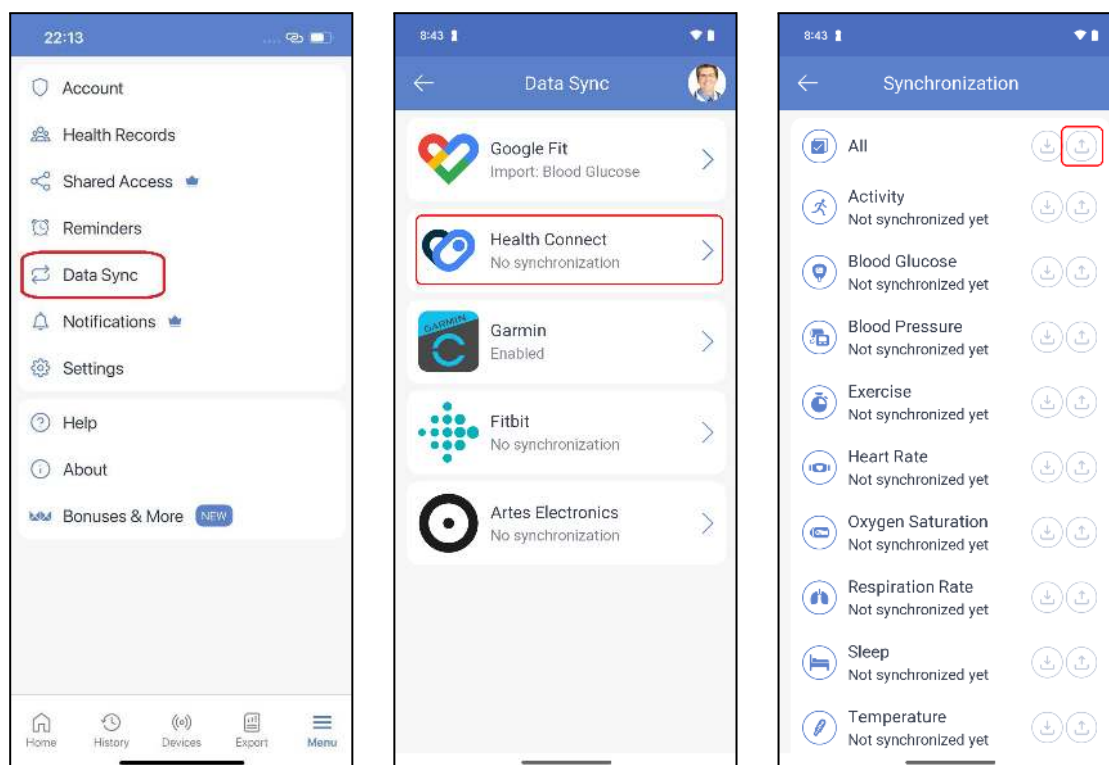
Data sync with Health Connect is available to Android users for the following measurement types: **Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, Temperature and Weight.**

Please note:

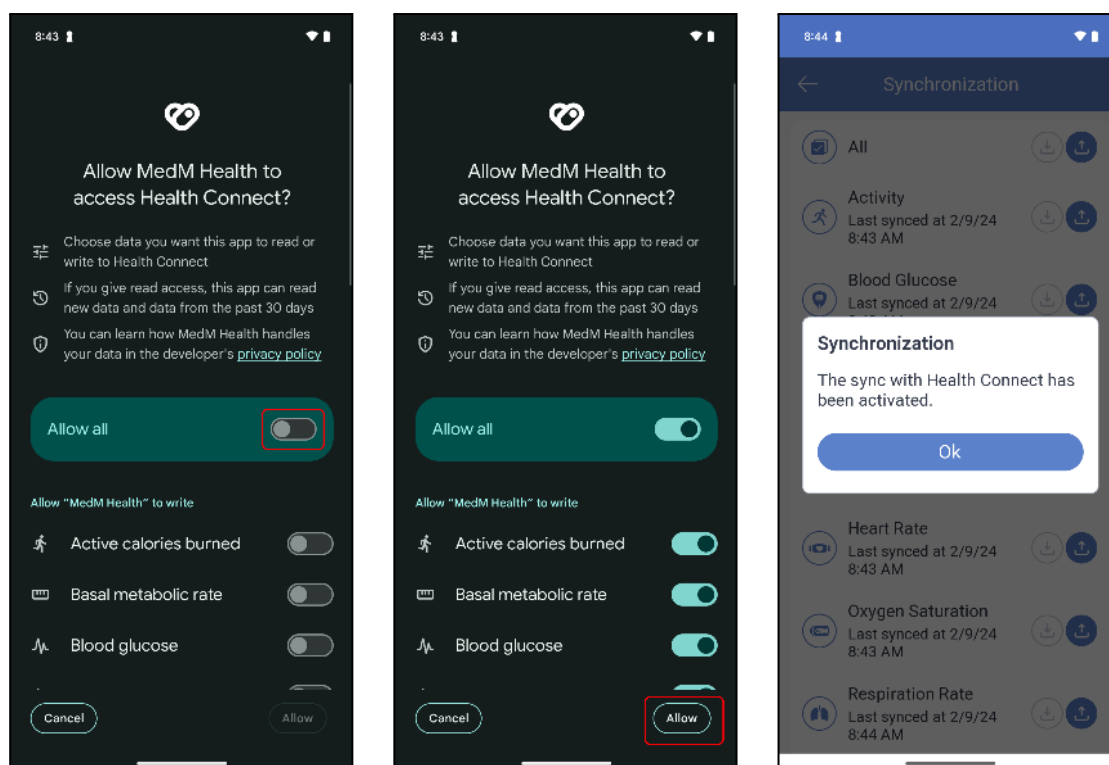
- Data sync with Health Connect is a [Premium feature](#)
- Data sync can only set up for the [main health record](#) of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health Diary should be kept in the foreground for successful data transfer

Reading and Writing Data

From the **app menu** select **Data Sync**, select **Health Connect** and pick the desired measurement types to start importing (**down** arrow) or exporting (**up** arrow) your data:

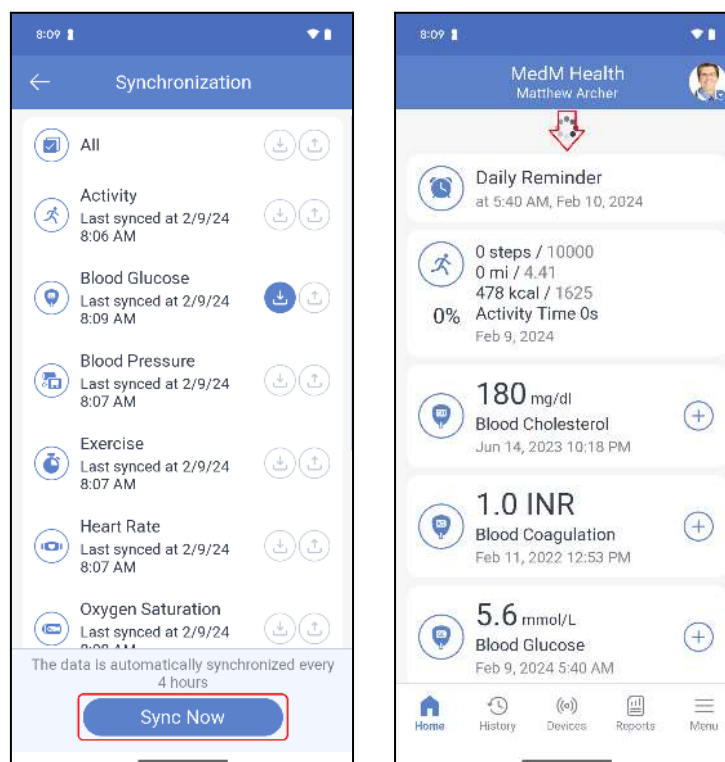


You will be redirected to the Health Connect app access screen to grant permissions for MedM app -> select data types you want to read or write and tap **Allow**:



To stop exporting/importing data to/from Health Connect, just uncheck the box of the corresponding measurement type. This will not affect any data already stored in the MedM app and Health Connect. If data export is activated for any measurement type, then synchronization with Health Connect is performed automatically as new measurements are added, edited, or deleted. If data import into MedM Health Diary is

activated for any measurement type - synchronization is performed automatically every 4 hours. To force it, tap the **Sync Now** button or just swipe from top to bottom on the **Home** tab screen:



Data Types

Activity

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories**, and **Total Calories** data.

Export: Related **Steps**, **Distance**, and **Active Calories** data is exported to Health Connect as separate measurements into **Steps**, **Distance**, and **Active calories burned** histories correspondingly.

Import: Related **Steps** and **Distance** and **Active calories burned** data is imported into MedM Health Diary as one activity measurement stored in **Activity** history. If **Distance** data is not present in Health Connect, it is calculated by MedM Health Diary, based on **Steps** and health record data such as height, age, and gender. **Activity Time** and **Active Calories** data is calculated by MedM Health Diary based on **Steps**, the last weight measurement, and health record data.

Blood Glucose

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.

Export: **Blood Glucose** data is exported to Health Connect as **Blood Glucose** history. Related **Meal Time** data is also exported and stored in measurement details.

Import: **Blood Glucose** data is imported into MedM Health Diary as **Blood Glucose** history. Related **Meal Time** data is also imported and stored in measurement details.

[Blood Pressure](#)

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** data, and may additionally store **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: **Systolic and Diastolic Blood Pressure** data is exported to Google Fit as **Blood Pressure** history. Related **Body Position** and **Measured Arm** data is also exported and stored in measurement details. Related **Heart Rate** data is exported to Health Connect as **Heart Rate** history.

Import: **Systolic and Diastolic Blood Pressure** data is imported into MedM Health Diary as **Blood Pressure** history. Related **Body Position** and **Measured Arm** data is also imported and stored in measurement details. Related **Heart Rate** data from Health Connect is merged into blood pressure measurements in MedM Health Diary.

[Exercise](#)

MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data, and may additionally store **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related **Exercise Type**, **Duration**, **Distance**, **Steps**, and **Active Calories** data is exported to Health Connect in the following way: **Steps** as **Steps** history, **Distance** as **Distance** history, **Active Calories** as **Active calories burned** history, **Exercise Type** and **Duration** as **Exercise** history.

Import: Related **Exercise type**, **Duration**, **Distance**, **Steps**, and **Active calories burned** data is imported into MedM Health Diary as one exercise measurement and stored in **Exercise** history.

[Heart Rate](#)

MedM Health Diary heart rate measurements store **Heart Rate** data which may be stream or spot.

Export: **Heart Rate** data is exported to Health Connect as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Heart Rate** data is imported into MedM Health Diary as **Heart Rate** history. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

[Oxygen Saturation](#)

MedM Health Diary, oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** and **PI** data.

Export: **Oxygen Saturation** data is exported to Health Connect as **Oxygen Saturation** history. Related **Heart Rate** data is exported to Health Connect as **Heart Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Oxygen Saturation** data is imported into MedM Health Diary as **Oxygen Saturation** history with N/A **Heart Rate** data. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

[Respiration Rate](#)

MedM Health Diary respiration rate measurements may be stream or spot.

Export: **Respiration Rate** data is exported to Health Connect as **Respiratory Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Respiratory Rate** data is imported to MedM Health Diary as **Respiration Rate** history. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

[Sleep](#)

MedM Health Diary sleep measurements store data of **Duration** and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** time data.

Export: Sleep measurements are exported to Health Connect as **Sleep** history. All related parameters are present in measurement details.

Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters are present in measurement details.

[Temperature](#)

MedM Health Diary temperature measurements may be stream or spot, and they may store **Body Temperature** data as well as additional **Measurement Site** data.

Export: **Temperature** data is exported to Health Connect as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

[Weight](#)

MedM Health Diary weight measurements store **Body Mass (Weight)** data and may store additional **Body Fat %**, **Body Mass Index**, **Muscles %**, **Muscles Mass**, **Water %**, **Water Mass**, **Basal Metabolic Rate**, **Active Metabolic Rate**, **Bones Mass**, **Visceral Fat**, **Fat Free Mass**, **Soft Lean Mass**, and **Metabolic Age** data.

Export: Related **Weight**, **Body Fat %**, **Water Mass**, **Soft Lean Mass**, **BMR** and **Bone Mass** data is exported to Health Connect **Body Measurements** history as separate measurements into **Weight**, **Body Fat**, **Body water mass**, **Lean body mass**, **BMR** and **Bone Mass** histories correspondingly. Other weight parameters are currently not supported by Health Connect.

Import: **Weight** data is imported into MedM Health Diary as **Weight** history. If Health Connect stores the related **Body Fat**, **Body water mass**, **Lean body mass**, **BMR** and **Bone Mass** data, it is merged with **Weight** data into one weight measurement on import and marked in **Weight** history with the body composition icon.

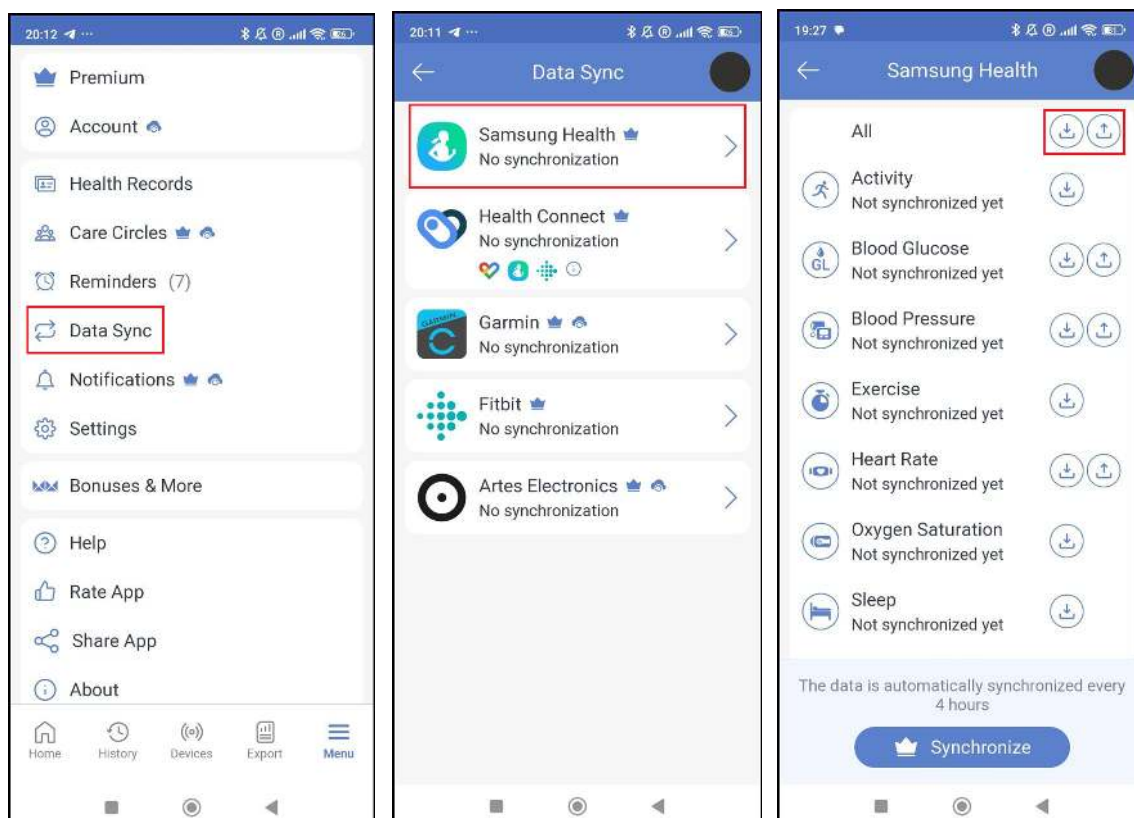
[Samsung Health](#)

Import from and export to Samsung Health is available to [Android](#) users for the following measurement types: **Activity**, **Blood Glucose**, **Blood Pressure**, **Exercises**, **Heart Rate**, **Oxygen Saturation**, **Sleep**, **Water Intake** and **Weight** for import, and **Blood Glucose**, **Blood Pressure**, **Heart Rate**, **Water Intake** and **Weight** for export to **Samsung Health**

Please note:

- Import from Samsung Health is a [Premium feature](#)
- Data sync is available only for the [main health record](#) of any user

Open the app menu, select **Data Sync**, select **Samsung Health**, then you will be sent to your **Samsung Health app**, sign in to your **Samsung** account and grant the required permissions. Once the sync is established - your Garmin data will be imported to the MedM app (until access is revoked).



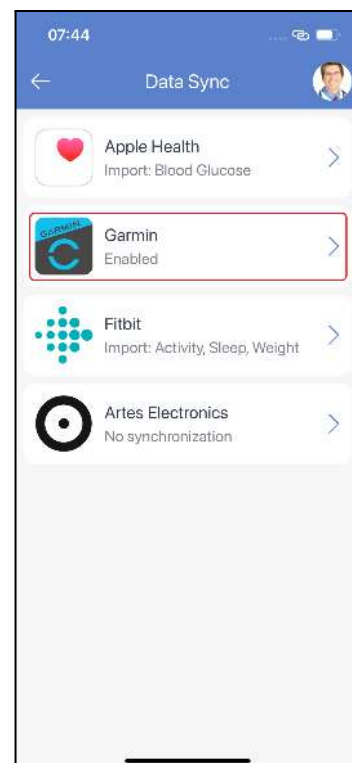
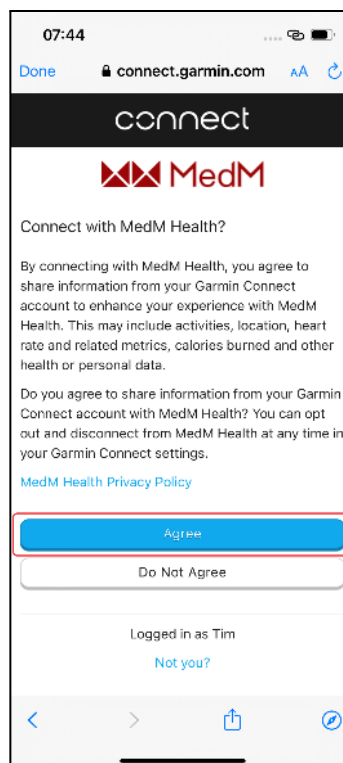
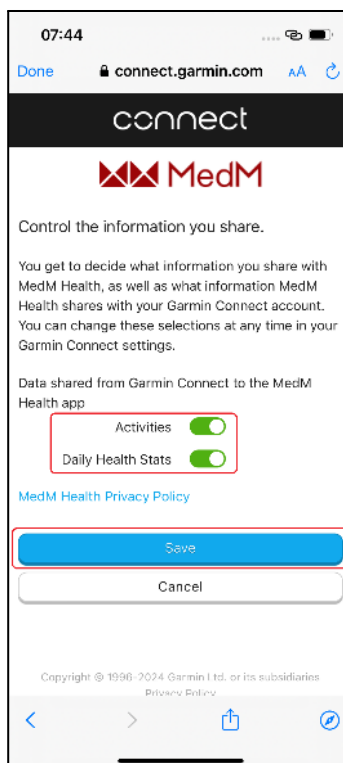
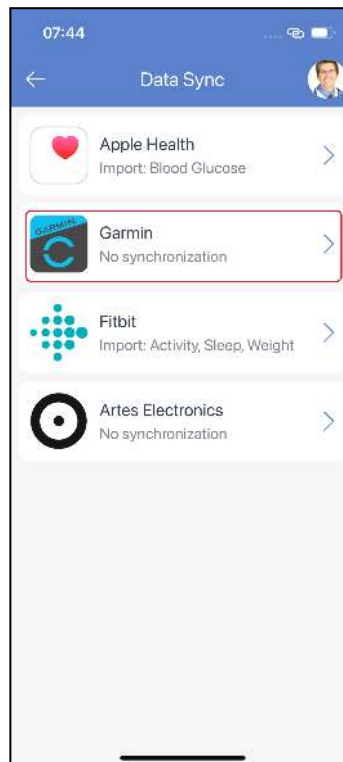
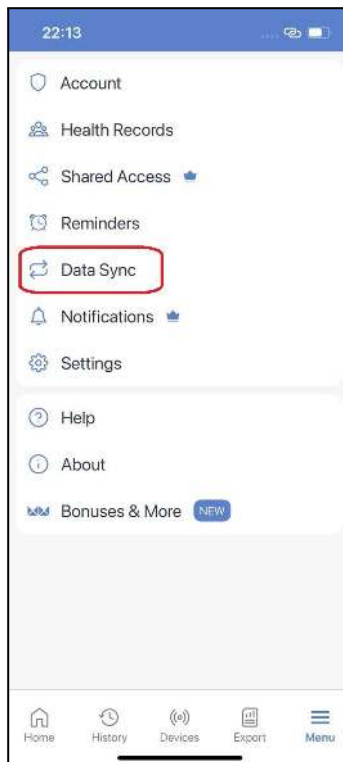
Garmin Connect

Import from Garmin Connect is available to Android and iOS users for the following measurement types: **Activity, Blood Pressure, Exercises, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, and Weight.**

Please note:

- Import from Garmin Connect is a [Premium feature](#)
- Data sync is available only for the [main health record](#) of any user
- Garmin Connect provides only read API (so uploading data to Garmin Connect is not possible)

Open the app menu, select **Data Sync**, select **Garmin Connect**, sign in to your Garmin account and grant the required permissions. Once the sync is established - your Garmin data will be imported to MedM app (until access is revoked):



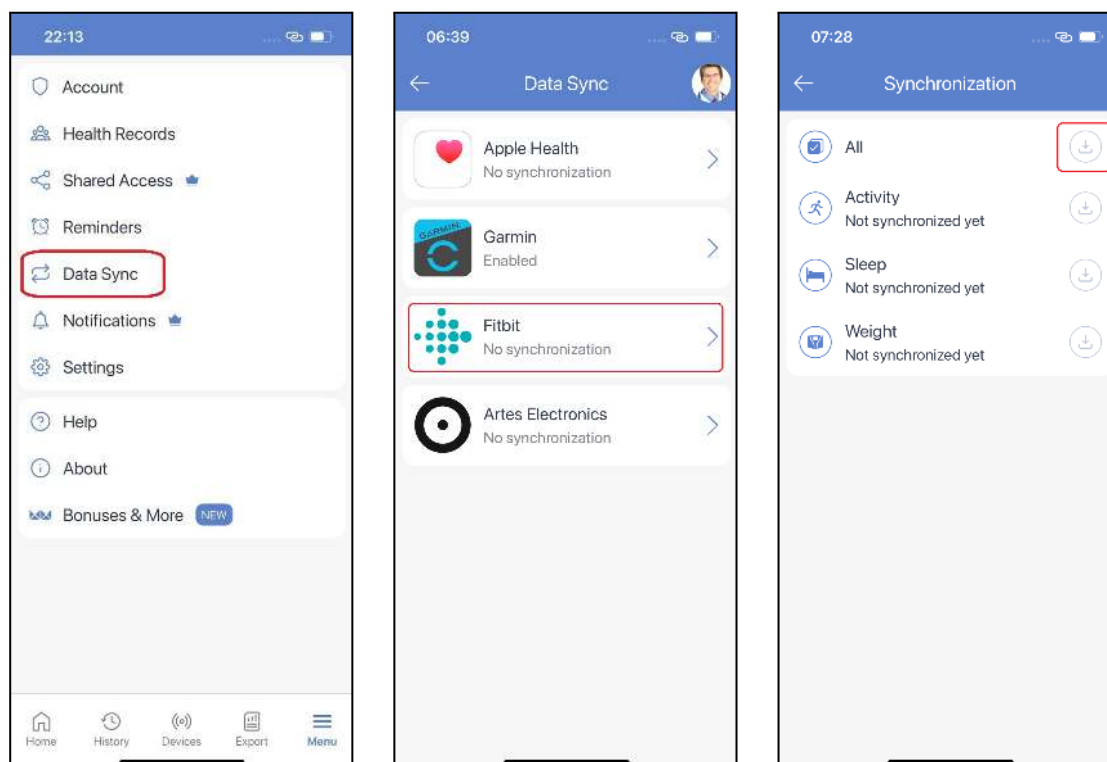
Fitbit

Import from Fitbit is available for Android and iOS users for the following measurement types: **Activity**, **Sleep**, and **Weight**.

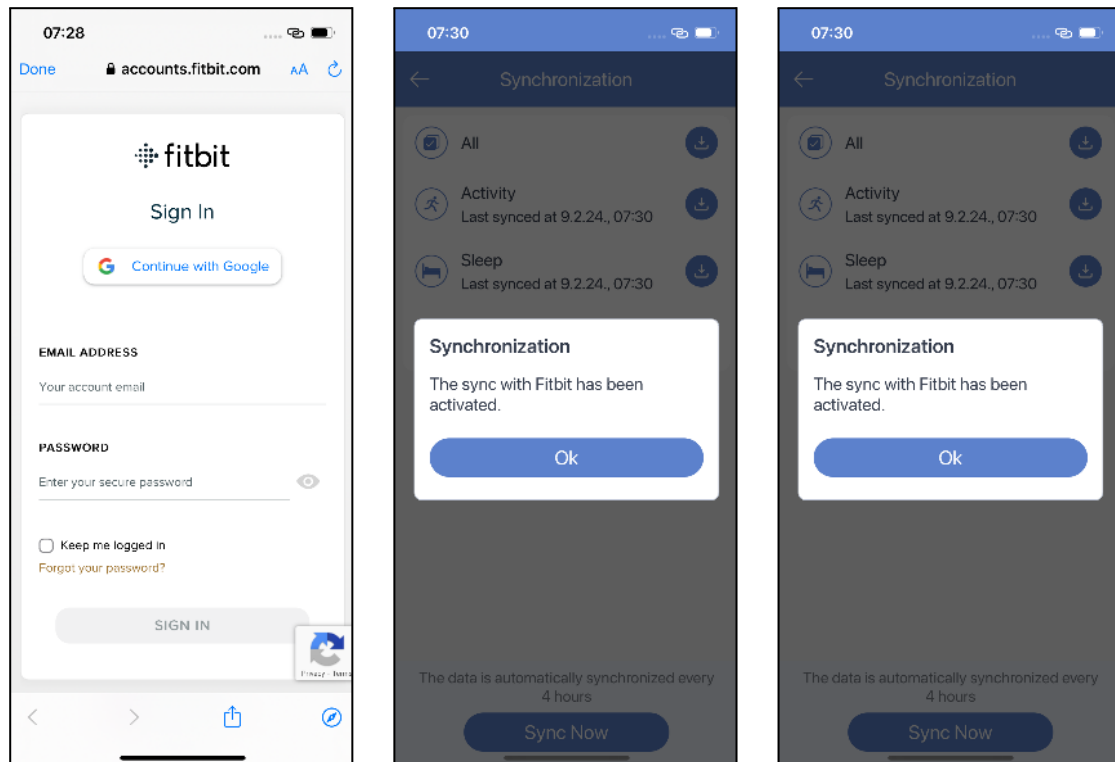
Please note:

- Import from Fitbit is a [Premium feature](#).
- Data sync is available only for the [main health record](#) of any user
- MedM Health Diary should be kept in the foreground while data is being imported
- Fitbit provides only read API (so uploading data to Fitbit is not possible)

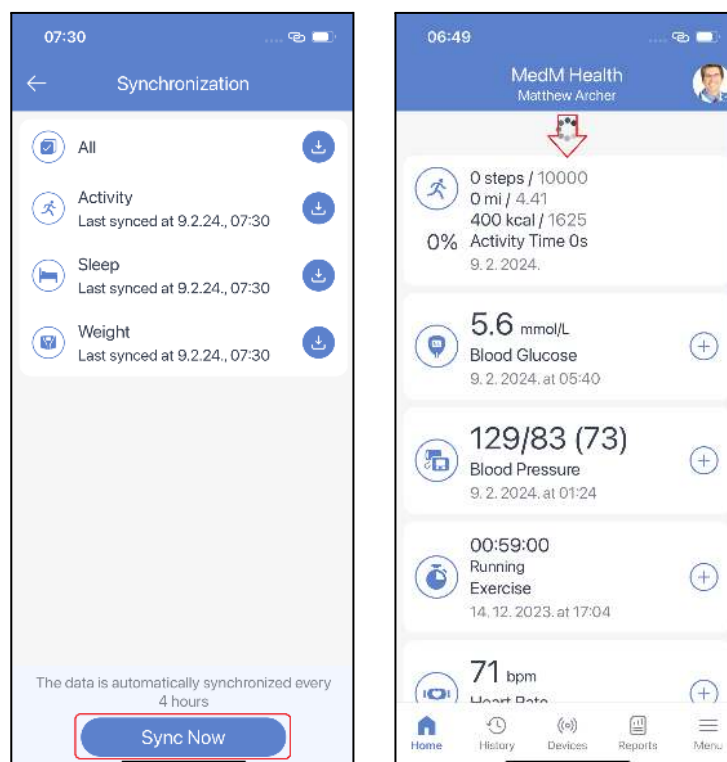
Open the app menu, select **Data Sync**, select **Fitbit**, and import your **Activity** or **Sleep** data:



To continue with data import, you will be redirected to the **Fitbit** login web page. Enter your Fitbit credentials and finish importing data:



Once activated, data will be imported automatically every 4 hours (until deactivated). To force data import click **Sync Now** or just swipe from top to down on the Home tab screen:



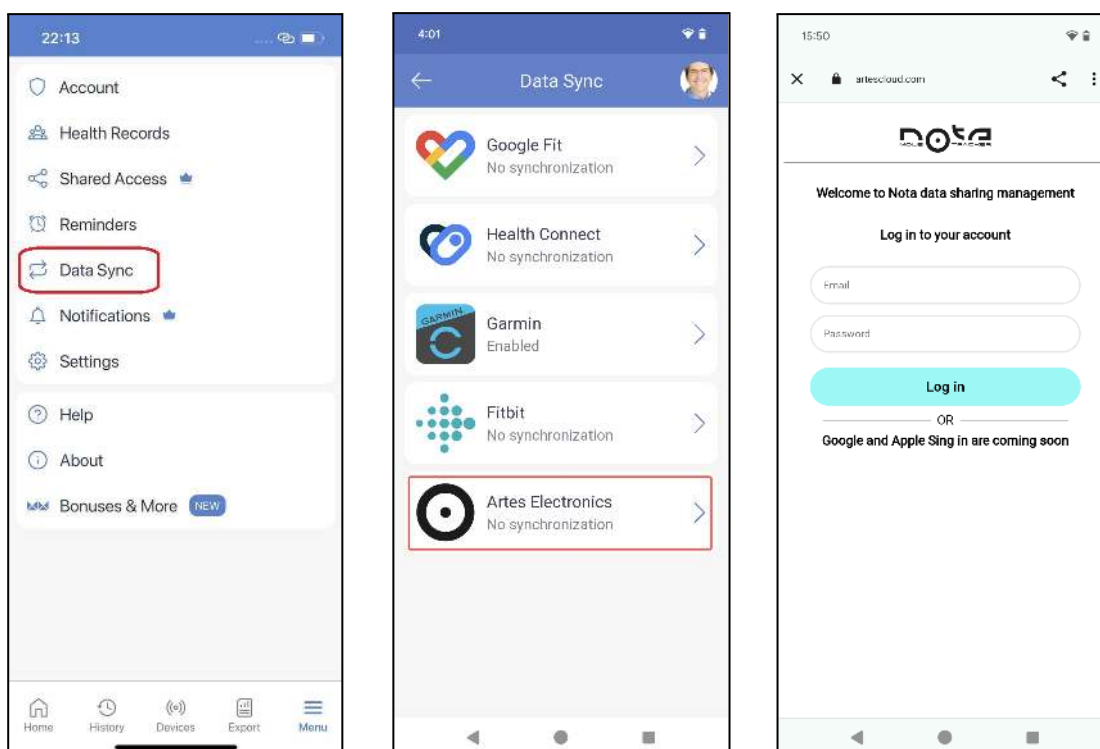
Artes Electronics

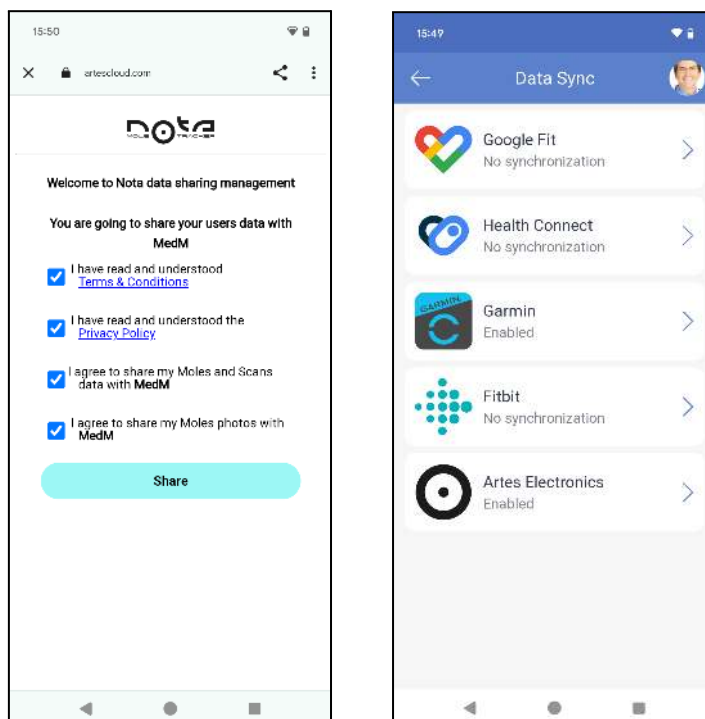
Import from Artes Electronics (NOTA Mole tracker app) is available for Android and iOS users for the Mole Scan measurement type.

Please note:

- Import from Artes Electronics is a [Premium feature](#)
- Data sync is available only for the [main health record](#) of any user

Open the app menu, select **Data Sync**, select **Artes Electronics**. To continue with enabling synchronization, you will be redirected to the **Nota** login web page. Enter your **Nota** credentials, make sure you agree to terms and click the Share button:





Mole scan readings import is performed automatically each time a new measurement is added in the NOTA Mole tracker app.

To stop synchronization with Artes Electronics (NOTA Mole tracker app) click on the Artes Electronics item in the Data Sync menu and cancel sharing. This will not affect Mole scan data already stored in the MedM app.

[Export](#)

Data of all types can be exported from the [MedM Health Cloud](#) in CSV, XLSX and PDF format (menu -> Reports -> Create new report). How to quickly access the [MedM Health Cloud](#) and export a file with data please read the [Export PDF or XLSX](#) chapter.

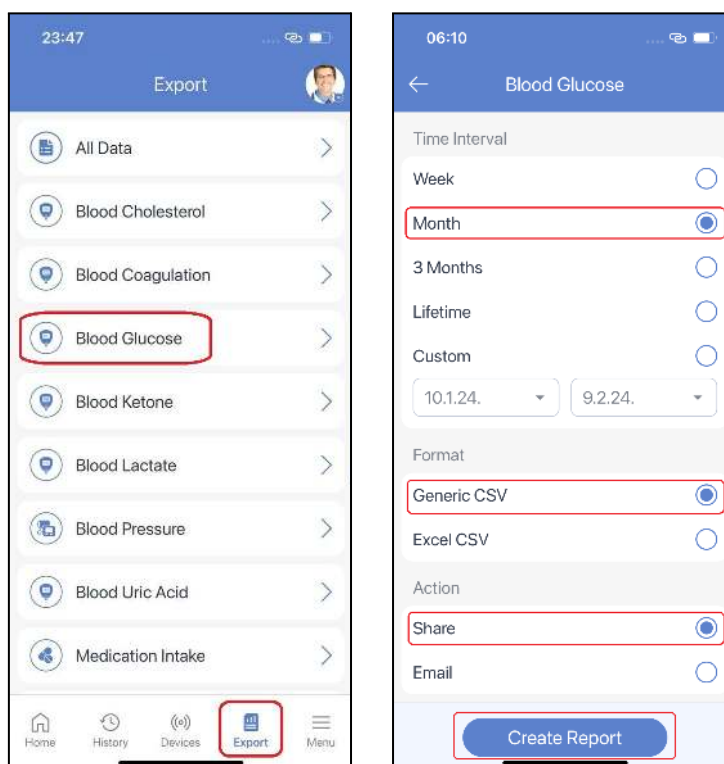
[Export in CSV](#)

Exporting data as CSV files is available both for registered and [local mode users](#).

From the **Export** tab it is possible to share reports with **Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, Medication Intake, Note, Oxygen Saturation, Temperature, and Weight** data in CSV format via email or to an external app installed on your mobile device. You can also generate one ZIP file containing All Data.

[Generic CSV](#)

The Generic CSV format has column parameters separated by commas. It is intended for viewing with any generic CSV reader. Data can be exported for a specific time period (week, month, 3 months, lifetime or custom period).



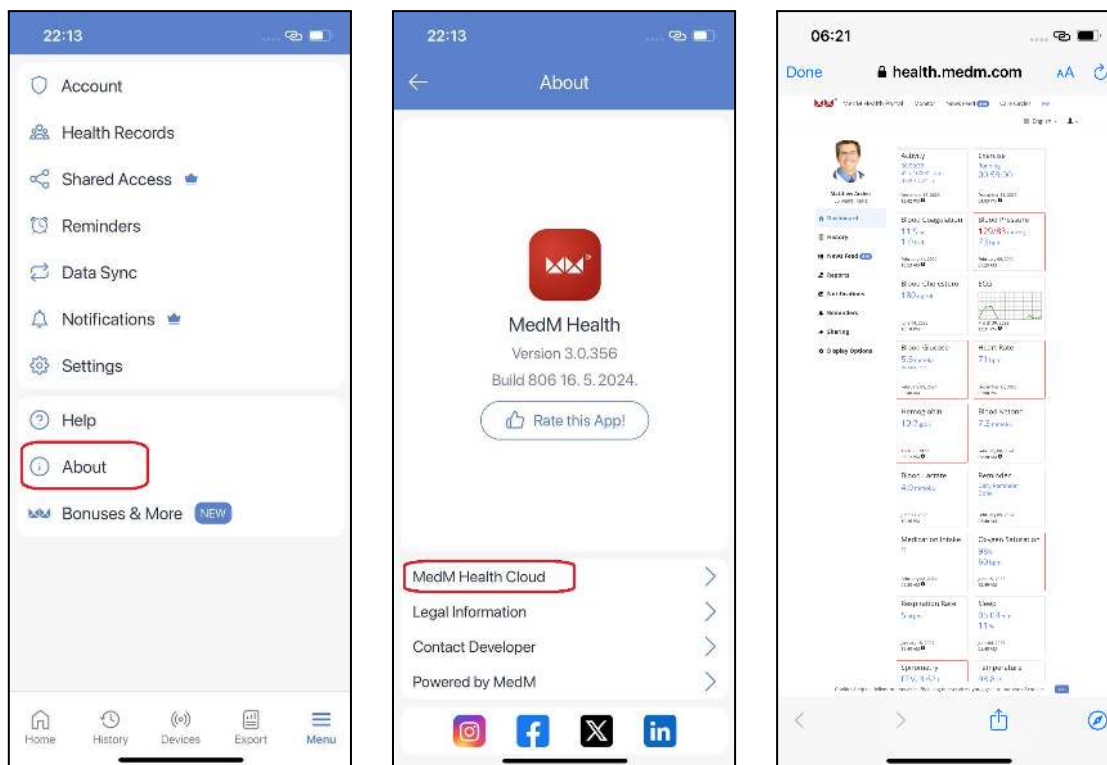
Excel CSV

The Excel CSV format is intended for viewing data in Excel. Data can also be exported for a specific time period (week, month, 3 months, lifetime or custom). Please note, that if the exported data does not contain Latin symbols, or if the exported values are not separated by commas - it is advised to follow these steps to open the file:

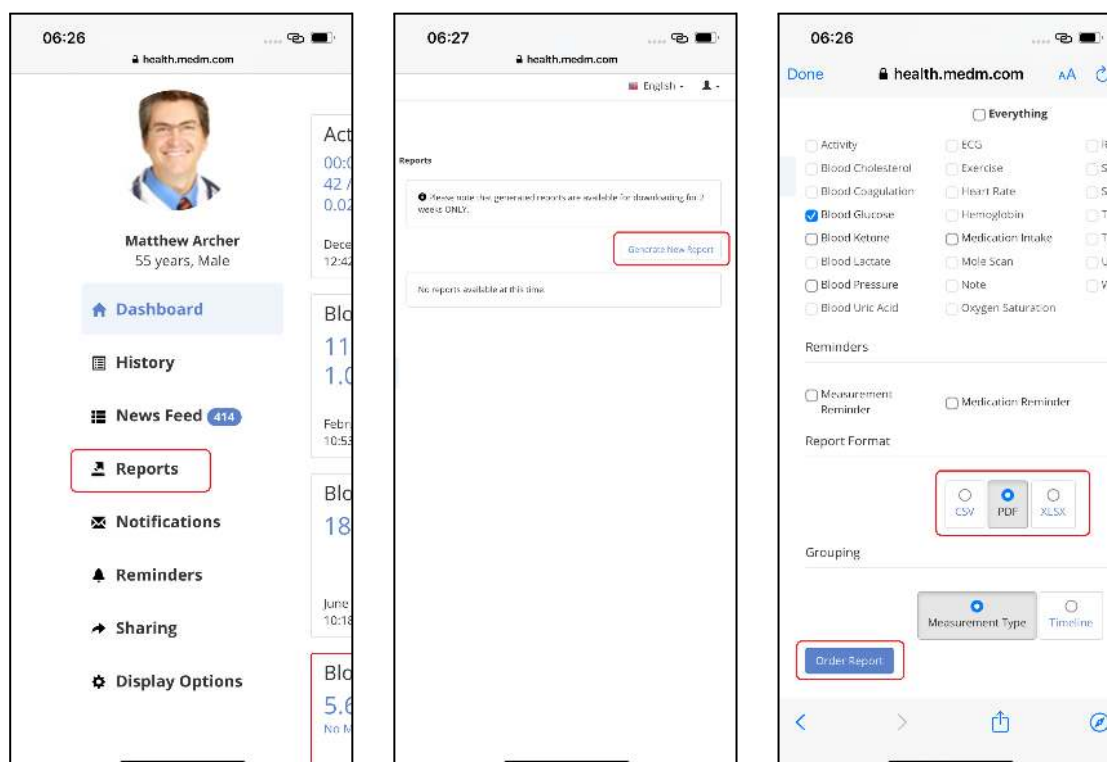
1. Open Excel
2. Select **Data** section
3. Tap the **From text** button (a window for file selection will open)
4. Find and import the exported file
5. Tap the **Next** button (step 1 window opens)
6. Check the box **comma** (step 2) and tap the **Next** button
7. Tap the **Finish** button, and the exported file should open correctly

Export PDF or XLSX

Downloading PDF and XLSX reports is only for registered users. Open the **app menu**, select **About** and tap **MedM Health Cloud**. You will be automatically signed into the [MedM Health Portal](#):



From the menu select **Reports** and tap **Generate New Report**, select a time period, data type, CSV, PDF or XLSX format, and tap **Order Report**:

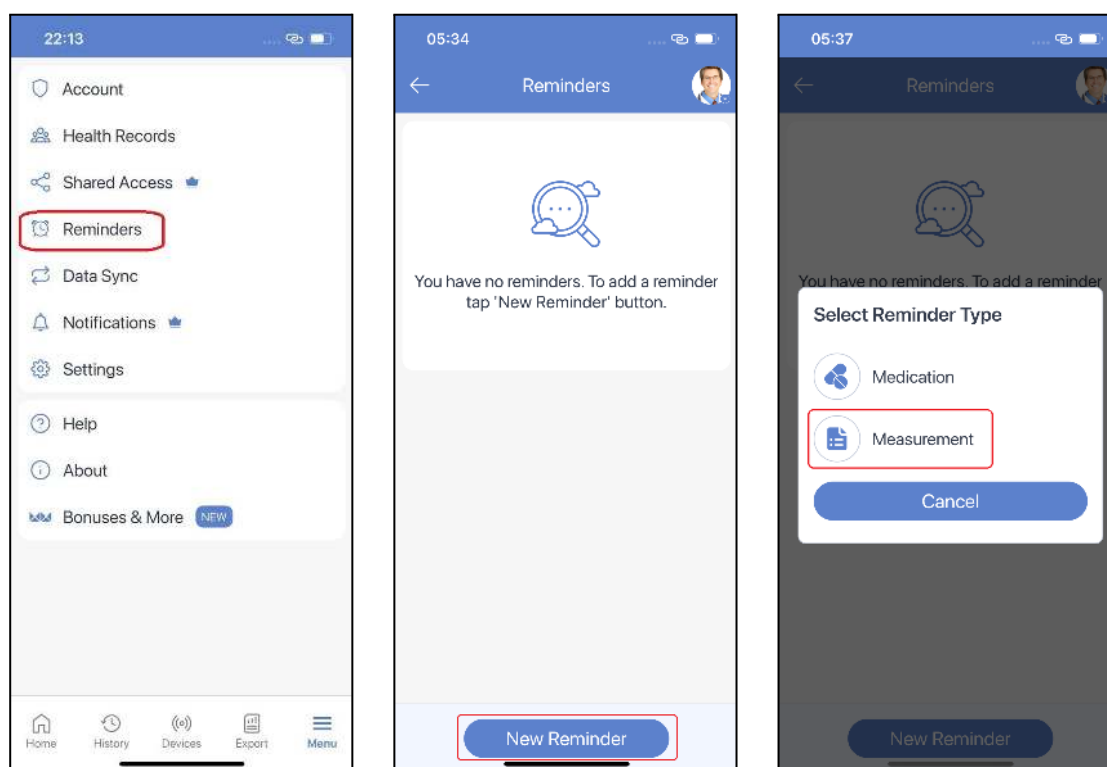


Reminders

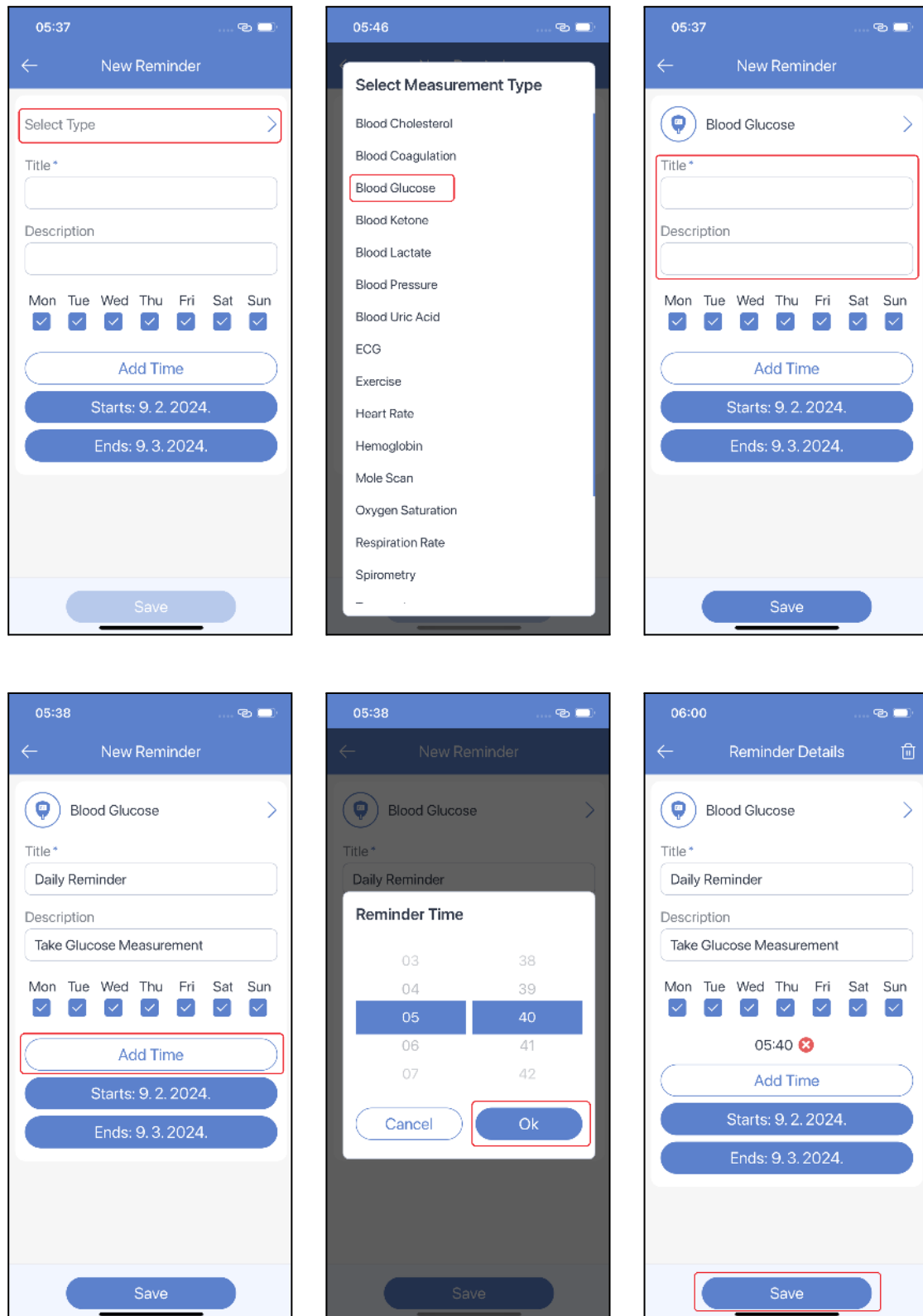
New Reminder

Reminders can be set for taking medication and/or making measurements. Reminders are created for specific [health record](#) the user manages and all past reminder events are saved to the reminder history.

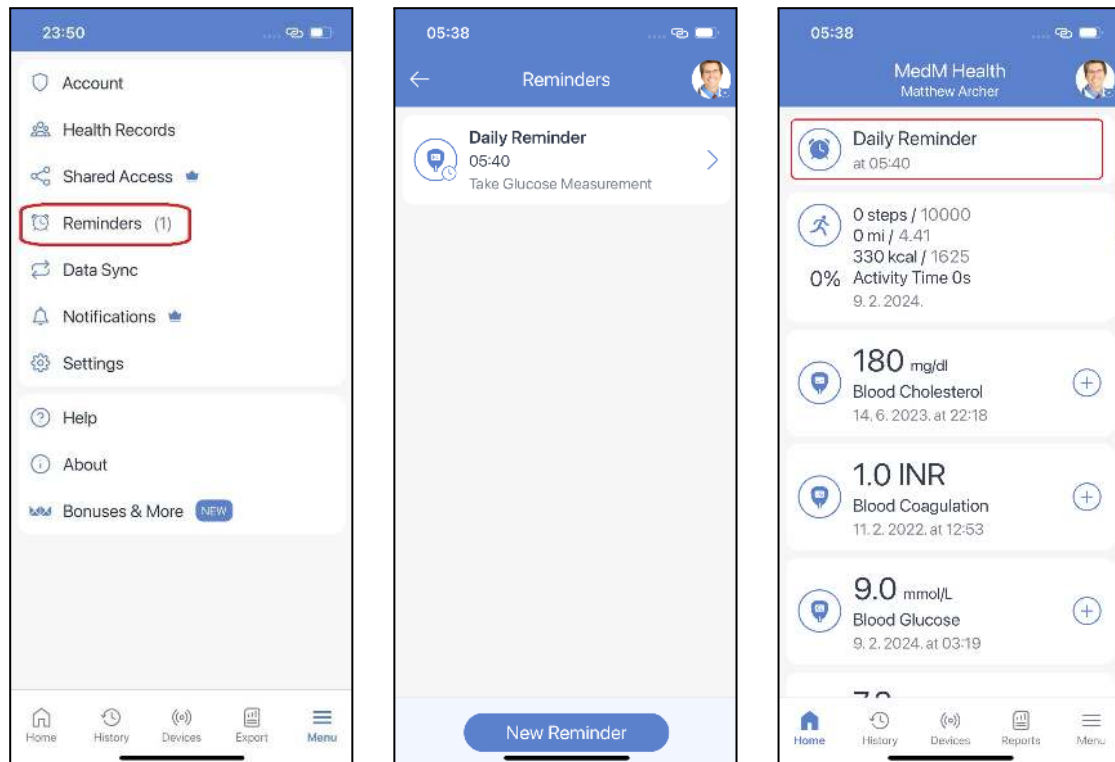
From the **app menu** select **Reminders**, select a [health record](#) (in the upper right corner), tap **New Reminder**, select **medication** or **measurement** reminder. Acting on a medication reminder will add a record to the [Medication Intake](#) history. Responding to a measurement reminder takes users to the **Add Measurement** screen of the corresponding measurement type, to record a new reading manually or to upload one from a paired device:



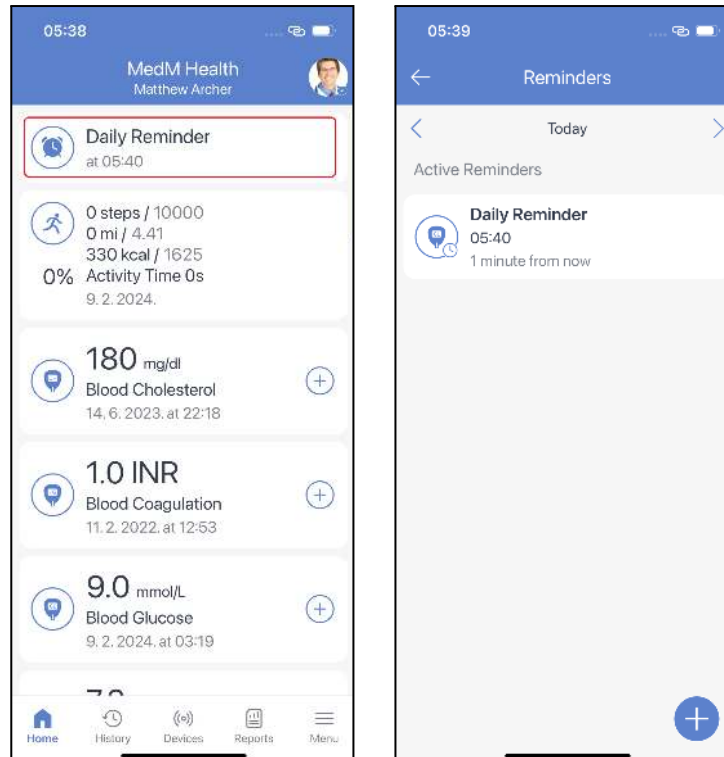
To set a measurement reminder select reminder **type**, add **title**, **description**, specify the **days of the week**, **time**, **date**, and tap **Save**:



A new reminder is created and appears at the top of the **Home** screen:

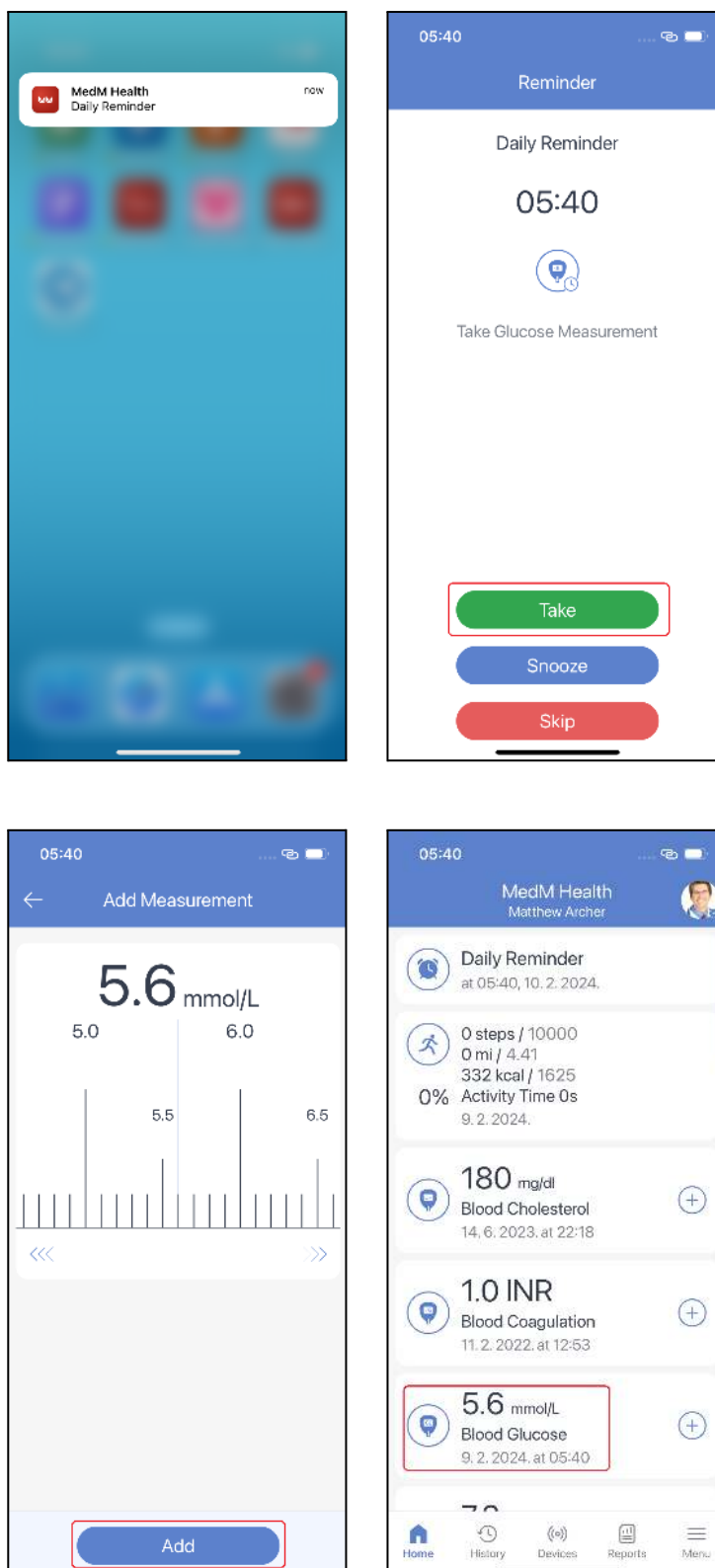


Tap the **Reminders** section of the dashboard to see your reminders history:

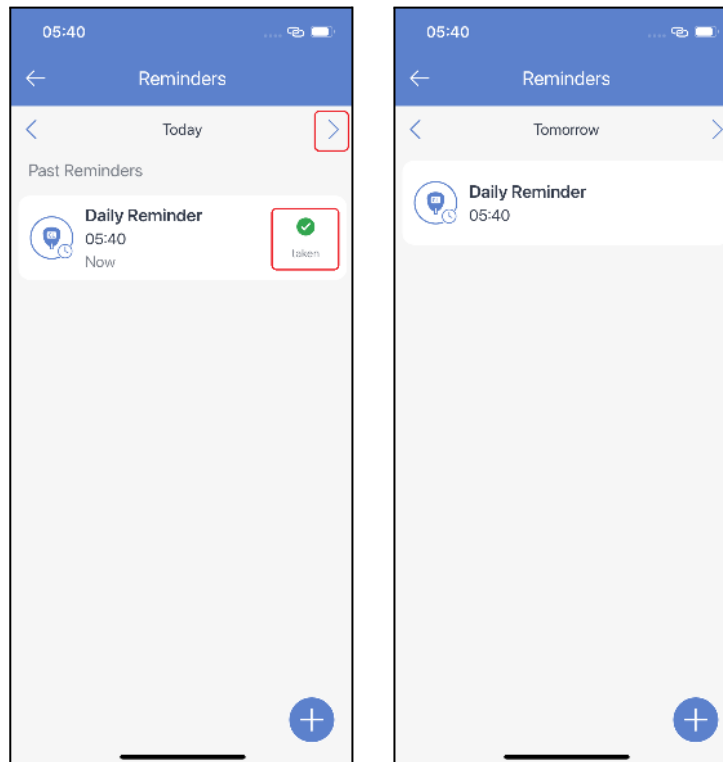


Acting on a Reminder

When the reminder time comes - you will receive a push notification. Tap on the notification to open the reminder alarm screen and select an action for this reminder: **Take**, **Snooze**, or **Skip**. Tap **Take** and if you have a paired Bluetooth sensor corresponding to the reminder type - you will be prompted to get data from the sensor or to enter it manually:

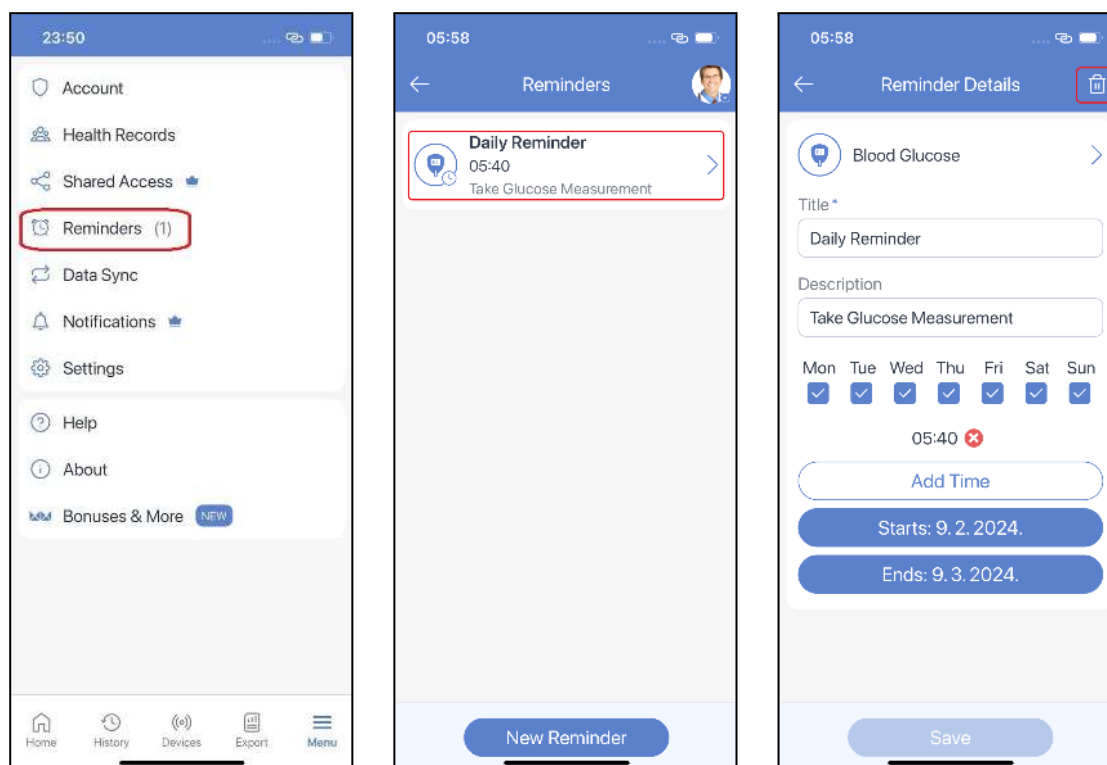


After a reminder has been acted on - its state in Reminder history will change from **Active** to **Past**. Use arrows to scroll through reminder history:



[Editing or Deleting a Reminder](#)

Past reminders cannot be deleted from history. To edit or delete an active reminder select **Reminders** from the **app menu** and choose an active reminder. Choose an action in the top right corner of the screen: the **pencil** icon to edit, and the **bin** icon to delete a reminder.



Measurements Notifications

General Info

Setting push or email notifications for new measurements is only available for [registered users](#) with a Premium subscription. Notifications are available for the following data types:

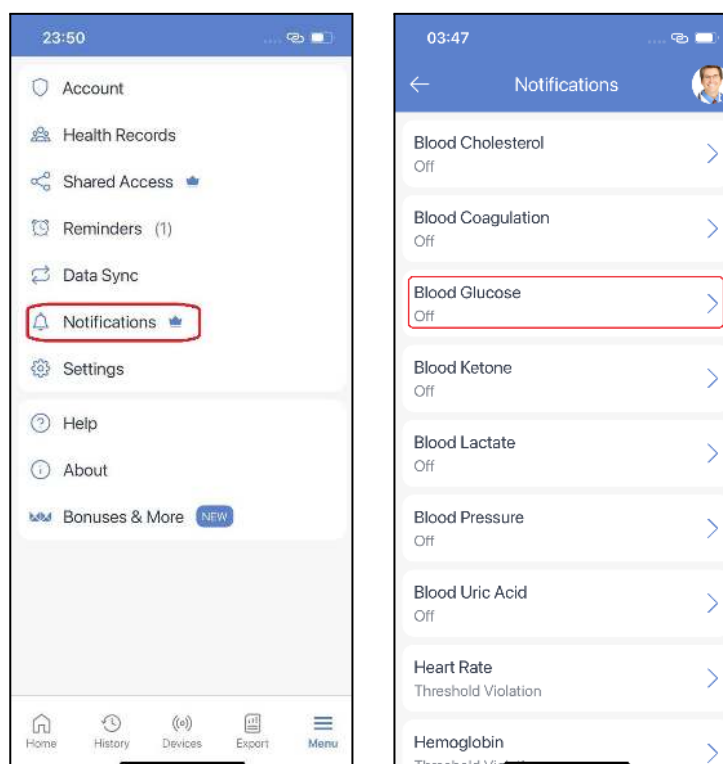
1. Activity
2. A1C
3. Blood Cholesterol
4. Blood Coagulation
5. Blood Glucose
6. Blood Ketone
7. Blood Lactate
8. Blood Pressure
9. Blood Uric Acid
10. Heart Rate
11. Hematocrit
12. Hemoglobin
13. Oxygen Saturation
14. Respiration Rate
15. Sleep
16. Spirometry
17. Temperature
18. Triglycerides
19. Weight

Only the measurement types [displayed on the Home screen](#) are available in Notifications.

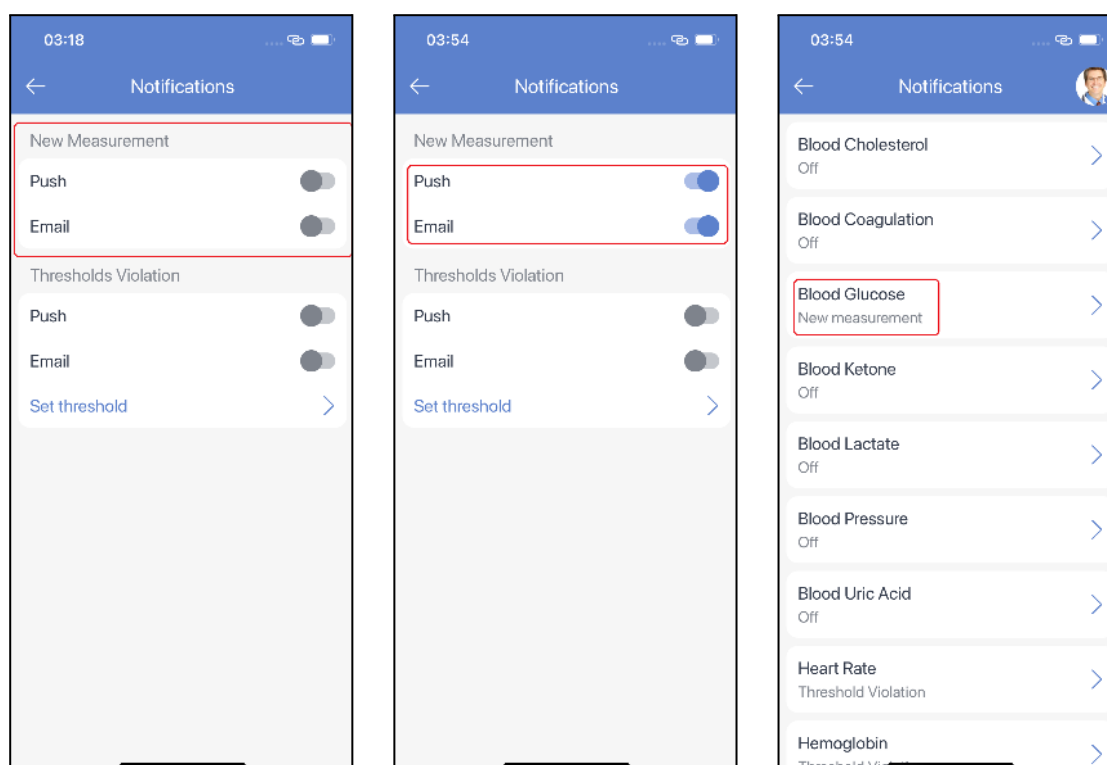
On New Measurements

Setting notifications on new measurements can be applied to any [health record](#) the user has access to (with [any access levels](#)). All notifications are personal and health-profile-specific, only visible to the user setting them.

To set up a new notifications select the **Notifications** item from the **app menu**, pick the target health record (in the upper right corner), and select a measurement type:



Enable your notification of choice (push and/or email). The notification will be sent when a new measurement is added to the [health record](#)'s history:

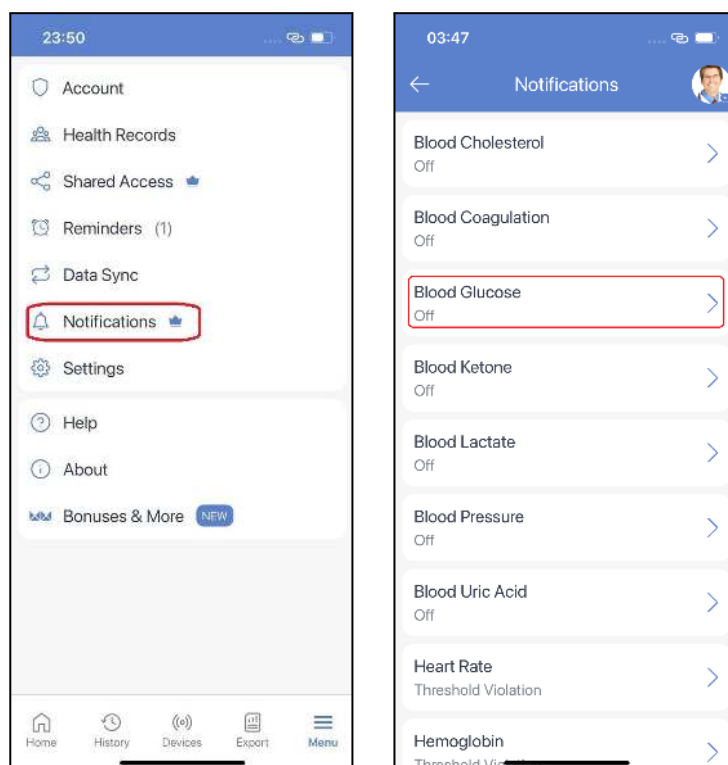


On Violated Thresholds

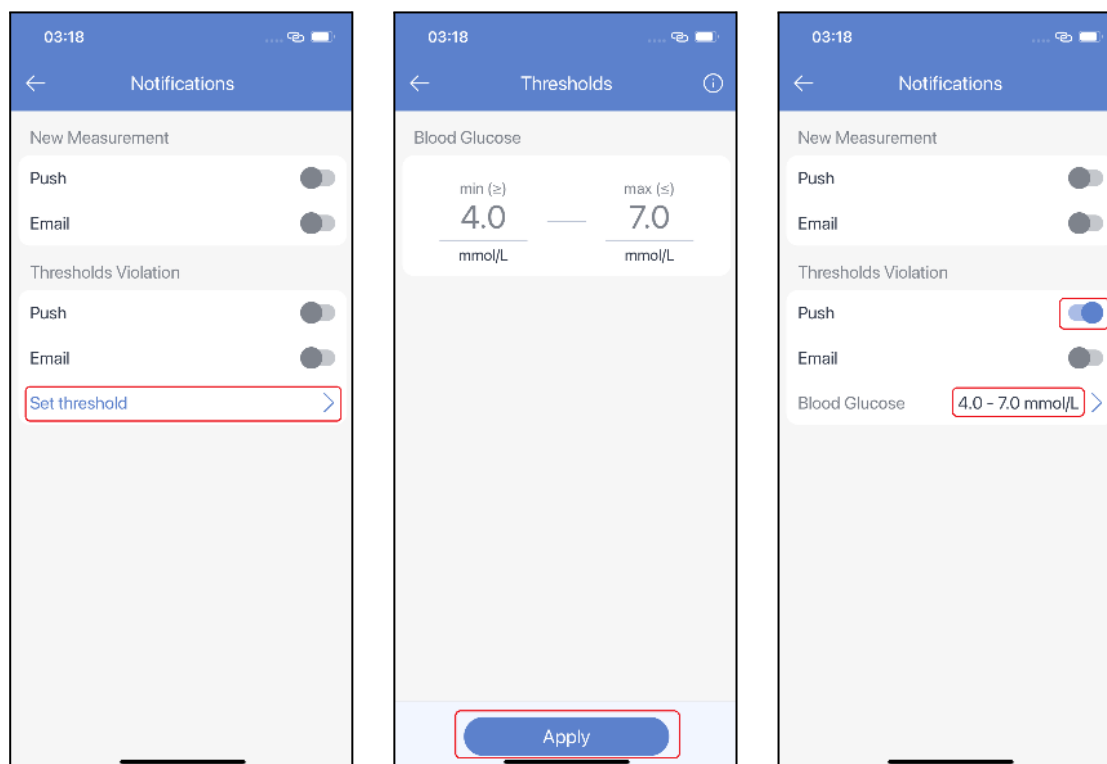
Thresholds can be set for a [health record](#) to receive push and/or email notifications if a new measurement value violates the threshold for this health record.

Setting notifications for threshold violations can be applied to any [health record](#) the user has access to (with [any access levels](#)). All notifications are personal and health-profile-specific, only visible to the user setting them.

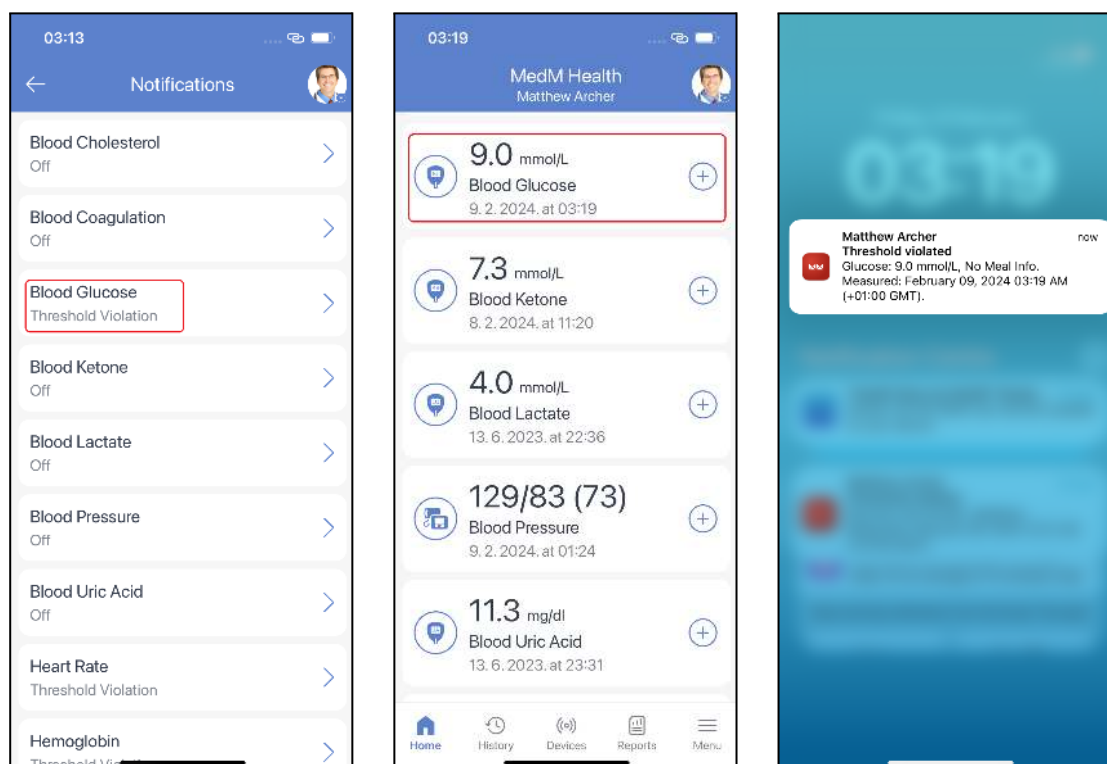
To set up thresholds select the **Notifications** item from the **app menu**, select the needed health record (in the upper right corner) and pick a measurement type:



Set a new threshold range and pick how you want to be notified of a violation: email, push notification, or both. Click **Apply**:



If you select to be notified by a push notification on threshold violation - you will receive a push notification:



[Backup and Restore](#)

If you are [connected to MedM Health Cloud](#) - then your data is securely backed up there and can be accessed at any time from any mobile device or PC, after signing into your MedM account.

To users utilizing [the local mode](#) it is recommended to periodically make system and data backups to iCloud (for Apple users) and as an option to Google Drive (for Android users). In case a user utilizing the local mode has lost or broken his mobile device, they want to perform a factory reset of their mobile device, or if they want to change their mobile device - then they can restore data from their backup. Note that only the last system backup is available to restore both for iOS and Android. If you make the system back up after MedM data was lost, it would not be restored from the previous backups. So if you want to restore your lost data, you should restore it as soon as possible from the last backup where data was not yet affected.

Here is the official source for Apple users on how to [back up](#) and [restore](#) data; and the [official source](#) for Android users.

[MedM Premium](#)

[General Info](#)

The following features of the app are free and accessible to both registered and [local mode users](#):

- [Automatic data collection via Bluetooth from an unlimited number of connected health meters](#)
- [Manual data entry](#)
- [App use with or without registration](#)
- [Keeping 2 health records](#)
- [Online data backups for registered users](#)
- [Reminders for taking medications & making measurements](#)
- [Configurable Home screen](#)
- [Measurements history, trends, and graphs](#)
- [Generate printable reports in PDF, CSV, and XLSX formats](#) (PDF and XLSX not available for [local mode users](#))
- A two-week free MedM Health Premium trial (not available for [local mode users](#))

What Features Are Premium?

- [Creating multiple health records for family \(and even pets\)](#)
- [Syncing data with other connected health ecosystems \(Google, Apple, Garmin, Fitbit\)](#)
- [Shared access to managed health records](#)
- [Monitoring loved ones \(via the app or portal\) and support them in taking charge of their health](#)
- [Customize notifications](#)

[How to Get MedM Premium](#)

First time subscribers are offered a two-week-long free premium trial. The subscription fee is charged after the free trial period ends, unless the subscription is cancelled.

[Subscribing in App Store or Google Play](#)

1. Sign into your MedM account in the MedM Health Diary app
2. Open the **app menu**
3. Select **Account**
4. Select **Subscription**
5. Tap **Try Now**
6. Select Plan
7. Subscribe with your Google Play account or your Apple ID

[Subscribing in MedM Health Portal](#)

1. Sign into your MedM account on the [MedM Health Portal](#)
2. In the upper toolbar click **Try Premium**
3. Select Subscription Plan and tap **Try 14 Days for free**
4. Proceed payment with Stripe

5. Once activated, your subscription can be viewed in the **Account menu**, located in the top right corner of the portal

[Subscribing in MedM Health App without an account](#)

1. Open the MedM app.
2. Press “Continue without registration”.
3. Open the **app menu**
4. Select **Account**
5. Select **Subscription**
6. Tap **Try Now**
7. Select Plan
8. Subscribe with your Google Play account or your Apple ID.

[How to Cancel MedM Premium Subscription](#)

Once your subscription is activated - it will automatically renew each month or year (depending on your plan). If you no longer wish to use the Premium subscription - you will need to cancel it. The subscription plan can be renewed at any time.

[Cancel in App Store](#)

1. Open **Settings** on your Apple device
2. Select **Apple ID**
3. On iPhones and iPads Select **Subscriptions**. On Macs first select **Media & Purchases** and then select **Subscriptions**
4. Select MedM Health Diary app
5. Cancel subscription

[Cancel in Google Play](#)

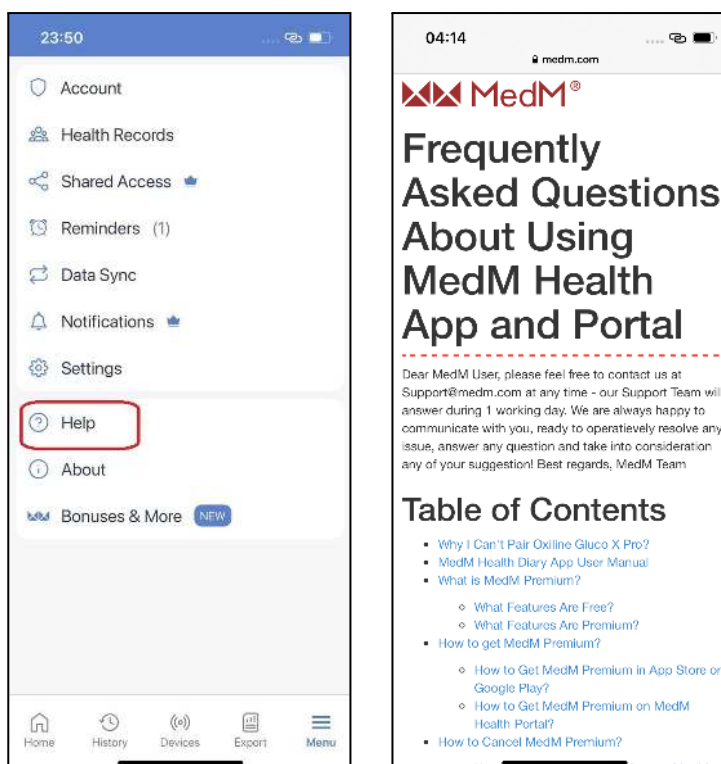
1. Open **Google Play** on your Android device
2. Tap on the **user icon** in the top right corner of the screen
3. Select **Payment and subscriptions**
4. Select **Subscriptions**
5. Select MedM Health Diary app
6. Cancel subscription

[Cancel in MedM Health Portal](#)

1. Sign into your MedM account on the [MedM Health Portal](#)
2. In the upper right corner click on the **user icon** (your account)
3. Select **Subscription** from the dropdown menu
4. If you have an active subscription - click **Cancel**
5. If you bought the subscription via Apple Store or Google Play - you will be redirected to cancel your subscription there

[Help](#)

Open the app menu and tap Help. The app FAQ page will open:



In the FAQ page you can also find this document in electronic format with all working links to external sources.

Please feel free to contact us at Support@medm.com if you face any issues, have questions or suggestions.

Best regards,
The MedM Team