MedM Health Diary Getting Started

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

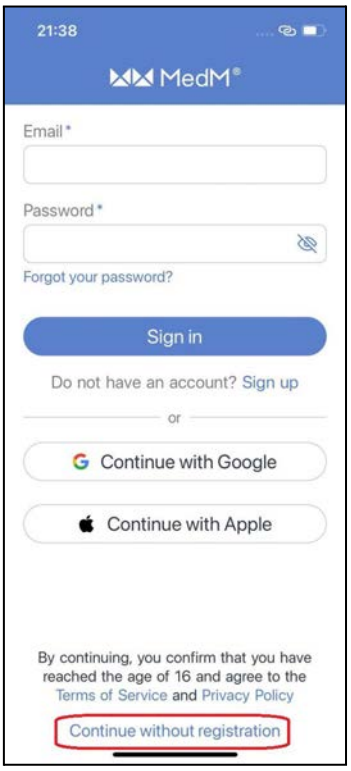
Contents:

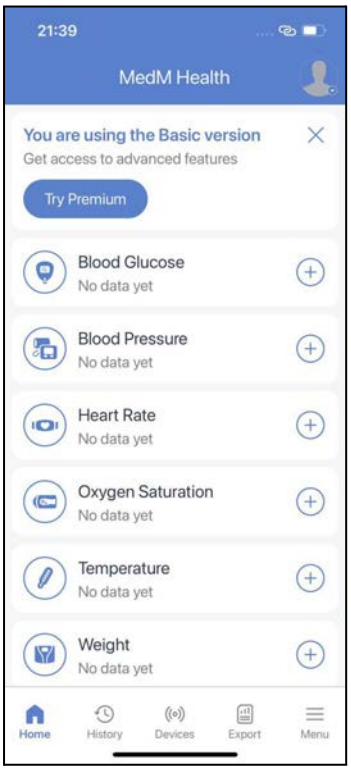
Running the App

Without Registration (Local Mode)

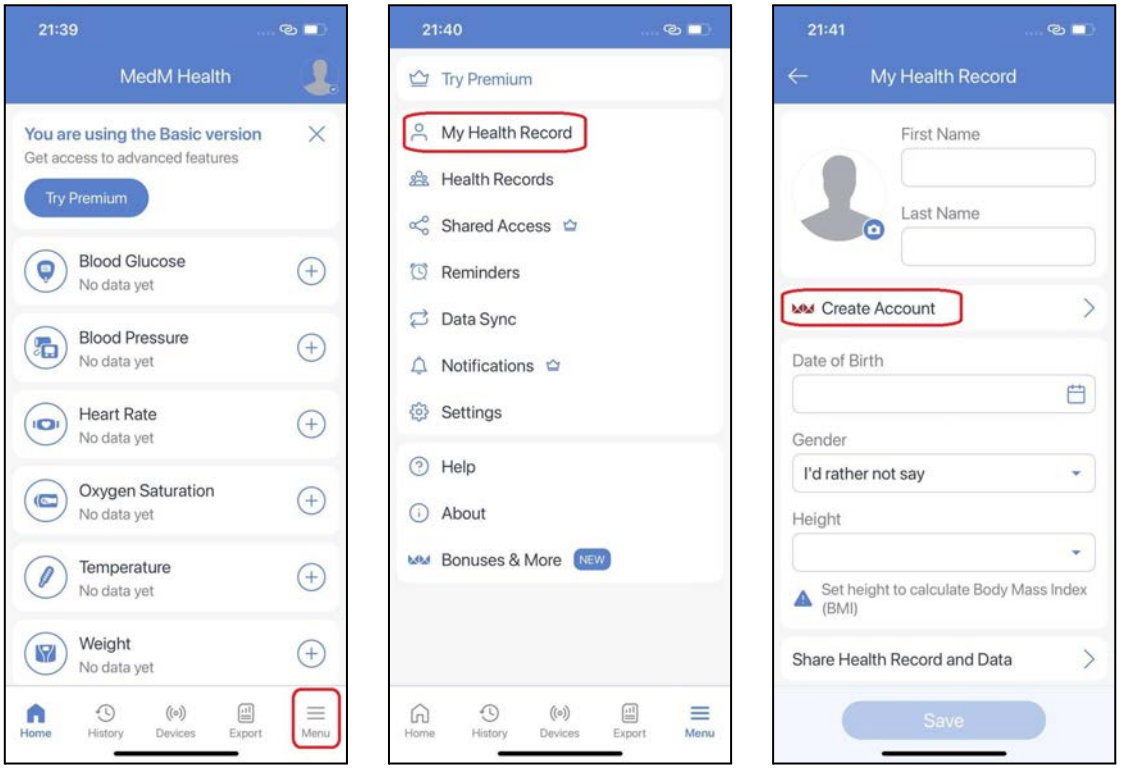
The app can be used in local mode: without registration or an established connection with MedM Health Cloud. In this case, all collected health data is stored on the user's mobile device **only**. MedM premium features such as data sync with Google/Apple/Garmin/Fitbit, threshold notifications, multiple health records, 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. Select **My Health Record** from the **Menu** and tap **Create Account** to sign in or to register a new account:

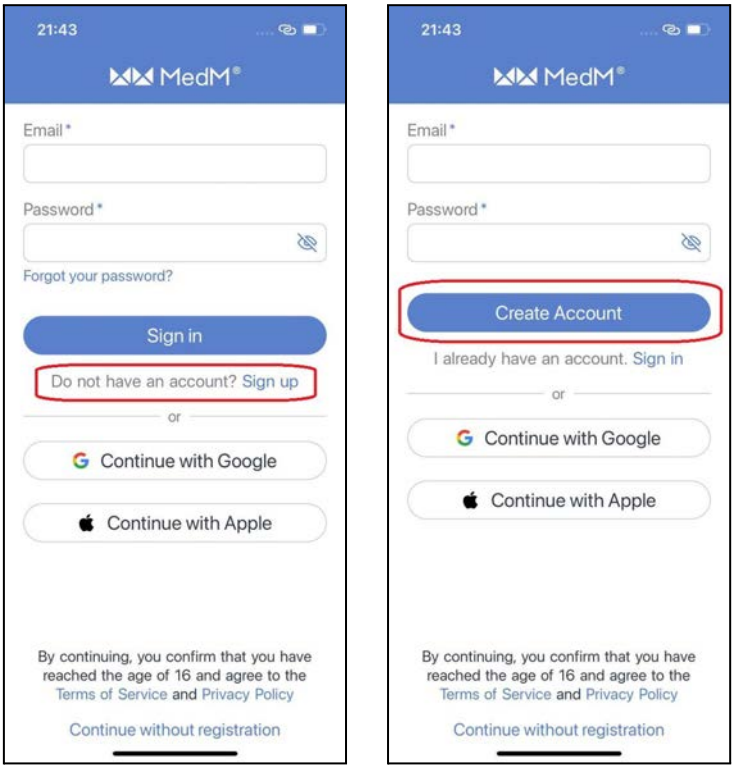


After signing into a MedM account from local mode, all locally stored health data will be synced with this account and backed up to MedM Health Cloud. Registered users can also purchase MedM subscriptions with Google Play, App Store, or Stripe (via the online portal) to gain access to MedM premium features.

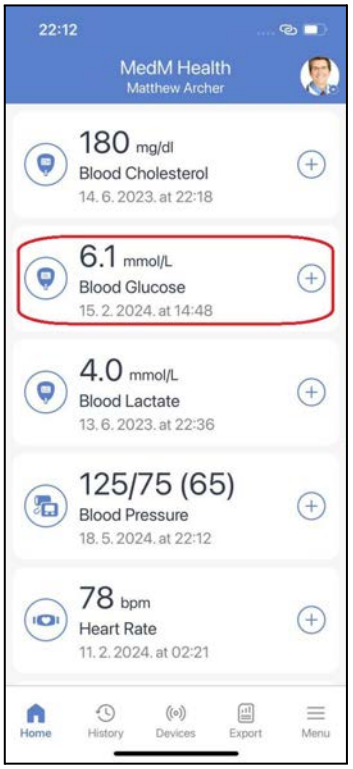
Connecting to MedM Health Cloud

Users can connect to the MedM Health Cloud to securely store their data, as well as to have and even 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's possible to sign up with Apple or Google. Use the same credentials to sign in to your account via the MedM Health Portal:



At Sign In users are prompted to the **Home** screen. Configure your **Home** Screen. The last measurement is displayed on the **Home** screen for each enabled data type. To view history, select one of the data types by tapping the corresponding section:

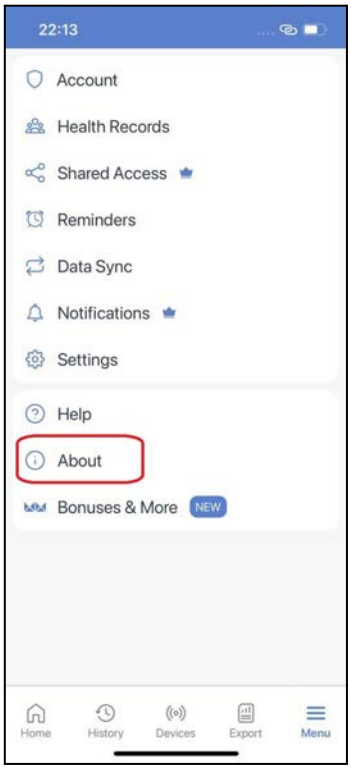


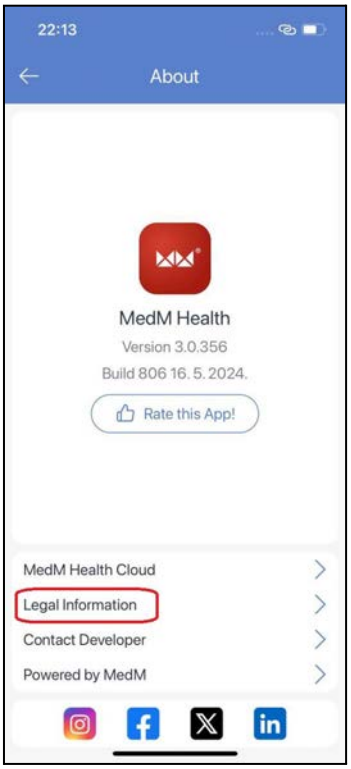
You are now on the history screen. View the previous measurements by scrolling (swiping) up or down:

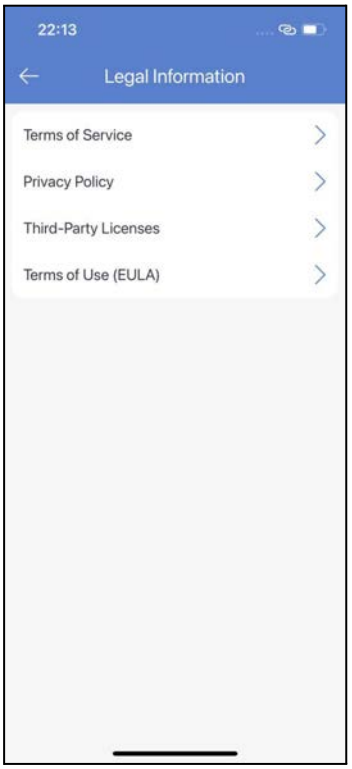
User Management

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**:





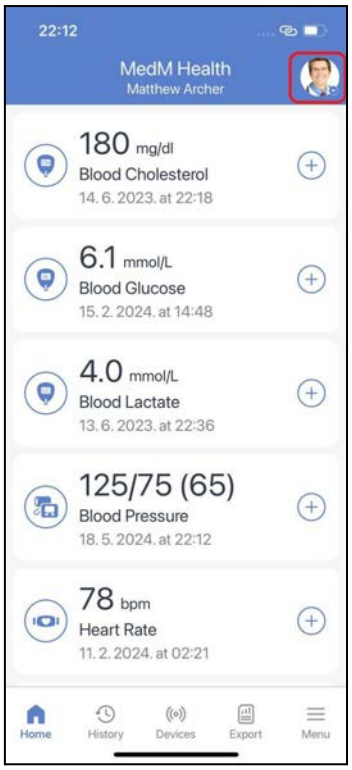


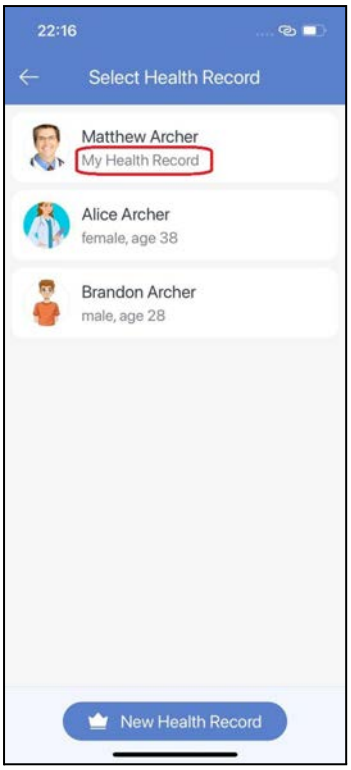
Health Records

All user data is always saved within a specific health record. Any local or registered user receives one automatically created main health record when they start to use the app. They are able to create a second health record to keep a health diary for a second person without MedM Premium subscription. Registered users with MedM Premium subscription can create additional unlimited health records to keep health diaries for many family members (even pets).

The Main Health Record

The main health record always exists for any user. 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 health records, which can be viewed by tapping on the **user** icon in the top-right corner of the dashboard:





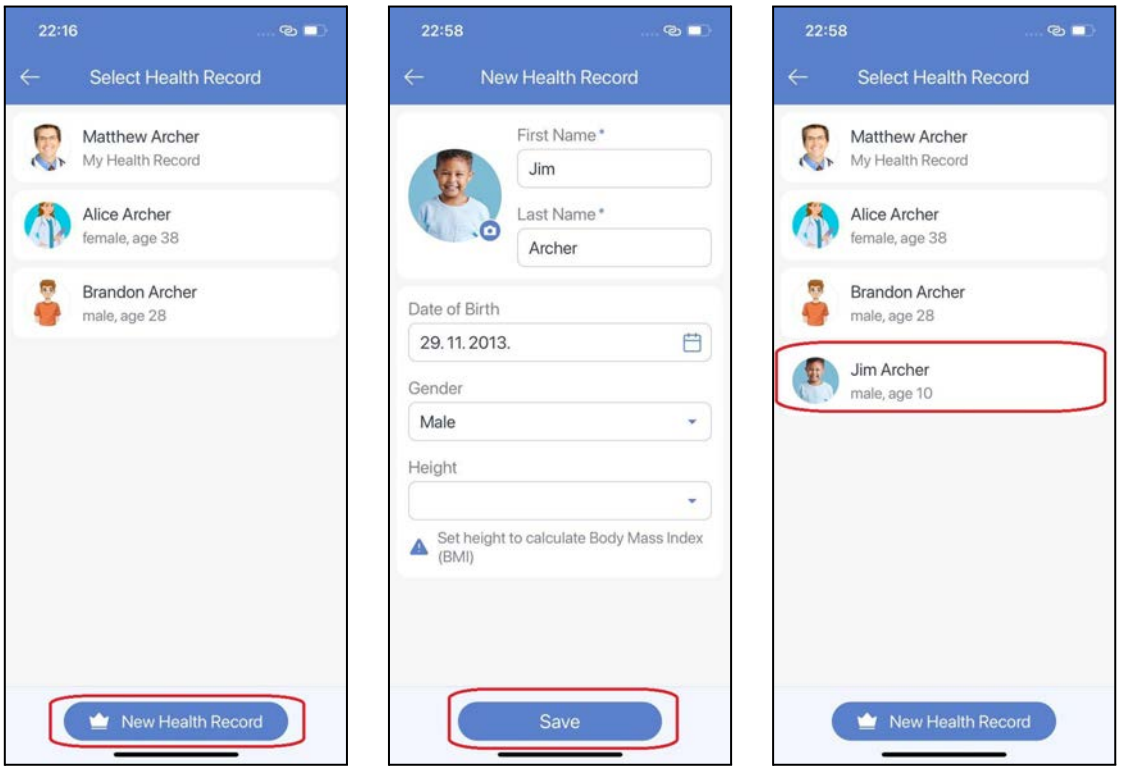
Any registered user has the **custodian** level of access for their **main** health record and hence can exercise full control: share with other registered users or revoke this access. The only way to delete the main health record is by deleting the corresponding user account.

New Health Record

Any local or registered user receives one automatically created main health record when they start to use the app. They are able to create a second health record to keep a health diary for a second person without

MedM Premium subscription. Registered users with MedM Premium subscription can create additional unlimited health records to keep health diaries for many family members (even pets).

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 the new profile info, tap **Save**:



Any registered user has the custodian access level to all health records they created and may share access to them with other users.

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 new health records is a MedM Premium feature). A **Custodian** may share access to their health records with other registered users with MedM Premium.

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

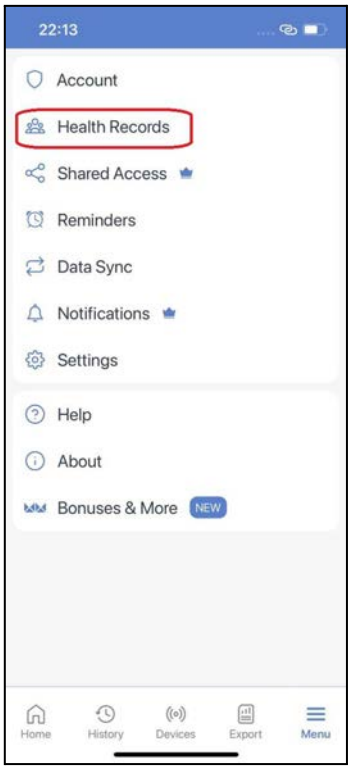
1. **A Viewer** can only view the shared health records
2. **A Modifier** can view and edit the shared health records as well as edit and delete measurements
3. **A Custodian** has full control: can view and edit health records, edit and delete measurements, grant (with MedM Premium) or revoke access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

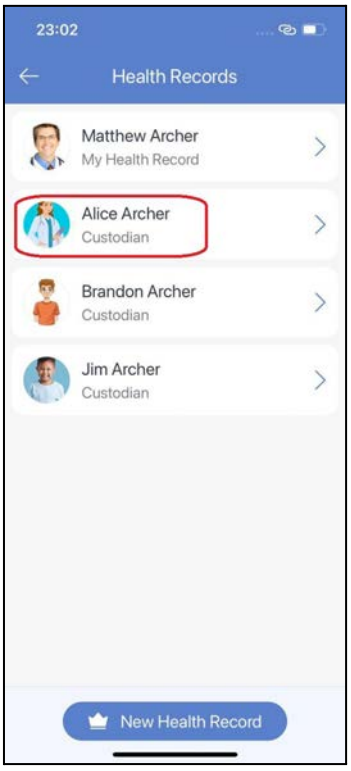
   Note: reminders and thresholds cannot be shared and need to be set up individually for each monitored health record.

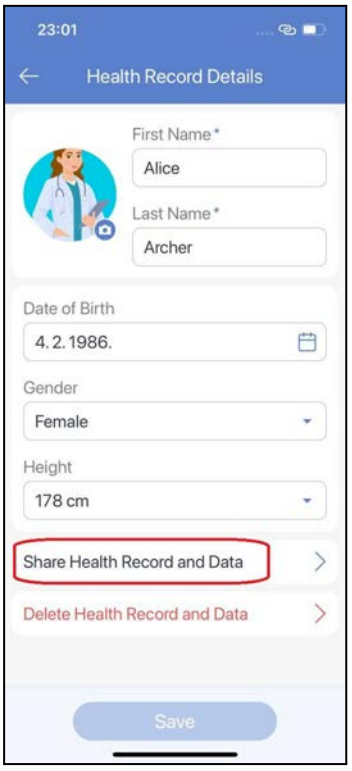
	Viewer	Modifier	Custodian
View Data	✅	✅	✅
Edit Data	❌	✅	✅
Delete Data	❌	✅	✅
Share health record	❌	❌	✅
Delete health record	❌	❌	✅

Sharing a Health Record

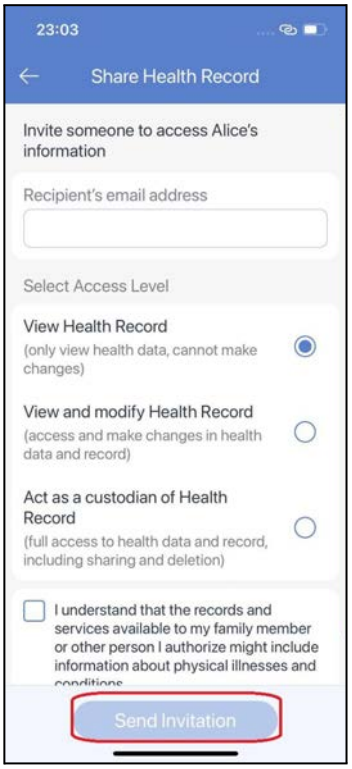
This is a Premium feature. Sharing of health records is only available to users with the custodian level of access. To share, first go to the list of accessible health records via the app menu, select the needed profile, and tap **Share Health Record and Data**:







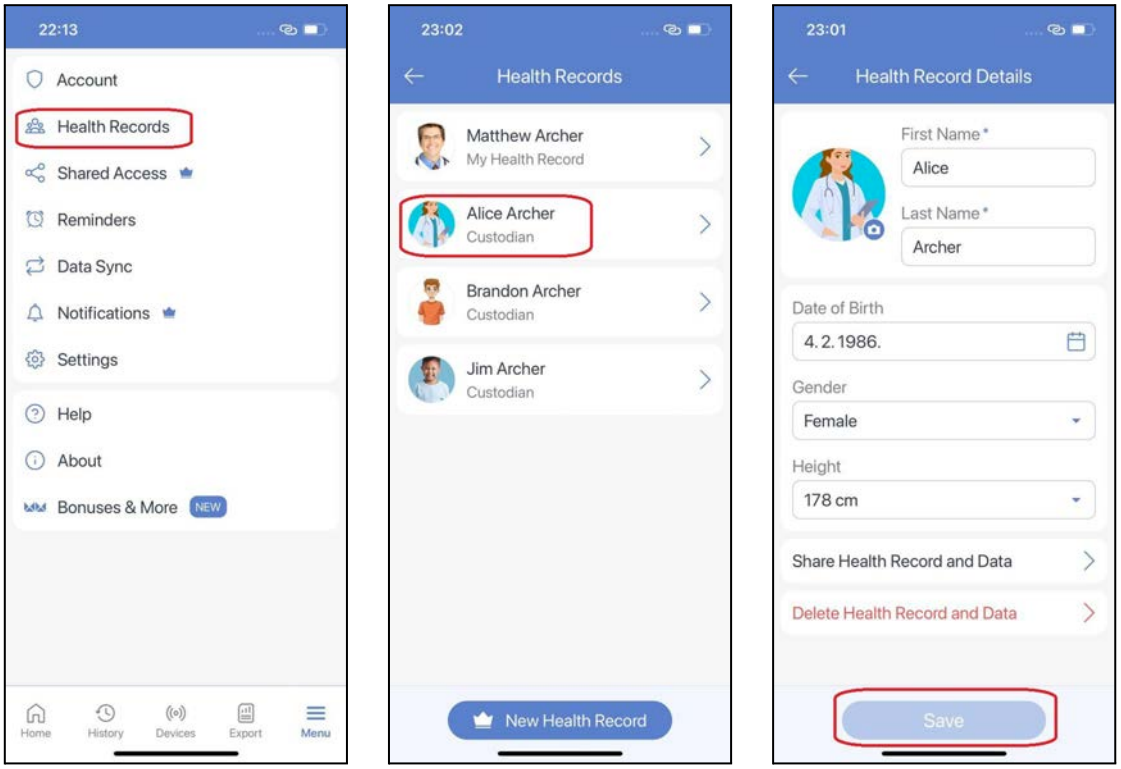
Enter the recipients email address, set the access level and tap **Send Invitation**:



The invited user can accept or reject the invitation they receive via email. If they accept the invitation - they will be asked to either sign in into their existing MedM account or create a new one. Once the invitation is accepted - the shared health record with all its data will be 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.

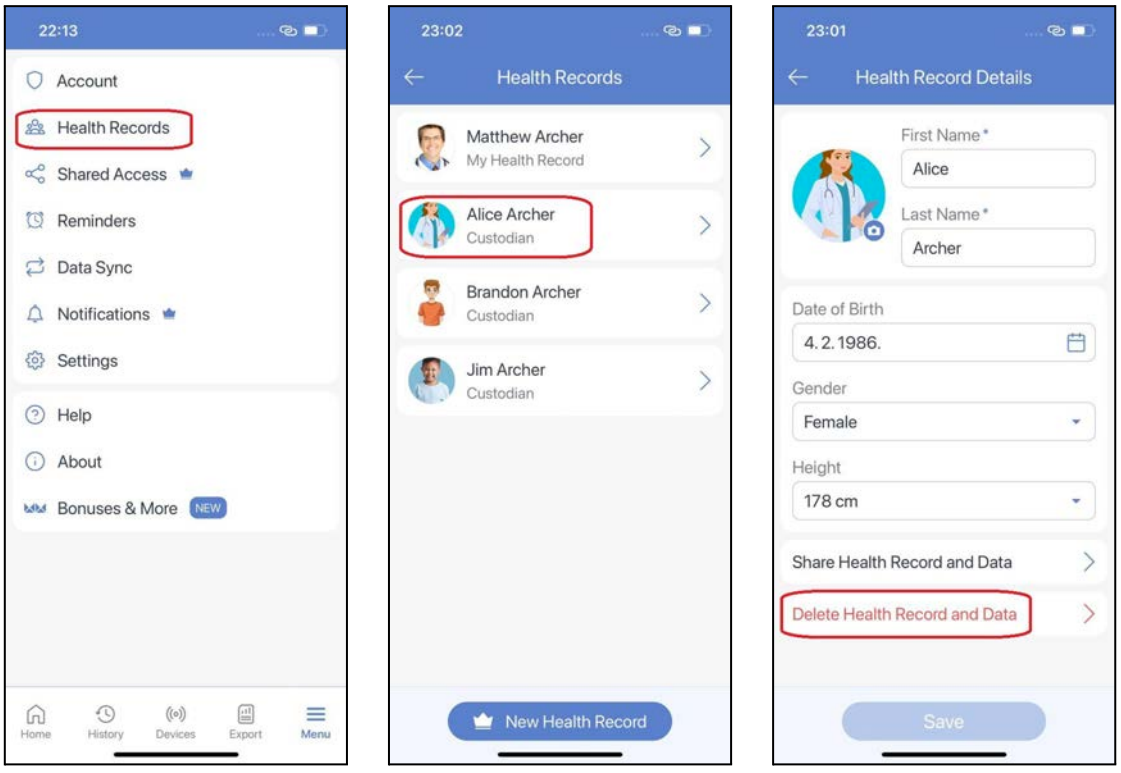
Editing Health Records

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 needed record. Tap the **avatar** field to upload a new picture 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. After changes are made tap **Save**:



Deleting a Health Record

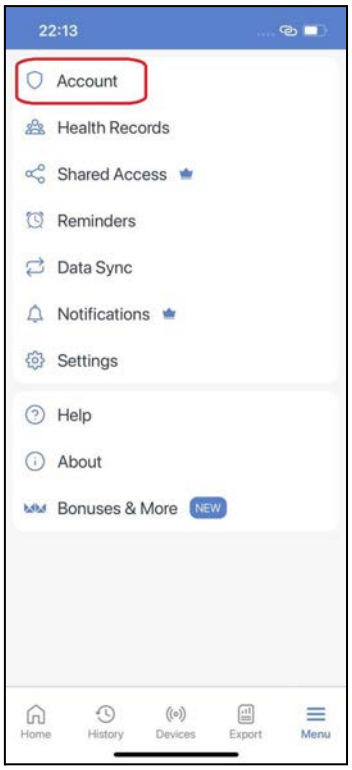
Deletion of health records is available only to users with custodian access. The main health record cannot be deleted separately from the user account that it was created with. The only way to delete the main health record is to delete the entire account. To delete other profiles, first go to the list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

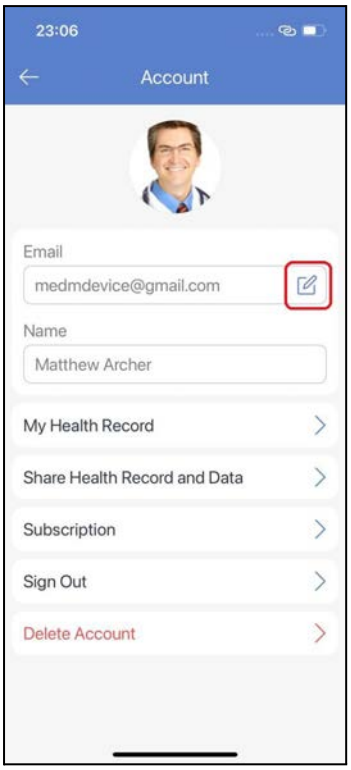


Proceed with deleting the health record.

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**:

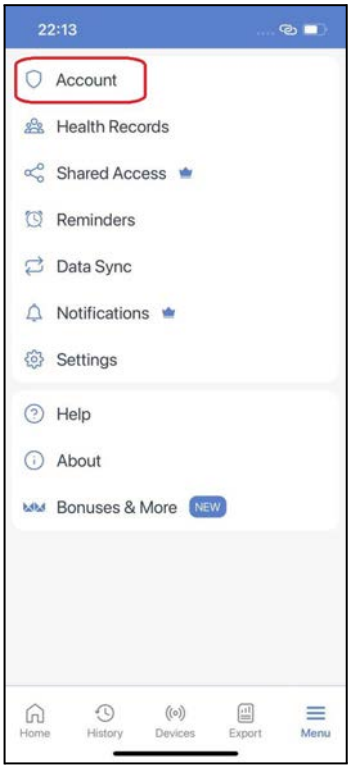


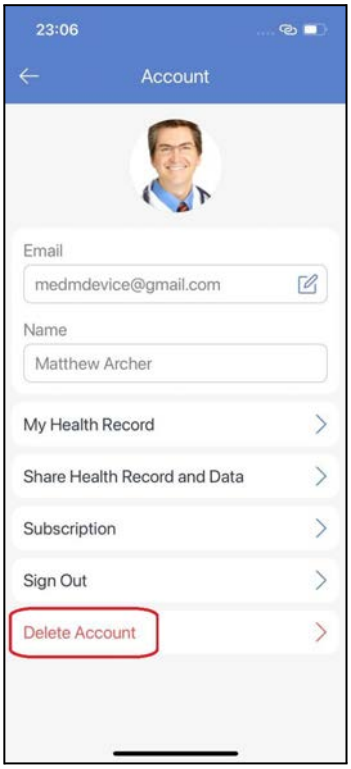


Proceed to change the associated email address and verify it.

Deleting a User Account

To delete your account - tap the **Account** item at the top of the **app menu**, tap the **Delete Account** button:

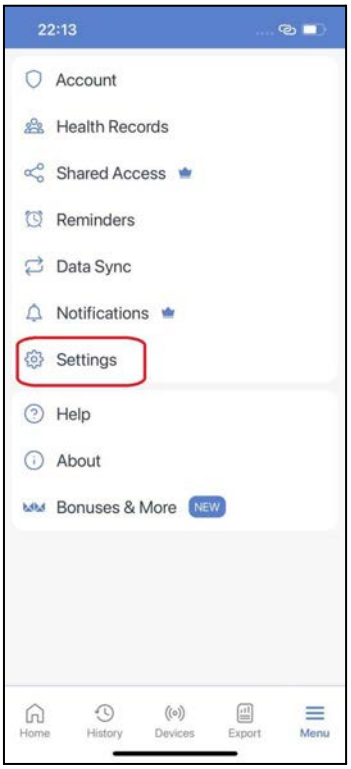




Proceed with deleting the account.

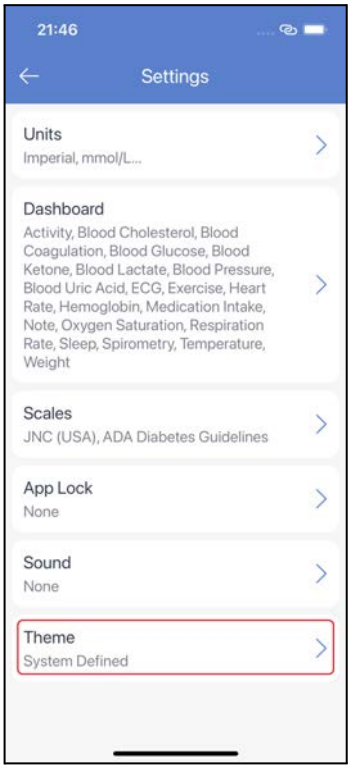
App Settings

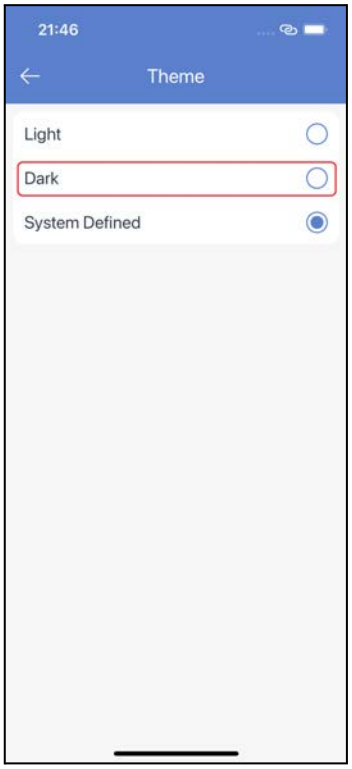
Select **Settings** from the **app menu**:

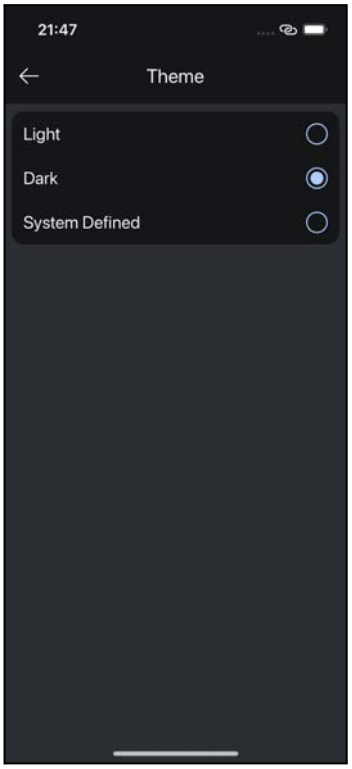


Theme

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:

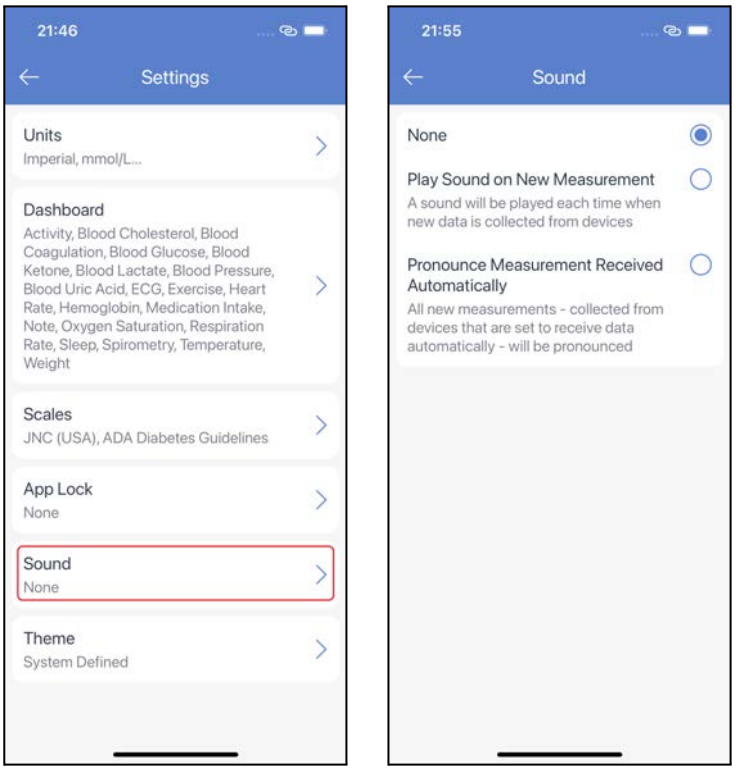






Sound

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, C°, km)
- Imperial (lb, F°, miles)

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

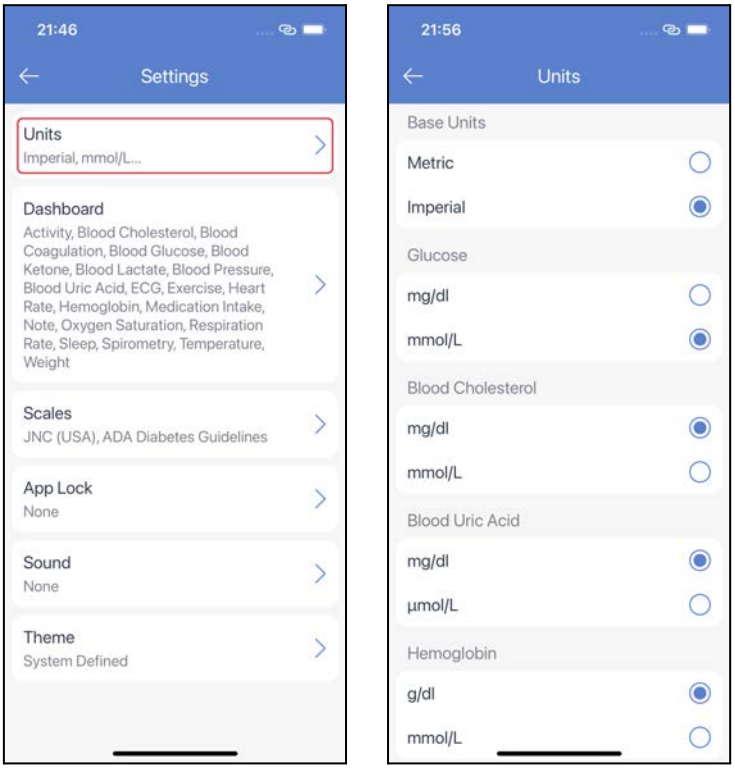
- mg/dL
- mmol/L

Two options for Uric Acid units:

- mg/dl
- µmol/L

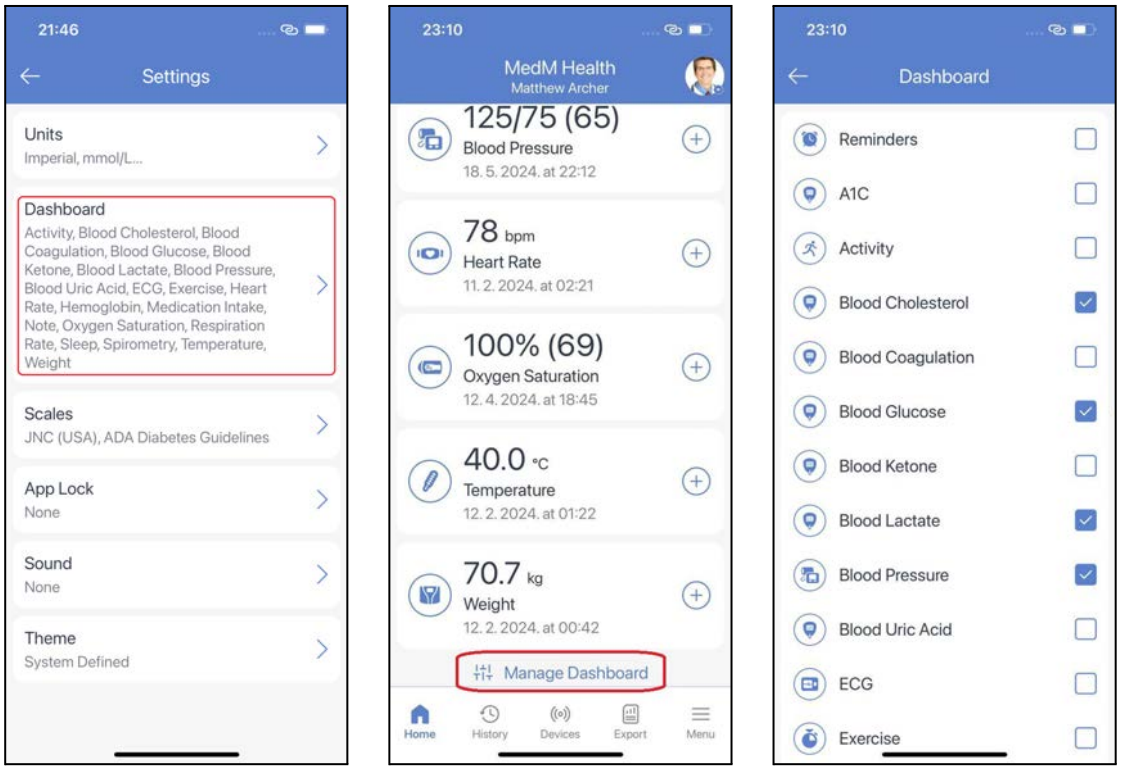
And two options for Hemoglobin units:

- g/dl
- mmol/L



The Home Screen

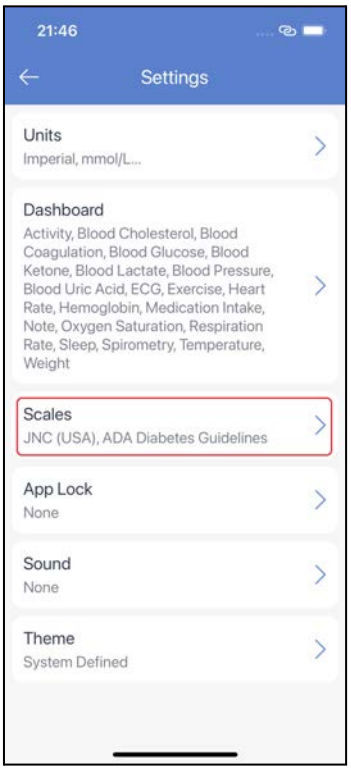
Select **Dashboard** from the **Settings** screen or tap **Manage Dashboard** at the bottom of the **Home** item in the app tab bar. It is possible to select any/all of the available measurement types to be displayed on the **Home** screen. Tap a measurement type to enable/disable it:



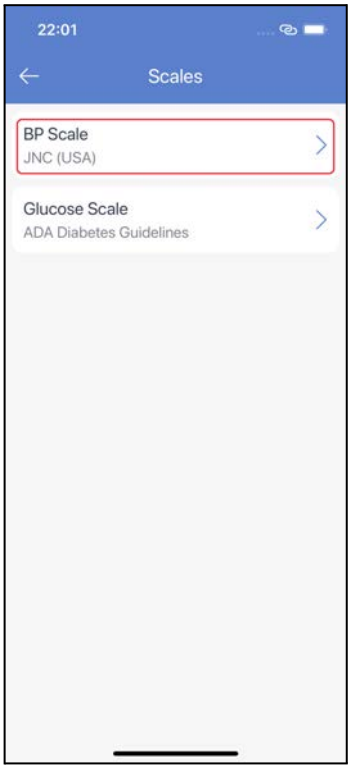
The last recorded measurement of each data type is displayed on the **Home** screen.

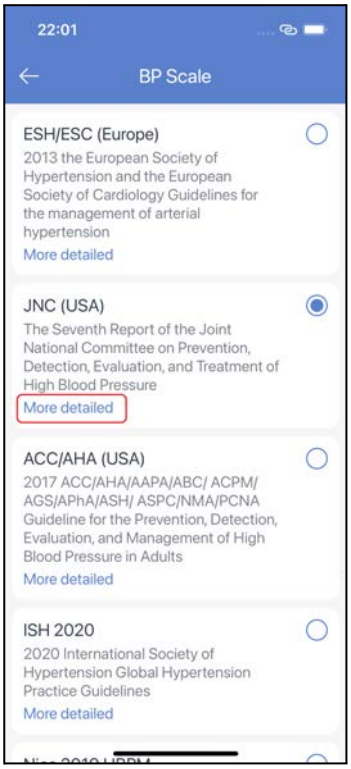
Hypertension and Glycemia Scales

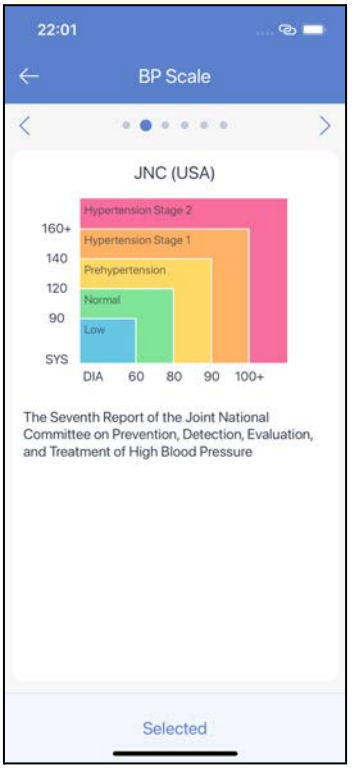
Set one of the scales for blood pressure and blood glucose measurements to be used to determine their statuses (low, normal, high etc.). Select **Scales** in the **Settings** screen, select **BP Scale** or **Glucose Scale**, and pick the preferred scale:



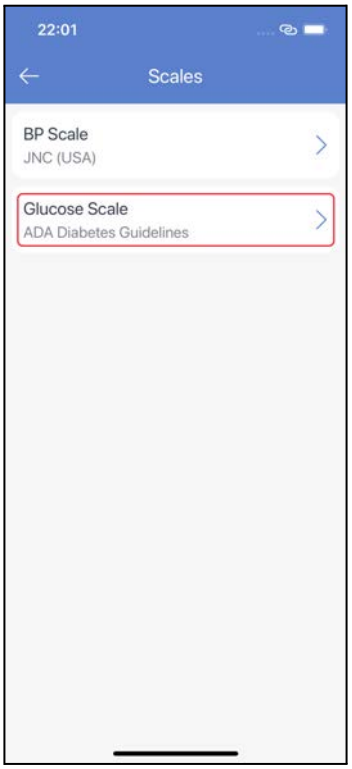
Blood pressure scales:

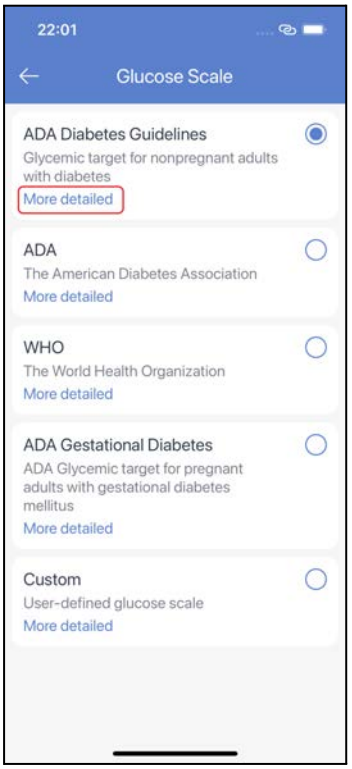






Blood glucose scales:

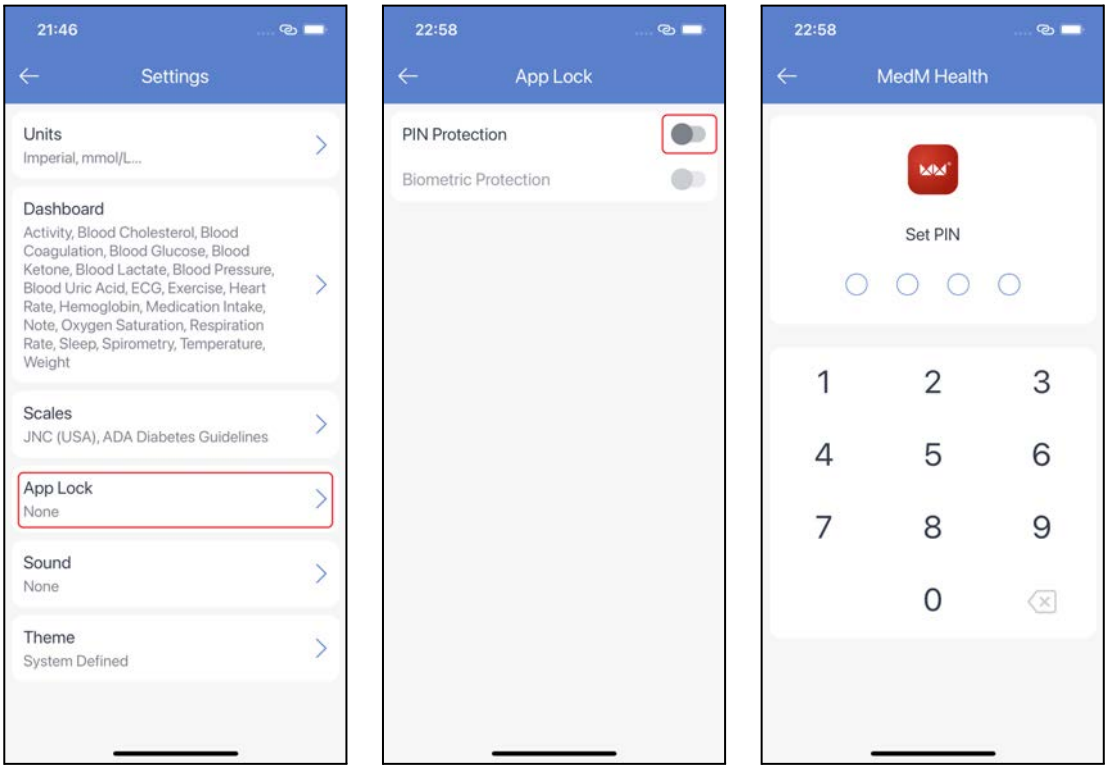


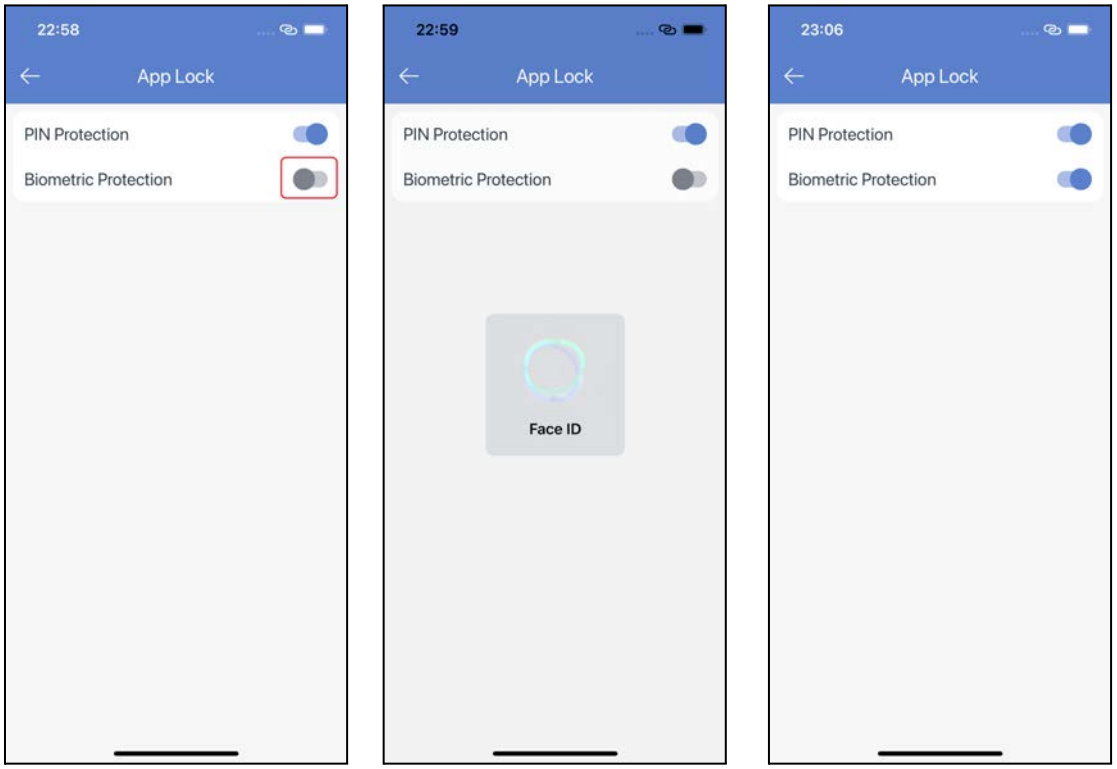


App Lock

Set **Screen Lock** to protect the app and the data it contains from unauthorized access. The feature is available only for registered users and is unavailable for local mode users. Select the **App Lock** in the **Settings** screen.

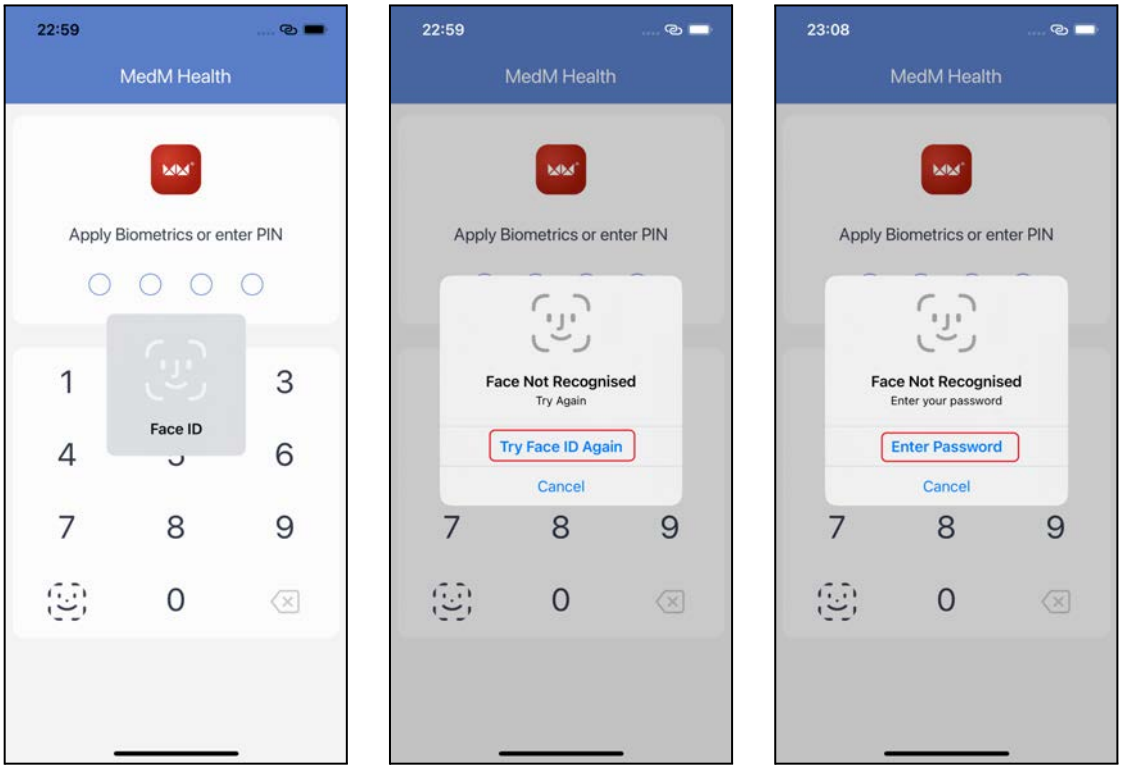
PIN protection is always available. **Biometric** protection is available if it is already configured in the system: fingerprint or face unlock, depending on your mobile device. Biometrics become active for use only if PIN protection is enabled:

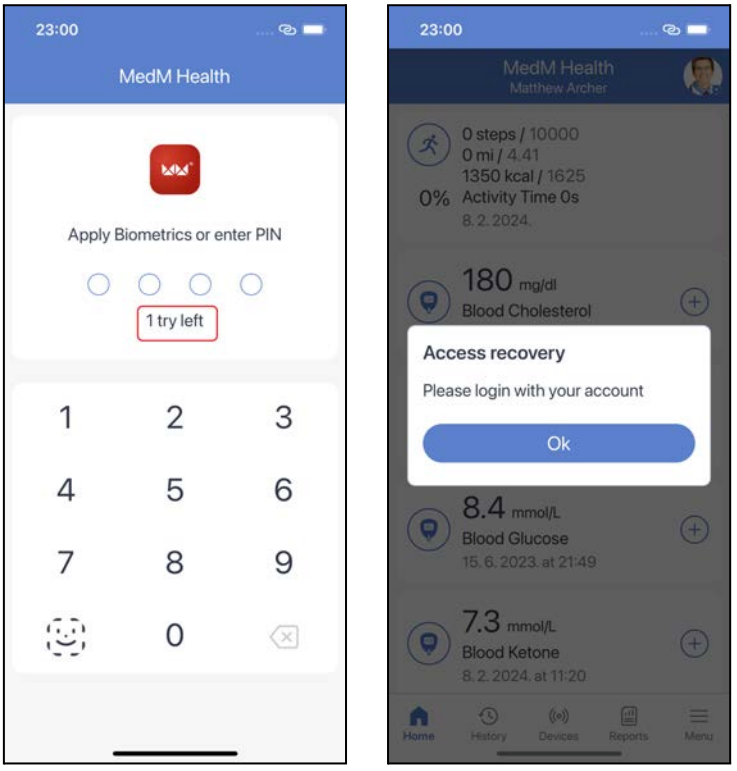




Once the screen lock is set, you will need to use your PIN or biometrics to open the app. If the biometric data

is not recognized, the system will ask for the PIN. If the PIN is entered incorrectly 5 times - the user will be signed out:



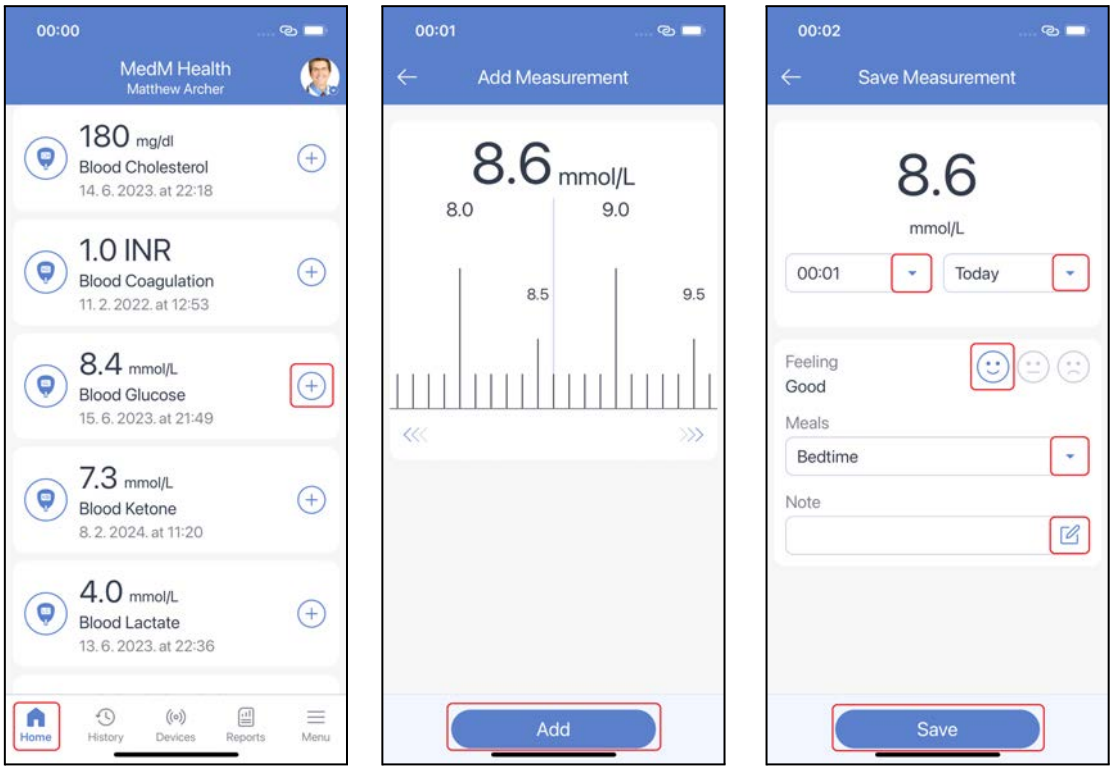


Manual Data Entry

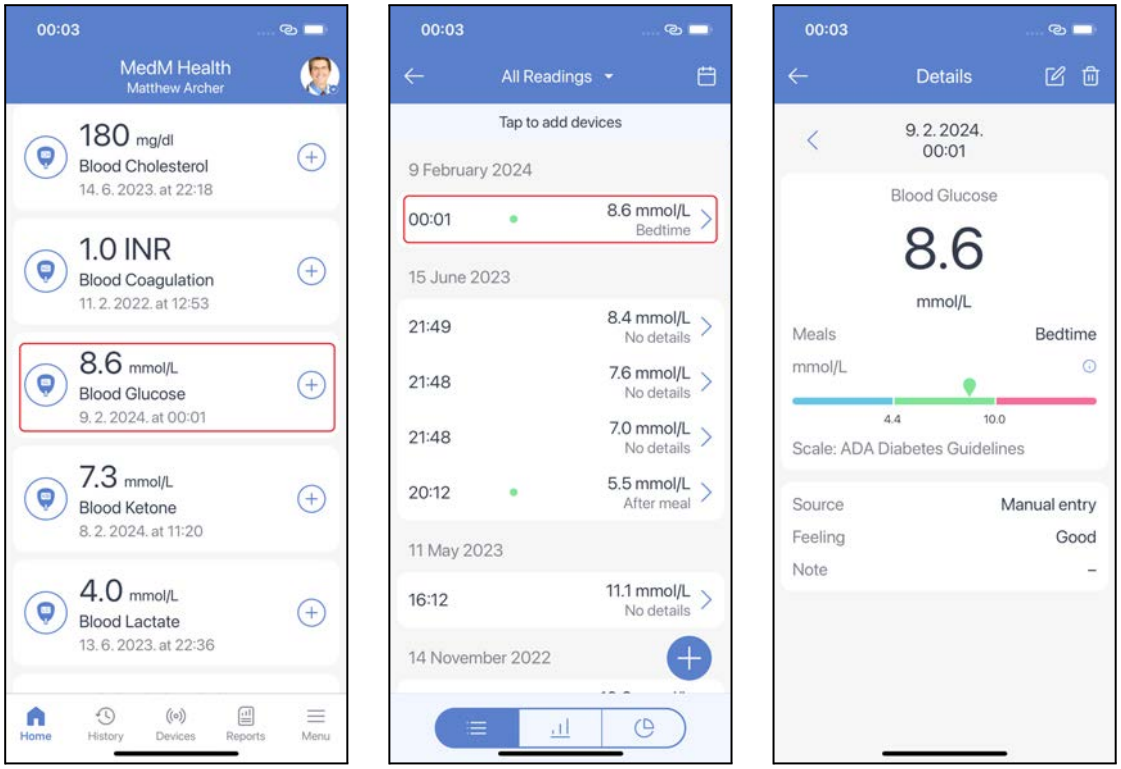
The MedM Health Diary app supports manual entry for A1C, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, Exercise, Fetal Doppler, Heart Rate, Hematocrit, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Temperature, Triglycerides 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 800 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

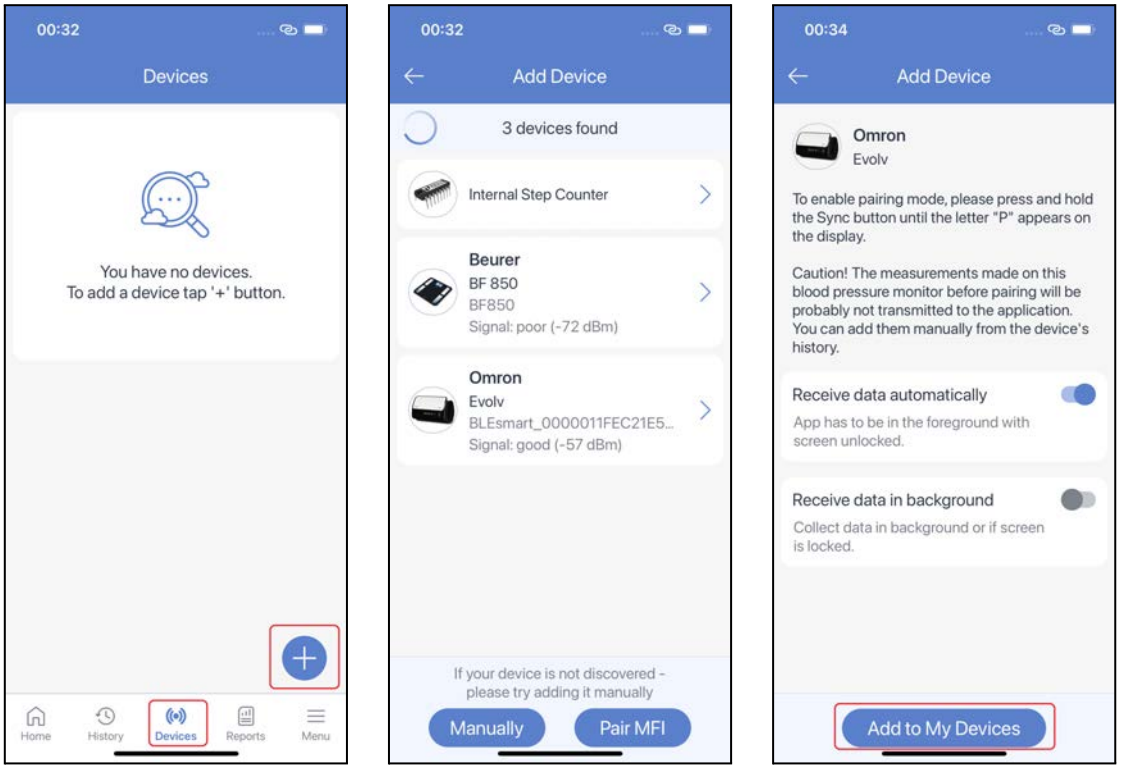
Pairing

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

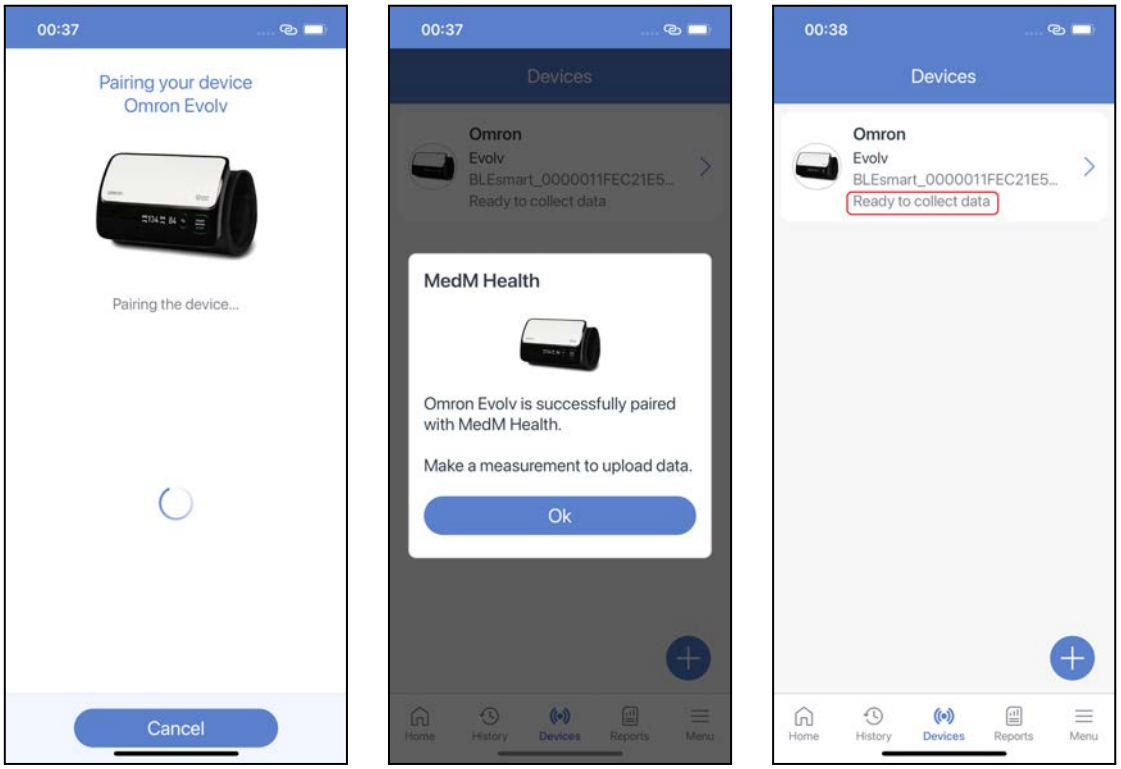
- iOS: on mobile devices running iOS you will be asked to allow MedM Health Diary to access Bluetooth.
- Android 11 or lower: if you start discovering Bluetooth devices for the first time on a mobile device running Android OS 11 or lower you will be asked to grant permission to access your location. 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. Once your device is discovered, select it from the list, configure device settings and tap **Add to My Devices**:

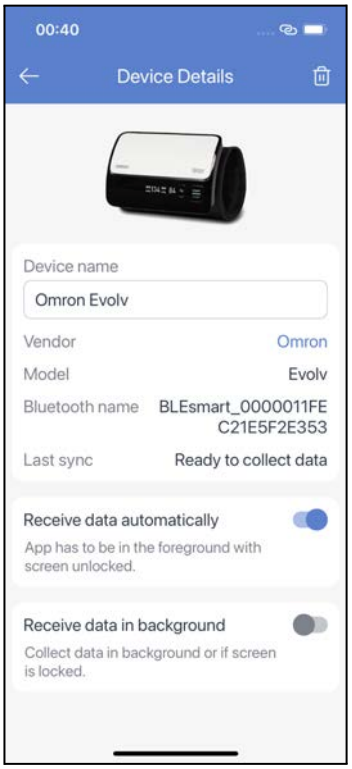


3. Upon successful pairing you should see a corresponding popup. The paired device will become present in the **My Devices** list in the **Ready for collect data** state:



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:

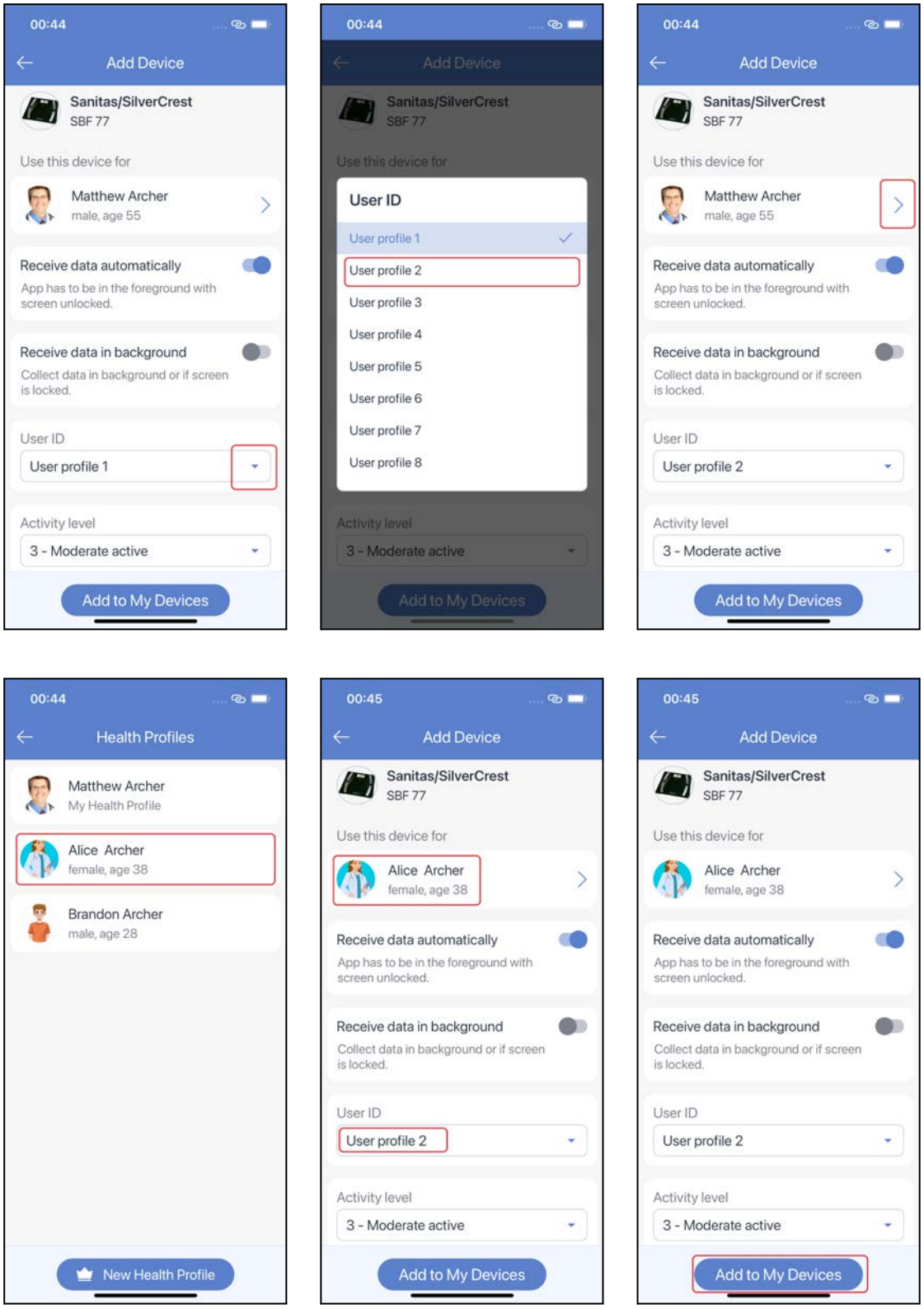
- Device picture
- Device name (editable), Vendor, Model, Bluetooth name, and last sync time
- Device settings that may be configured
- The **bin** icon to unpair the device

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.

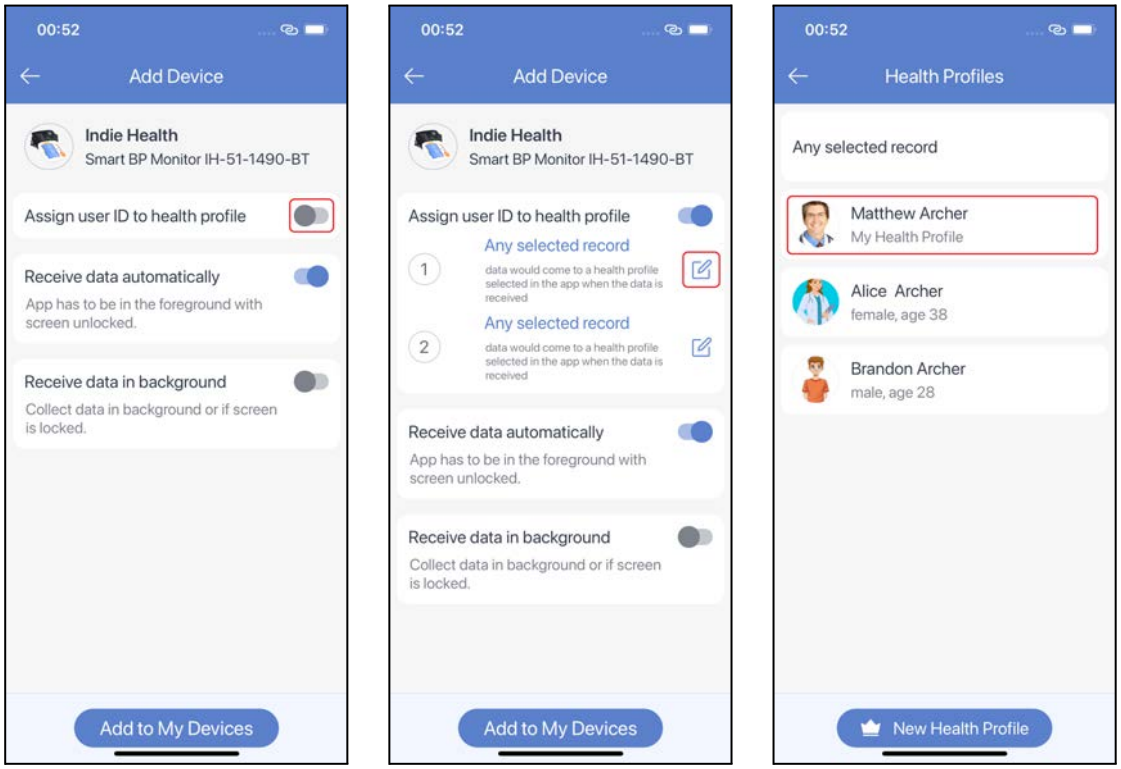
The user-specific **Use the device for** and **User ID** settings can be configured only on pairing. So if you want to change the current configuration - you should unpair the device and set a new configuration on new pairing.

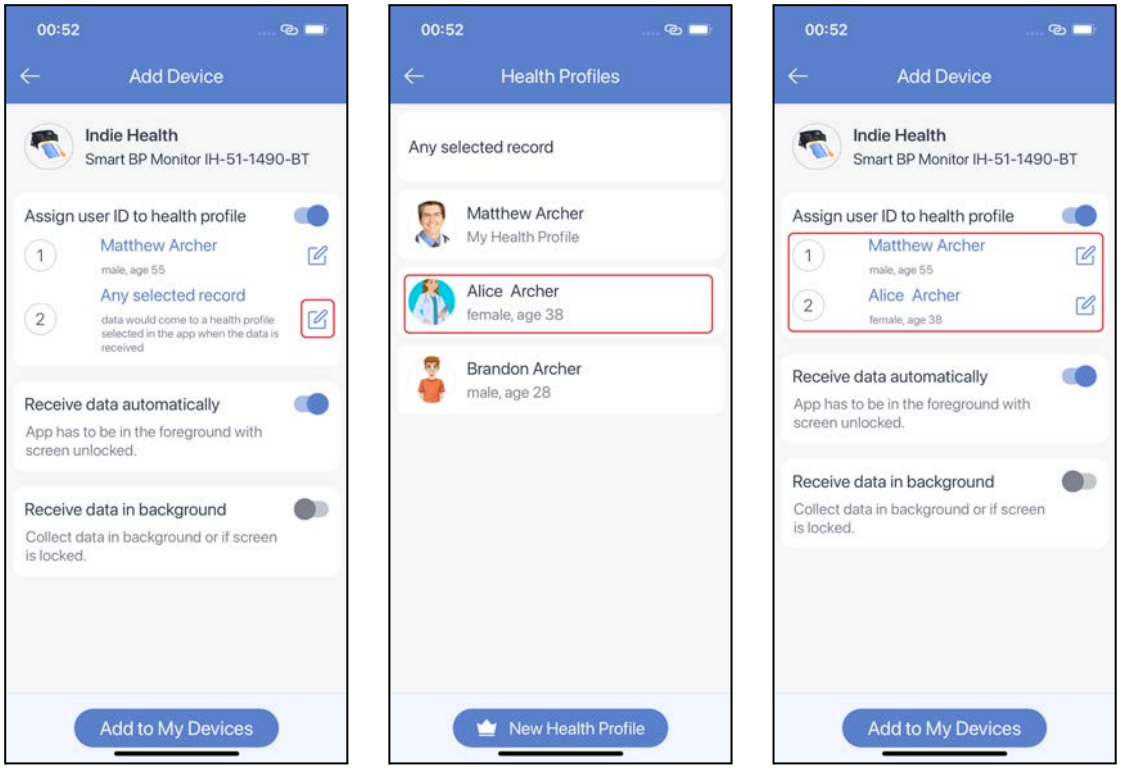
Multi-User Settings

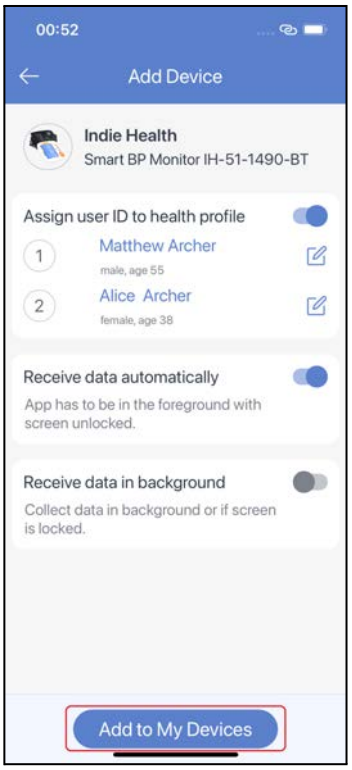
All devices that are not user-specific are multi-user. And once paired with the app, a **multi-user device** can be used with any health record. Multi-user devices without user IDs always transfer data to the currently selected health record, provided that the user has custodian or modify access rights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

If a multi-user device has several user IDs - a specific user ID can be assigned to a specific health record, 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, but only if the user has more than one health record.

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 the 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.

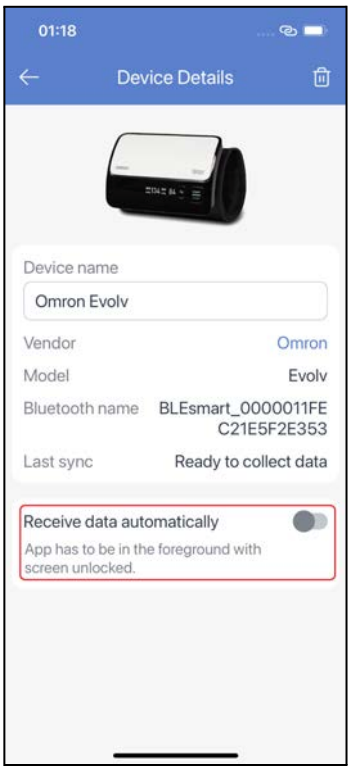
The **Assign user ID to health record** setting can be reconfigured at any time while the device is paired with the app.

Data Upload Settings

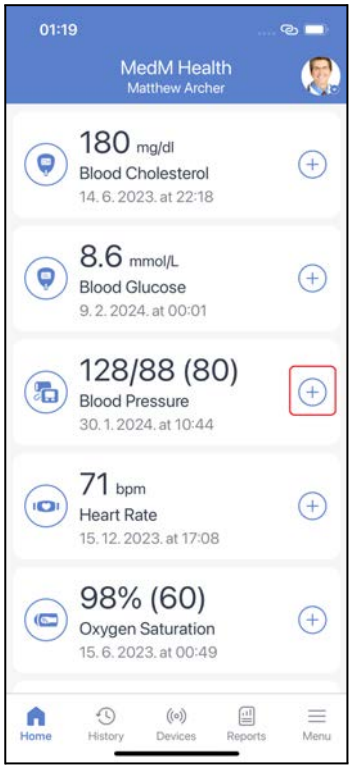
Some devices transfer data to the app only in manual mode, and other devices - only in automatic mode. For devices that support both modes, the **Device Details** page shows the **Receive data automatically** setting**.**

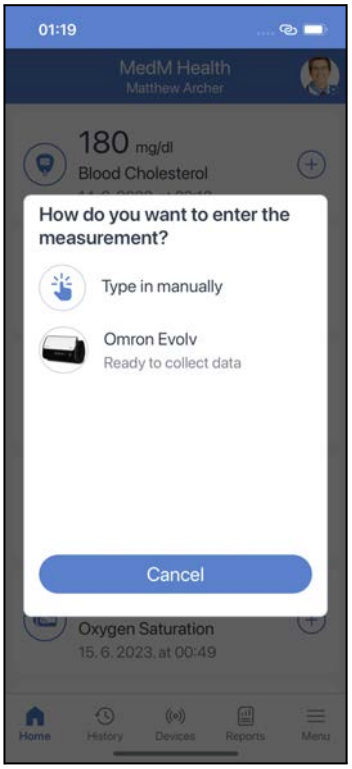
Manual Data Upload

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

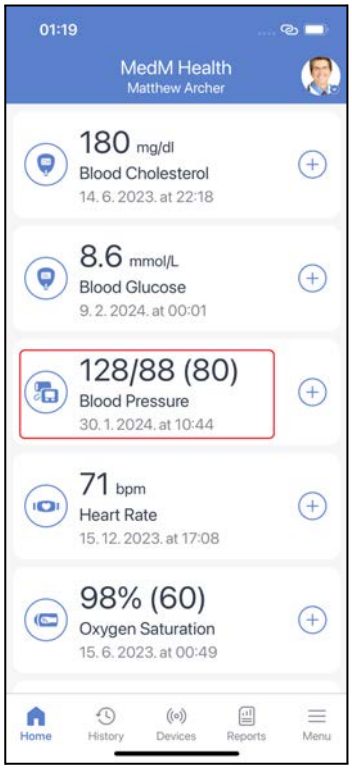


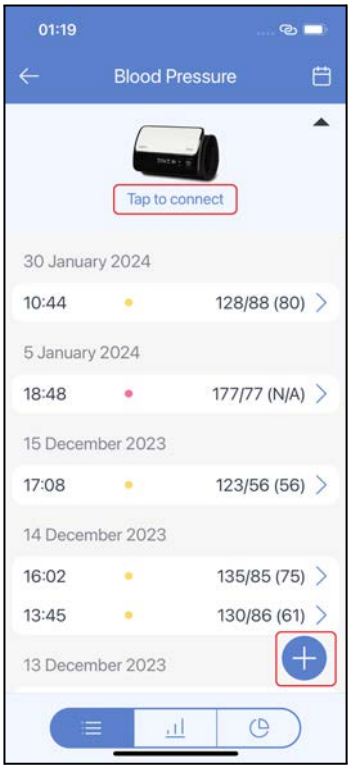
Manual data collection is initiated either by tapping the + icon on the Home screen (next to the corresponding data type) or by tapping the + button or device icon at the top of the history screen (of the corresponding data type):



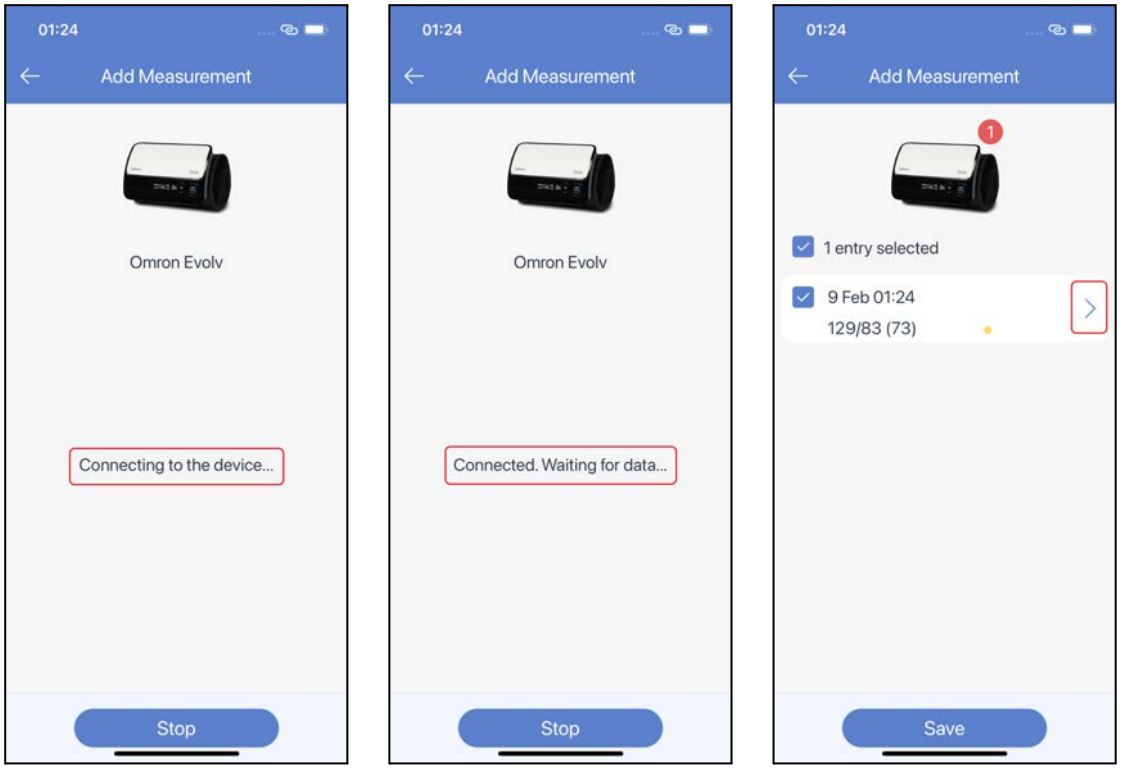


Or:

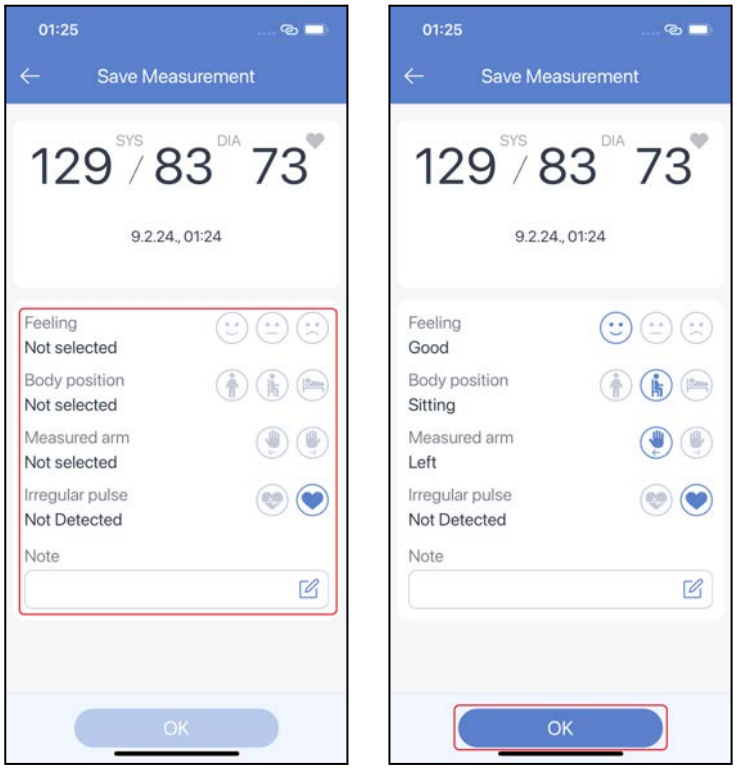




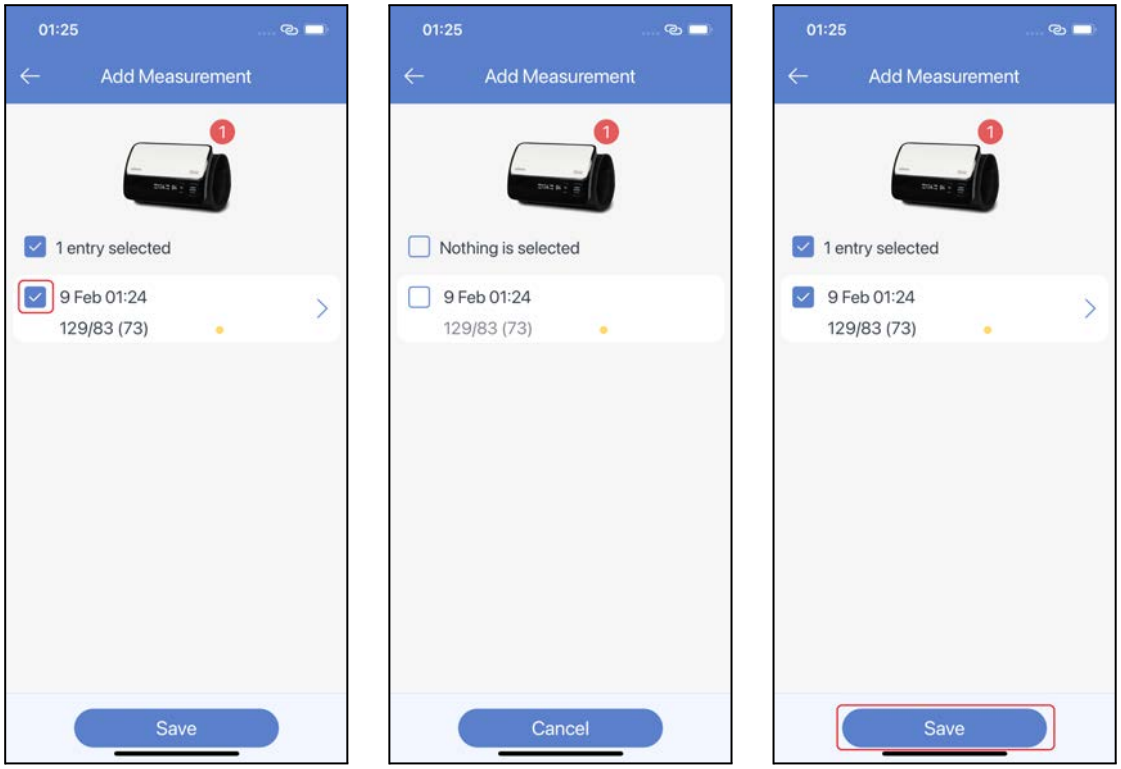
Once manual data collection is initiated, the app will start connecting to the device to collect new data:



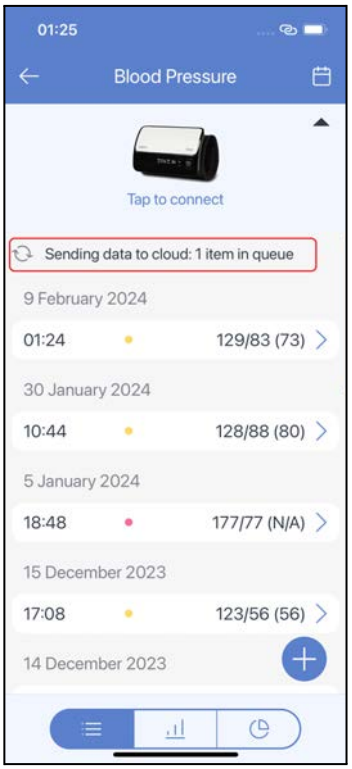
You can tap on the new measurement before saving it to add/edit the available measurement details:



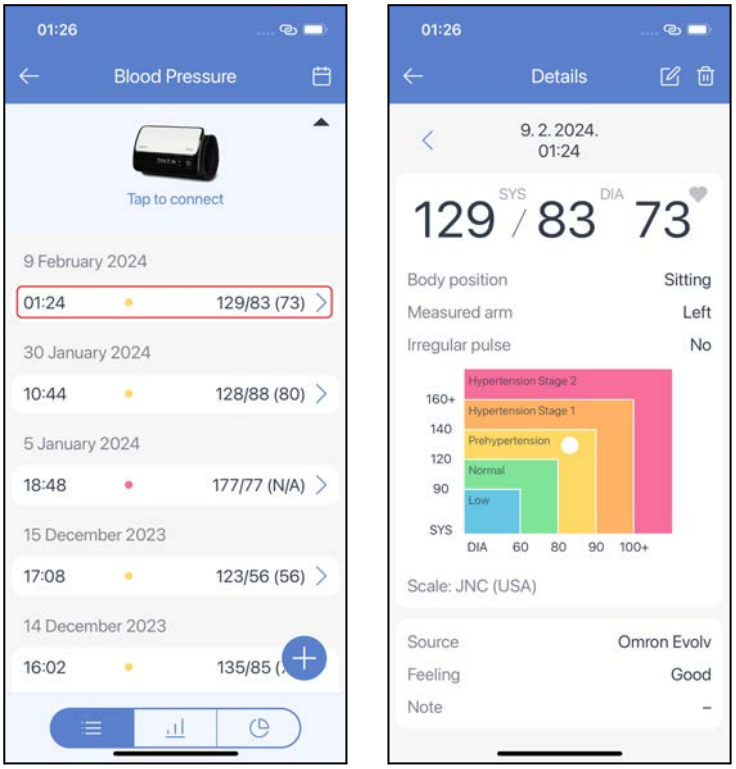
If you collected several measurements - you can select checkboxes next to the measurements you want to save to your measurements history:



Once you record new data - it will be immediately synced with the MedM Health Cloud for registered users (provided that there is an active Internet connection):

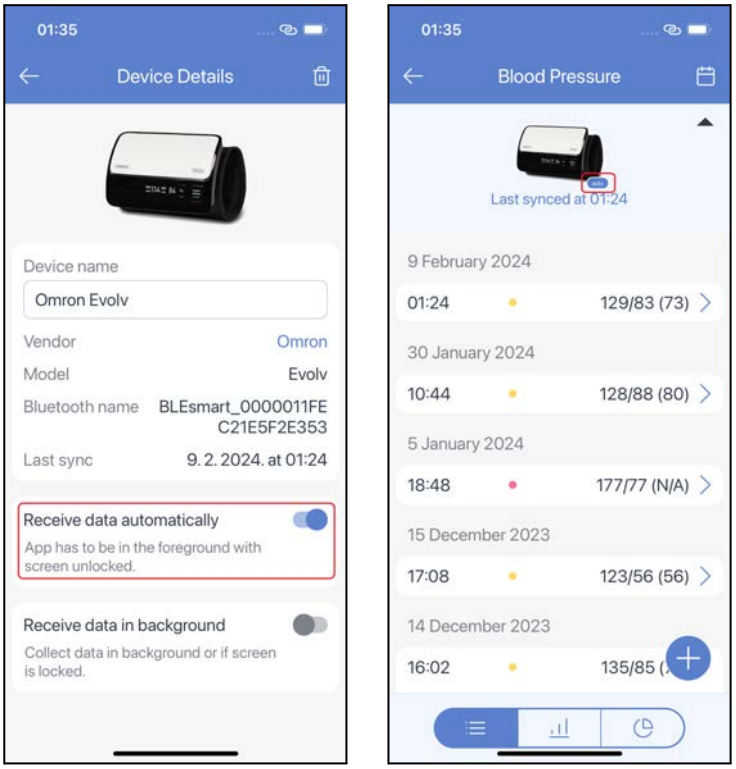


Tap on new measurement to review its details:



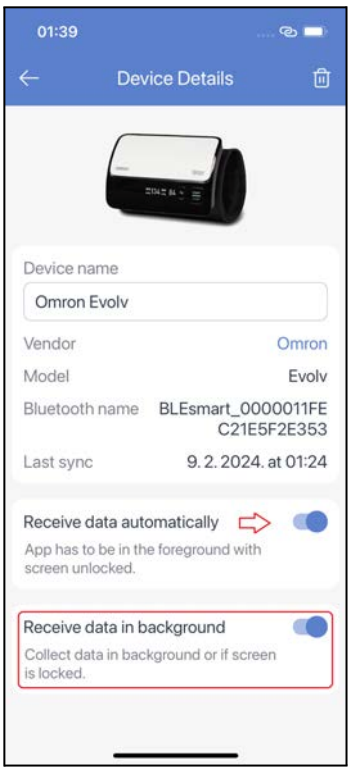
Auto Data Upload

The app collects new data automatically in foreground with the screen unlocked from an auto device without the need to take additional steps on the part of the user. So if the **Receive data automatically** is **enabled** or the setting is not present for an auto device**,** then the device is displayed at the top of the corresponding measurement type history screen marked as **auto**:



Data Upload in Background

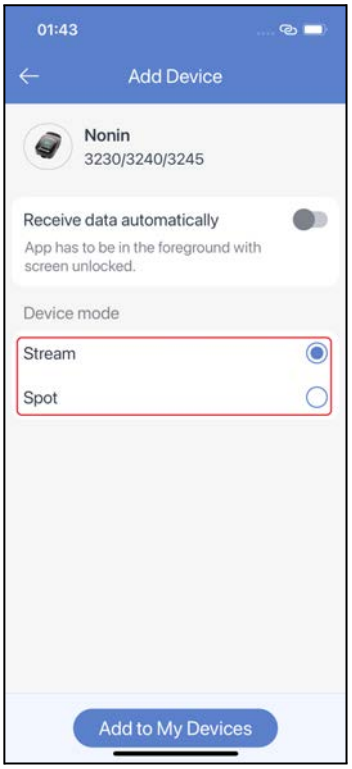
The **Receive data in background** setting is available for most auto devices if the **Receive data automatically** setting is **enabled**:



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

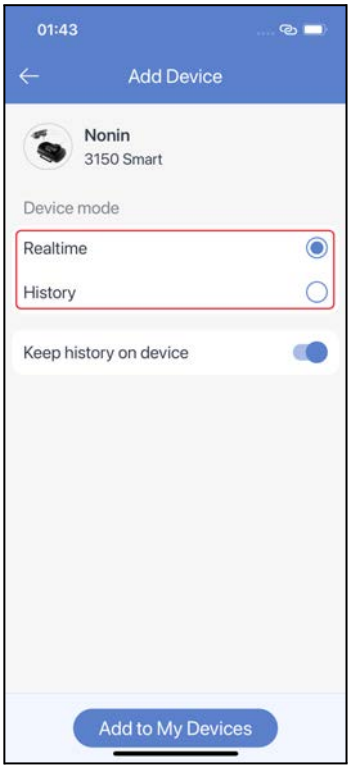
Stream/Spot Mode

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:



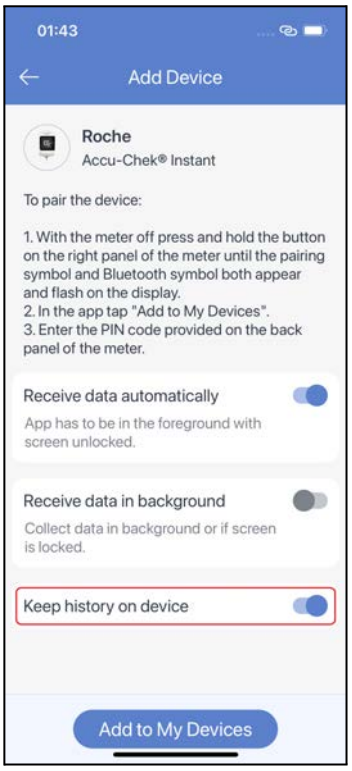
Real-Time/History Mode

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:



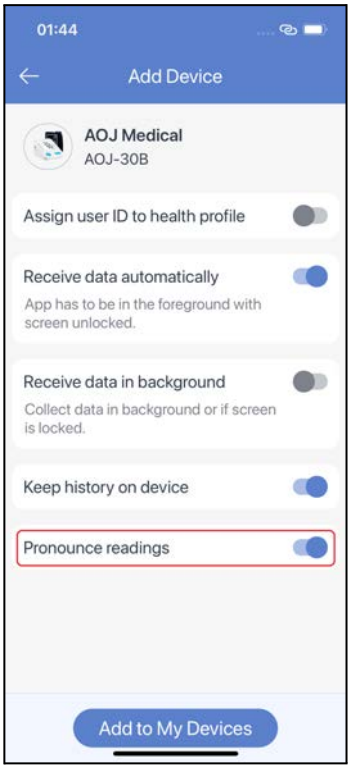
Keep History Setting

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. Blood Cholesterol
4. Blood Coagulation
5. Blood Glucose
6. Blood Ketone
7. Blood Lactate
8. Blood Pressure
9. Blood Uric Acid
10. ECG
11. Exercise
12. Fetal Doppler
13. Heart Rate
14. Hematocrit
15. Hemoglobin

16. Medication Intake
17. Mole Scan
18. Note
19. Oxygen Saturation
20. Respiration Rate
21. Sleep
22. Spirometry
23. Temperature
24. Triglycerides
25. Urine Test
26. Weight

Blood Cholesterol, Blood Coagulation, Blood Ketone, Blood Lactate, Blood Uric Acid, Fetal Doppler, Medication Intake, Hematocrit, Hemoglobin, and Triglycerides data can either be entered manually or collected via Bluetooth from compatible sensors.

Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Temperature, and Weight data can either be entered manually or collected via Bluetooth from compatible sensors or imported from external apps such as Google Fit, Apple Health, Health Connect and Garmin Connect.

Activity and Sleep data can only be collected from compatible activity trackers and sleep trackers or for registered users with Premium subscription data can be imported for from Apple Health, Google Fit, Health Connect, Garmin Connect or Fitbit.

Spirometry data can only be collected from compatible spirometers or for registered users with Premium subscription data can be imported from Apple Health.

ECG data can only be collected from compatible ECG meters.

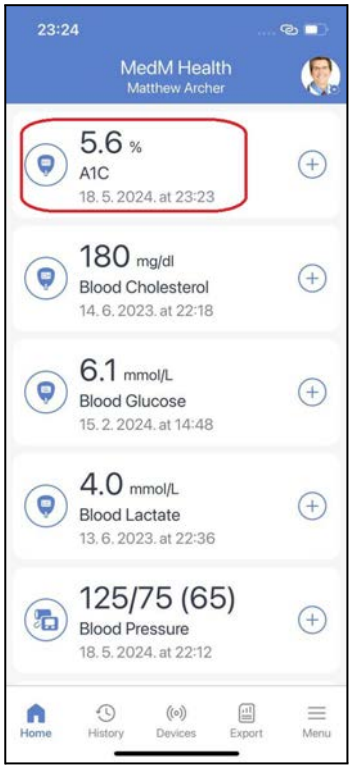
Urine Test data can only be collected from compatible Urine Test Meters.

Mole Scan data can be imported for registered users with Premium subscription from Artes Electronics.

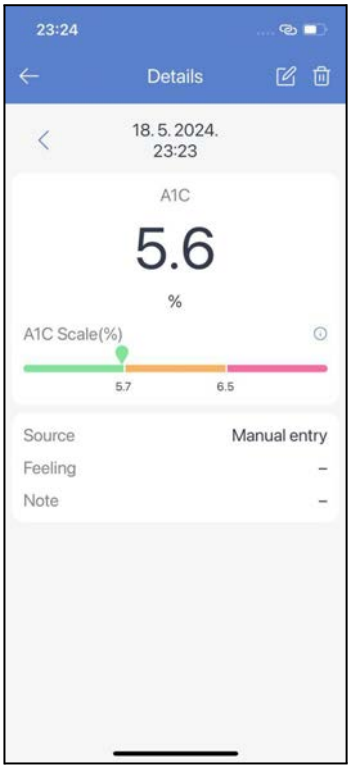
A1C and Note data can only be entered manually.

A1C

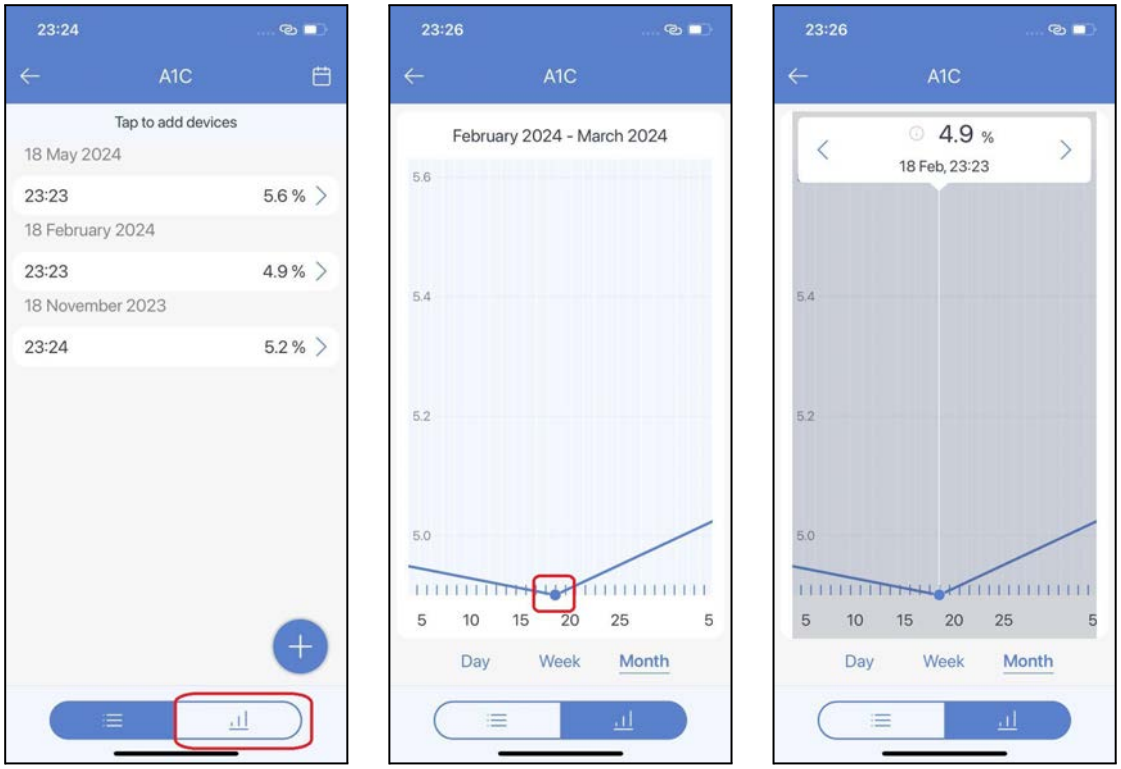
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **A1C** section to open the A1C history:



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):

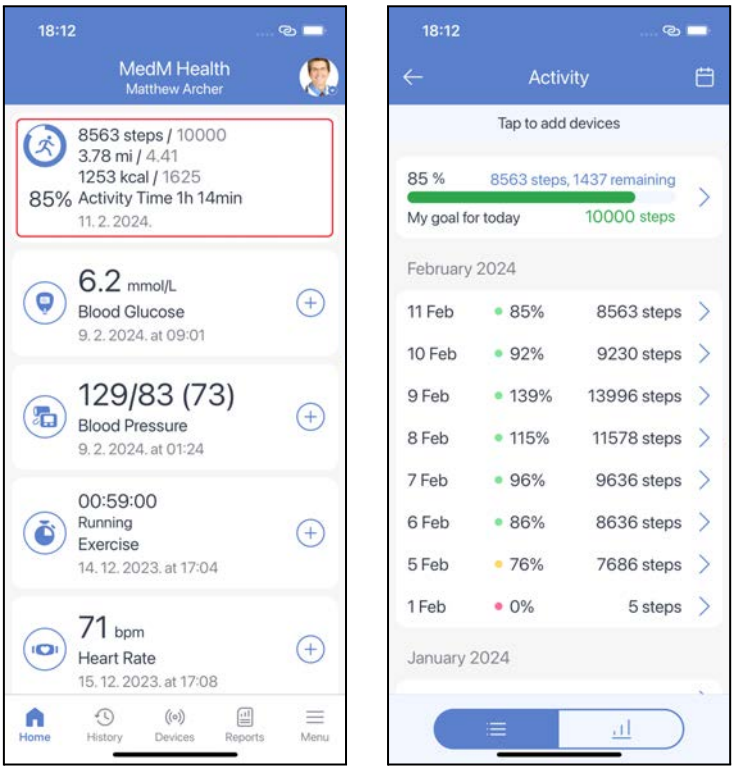


Go to **A1C** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week, Month** under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

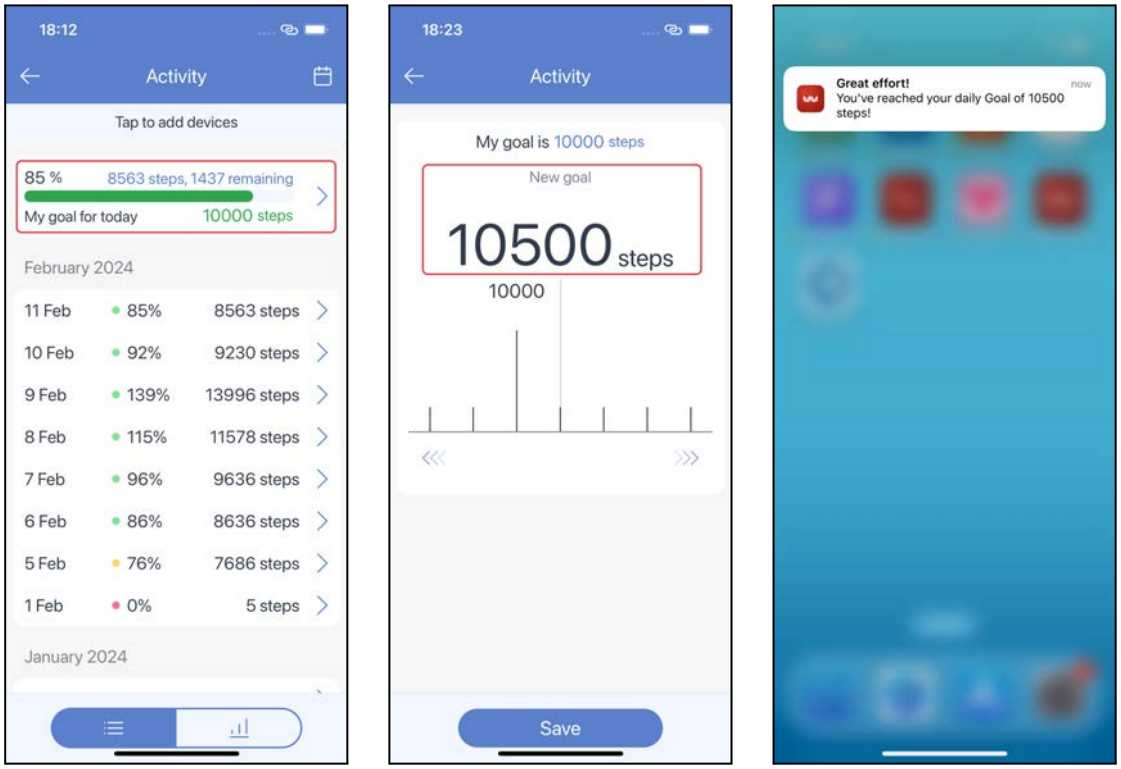


Activity

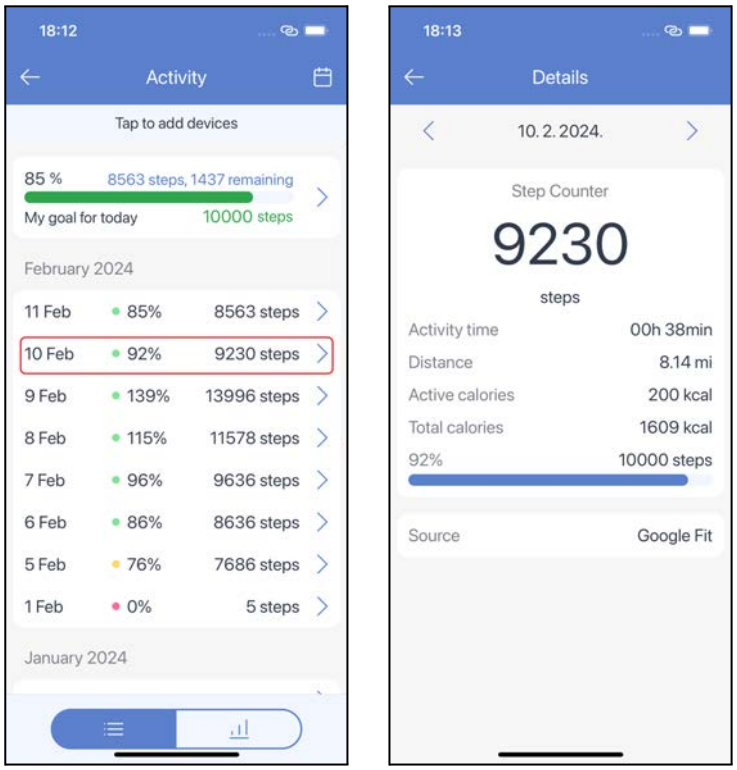
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Activity** section to open activity history:



It is possible to set a goal for Steps and see the daily progress. You will receive a push notification once your daily goal is achieved:

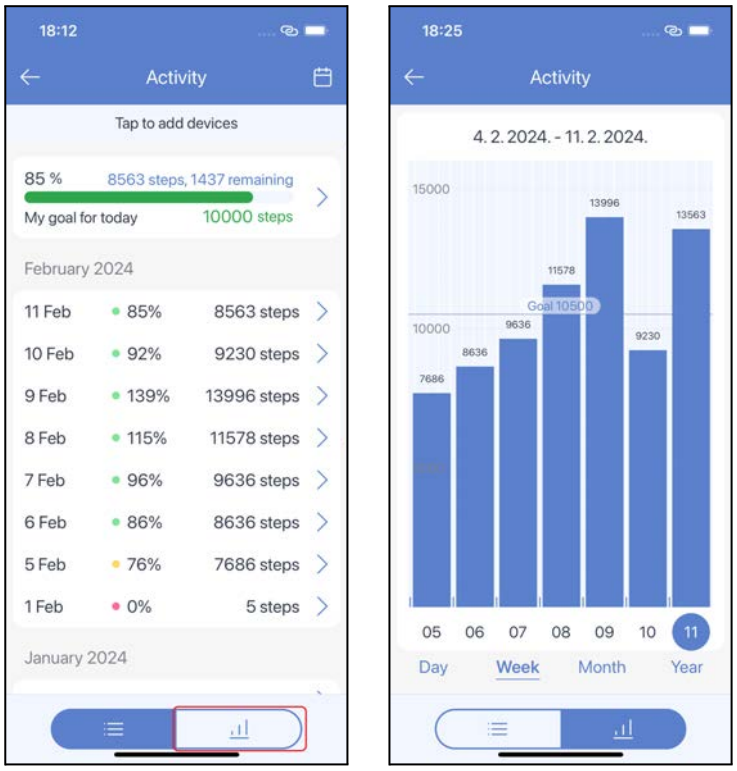


Tap any line in the list of measurements to view activity details. Common parameters are: steps count, distance, active calories, total calories, goal progress and data source (compatible activity tracker or external app):



The activity bar graph shows the cumulative number of steps for a specified period of time: the day chart – the sum for every hour in a day, the week chart – the sum for every day in a week, the month chart – the sum for every week in a month, the year chart – the sum for every month in a year.

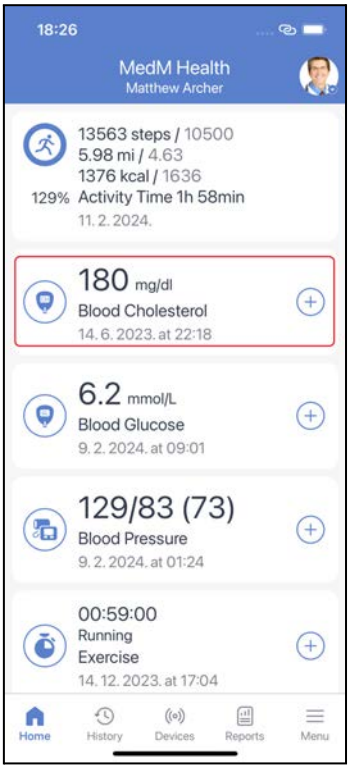
Tap the **chart** icon at the bottom of the screen or any daily activity data line to open the bar graph:



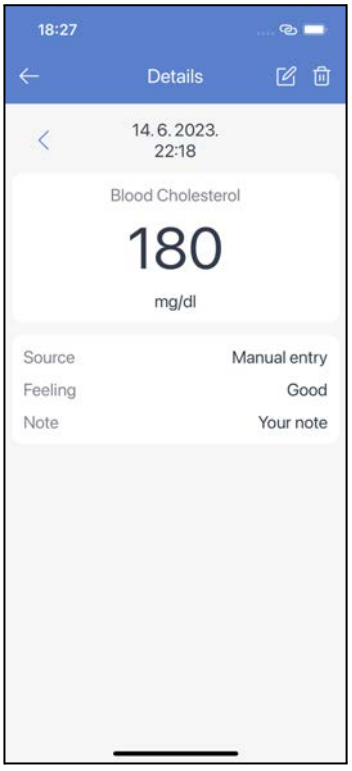
Change the amount of time by tapping **Day**, **Week**, **Month** or **Year** under the graph.

Blood Cholesterol

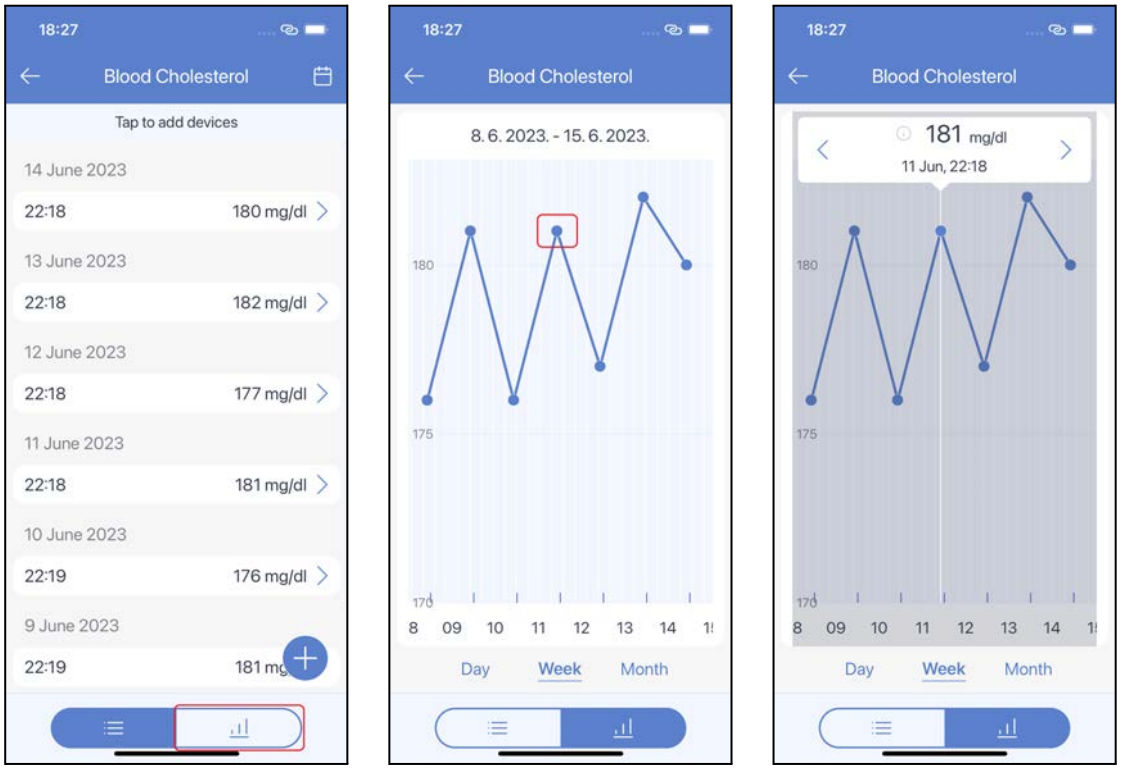
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Cholesterol** section to open the blood cholesterol history:



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):

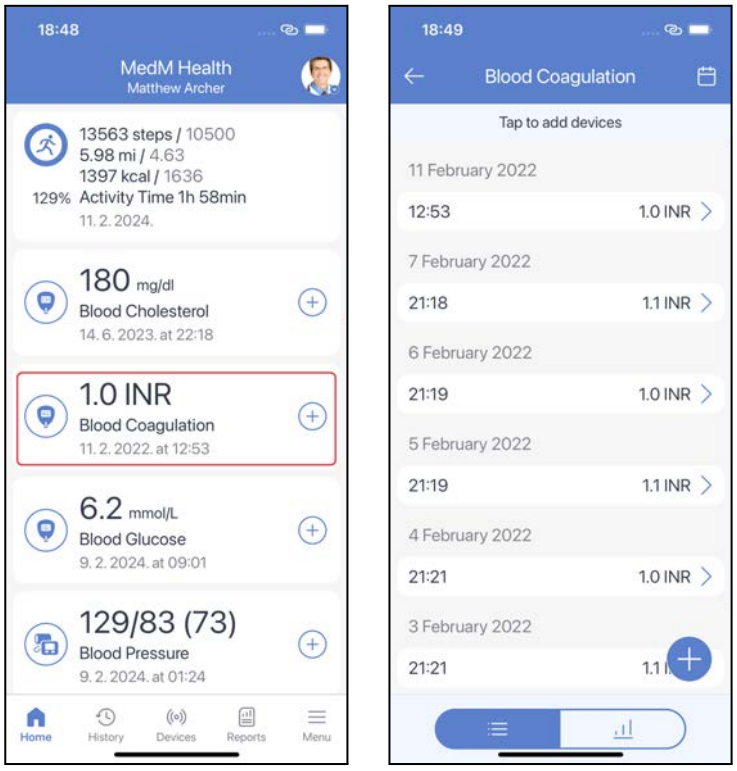


Go to the **Blood Total Cholesterol** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap any point to call the chart bubble to see details and to skim through measurements. You can change the time period selected by tapping **Day**,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

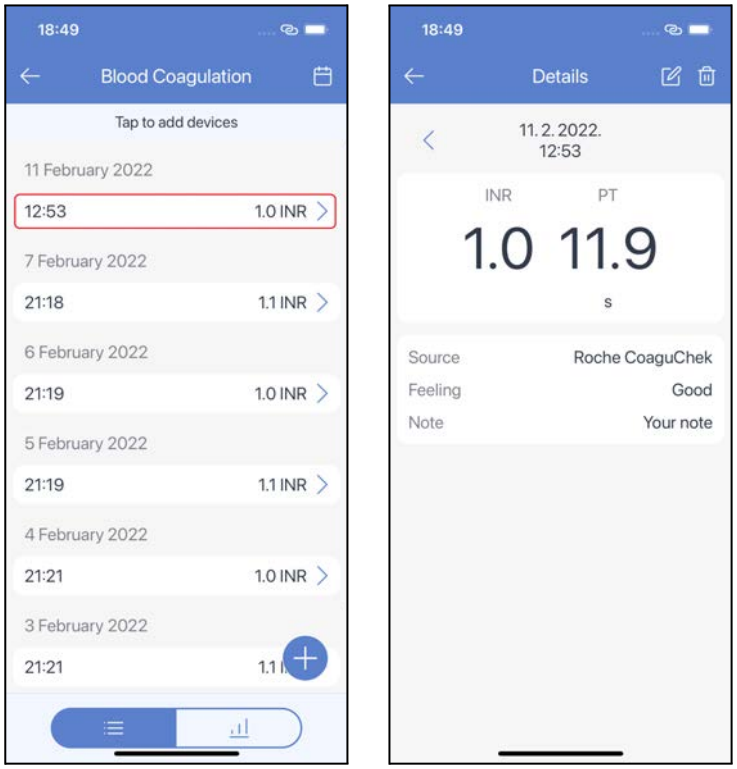


Blood Coagulation

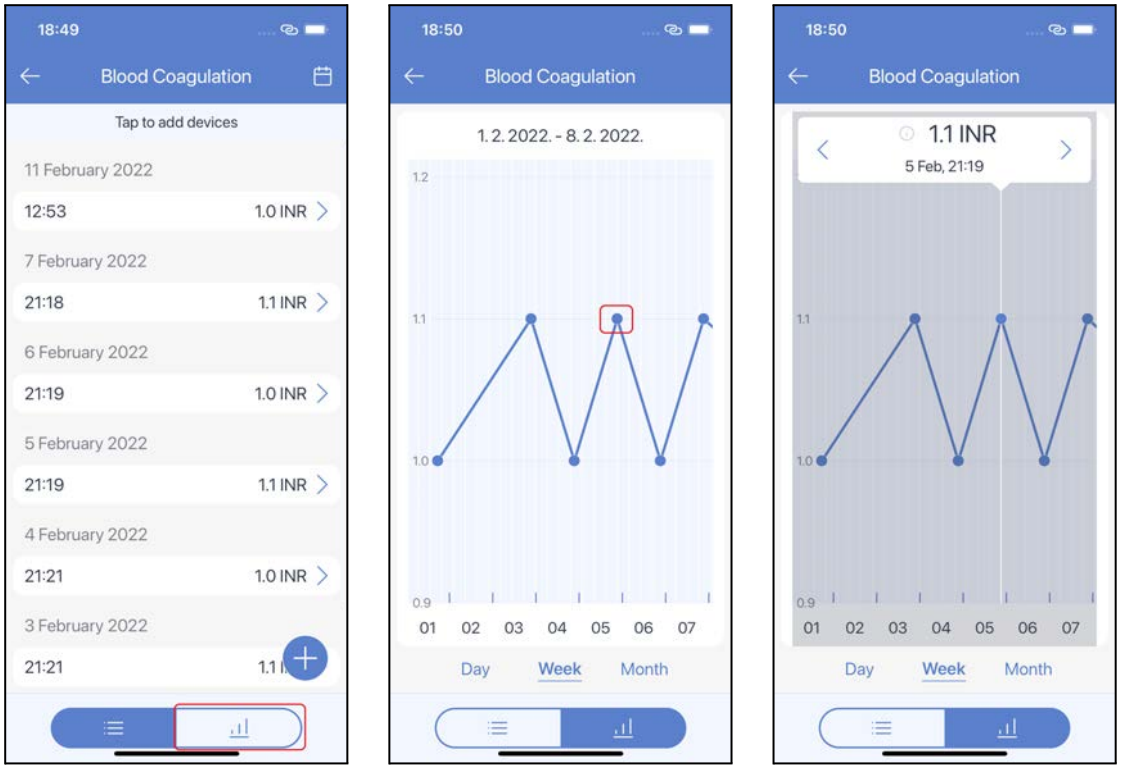
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Coagulation** section to open blood coagulation history:



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):

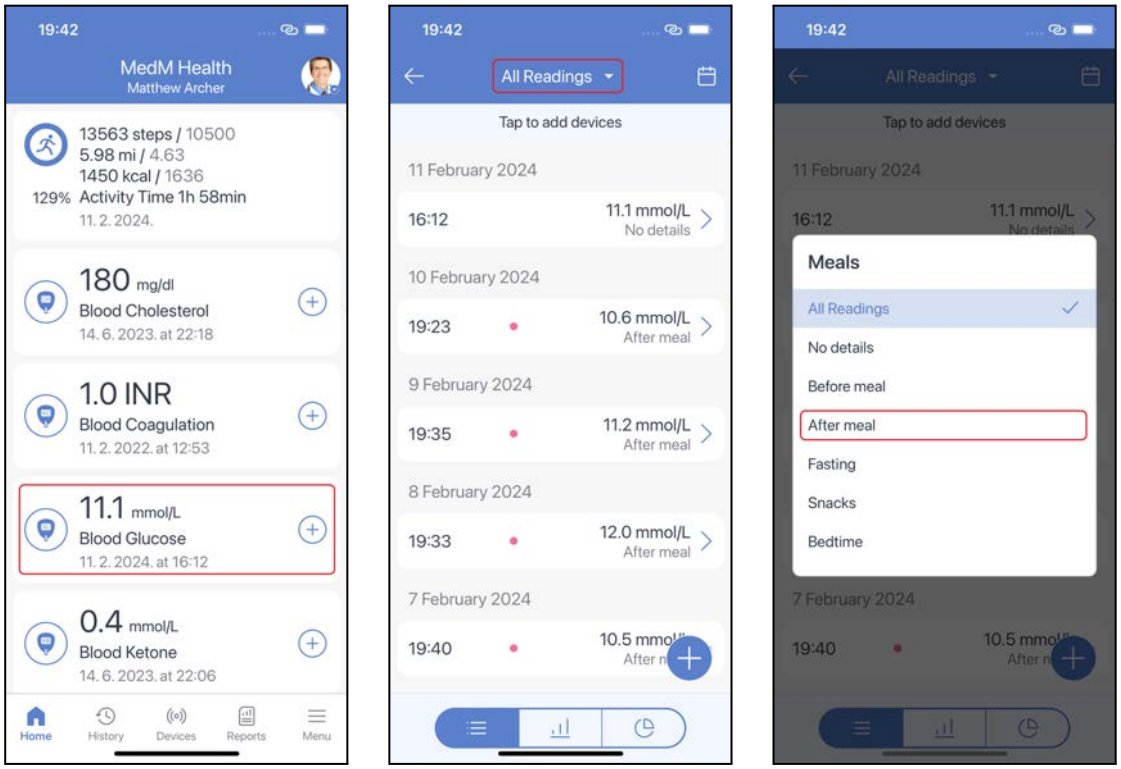


Go to **Blood Coagulation** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the **chart bubble** to see measurement details and to skim through measurements. You can change the time period selected by tapping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

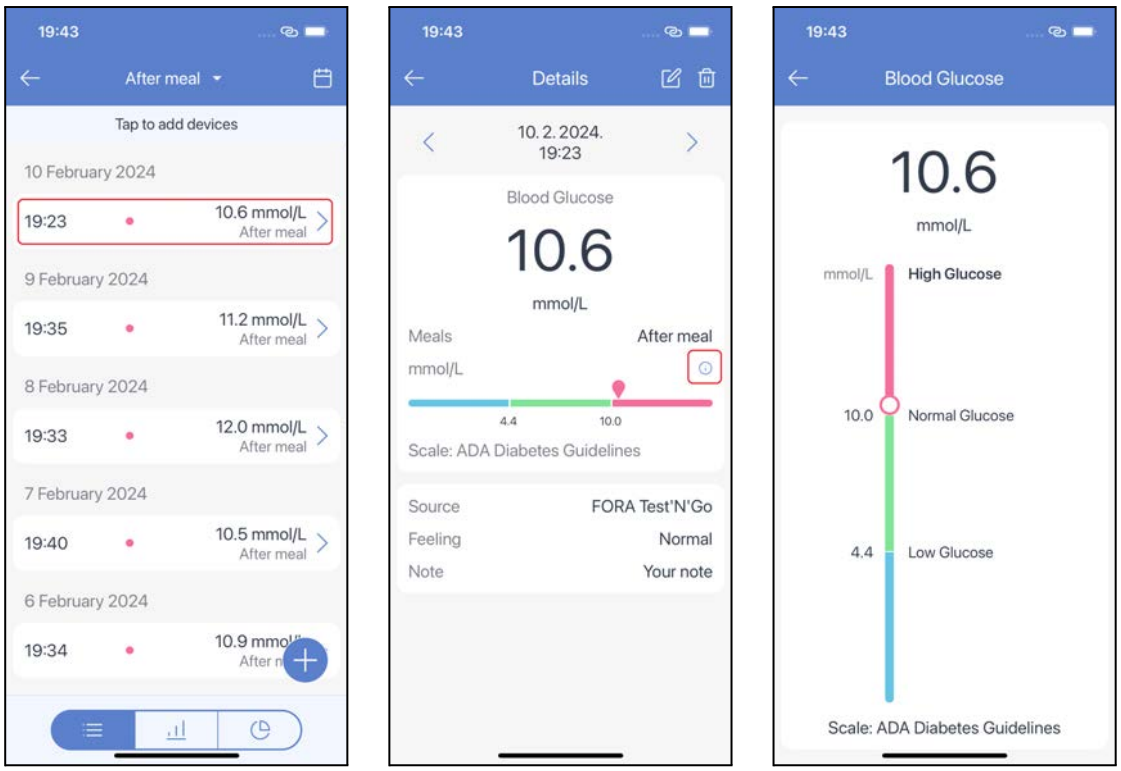


Blood Glucose

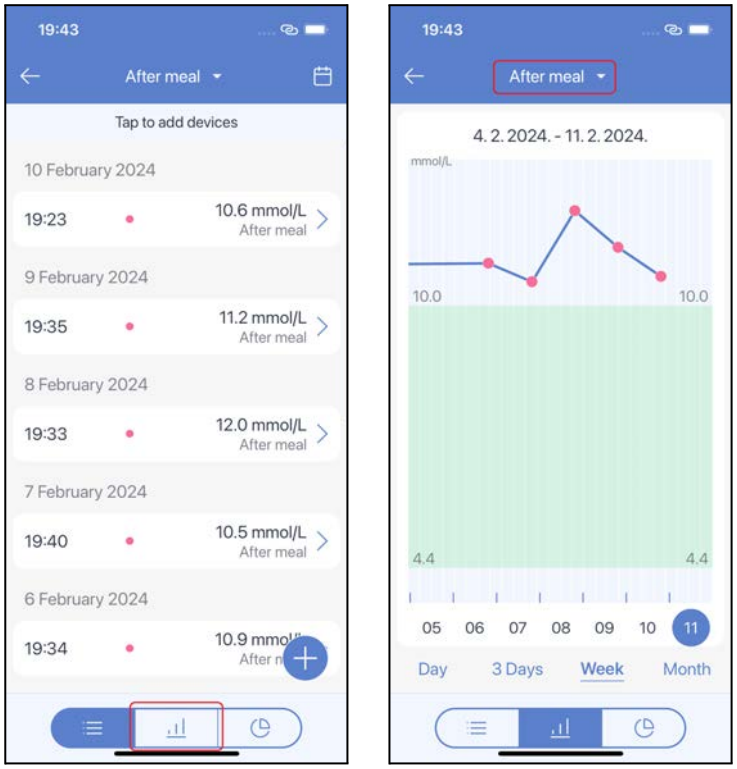
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Glucose** section to open blood glucose history. It is possible to apply **meal tag** filters to blood glucose readings. Readings with a specified meal tag are marked with a colored dot in the history. 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 **i** icon to expand the scale:



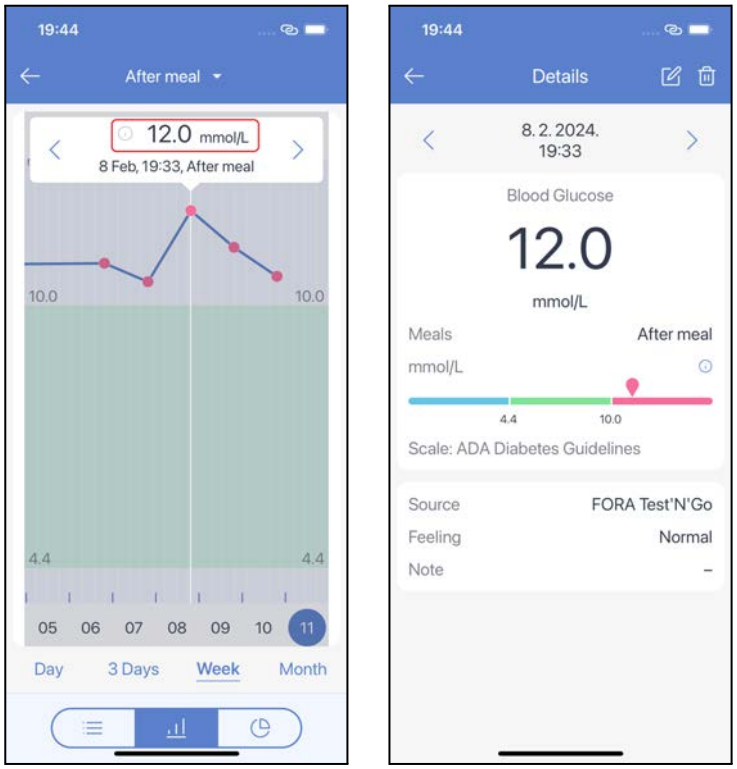
Every measurement is presented as a single point on the chart. To open the chart, go to **Blood Glucose** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, **Week**, **Month** under the chart. It is also possible to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



The green zone on the chart represents the normal range according to the selected Glycemia Scale.

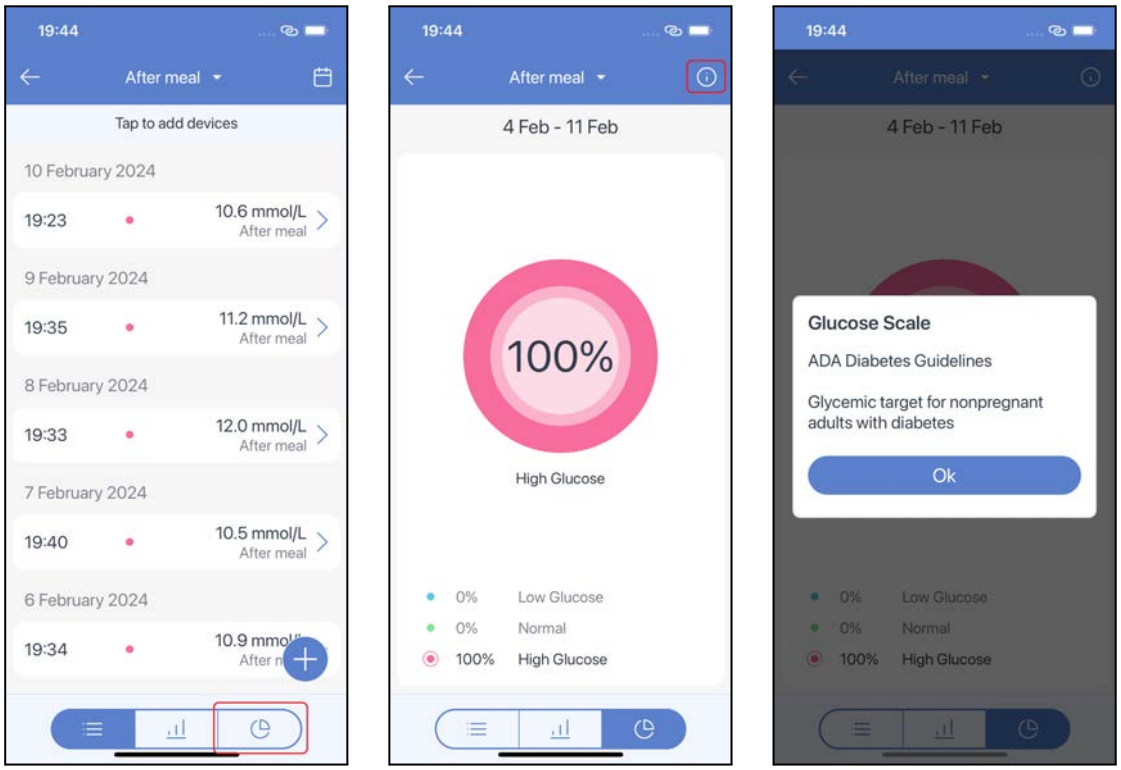
Call up a chart bubble with the value and date of a measurement by tapping on any point of the chart. Skim through measurements using arrows on the left and right side of the bubble:

Tap the value in the bubble to open measurement details:



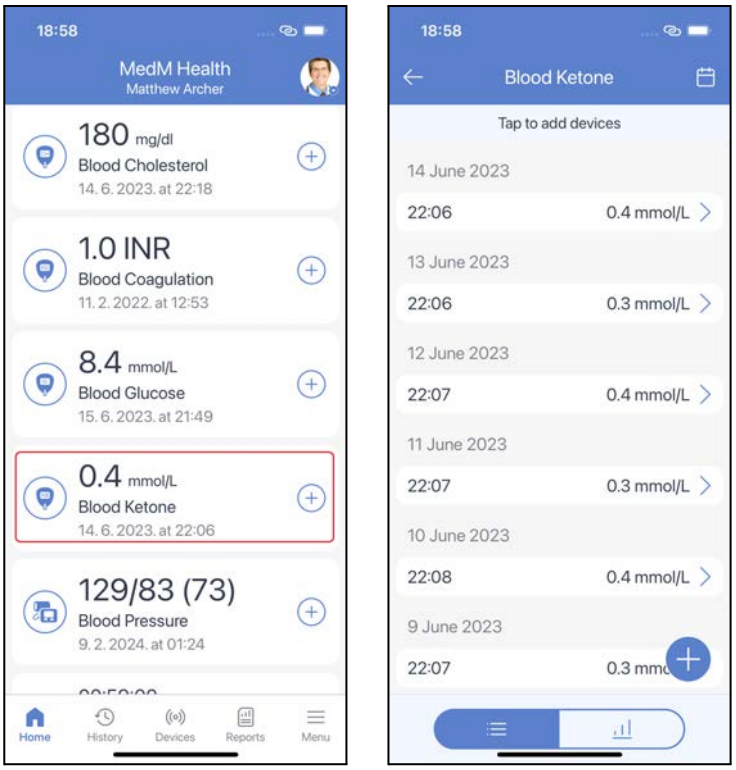
Blood glucose wheel diagram displays the blood glucose readings for the past week according to the selected Glycemia Scale. The **meal tag** filter is available for the wheel diagram.

Go to **Blood Glucose** history and tap the **wheel diagram** icon at the bottom of the screen to open the chart. Tap the **Info** icon in the top-right corner of the screen to see the selected scale:

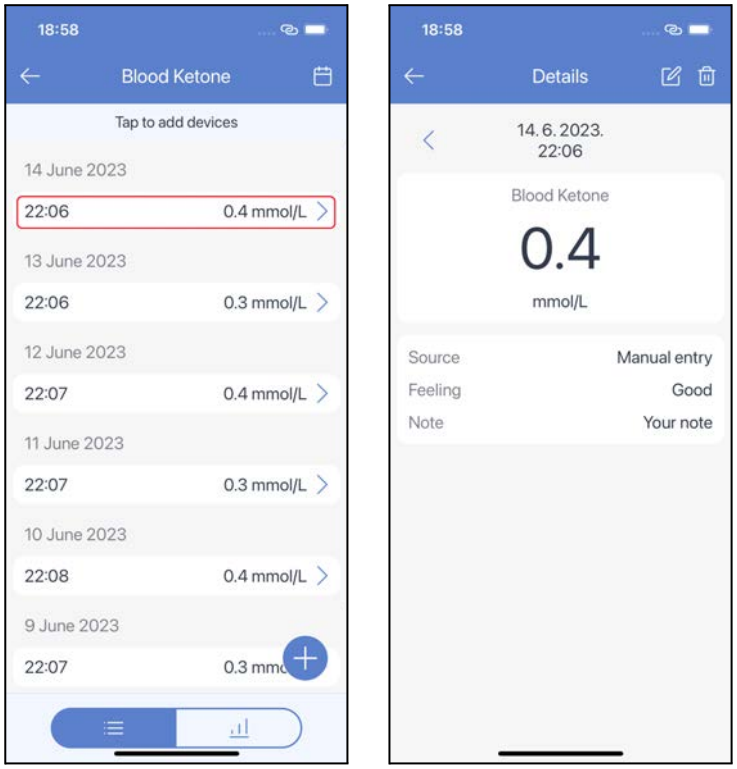


Blood Ketone

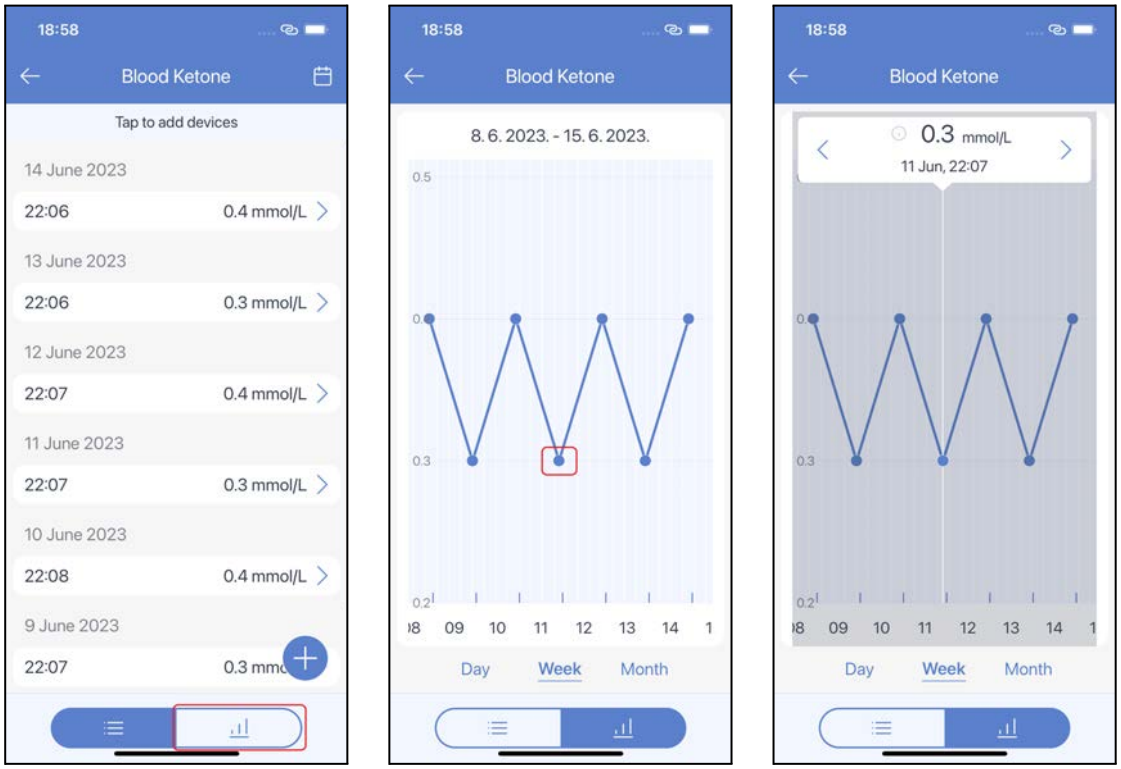
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Ketone** section to open blood ketone history:



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):

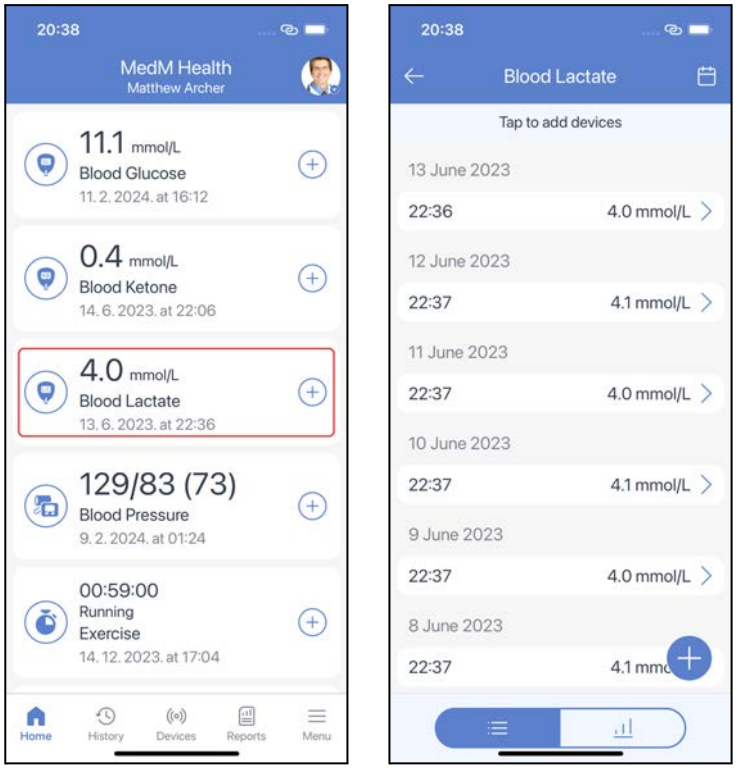


Go to **Blood Ketone** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**,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

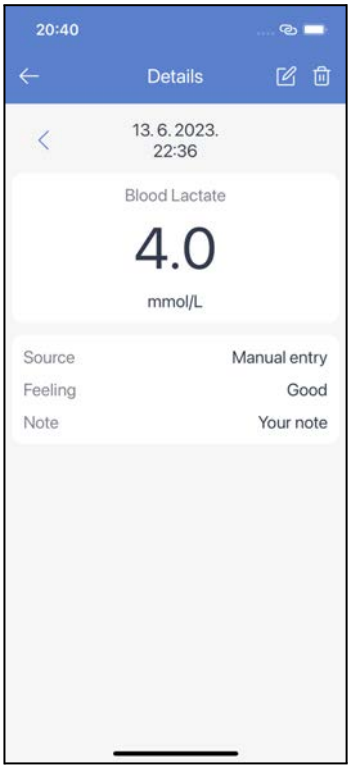


Blood Lactate

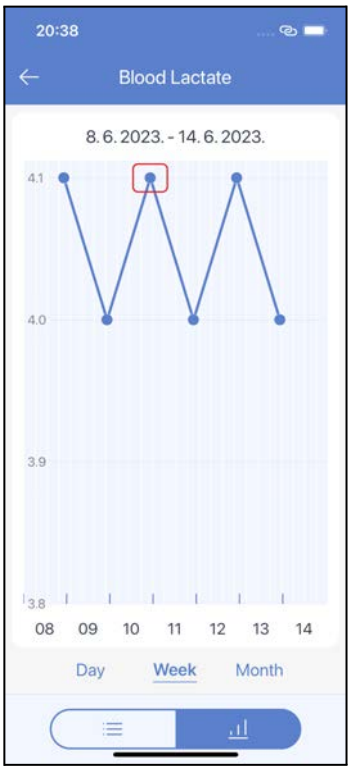
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Lactate** section to open lactate history:

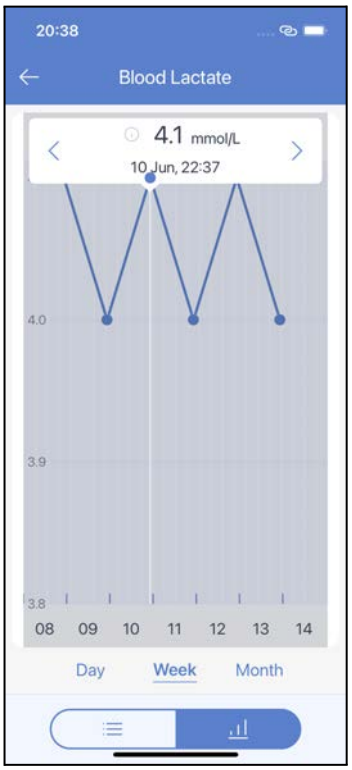


Tap any line in the list of readings to view measurement details. Common parameters are: blood lactate value, date and time, feeling tag, note, data source (manual entry or compatible blood lactate meter):



Go to **Blood Lactate** history and tap the **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. You can change the time period selected by tapping **Day**, **Week, Month** under the chart:

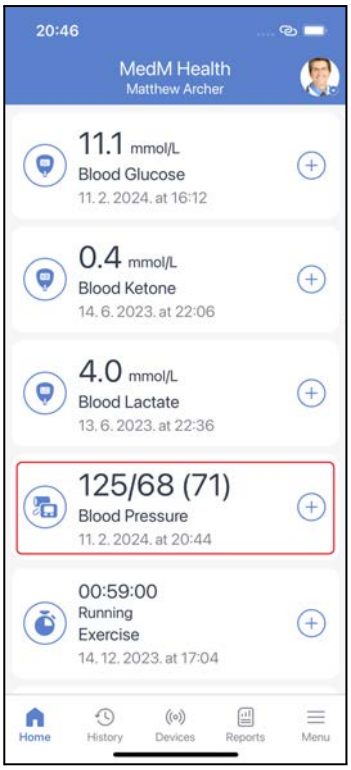


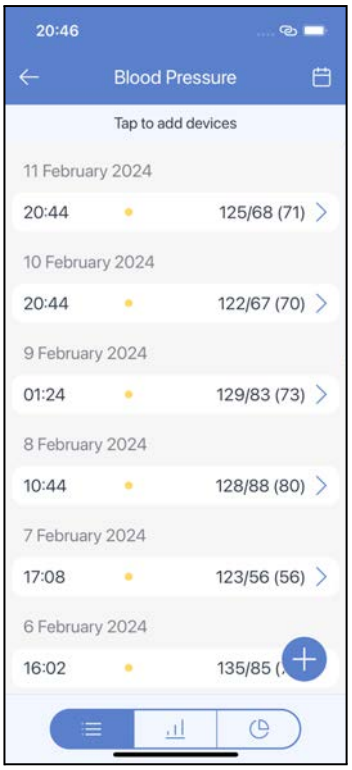


Blood Pressure

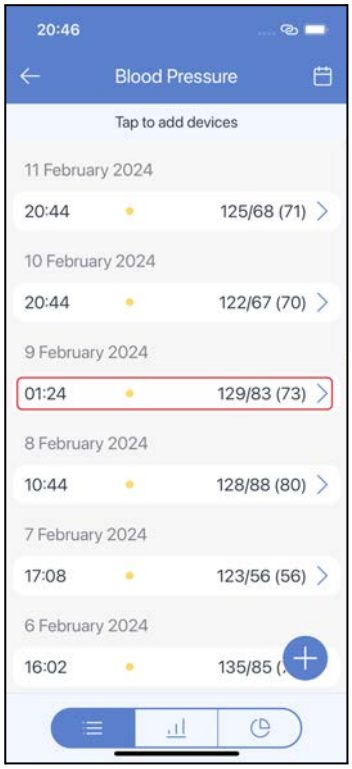
In MedM Health Diary a blood pressure measurement stores **Blood Pressure** data and may store additional **Heart Rate** data since all compatible blood pressure monitors measure blood pressure and heart rate.

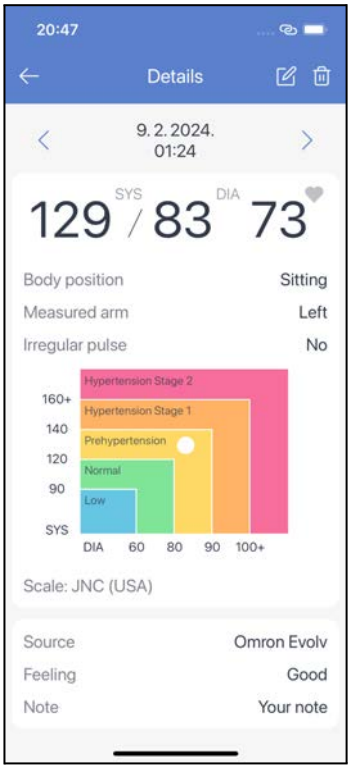
To enable this data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Pressure** section to open history. Readings are marked with a colored dot in the history. Colors represent the blood pressure value ranges according to the selected Hypertension Scale:



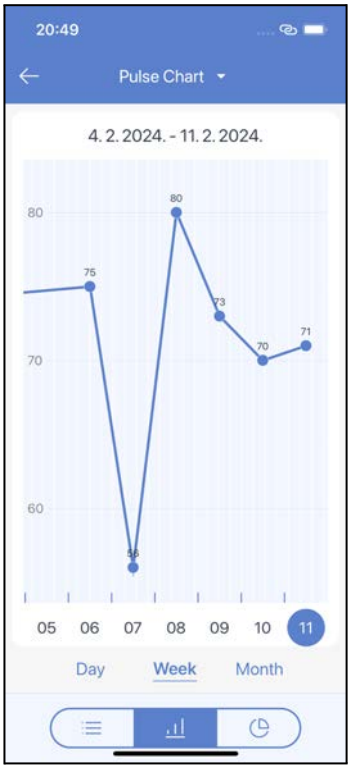


Tap any line on the list of readings to view blood pressure measurement details. Common parameters are: blood pressure value, heart rate value, date and time, hypertension stage chart (according to the selected Hypertension Scale), feeling, body position, arrhythmia and measured arm tags, note, source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

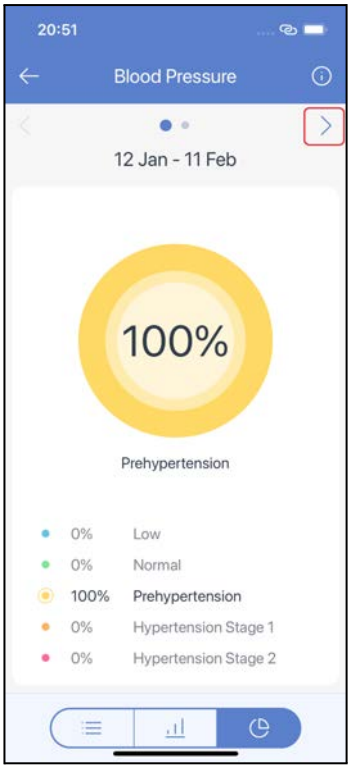


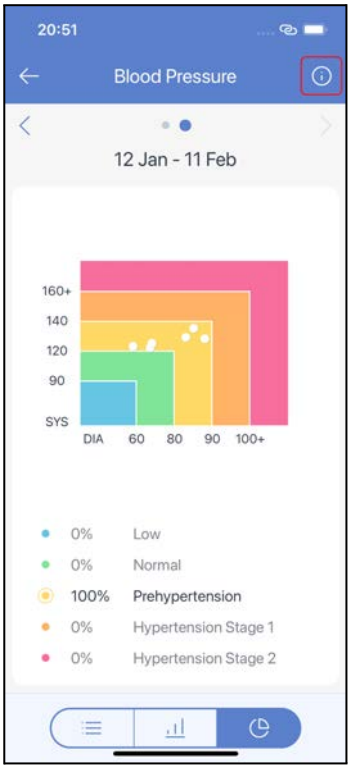


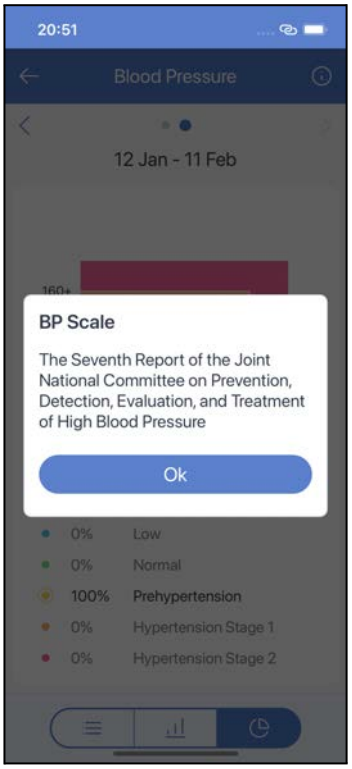
Go to **Blood Pressure** history and tap the **chart** icon at the bottom of the screen. The chart is represented by points which are connected by lines. Green zones on the chart represent the combined optimal and normal ranges of systolic and diastolic blood pressure according to the selected Hypertension Scale. You can 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**:

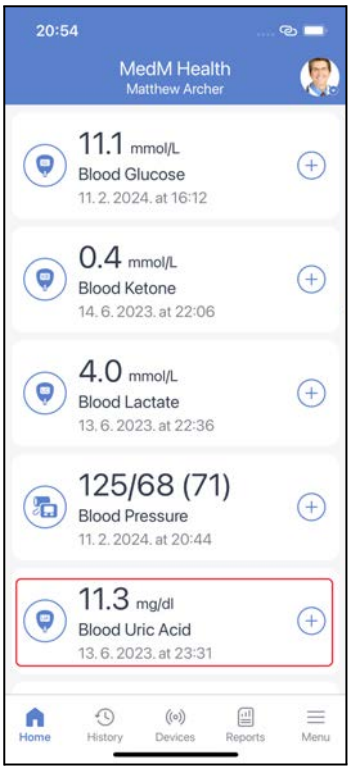




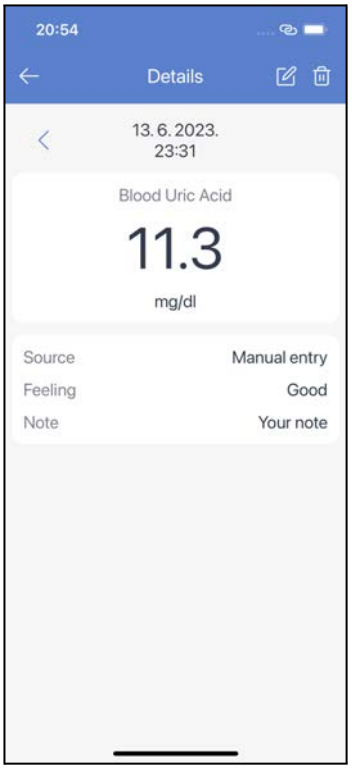


Blood Uric Acid

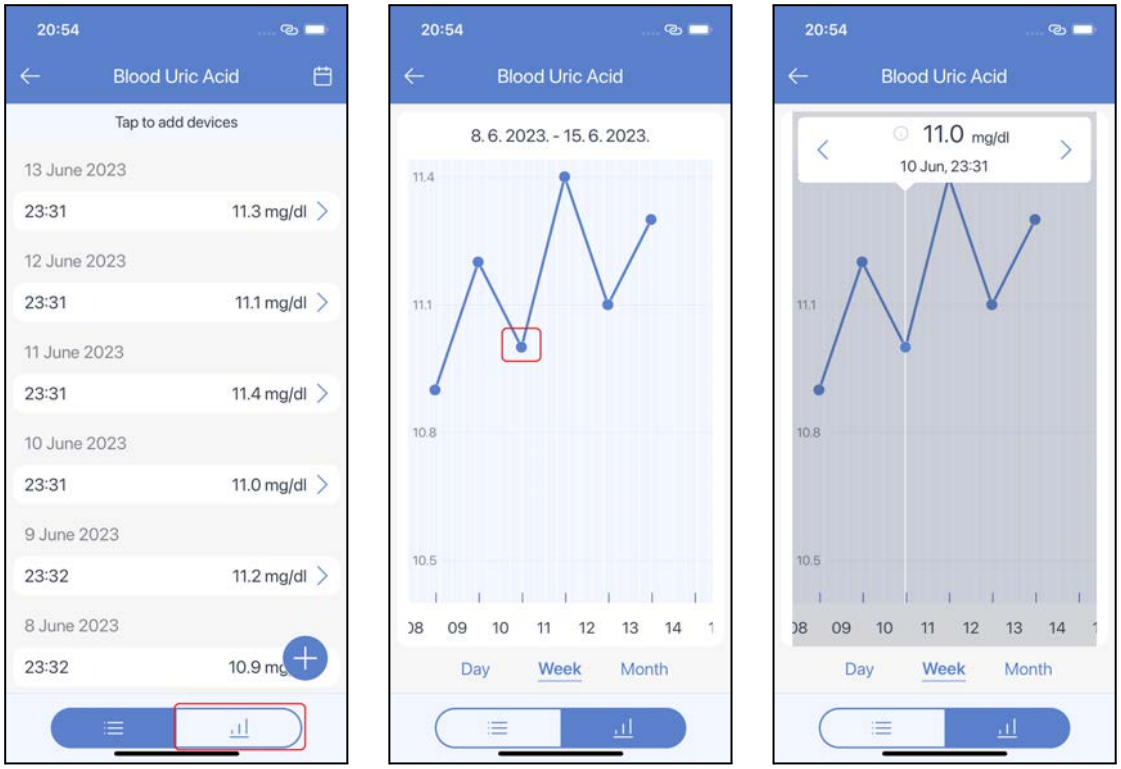
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Uric Acid** section to open history:



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):

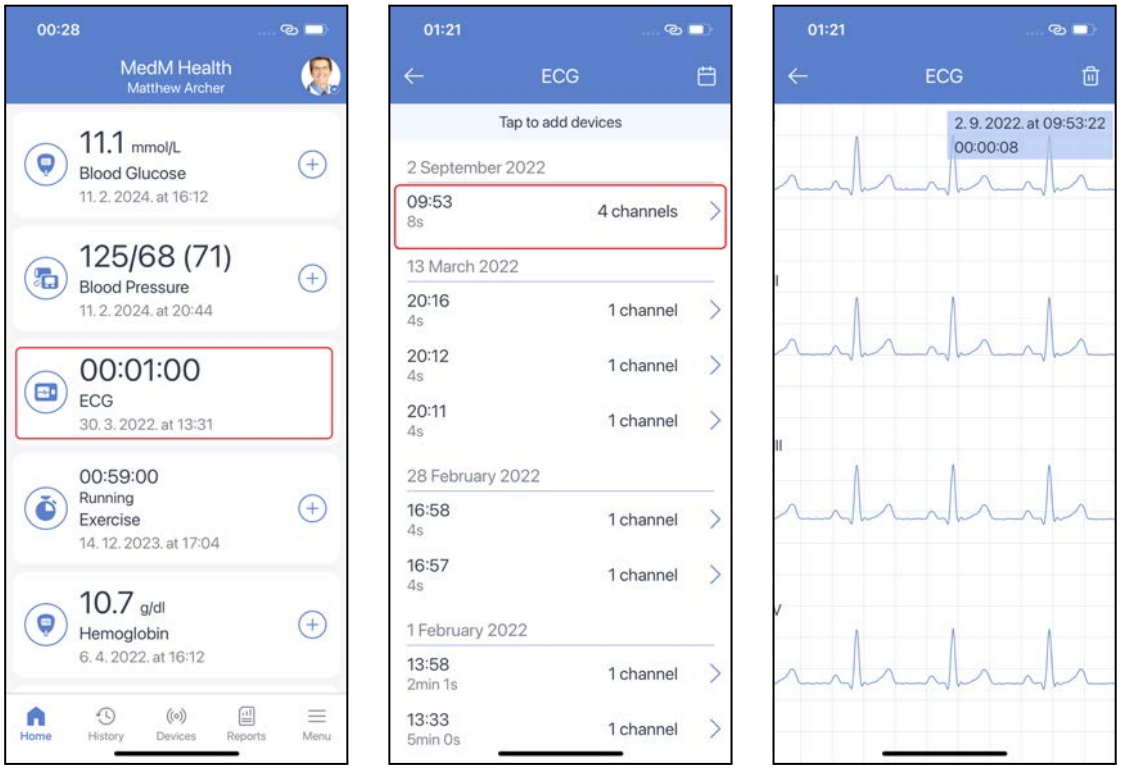


Go to **Blood Uric Acid History** and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**,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



ECG

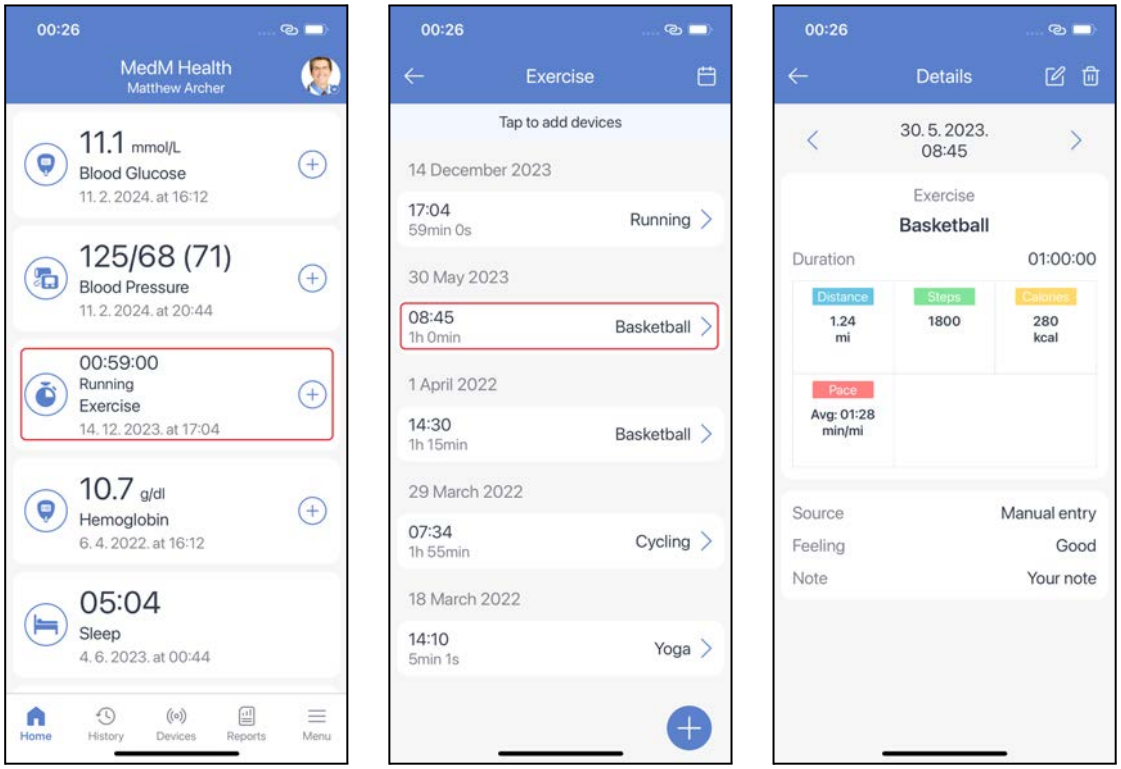
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **ECG** section to open ECG history. Every ECG measurement is a cardiogram. Select a measurement and tap any place on it to see details. Date, time, and duration are displayed in the top-right corner of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



ECG data can only be collected from compatible ECG meters.

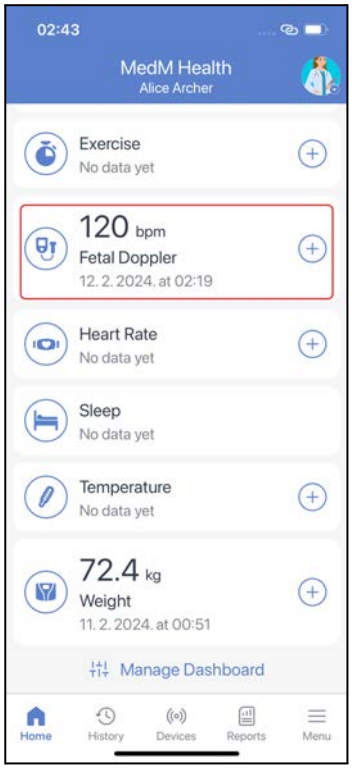
Exercise

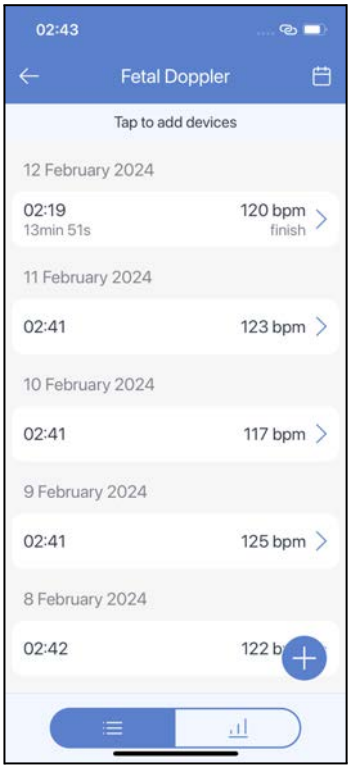
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Exercise** section to open history. Exercise data may have the following parameters: exercise type, duration, start time, pulse, distance, steps, active calories, laps, pace, feeling, note, source (manual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



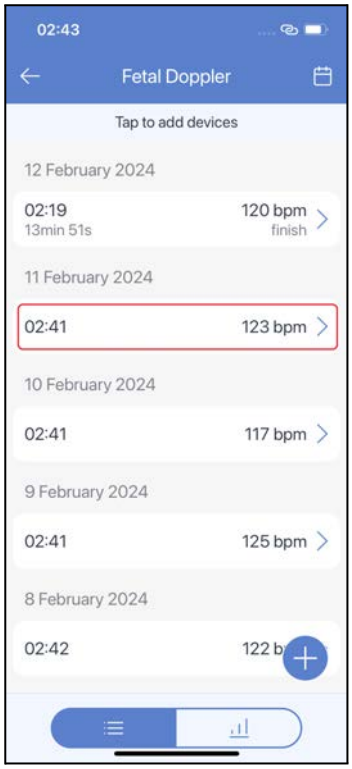
Fetal Doppler

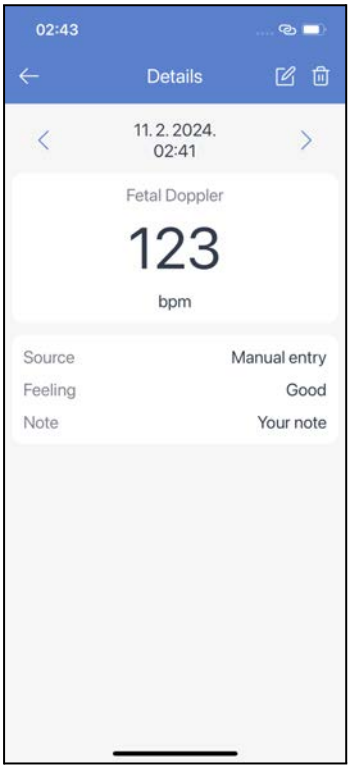
To enable data type availability, configure your **Home** Screen. The Fetal Doppler measurement type is only present in health records with non-male gender. From the **Home** screen tap the **Fetal Doppler** section to open fetal doppler history:



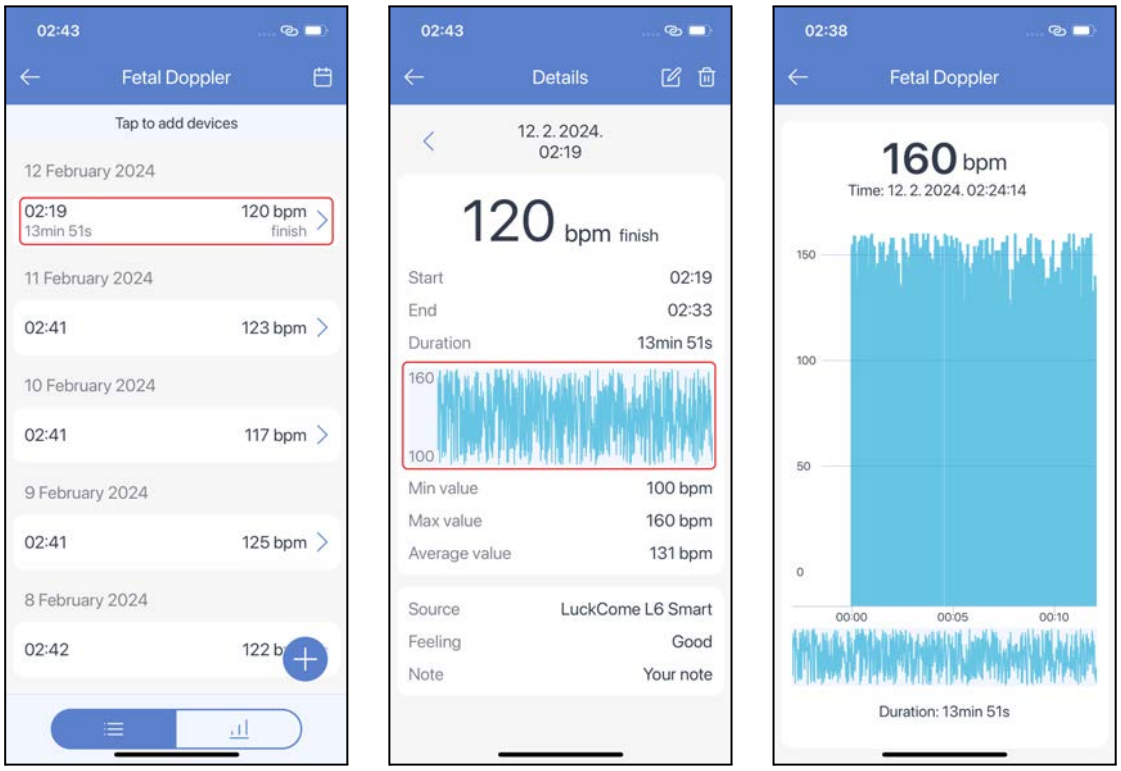


Tap any line in the list of measurements to see details. For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source (manual entry):

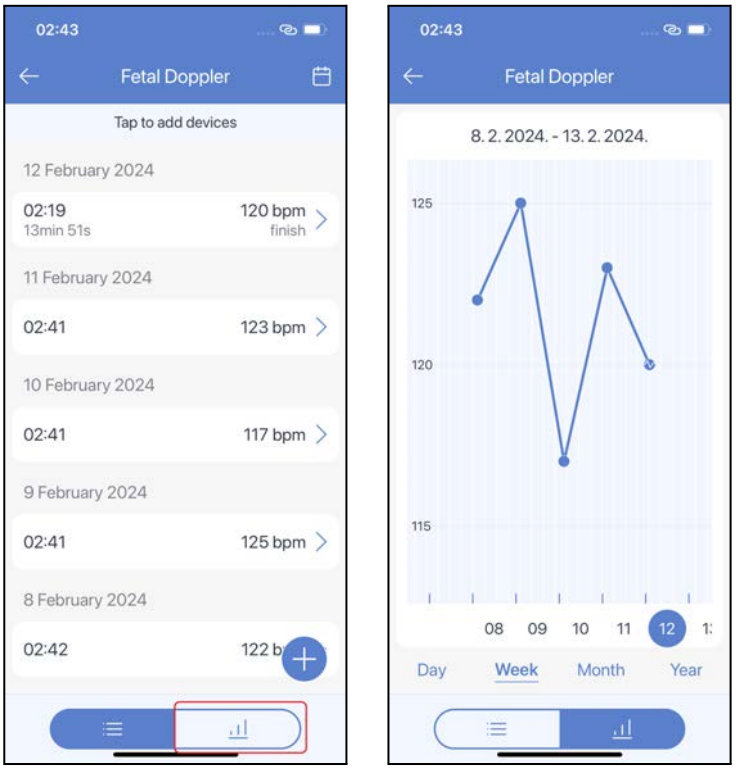




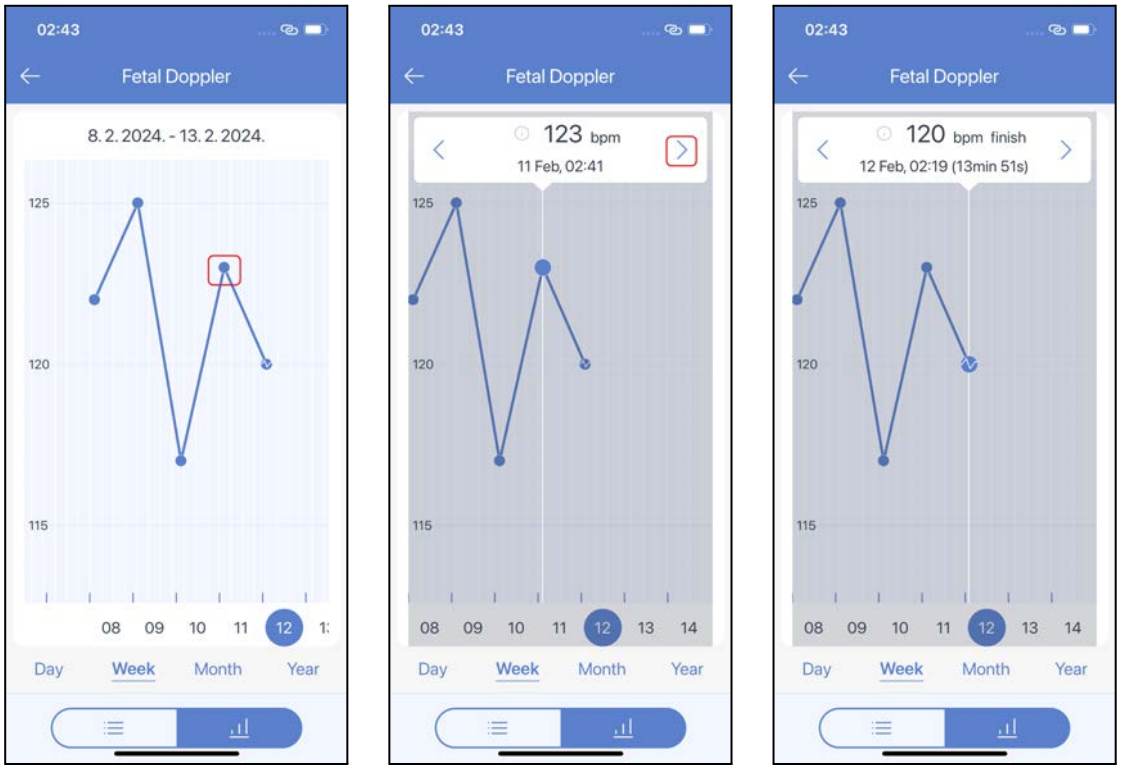
For stream measurements you will see the following parameters: date and time, finish value, heart rate graph (you can tap the graph to enter the interactive observing mode), maximum, average and minimum values, duration, feeling tag, note, source (manual entry or compatible fetal doppler):



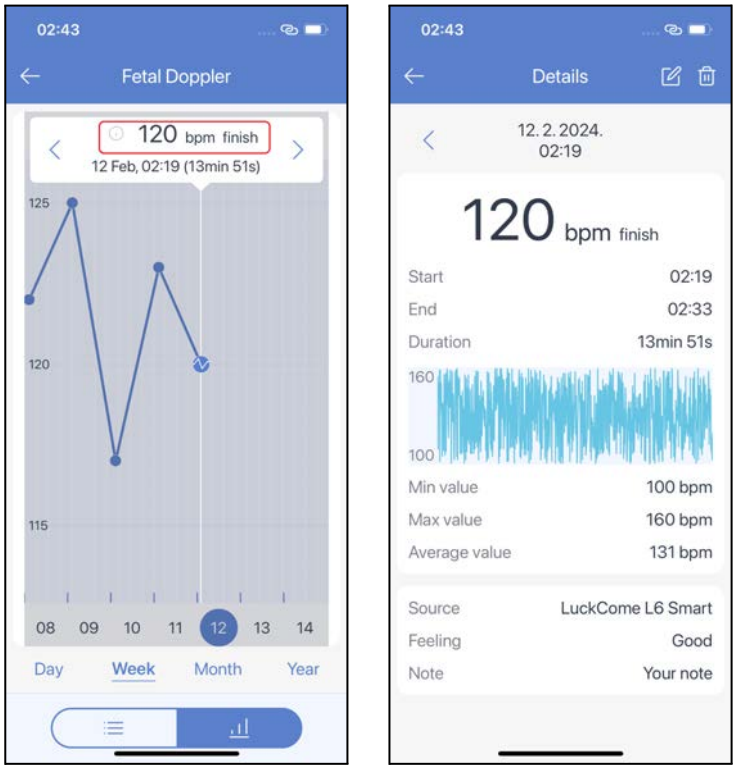
To open the overall fetal doppler chart, go to **Fetal Doppler** history and tap the chart icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream measurement represents the **finish** value of the measurement and is marked with a **stream**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



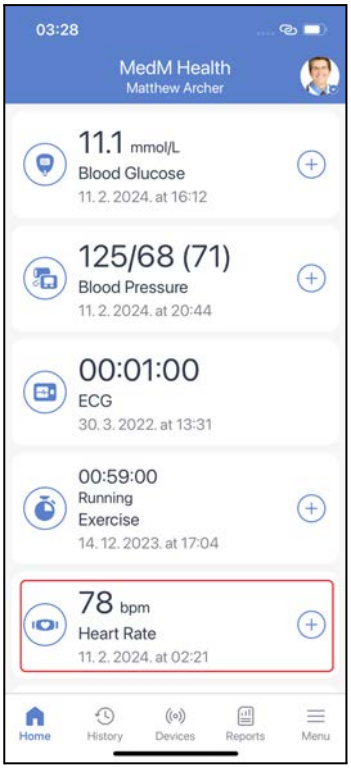
Heart Rate

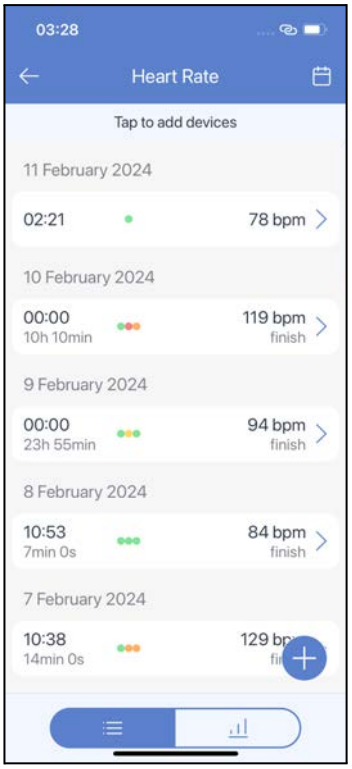
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Heart Rate** section to open history. Spot measurements are marked with a single dot, stream measurements - with three dots which from left to right represent the starting value, the maximum value and 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:

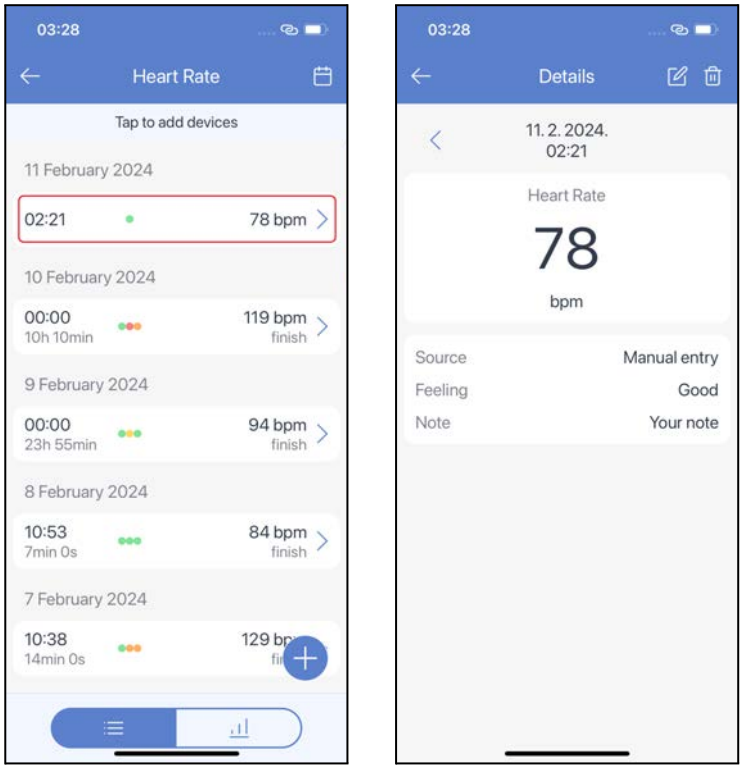
Max heart rate = 207 - (0.7 x Age)

- 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

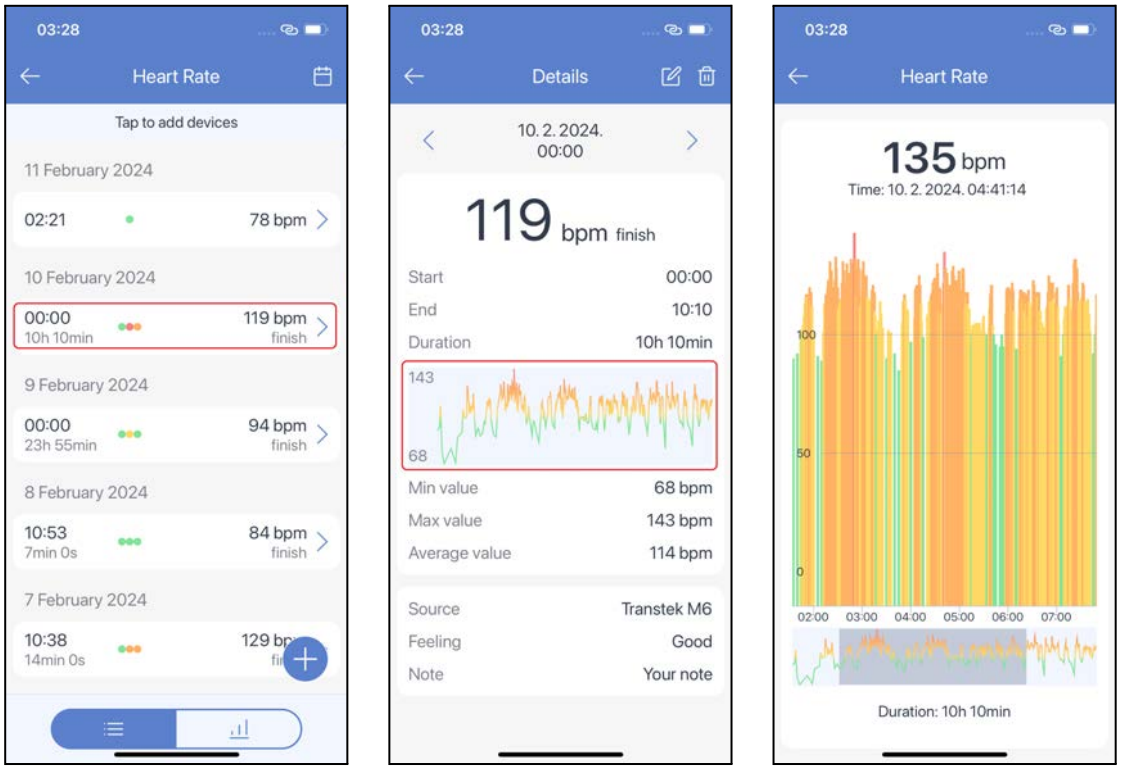




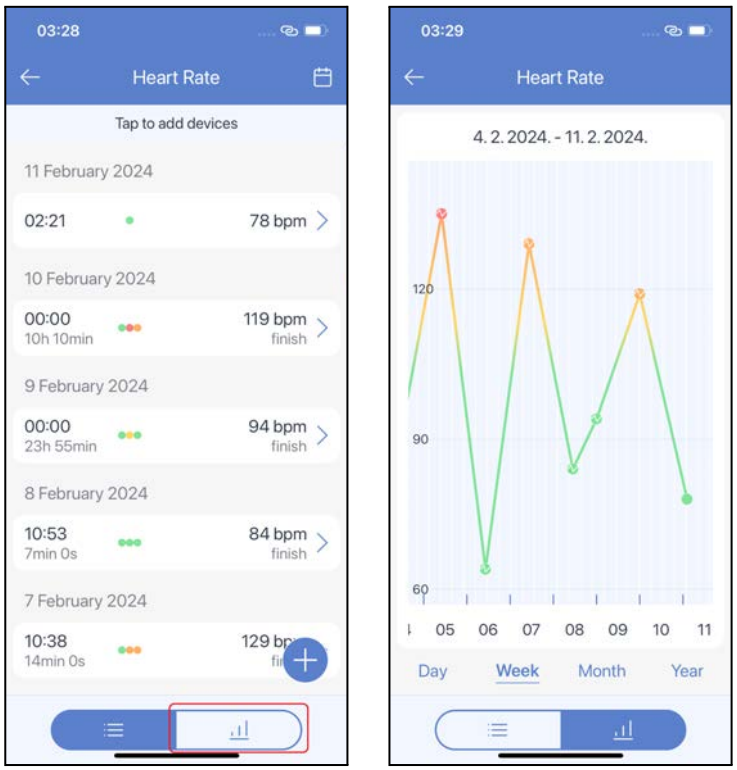
For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source (manual entry, compatible heart rate monitor or external app):



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):

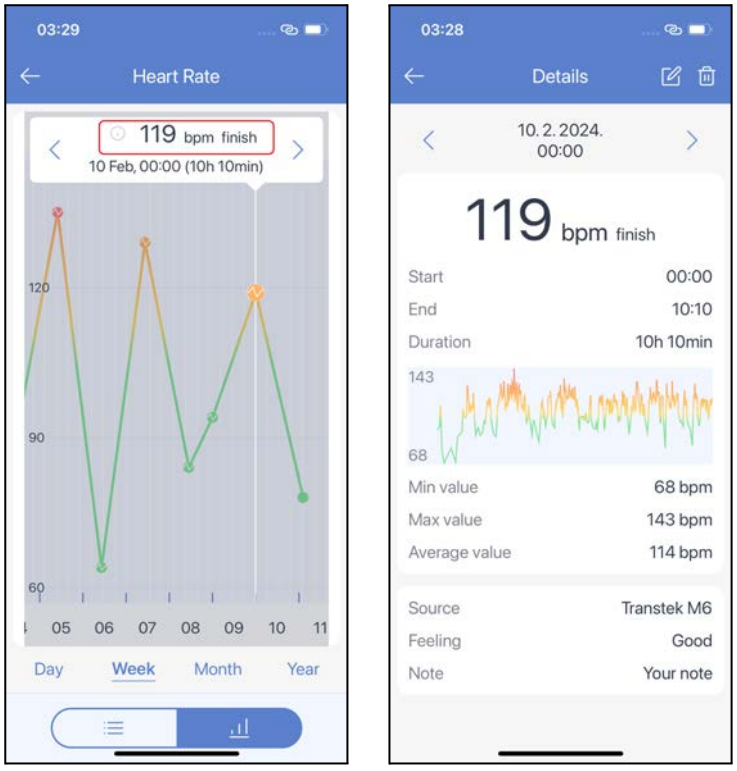


To open the overall heart rate chart, go to **Heart Rate** history and tap the chart icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream measurement represents the finish value of the measurement and is marked with a **stream** sign. You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



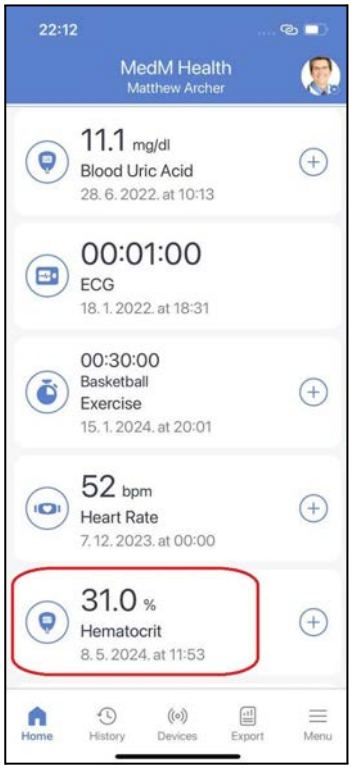
On tapping any point on the chart a bubble will appear with the value and the date of the measurement. Scroll through measurements using arrows on the left and right side of the bubble. Stream values are marked with the graph sign inside the circle. For such records duration is also displayed with the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

Tap the value in the bubble to open measurement details:



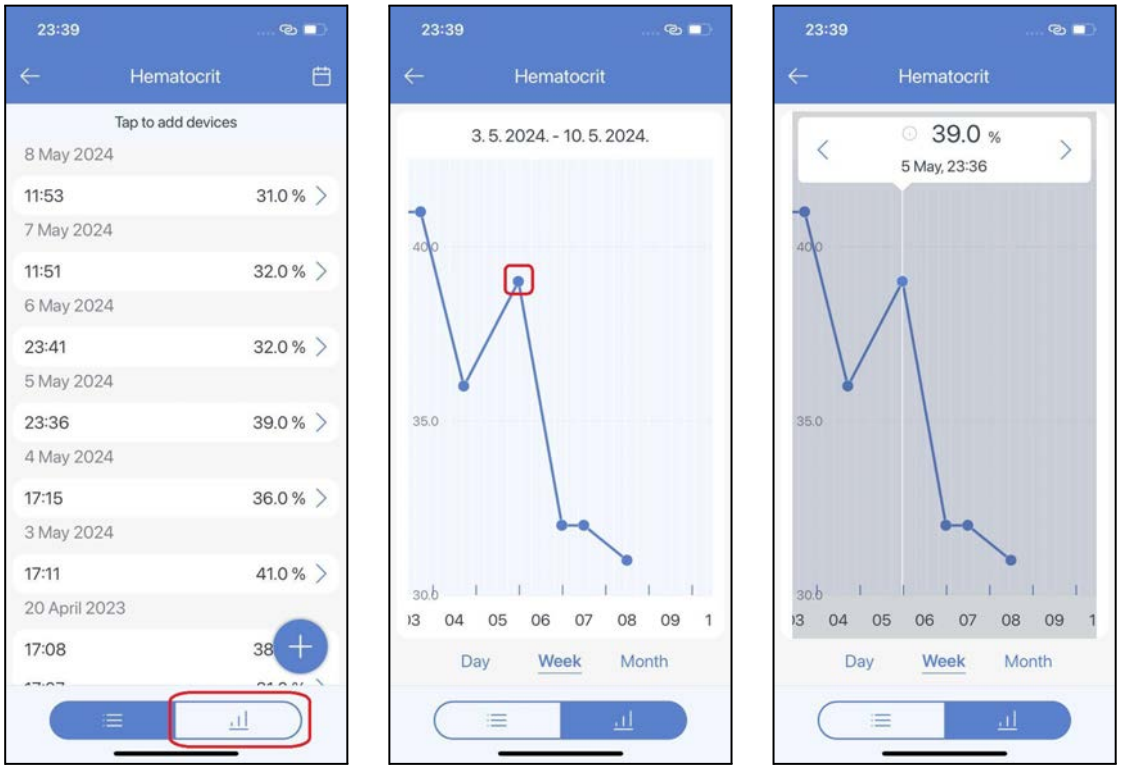
[Hematocrit]

To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Hematocrit** section to open the hematocrit history:



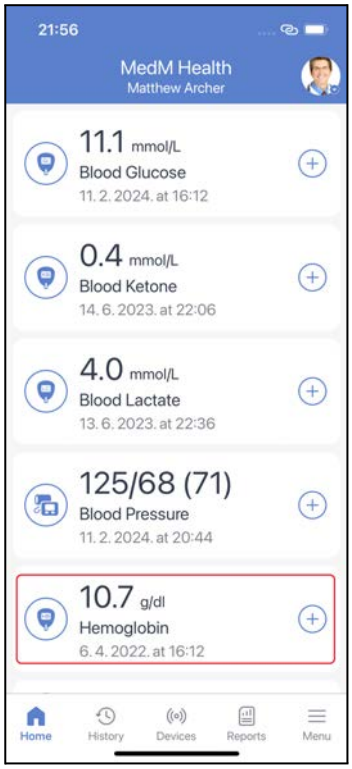
Tap any line in the list of readings to view details. Common parameters are: hematocrit value, date and time, feeling tag, note, data source (manual entry or compatible hematocrit meters):

Go to **Hematocrit** history and tap the **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. You can change the time period selected by tapping **Day**, **Week, Month** under the chart:

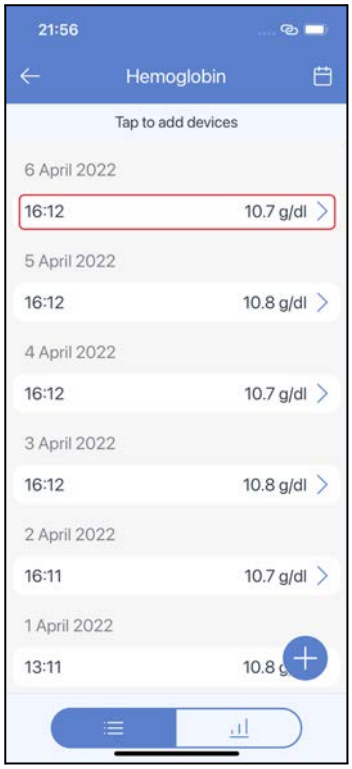


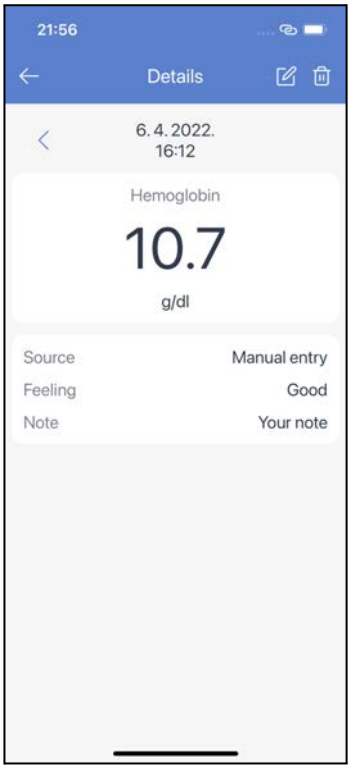
Hemoglobin

To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Hemoglobin** section to open the blood hemoglobin history:

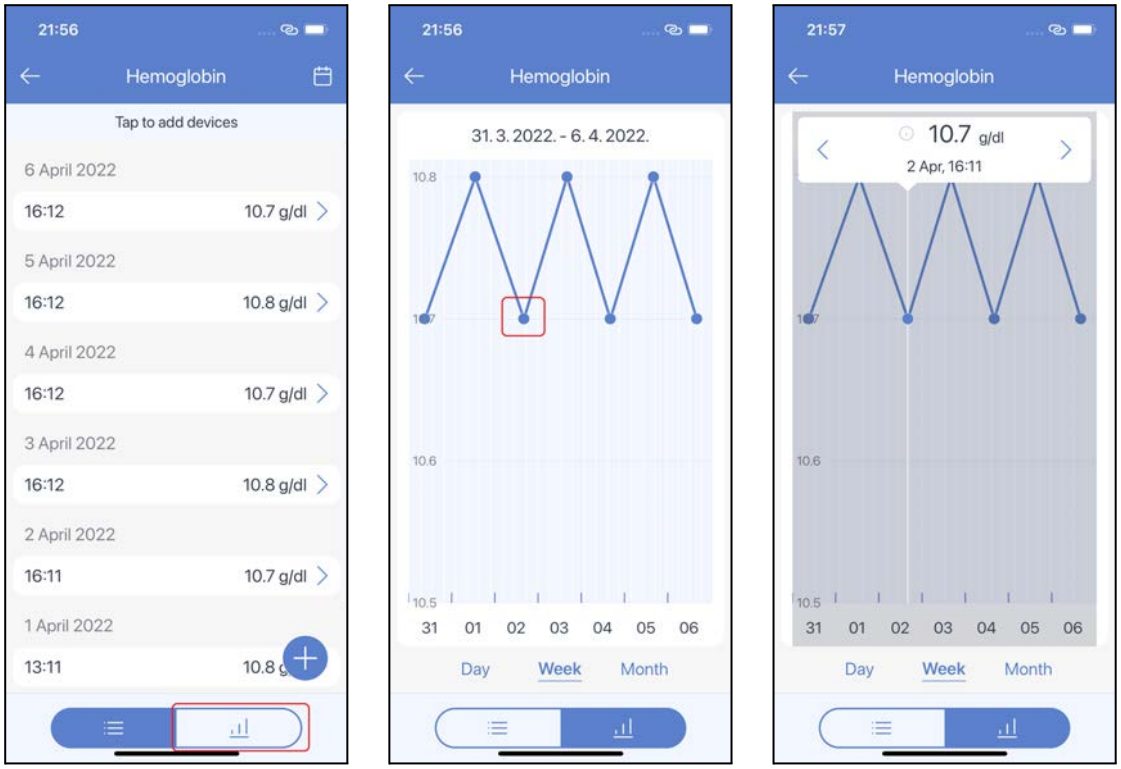


Tap any line in the list of readings to view details. Common parameters are: blood hemoglobin value, date and time, feeling tag, note, data source (manual entry or compatible hemoglobin meter):



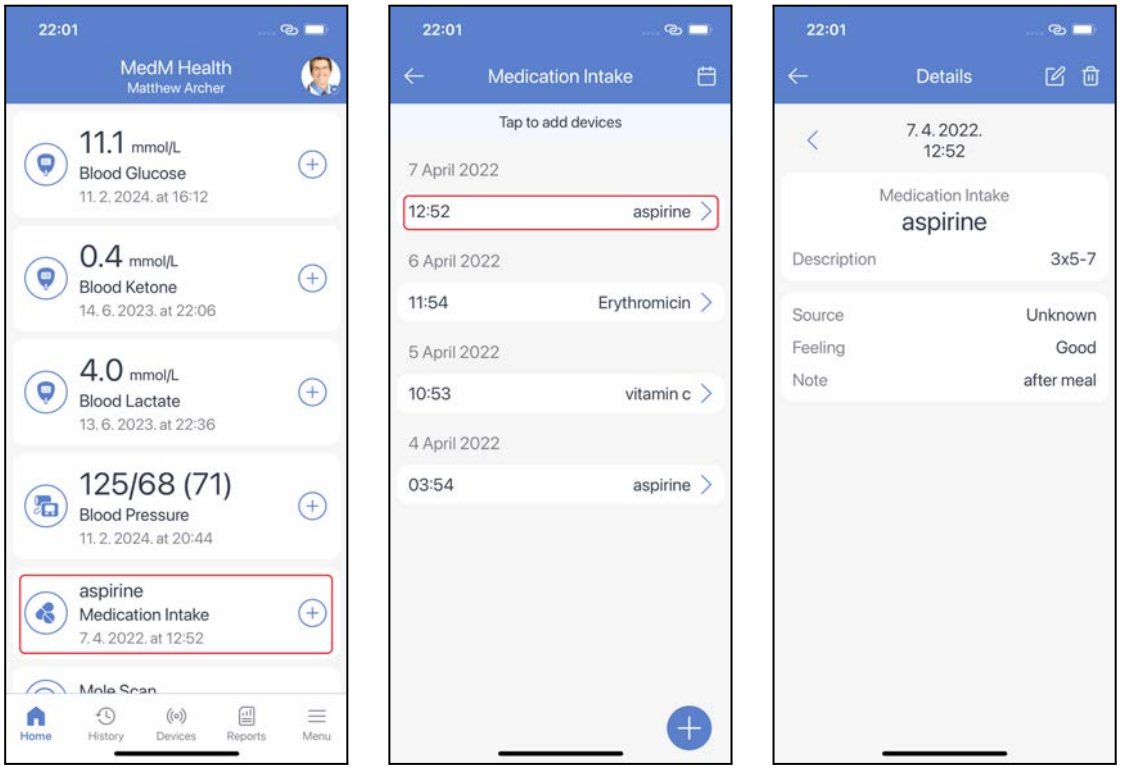


Go to **Blood Hemoglobin** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week,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



Medication Intake

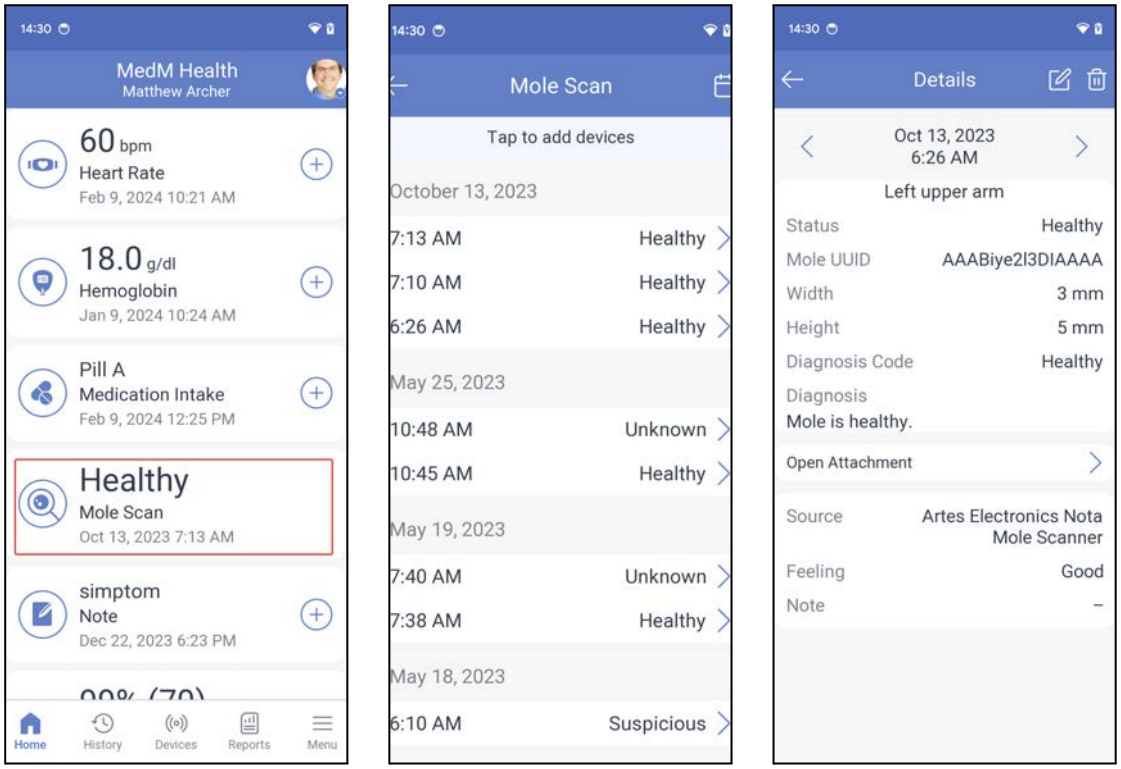
To enable data type availability, configure your **Home** Screen. Medication intake data can be added either manually via the "+" icon on the app dashboard or it can be automatically added to history on taking a medication reminder. From the **Home** screen tap the **Medication Intake** section to open 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

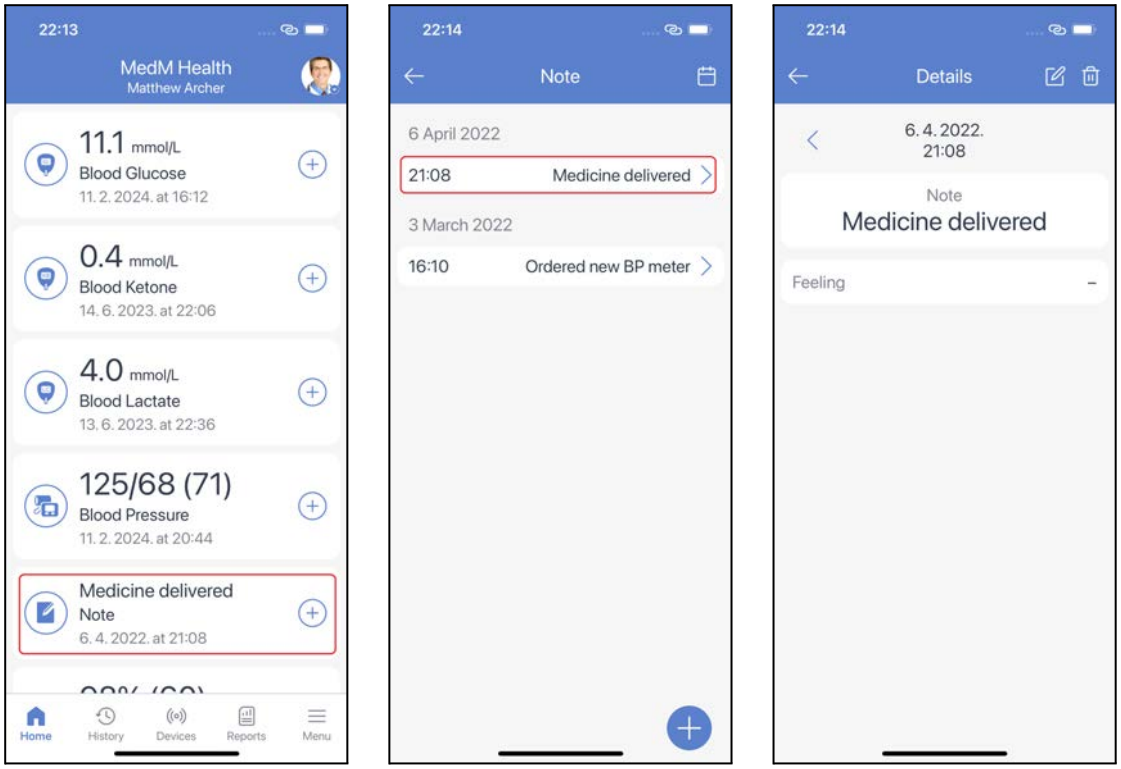
To enable data type availability, configure your **Home** Screen. Data of this type can be only added via the NOTA Mole Tracker app. Data collection needs to be enabled in the Data Sync section. From the **Home** screen tap the **Mole Scan** section to open history. Tap any line in the list of readings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



Data of this type can only be imported from Artes Electronics.

Note

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



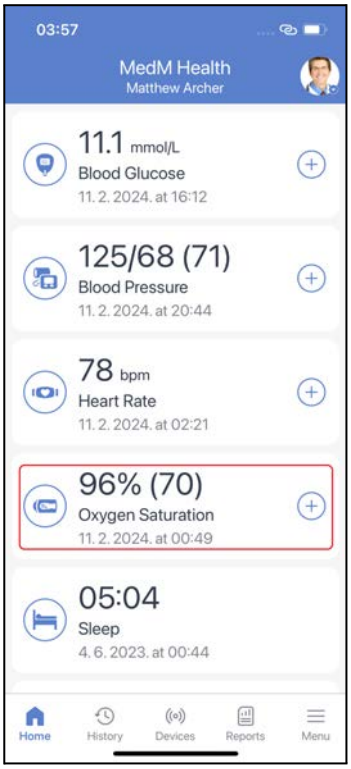
Data of this type can only be added via manual entry.

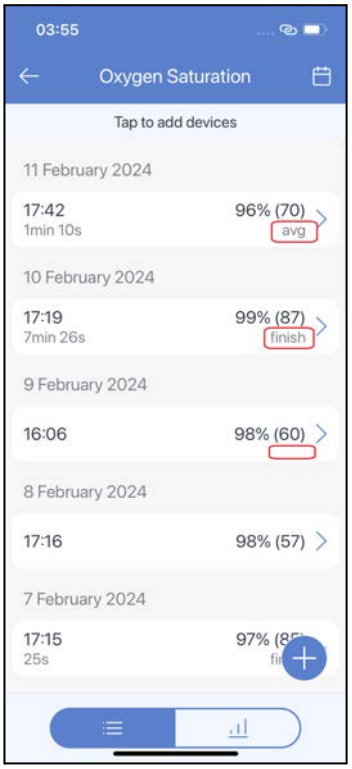
Oxygen Saturation

Our 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 availability, configure your **Home** Screen. From the **Home** screen tap the **Oxygen Saturation** section to open history.

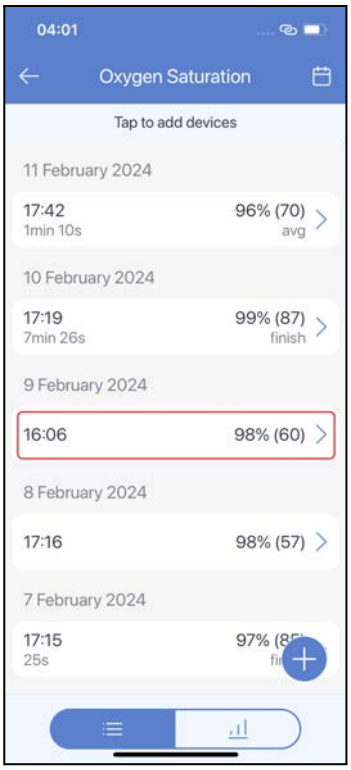
Measurements which are uploaded from statistical devices are marked as **avg** since their average value is shown in history. Stream measurements which are uploaded from stream devices or imported from external apps are marked as **finish** since their finish value is shown in history. Spot measurements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

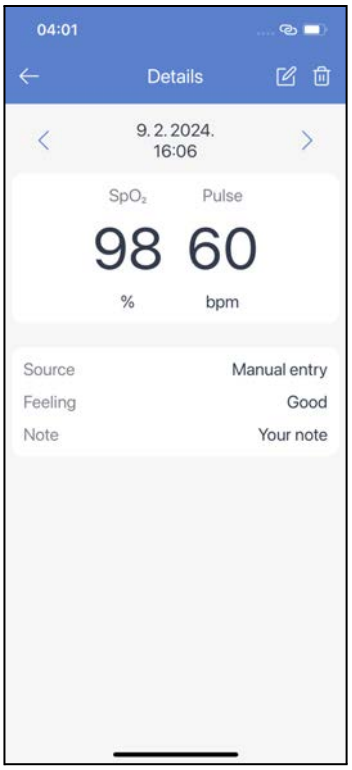




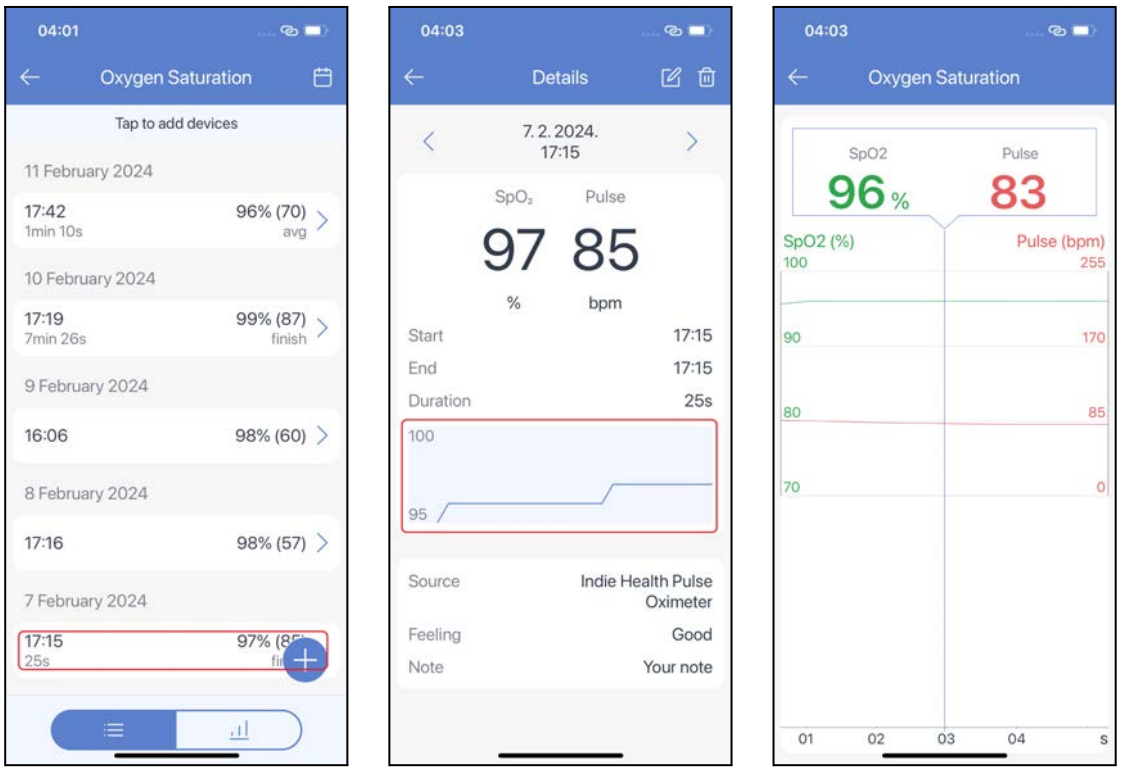
Tap any line on the list of readings to see details.

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):

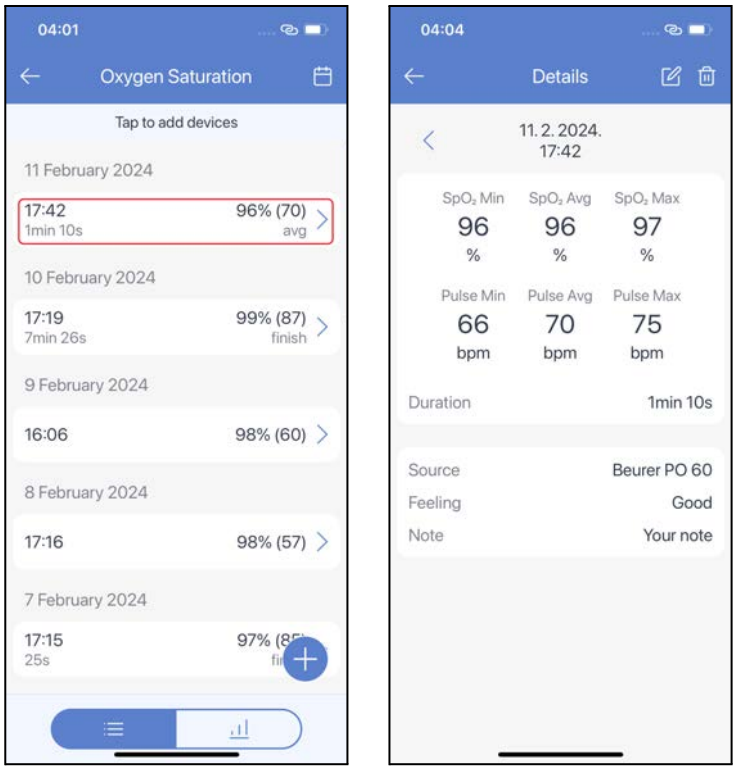




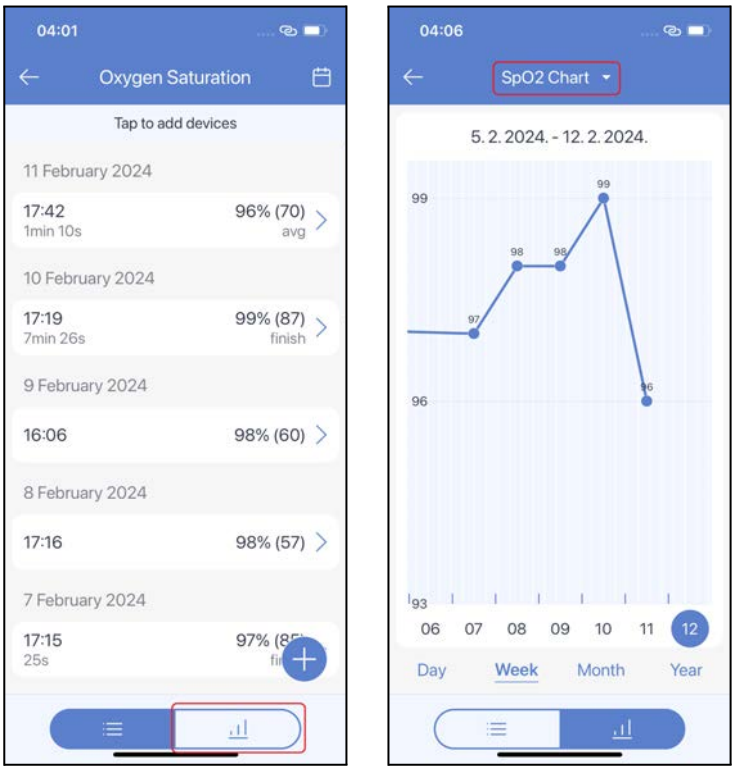
On the stream measurement details screen you will see start, end, and duration values, feeling tag, note and a graph in the interactive viewing mode. You can expand the graph and scroll it by swiping right or left:

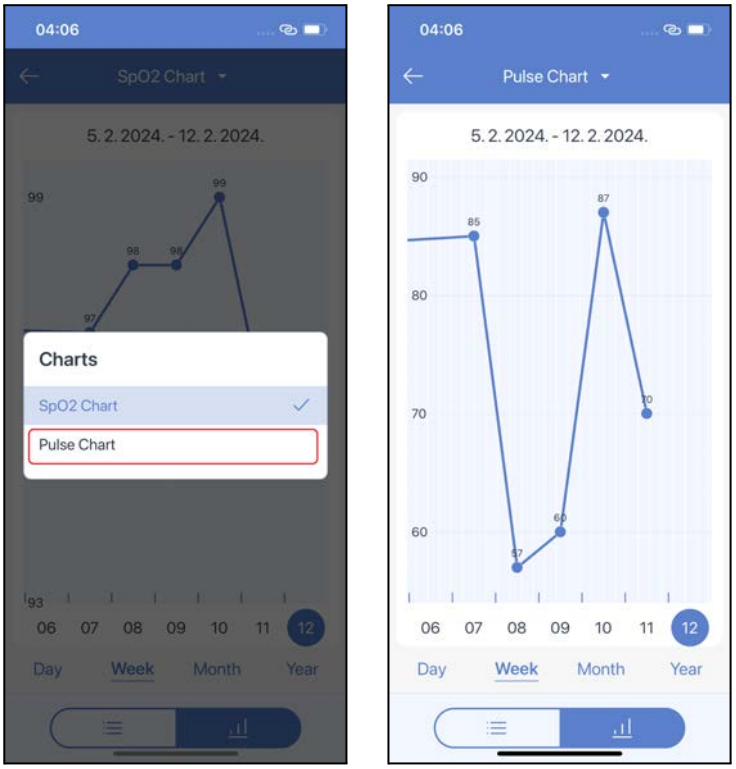


In the **statistical** measurement details view you will also see start, end, and duration, as well as maximum, average, and minimum values for heart rate and oxygen saturation:



To see the overall chart, go to **Oxygen Saturation** history and tap the **chart** icon at the bottom of the screen. The chart 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:

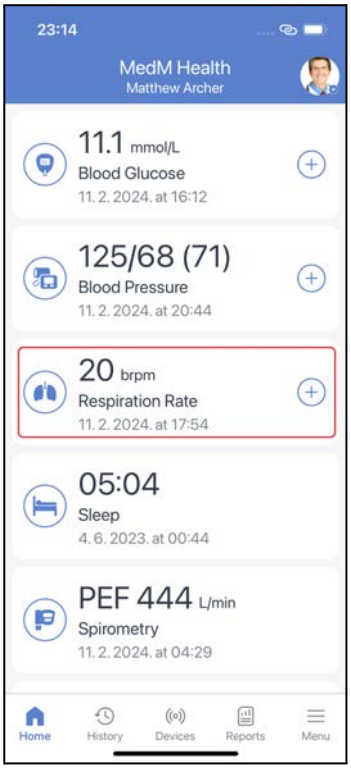


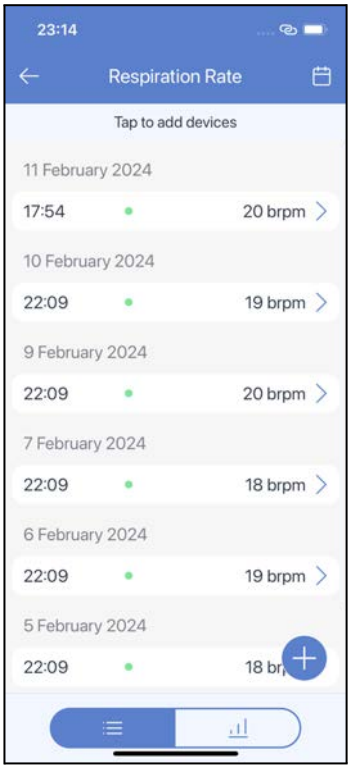


The chart displays dots with average values for statistical measurements, the finish value for stream measurements, and single values which correspond to spot measurements.

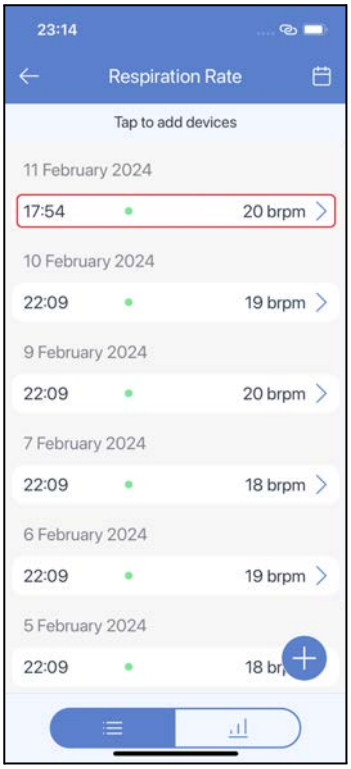
Respiration Rate

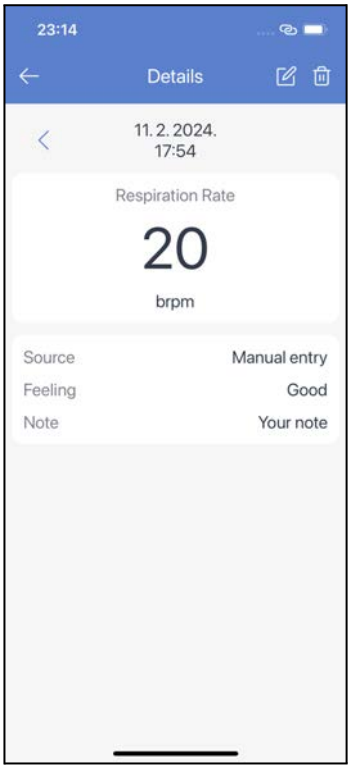
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Respiration Rate** section to open respiration rate history:





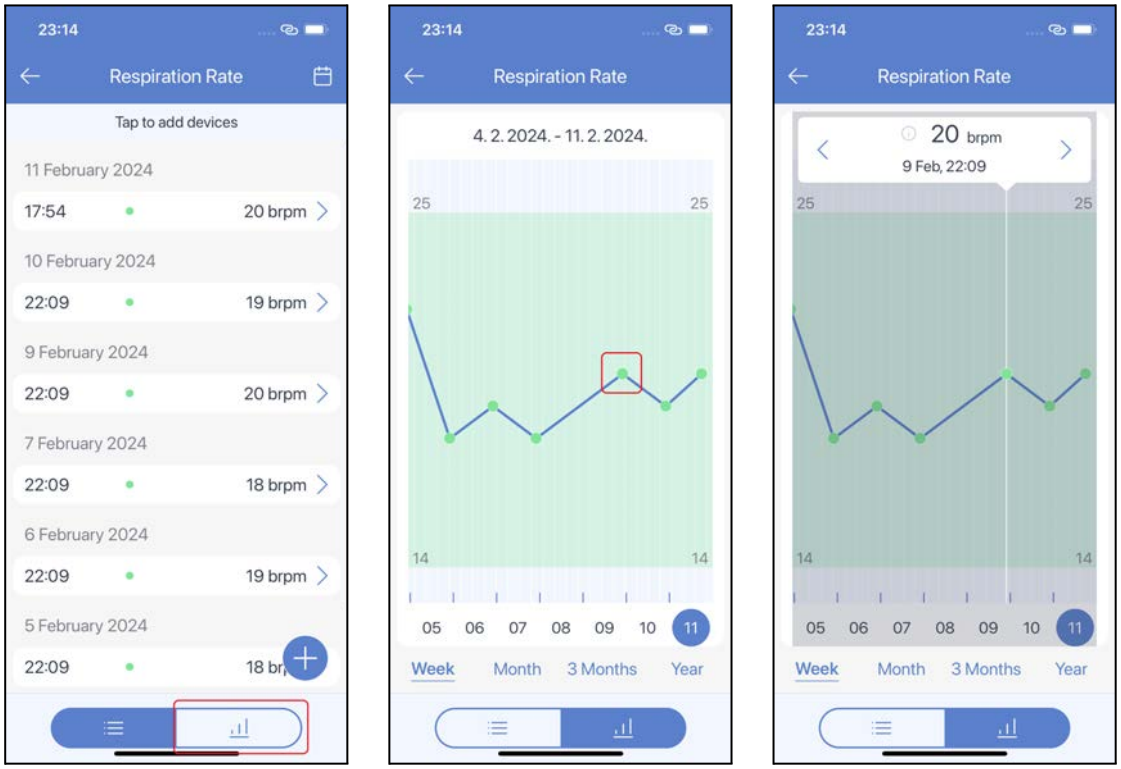
Common parameters are: respiration rate value, date and time, feeling tag, note, source (manual entry, compatible respiration rate meter or external app):





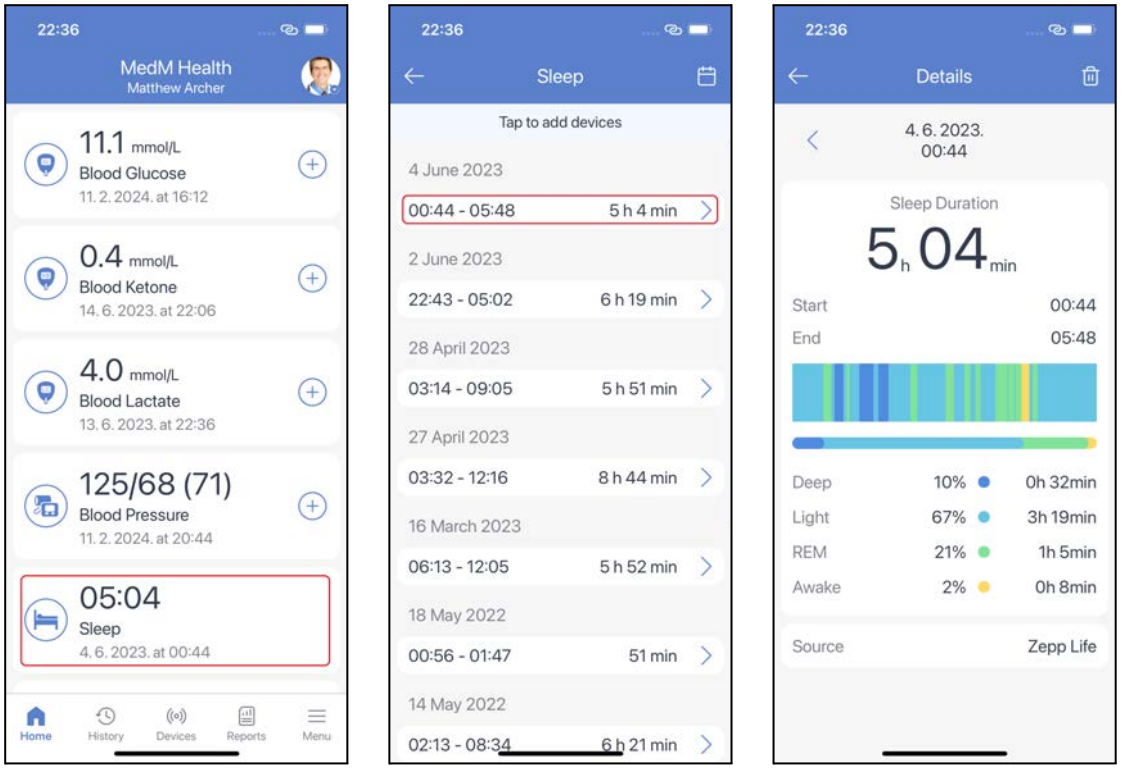
Go to **Respiration Rate** history and tap the **chart** icon at the bottom of the screen. The green zone on the chart represents the normal range: between 14 and 24 breaths per minute. Tap on any point to call up the

chart bubble, view measurement details, and scroll through them. You can change the time period selected by tapping **Week**, **Month**, **3 Months**, **Year** under the chart:



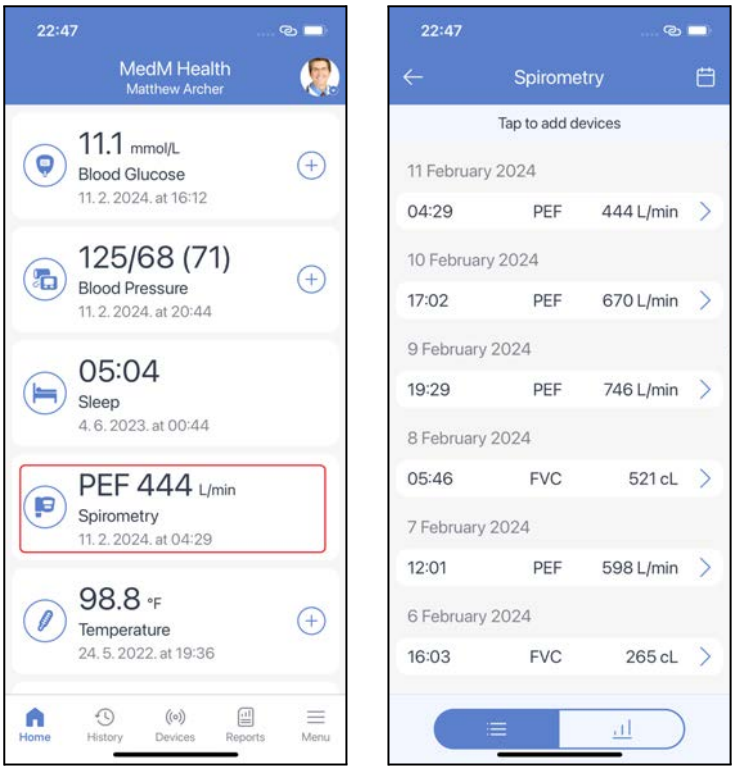
Sleep

To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Sleep** section to open sleep history. As sleep readings you can see some of the following parameters: 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 data type availability, 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 chart 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 measurement details, and scroll through them. You can change the time period selected by tapping **Day**, **Week,** and **Month** under the chart:

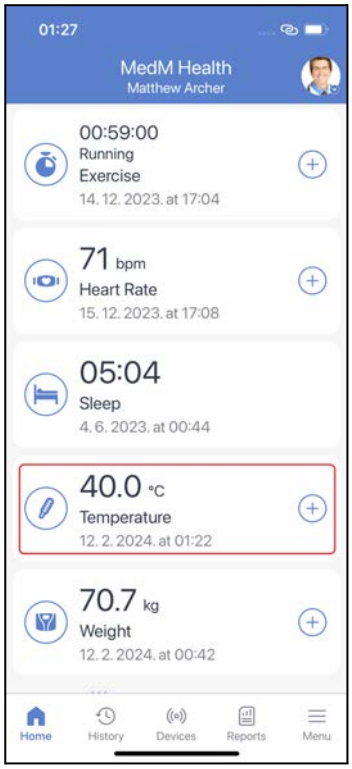
Data of this type can either be imported from Apple Health or collected via Bluetooth from compatible spirometers.

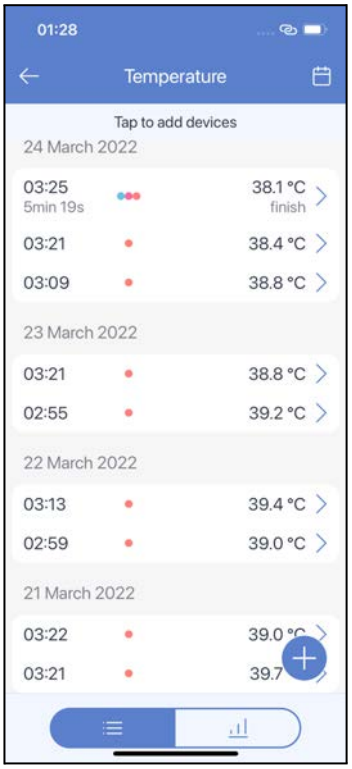
Temperature

To enable data type availability, 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:

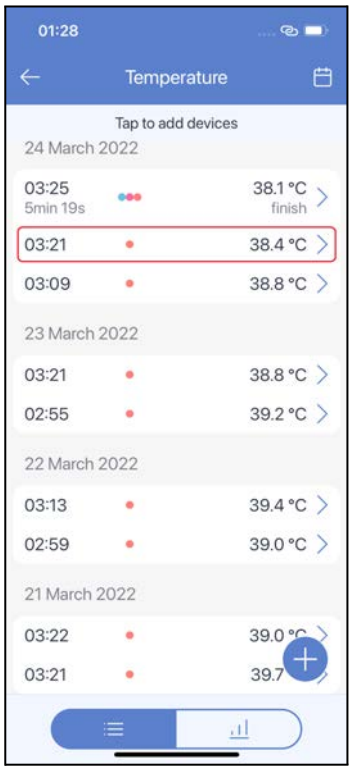
- blue (low)- temperature is less than 35.9 °C or less
- green (normal) - temperature is between 36.0 and 37.0 °C
- yellow (elevated) - temperature is between 37.1 °C and 37.9 °C
- red (fever) - temperature is between 38.0 °C and 39.9 °C
- crimson (high fever) - temperature is 40 ° or higher

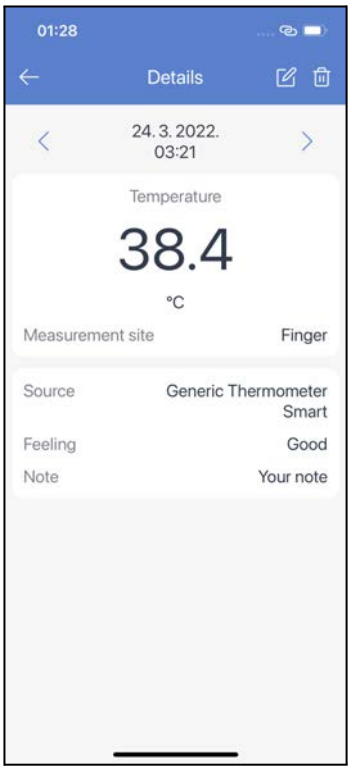




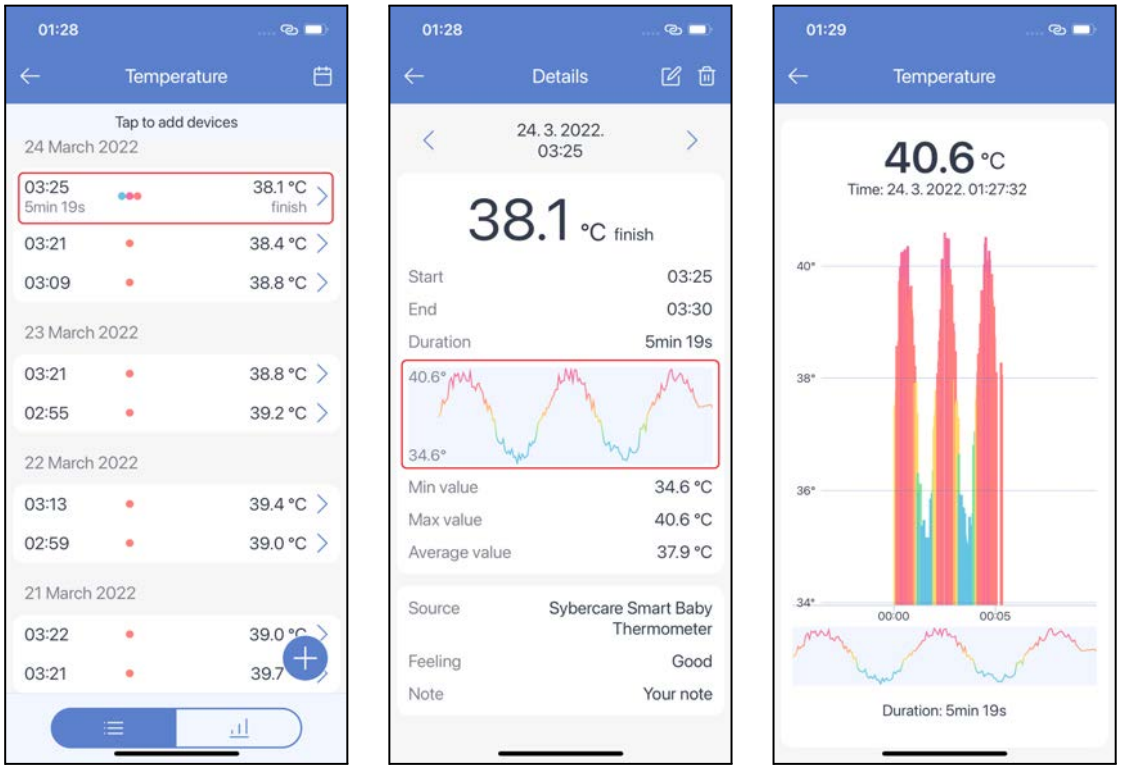
Tap any line in the list of readings to see temperature details.

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):



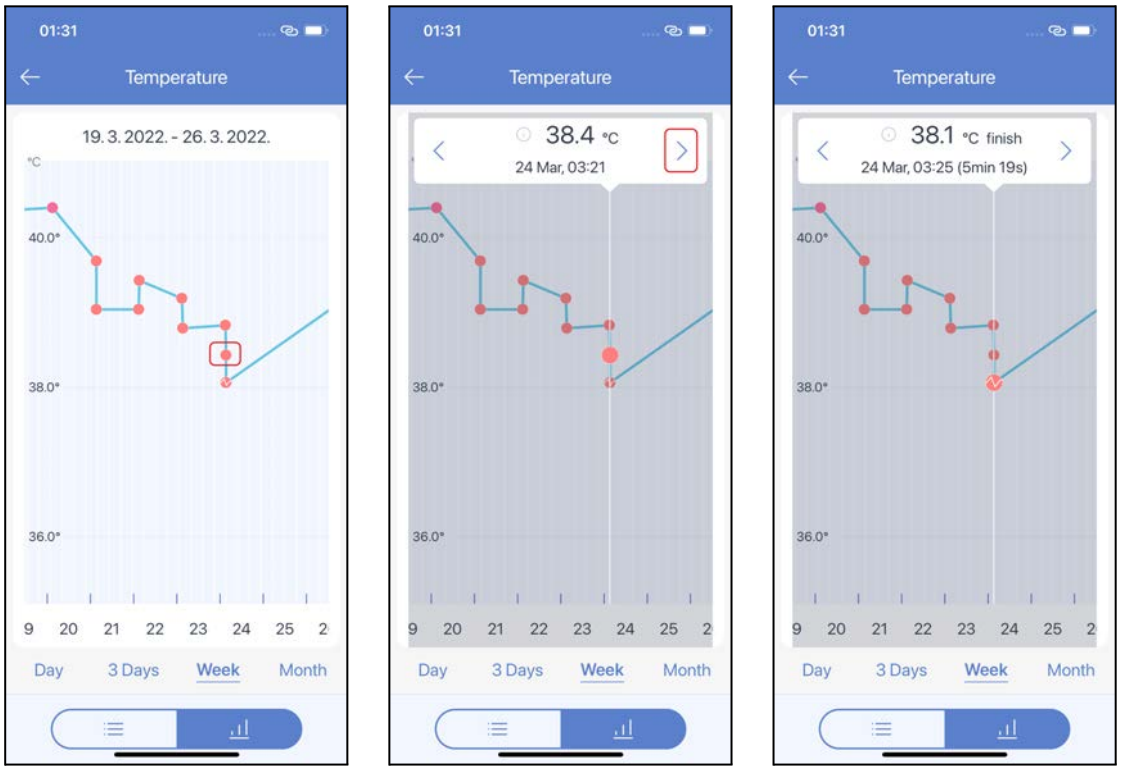


For stream measurements you will see the following parameters: date and time, finish value, temperature graph (you can tap the graph to enter the interactive viewing mode), minimal, average and maximal value, duration, feeling tag, note, source (manual entry, compatible thermometer or external app):

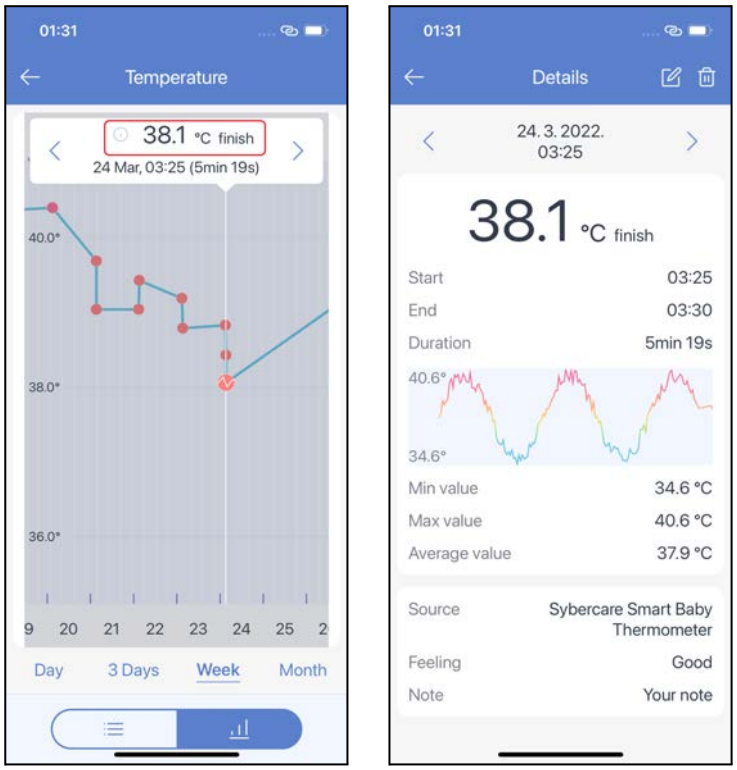


The temperature chart shows both stream and spot measurements as single points. To open this type of chart, go to **Temperature** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, and **Week**, **Month** under the chart:

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:

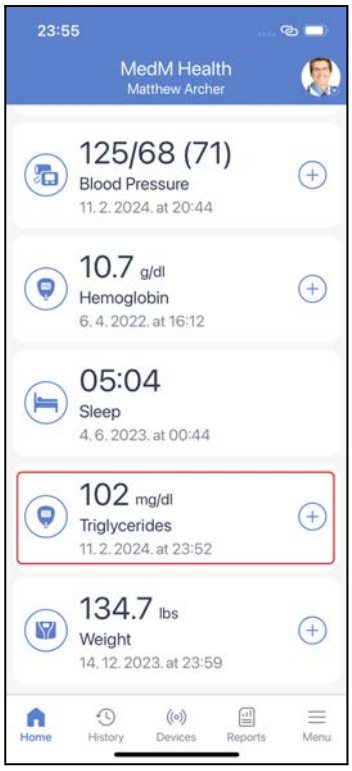


Triglycerides

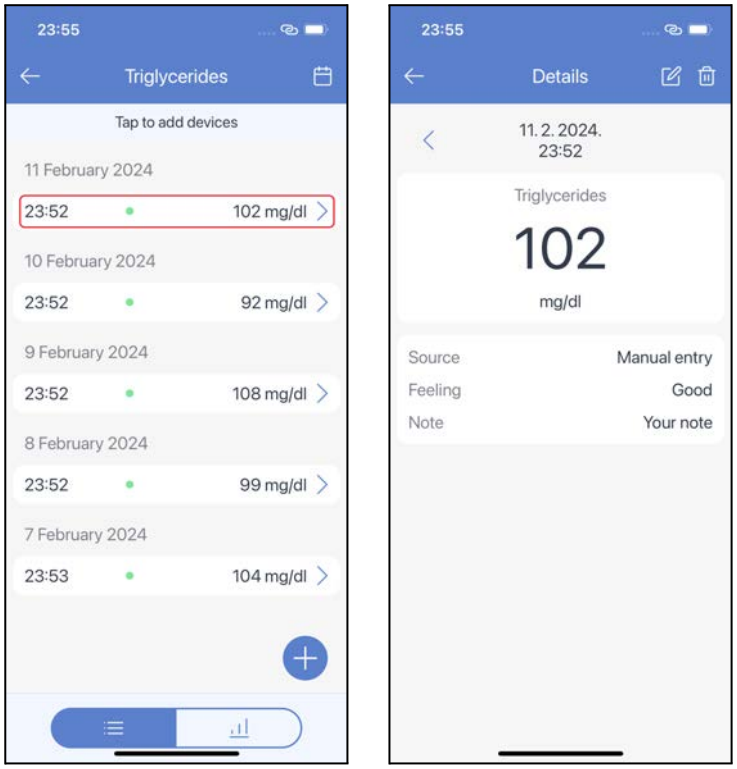
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Triglycerides** section to open history.

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

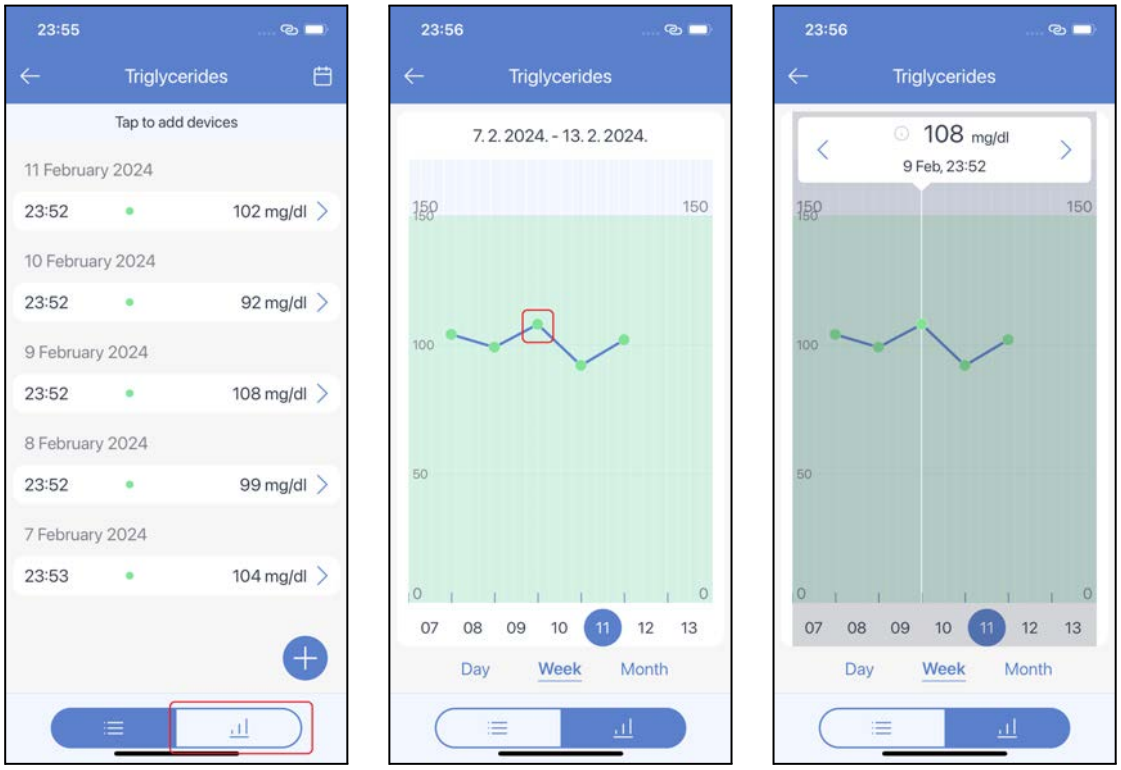
- green - triglycerides value is less than 150 mg/dl (1.69 mmol/l)
- yellow - triglycerides value is between 150 and 199 mg/dl (1.7 and 2.25 mmol/l)
- orange - triglycerides value is between 200 and 499 mg/dl (2.26 and 5.64 mmol/l)
- crimson - triglycerides value is 500 mg/dl or higher (5.65 mmol/l or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



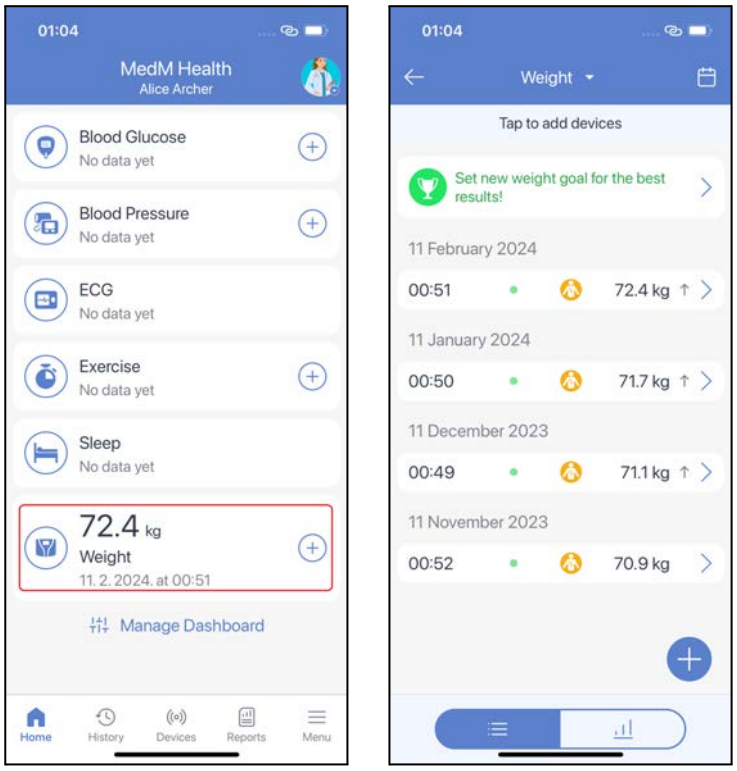
Go to **Triglycerides** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, to view measurement details, and skim through measurements. You can change the time period selected by tapping **Day**,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



The green zone on the chart represents the normal range.

Weight

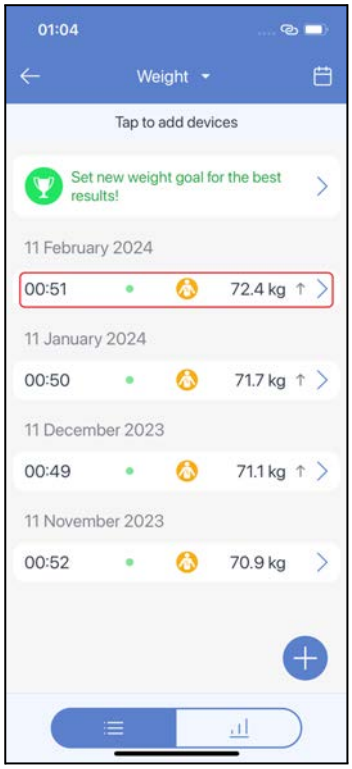
To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Weight** section to open history. Measurements with body composition parameters are marked with the **body composition** tag. Arrows show whether your weight has changed compared to the previous measurement:

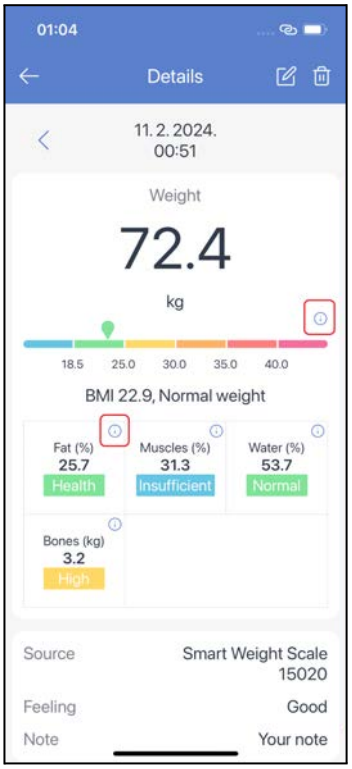


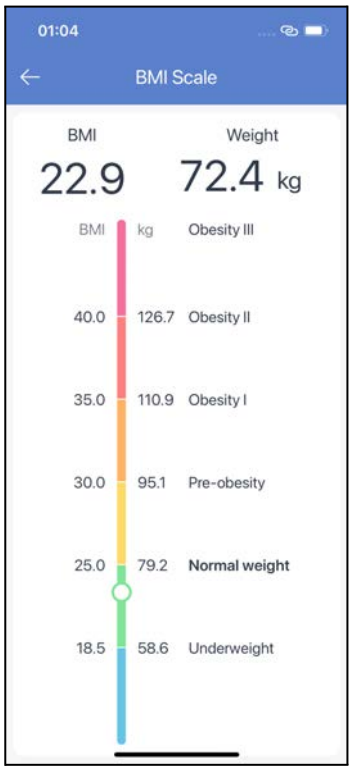
Tap any line in the list of readings to see the weight measurement details. Common weight parameters are:

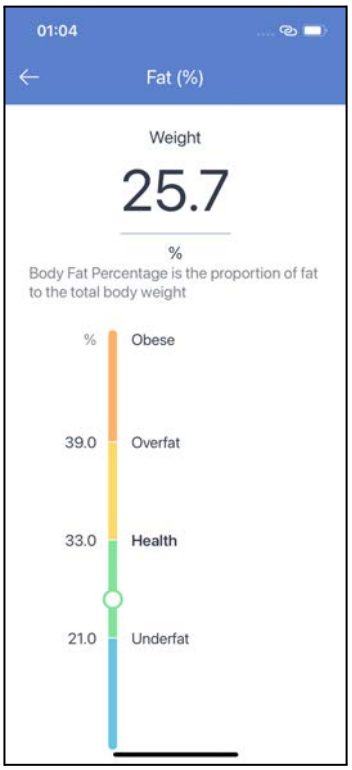
- ✔ weight value
- ✔ date and time
- ✔ BMI (calculated according to the user's height)
- ✔ source (manual entry, compatible weight scale or external app)
- ✔ Optional body composition parameters (depending on your weight scale) are: Body Fat %, Body Mass Index, Muscles %, Muscles Mass, Water %, Water 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):





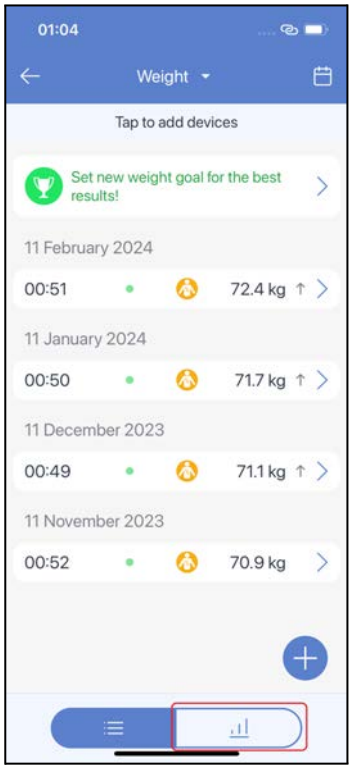


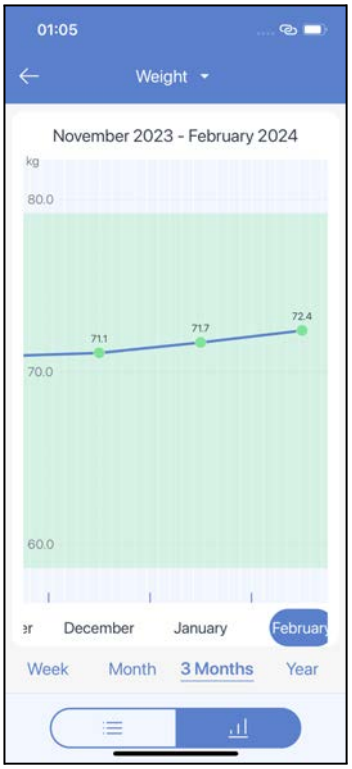


This chart consists of points connected by lines. Points on the graph represent the last value of the day for the Week graph and Month charts, the last value of the month for the 3 Months chart and the Year chart).

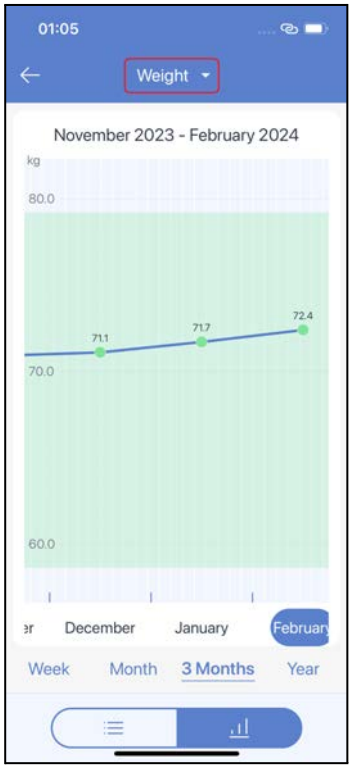
Go to **Weight** history and tap the chart icon at the bottom of the screen to open the chart.

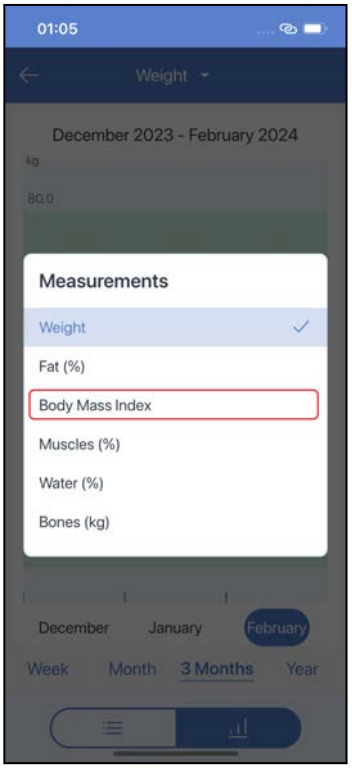
You can change the time period by tapping **Week**, **Month**, **3 Months**, **Year** under the chart. The green zone on the chart represents the normal BMI range:

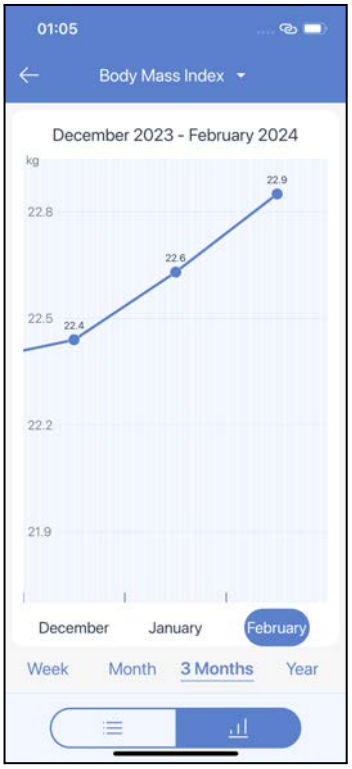




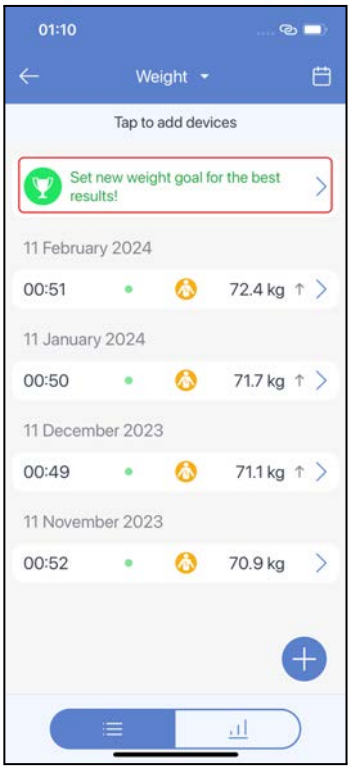
At the top of the screen you can also select a body composition parameter to be viewed:



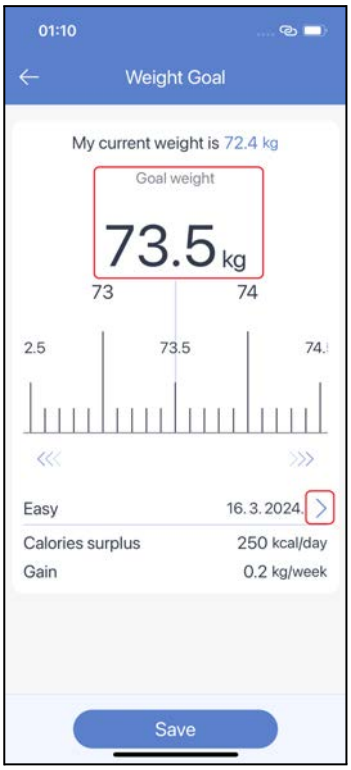


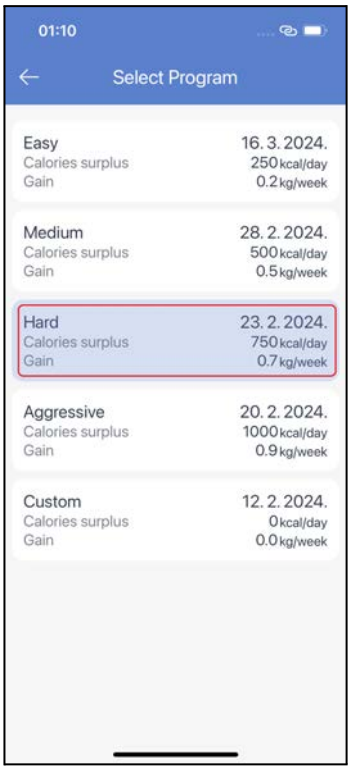


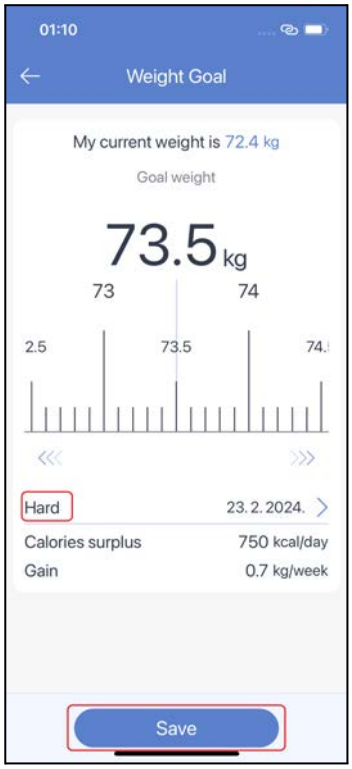
You can set your weight goal and see progress on the **Weight** history screen. To set a goal, go to the weight history screen and tap **Set new weight goal for the best results!**:

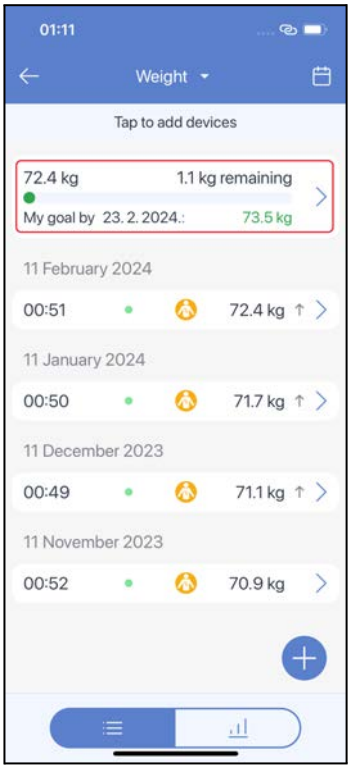


On the next screen you will be asked to provide the target weight and the difficulty (date by which you want to achieve this target weight). After specifying the target weight and difficulty tap **Save** and the progress bar will appear at the top of the weight history screen:



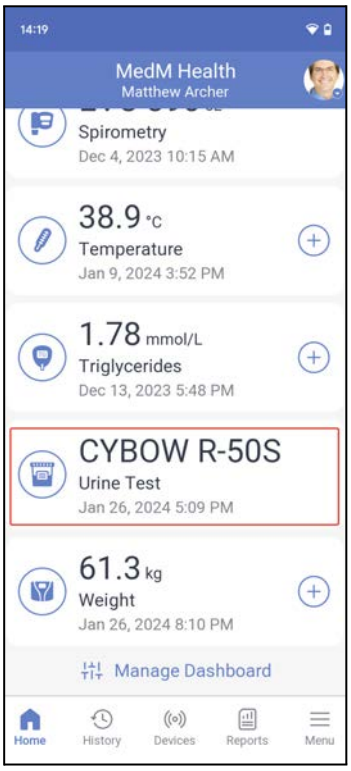


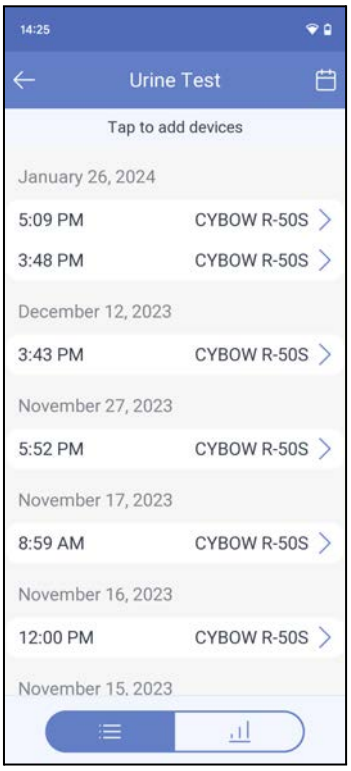


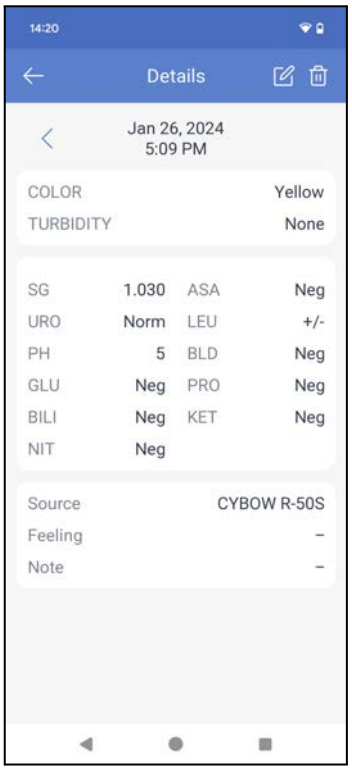


Urine Test

To enable data type availability, 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:



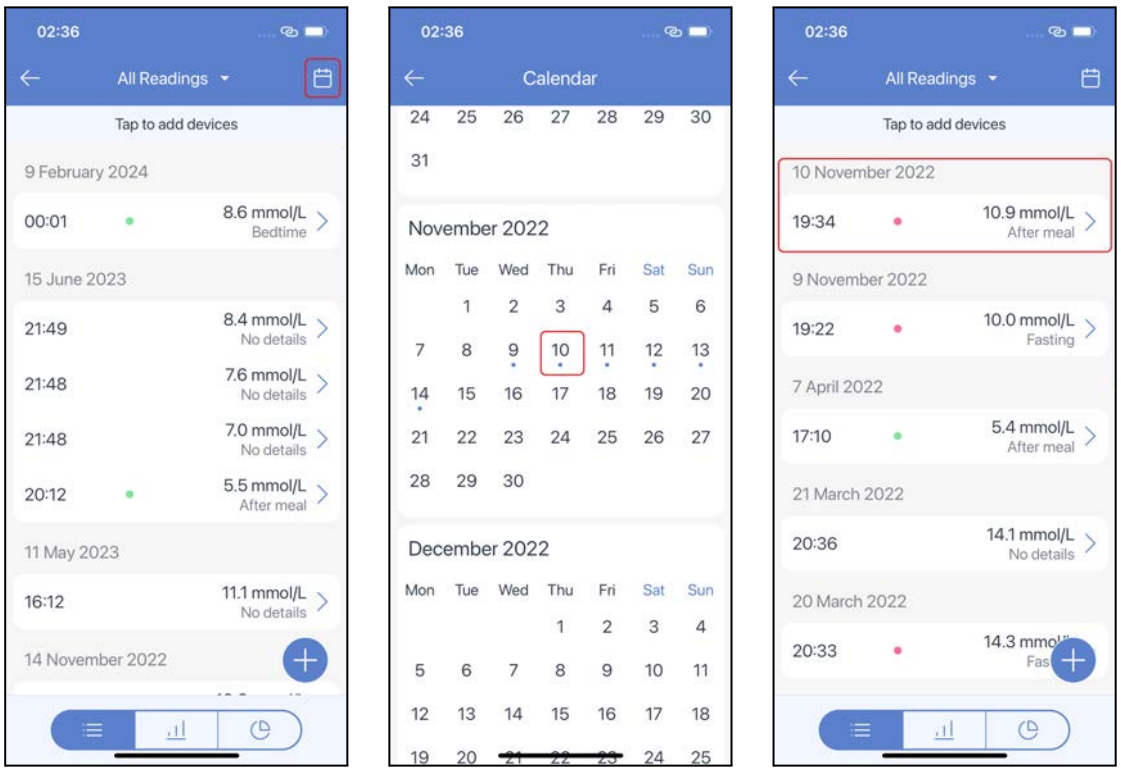




Tap any line in the list of readings to see the Urine Test measurement details. Data of this type can only be collected from compatible Urine Test Meters.

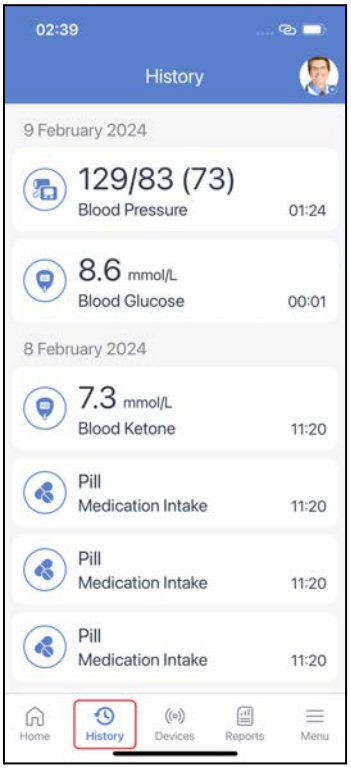
Calendar

It is also possible to find and view measurements according to 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:

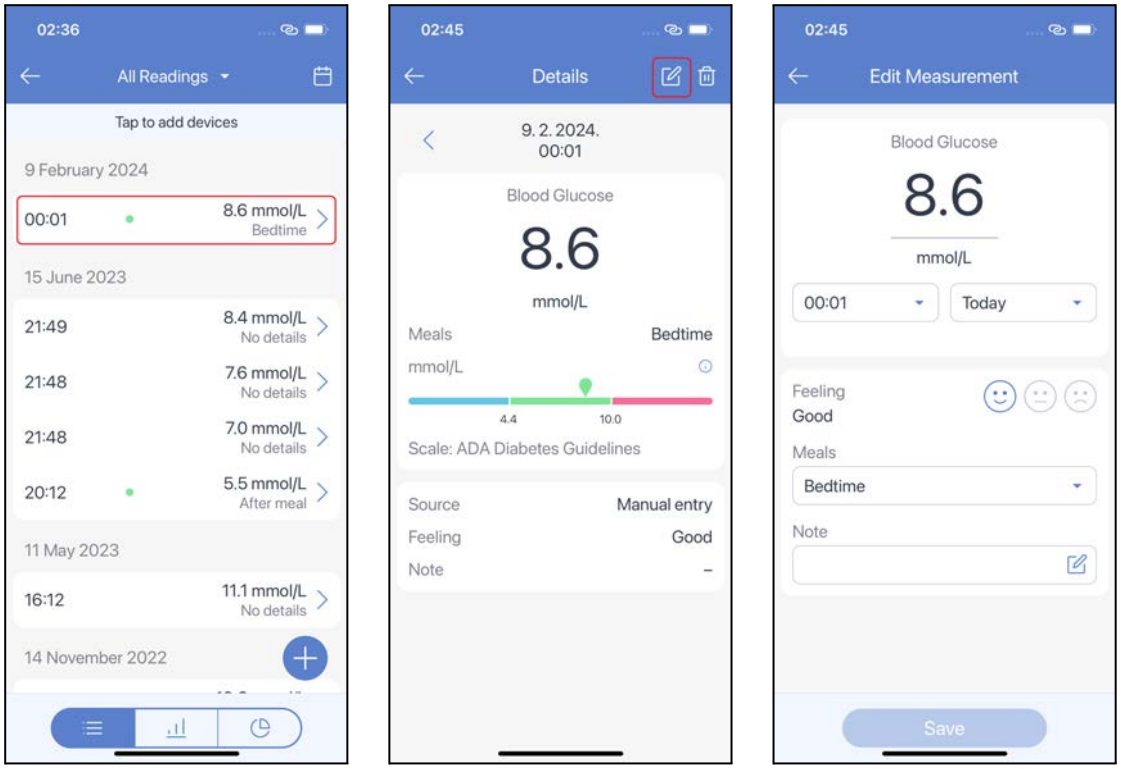


Editing Measurements

You can edit different measurement parameters depending on the selected measurement type. Measurement value editing is only available for measurements that were entered manually. Activity measurements cannot be edited.

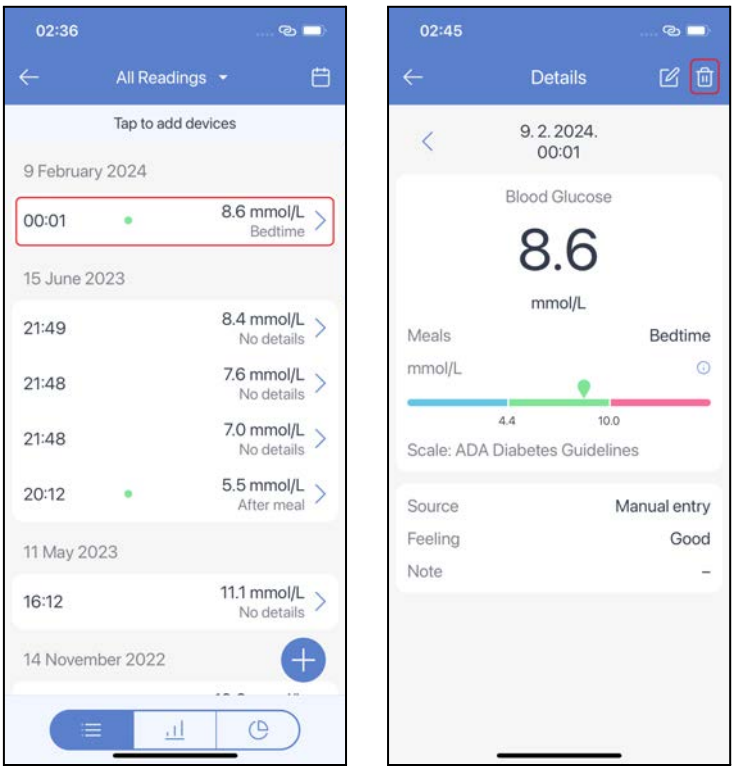
Perform the following steps to edit a measurement:

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 the measurement details, tap the **bin** icon and confirm deletion by tapping **Yes**:



Data Sync

Apple Health

General info

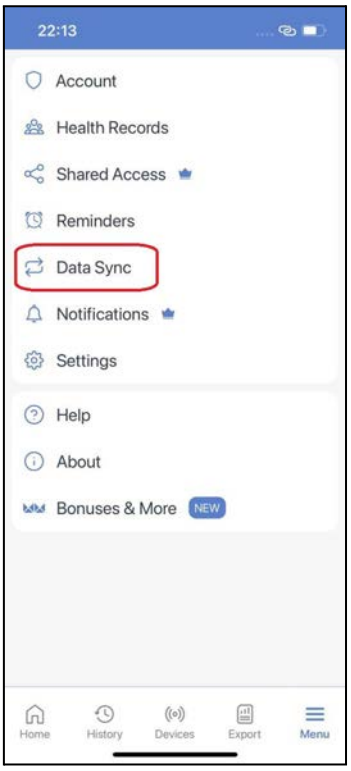
Data sync with Apple Health is available to users of iPhone and iPad (running iPadOS 16.3 or later) for the following measurement types: **Activity**, **Blood Glucose**, **Blood Pressure**, **Exercise**, **Heart Rate**, **Oxygen Saturation**, **Respiration Rate**, **Sleep, Spirometry**, **Temperature,**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

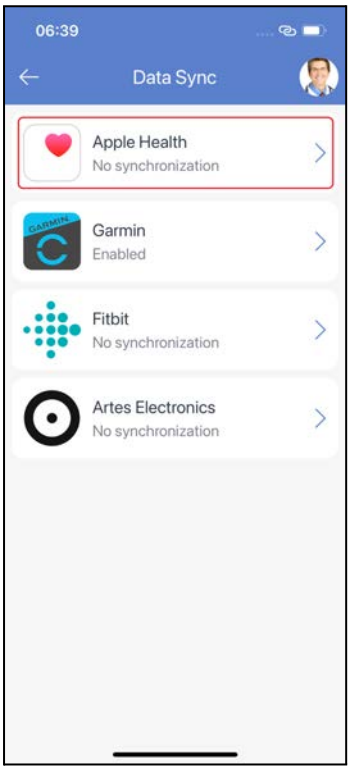
Please note:

- 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

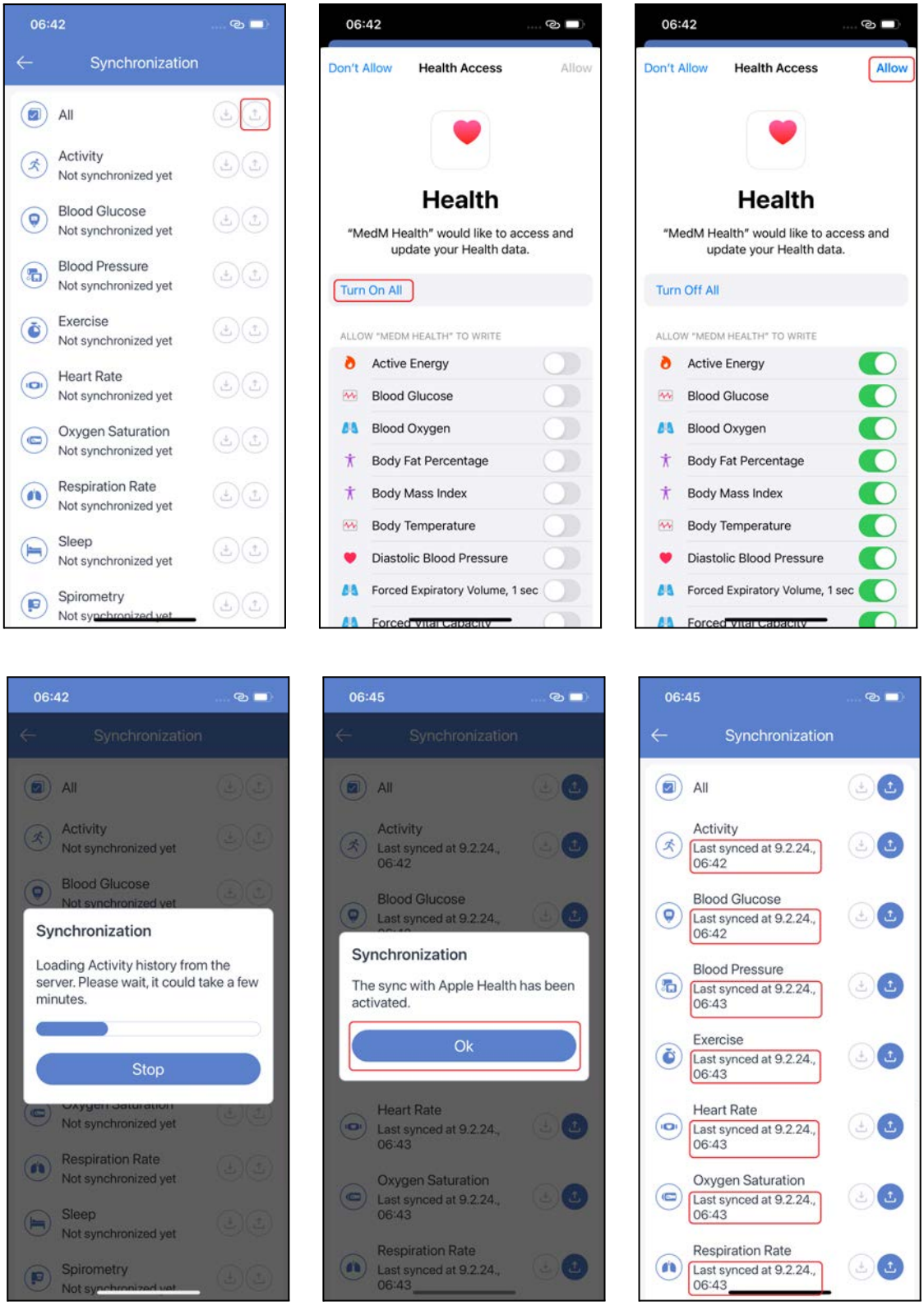
Reading and Writing Data

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

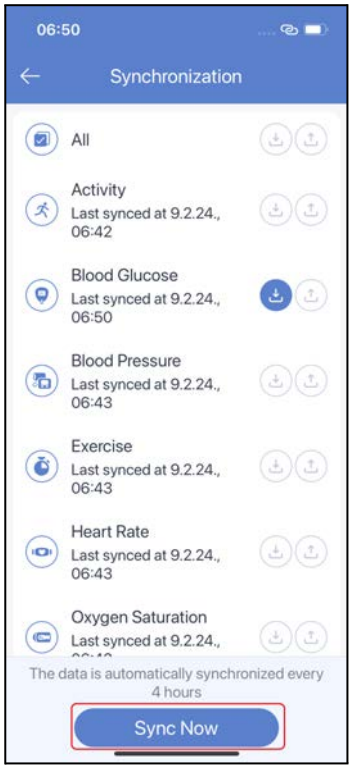


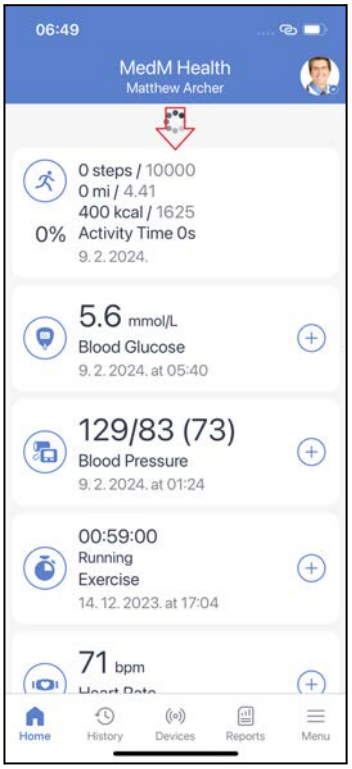


To continue with data export/import you will be asked to grant access rights for Apple Health data to the MedM app. After successful sync activation, the imported data should appear in Apple Health or MedM Health, accordingly. The last sync time will be specified under corresponding measurement types:



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**, **VEXT**, **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**.

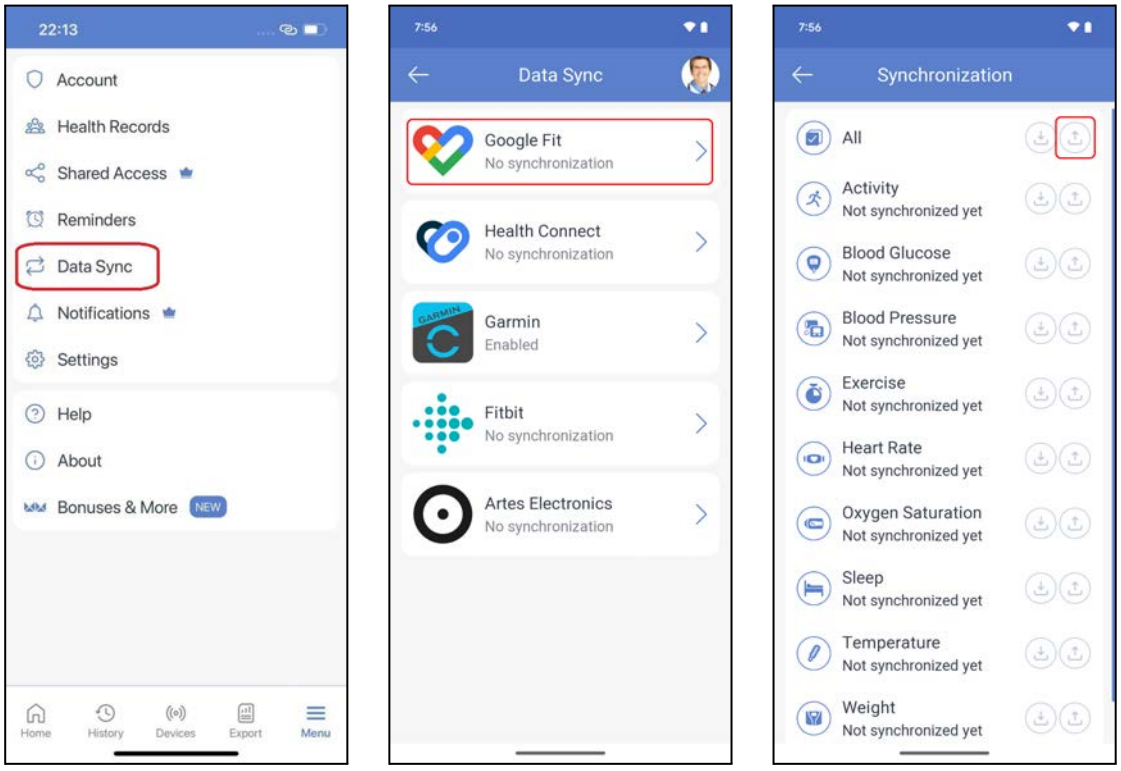
Please note:

- Data sync with Google Fit/Health Connect is a Premium feature only available to registered users

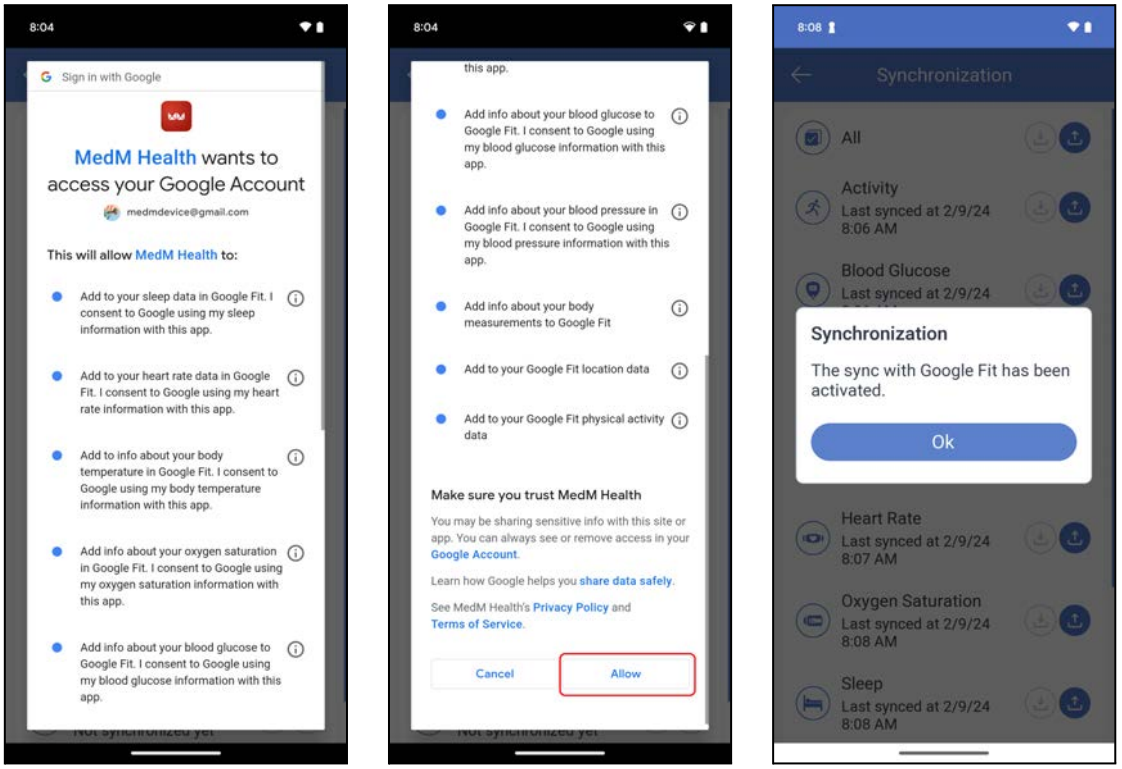
- Data sync can only be set up for the main health record of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health Diary app should be kept in the foreground for successful data transfer

Reading and Writing Data

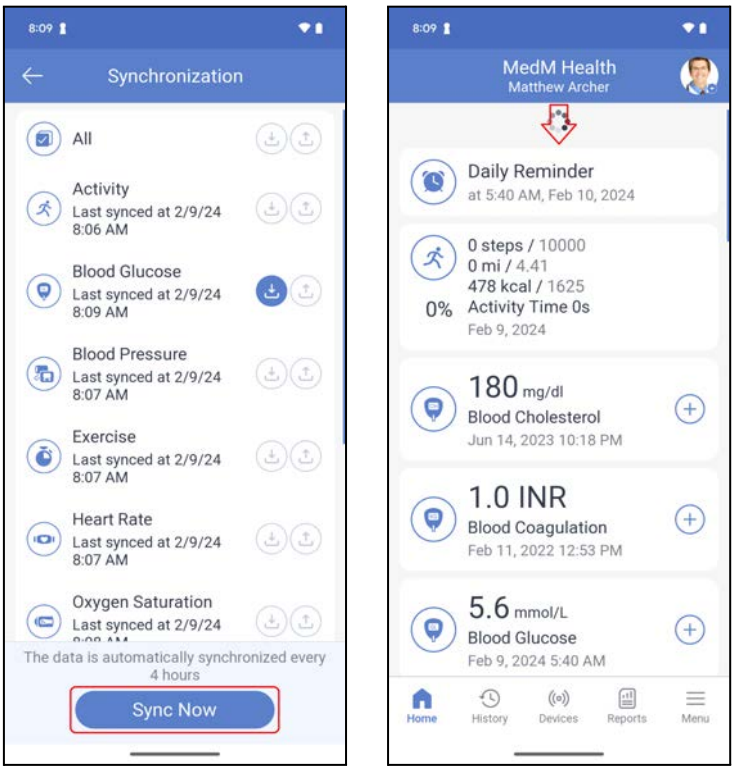
From the **app menu** select **Data Sync**, select **Google Fit** and pick the desired measurement types to start importing (**down** arrow) or exporting (**up** arrow) your data:



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.

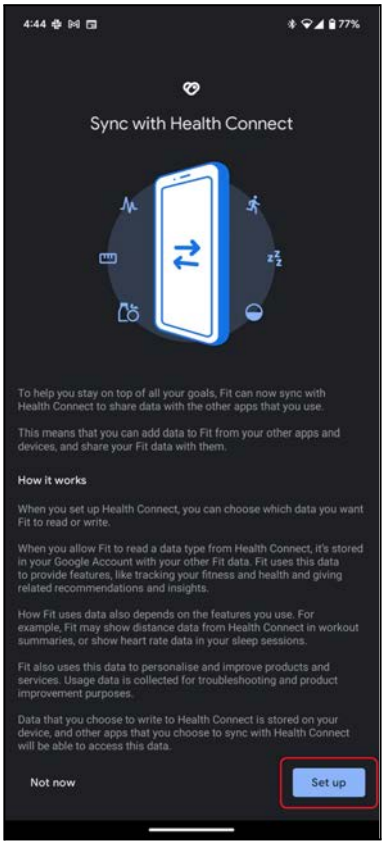
health conn

Health Connect

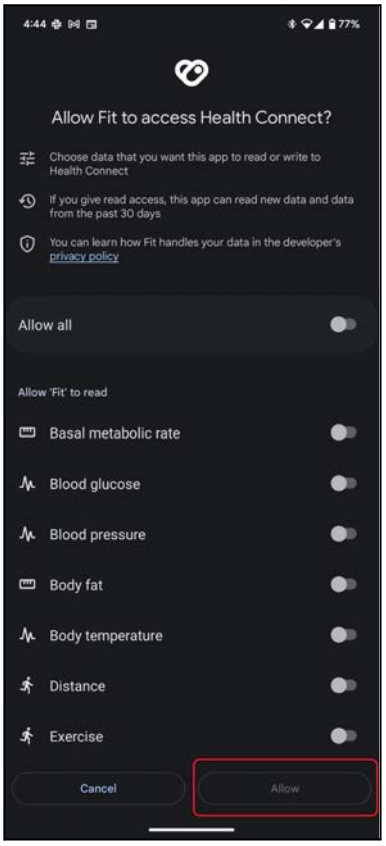
Migrating from Google Fit to Health Connect

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:

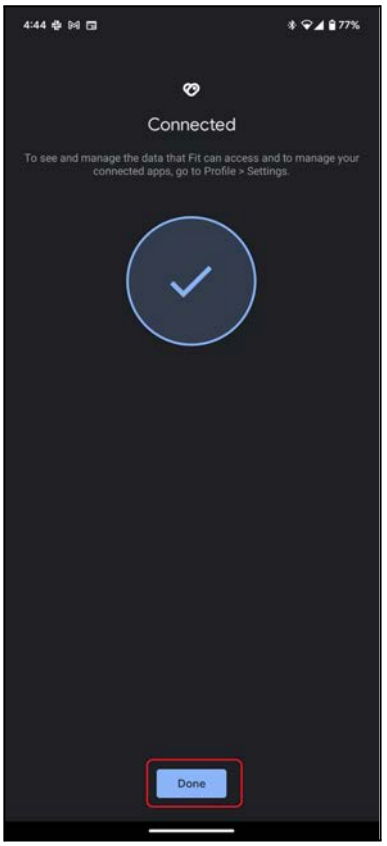
1. Download the Health Connect app from the Google Play Store on your Android phone
2. The first time you open Google Fit after installing Health Connect, you should see a **Sync with Health Connect** banner
3. Tap **Get started**
4. Select **Set up** from the **Sync with Health Connect** page:



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

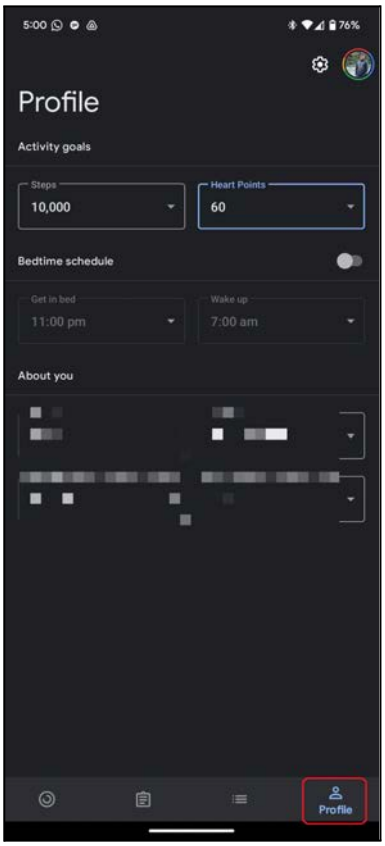


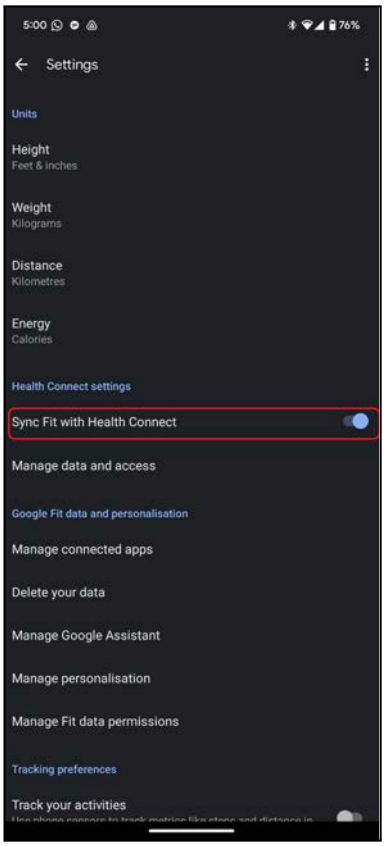
6. Tap **Done** to proceed:



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

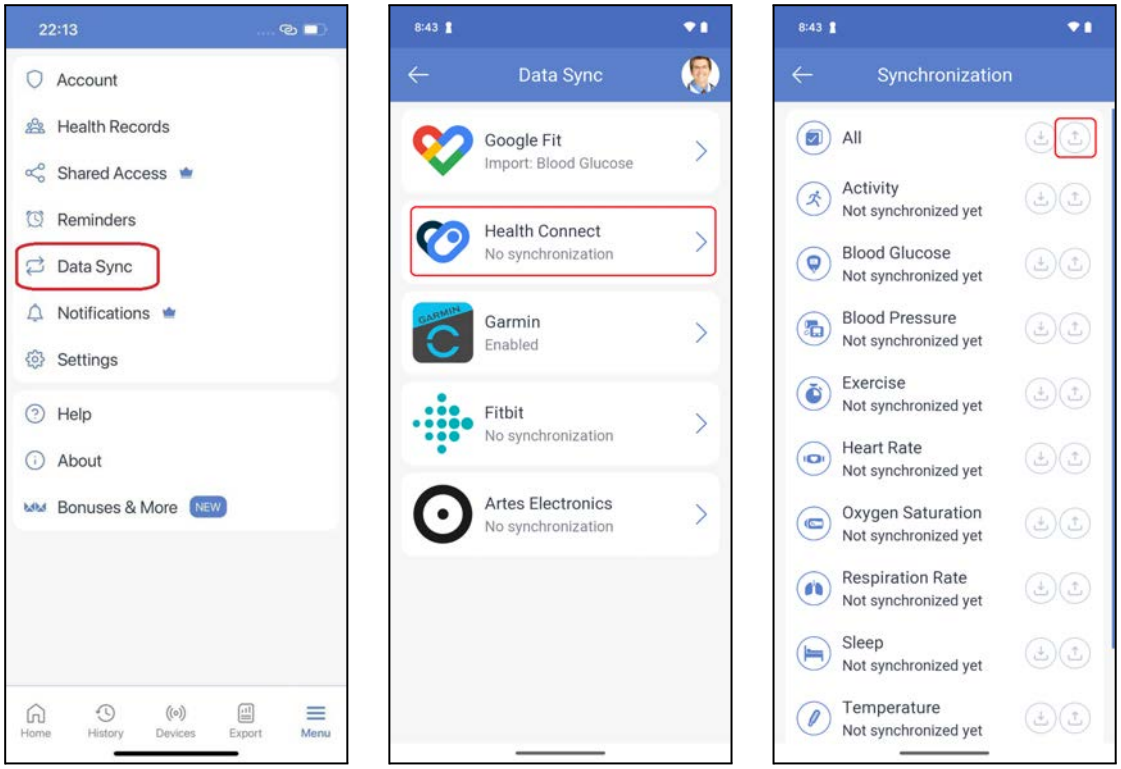
Data sync with Health Connect is available to Android users for the following measurement types: **Activity**, **Blood Glucose**, **Blood Pressure**, **Exercise**, **Heart Rate**, **Oxygen Saturation**, **Respiration Rate**, **Sleep**, **Temperature** and **Weight**.

Please note:

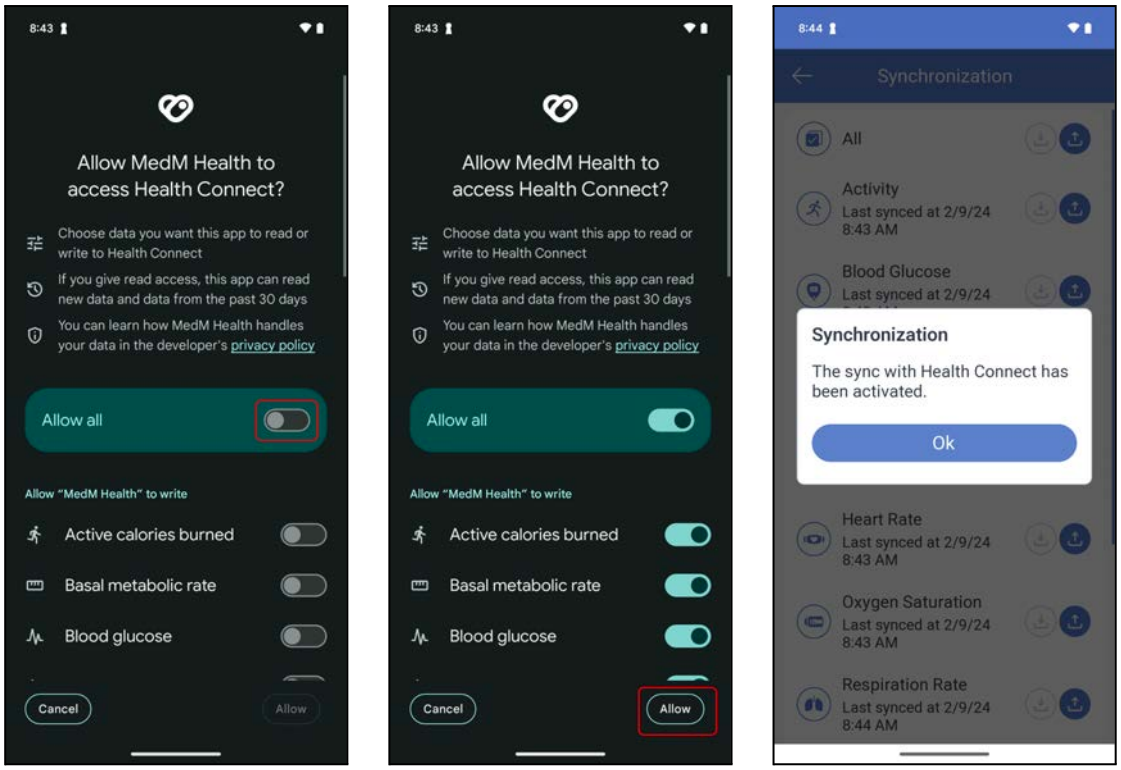
- Data sync with Health Connect is a Premium feature only available to registered users
- Data sync can only set up for the main health record of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health 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:

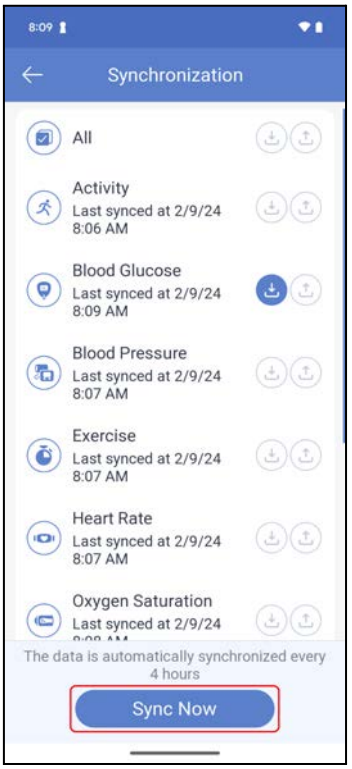


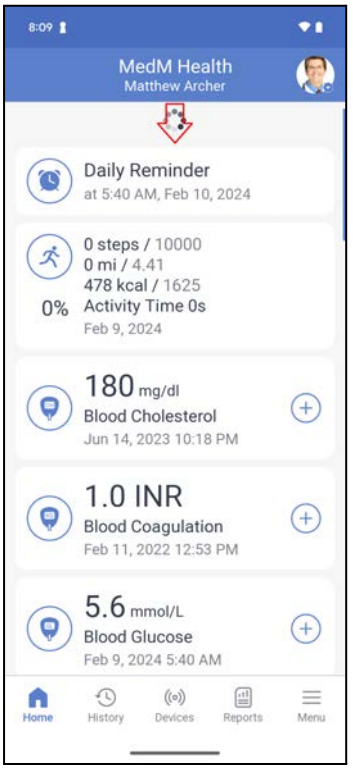
You will be redirected to the Health Connect app access screen to grant permissions for MedM app -> select data types you want to read or write and tap **Allow**:



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 down 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.

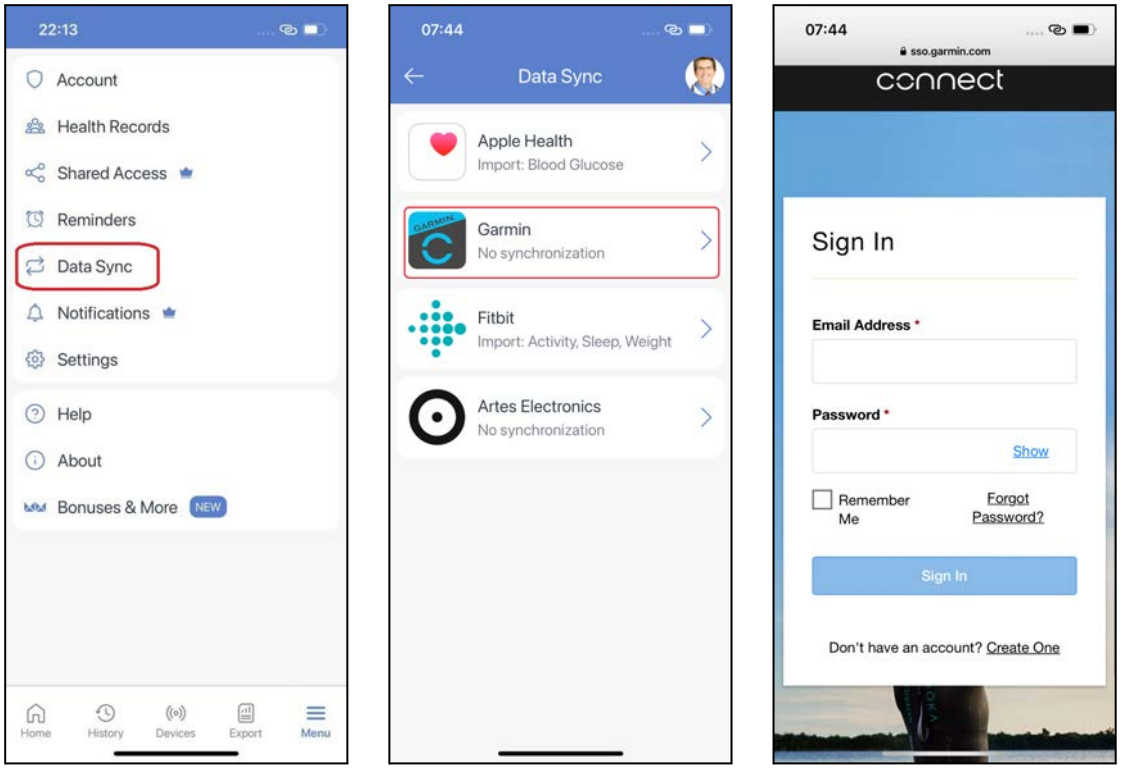
Garmin Connect

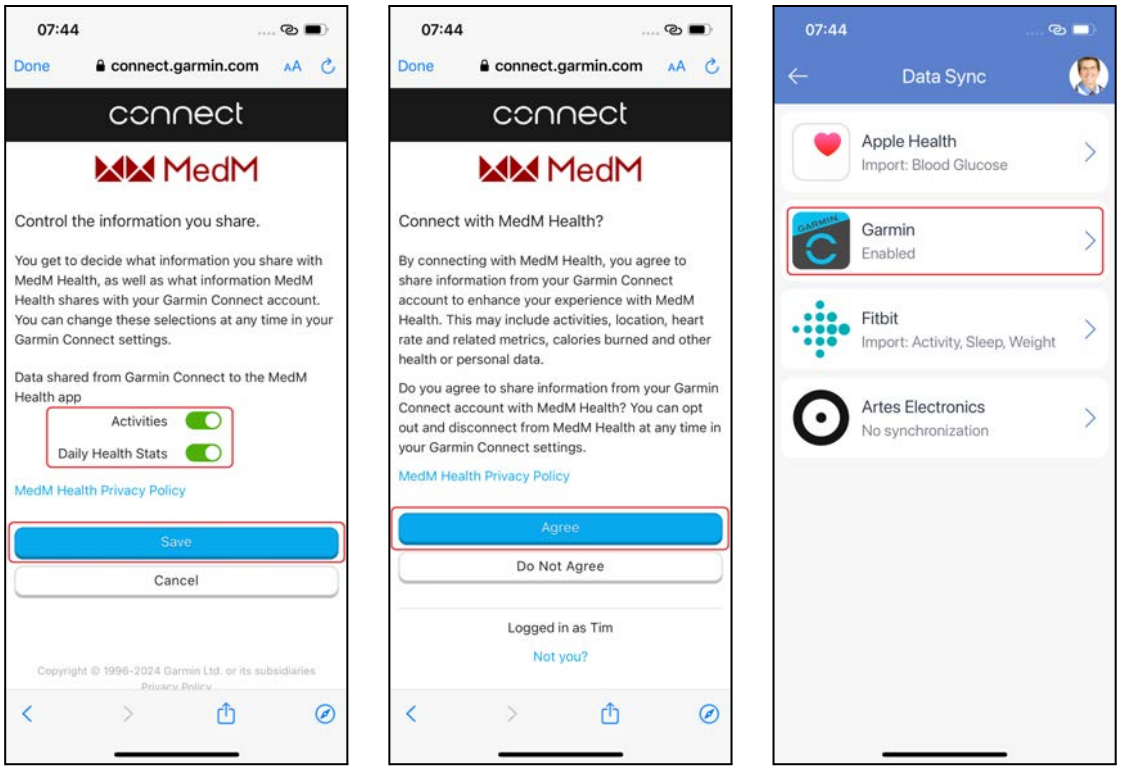
Import from Garmin Connect is available to Android and iOS users for the following measurement types: **Activity**, **Blood Pressure**, **Exercises**, **Heart Rate**, **Oxygen Saturation**, **Respiration Rate**, **Sleep,** and **Weight**.

Please note:

- Import from Garmin Connect is a Premium feature only available to registered users
- 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):





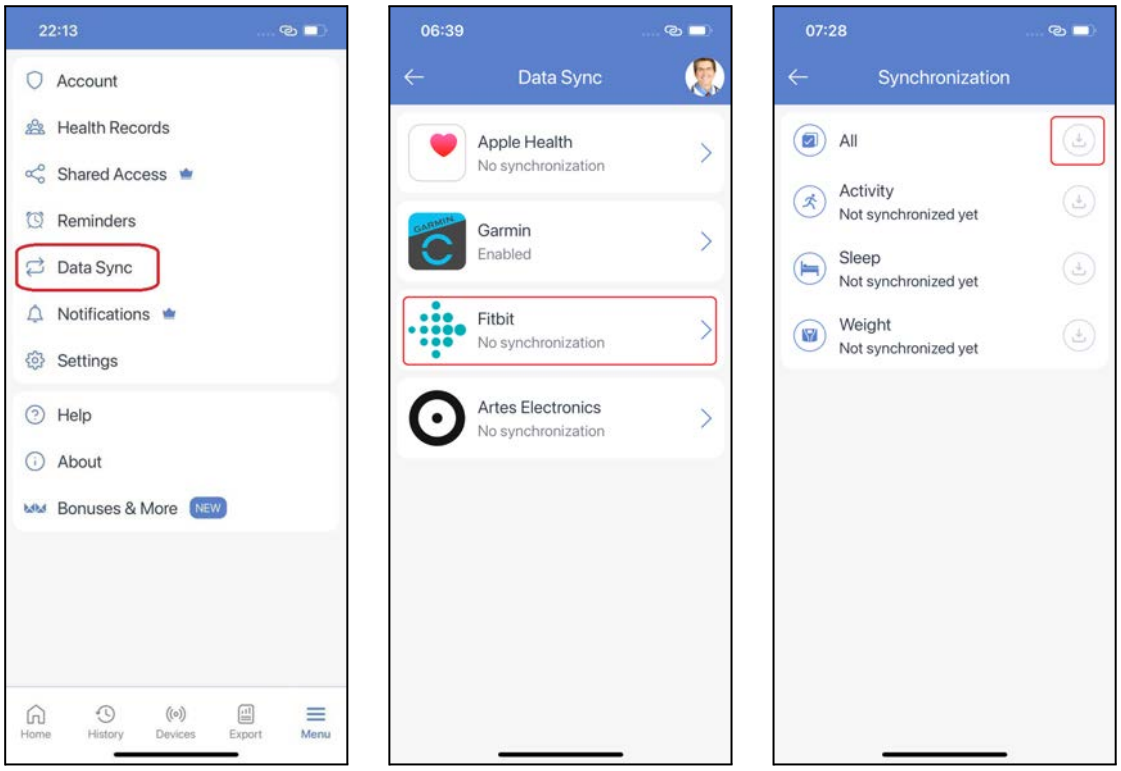
Fitbit

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

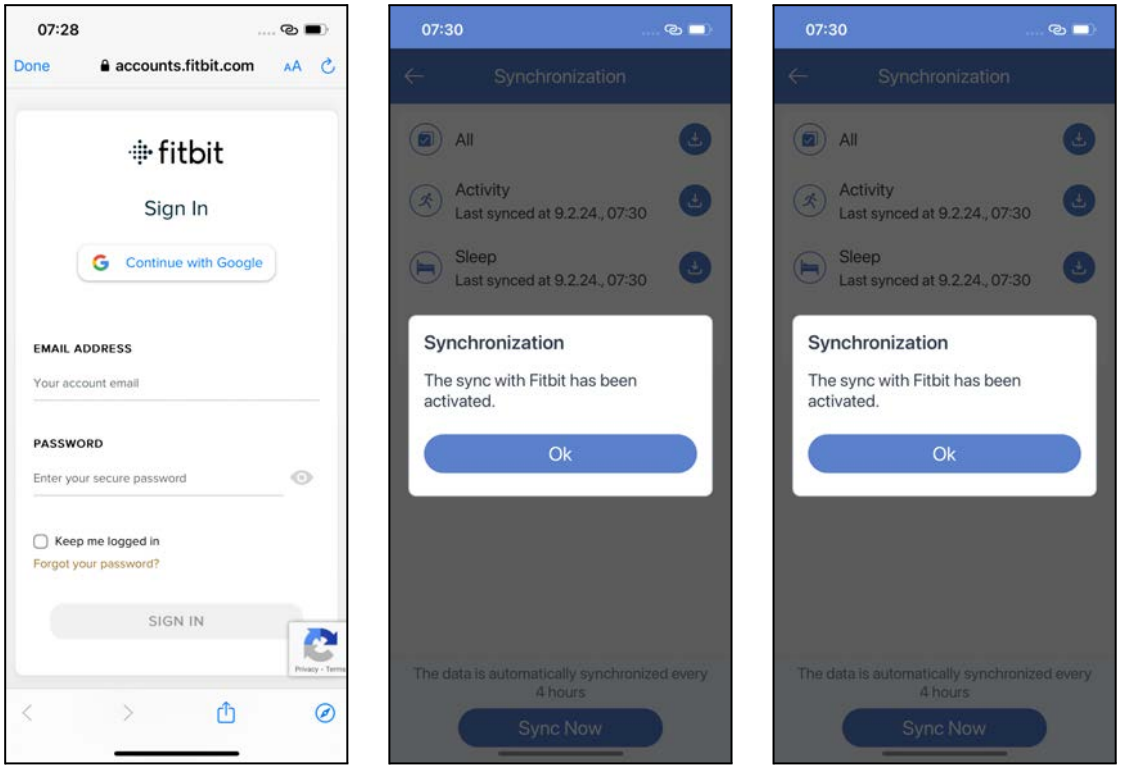
Please note:

- Import from Fitbit is a Premium feature only available to registered users
- 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)

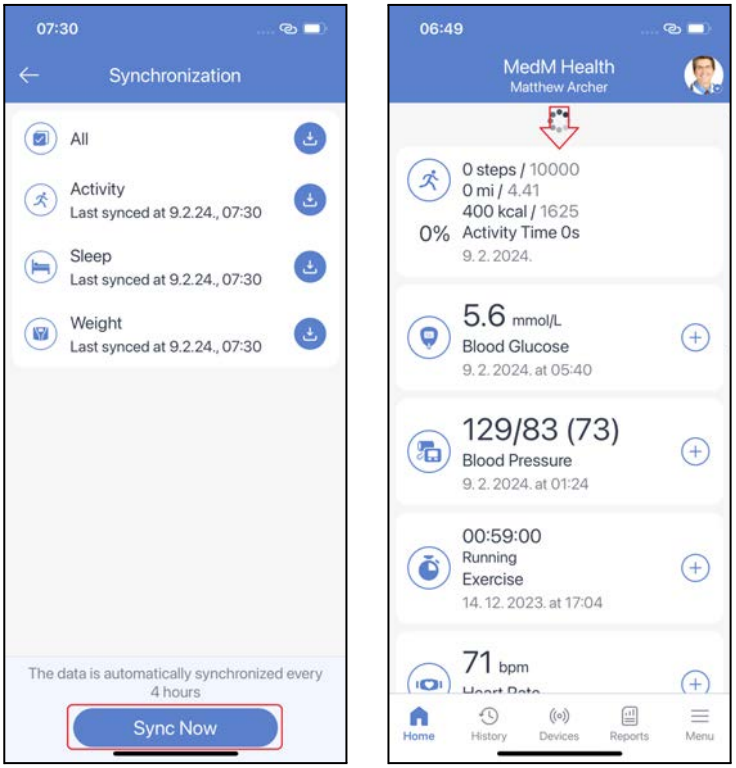
Open the app menu, select **Data Sync**, select **Fitbit**, and import your **Activity** or **Sleep** data:



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:



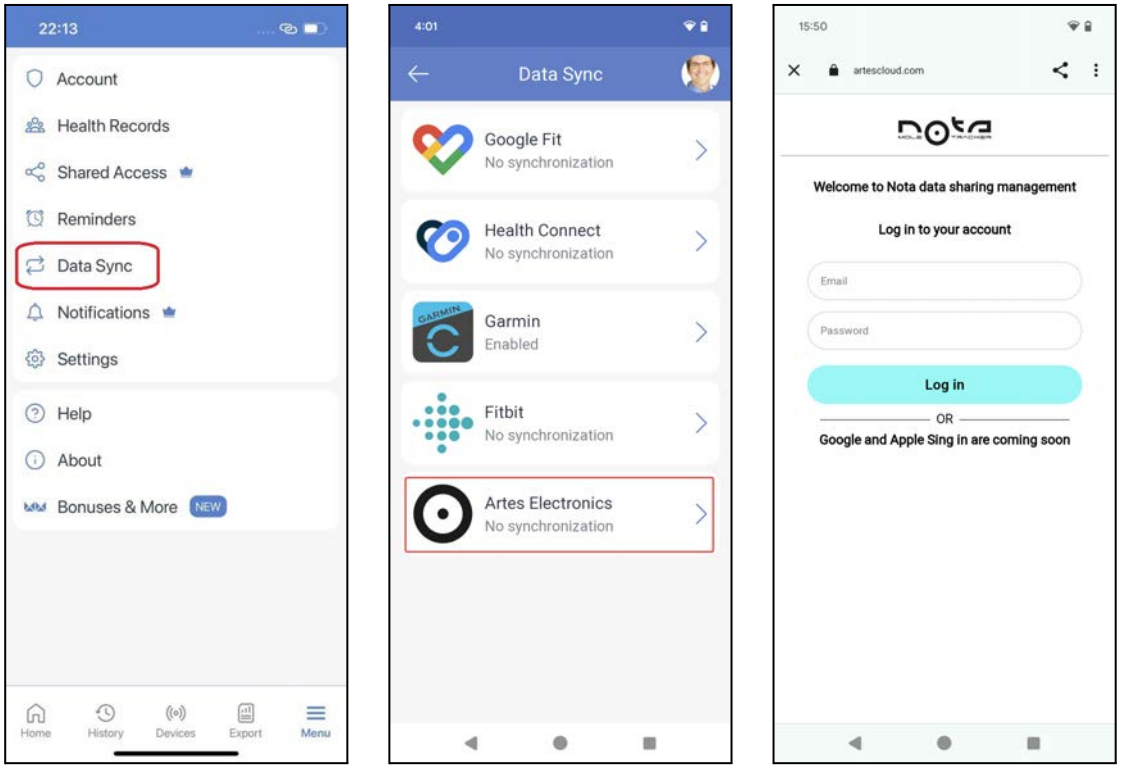
[Artes Electronics]

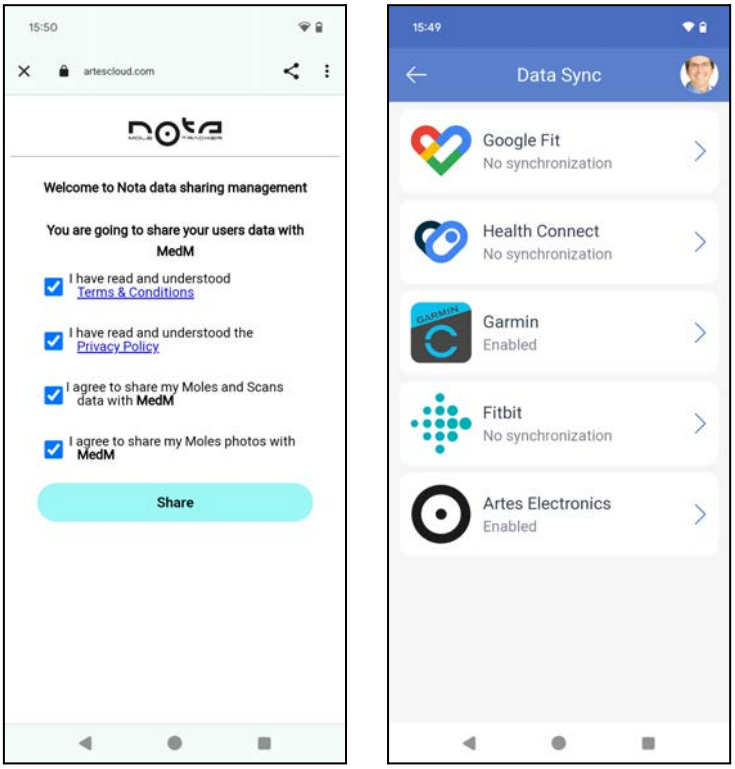
Import from Artes Electronics (NOTA Mole tracker app) is available for Android and iOS users for the Mole Scan measurement type.

Please note:

- Import from Artes Electronics is a Premium feature only available to registered users
- 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.

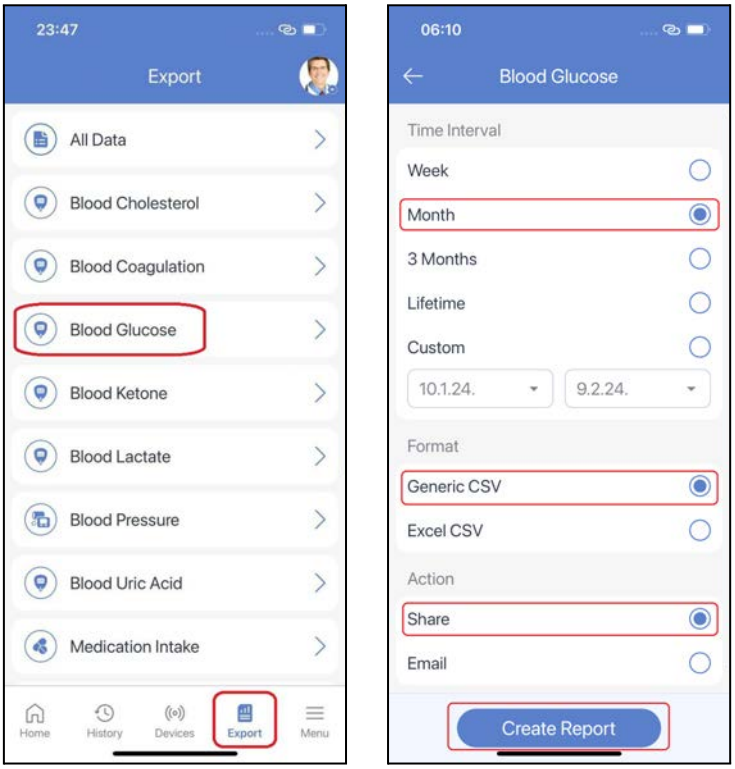
Export in CSV

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).



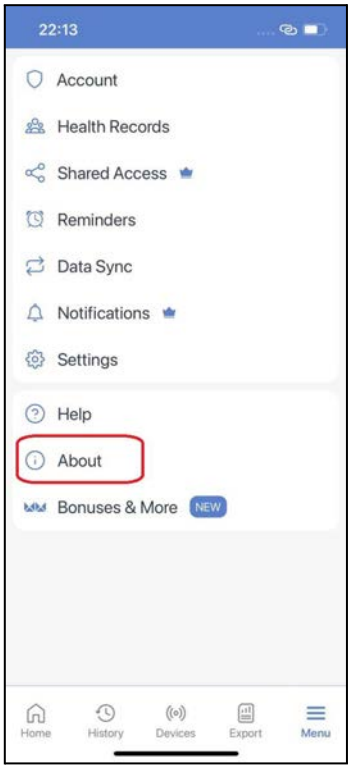
Excel CSV

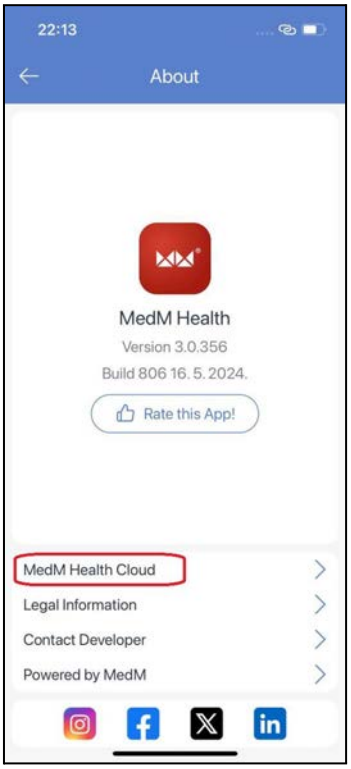
The Excel CSV format is intended for viewing data in Excel. Data can also be exported for a specific time period (week, month, 3 months, lifetime or custom). Please note, that if the exported data does not contain Latin symbols, or if the exported values are not separated by commas - it is advised to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

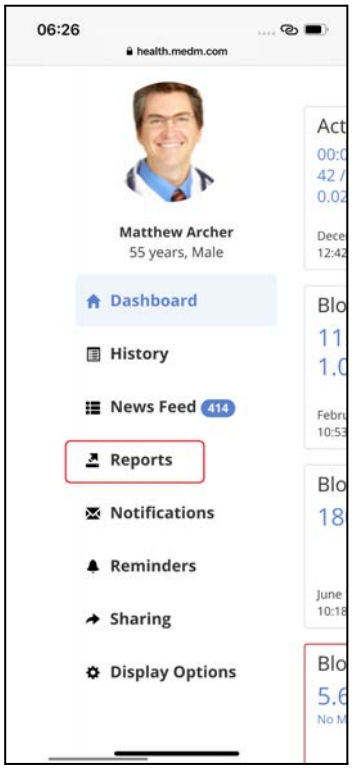
Export PDF or XLSX

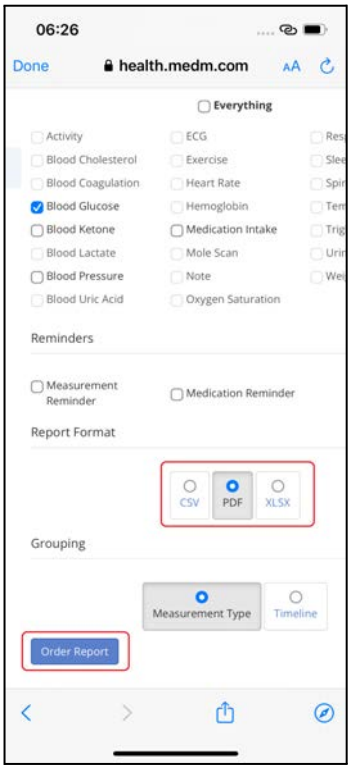
Downloading PDF and XLSX reports is only for registered users. Open the **app menu**, select **About** and tap **MedM Health Cloud**. You will be automatically signed into the MedM Health Portal:





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**:



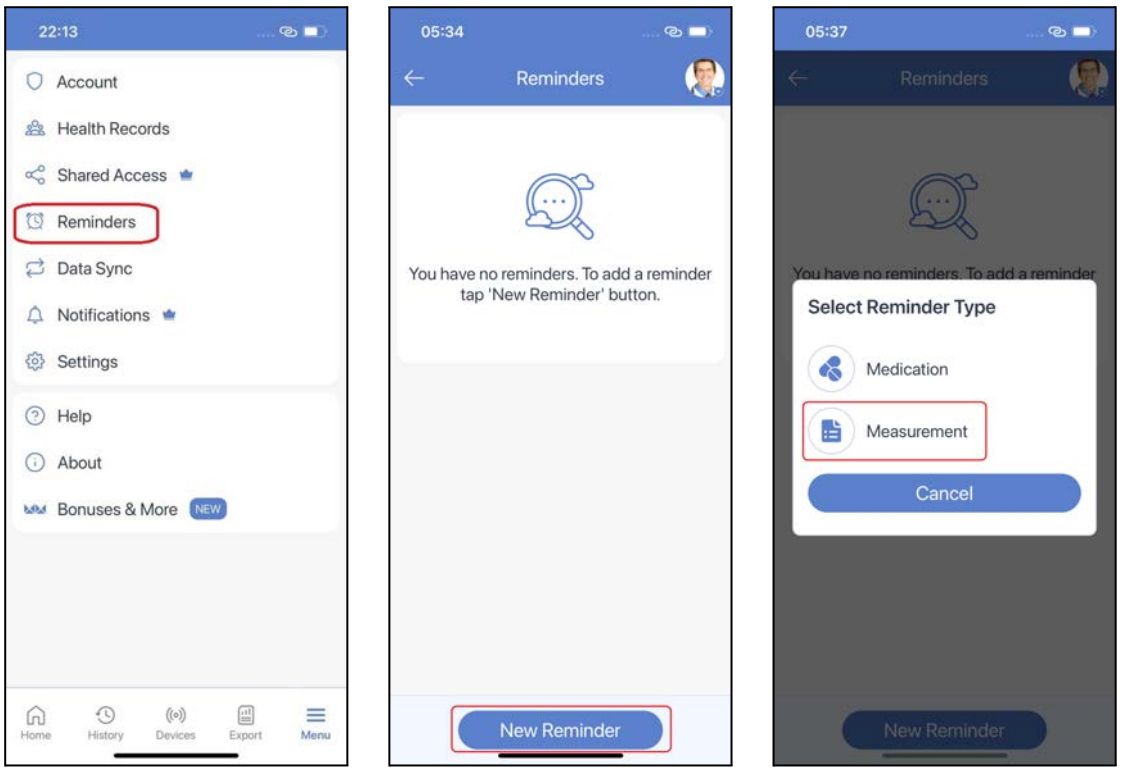


Reminders

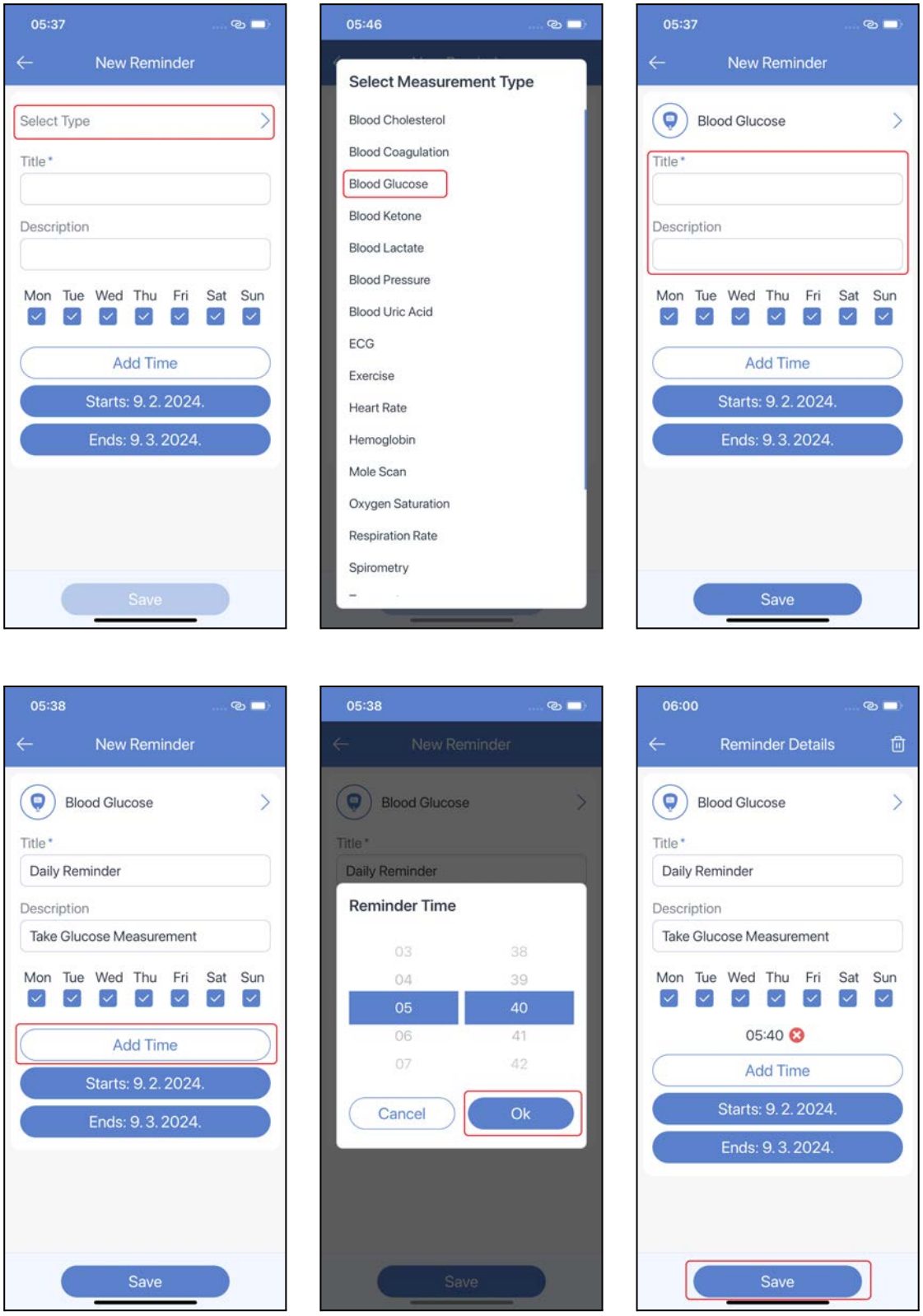
New Reminder

Reminders can be set for taking medication and/or making measurements. Reminders are created for specific health records the user manages and all past reminder events are saved to the reminder history.

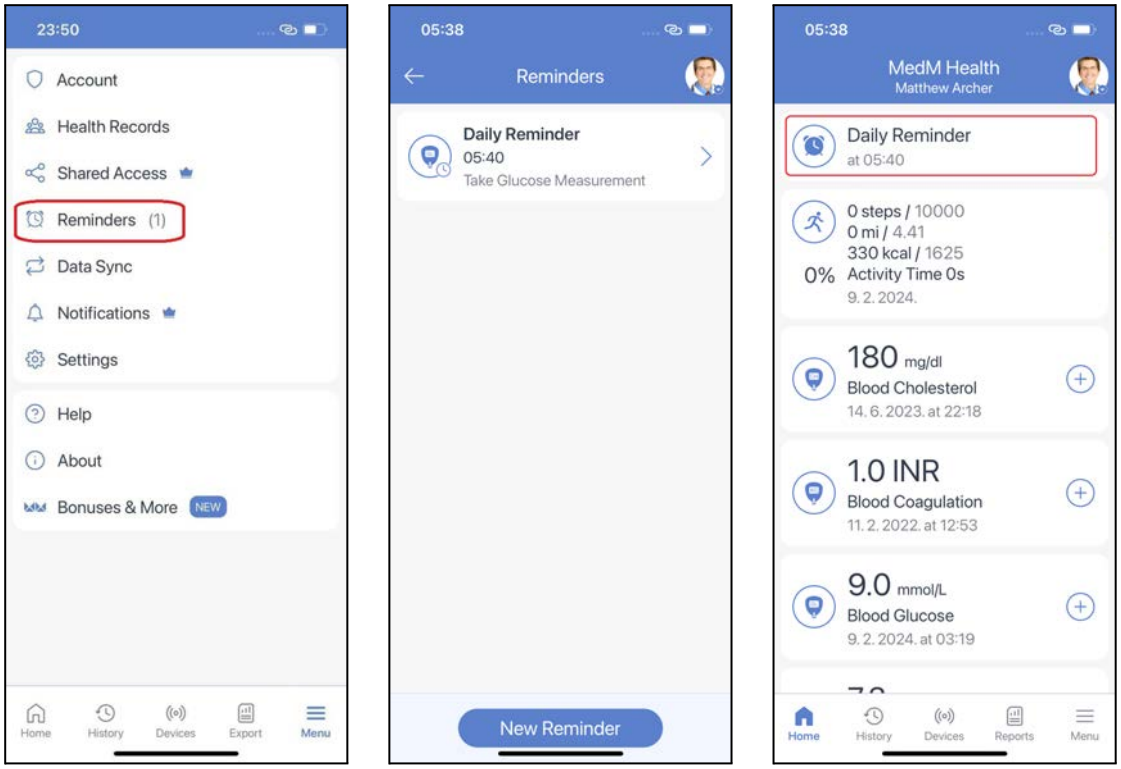
From the **app menu** select **Reminders**, select a health record (in the upper right corner), tap **New Reminder**, select **medication** or **measurement** reminder. Acting on a medication reminder will add a record to the Medication Intake history. Responding to a measurement reminder takes users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



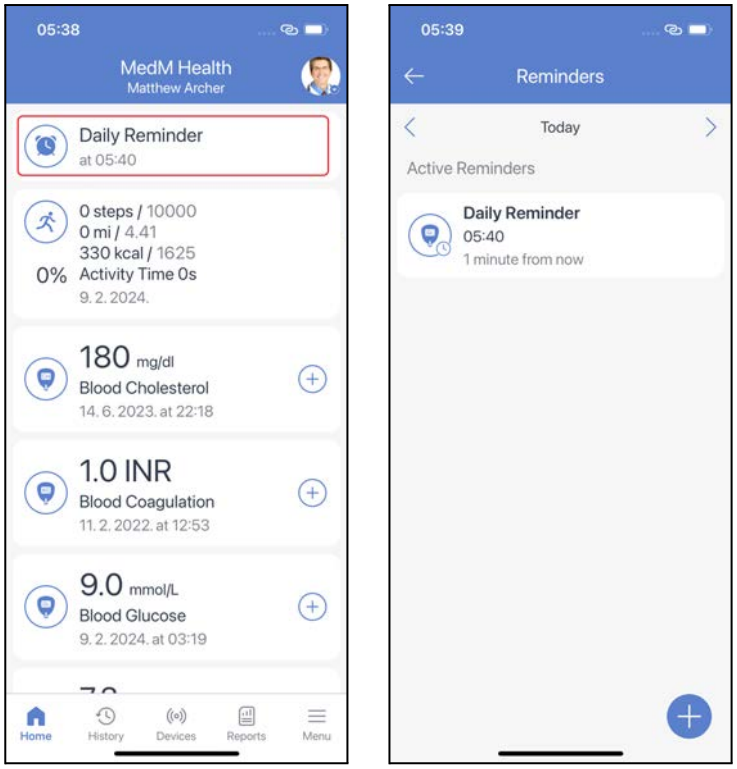
To set a measurement reminder select reminder **type**, add **title**, **description**, specify the **days of the week**, **time**, **date,** and tap **Save**:



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



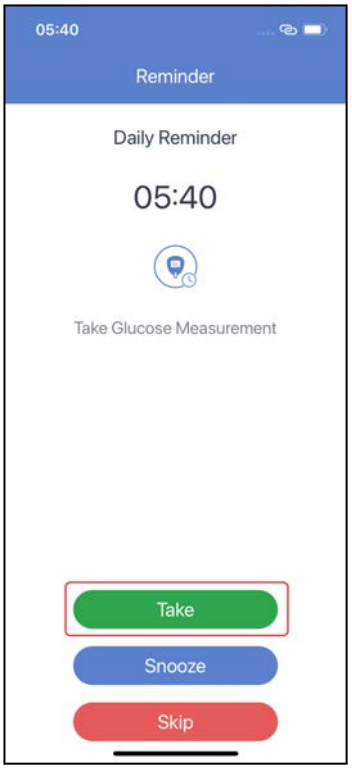
Tap the **Reminders** section of the dashboard to see your reminders history:

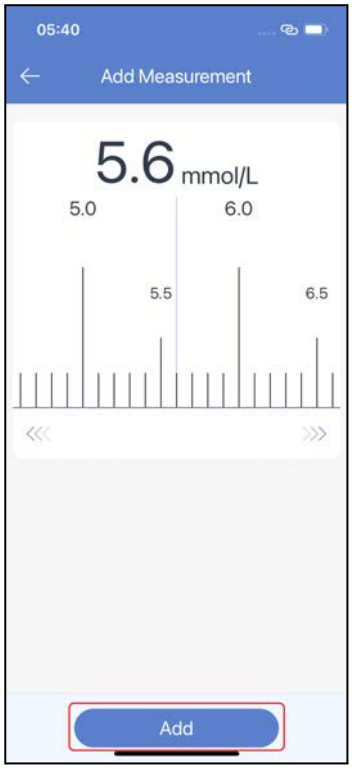


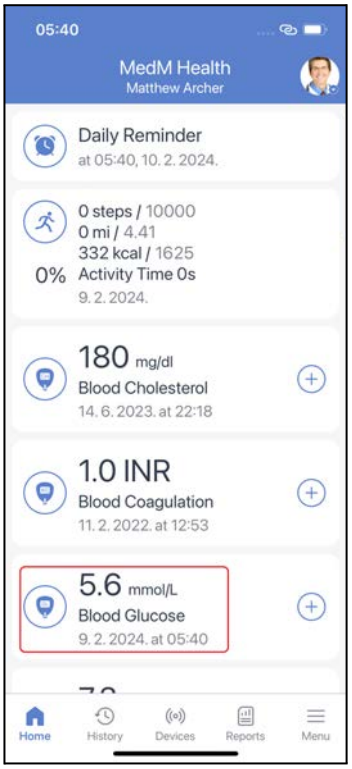
Acting on a Reminder

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

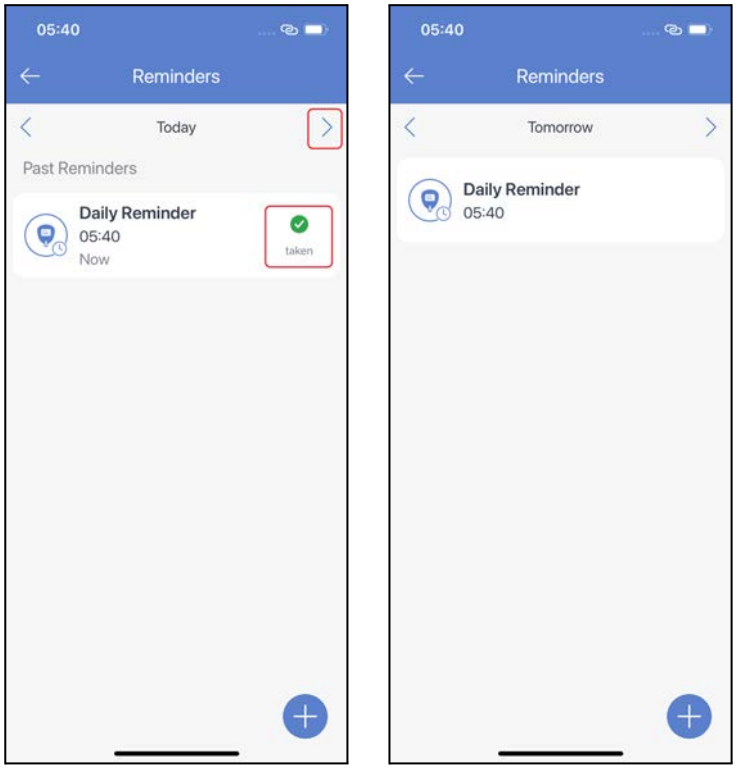
a paired Bluetooth sensor corresponding to the reminder type - you will be prompted to get data from the sensor or to enter it manually:





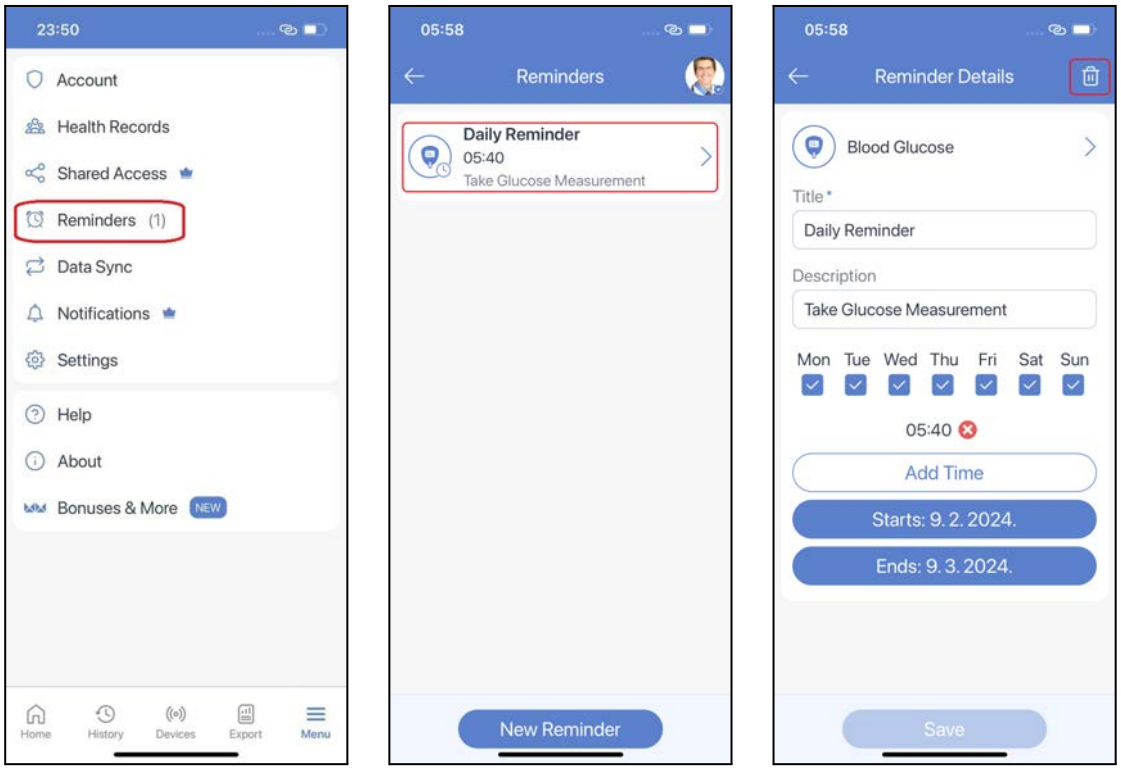


After a reminder has been acted on - its state in Reminder history will change from **Active** to **Past**. Use arrows to scroll through reminder history:



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:

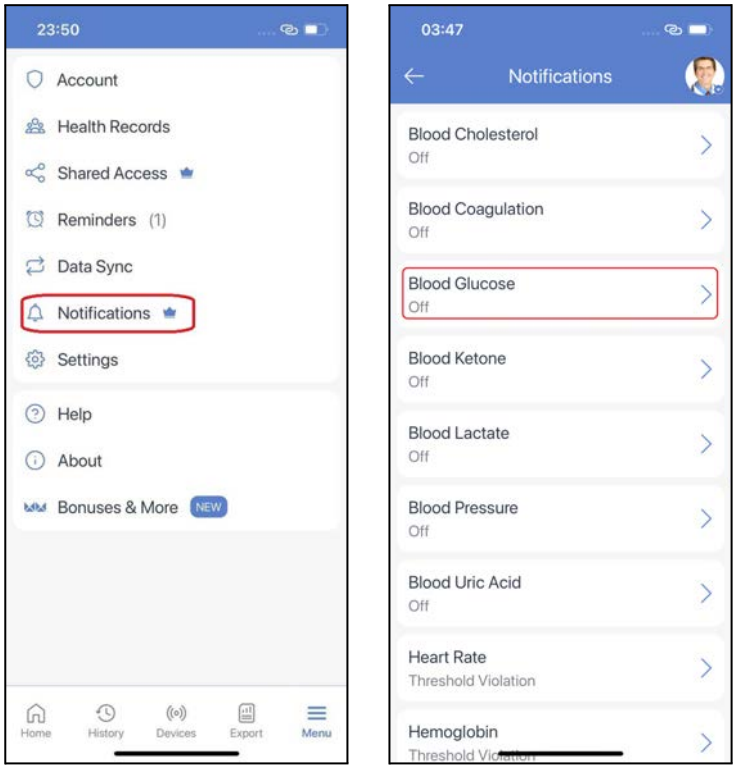
1. Activity
2. A1C
3. Blood Cholesterol
4. Blood Coagulation
5. Blood Glucose
6. Blood Ketone
7. Blood Lactate
8. Blood Pressure
9. Blood Uric Acid
10. Heart Rate
11. Hematocrit
12. Hemoglobin
13. Oxygen Saturation
14. Respiration Rate
15. Sleep
16. Spirometry
17. Temperature
18. Triglycerides
19. Weight

Only the measurement types displayed on the Home screen are available in Notifications.

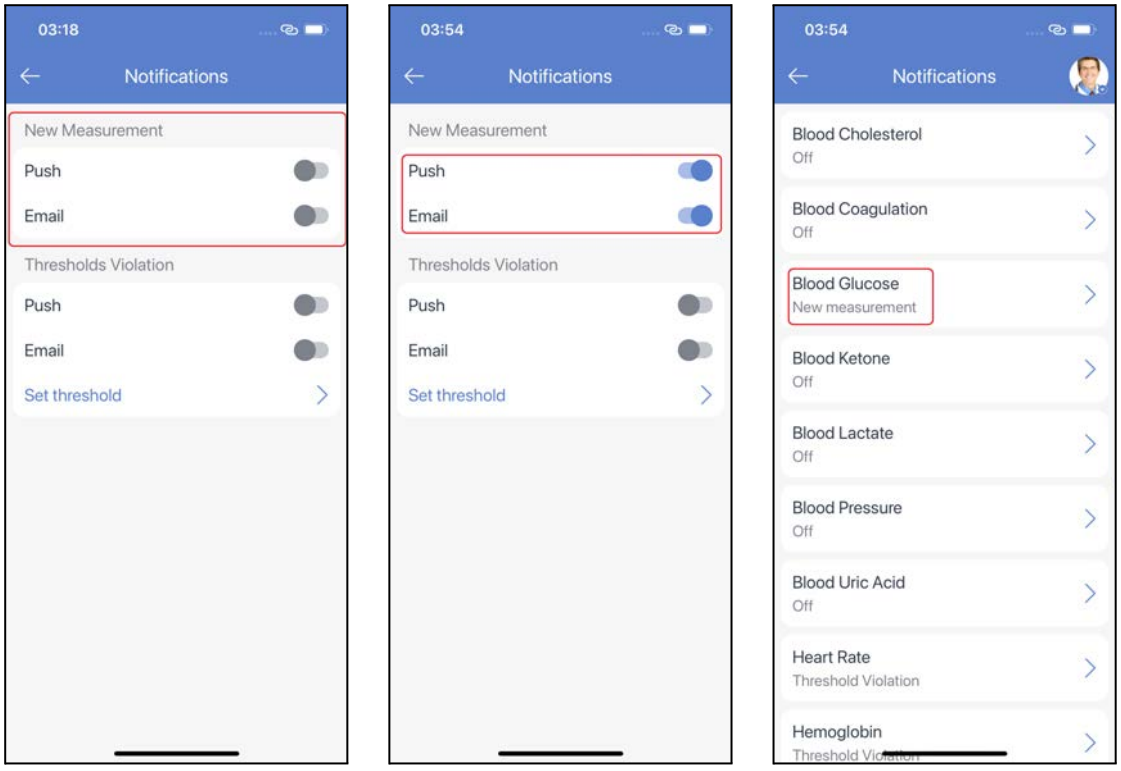
On New Measurements

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:

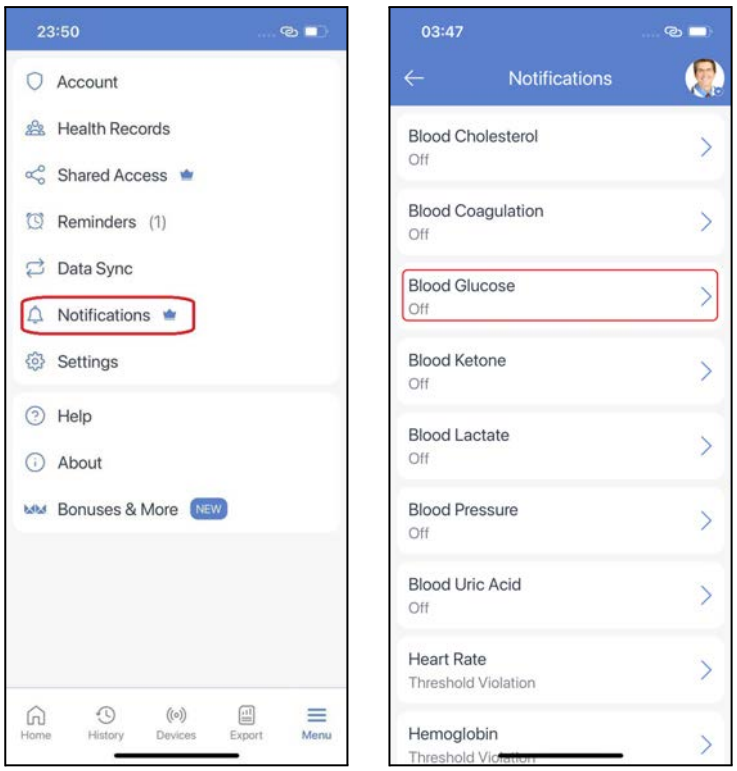


On Violated Thresholds

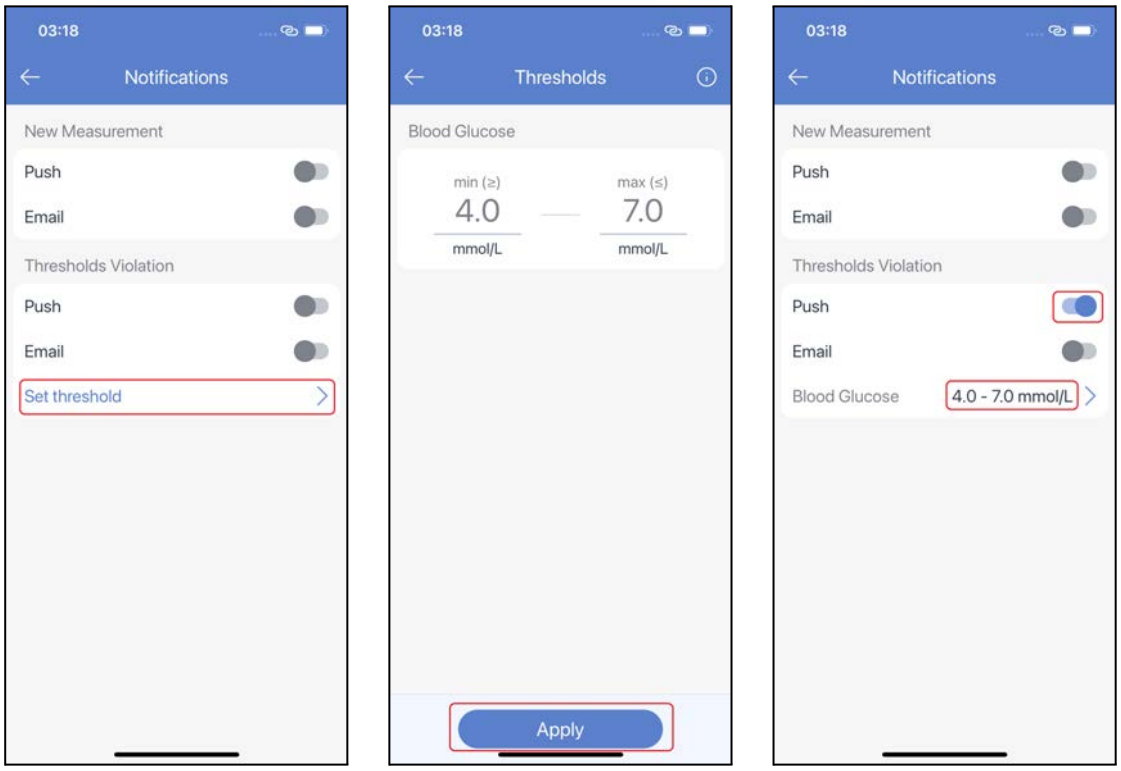
Thresholds can be set for a health record to receive push and/or email notifications if a new measurement value violates the threshold for this health record.

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.

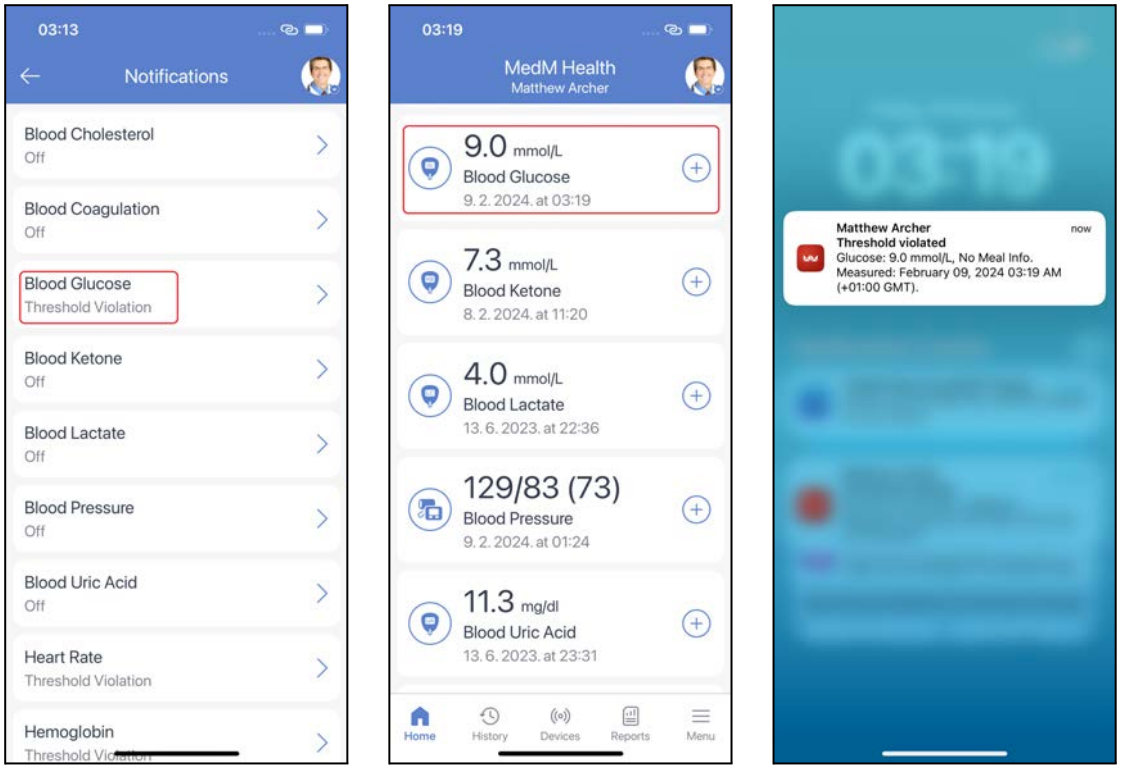
To set up thresholds select the **Notifications** item from the **app menu,** select the needed health record (in the upper right corner) and pick a measurement type:



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

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

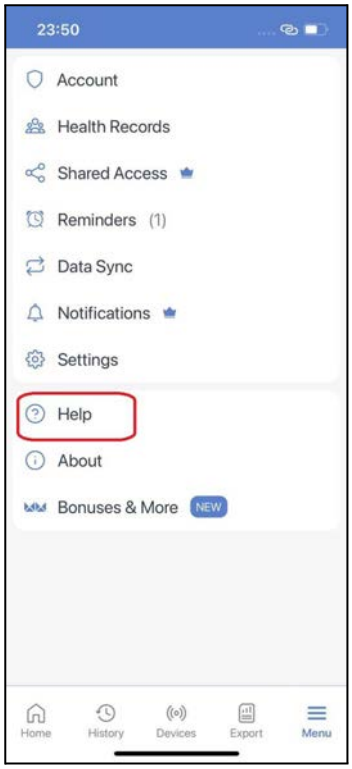
3. Select **Payment and subscriptions**
4. Select **Subscriptions**
5. Select MedM Health **Diary** app
6. Cancel subscription

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