



MyHealthRegistry™

Pocket PC User's Guide



February 2007

This document applies to MyHealthRegistry™ (Pocket PC) version 1.04 and newer.

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1 Introduction

1.1 What Is MyHealthRegistry™?

MyHealthRegistry allows you to enter all relevant information about your medical history, and also for any other people (spouse, children, parents, patients, etc.)

- Enter all known **allergies** to prevent immune reactions to other products
- Enter the treatment history of any **illnesses & conditions**
- Track your children's **immunization** shots
- Avoid confusion regarding **medications** with complicated names of various strengths and dosages.
- Enter critical information about **surgeries and hospitalization**

Not only does it make filing medical history a snap, it helps you to provide accurate and detailed information to health care providers. Providing accurate and complete information is priceless in times of emergencies.

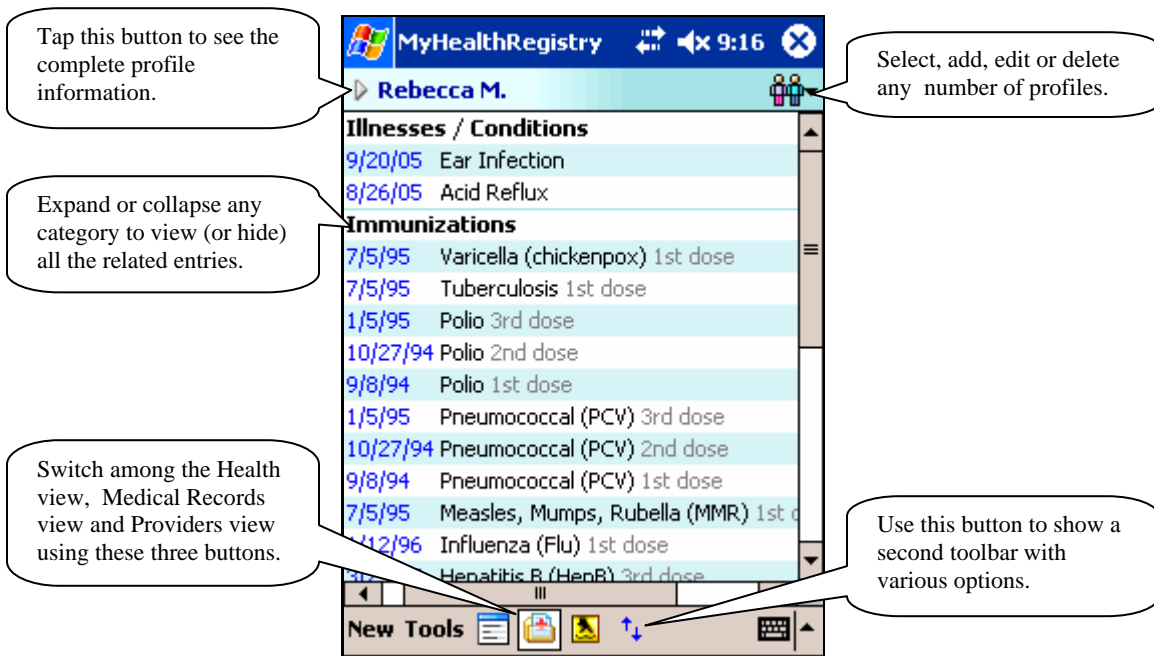


Figure 1: MyHealthRegistry provides complete and accurate medical information.

MyHealthRegistry consists of three views, described later in this manual:

- The **Daily view** shows health records and doctor visits.
- The **Medical Records view** shows one's complete medical history.
- The **Providers view** lists all health care providers being referenced in your medical history. Those entries are linked to your **Contacts list**.



You can access the views by using the three (3) buttons on the menu bar, as shown in Figure 1.

1.2 Pocket PC Compatibility



MyHealthRegistry for Pocket PC is compatible with all versions of Windows Mobile™, from **Pocket PC 2000** to **Windows Mobile 5.0**. Also, portrait (240x320), landscape (320x240) and square (240x240) screen resolutions are fully supported, as shown below.

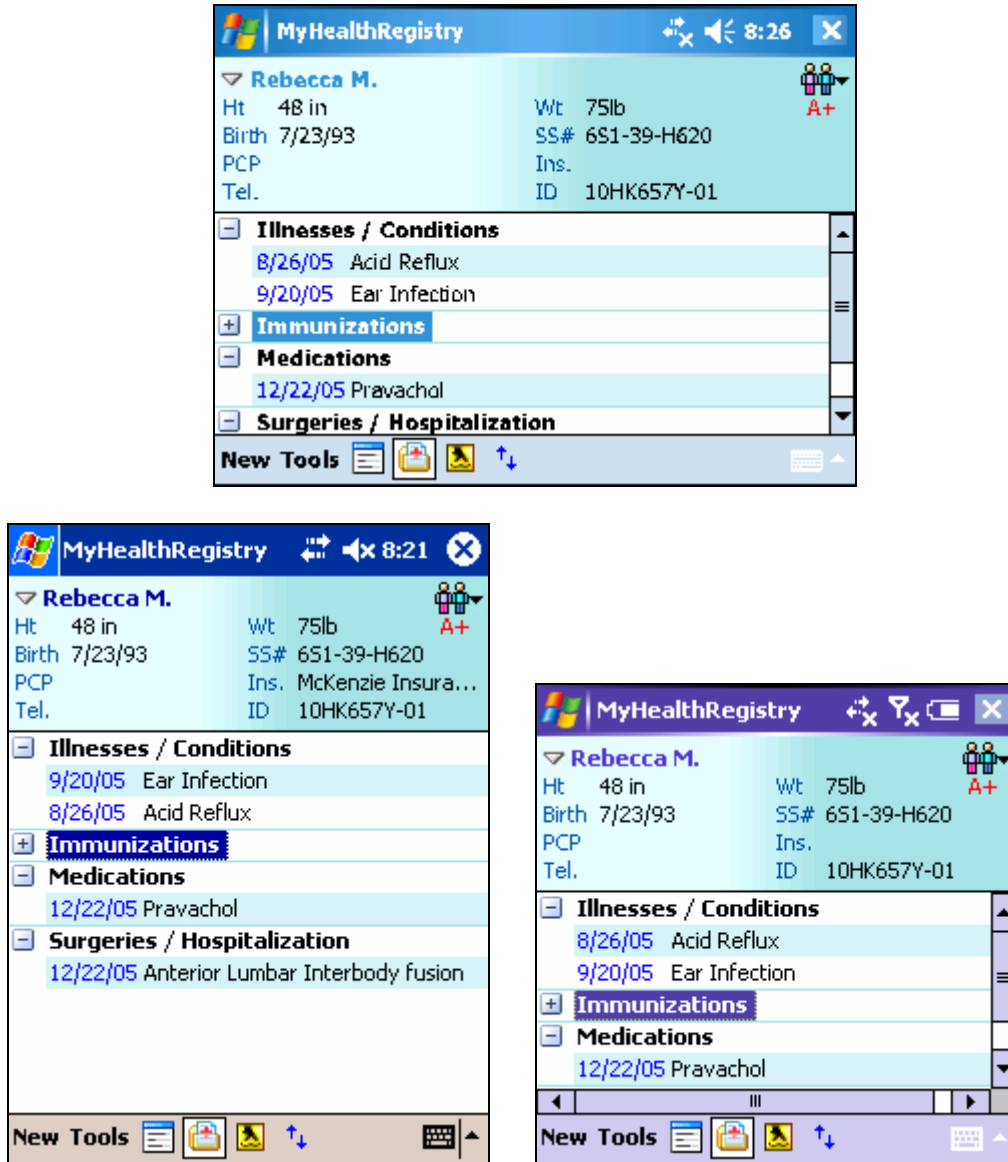


Figure 2: MyHealthRegistry supports landscape, portrait and square screen resolutions.

MyHealthRegistry is also integrated with Pocket Outlook's Calendar and Contacts applications. Look throughout this document for these icons  .

1.3 Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: <http://www.VidaOne.com/faqs.htm>. If you have a question, want to provide some feedback, or want to report a problem, please send us an email at: support@VidaOne.com. You can also contact us by mail at the following address:

VidaOne, Inc.
16776 Bernardo Ctr Dr.
Suite 203
San Diego, CA 92128

1.4 Installation and Registration

To install MyHealthRegistry, follow these simple steps:

- Make sure your Pocket PC is connected to your desktop or laptop.
- Download the software on your desktop from:
http://www.VidaOne.com/download/MhrSetup_PPC.exe.
- On your desktop, execute the **MhrSetup_PPC.exe** program that you downloaded and follow the on-screen instructions. This will install MyHealthRegistry onto your Pocket PC.
- To run MyHealthRegistry, tap **Start > Programs > MyHealthRegistry**. The first time it runs, the Welcome screen is shown. Simply enter your name and your preferred unit system. You are then ready to use MyPersonalDiet!

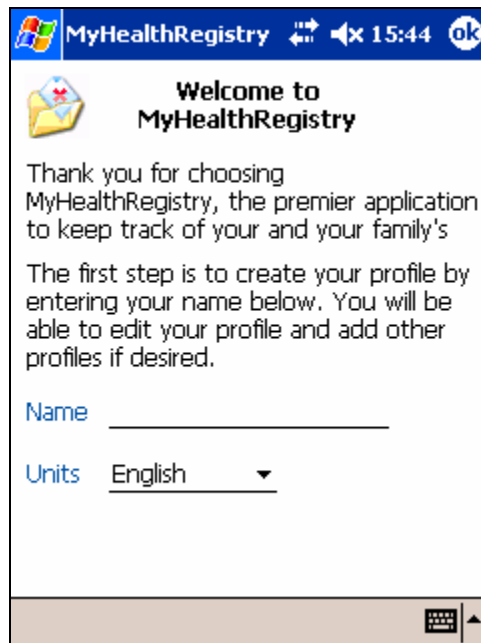



Figure 3: The Welcome screen makes it easy to get started with MyHealthRegistry.

- To exit MyHealthRegistry, go to any view, and enter CTRL Q¹ using the software input panel.

¹ The Microsoft® Pocket PC Application Guidelines discourage providing an Exit menu item, but select **CTRL Q** (via the keyboard) to exit the application from any views.

2 Profiles

The first time you run MyHealthRegistry, you are prompted to enter a name. This creates and selects the first profile. The current profile is always displayed at the top of the screen. Tap the **Expand** button  to expand it (see Figure 4).

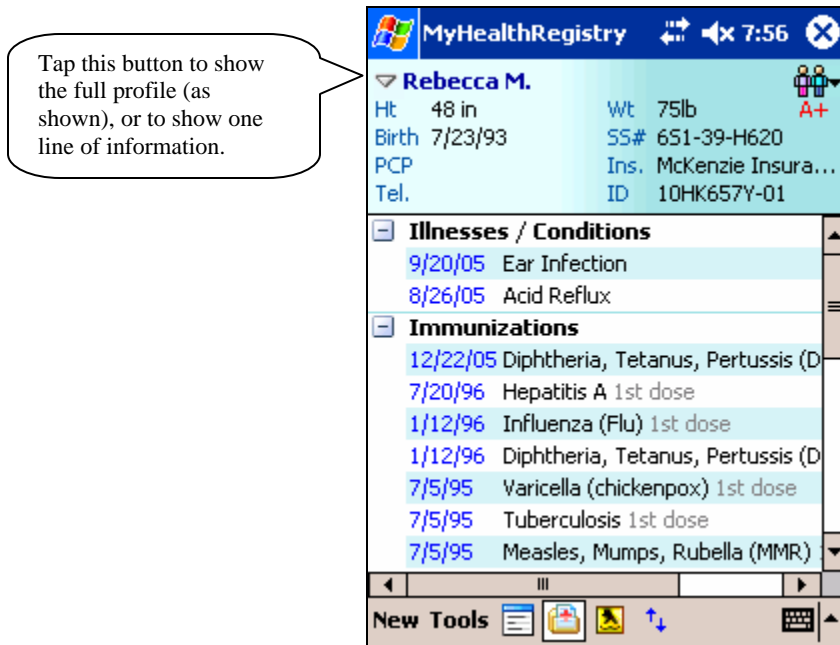




Figure 4: You can see the full profile at all times.


To edit the profile, tap the **Profiles** button  and choose **Edit** to show the Profile window. You can enter the following information:

- Name
- Height
- Weight
- Blood type
- Birth date
- Birth location
- Social Security number
- Insurance ID
- Insurance. The list initially contains <Add>, which allows you to add insurance from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- Primary Care Physician: Also initially containing <Add>, you can add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.




To add a profile, tap the **Profiles** button  and choose **Add** to show the Profile window. When two or more profiles have been entered, they will be listed when you tap

the **Profiles** button : simply tap on a profile to select it. All the views will immediately be updated to show the information for the selected profile.

To remove a profile, tap the **Profiles** button  and choose **Remove**. The profile and the related information will be permanently erased.

3 Daily View

The Daily view shows a summary of health records and scheduled doctor visits (see Figure 5). You can access it by tapping on the **Daily View** button  in the toolbar.

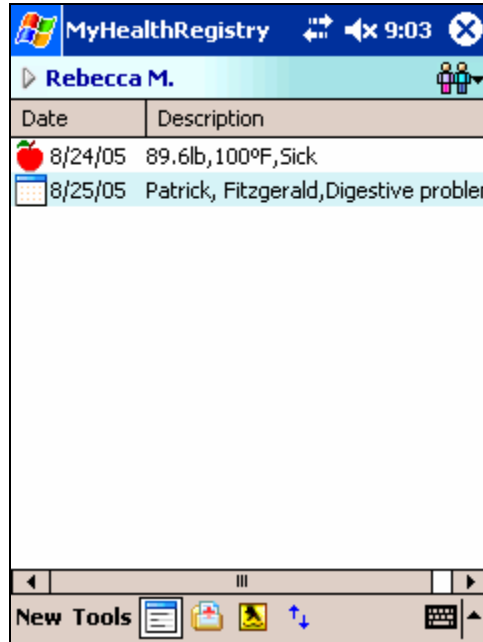





Figure 5: The Daily view shows a list of health records and scheduled doctor visits.

You can customize the appearance of the list by tapping the **Show Options** button  to display a second toolbar, which allows you to do the following:

- Display the records from the oldest to the newest 
- Display the records from the newest to the oldest 
- Display all records you have entered so far, or only those that occurred in the past 3, 6 or 12 months

3.1 Health Records

To create a health record, go to the **Daily view**, choose **New > Health Record**. This shows the Health Record window (see Figure 6). You can also double-tap on an existing health record, or tap-and-hold a health record and choose **Edit**.

From the Health Record window, you can enter the following:

- Date and Time
- Body weight
- Body temperature
- Blood pressure
- Mood
- Blood markers (obtained from a blood analysis), such as BUN, cholesterol (incl. HDL & LDL), creatinine, glucose, etc.

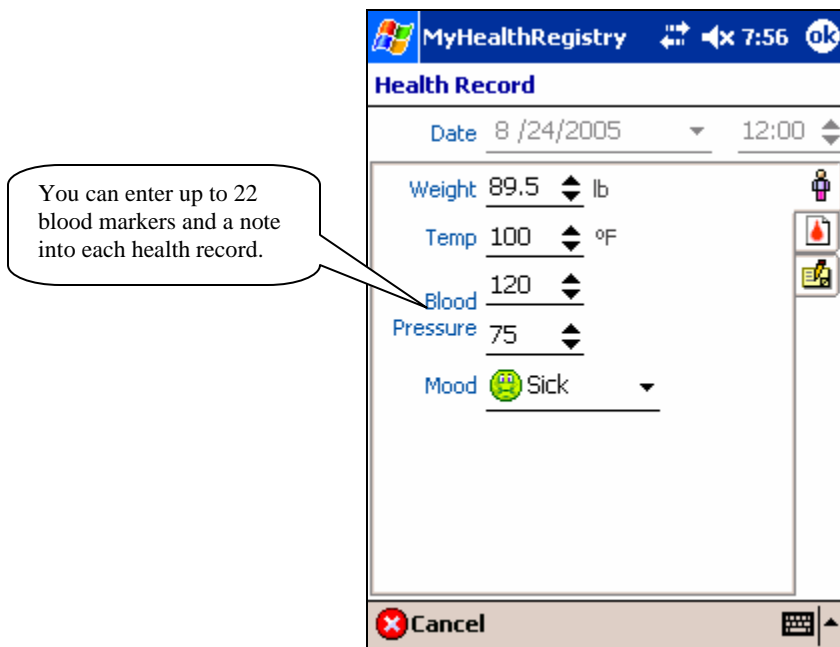


Figure 6: The Health Record window allows you to enter vital signs and blood analysis results. You can enter several health records for the same day (provided the times are different). This is useful for tracking glucose levels, or body temperature (in the case of a fever).

3.2 Doctor Visits

To create a doctor visit, go to the **Daily view**, choose **New > Doctor Visit**. This shows the Doctor Visit window (see Figure 7). You can also double-tap on an existing doctor visit entry, or tap-and-hold a doctor visit entry and choose **Edit**.

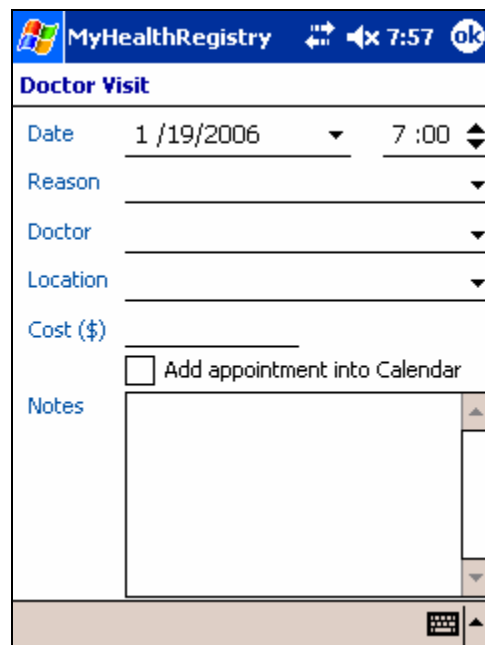


Figure 7: The Doctor Visit window allows you to keep track of your doctor appointments.

From the Doctor Visit window, you can enter the following:

- Date and Time
- Reason. The list initially contains a few entries, but you can type in your own as well.
- Doctor. The list initially contains <Add>, which allows you to add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- Location: Also initially containing <Add>, you can add locations (hospitals, clinics, a specific doctor's office, etc) from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The cost of the visit
- A note.



Check off **Add appointment into Calendar** to automatically add an entry in your Calendar with the information you provided. The appointment will be created as follows:

- The appointment date & time will match those you specified.
- The appointment subject will be the specified doctor
- The appointment location will be the specified location.
- The appointment note will match the note you entered.

A message is shown when the appointment is successfully added, as shown below, or if an error occurred.

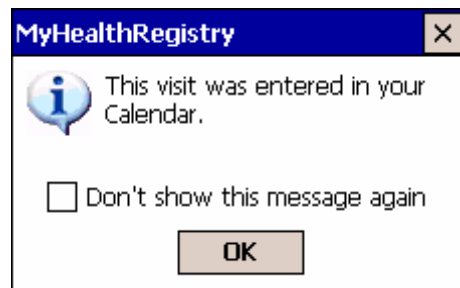





Figure 8: A message is shown when a doctor visit is entered into your Calendar.


4 Medical Records View








The Medical Records view displays all medical information (see Figure 1). This is the most important view of this application. You can access it by tapping on the **Medical Records View** button  in the toolbar.

You can store the following types of information with great details (described in the following sections):

- Allergy
- Illness and Condition
- Immunization
- Medication
- Surgery and Hospitalization

The records are grouped under those categories as well. You can tap the **Collapse** button  to hide the records under a specific category, or the **Expand** button  to show all related records.

You can customize the appearance of the list by tapping the **Show Options** button  to display a second tool bar, which allows you to do the following:

-  For a given category, display the records from the oldest to the newest
-  For a given category, display the records from the newest to the oldest
-  For a given category, display the records alphabetically, from A to Z
-  For a given category, display the records alphabetically, from Z to A
-  Expand all categories
-  Collapse all categories
-  Show more information for each record, if applicable. For instance, for a medication, the strength and duration will be shown

4.1 Allergy

To enter an allergy, go to the Medical Record view and tap **New > Allergy**. To edit an allergy, double-tap on an existing entry, or tap-and-hold on it and choose **Edit**.

When adding an allergy, the Allergy Browser window is shown (see Figure 9), which lists the 35 most common food, respiratory, skin and medication allergies.

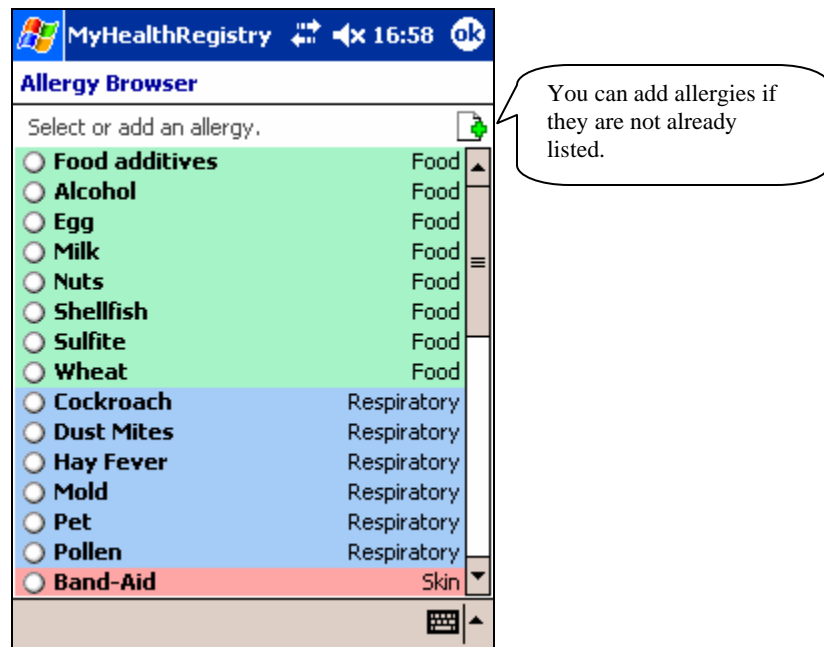




Figure 9: You can choose among the 35 most common allergies or add your own.

To add an allergy not already listed, tap on the **Add** button , enter the allergy name and select it from the list.

After choosing the allergy, or when editing an allergy, you can enter the following information:

- Onset date
- A note
- You can also change the allergy you chose by tapping on the **Browse** button  and choosing another allergy.

4.2 Illness and Condition

To enter an illness or a condition, go to the Medical Record view and tap **New > Illness / Condition**. To edit an illness or condition, double-tap on an existing entry, or tap-and-hold on it and choose **Edit**.

When adding an illness or condition, the Illness Browser window is shown (see Figure 10), which lists 195 common illnesses and conditions.

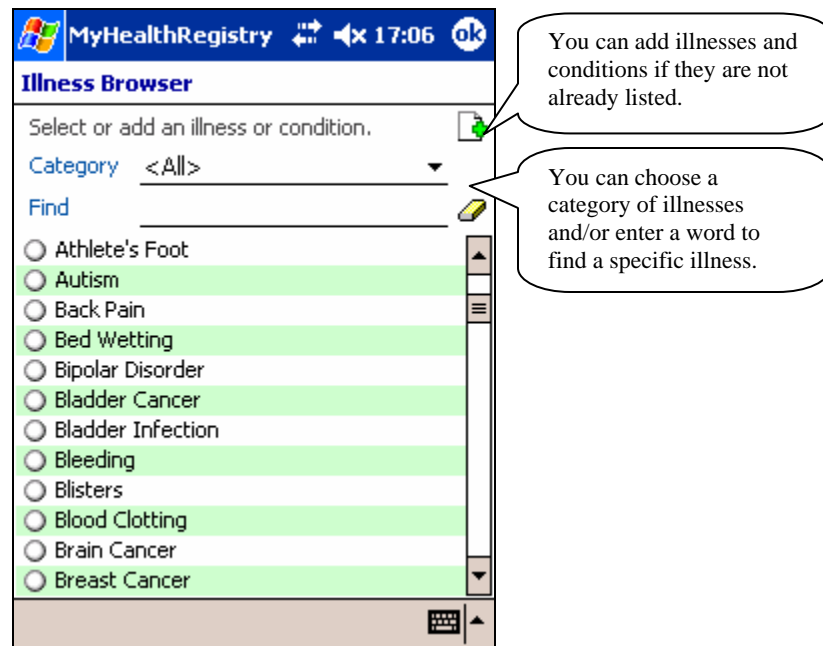




Figure 10: You can choose among 195 illnesses and conditions, or add your own.

To make it easier to find a specific entry, you can choose a specific category (e.g. Digestive System, Eyes and Vision, Parenting and Children, etc.) and only the related entries will be listed.


You can also search for an entry by typing a few letters next to **Find**. As you type the letters in, only the matching entries are displayed. Tap the **Erase** button  to cancel the find operation.

To add an illness or condition not already listed, tap on the **Add** button , enter the illness or condition name and select it from the list.

After choosing an illness or condition, or when editing one, you can enter the following information:

- Onset date
- The state (acute, chronic, resolved)
- A list of treatments (described next)

The list of treatments allows you to enter each treatment specific to this illness/condition. Initially empty, tap <Add> to add an entry. You can then add enter the following information for a specific treatment:

- Date for that treatment
- Reason. The list initially contains a few entries, but you can type in your own as well.
- A note about the symptoms
- A note about the diagnosis
- Doctor. The list initially contains <Add>, which allows you to add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- Location: Also initially containing <Add>, you can add locations (hospitals, clinics, a specific doctor's office, etc) from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The treatment, among medication, hospitalization, exercise or diet.
- You can also change the immunization you chose by tapping on the **Browse** button  and choosing another illness or condition name.

4.3 Immunization

To enter an immunization, go to the Medical Record view and tap **New > Immunization**. To edit an immunization, double-tap on an existing entry, or tap-and-hold on it and choose **Edit**.

When adding an immunization, the Immunization Browser window is shown (see Figure 11), which lists the most common immunizations.

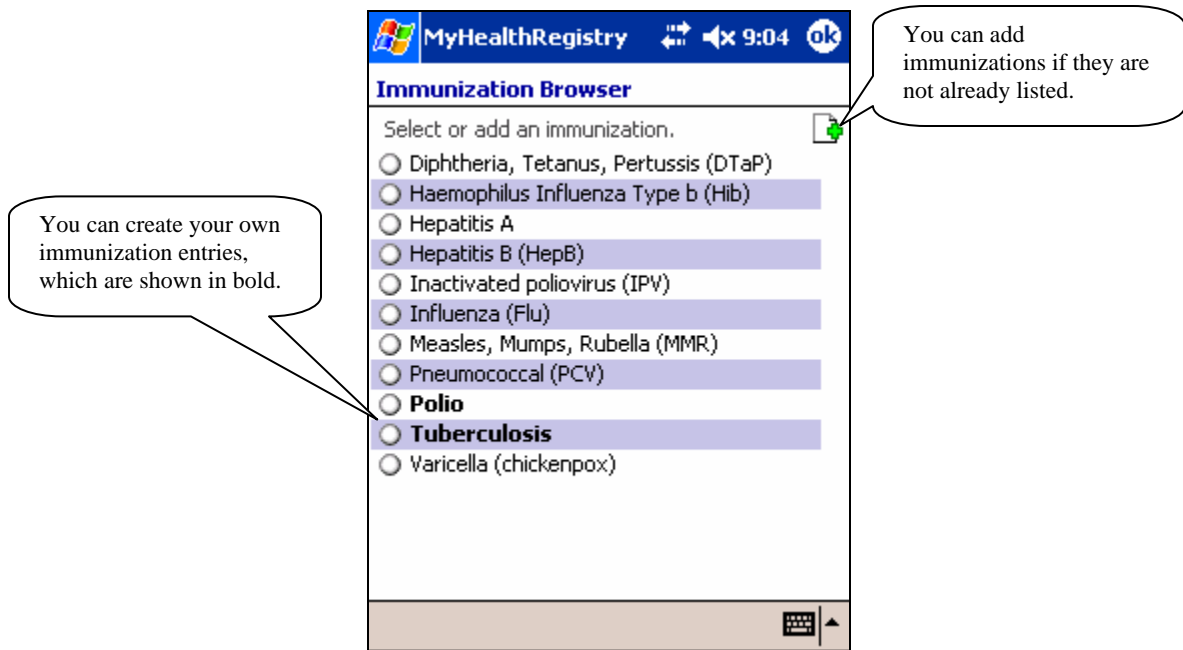




Figure 11: You can choose among the most common immunizations, or add your own.

To add an immunization not already listed, tap on the **Add** button , enter the immunization name and select it from the list.

After choosing an immunization, or when editing one, you can enter the following information:

- Date the immunization was provided
- Its type:
 - 1st dose
 - 2nd dose
 - 3rd dose
 - 4th dose
 - 5th dose
 - 6th dose
 - Booster
- You can check off **Complete** when this immunization no longer needs to be provided

- Doctor. The list initially contains <Add>, which allows you to add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- Location: Also initially containing <Add>, you can add locations (hospitals, clinics, a specific doctor's office, etc) from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The cost
- A note.
- You can also change the immunization you chose by tapping on the **Browse** button  and choosing another immunization.

4.4 Medication

To enter a medication, go to the Medical Record view and tap **New > Medication**. To edit a medication, double-tap on an existing entry, or tap-and-hold on it and choose **Edit**.

When adding a medication, the Medication Browser window is shown (see Figure 12), which lists 295 common medications.

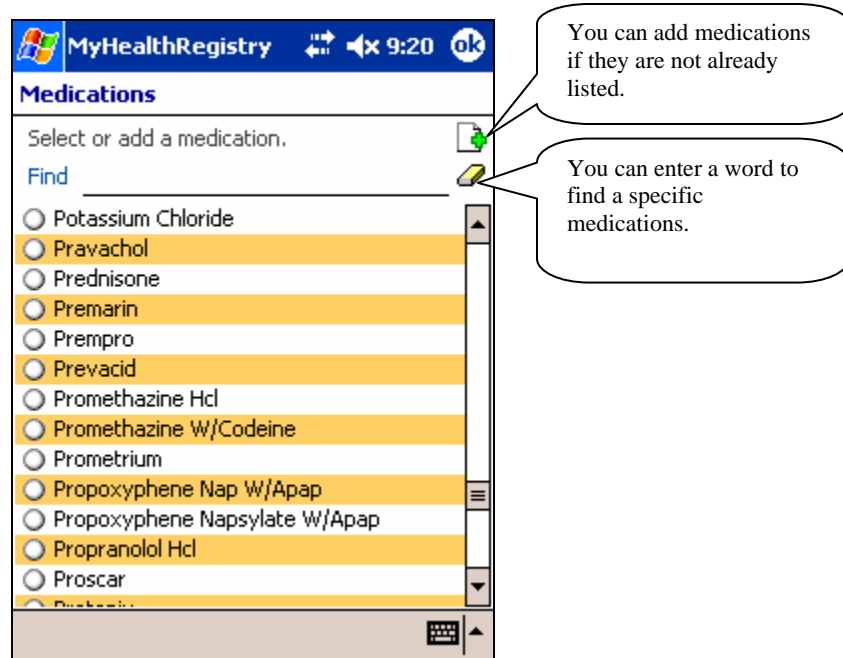





Figure 12: You can choose among 295 medications, or add your own.

To add a medication not already listed, tap on the **Add** button , enter the immunization name and select it from the list.

You can also search for an entry by typing a few letters next to **Find**. As you type the letters in, only the matching entries are displayed. Tap the **Erase** button  to cancel the find.

After choosing a medication, or when editing one, you can enter the following information:

- Its form, such as pill, cream, ointment, syrup, etc.
- The strength i.e. a number and a unit (e.g. 500 mg)
- The dosage. A few entries are pre-defined (e.g. “2x per day”), but you can also type in another dosage.
- The duration (how long the medication needs to be taken)
- The start date
- The end date
- Whether this medication is taken or not. This is useful if you track patients and need to know what medications *are* taken from those that *were* taken.

- The pharmacy. The list initially contains <Add>, which allows you to add pharmacies from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The cost
- When it was received (or purchased)
- The number of refills left (1-5)
- The condition this medication is for. The list will contain the illnesses/conditions you previously entered (see section 4.2)
- The doctor who prescribed the medication. The list initially contains <Add>, which allows you to add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The date it was prescribed.
- A note
- You can also change the medication you chose by tapping on the **Browse** button  and choosing another medication.

4.5 Surgery and Hospitalization

To enter a surgery or hospitalization, go to the Medical Record view and tap **New > Surgery / Hospitalization**. To edit a surgery/hospitalization, double-tap on an existing entry, or tap-and-hold on it and choose **Edit**.

When adding a surgery/hospitalization, the Immunization Browser window is shown (see Figure 13), which lists 47 common procedures.

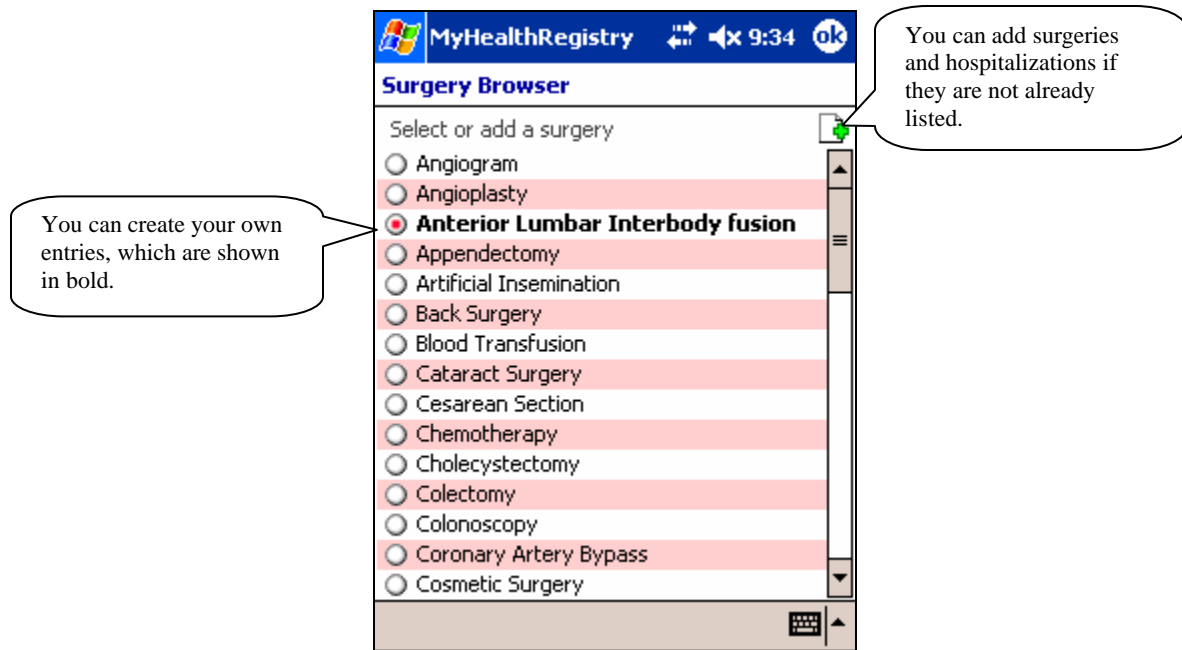



Figure 13: You can choose among 47 surgeries & hospitalizations, or add your own.

To add a procedure not already listed, tap on the **Add** button , enter the procedure name and select it from the list.



After choosing a surgery/hospitalization, or when editing one, you can enter the following information:

- The check-in date
- The check-out date
- The surgeon. The list initially contains <Add>, which allows you to add doctors from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The location: Also initially containing <Add>, you can add locations (hospitals, clinics, a specific doctor's office, etc) from your **Contact list**. See **Adding a Provider** in section 4.6 for more information about adding entries to this list.
- The cost
- A note.
- You can also change the procedure name you chose by tapping on the **Browse** button  and choosing another name.

4.6 Adding a Provider



The doctors, locations (hospitals, clinics), insurance companies and pharmacies – called *Providers* – you enter within a medical record are taken from your **Contacts** list. For example, when you enter a doctor visit (described in section 3.2), the **Doctor** field initially contains <Add> because no doctor has been selected before from within MyHealthRegistry. When you select Add, the Select Doctor window is shown and lists all contacts information from your Pocket PC's contact list. Any changes made to your contact list will be reflected in MyHealthRegistry as well.

From that list, select a contact and choose **OK**. You can directly create a contact from MyHealthRegistry without switching to your Contact application by tapping on the **New Contact** button  and entering the contact information shown in Figure 14. When entering a company contact, only enter the *Company* field. The information is then be used for creating a contact, which you can later edit (to add more information about it, such as address, phone numbers, etc.) using the Contacts application . That contact information is also added in the list for you to select it.

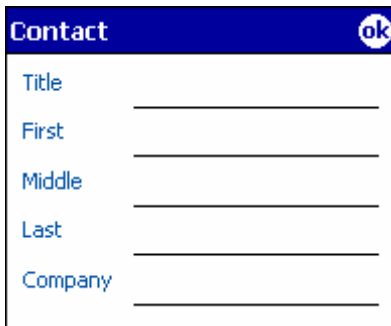
A screenshot of a mobile application form titled "Contact" with an "ok" button in the top right corner. The form contains five input fields: "Title", "First", "Middle", "Last", and "Company", each with a horizontal line for text entry.

Figure 14: You can create a contact from MyHealthRegistry that is added to your Contacts list.


Once you select a provider, it is added to the provider list you and automatically selected. Back to the Doctor Visit example, the doctor you chose is added to the list of doctors, and automatically selected. From this point and on, this doctor will *always* be listed in any doctor list in MyHealthRegistry, so that you no longer have to research it from your Contacts list anymore.

What's more, it's automatically added in the Provider's view (see section 5) under the proper category. Back to the Doctor Visit example, the doctor you chose will be listed under the **Doctor** category. If you double-tap on it, the related contact information will conveniently be shown from your **Contacts** application.

Note

It is important to understand that MyHealthRegistry does not store contact information. When you select a provider from your Contact list, a reference to that contact is stored in MyHealthRegistry, along the name of that contact. If that contact is removed from your Contacts list, all the records referring to it will still display the contact's name (because MyHealthRegistry stores the name), but you will no longer be able to select it.

5 Providers View

The **Providers view** is a directory of the doctors, locations (hospitals and clinics), insurance companies and pharmacies you entered from the Medical Records view (see section 4). It's a personalized “Yellow Pages” directory of those who provide health care services to you that is automatically built as you enter health and medical records. You can access it by tapping on the **Provider View** button  in the toolbar.

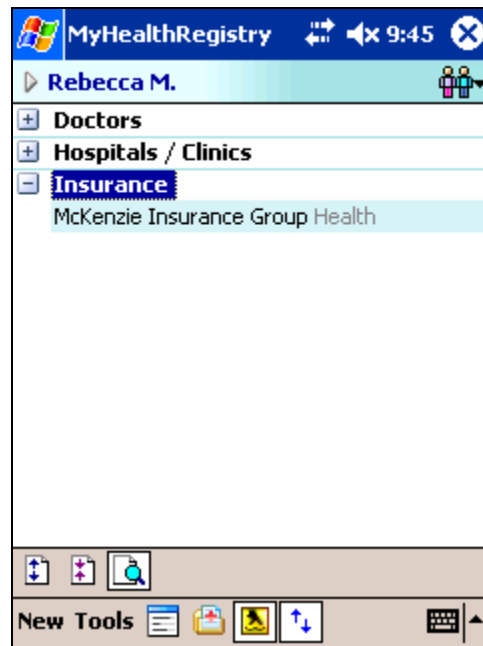


Figure 15: The Providers view is a personalized *Yellow Pages* directory of *your* health care providers.

Although the entries are automatically added as you enter health and medical records, you can also enter additional entries, by choosing **New** and the proper category among **Doctor**, **Hospital / Clinic** (which are locations), **Insurance** and **Pharmacy**. A list containing all your Contacts will then be shown, which you can select or add an entry, as described in section 4.6. The chosen entry will then be added in the Providers view.

You can associate additional information to doctors and insurance entries by tap-and-holding them and choosing **More**. For doctors, can choose the specialty among 36 entries, or type in a new name. For insurance, you can select which type it is, among Health (medical), Prescription, Dental, Vision and Other.

To edit an entry, tap-and-hold it and choose **Edit**. This will bring the Contact application and allow you to modify the entry directly in your Contacts list.

You can also remove an entry from the provider list. The entry is only removed from the provider list maintained by MyHealthRegistry; it is not removed from your Contacts list. To remove an entry, tap-and-hold it and choose **Delete**. Note that does not impact the health and medical records that refer to that entry (i.e. they will continue to list the name).

6 Backup and Restore

You can make periodic backup of the data using MyHealthRegistry. The data is stored in a backup file, which you can copy onto an storage card. This feature is also useful to transfer the data from one Pocket PC to another.

To backup all the data used by MyHealthRegistry, choose **Tools > Backup**, select a file name and choose OK.

To restore the data, choose **Tools > Restore** and choose a file. You will be prompted to confirm the operation, as the restore removes all the current data and replaces it with the data from the file. Note that if the file is not a MyHealthRegistry backup file, the error “The file is not a valid backup file for this application” is displayed, and the data is left unchanged.

7 Options

Choose **Tools > Options** to access the options available in MyHealthRegistry. There are two options:

- The preferred units (English or Metric)
- A password. Check off **Password is required** and enter your password next to *Password* and *Confirm*. You can also enter a hint. The next time you start MyHealthRegistry, you will be required to enter the password in order to continue (see Figure 16).

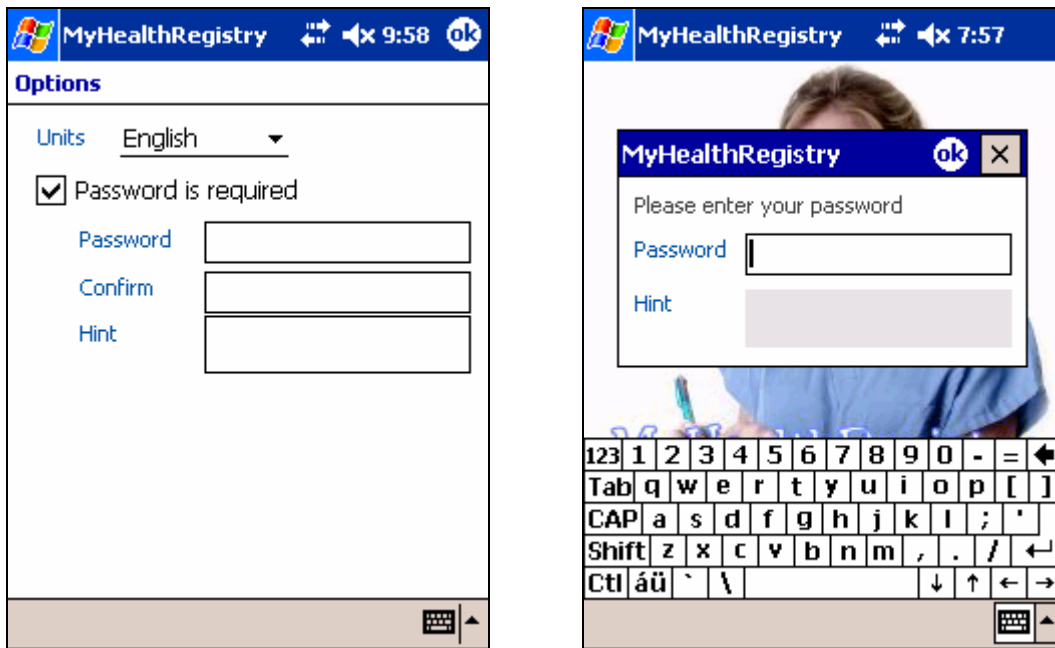


Figure 16: You can enter a password in MyHealthRegistry in order to prevent anybody else from seeing the data.

Thank you for using MyHealthRegistry!

The MyHealthRegistry team