

Dr. Digital – User manual

1. Registration

Welcome to the Dr. Digital application, your gateway to the world of telemedicine. The application will help you actively care for your health. Before you start using the application, you need to register. Allow us to guide you through a simple registration process. On the website:

- [Registrace \(CZ\)](#)
- [Registration \(ENG\)](#)

Follow the instructions and enter your email, phone number, and create a secure password. In the application:

In the app

1. Download Dr.Digital from:
 - App Store (pro iOS)
 - Google Play Store (pro Android)
2. Open the app and choose the registration option.
3. Enter your email, phone number, and create a secure password.

2. Login

Login

Open Dr. Digital.
Enter your details.
Tap on "Log in."

Forgotten password:

Tap on "Forgotten password?"
Follow the email instructions.

1. Measurement

1. Initial Questionnaire:

- To create your health profile, it is crucial to provide us with important information about your health.
- This data is essential for achieving maximum measurement accuracy. Without sufficient information, measurement results may not be as accurate.
- After completing the questionnaire, it will disappear from the main screen (more in the Health section).

2. Guide to Measuring Vital Parameters with the Dr. Digital Application:

Measurement with our technology is very simple and quick. That's why it is suitable for regular monitoring of vital parameters.

Measurement takes approximately 90 seconds..

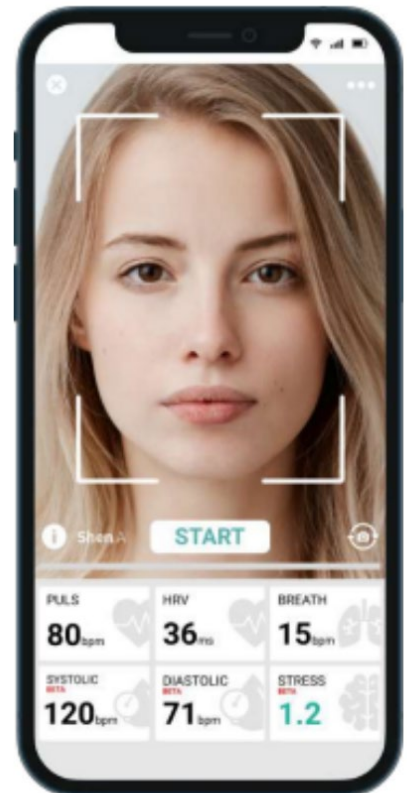
Preparation:

Environment:

- Find a well-lit place.
- Make sure there is no shadow or reflection on your face.
- Sit comfortably and ensure stable lighting conditions.
- You can use an external light source for even lighting.

User:

- Relax in a sitting position at least 5 minutes before starting.
- Avoid talking and facial expressions during measurement.
- Avoid heavy makeup, visible moisture, or impurities on the face.
- Ensure both sides of your face are visible, and no obstacles hinder measurement (hair, glasses, mask).



Device:

- Ensure the lens is clean and not directed towards the light source.
- Check if your hardware meets Dr. Digital's requirements.

Launch measurement

Measurement:

- Start the measurement by pressing the START button.
- Your entire face should be visible in the measurement screen frame without visible obstacles (shadow, hair, glasses, head coverings, etc.).

During Measurement:

- Keep the camera stable.
- Keep your head stable, and the face in the measurement frame.
- Avoid facial expressions and changes in expression.

Alerts:

- If the lighting is insufficient, a red sun icon will appear.
- Tilt yourself or the phone slightly toward the light source first.
- Alternatively, find a better light source.
- If the frame turns red during measurement, it means the camera cannot focus on you.
- Place your face back into the frame.

Result:

- The green stripe at the bottom of the measurement screen indicates progress.
 - If the measurement indicator does not move, ensure suitable conditions according to the instructions.

3. Manual Entry of Vital Parameters:

Manually enter VITAL PARAMETERS. To enter your vital parameters measured on another device, use the appropriate text field on the MEASUREMENT tab.

Manual Entry of Vital Parameters

Blood pressure 127/81 mmHg

Heart Rate Variability (SDNN) 53

Heart Rate Variability (LnRMSSD) 4

Pulse 68

Stress 1,8

Breath rate 16

Total cholesterol mmol/L

When entering Vital Parameters from other devices, ensure the accuracy of the entered information.



4. Diary

Regular entries in the Health Diary provide valuable information about your health to us and you. They help doctors and specialists better understand your needs and tailor care to be as effective as possible. Regular assessments can reveal patterns and help identify any changes in your health. These regular records not only help us but also help you monitor health issues and discomfort over time.

Factors Dr. Digital Monitors:

1. Feeling of health
2. Mood
3. Energy
4. Sleep
5. Breathing
6. Pain
7. Digestion
8. Hearing
9. Vision

You can add personal notes to assessments. Just click on the corresponding field and record significant events or changes in your condition.

My Journal

The health journal is used to record information about your health. Regular entries provide us with important data about your health status.

You have not filled in the diary for more than 14 days. Regular filling in provides us with additional information and allows us to monitor the long-term development of your health.

Health Status



4/5 I don't feel well, I feel sick

Using the + and - buttons, you can select on the scale.

A separate note can be saved for each factor.

5. Health Tab – Home Screen of the Dr. Digital Application

On the home screen of the application, you will find the most important information. To fully utilize all the features of the application, please follow these steps:

Each questionnaire focuses on key aspects of your health and has been designed by specialists and experts in telemedicine. The provided information allows us to suggest personalized measures for prevention and improvement of your lifestyle.

Anamnestic dataset:

- Initial Questionnaire
- Personal History
- Extended History

Extended dataset for Prevention:

- Heart
- Sleep
- Digestion
- Mental Health

Important Notice: These questionnaires only need to be filled out once to have complete information about your health.

All your data is secure, and only Dr. Digital healthcare professionals have access to it. If you are curious about why we collect this data, read our data statement [\[Link\]](#).

To initialize measurements, fill out the Initial questionnaires.

For the possibility to Contact support, all Anamnestic questionnaires need to be filled out.

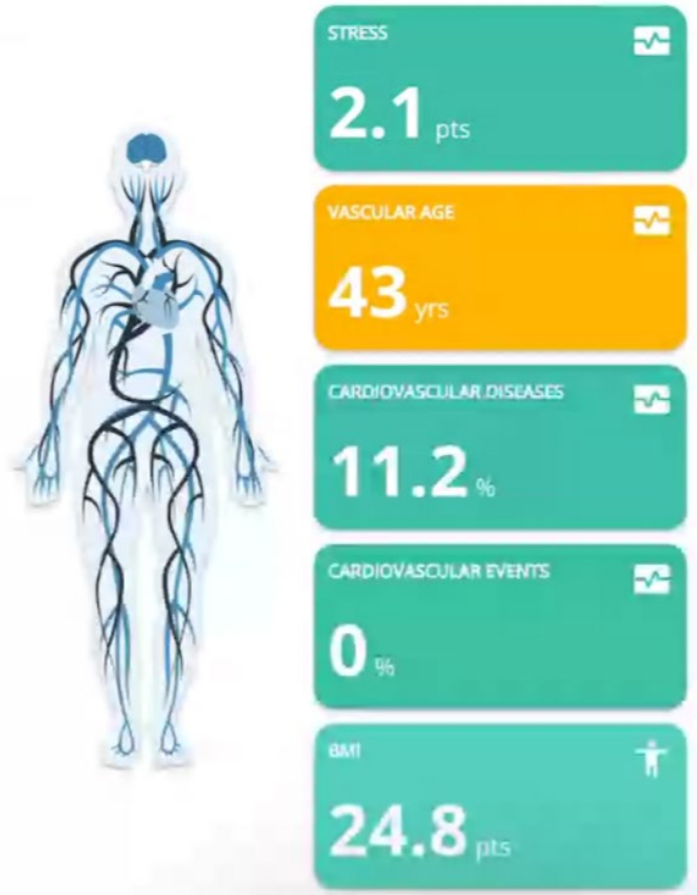
For feedback, all questionnaires need to be filled out.

VISUALIZATION OF RISKS

Values measured using our technology can be found in the Measurement tab. Additionally, the tab includes an evaluation of health risks using our technology along with AI.

To Display Risks:

- Questionnaires must be filled out.
- Measurements must be taken in the Measurement section.



You can also start measurements directly from the home screen.

Launch measurement

To contact Dr. Digital support, please fill out the questionnaires. A button for contact will appear.



6. Profile Tab

Profile - Management of Personal and Contact Information

In this section of the application, you have the ability to easily edit your personal information, including contact details. The primary purpose is to facilitate the editing of information, allowing you to keep your data up to date.

Editing Personal Information:

1. Click on the Profile tab.
2. Edit your personal information, including contact details.

Emergency Contact:

- You can also designate an emergency contact. This information is crucial for unexpected events when healthcare professionals or loved ones may require immediate access to important information.

Logout:

- Pressing the "Logout" button will securely log you out of the application. This is ideal for situations where you want to close your current session.

Account Deletion:

- Choosing the "Account Deletion" option will permanently delete your account. Before taking this action, ensure you have backed up all necessary information because account deletion is irreversible.

