

# SCD Companion

## User Guide

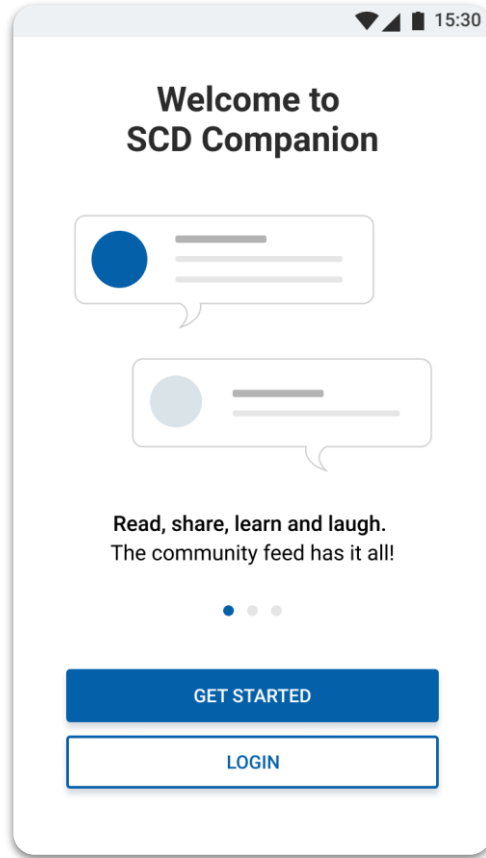
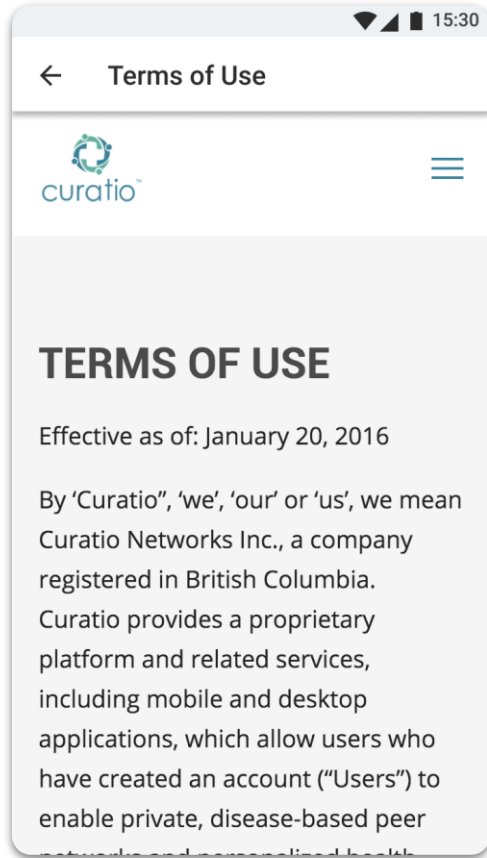
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# Getting Started

Once you've downloaded the app, you can either begin by clicking *Get Started* or by logging in if you are a returning user.

Either way, welcome to SCD Companion!



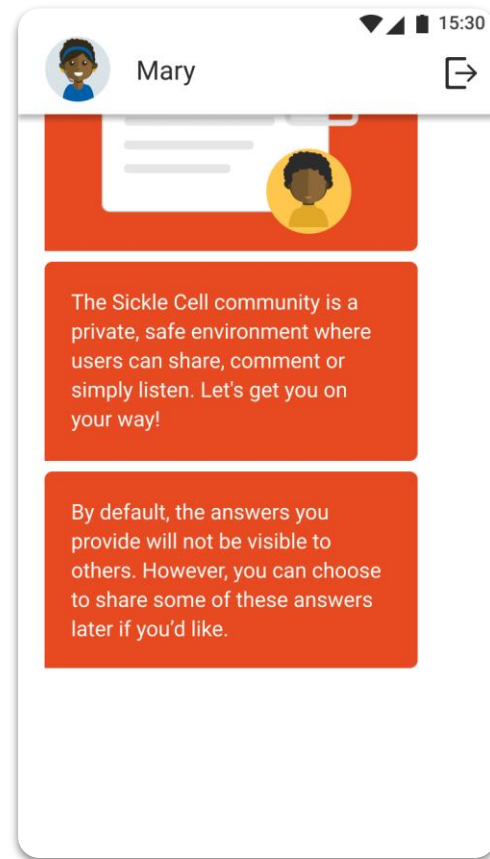
# Onboarding

If you're new, don't worry.  
Onboarding is a breeze.

Meet **Mary**.

Mary will assist you through onboarding in an easy, conversational manner.

If you have any questions along the way, Mary is always ready to help out.



# Onboarding

You will be asked to select your role of either:

1. Patient
2. Parent caring for child
3. Family caregiver
4. Professional caregiver

Nice to meet you, [[[name]]]!

Is your primary interest in [[[app name]]] as someone living with sickle cell anemia or in a supporting role?

Patient    Parent caring for child

Family caregiver    Professional caregiver

What type of sickle cell disease are you or the person you are caring for diagnosed with?

Hemoglobin SB+ (beta) thalassemia

Hemoglobin SB 0 (Beta-zero) thalassemia

Hemoglobin SD, hemoglobin SE, and hemoglobin SO

Sickle cell trait

Search here

In the patient pathway, you will be asked to select the type of sickle cell disease with which you have been diagnosed

# Onboarding

The onboarding process will continue to be a series of questions guided by Mary.

Mary

15:30

On average, how many pain crises do you have per year?

2

Do you have any known triggers for your pain crises?

you forget your password. We won't share it with anyone.)

Email

You will receive an email to validate your account.

Create password

Min. 8 characters, 1 uppercase letter, 1 lowercase letter, 1 number, A-Z and numbers 1-10.

I consent to SCD Companion moving my personal data to other countries.

I accept [Curatio's Terms of Use](#)

I accept [Curatio's Privacy Statement](#)

SAVE MY PROFILE

Once you have completed all questions, you can create your account by providing an email address and creating a password.

# Onboarding

You have the option of keeping your profile information private.

You decide if you want to share basic information or your health information with other community members.

Mary

Would you like others in the community to see your profile info so they can get to know you?

For the best experience, we encourage you to make your profile info visible to other members of the community.

Make my basic information visible to other community members  
This includes your country, state and city, age range and gender

Make my health information visible to other community members  
This includes your role and diagnosis

NEXT

RECORD CRISIS

HOME FEED MY GROUPS

Natalie  
Community See details >

Thanks for verifying your email!  
Privacy and safety are pillars of what we do, here's 20 Karma points for keeping our community safe!

OKAY

Paula  
Community Yesterday See details >

POST

It's time to drink more water and exercise!

Feed My circle Programs Diary Passport

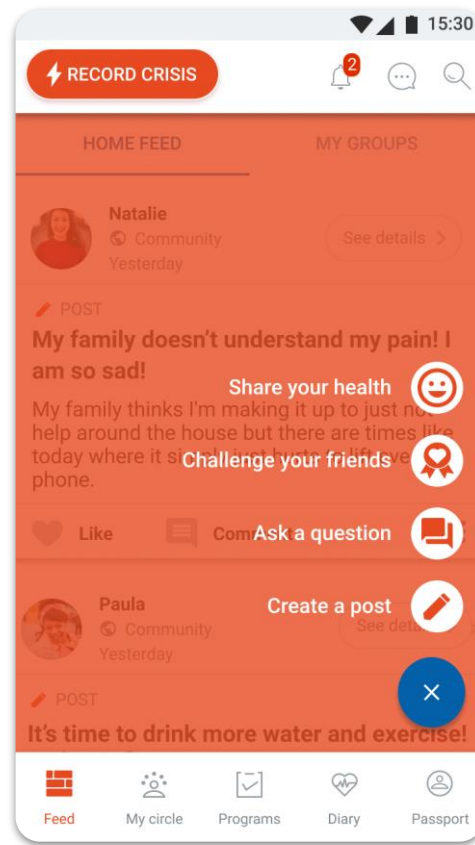
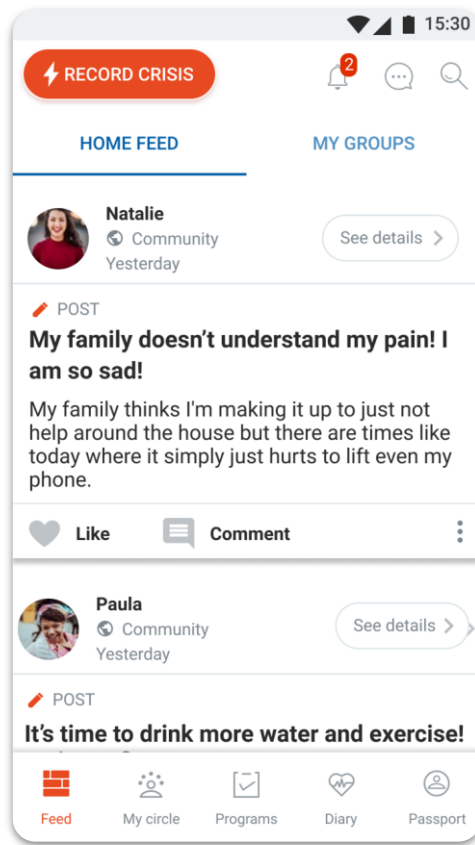
Collect karma points for completing onboarding!

Karma points can be collected by being active in the community.

# Feed

The Feed shows you all the content that has been shared by other community members and community managers.

You can interact with other community members by sharing posts, articles, asking questions, or commenting.



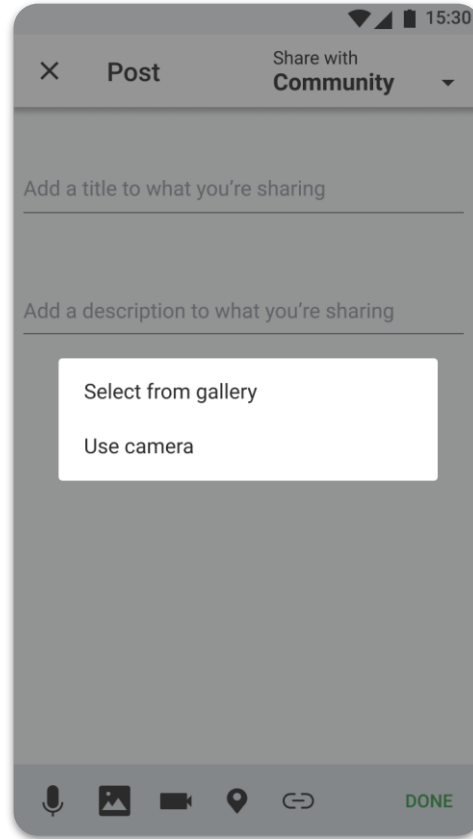
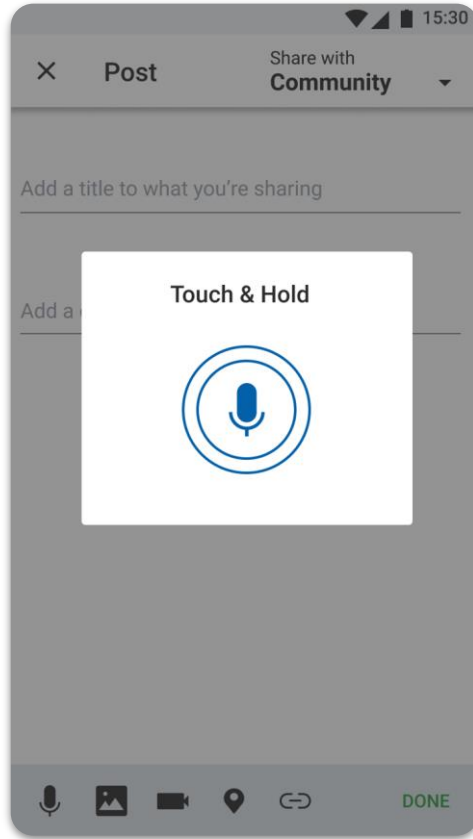
You can contribute to the feed with 4 different post types:

1. Challenge your friend.
2. Ask a question.
3. Create a post.
4. Share your health.



# Posting

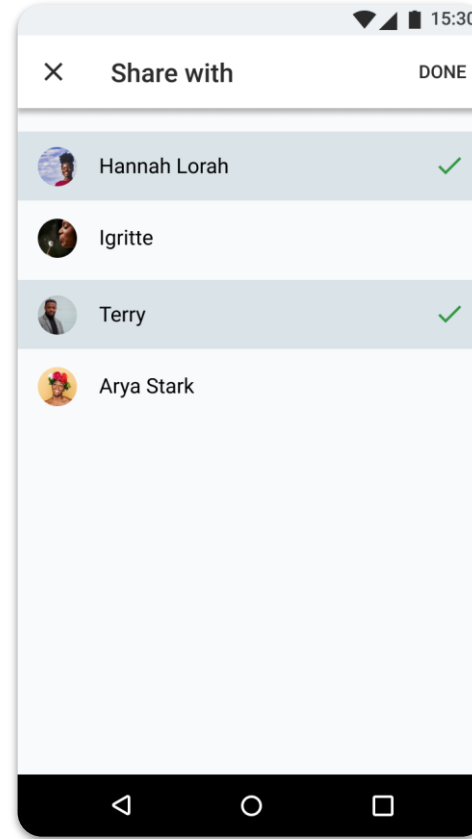
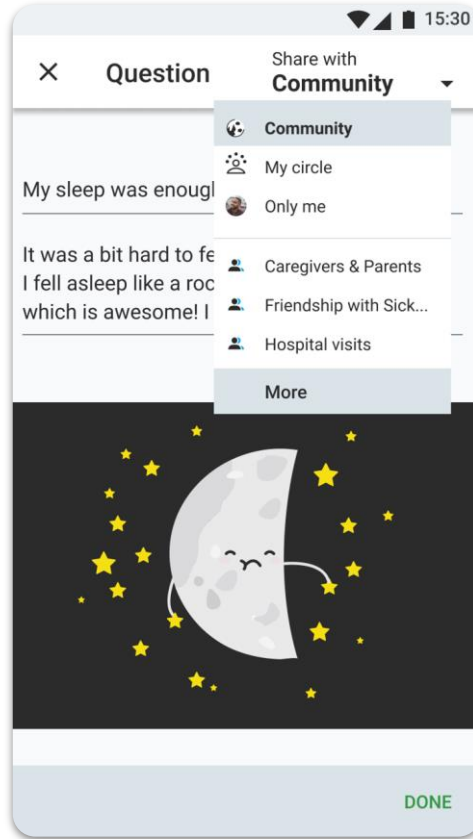
When posting content, you have the option to record a voice message or include photos.



# Sharing

When posting, you can choose who you would like to share the post with:

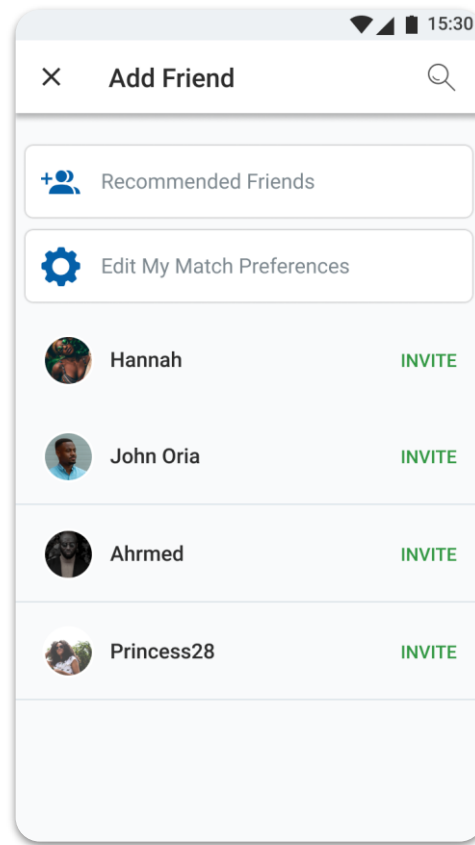
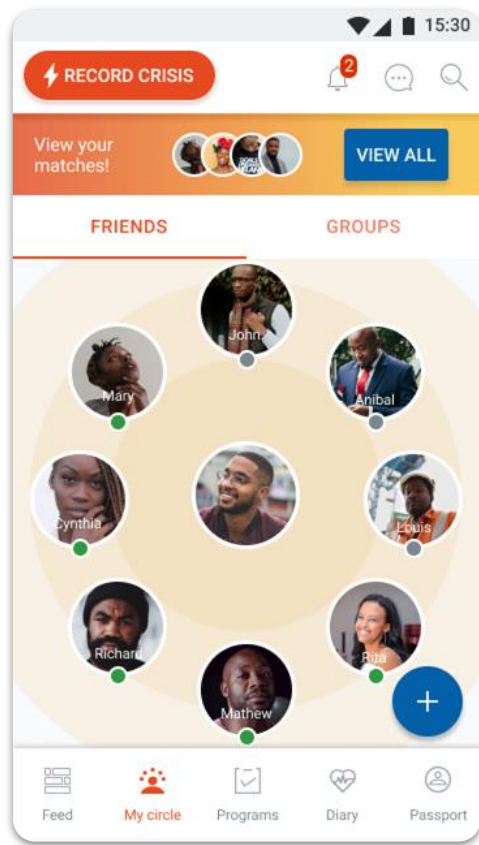
- The community
- Your circle
- Specific community members
- Only you
- A group that you are a member of



# My Circle

When you first join, you will automatically be matched with a Community Manager and Peer Mentor.

Both your Community Manager and Peer Mentor are available to help you with any questions or concerns.

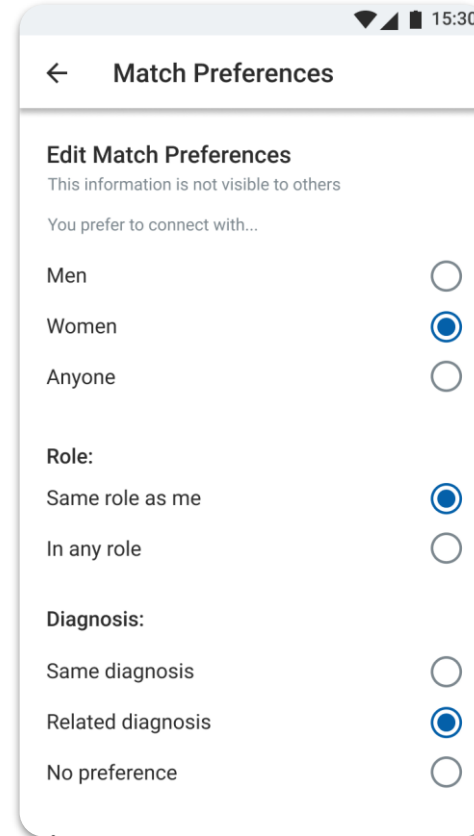
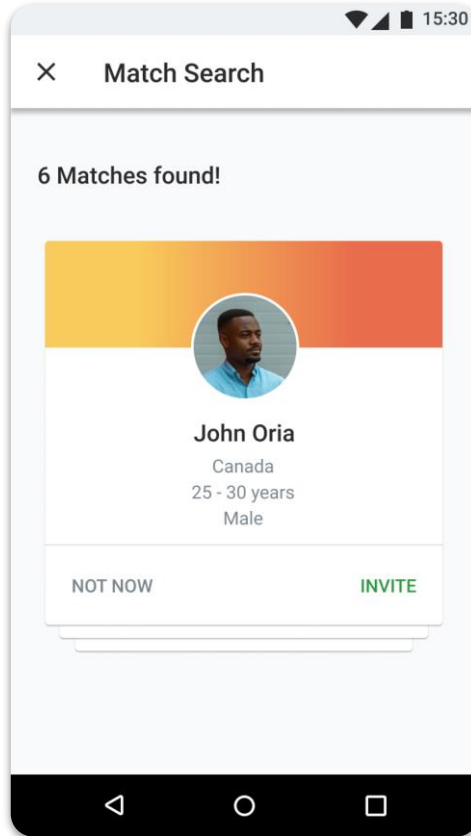


You can expand your Circle by adding friends. To add friends you can either check your recommended friends or invite friends through email or SMS.

# Matching

You can look through your matches and choose to invite them to your circle.

Matches are made based on match preferences that are set by you.



Match preferences can be accessed from the Add Friend page.

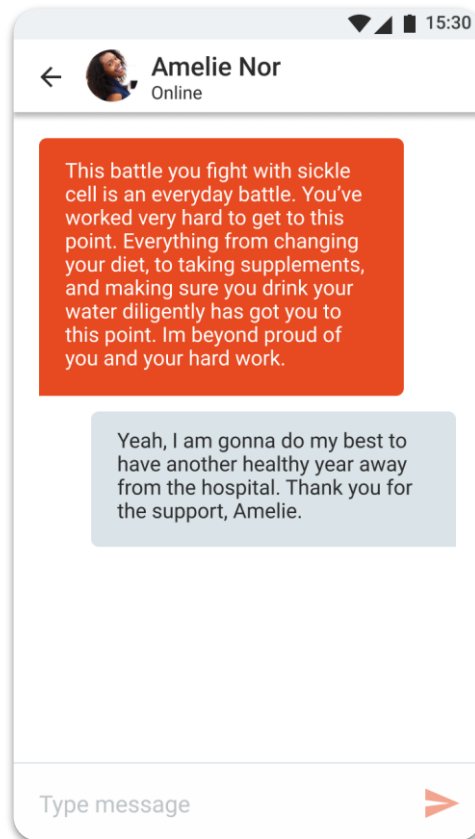
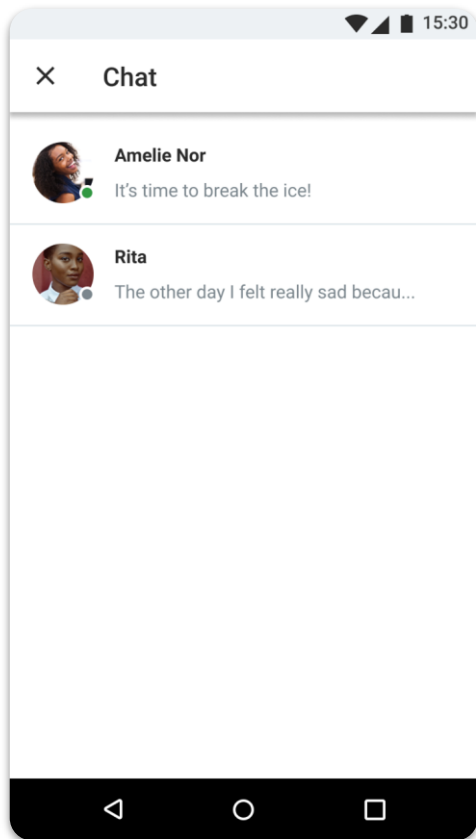
You can choose the gender, role, diagnosis, age range and location of community members you would like to be matched with.

# Chat

Ready to connect?

If you would like to contact someone on a 1 on 1 basis, you can send a private message.

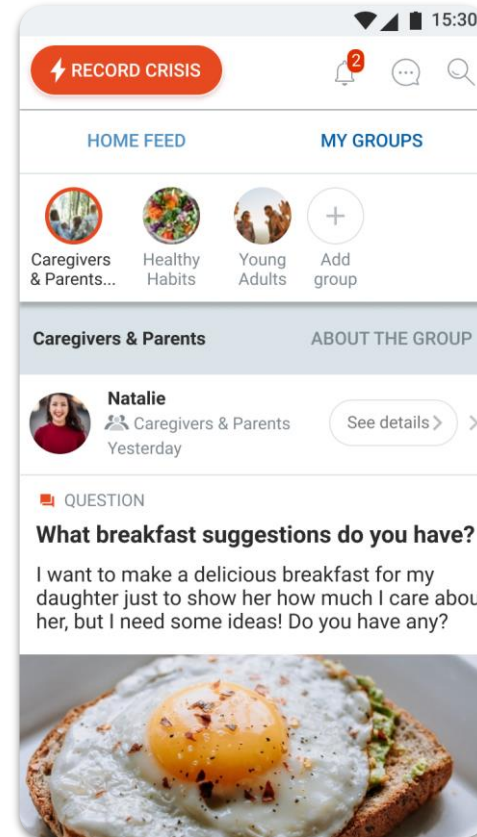
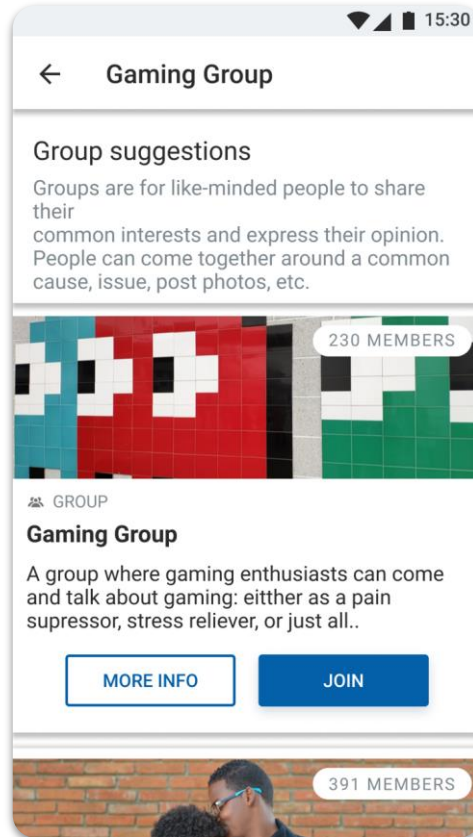
These conversations are open only to the two of you.



If you're not sure if your friend is currently online, you can always click into the chat and check their status.

# Groups

If you would like to discuss specific topics, you can join a group.



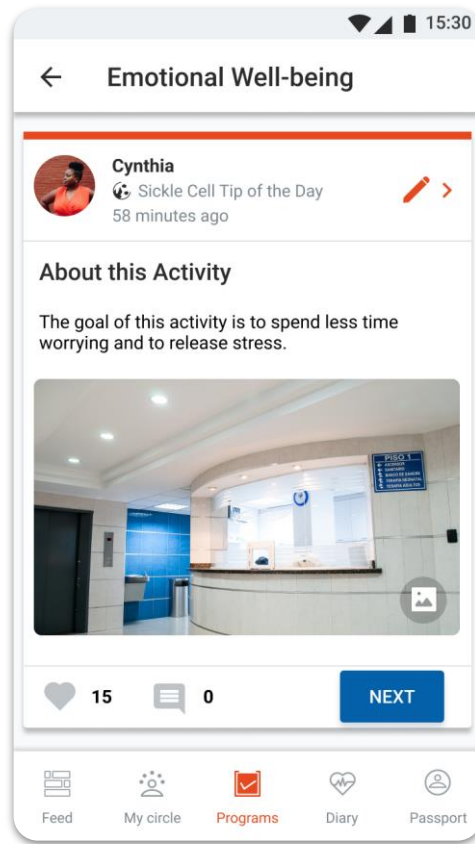
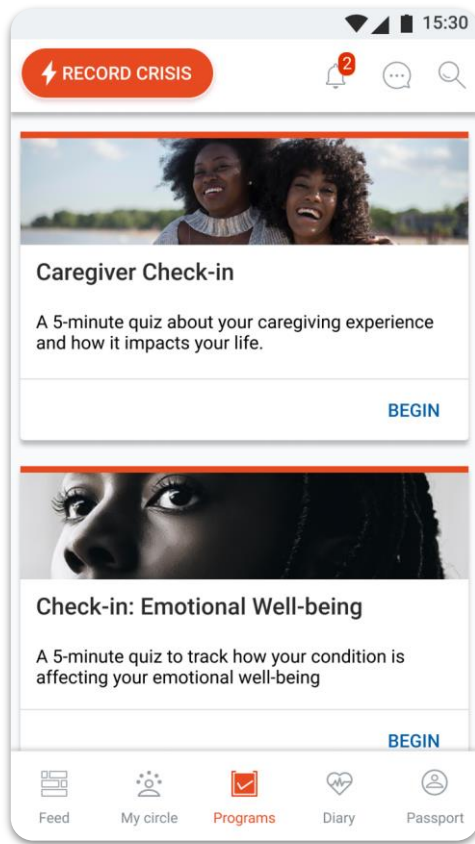
Each group has their own feed, you can switch between the home and group feeds.

When you join a group, you are able to share content within that group.

# Programs

Programs are tools to help you in your journey.

These programs are curated specifically for community members of SCD Companion.

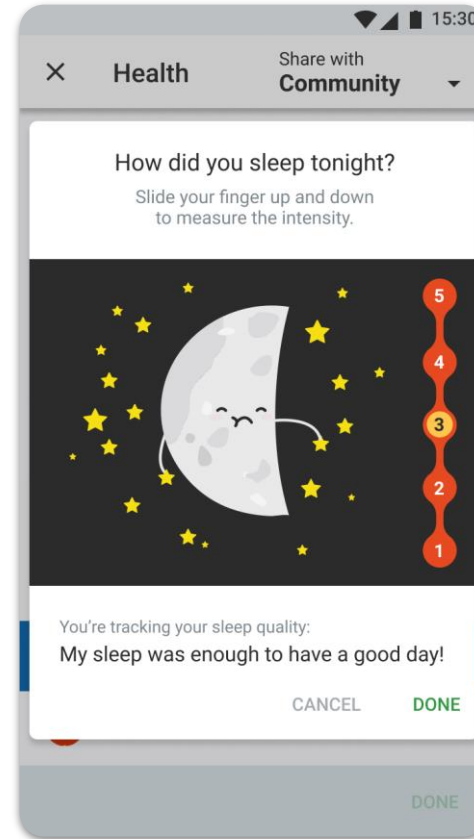
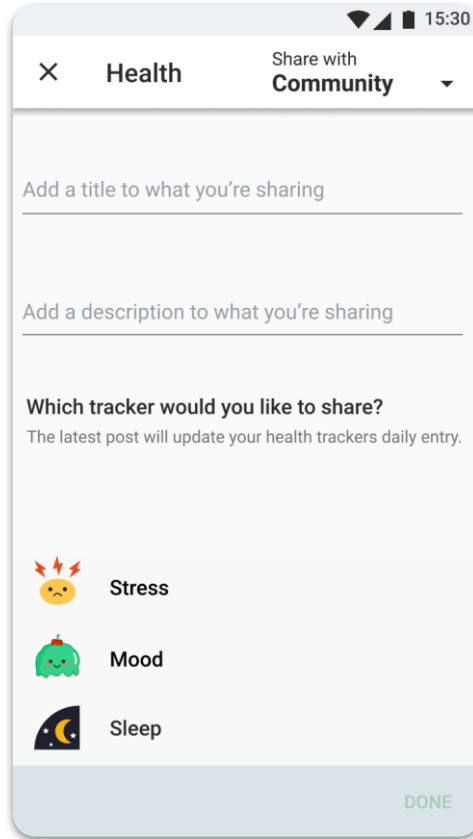


# Trackers

There are three different types of trackers: stress, mood, and sleep.

You can use these trackers to record and share how you're feeling every day.

Had a great day? Share it with the community!



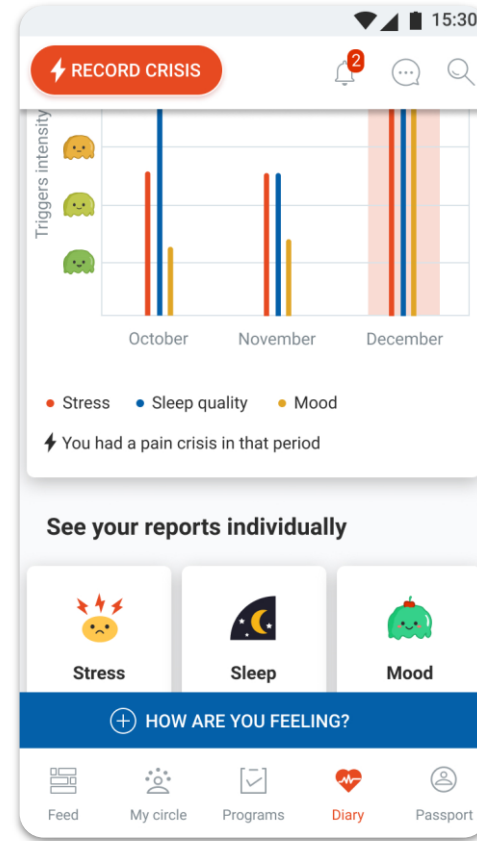
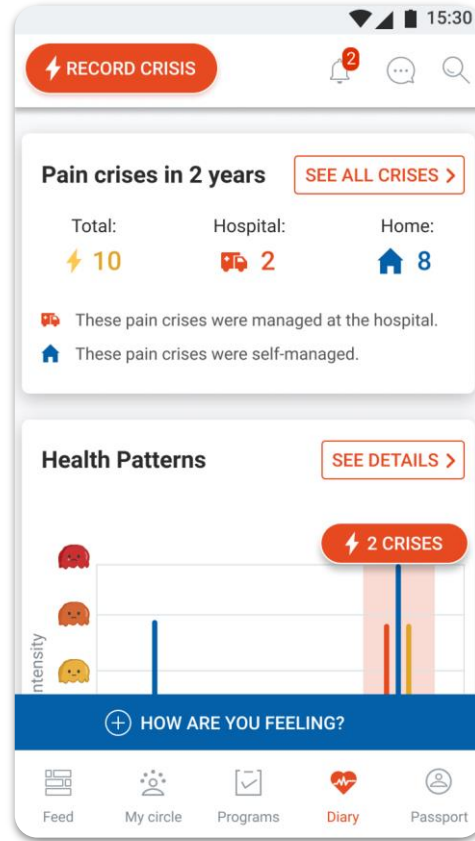
You can swipe up or down to easily adjust the levels of tracking.



# Diary

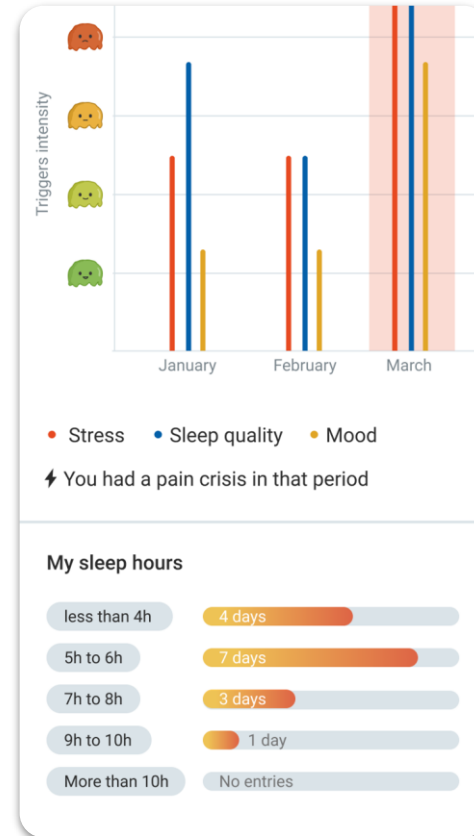
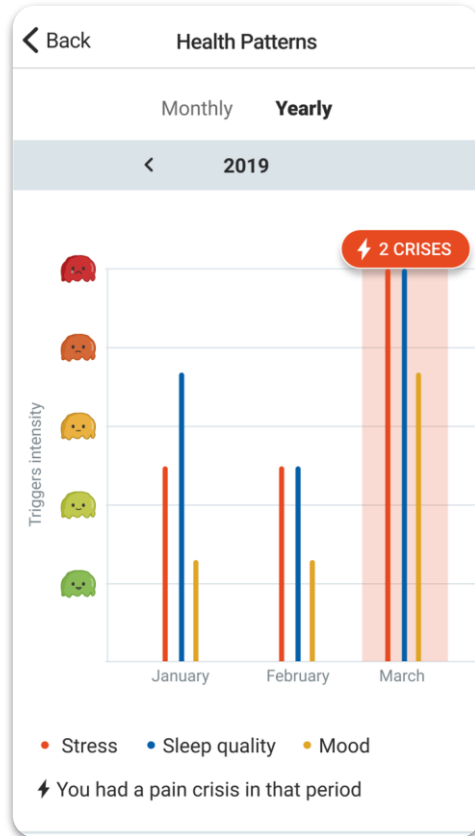
The diary has two functions:

- Tracking pain crises
- Tracking stress, sleep quality and mood every day



# Diary

Health Patterns show a monthly or yearly report of all trackers (stress, sleep quality, mood) recorded.

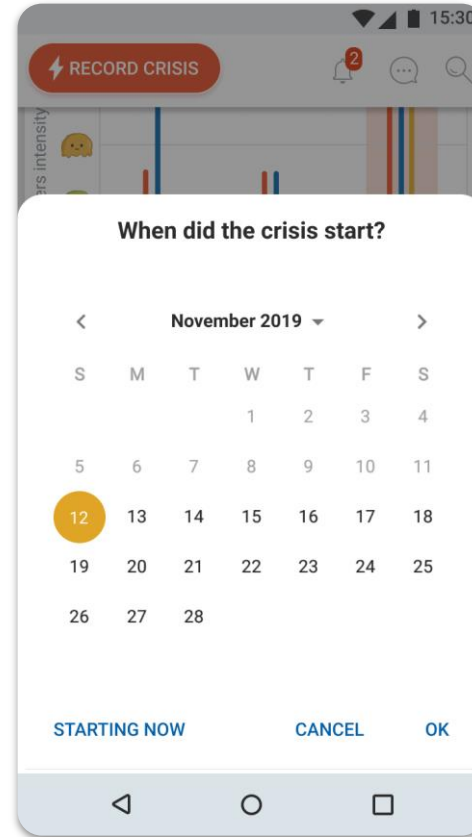
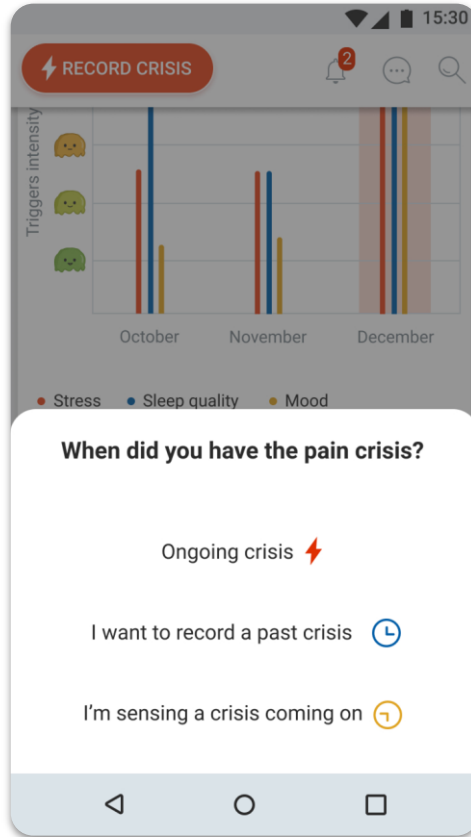


The lightning bolt indicates a crisis that occurred during that time period.

# Pain Crises

You can follow three different pathways for pain crises tracking.

1. Ongoing Crisis
2. Past Crisis
3. Sensed Crisis



Once a pathway is selected, you will be prompted to select the applicable date(s).

# Pain Crises

Automatic triggers of weather, wind speed and elevation will be recorded.

You will then be prompted to fill out information regarding your pain crisis.

The first is a scale to indicate the intensity of the pain.

Record a Pain Crisis

PAIN CRISIS RECORDS

Started on: **Oct 19, 2019** **ONGOING CRISIS**

Temperature 89F Wind speed 1.05 mph Elevation 14,505ft

How intense is your pain?

10		Extreme pain
9		
8		Severe pain
7		
6		Moderate pain
5		
4		Mild pain
3		

Where are you feeling the pain?

Upper body Middle body Lower body

Head Neck Right shoulder Left shoulder

Jaw Chest Belly Right arm

Left arm Elbows

Are you taking any medication for the pain?

You can also indicate where the pain was located as well as if you took any medication for the pain.

# Pain Crises

You can select if you visited the hospital during your crisis.

You also have the option to notify your support circle.

A space is also available for you to write any notes or thoughts.

Did you go to the hospital?

NO YES

Do you want to notify your circle?

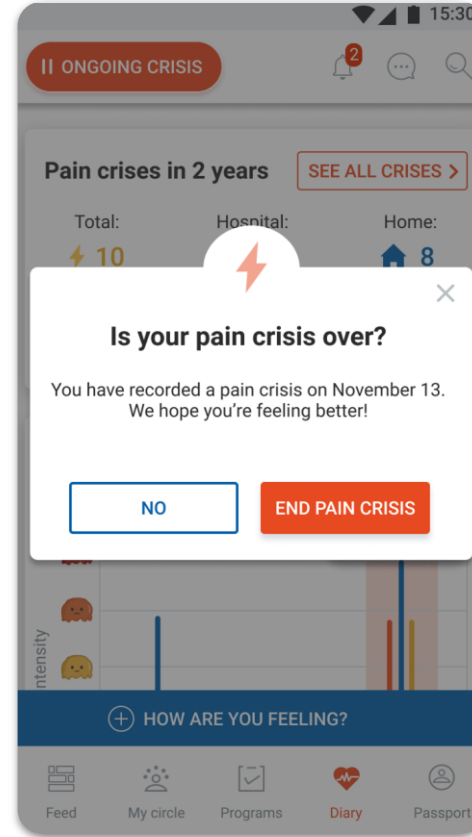
NO YES

Notes (optional)

Add here your notes

\* Please complete all fields and then press Submit.

SUBMIT



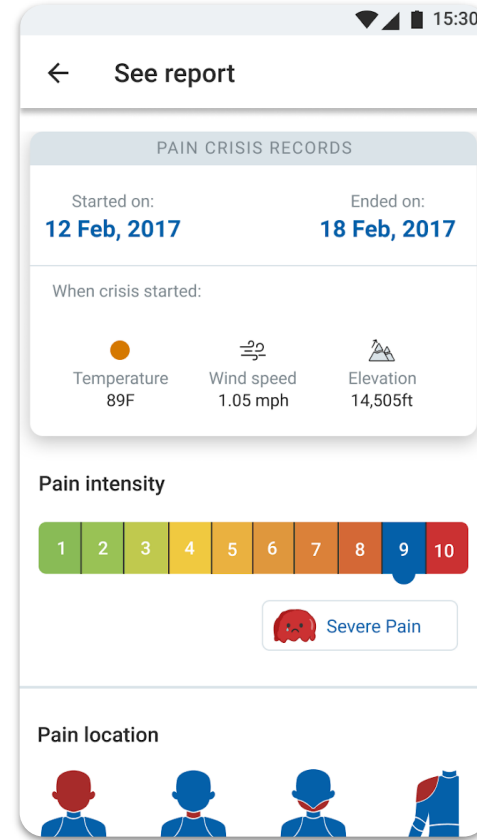
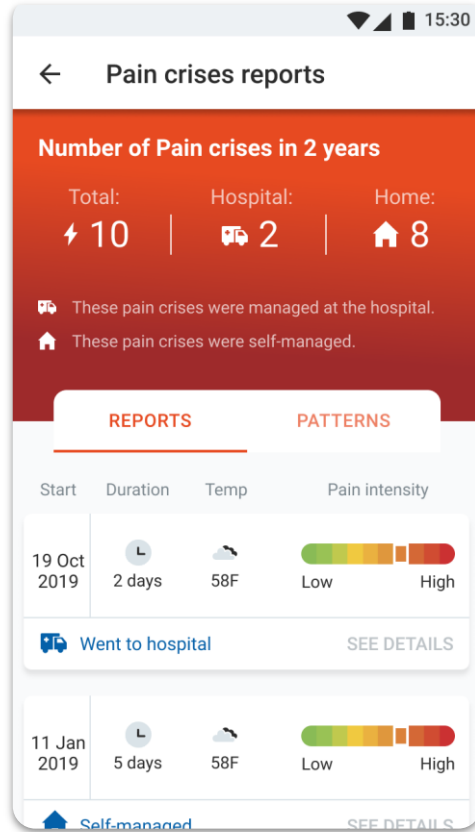
## Ongoing Crisis

In the event of an ongoing crisis, you have the ability to end the crisis as needed.

# Reports

You can access detailed reports of the pain crises you have recorded in the past.

The top bar shows a breakdown of total pain crises, divided between crises managed at home or at the hospital.

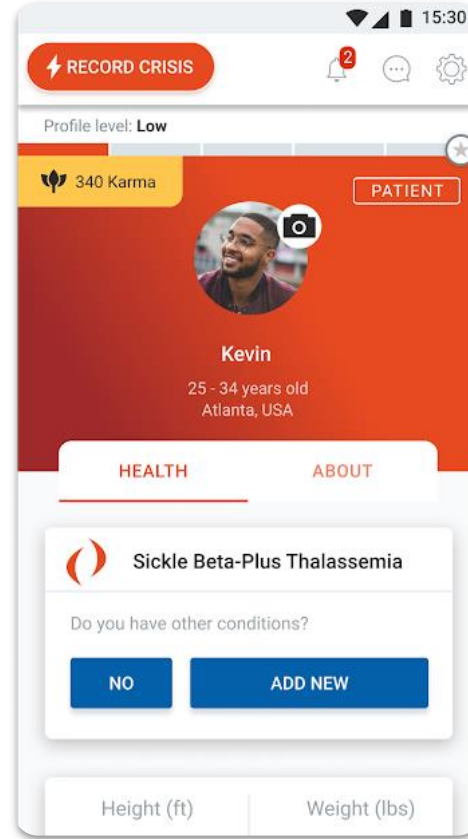
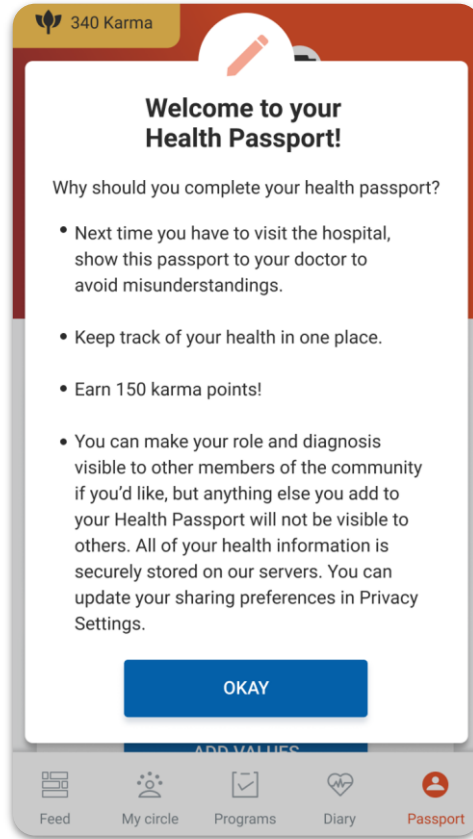


The main page consists of a general overview that outlines the duration, type of crisis, automatic triggers, and pain intensity.

Clicking into a report gives a detailed view of what was recorded during that particular pain crisis.

# Health Passport

The Health Passport is an easy way to keep track of any health-related data in one place.



You complete your profile by first adding any other existing medical conditions.

# Health Passport


Enter your height and weight values.

Medications can be added to help inform medical professionals.


If you allow access to location, the passport can detect and record hospital visits.

Height (ft) | Weight (lbs)

ADD VALUES


 Medications  
Add your medication here so your doctor can easily see it.


ADD MEDICATION


 Hospital Visits

ADD HOSPITAL VISIT


If you turn on your location, we can detect if you're at the hospital.






 Adding your doctor to the health passport will make it more trustable to new doctors.


ADD DOCTOR

 Latest Pain Crisis  
You haven't recorded any pain crisis

 Allergies  
Do you have any allergies?

NO | ADD ALLERGY

Last entry

 Health Reports

You can add your doctors to the health passport.

You can also see information about your latest pain crisis.

If you have any allergies, these can be added to the passport as well.

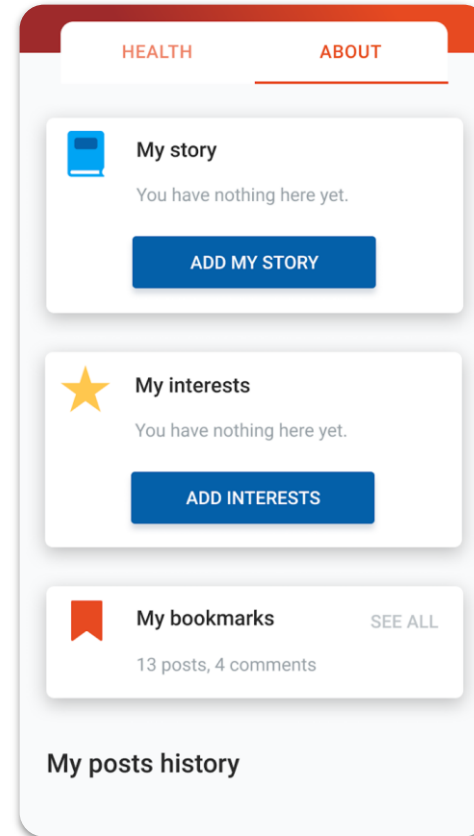
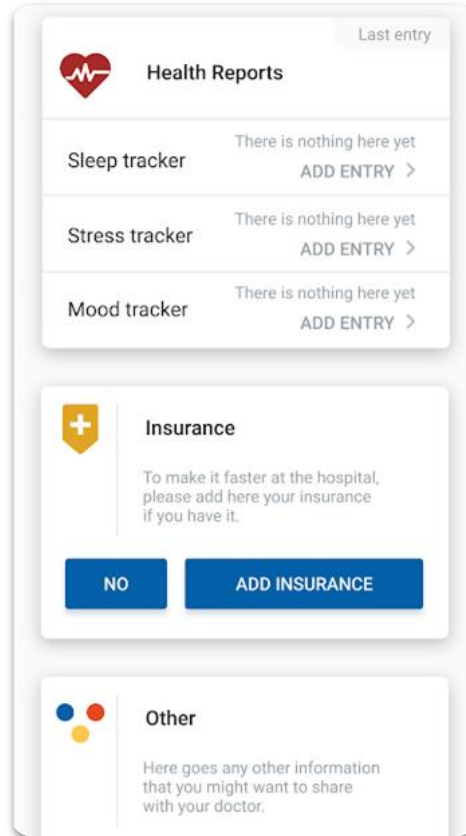


# Health Passport

Health Reports show information pertaining to any tracking done within SCD Companion.

You can also add insurance information.

A separate section exists for any additional health information that you think is important to include.



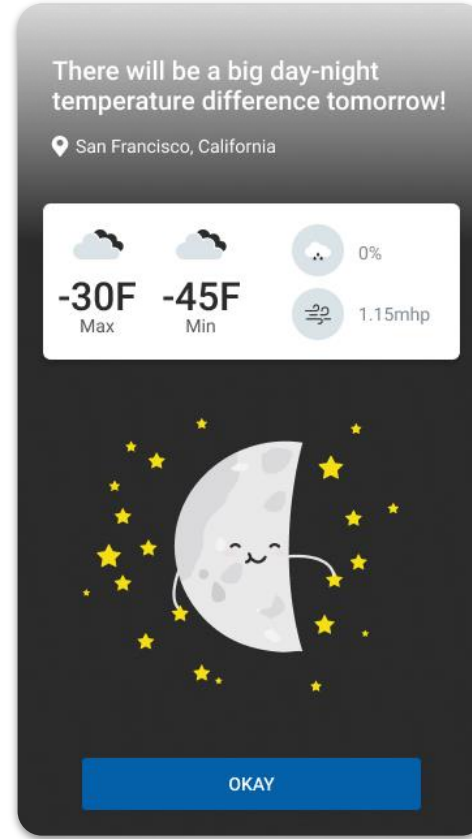
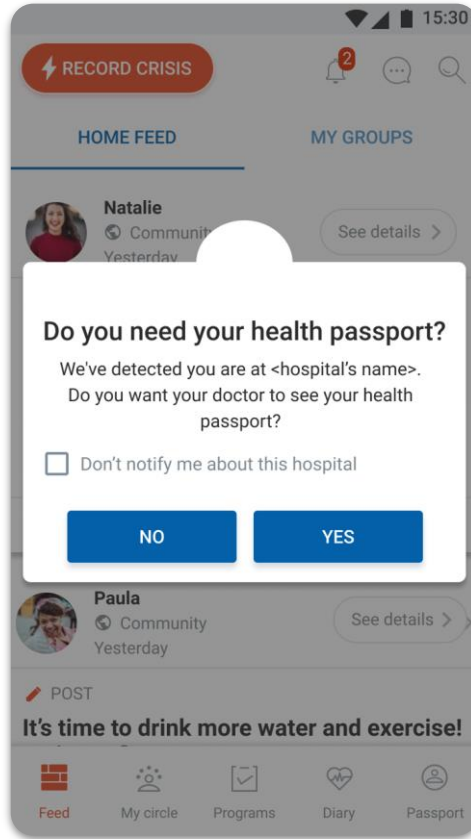
The second tab of the passport is dedicated to information about you.

You can share your story and your interests.

Any posts you have bookmarked and your posting history are also shown here.

# Notifications

If the app detects you are at a hospital, a notification will pop up asking if you need your health passport.



SCD Companion will also alert you of any weather changes and temperature differences.