healow Kids

October 2018

Documentation. Pursuant to this Agreement, Customer may receive copies of or access to certain written technical support or explanatory documents regarding eClinicalWorks's software; eClinicalWorks's services; and/or eClinicalWorks's internal policies and procedures (collectively, "Documentation"). Customer acknowledges and agrees that all such Documentation is and will remain the sole property of eClinicalWorks and that eClinicalWorks shall retain all intellectual property rights in all Documentation, including but not limited to patents, copyrights, or trademarks. Customer agrees that it will treat Documentation as highly confidential information and that Customer will not share Documentation with any third party, post any Documentation on the Internet, or otherwise externally publish any Documentation. Customer may disclose Documentation to its employees or independent contractors for the purposes of utilizing eClinicalWorks's software or services, provided that Customer (i) obtains reasonable assurances prior to making any such disclosure that Documentation will not be used in violation of this Agreement and (ii) such disclosure will not result in Documentation becoming generally accessible to the public at large. Notwithstanding any other provision in this Agreement to the contrary, Customer agrees that it will never negligently, willfully, or knowingly allow any person or entity that competes with eClinicalWorks to access Documentation. Customer agrees to promptly inform eClinicalWorks in writing of any violation of this provision by Customer or one of Customer's employees or agents of which it becomes aware. Upon termination of this Agreement, Customer agrees to return all Documentation and all copies of Documentation to eClinicalWorks and, if such return is not feasible, to destroy all Documentation and all copies of Documentation. Customer agrees that its obligations under this provision will survive termination of this Agreement. Customer agrees to certify its compliance with this provision in writing within seven (7) days of any request from eClinicalWorks.

©healow, 2018. All rights reserved

Contents

Documentation Terms and Conditions ____ 4

About This Guide ____ 5

- Product Documentation ____ 5
- Webinars ____ 5
- Getting Support ____ 6
- Conventions ____ 6

healow Kids Setup ____ 8

- Download healow Kids to Android Devices and iOS ____ 8
  - Downloading healow Kids to an iOS Device ____ 8
  - Downloading healow Kids to an Android Device ____ 9
- Log In to healow Kids ____ 9

healow Kids ____ 12

- The Wheel Screen ____ 12
  - Multiple Accounts ____ 12
  - Wheel Toolbar ____ 13
- Settings ____ 13
- Timeline ____ 15
- Find Appointments ____ 17
- Records ____ 18
  - Switching Between Portals ____ 19
- Journal ____ 19
- More ____ 22
  - Developmental Milestones ____ 22
  - Immunization Guide ____ 23
  - Growth Tracker ____ 25
  - Ins Outs Ups Downs ____ 27
    - Breastfeeding Tracker ____ 28
    - Bottle-Feeding Tracker ____ 30
    - Solid Food Tracker ____ 31

©Copyright eClinicalWorks - healow Kids Users Guide - October 2018

Diapering Tracker 33
Sleep Tracker 34
Active Kids 36
Potty Trainer 39
Toothbrushing Timer 42
Screen Time Countdown 42
Sun Time 43
Profile 44
App Settings 44
Demographics 46
Additional Info 47

APPENDIX A: NOTICES 48
Trademarks 48

Documentation Terms and Conditions

Documentation: This document contains information that is confidential and proprietary to eClinicalWorks, LLC and is intended for use solely by its authorized licensees ("Authorized Entity"). In accordance with these conditions and contractual agreements by the user, this document may not be copied, displayed, distributed, published, or otherwise reproduced, otherwise used, transmitted, or in any form or otherwise made available or used by anyone other than the authorized client to whom this document was originally delivered without the prior written consent of eClinicalWorks, LLC. Pursuant to its agreement, Authorized Entities may receive copies of or access to certain written technical support or explanatory documents regarding eClinicalWorks' software; eClinicalWorks' services; and/or eClinicalWorks' internal policies and procedures (collectively, "Documentation").

The examples, images, and scenarios presented in this documentation are solely for explanatory use of the software and its functionality, and should not be construed as directives for clinical or medical decisions; the user is ultimately and completely responsible for clinical and/or medical decisions made regarding patient care.

eClinicalWorks documentation may contain hyperlinks to external sites and/or third-party vendors for functional, informational, or instructional purposes. Use of these external links is at the user's and licensee's risk.

eClinicalWorks assumes no responsibility for errors or omissions that may appear in this publication and reserves the right to change this publication at any time without notice. All users are instructed to consult the latest version of the Documentation at myeclinicalworks.com for the latest updates to the Documentation at all times.

Once obtained, the distribution or posting this proprietary document on the Internet for public and/or private use is strictly prohibited. This restriction includes Internet websites, forums, blogs, private or public portals, or any other electronic means of sharing beyond the intended, licensed user.

About This Guide

This document provides information about healow™ Kids. healow™ Kids is a free app available on Google Play™ or the Apple App Store® that enables you to track you or your child's health and activities. It also enables you to access educational materials, videos, and other helpful areas of your child's growth and wellness. Set up healow Kids by downloading the application from Google Play or the Apple App Store and entering a practice code on the application.

The following table describes the changes in version 5.4.0:

Change	Description
■ 7-digit practice code to login.	Log In to healow Kids
■ Appointments enhancement	Timeline

Product Documentation

The eClinicalWorks documentation supports the eClinicalWorks Electronic Medical Record (EMR), Practice Management (PM), and/or additional software features.

eClinicalWorks documentation is available from:

- my.eclinicalworks.com Customer Portal https://my.eclinicalworks.com
  - click the *Documents and Videos* widget on the Knowledge tab to display the documents available in PDF format
  - click the *HelpHub* widget on the Helpdesk tab to display the documents available in the HelpHub
- eClinicalWorks application - from the Help menu, click the *HelpHub* link.

For more information, refer to the sections Webinars and Getting Support.

Webinars

For more information, take advantage of the free unlimited eClinicalWorks Webinars—interactive seminars conducted Online. These courses are presented by product trainers who are experts with eClinicalWorks and all of its capabilities. To sign up for an eClinicalWorks Webinar, go to:

my.eclinicalworks.com Customer Portal https://my.eclinicalworks.com.

To view and register for Webinars, click the Knowledge tab and then click the Webinars widget.

Getting Support

For support-related issues, open a Support Case on the eClinicalWorks Customer Portal at: https://my.eclinicalworks.com

You may also call or e-mail eClinicalWorks Support:

Phone: (508) 475-0450

E-mail: support@eclinicalworks.com

Conventions

This section lists typographical conventions and describes the icons used to call out additional information and to indicate item keys, new features, and enhancements to the application.

- Typographical conventions:

Bold	Identifies options, keywords, and items in a description.
Italic	Indicates variables, new terms and concepts, foreign words, or emphasis.
`Monospace`	Identifies examples of specific data values, and messages from the system, or information that you should actually type.

- Icons are used to highlight new features and indicate enhanced features and item keys:

Icon	Description
	Indicates a Patient Safety feature.
	Indicates an item key.
	Identifies new features, suggested by clients, from the eCWIdeas website: https://ecwideas.eclinicalworks.com:444/.
	Identifies new features.
	Indicates enhanced features.

Icon	Description
	Points out helpful tips or additional information.
	Indicates the feature helps meet MACRA and/or Medicaid Meaningful Use requirements. Depending on the practice, this could be MIPS or Advanced APM.

Note to eClinicalWorks Private Cloud/SaaS Users: When accessing the eClinicalWorks application via RDP (Remote Desktop Protocol) as a backup, be advised that Microsoft® Office® applications such as Excel® and Word® will not be supported.

healow Kids Setup

healow™ Kids is a free app available on Google Play™ or the Apple App Store® that enables you to track your child's health and activities. It also enables you to access educational materials, videos, and other helpful areas of your child's growth and wellness. Set up healow Kids by downloading the application from the Google Play or the Apple App Store and entering a practice code on the application.

Download healow Kids to Android Devices and iOS

Download healow Kids directly to the Android® device or iOS® device.

Note: The Android platform requires version 2.3.3 or higher and the iOS platform requires version 7.0 or higher.

For more information, refer to the sections:

- Downloading healow Kids to an iOS Device
- Downloading healow Kids to an Android Device

Downloading healow Kids to an iOS Device

To download healow Kids from the Apple App Store directly to the iOS device:

1. From the iOS device, tap the *App Store* icon:

   The App Store opens.
2. Tap the magnifying glass and type *healow Kids* in the Search field.

   The App Store returns the results.
3. Select healow Kids and tap the install icon*:*

   When the installation completes, the healow Kids Icon displays on the iOS device Home screen:

Downloading healow Kids to an Android Device

To download healow Kids from the Google Play Store directly to the Android device:

1. From the Android device, tap the *Google Play* icon:

   The Play Store opens.
2. Tap the magnifying glass and type *healow Kids* in the Search field.

   The Play Store returns the results.
3. Select healow Kids and Tap *Install:*

   The App Permission screen displays.
4. Tap the *Accept* button:

   - The application installs on the Android device.
   - When the installation is complete, the healow Kids Icon displays on the Android device Home screen:

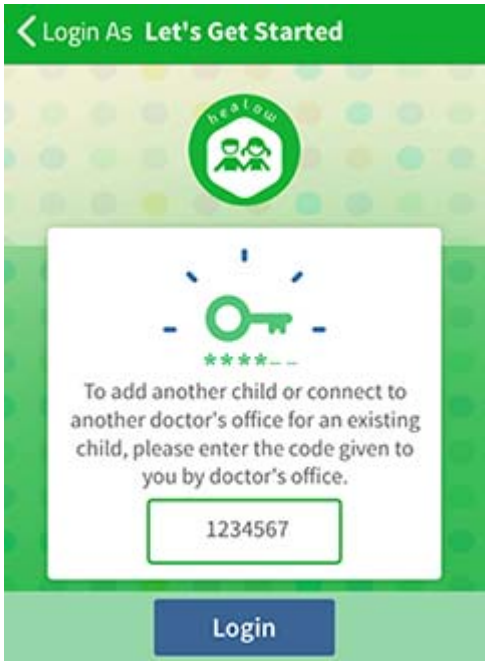
Log In to healow Kids

Enter the practice code provided by the doctor's office to enable healow Kids. Enter a username and password, and then enter a unique PIN code for access to healow Kids.

To enter the practice code:

1. Tap the healow Kids icon on the Home screen.

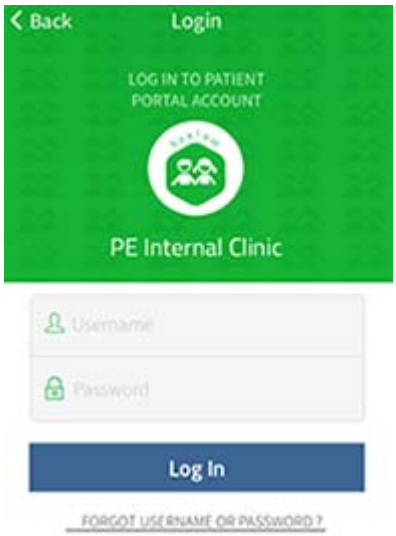
   The Welcome screen displays:



2. Enter the 7-digit practice code in the text box.
3. Tap *Login*.

> **Note:** The practice code is the same code that is used to find the patient's practice on healow.com.

The Login screen displays:



4. Enter the practice portal username and password.

   The Terms of Use screen displays:

5. Tap *I agree to the terms & conditions*.

   The Create PIN screen displays:

6. Enter a unique four-digit PIN.

   The Confirm PIN screen displays.

7. Re-enter your PIN.

   The home screen for healow Kids displays. Once the PIN is set up, use the PIN to log in each time the application is used.

HEALOW KIDS

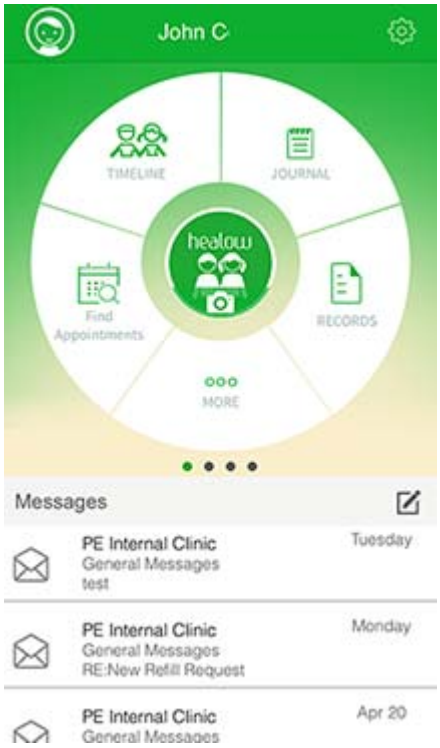
The healow™ Kids Home screen provides access to the Timeline, Records, Messages, Journal, the More screen, and Settings.

The Wheel Screen

The Home screen of the healow Kids application is called the Wheel. Use the Wheel screen to navigate through the application, and view and send messages:

Messages received on the Patient Portal display on the Wheel screen. View and reply to the messages from the Wheel screen. Create a new message by tapping the compose (pen and paper) icon. For more information about messages, refer to the *Patient Portal Users Guide*.

To add a photo at the center of the Wheel screen, tap the *camera* icon and add a photo.



Multiple Accounts

For parents with multiple children, click the child icon at the top left, and tap a child's name to display an account:

To add a new account:

1. On the Wheel screen, tap the child icon, and tap *Add New Account*.

   The Add New Account pop-up displays:
2. To link multiple practices to a child, tap *Link Another Practice*.
3. To add an account for a child new to the application, tap *Add Another Child*.
4. To exit, tap outside the Add New Account pop-up.

Wheel Toolbar

Upon tapping an option on the Wheel screen (Timeline, Records, Journal, Appointment, and More), a toolbar displays at the bottom of the next screen that enables users to access the Timeline, Records, Journal, and the More screens:

Settings

The settings icon on the Wheel screen enables users to change their PIN, log out of the application, view My Accounts, About, Terms of Use, Privacy Policy, and Linked Devices.

The following table describes the features of the Settings screen:

Feature	Description
PIN Settings	Change the PIN by tapping *PIN Settings*.
Manage Accounts	Displays the accounts associated with the application. To remove an associated account, tap *Remove account from app*.

Feature	Description
Support	Displays the Help and Feedback sections.
About	Displays the version of the application.
Terms of Use	Displays the terms of use.
Privacy Policy	Displays the privacy policy.
Logout	Tap *Logout* to exit the application or log in to a different account.

To change a user PIN:

1. To display the Settings menu, from the Wheel screen, tap the *Settings* icon at the top right corner:

   The Settings screen displays.
2. Tap *Pin Settings*.

   The Change Pin screen displays:

3. Tap *Change Pin*.
4. Enter the old PIN, create a new PIN, and then confirm the new PIN.

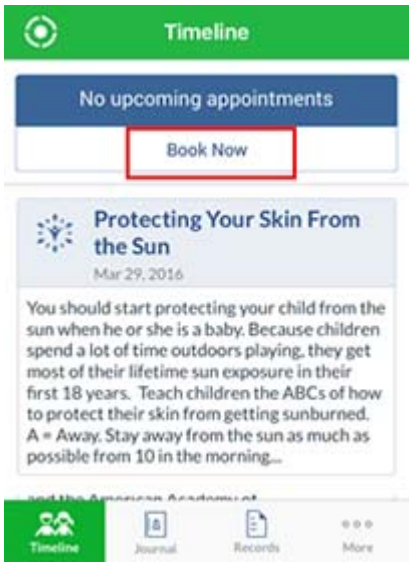
   The PIN is changed.

Timeline

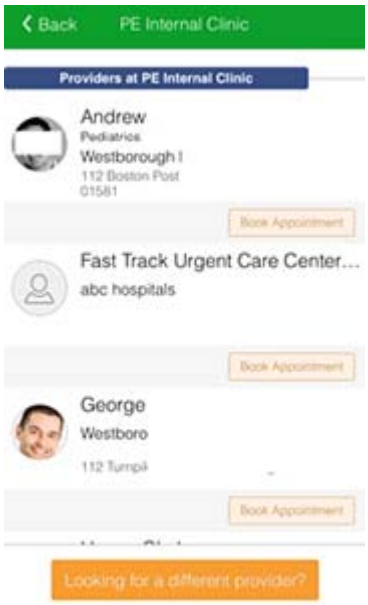
The timeline provides a moving scale of the progress of a child from newborn to age 13. Information related to the child displays on the screen, such as upcoming appointments, tests, and helpful tips. Also, informational videos and written education display for each age group for the child (0-1 yrs, 1-2 yrs, *etc.*). Tap the Wheel icon on the top left corner to return to the Wheel screen. Upcoming appointment information displays at the top of the screen:

To book an appointments:

1. To book an appointment, on the Timeline screen, tap *Book Now*:



The Booking screen opens:



2. To book the appointment, tap *Book Appointment*.

   For more information on setting up healow Open Access appointments, refer to the *healow and Open Access Setup* guide.

Users can book multiple appointments from the Timeline screen even if a future appointment displays.

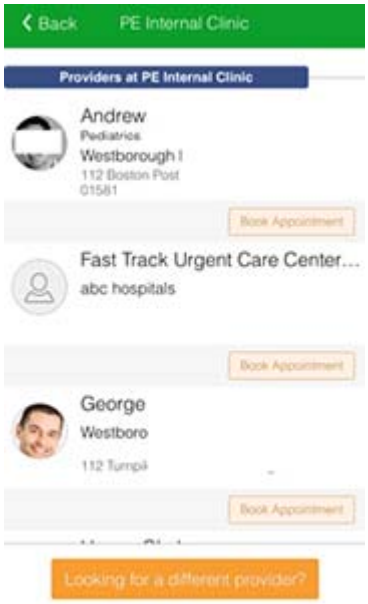
To book an appointment:

1. On the Timeline screen, tap the appointment block:

   The upcoming appointments display.

2. Click the calendar icon to book appointment.

The Booking screen opens:



3. To book the appointment, tap *Book Appointment*.

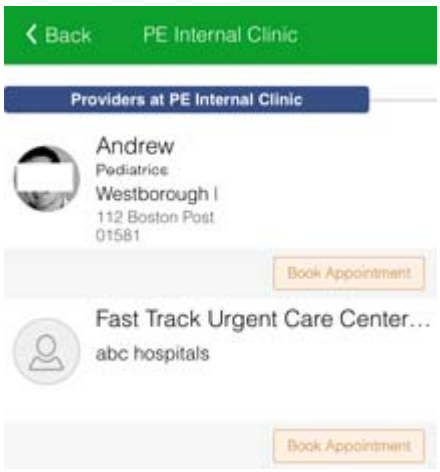
Note: To set up the appointments feature, contact the user's practice.

Note: The practice must publish their schedule to healow for access to the calendar icon.

Find Appointments

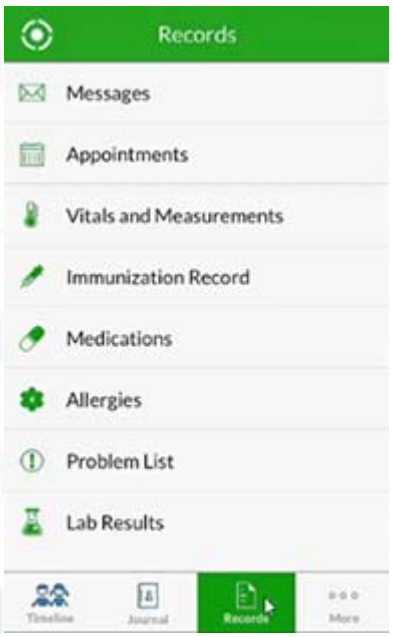
Send appointment requests from the Find Appointments screen. On the Wheel screen, tap *Find Appointments* to display the Booking screen. Tap *Book Appointment* to book an appointment for a child:

For more information on setting up healow Open Access appointments, refer to the *healow and Open Access Setup* guide.



Records

The Records window provides access to messages, appointments, vitals, immunization records, medications, allergies, the patient's Problem List, and lab results. To display the Records screen, tap *Records* on the Wheel screen:



The following table describes the features of the Records screen:

Feature	Description
Messages	Tap *Messages* to display messages.
Appointments	Tap *Appointments* to display the list of upcoming appointments and completed appointments. The list of upcoming appointments enables the parent to set up reminders on their phone, and set up navigation to the practice.
Vitals and Measurements	Tap *Vitals and Measurements* to display the vitals and measurements for the child measured in past appointments.
Immunization Record	Tap *Immunization Record* to display the immunization record of the child.
Medications	Tap *Medications* to display and refill the medications the child is taking.
Allergies	Tap *Allergies* to display the allergies associated with the child.
Problem List	Tap *Problem List* to display the child's problem list.

©Copyright eClinicalWorks - healow Kids Users Guide - October 2018

Feature	Description
Lab Results	Tap *Lab Results* to display lab results for the child by date or by test. The lab results only display if published to the portal, based on practice preferences.

Note: To display PHR information in the healow Kids app, the practice must publish PHR information (vitals, allergies, lab results, problem list, *etc.)* using the Portal settings in the EMR.

Switching Between Portals

On a record section screen, switch between portals for the patient by tapping the down arrow at the top of the screen and selecting a different portal:

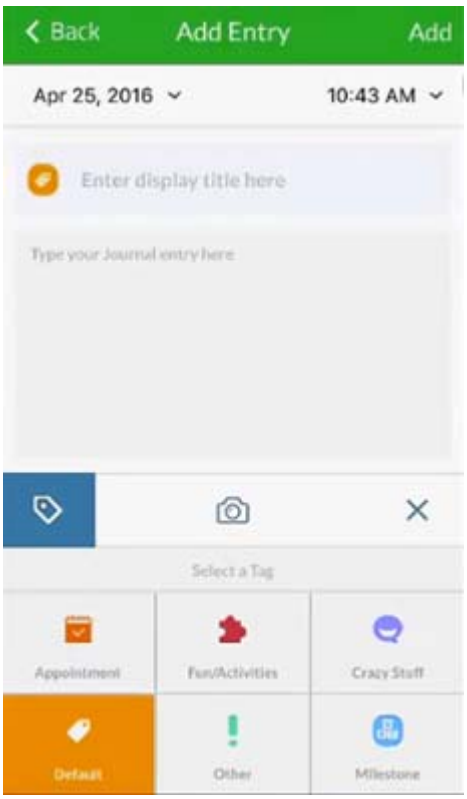
Journal

Journal entries enable parents to add personal journal entries for their child; no information is relayed back to the EMR through the journal entries. Apply tags to journal entries and filter entries using the tags. To display the Journal Entry screen, tap *Journal* on the Wheel screen. The Journal screen displays:

To enter a journal entry:

1. To add a journal entry:
   a. On the Journal Entry screen, tap the *plus (+)* sign at the top of the screen:

The Add Entry screen opens:



b. Enter a display title in the *Enter display title here* text box.

c. Enter journal entry in the text box.

d. *(Optional)* To add a picture, tap the camera icon and select Camera, or add a photo from the Photo Library.

e. *(Optional)* To add a tag, tap a tag under *Select a Tag*.

f. *(Optional)* To cancel an entry, click the *X*.

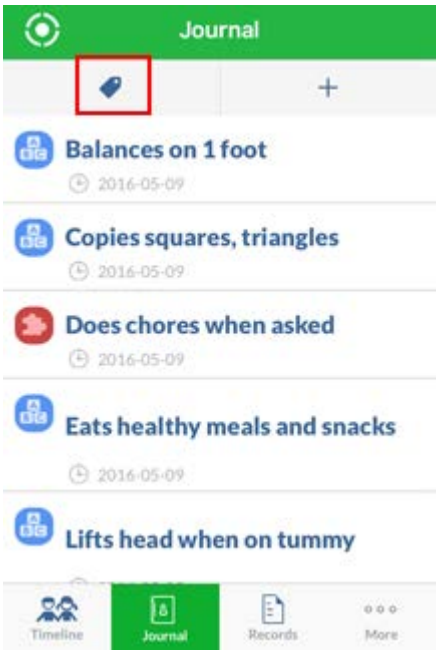
g. Tap *Add.*

The entry is added.

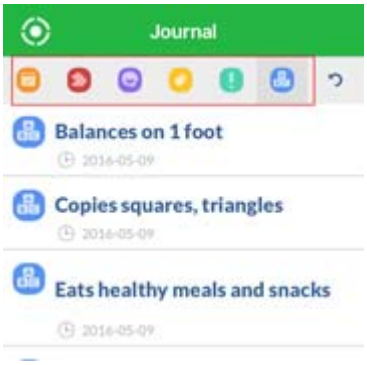
2. To display previous journal entries, tap an entry from the list.

Note: Photos uploaded to the application display under Journal Entries but are not saved on the application; they are saved to the device only. Journal Entries are saved to the application and will display if the application is activated on another device.

3. To filter journal entries using tags:
   a. On the Journal window, tap the tag icon:



   The tags display at the top of the window:



   b. To display all entries associated with a particular tag, tap a tag.
4. To exit the Journal window, tap the *wheel* icon on the top left of the window.

More

To access the More screen, tap *More* from the Wheel screen. The More screen provides access to developmental milestones, immunization guides, growth trackers, *etc.*:

For more information, refer to:

- Developmental Milestones
- Growth Tracker
- Active Kids
- Toothbrushing Timer
- Profile
- Immunization Guide
- Ins Outs Ups Downs
- Potty Trainer
- Sun Time

Developmental Milestones

Tap *Developmental Milestones* on the More screen to track the child's milestones by age range. The Milestones window lands on a child's current age. Swipe left or right to display older and newer milestones by age range.

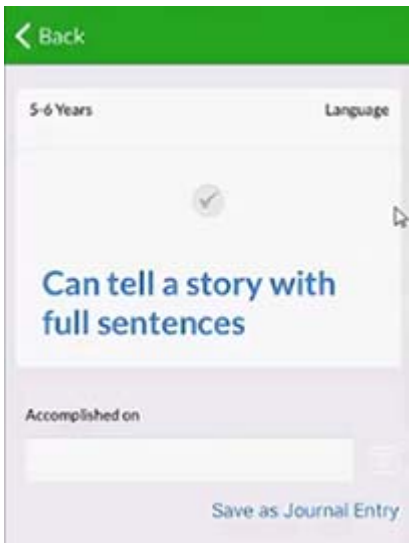
To track a child's milestone:

1. To mark a milestone as accomplished, check the circle next to a milestone:

   OR

   Tap a milestone.

   The milestone displays:



2. Select a date under *Accomplished on*.
3. *(Optional)* To save the milestone as a journal entry, tap *Save as Journal Entry.*
4. Tap *Back*.

   The milestone is saved.

Immunization Guide

Tap *Immunization Guide* on the More screen to display the child's immunizations due by age range. The Immunization Guide window lands on a child's current age. Swipe left or right to display older and newer immunizations by age range.

To review immunizations:

1. On the More screen, tap *Immunization Guide*.

   The Immunization Guide screen displays:

2. Tap an immunization.

   The CDC VIS screen displays:

3. Review the immunization information, and tap *Mark as Read and Reviewed for Next Doctor's Visit*.

Information about the immunization displays:

4. *(Optional)* Tap an information row to view detailed information about the immunization row.
5. Tap *Back*.

   The immunization is marked as reviewed.

Growth Tracker

Tap *Growth Tracker* on the More screen to track the child's growth through the years. Measure height, weight, head circumference, and calculate the BMI of the child.

To measure growth of a child:

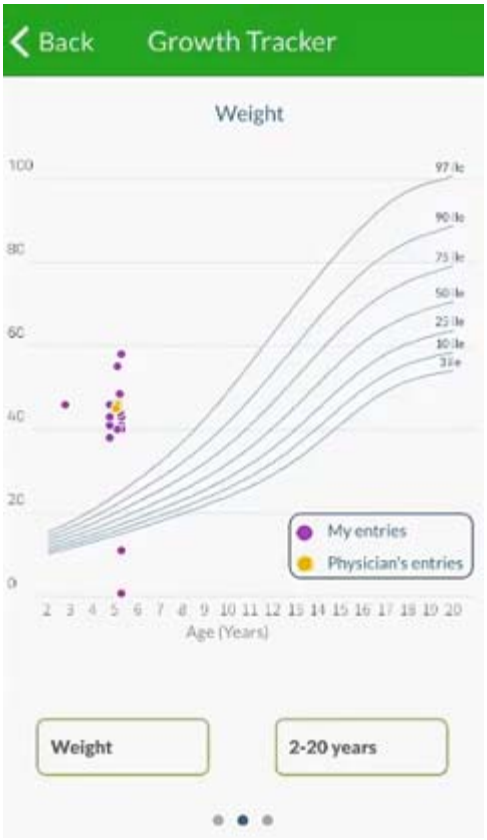
1. Tap *Growth Tracker* on the More screen.

   The Growth Tracker window displays:

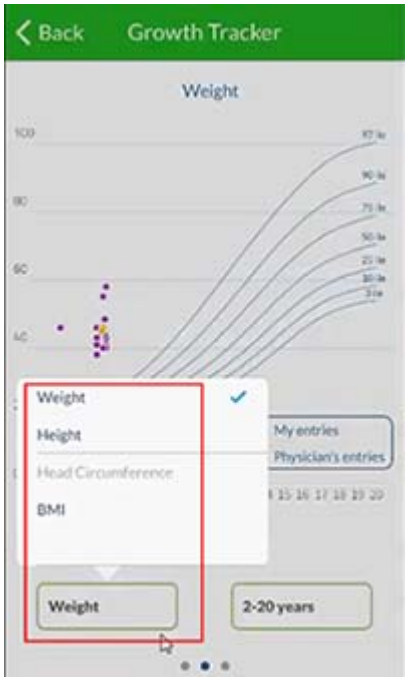
2. To enter measurements:
   a. Enter height in the *Height* text box.
   b. Enter weight in the *Weight* text boxes.
   c. Enter head circumference in the *Head Circumference* text box.
   d. *(Optional)* Change the unit measurements by clicking the down arrow next to a measurement unit, and select from the drop-down list.

      The percentile and BMI for the child displays.
   e. Click *Save*.

   The previous entries display at the bottom of the screen.
3. Swipe left at the bottom of the screen to display the entries in graph format:



4. Tap the *Weight* text box, and select a different measurement or measurement unit to display the graph of the chosen criteria:



5. To exit, tap *Back*.

Ins Outs Ups Downs

Track a baby's breastfeeding times, quantity of formula or breast milk fed, and quantity of solids fed. Also, track a baby's sleep amounts and the contents of their diapers. Tap *Ins Outs Ups and Downs* to display the Ins Outs Ups Downs screen.

For more information, refer to:

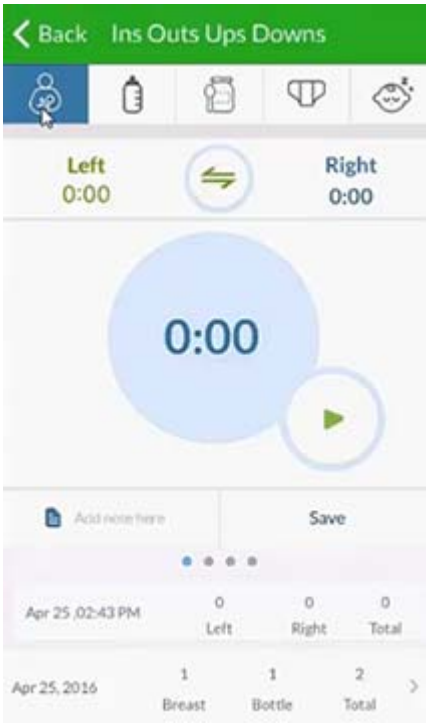
- Breastfeeding Tracker
- Bottle-Feeding Tracker
- Solid Food Tracker
- Diapering Tracker
- Sleep Tracker

©Copyright eClinicalWorks - healow Kids Users Guide - October 2018

Breastfeeding Tracker

Track the amount of time the baby spends feeding from each breast using the Breastfeeding timer. Also, add notes to each feeding.

To add breastfeeding times:



1. To add breastfeeding times:
    a. On the Ins Outs Ups Downs screen, tap the *Left* or *Right* button:
    b. Tap the *Play* button.

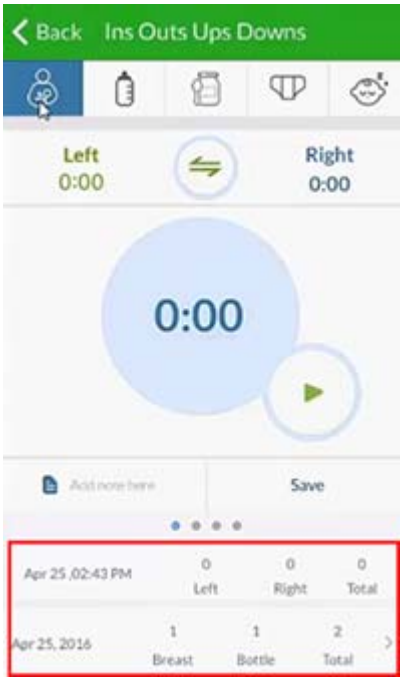
       The timer starts. You can exit out of the application, and tap back into the application at a later time.
    c. To switch to the right breast, tap the *Switch* button in the middle.

       OR

       Tap the *Right* button.
    d. To turn off or pause the timer, tap *Pause*.
    e. To add a note, tap *Add note here*.

       The Enter Notes screen displays.
    f. Enter notes, and tap *Done*.
    g. To save the timer entry and notes, tap *Save*.

       The entries display at the bottom of the screen in chronological order:



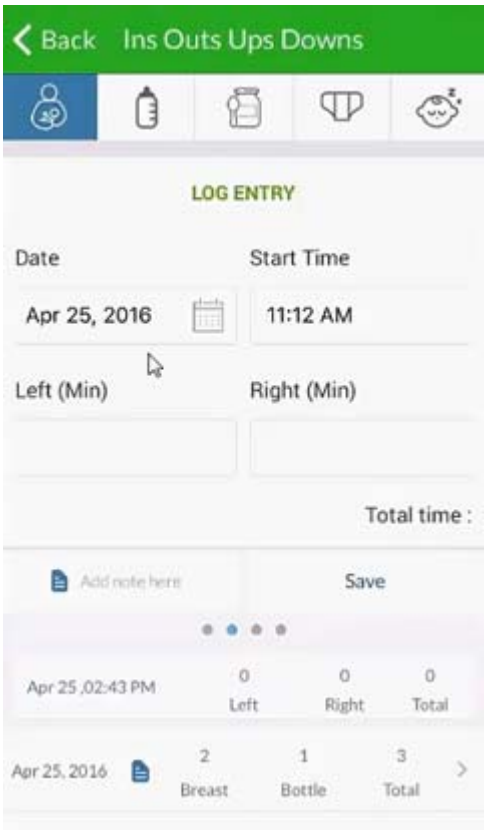
2. To enter a log entry of the breastfeeding times:
   a. Swipe left at the bottom of the window.

      The Log Entry window displays:

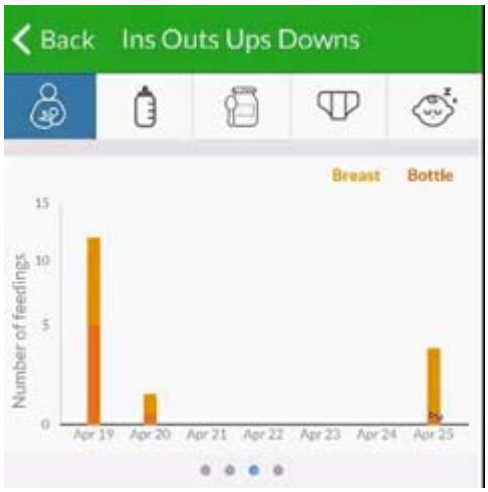
   b. Enter a time for the left breast in minutes in the *Left (Min)* text box.
   c. Enter a time for the right breast in minutes in the *Right (Min)* text box.
   d. To add a note, tap *Add note here*.

      The Enter Notes screen displays.

   e. Enter notes, and tap *Done*.
   f. To save the log entry and notes, tap *Save*.



3. Swipe left to display a graph of the *Number of feedings vs. the previous seven days*:

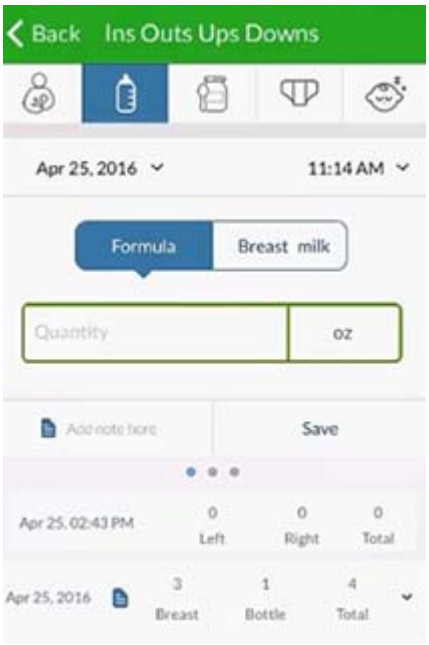


4. Swipe left to display a graph of the *Number of feedings vs. Last 30 days*:

5. To exit, tap *Back*.

Bottle-Feeding Tracker

Track bottle feeding of a baby with formula or pumped breast milk on the Bottle-Feeding Tracker screen.



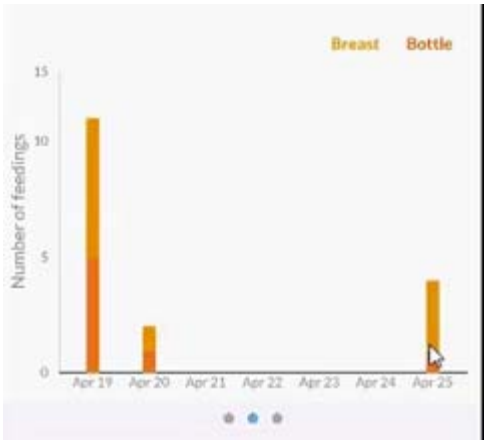
To add bottle quantity:

1. Tap the *bottle* icon on the top of the screen.

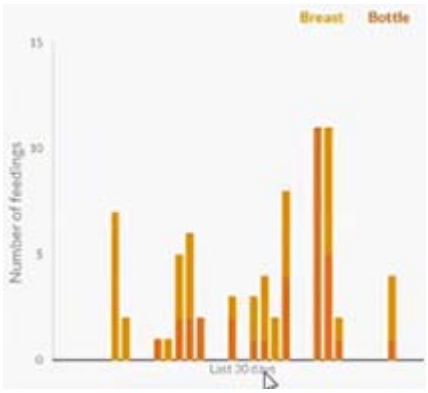
   The Bottle screen displays:
2. Tap *Formula* or *Breast milk*.
3. Enter a quantity in the *Quantity* text box.
4. To add a note, tap *Add note here*.

   The Enter Notes screen displays.
5. Enter notes, and tap *Done*.
6. To save the entry and notes, tap *Save*.

   The entries display at the bottom of the screen in chronological order.
7. Swipe left to display a graph of the *Number of feedings vs. the previous seven days*:



8. Swipe left to display a graph of the *Number of feedings vs. Last 30 days*:

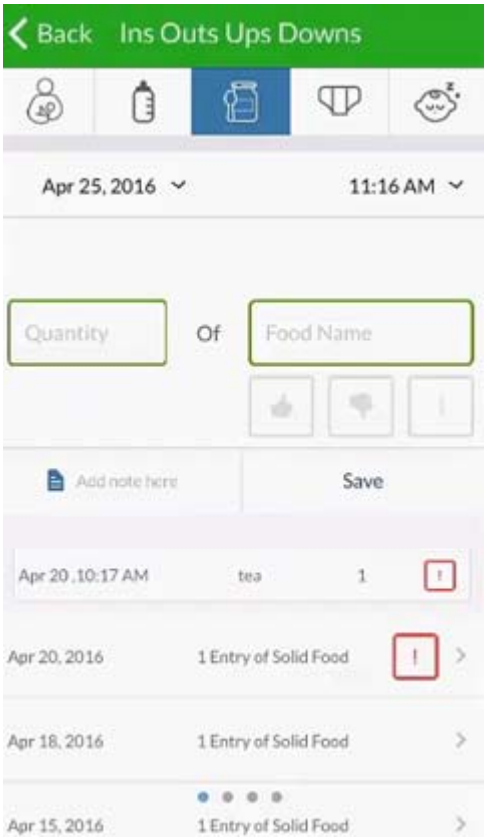


9. To exit, tap *Back*.

Solid Food Tracker

Track food items for a baby on the Solid Food screen. Most parents introduce new foods one at a time to babies, and evaluate if the baby has an adverse reaction to the food.

To add solid food for a baby:



1. On the Ins Outs Ups Downs screen, tap the *jar and spoon* icon.

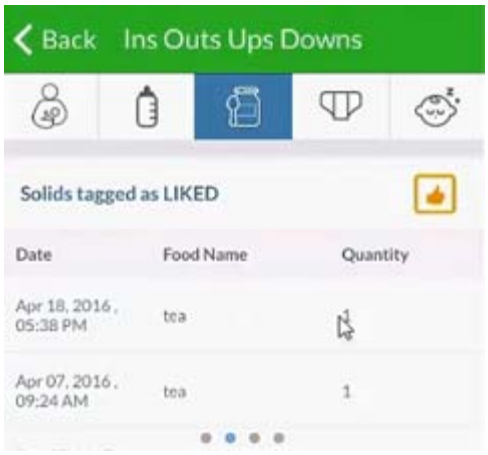
   The Solid Food screen displays:
2. To add a solid food entry:
   a. Enter a quantity in the *Quantity* text box and the food name in the *Food Name* text box.
   b. *(Optional)* If the baby likes the food, tap the *like* icon.
   c. *(Optional)* If the baby does not like the food, tap the *dislike* icon.
   d. *(Optional)* If the baby has a reaction to the food, tap the *exclamation point* icon.
3. To add a note:
   a. Tap *Add note here*.

      The Enter Notes screen displays.
   b. Enter notes, and tap *Done*.
4. To save the entry and notes, tap *Save*.

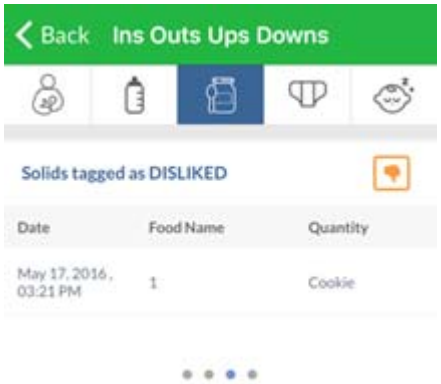
   The entries display at the bottom of the screen in chronological order.
5. To edit or delete an entry:
   a. Tap a previous entry at the bottom of the screen.

      The entry displays.
   b. Update the entry, and tap *Update*.
   c. *(Optional)* To delete the entry, tap the *trash can* icon.

6. To display solids tagged as liked, swipe left:



7. To display solids tagged as disliked, swipe left again:



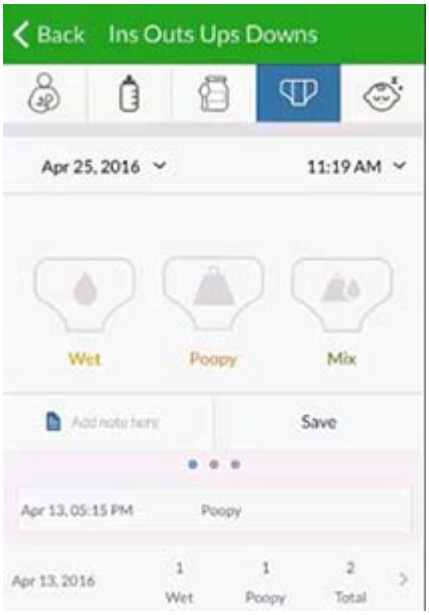
8. To display solids tagged as a food causing a reaction, swipe left again:

9. To exit, tap *Back*.

Diapering Tracker

Track diapering of a baby on the Diapering screen. Count the number of wet, feces-filled, and both feces- and urine-filled diapers on the Diapering screen.

To add a diaper to the count:



1. On the Ins Outs Ups Downs screen, tap the *Diapering* tracker.

   The Diapering screen displays:
2. To indicate the contents of a diaper, tap *Wet*, *Poopy*, or *Mix*.
3. To add a note:
   a. Tap *Add note here*.

      The Enter Notes screen displays.

   b. Enter notes, and tap *Done*.
4. To save the entry and notes, tap *Save*.

   The entries display at the bottom of the screen in chronological order.
5. Tap a date to display all the entries for a day.
6. Swipe left to display a graph of the *Number of diapers vs. the previous seven days*:

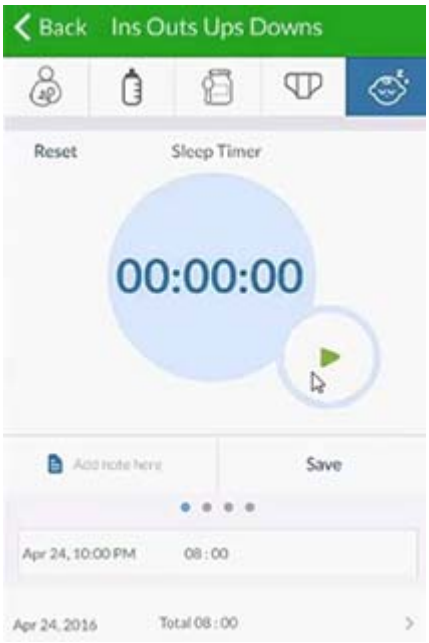
7. Swipe left again to display a graph of the *Number of diapers vs. Last 30 days*:

8. To exit, tap *Back*.

Sleep Tracker

Track the amount of time the baby sleeps using the Sleep tracker. Also, add notes for the sleep times.

To add sleep times:



1. On the Ins Outs Ups Downs screen, tap the *sleeping baby* icon.

   The Sleep times screen displays:

2. To add sleep times:
   a. Tap the *Play* button.

      The timer starts. You can exit out of the application, and tap back into the application at a later time.

   b. *(Optional)* To reset timer, tap *Reset*.
   c. To turn off or pause the timer, tap *Pause*.
   d. To add a note, tap *Add note here*.

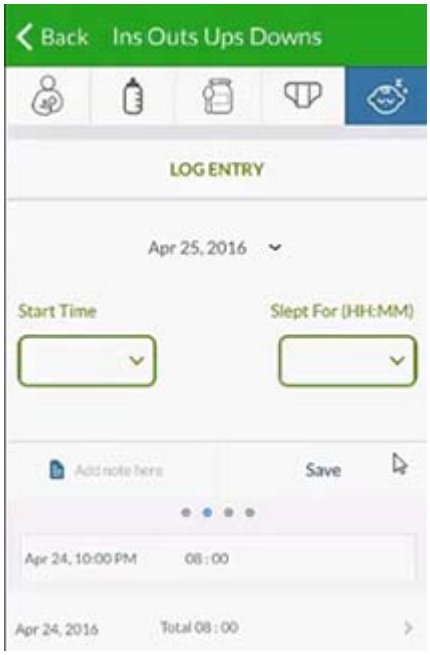
      The Enter Notes screen displays.

   e. Enter notes, and tap *Done*.

f. To save the timer entry and notes, tap *Save*.

The entries displays at the bottom of the screen in chronological order.

3. To enter a log entry of the sleep times:



   a. Swipe left at the bottom of the window.

      The Log Entry window displays:

   b. Select a start time from the *Start Time* drop-down list.

   c. Select the time slept from the *Slept For (HH:MM)* drop-down list.

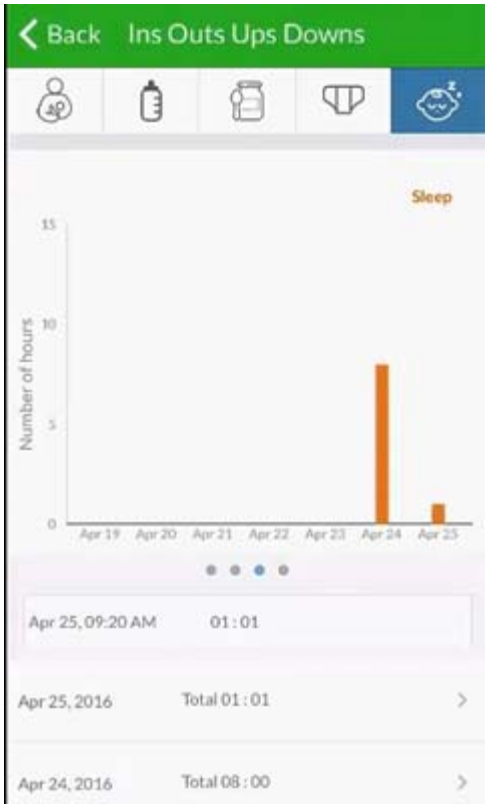
   d. To add a note, tap *Add note here*.

      The Enter Notes screen displays.

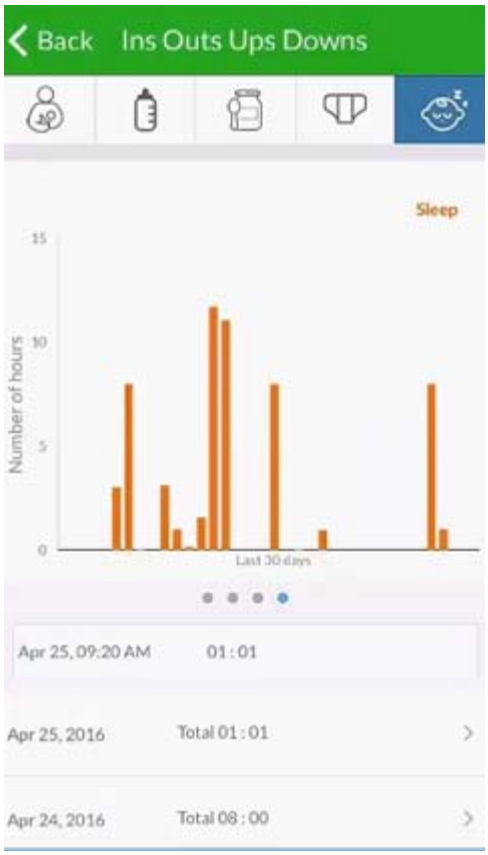
   e. Enter notes, and tap *Done*.

   f. To save the log entry and notes, tap *Save*.

4. Swipe left again to display a graph of the *Number of hours vs. the previous seven days*:



5. Swipe left again to display a graph of the *Number of hours vs. Last 30 days:*



6. To exit, tap *Back*.

Active Kids

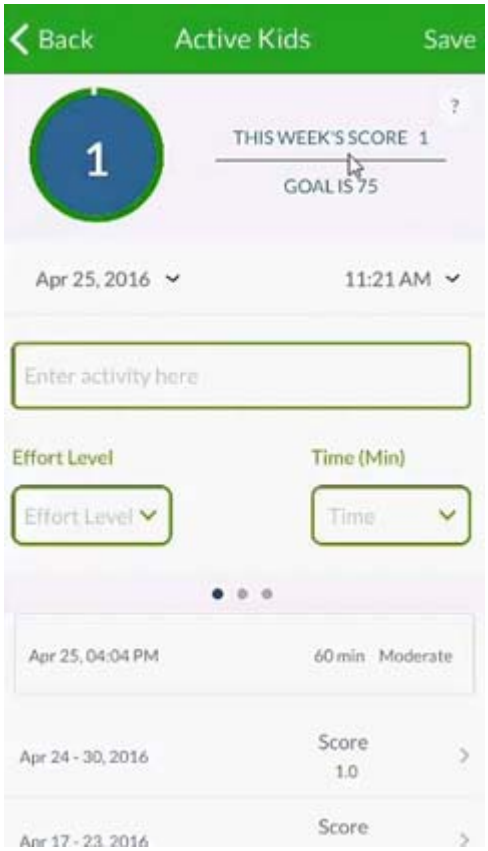
The American Academy of Pediatrics (AAP*) recommends that children age six years and older get at least one hour per day of moderate to vigorous exercise. For children younger than six years, active play is the best exercise. Vigorous activity is anything that makes you breathe harder and sweat. Track a child's activity on the Active Kids screen. To display the Active Kids screen, tap *Active Kids* on the More screen. Tap the question mark on top of the window to display information related to kids being active.

*. www.aap.org

To track activity:

1. On the More screen, tap *Active Kids*.

   The Active Kids screen displays:



2. Enter an activity in the *Enter activity here* text box.
3. Select an effort level (Moderate or Vigorous) from the *Effort Level* drop-down list.

4. Select time from the *Time (Min)* drop-down list.
5. To save, tap *Save* at the top of the screen.

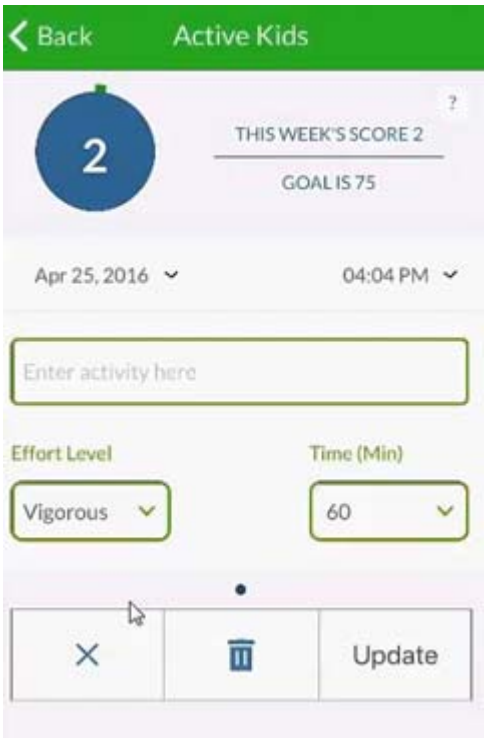
   The entries display at the bottom of the screen in chronological order.
6. To edit older entries:
   a. Tap an entry at the bottom of the screen.

      The entry displays:

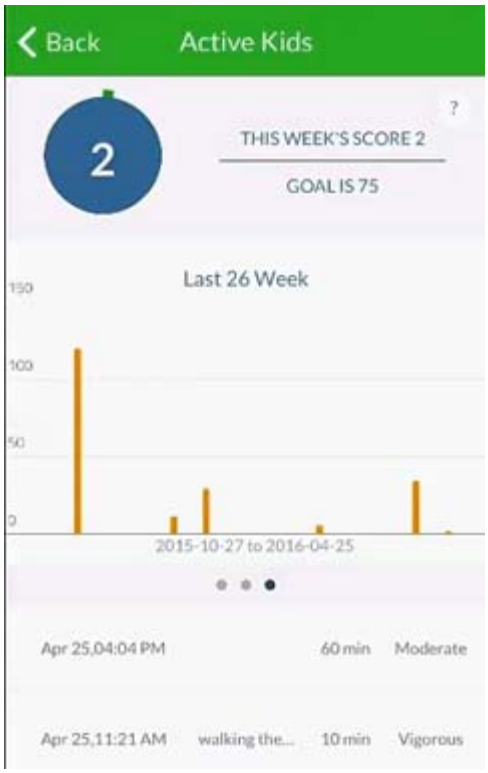
   b. *(Optional)* To delete an entry, tap the *trash can* icon.

   c. *(Optional)* To cancel the update, tap the blue *X*.

   d. Update the activity, and tap *Update*.
7. Swipe left to display a graph of the *Number of minutes vs. The past 4 weeks*:



8. Swipe left again to display a graph of the *Number of hours vs. Last six months*:

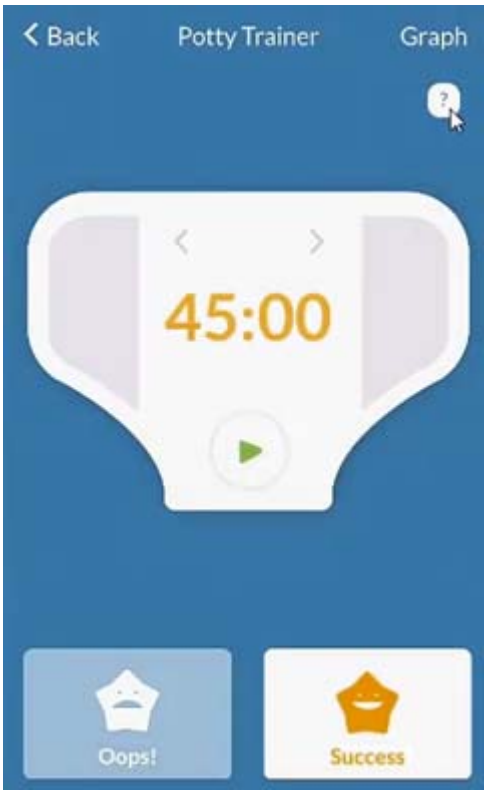


9. To exit, tap *Back*.

Potty Trainer

Your child's readiness for potty training is determined by a number of factors including, staying dry for two hours at a time, interest in the bathroom, recognizing when they are peeing or pooping, *etc.* You can use the Diaper tracker for a period of time prior to starting potty training to better understand the times at which your child needs to go to the bathroom. Set the timer for the number of minutes after which the child should ideally go to the bathroom. After the set amount of time, an alarm rings to remind you and the child that it is time to go to the bathroom.

To set and use the potty trainer:



1. On the More screen, tap *Potty Trainer*.

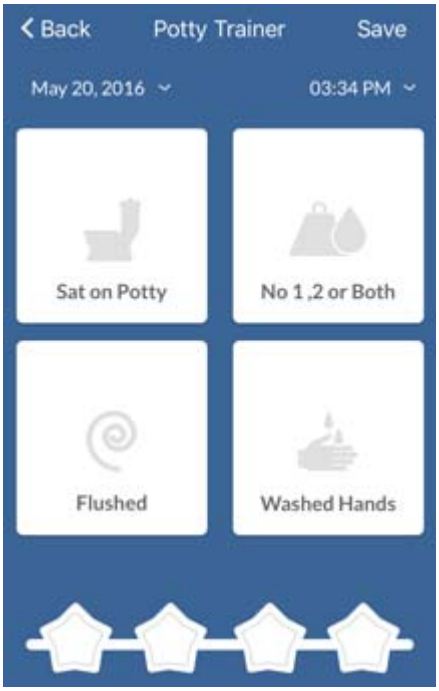
   The Potty Trainer screen displays:

2. Tap the *question mark* icon to display information about potty training and the potty trainer.
3. Increase or decrease the number of minutes of the timer using the *right* or *left* arrow.
4. Tap the *Play* button.

   The timer starts. The alarm will sound after the set number of minutes.

5. *(Optional)* To pause or stop the timer, tap *Stop*.
6. If the training event is successful:
   a. Tap the *Success* button.

      The Potty Trainer screen displays:



b. To record the child's actions, tap *Sat on Potty*, *No 1,2 or Both*, *Flushed*, or *Washed Hands*.

A fun sound emits to indicate success to the child.

c. Tap *Save*.

The Potty Trainer Child tab screen displays:

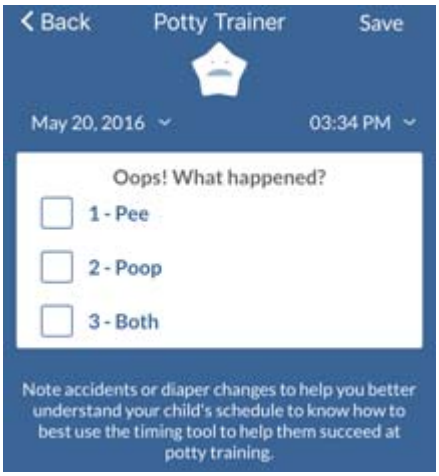
The screen displays yellow stars to indicate successes for the child.

d. Tap *Back*.

7. If the training event is unsuccessful:

a. Tap the *Oops* button.

The Potty Trainer screen displays:



b. Tap the box next to *Pee*, *Poop*, or *Both*.

c. Tap *Save*.

The Potty Trainer Parent tab screen displays:

A graph of *time vs date* displays. The yellow dots indicate successes, and the white dots indicate accidents.

d. Tap a dot to view successes and accident types and counts for the day.

e. Tap *Back.*

8. *(Optional)* To access the graph of *time vs date*, tap *graph*.
9. To exit, tap *Back*.

Toothbrushing Timer

The toothbrushing timer is set for two minutes. Tap the mouth to start the timer. Every thirty seconds, each quadrant turns from yellow to white for children to visualize their progress, and note the passage of time. Once the two minutes are up, a cheer sound indicates brushing is complete:

Screen Time Countdown

The American Academy of Pediatrics recommends that children have no more than 1 or 2 hours a day of screen time including TV screens, computer screens, tablets, and phones. Start the screen timer and once the alarm sounds, the screen time for your child is complete for the day.

To monitor screen time:

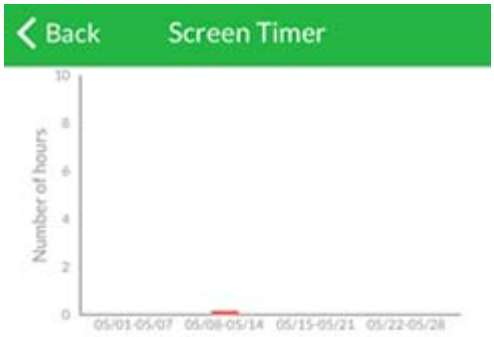
1. On the More screen, tap *Screen Time Countdown*.

   The Screen Timer screen displays:
2. To adjust the amount of screen time, tap the *left* or *right* white arrow to decrease or increase screen time.
3. Press *Play*.

   The screen timer countdown begins. An alarm will sound once the timer counts down to zero.
4. To stop the screen timer, tap the *Stop* button.

5. To display an history of screen times, tap *History*.

   The previous screen times display:



DATE	TOTAL TIME
May 23, 2016	00:00
May 19, 2016	00:00
May 13, 2016	00:10
May 12, 2016	00:00

6. To exit, tap *Back*.
7. To exit the screen timer screen, tap *Back*.

Sun Time

The Sun timer helps you reapply sunscreen in a timely manner to avoid sunburn. Start the timer to be reminded when it's time to reapply sunscreen when the alarm sounds. Tap the *question mark* button on the Sun Timer screen to display sun time information.

To add the sun timer:

1. On the More screen, tap *Sun Time*.

   The Sun Timer screen displays:

2. Drag the bottle icon to indicate the SPF range of the sunscreen:
   - SPF < 15
   - SPF 15-30
   - SPF 30-45
   - SPF > 45
3. Drag the hand icon to indicate the skin type (1-6).
4. To indicate the activity type, tap *Sweat*, *Swim*, *Reflect*, or *>1000 ft*.

   The timer is set.
5. To start the timer, tap the *sun* icon or tap *Start*.
6. To reset the timer, tap *Reset*.

   When the countdown on the timer is complete, an alarm activates to indicate that sunscreen should be reapplied.
7. To exit, tap *Back*.

Profile

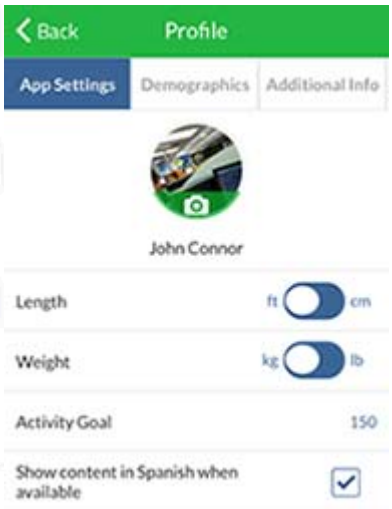
Edit demographic information for your child in the Profile screen. The data is used for app calculations and in other screens. The changes made in the Profile screen do not update your child's record in the practice. Contact the practice(s) directly to update any information they have on file.

For more information, refer to:

- App Settings
- Demographics
- Additional Info

App Settings

Change application settings from the App Settings screen:



The following table describes the features of the App Settings screen:

Feature	Description
Profile Photo	Tap the *photo* icon to change the profile picture.
Length	Toggle the *Length* button to choose ft (feet) or centimeters (cm) for length unit measurements.
Weight	Toggle the *Weight* button to choose kg (kilograms) or lb (pounds) for weight unit measurements.
Activity Goal	Tap the *Activity Goal* text box, and choose default activity goal minutes for your child.
Show content in Spanish when available	Tap the box next to *Show content in Spanish when available* to display sections of the application in Spanish.

Demographics

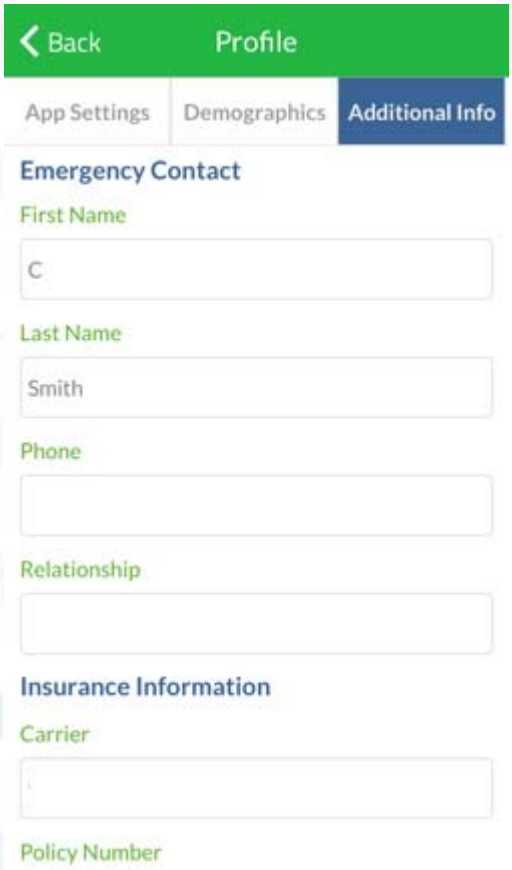
Change demographics information on the Demographics tab screen. The demographics information update is only saved to the application. Changes in demographics information should be sent to the practice directly to be reflected in their records:

The following table describes the features of the Demographics tab screen:

Feature	Description
First Name	Enter your child's first name.
Last Name	Enter your child's last name.
Date of Birth	Enter your child's date of birth.
Address Line 1	Enter the address.
Address Line 2	Enter the address.
City	Enter the city.
State	Enter the state.
Zip Code	Enter the Zip Code.

Additional Info

Change additional information on the Additional Info tab screen:



The following table describes the features of the Additional Info tab screen:

Feature	Description
Emergency Contact	
First Name	Enter your child's first name.
Last Name	Enter your child's last name.
Phone	Enter the phone number.
Relationship	Enter the relationship.
Insurance Information	
Carrier	Enter the insurance carrier.
Policy Number	Enter the insurance policy number.

Appendix A: Notices

The following sections list the Trademarks contained in this system.

Trademarks

healow™

healow is a trademark of eClinicalWorks, LLC.

eClinicalWorks®

eClinicalWorks is a registered trademarks of eClinicalWorks, LLC.

All other trademarks or service marks contained herein are the property of their respective owners.

Android™

Android is a trademark of Google Inc.For more information, refer to http://www.google.com/permissions/trademark/ourtrademarks.html

Apple Store™

Apple® is a trademarks of Apple Inc., registered in the U.S. and other countries. For all other Apple service marks, see: http://www.apple.com/legal/trademark/appletmlist.html

App Store℠ is a signature mark and Apple Store® is a registered trademark of Apple Inc., registered in the U.S. and other countries.

Google™

Google is a registered trademark marks of Google, Inc.