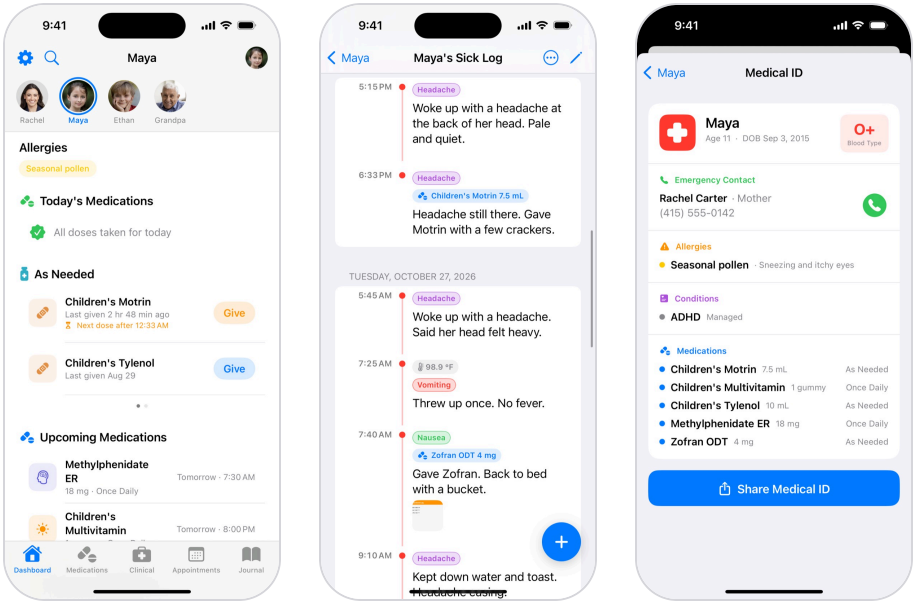
Meduo User Guide

Medications, clinical records, appointments and journals for your whole family, in one private app.



For Meduo 1.5 · iPhone and iPad

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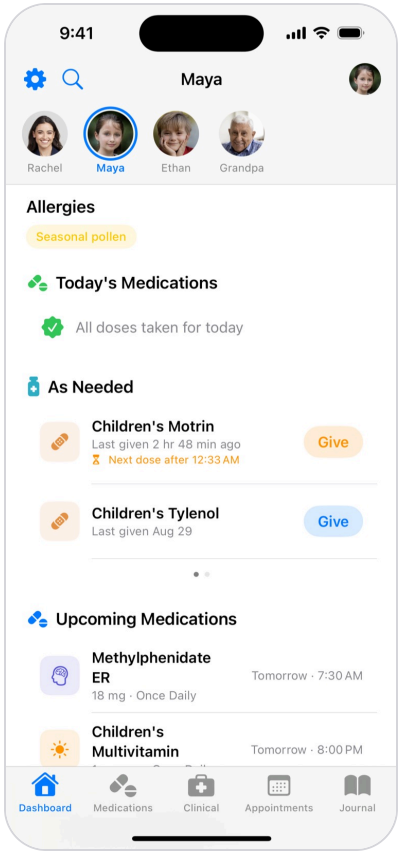
6. Search, Medical ID and widgets

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CHAPTER 1

Getting started

How Meduo is laid out, and how to set up a profile for each person you care for.



A quick tour

Meduo keeps a separate record for each person. The row of photos at the top shows everyone; tap a photo to switch to that person. Everything below it belongs to the person you've selected.

Dashboard	Today's doses, as-needed medicine, upcoming medications and appointments.
Medications	Every medication, with dose times, reminders and refills.
Clinical	Allergies, conditions, vaccinations, vitals, surgeries and lab results. PREMIUM
Appointments	Upcoming and past visits.
Journal	Running notes, like a sick log, with times, symptoms, temperatures and medicine given.

Along the top, ⚙ opens Settings, the **magnifying glass** searches everything, and the photo in the corner opens Family Members.

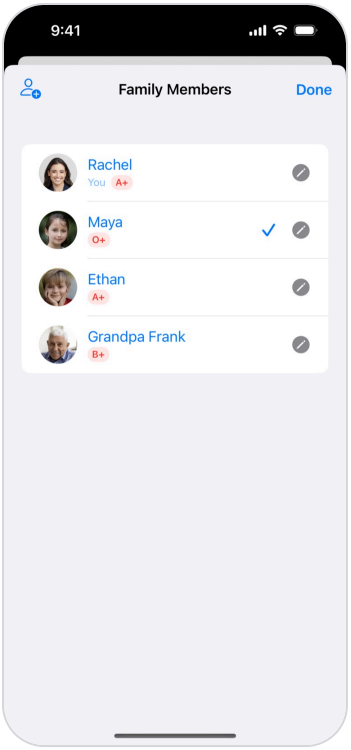
> **On iPad**
> The profiles and sections are in a sidebar on the left instead of along the top and bottom.

Family profiles PREMIUM

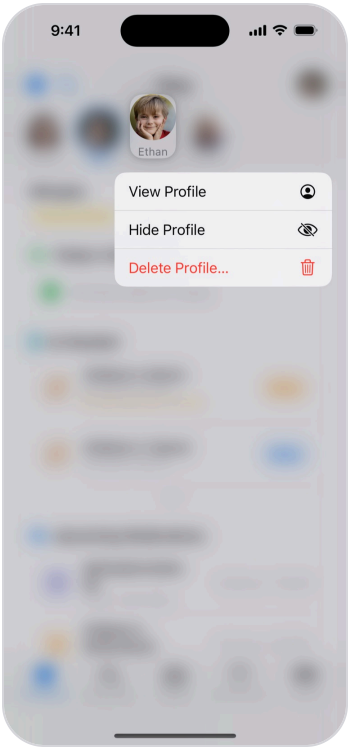
Meduo starts with one profile for you. To add someone:

1. Tap your photo in the top-right corner to open **Family Members**.
2. Tap **Add** + in the top-left corner.
3. Enter their name, and optionally a photo, date of birth, blood type and emergency contact.
4. Tap **Add**.

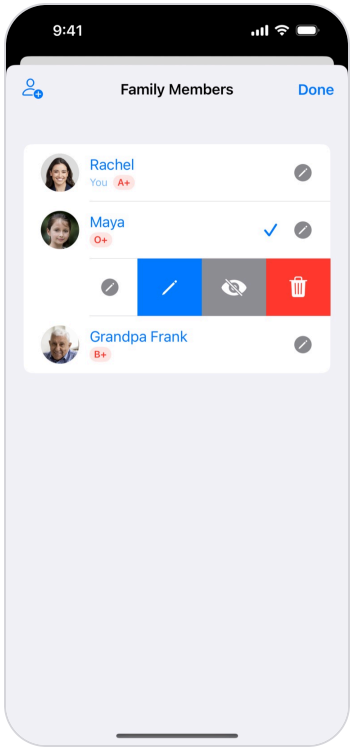
To edit a profile, tap the pencil next to it, or touch and hold their photo and choose **View Profile**.



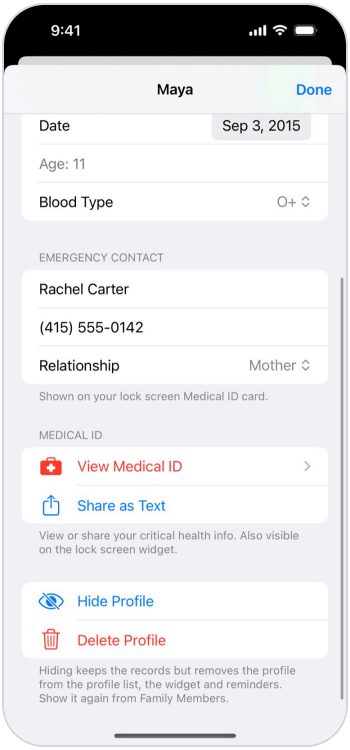
Family Members



Touch and hold a photo



Swipe left on a profile



Bottom of a profile

Hiding or deleting a profile

In Family Members, swipe left on a profile to **Edit**, **Hide** or **Delete** it. The same choices are at the bottom of each profile and in the touch-and-hold menu.

Hide

Hiding keeps every record but takes the profile out of the photo row, search and the widget, and turns off its reminders. Hidden profiles are listed under **Hidden** in Family Members; swipe left and tap **Show** to bring one back.

Delete

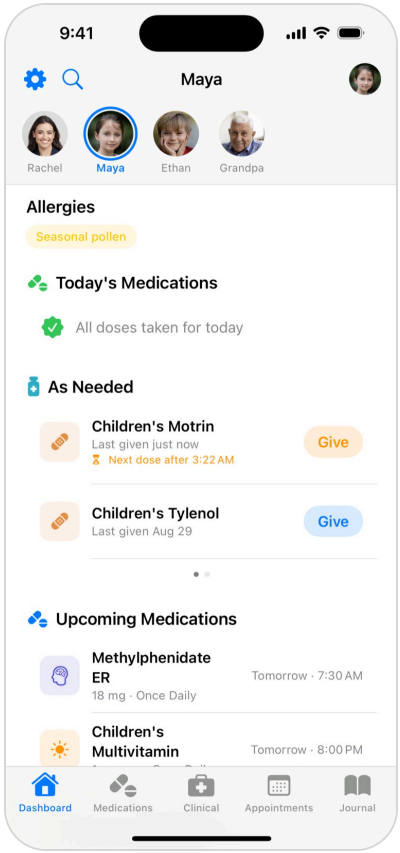
Deleting removes the profile and all of its medications, appointments, clinical records and journals, on this device and in iCloud. Meduo asks first, and offers **Hide Instead**.

> **The last profile stays**
> Meduo always needs one profile to show, so the last visible profile can't be hidden or deleted.

CHAPTER 2

Medications

Keep track of every medication, get a reminder when a dose is due, and log as-needed medicine when you give it.



Today's doses and as-needed medicine

Today's Medications on the Dashboard lists the doses due today. Tap the check mark when a dose is taken.

As Needed lists medicine you give only when it's needed, like a fever reducer. Tap **Give** to log a dose at the current time. Meduo then shows when it was last given and, if the medication has a minimum time between doses, when the next dose is allowed.

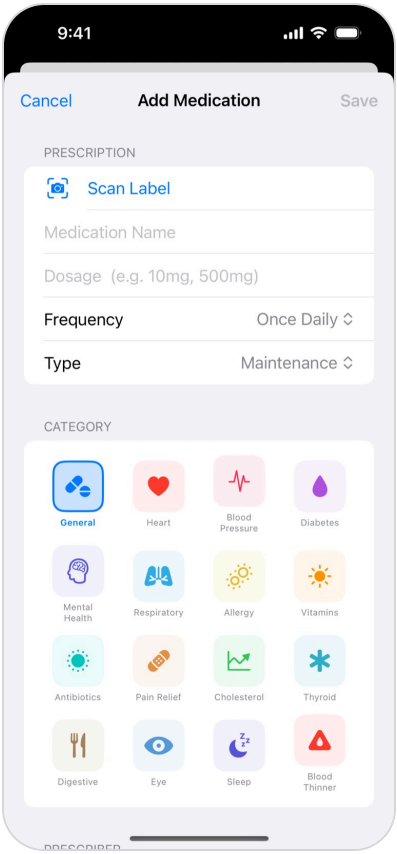
Each medication keeps a **Dose History**, which you can open from the medication to see, add or remove logged doses.

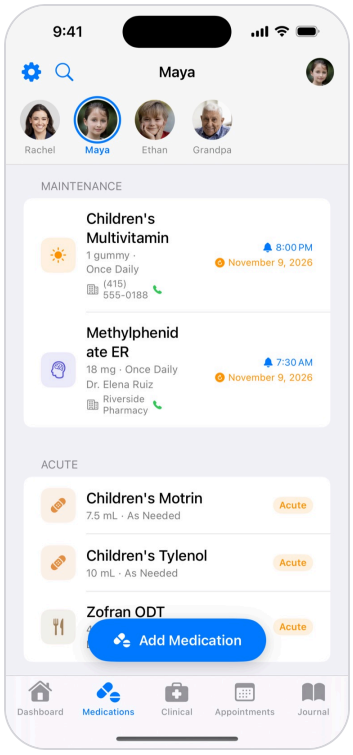
> **Logging from a journal**
> Medicine you add to a journal entry under **Medication Given** is logged as a dose too, so “Last given” stays current either way.

Adding a medication

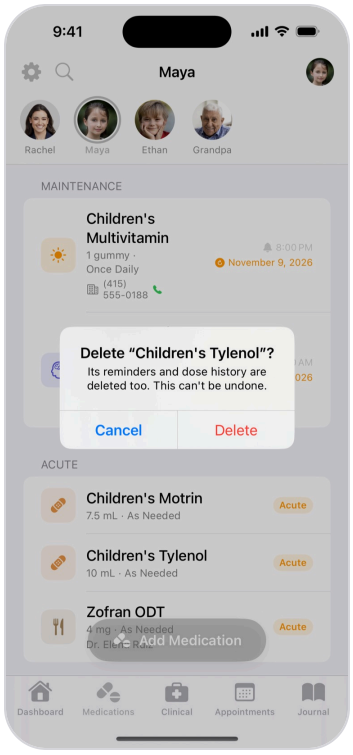
1. Open the **Medications** tab and tap **Add Medication**.
2. Type the name, or tap **Scan Label** to read it from the pharmacy label with the camera.
3. Add the dosage and choose how often it's taken. Choose **As Needed** for medicine that isn't on a schedule.
4. Choose a **Type**: **Maintenance** for ongoing medicine, **Acute** for short-term medicine.
5. Optionally pick a category and add the prescriber, pharmacy, start and end dates, and notes or side effects.
6. Under **Schedule**, set the dose times and turn on **Dose Reminder** to get a notification. **Refill Reminder** reminds you on the day you choose.
7. Tap **Save**. Only the name is required.

> **Reminders**
> The first time you turn on a reminder, iPhone asks whether Meduo can send notifications. Choose **Allow**.





Medications tab



Meduo asks before deleting

Your medication list

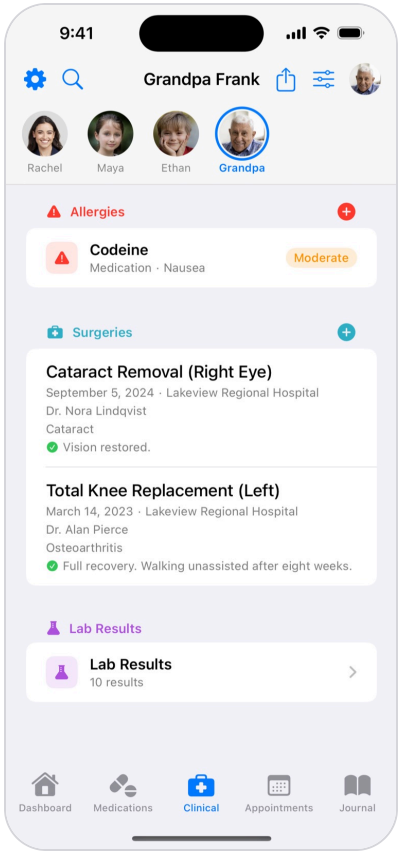
The Medications tab groups medications into **Maintenance** and **Acute**. A bell shows the next reminder, and an orange date shows the next refill.

- **Edit:** tap a medication.
- **Stop a medication:** turn off **Active** in its details. Inactive medications are kept under a collapsed **Inactive** section.
- **Delete:** swipe left and tap **Delete**, or tap **Edit**. Meduo asks before anything is deleted, everywhere in the app.

CHAPTER 3

Clinical records PREMIUM

A health history you can hand to any doctor: allergies, conditions, vaccinations, vitals, surgeries and lab results.



Allergies, conditions, surgeries and more

- Tap **+** next to a section to add a record, or tap a record to edit it. Swipe left to delete.
- Tap the **sliders** button at the top to choose which sections appear: Conditions, Allergies, Vaccinations, Vitals, Surgeries and Lab Results.
- **Vitals** keeps readings like blood pressure, weight and temperature, with a chart for each.
- **Photos and documents:** records like surgeries, conditions, vaccinations and lab results can hold photos or scanned documents, such as a discharge summary or a vaccine card. Add them with **Add Photo** while editing the record.
- The **share** button at the top creates a **health summary PDF** for this person, ready to print, email or AirDrop.

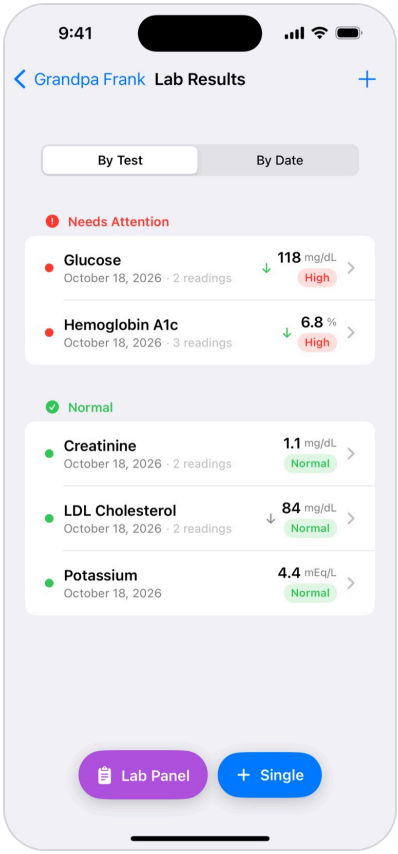
> **Allergies on the Dashboard**
> Allergies also appear at the top of the Dashboard and on the Medical ID, so they're never more than a tap away.

Lab results

Open **Lab Results** from the Clinical tab.

- **By Test** groups results by test, with results outside the reference range under **Needs Attention**. Tap a test to see a chart of every reading.
- **By Date** lists every result, newest first.
- Tap **Single** to add one result, or **Lab Panel** to enter a whole panel from one visit at once.

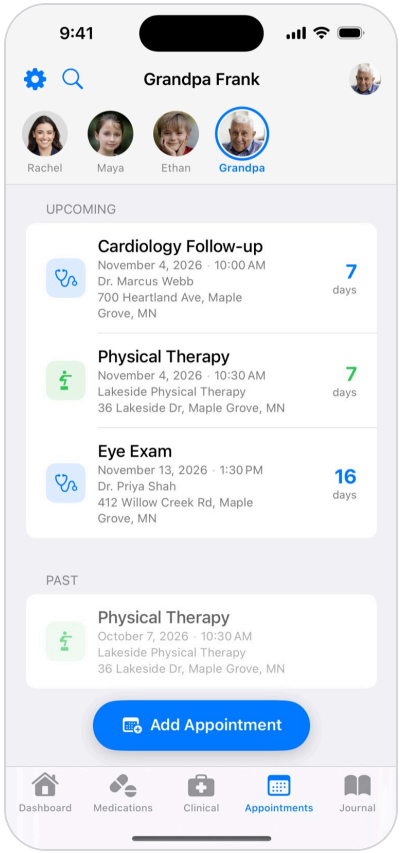
An arrow next to a result shows whether it went up or down since the previous reading.



CHAPTER 4

Appointments

Upcoming visits with a countdown, and a record of past ones.



Keeping track of visits

1. Open the **Appointments** tab and tap **Add Appointment**.
2. Enter the title, type, date and time, provider, location and any notes.
3. Meduo shows anything else already booked that day, from Meduo and from your calendar, so double-bookings are easy to spot.
4. Tap **Save**.

Upcoming appointments show how many days away they are. Past appointments move to **Past**.

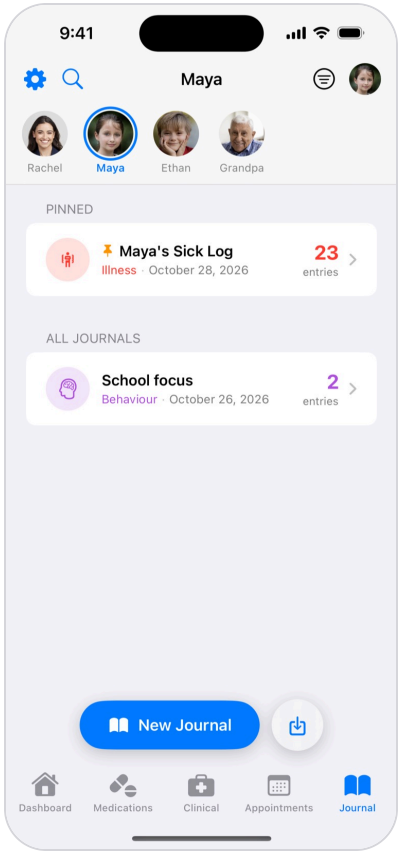
- **Add to your calendar:** swipe right on an upcoming appointment and tap **Calendar**.
- **Edit:** tap the appointment. **Delete:** swipe left. If you added it to your calendar, it's removed from there too.

> **Doctors and providers**
> Save the doctors, clinics and pharmacies you use under **Settings › Doctors & Providers**, so they're quick to pick when adding medications and appointments. PREMIUM

CHAPTER 5

Journals

A running log, like a diary of an illness or notes on sleep or behavior, with times, symptoms, temperatures and medicine given.



Starting a journal

1. Open the **Journal** tab and tap **New Journal**.
2. Give it a title, such as “Maya's Sick Log”, and a category, such as Illness or Behaviour.
3. Optionally write the first entry, then tap **Save**.

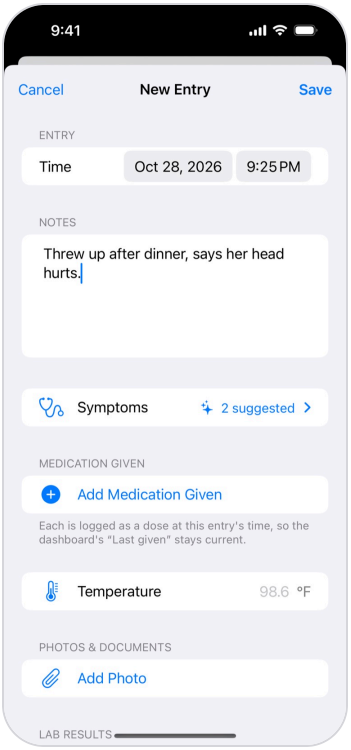
- **Pin** a journal you use often: swipe right on it and tap **Pin**. Pinned journals stay at the top.
- **Filter** by category or date with the filter button at the top.
- Manage categories under **Settings › Categories**.

Writing an entry

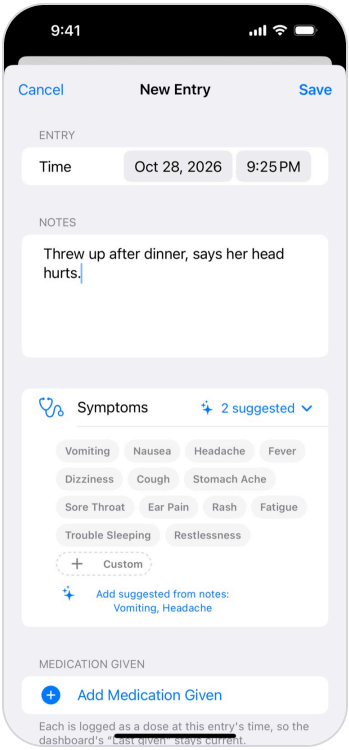
Open a journal and tap **+**. The keyboard comes up ready to type, so a quick note is just: type, then **Save**. The time is set to now; tap it to change it.

Everything else is optional:

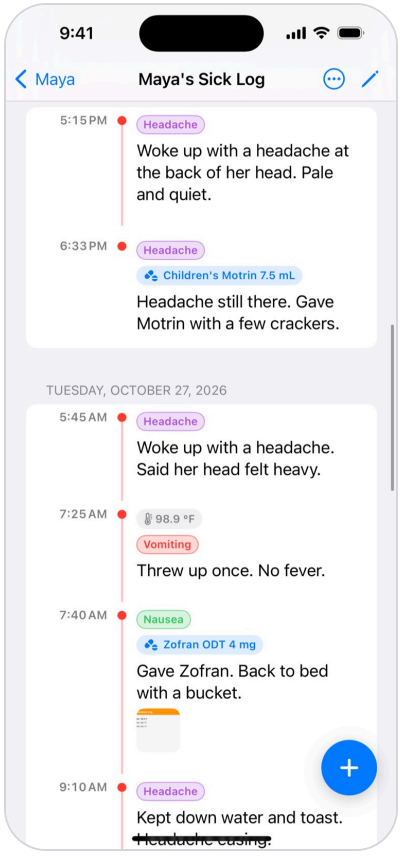
- **Symptoms:** tap to open and choose tags like Headache or Fever. Meduo suggests tags from what you wrote; tap **Add suggested from notes** to accept them.
- **Medication Given:** add medicine given at this time. It's logged as a dose on that medication.
- **Temperature:** enter a reading. A reading of 100.4 °F (38.0 °C) or higher adds the Fever tag.
- **Photos & Documents** and **Lab Results** can be attached too.



A quick note



Symptoms, opened



The timeline

Entries are grouped by day, newest first, and read like a timeline within each day. Each entry shows its time, symptom tags, temperature, medicine given and any photos.

- **Edit:** tap an entry.
- **Delete:** swipe left on an entry. Doses logged with it are removed from the medication's history too.

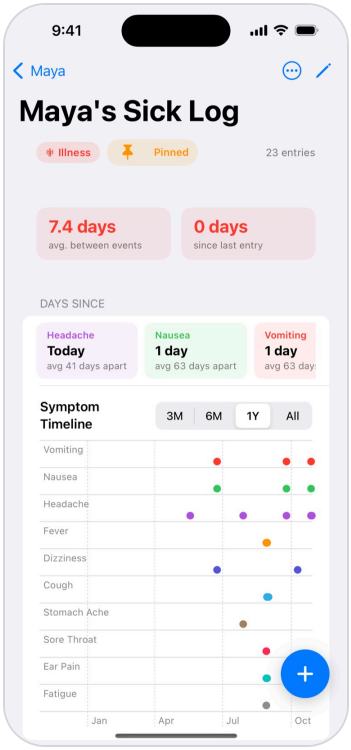
> **Days since**
> At the top of a journal, the cards show how long it has been since each symptom, and the average time between them.

Symptom and fever charts

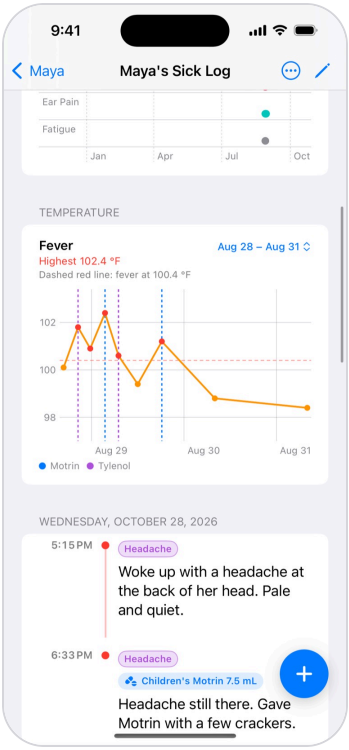
Symptom Timeline plots when each symptom happened. Choose 3 months, 6 months, a year or all time to spot patterns.

Temperature charts each illness's readings. The dashed red line marks a fever, and dotted lines show when each medicine was given, so you can see what helped. If there's more than one illness, pick it from the date menu.

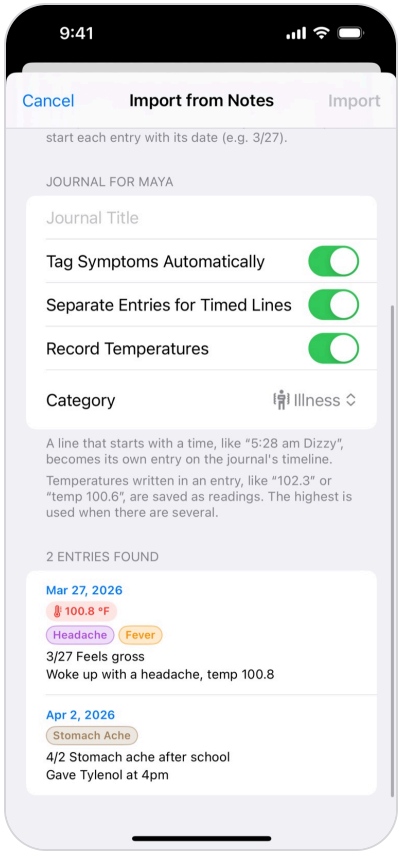
Show temperatures in °F or °C under **Settings › Temperature**.



Days Since and Symptom Timeline



Temperature chart



Importing from Apple Notes

Already keeping a diary in Notes? Meduo can turn it into a journal, one entry per date.

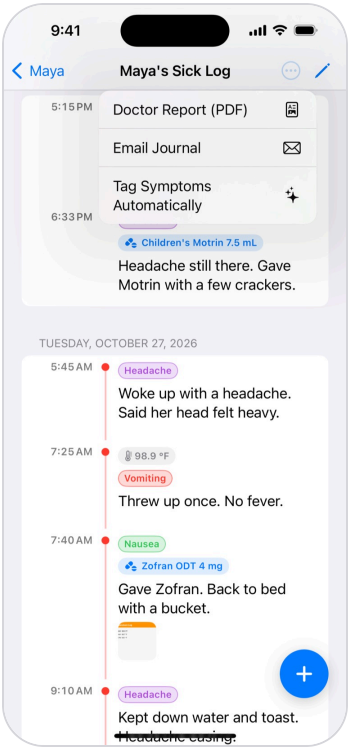
1. In Notes, open the note, touch and hold the text, choose **Select All**, then **Copy**.
2. In Meduo's Journal tab, tap the **import** button ⬇ next to New Journal, then **Paste**. You can also choose an exported text file.
3. Check the entries Meduo found, give the journal a title and choose a category.
4. Tap **Import**.

For best results, put the year on its own line above that year's entries, and start each entry with its date, such as **3/27**. Lines that start with a time, like "5:28 am Dizzy", become their own entries. Symptoms and temperatures are picked up automatically; turn these off with the switches if you prefer.

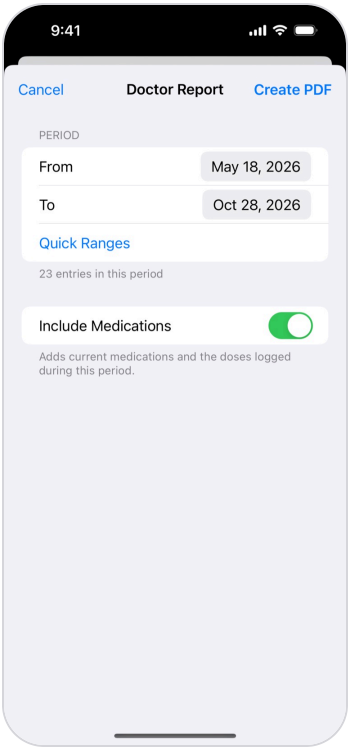
Doctor report and email

Tap ••• at the top of a journal:

- **Doctor Report (PDF)** builds a printable summary for a period you choose, with symptom counts, temperatures and, if you like, the medications and doses given. Tap **Create PDF**, then share, print or save it.
- **Email Journal** sends the entries as an email.
- **Tag Symptoms Automatically** adds symptom tags to older entries that don't have any, based on what they say.



The ••• menu

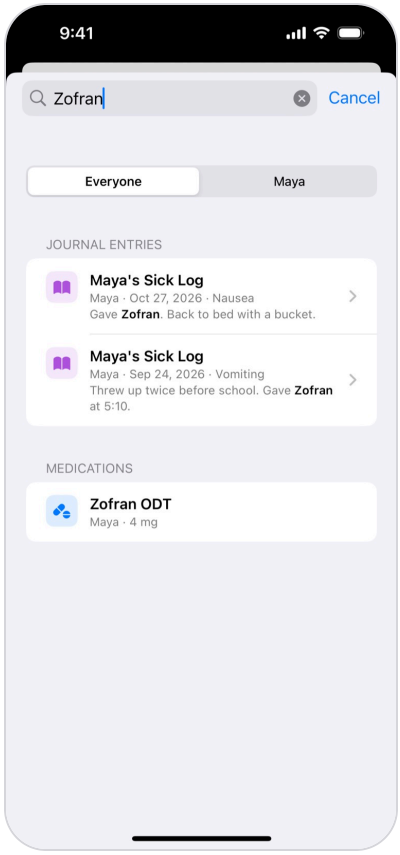


Doctor Report

CHAPTER 6

Search, Medical ID and widgets

Find anything quickly, and keep critical information where first responders can see it.



Search

Tap the **magnifying glass** at the top of any tab and start typing. Meduo searches medications, journal entries, appointments, providers and, with Premium, clinical records.

Choose **Everyone** to search the whole family, or one person's name to search only their records. Tap a result to open it.

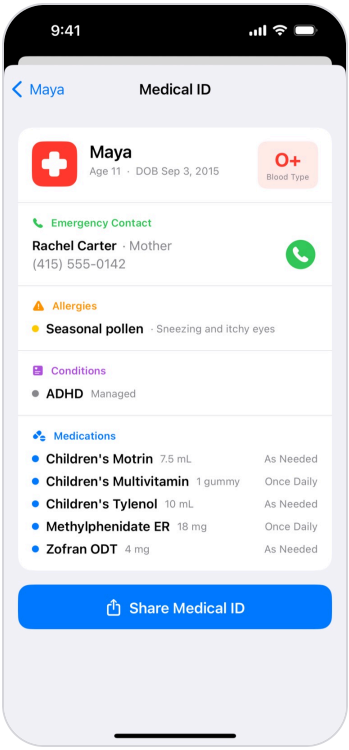
Medical ID

Each profile has a Medical ID with blood type, allergies, conditions, medications and an emergency contact. Open a profile and tap **View Medical ID**. **Share Medical ID** sends it to a caregiver, babysitter or school.

Fill in the blood type and emergency contact on the profile so they appear here.

On the Lock Screen

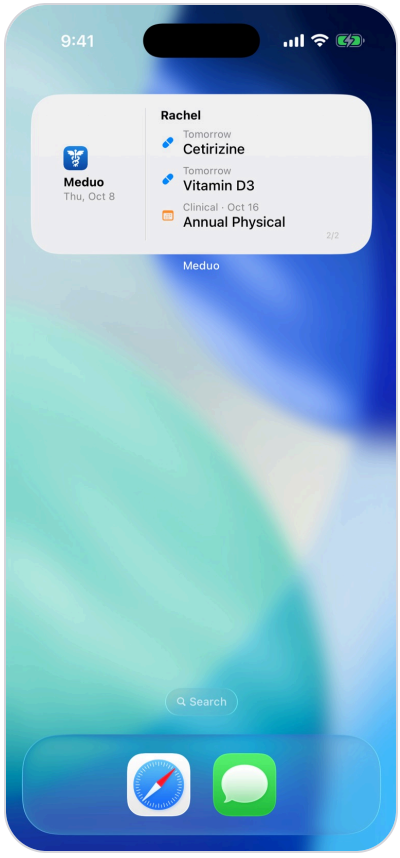
1. Touch and hold the Lock Screen, then tap **Customize** and choose the Lock Screen.
2. Tap the area under the clock and add Meduo's **Medical ID** widget.



Medical ID



On the Lock Screen



Home Screen widgets

Health Overview shows upcoming medications and appointments. **Medical ID** shows the critical information above. Both come in small, medium and large sizes.

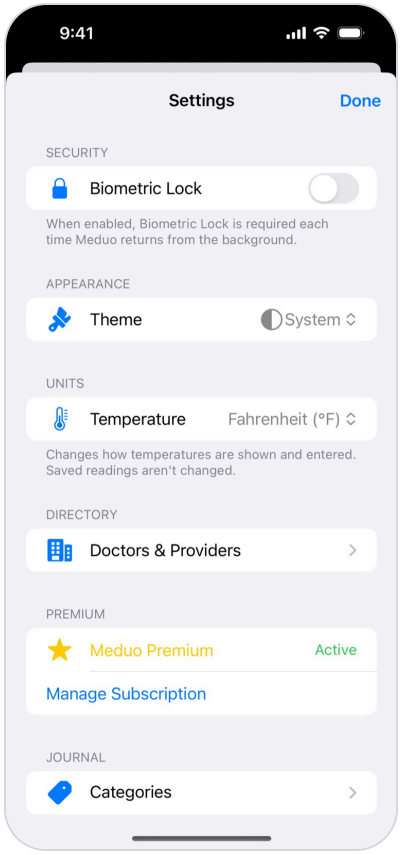
1. Touch and hold an empty spot on the Home Screen until the apps jiggle.
2. Tap **Edit** or **+**, then search for **Meduo**.
3. Choose a widget and size, then tap **Add Widget**.

Widgets show the family's information, except for profiles you've hidden.

CHAPTER 7

Settings, sync and privacy

Tap ⚙ at the top of the screen to open Settings.



Settings

Biometric Lock	Require Face ID or Touch ID each time you return to Meduo.
Theme	Light, Dark, or match your iPhone (System).
Temperature	Show and enter temperatures in °F or °C. Saved readings aren't changed.
Doctors & Providers	Your directory of doctors, clinics and pharmacies.
Meduo Premium	Start or manage your Premium subscription.
Categories	The categories used for journals.
iCloud Sync	Whether your records are syncing to iCloud.
User Guide	This guide. Use the share button to save or print it.

Meduo Premium

Premium adds family profiles, clinical records, the provider directory, and exporting and sharing records with your care team.

Sync and privacy

Your records are stored on your device and in **your own iCloud account**, so they stay in step on every iPhone and iPad signed in to the same Apple Account. Meduo has no servers of its own: we can't see your records, and the app doesn't track you or show ads.

- To sync, sign in to iCloud on each device and keep iCloud turned on for Meduo under **iPhone Settings › [your name] › iCloud**.
- Deleted records are removed from iCloud too, so they're gone from every device.
- Turn on **Biometric Lock** if others use your iPhone.

> **Questions or feedback?**
> Visit rohrsoftware.dev/meduo.

Meduo is a record-keeping tool, not medical advice. Always follow your doctor's and pharmacist's instructions.