

APMA - User Manual

Login & Sign Up

You can sign up or register with Email ID in the AAPMA App. After the sign-up process, the user will be redirected to the homepage of the app. If you forgot your password, then by clicking on forgot password you can reset your password.

Welcome!

Sign Up

OR



Sign up with Google



Continue with Facebook



Sign up with Apple

Already have an account?

Login



Welcome to APMA!

Login

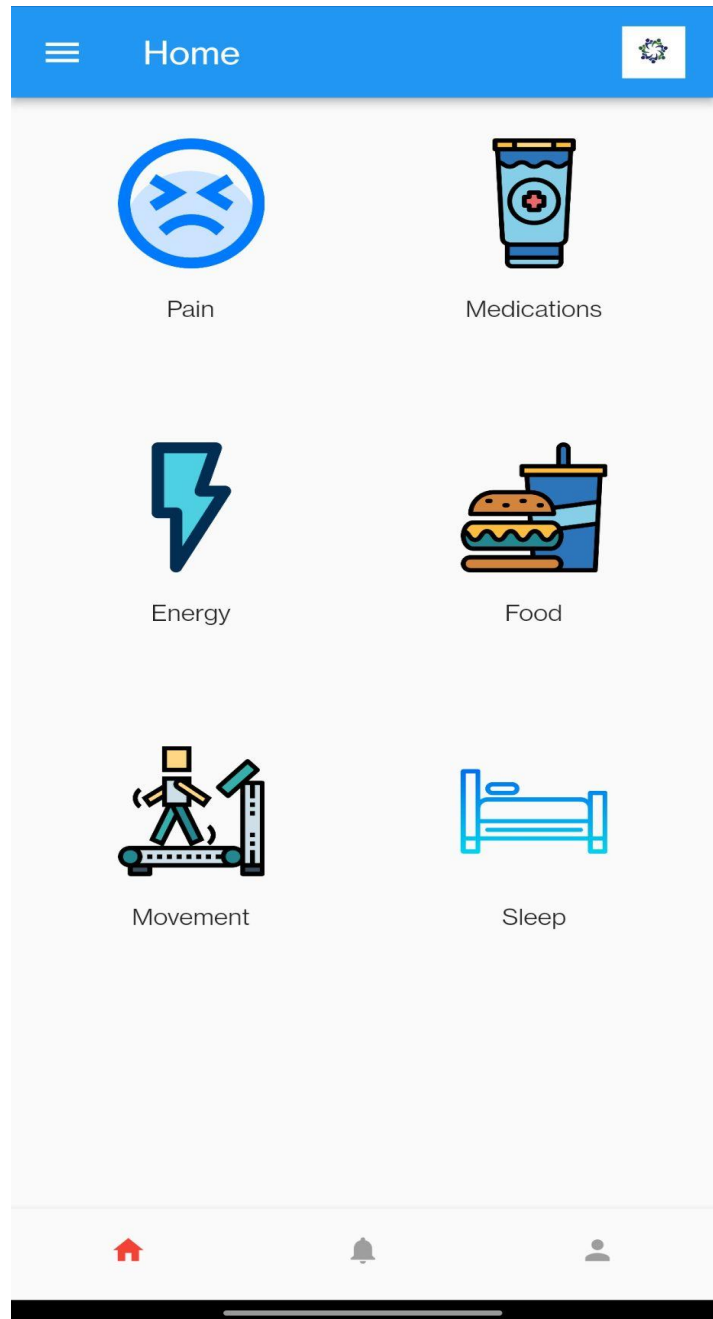
[Forgot Password](#)

[Sign Up](#)

Homepage

The homepage is the main page of the application. From the homepage we can use different features of the app like tracking pain, medications, energy, food, movement and sleep.

Additionally, it consists of a side drawer and a bottom navigation bar. We can see the notifications and our profile information by using the bottom navigation bar.



Profile

The profile page displays the information of the currently signed in user. The user's name, age, gender, postal code and food related illness is displayed here. The information can also be updated and saved by clicking the "Save" button.

The screenshot shows a mobile application interface for a user's profile. At the top, there is a blue header with a hamburger menu icon, the text "Profile", and a gear icon. Below the header, the email address "sam@mail.com" is displayed. The profile information is organized into sections: "Name" with a text input field containing "Sammy"; "Age" with a text input field containing "21"; "Gender" with a dropdown menu set to "Male"; and "Postal Code" with a text input field containing "2055". Below these fields is a "Select Food Illness" button with a plus icon. Underneath, there are two toggle buttons for "Colitis" and "Food allergy". At the bottom of the form is a prominent green "Save" button. The bottom of the screen features a navigation bar with icons for home, notifications, and the user profile.


Name	Enter Name Sammy
Age	Enter Age 21
Gender	Male
Postal Code	Enter Postal code 2055
Food Illness	Select Food Illness Colitis Food allergy

Pain

To record a pain user can select the date, type and intensity of pain, The date can be selected from the calendar at the top of the screen as shown in the figure. The type of pain is selected from a drop down list and the intensity is selected with the help of the slider.

Users can also tick a checkbox to indicate if the pain improves after medication or not.


The stored pain is then saved on My History which can be accessed through the drawer.

← Pain 

< May 2022 Month >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	11	12	13	14

Select Pain Type

Aching 

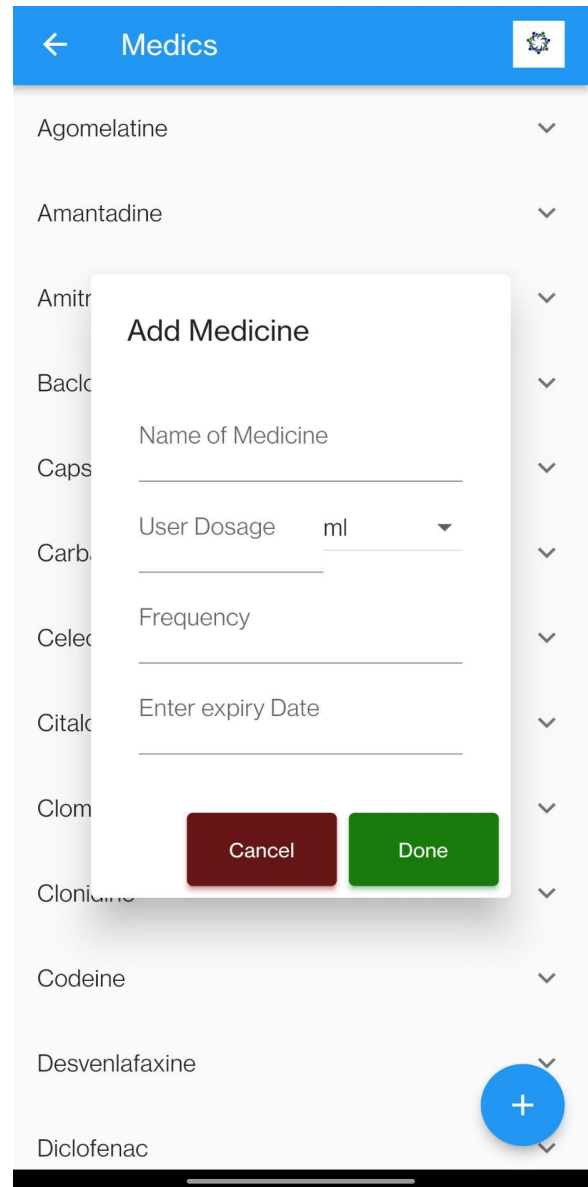
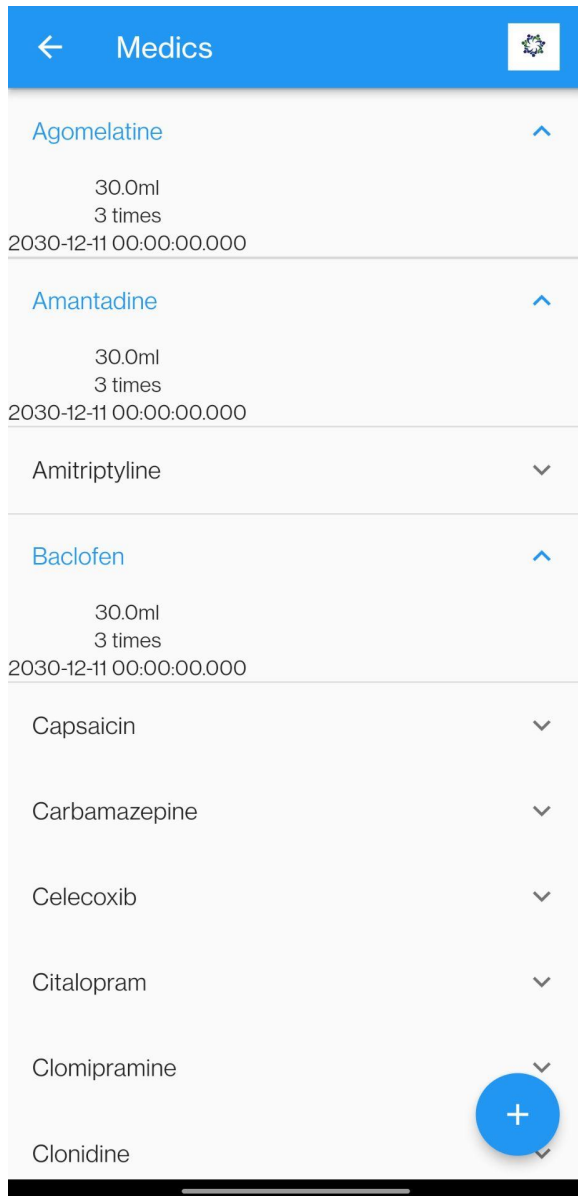
Intensity of Pain

Does the pain improve after Medication?

Cancel Done

Medicine

The details of many medicines are listed in the medicine page. Each medicine contains details like quantity, frequency and expiry date..Users can add new medicines with the help of a form and fill in all the details like name of medicine, dosage in different units, frequency and expiry date. Custom Medicine is entered into the notification tab as a notification reminder.



Energy

The details of energy levels can be inputted on a daily basis. Metrics like intensity, time, description of the energy levels are noted and saved after the Done button is pressed.

The screenshot displays the 'Energy' app interface. At the top, there is a blue header with a back arrow, the title 'Energy', and a gear icon. Below the header, a date selector shows 'May 2022' with left and right navigation arrows. A 'Month' button is positioned to the right of the date. A calendar grid shows the days of the week (Sun to Sat) and the dates 8 through 14. The date '14' is highlighted with a blue circle. Below the calendar is a slider labeled 'Intensity of Energy' with a blue knob positioned at approximately the 60% mark. Underneath the slider is a text input field with the placeholder text 'Describe Your Energy and Mood.'. At the bottom of the screen, there are two buttons: a dark red 'Cancel' button on the left and a green 'Done' button on the right.

Food

The details of food habits can be entered on any timely basis. Checkboxes are used for mood before and after eating. Sliders are employed to check hunger level and symptoms along with food eaten can also be noted and saved.

The screenshot shows a mobile application interface for logging food intake. The form is titled "Food" and includes the following sections:

- Mood Prior Eating:** A dropdown menu with "Happy" selected.
- Huger Level:** A horizontal slider with a blue dot at the far left end.
- What food did you eat:** A text input field.
- What drinks did you consume:** A text input field.
- Fullness Level:** A horizontal slider with a blue dot at the far left end.
- Symptoms After Eating:** A dropdown menu with "None" selected.

At the bottom of the form, there are two buttons: "Cancel" (dark red) and "Done" (green).

Movement

Movement denotes types of activity or exercise performed. The user can use the date calendar and time button to denote at what time such movement was carried out. The checkboxes and sliders are taken as input. After each fill, the data is confirmed by pressing Done Button.

The screenshot shows the 'Movement' app interface. At the top, there is a blue header with a back arrow, the title 'Movement', and a settings gear icon. Below the header, a date picker shows 'May 2022' with a 'Month' button and a right arrow. A calendar grid displays the days of the week (Sun to Sat) and the dates 8 through 14. The date '14' is highlighted with a blue circle. Below the calendar, there is a blue button labeled 'Show Time Picker'. Underneath, the text 'Type of Movement.' is followed by a dropdown menu with 'Walking' selected. Below this, there are three more dropdown menus: 'Mood Before Moving' with 'Angry' selected, 'Mood After Moving' with 'Happy' selected, and 'How long did you do?' with '< 10 minutes' selected.

The screenshot shows the 'Movement' app interface in a confirmation state. The blue header remains at the top. Below it, the dropdown menus are now filled with their selected values: 'Walking', 'Mood Before Moving' (Angry), 'Mood After Moving' (Happy), and 'How long did you do?' (< 10 minutes). Below these, there are two horizontal sliders for 'Pain before moving' and 'Pain after moving'. Each slider has a blue circular handle positioned at the far left end. At the bottom of the screen, there are two buttons: a dark red 'Cancel' button on the left and a green 'Done' button on the right.

Sleep

The details of sleeping habits can be inputted on a daily basis. Metrics like quality, time, frequency of disturbance and mood are noted and saved after the Done button is pressed.

The screenshot shows a mobile application interface for logging sleep. At the top, a blue header bar contains a back arrow, the title "Sleep", and a gear icon. Below the header, a calendar view for "May 2022" is shown, with the date "14" selected. The main content area includes a "Quality of Sleep" slider, a text input field for "How many hours did you sleep?", a dropdown menu for "How many times did you wake up mid sleep?" (currently set to "None"), and another text input field for "Describe yourself after you Woke Up.". At the bottom, there are two buttons: a red "Cancel" button and a green "Done" button.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9	10	11	12	13	14

Quality of Sleep

How many hours did you sleep?

How many times did you wake up mid sleep?

None

Describe yourself after you Woke Up.

Cancel Done