SIPPA Health User Manual

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Content for User Manual

version 1.1.244 or above

https://tinyurl.com/yckz5d89

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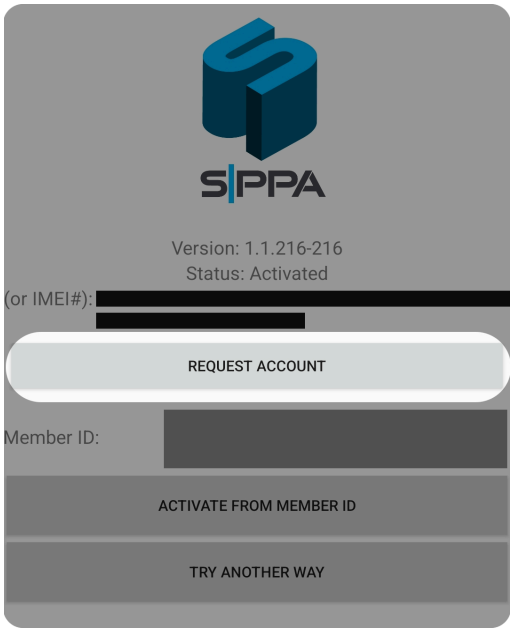
SIPPA Health User Manual

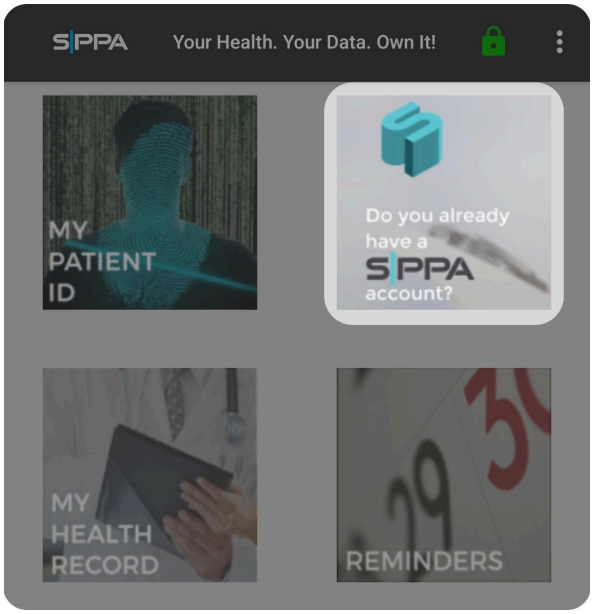
https://docs.google.com/document/d/1LpYa7Xj2UVSip3STwn4p5pcy33kd5nfw8cJE2-3kjwU/edit?usp=sharing

(copy this link for future use)

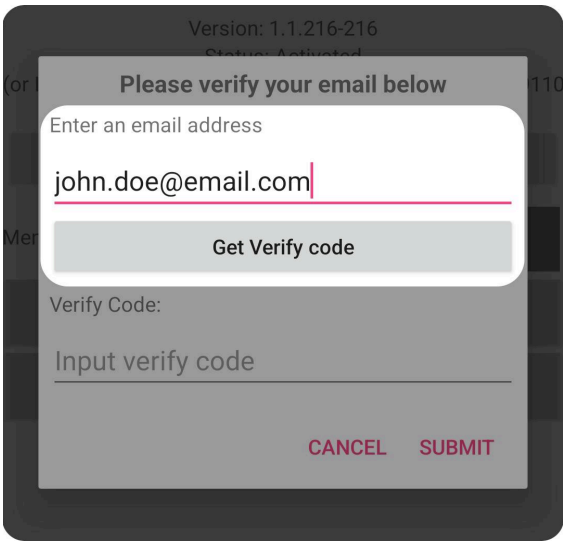
1. SIPPA Account



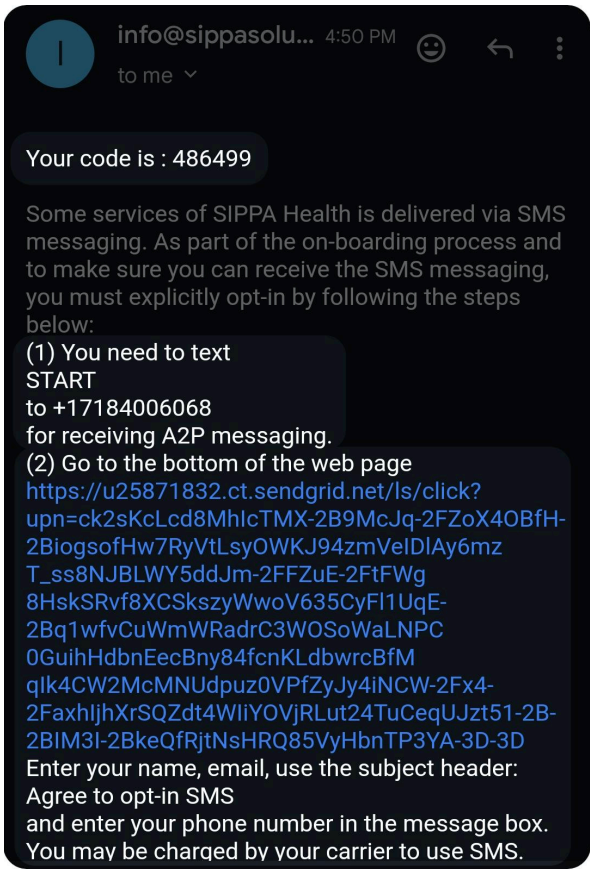
a) When using the SIPPA app for the first time, users will encounter the following screen. To gain access to the full functionality of the application, users are required to **tap on the 'Request Account' button**.



b) Alternatively, should the user already possess access to the complete functionality of the application, the user may opt to go back to the screen depicted in the previous picture by **tapping on the SIPPA Account icon on the Dashboard.**



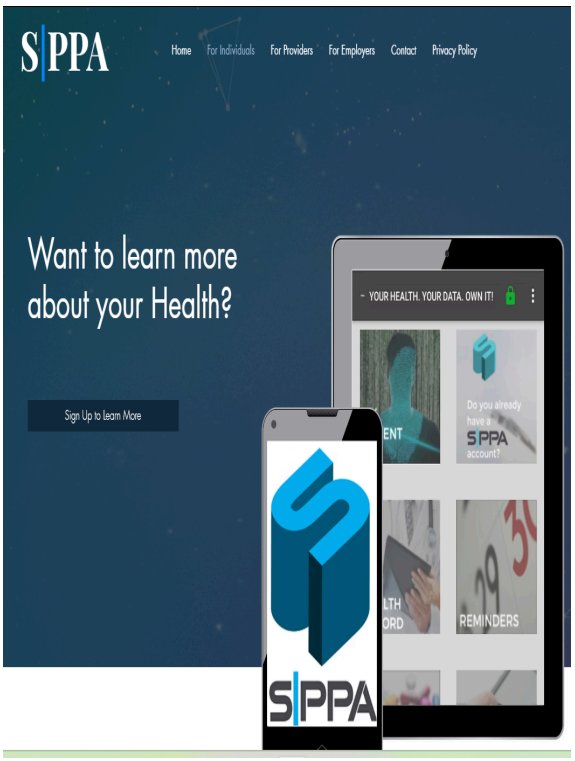
c) Provide an email address, then **tap "Get Verify Code".**



d) An email with **a verification code will be sent** to the email address that was provided.

[IMPORTANT]
Before inputting the verification code, the user must **follow step 1 and step 2** shown in the email.

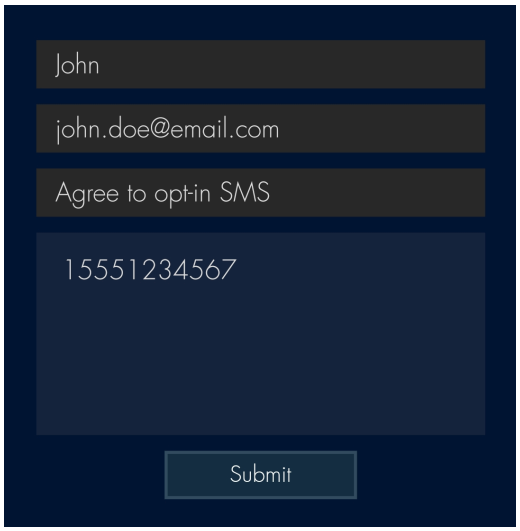
Step 1 from email
The user must text "START" to the phone number specified in the email. Then proceed to step 2.



Step 2 from email

The user must **tap the URL** found in the email. This will open the SIPPA Solutions official website. Then **scroll down** until the picture shown below is seen.

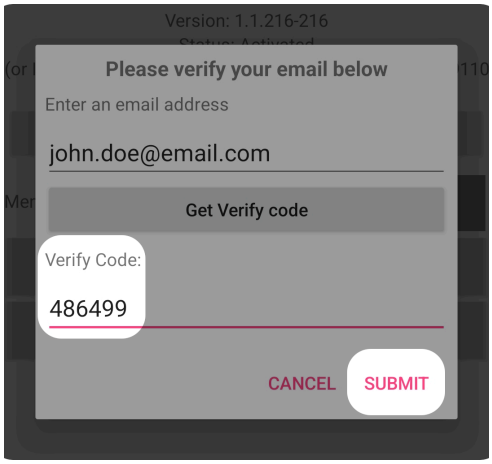
Fill out the fields shown in this picture as described in the email. **Reminder:** The **Message field** must contain the phone number. There will be no need to type "+" before the number 1 for the case of US phone numbers.



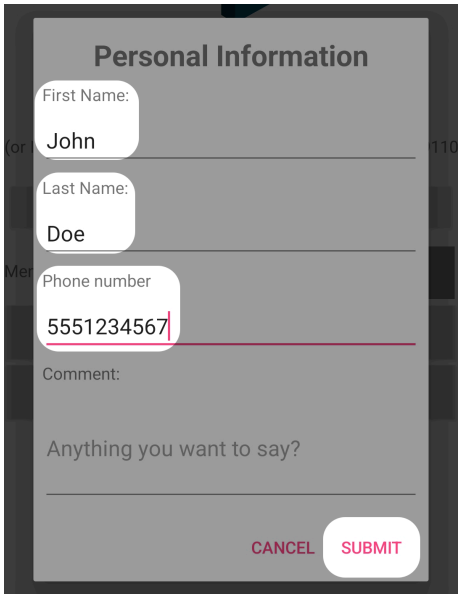
This is an example of how these fields could look like. There is no need to type "+" before the number 1.

Once the fields have been filled out, the user must **tap the Submit button**.

Once this is done, the user must **go back to the SIPPA Health App**.

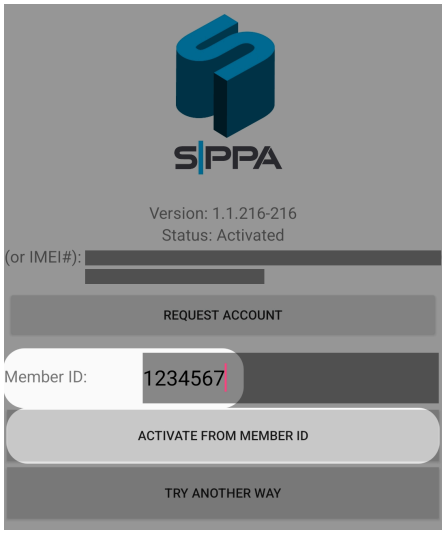


e) **Type the verification code** that was received through email then **hit the Submit button**.



f) Provide the **first name, last name, and phone number** of the user. Then **hit the Submit button**.

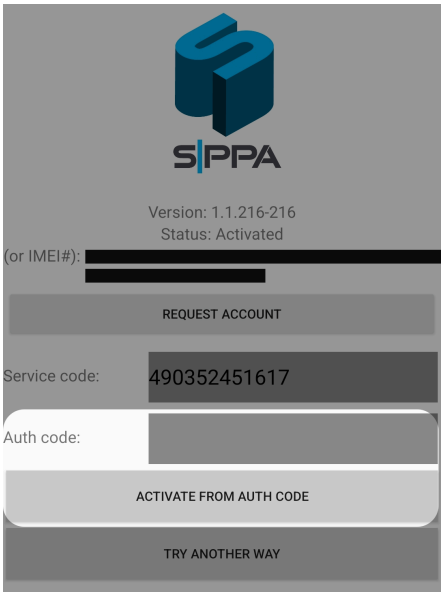
After approval by SIPPA, a text message containing the user's **MemberID will be sent to the phone number** previously provided.



g) Type the MemberID and hit **Activate From Member ID.** The user should now have full access to the app on this account.

Optional Way

a) Tapping **Try Another Way** will allow the user to have access to the app by using an **AUTH code.**



b) **Enter the AUTH code** and/or Click **Activate From Auth Code.**

c) If the user taps on the **Activate From Auth Code button** and leaves the Auth Code field blank, a message at the bottom of the screen with the **AUTH code will be provided** and the user will be moved to the dashboard.

Frequently Asked Questions

- **Where can I find My IMEI(device) UID?**

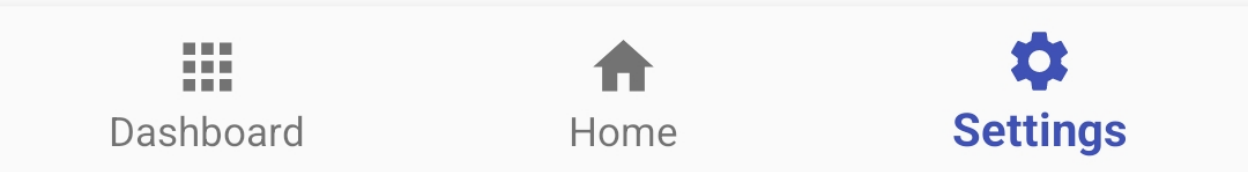
It can be seen above the “Request Account” button. (It has been covered by gray and black bars in these pictures for privacy)

- **When I click Activate, It returns -1**

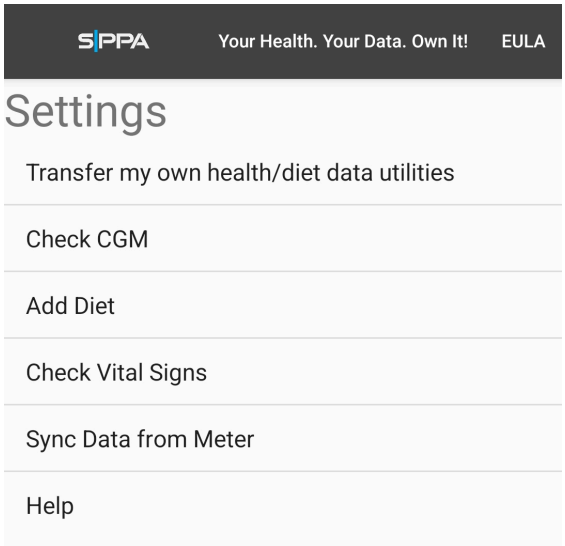
Make sure you have entered the correct AUTH code, also you can contact the SIPPA team for assistance.

2. SIPPA Main UI

The SIPPA App is divided into **three main areas:** the Dashboard, Home, and Settings.



2.1 Settings



In **Settings,** there are six different features to choose from. These are **Transfer my own health/diet data utilities, Check CGM, Add Diet, Check Vital Signs, Sync Data from Meter and Help**

The **EULA** button on the top right corner will display thSHOe contract between the software producer and the user, as well as the current version of the SIPPA app.

The **Help button** will display the **User Manual in PDF** format.

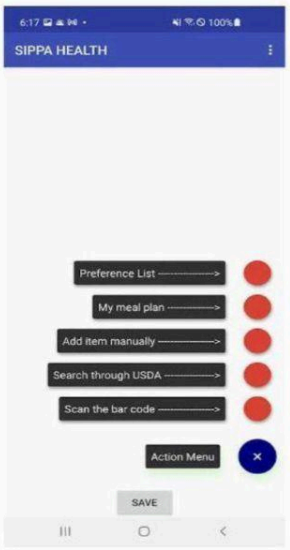
Transfer my own health/diet data utilities

This feature allows the users to import and export different items such as Diet Log, EHR, Encrypted EHR, Digital Consent Release, etc. (See 14 for an example on how to import an Encrypted EHR)

Check CGM

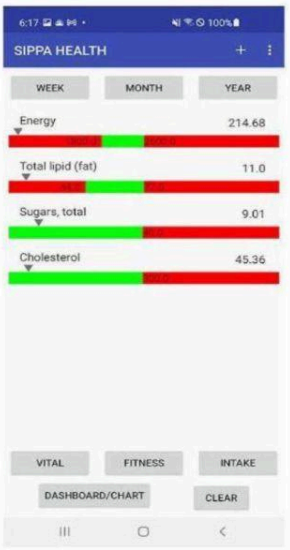
In this feature, the users are able to check the trend in their glucose during the day, last three days, last week and last month.

(See section 19 for how to get and read CGM data)



Add Diet

This feature has different options but its main purpose is to keep track of all edibles the user consumes



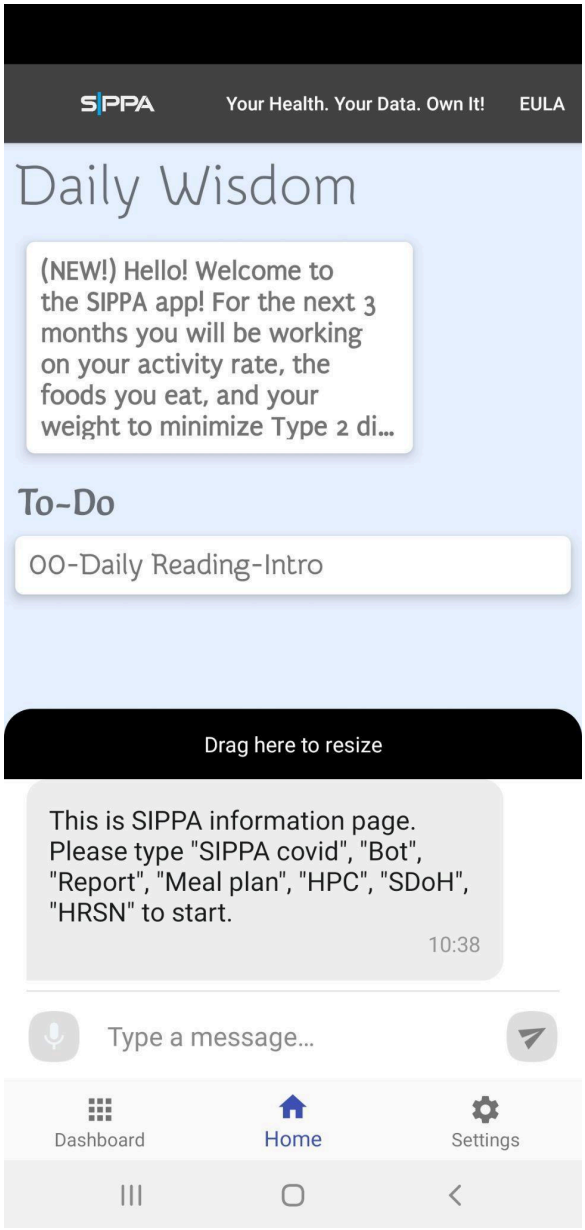
Check Vital Signs

This allows the user to have a visual representation of food content in their bodies

Sync Data from Meter

This feature allows the user to sync a monitoring device with the app (See 16 section b and c for details)

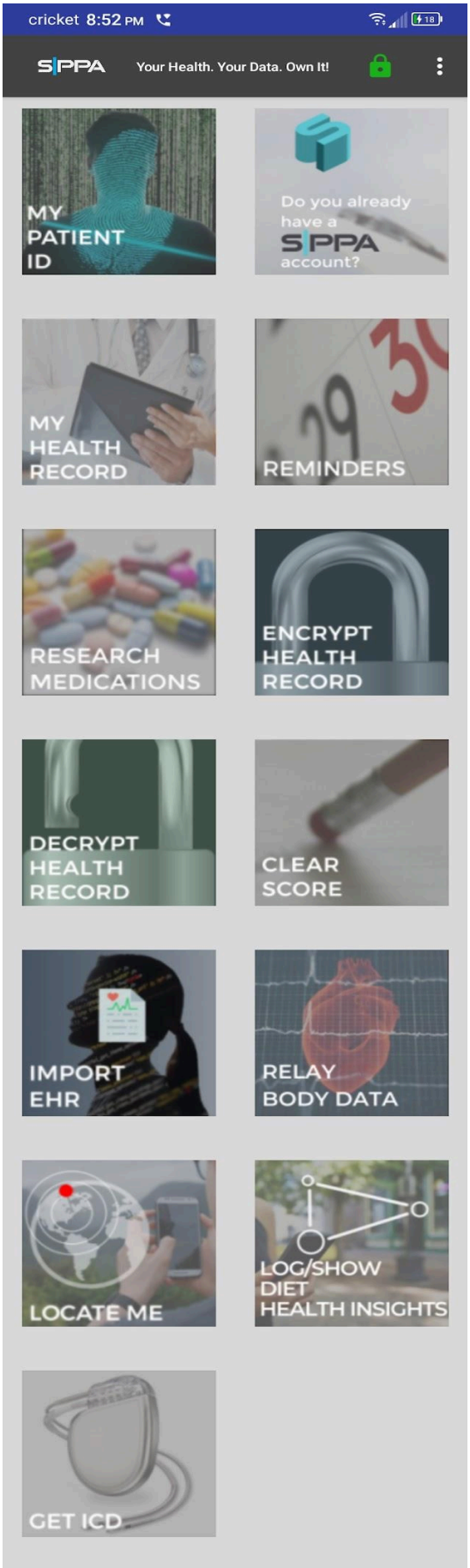
2.2 Home



The Home screen has two main sections: **Daily Wisdom** and the **Chatbot**.

Daily Wisdom will display short health facts, readings, and practices that may improve a user's lifestyle.

The **Chatbot** feature allows a user to interact with SIPPA Health in natural language (English) for inputs (such as collecting Social Determinant of Health information or self-reporting diet), or for accessing a particular function through a specific chatbot channel. **To access the chatbot**, the user can simply **drag up the black bar** at the bottom of the **Home screen**.



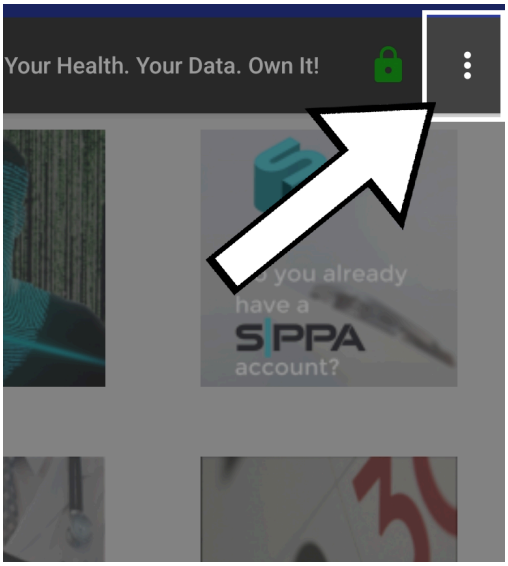
2.3 Dashboard

The Dashboard contains the features that are available for the users; e.g., sharing, importing, merging, or just reviewing a health record; encrypting a health record; monitoring heart rate, getting information on medicine, setting reminders, etc. These can be customized for their order and appearance.

Featured Buttons

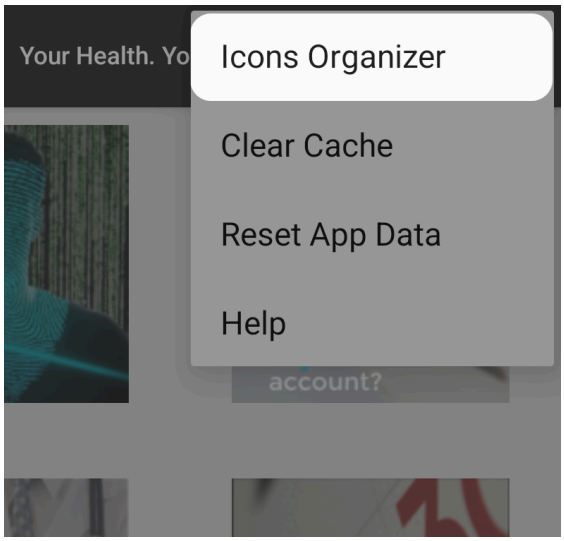
- My Patient ID
- Do you already have a SIPPA account?
- My Health Record
- Reminders
- Research Medications
- Encrypt Health Record
- Decrypt Health Record
- Clear Score
- Import EHR
- Relay Body Data
- Locate Me
- Log/Show Diet Health Insights
- Get ICD

3. Three Dot Settings



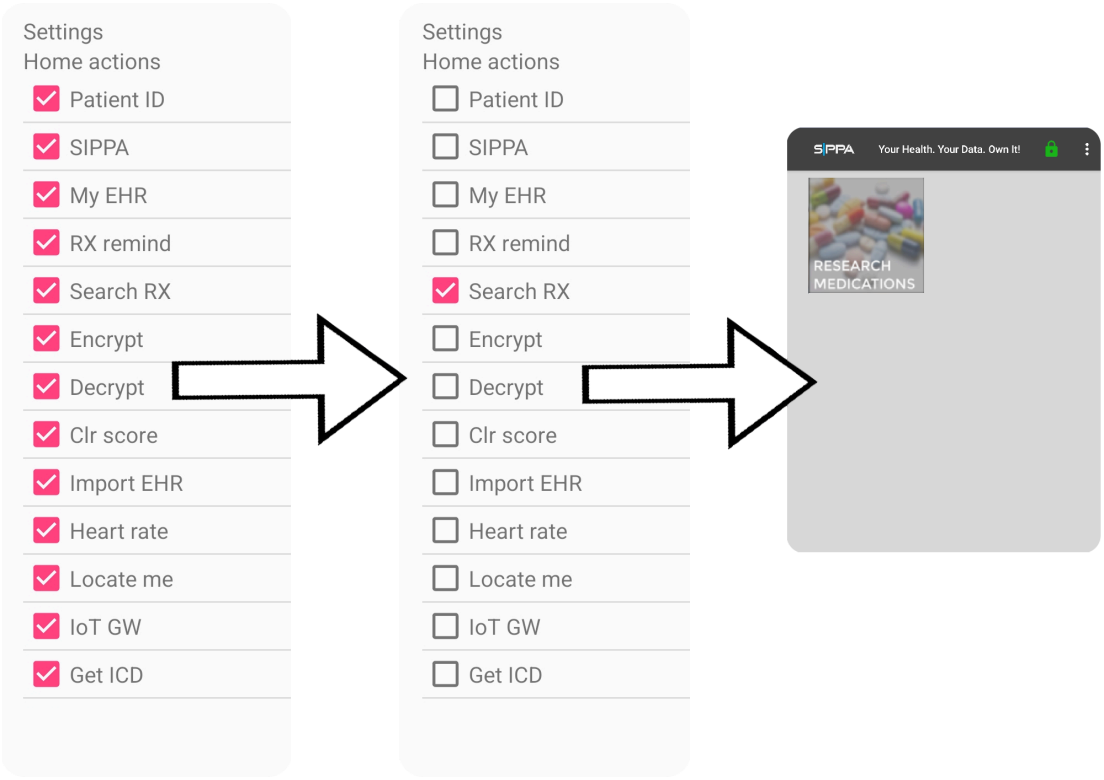
3.1 Icon Organizer

a) By tapping **the three dots** on the upper right corner of the dashboard, the user will access some extra features, one of which is the toggle icon option, better known as **Icon Organizer.**

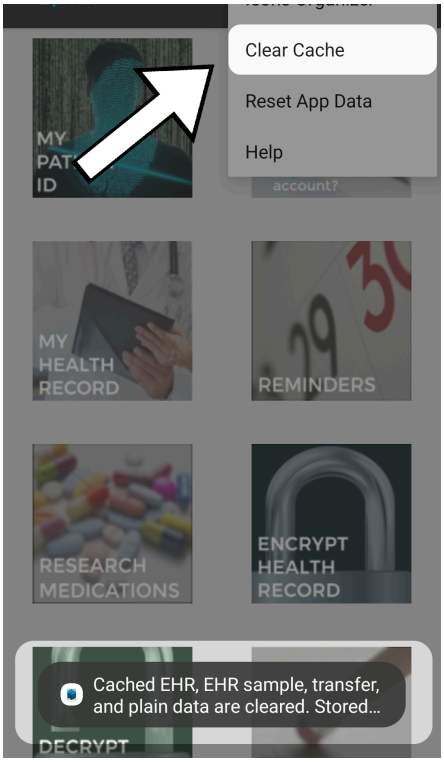


b) **Tap on Icon Organizer** to see a list of all available icons.

c) In this list the user may choose what icons should be displayed in the dashboard. For **example**, if we **disable all the icons except for "Search RX",** it will result in having only the **Research Medications** icon visible.



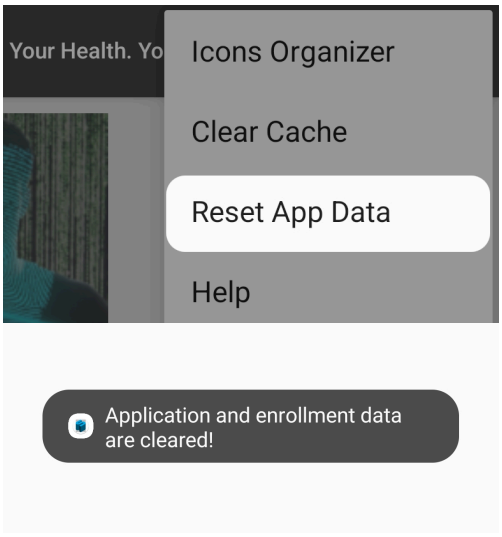
3.2 Clear Cache



a) Tap on **Clear Cache** to clear EHR, EHR sample, transfer and plain data, emt, response, decrypted health data, temporary plain, and recordings.

b) A message will appear at the bottom indicating that all the items were cleared.

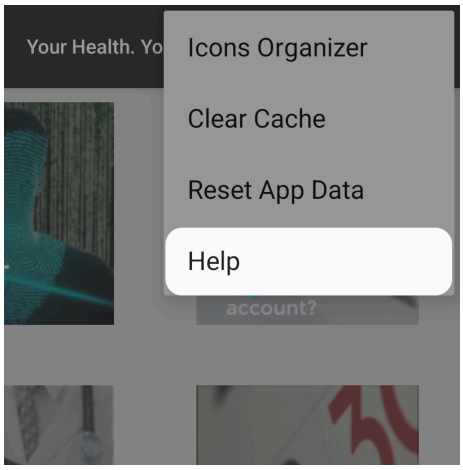
3.3 Reset App Data



a) Tap this to reset the app data.

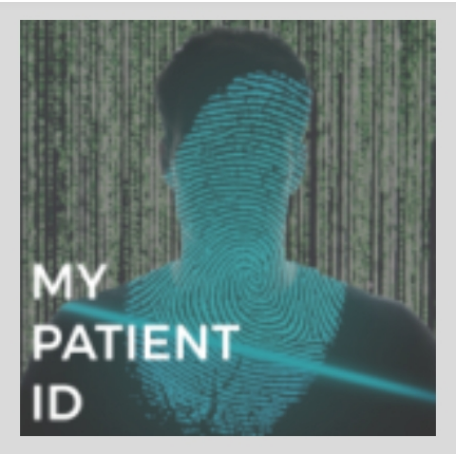
b) A message at the bottom will appear describing what just happened.

3.4 Help

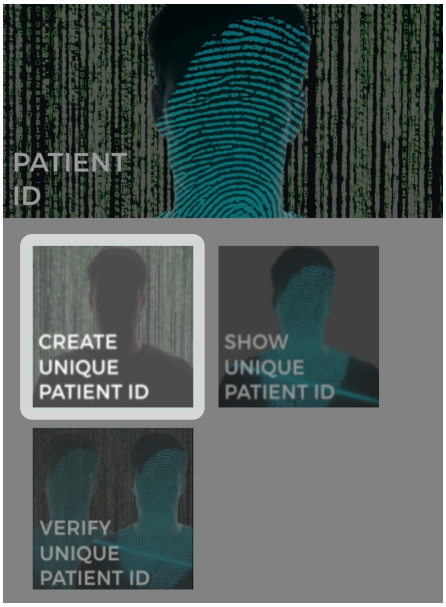


The **Help button** will take the user to a **PDF** version of this **User Manual.**

4. My patient ID

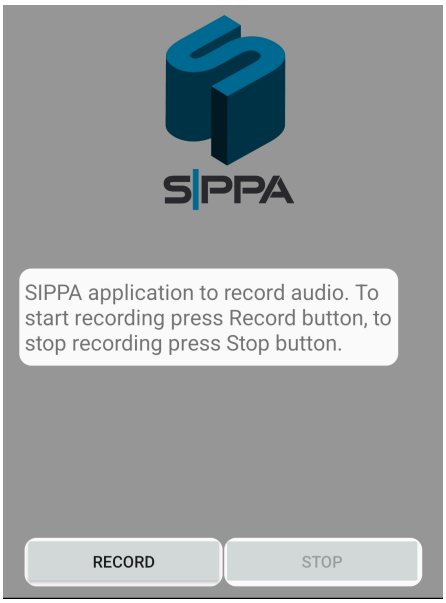


Click **My Patient ID.**



4.1 Create Unique Patient ID

a) **Tap Create Unique Patient ID.**



b) Then the user will be asked to record his/her voice. **Pressing Record** will activate the microphone, and **pressing Stop** will stop the recording.

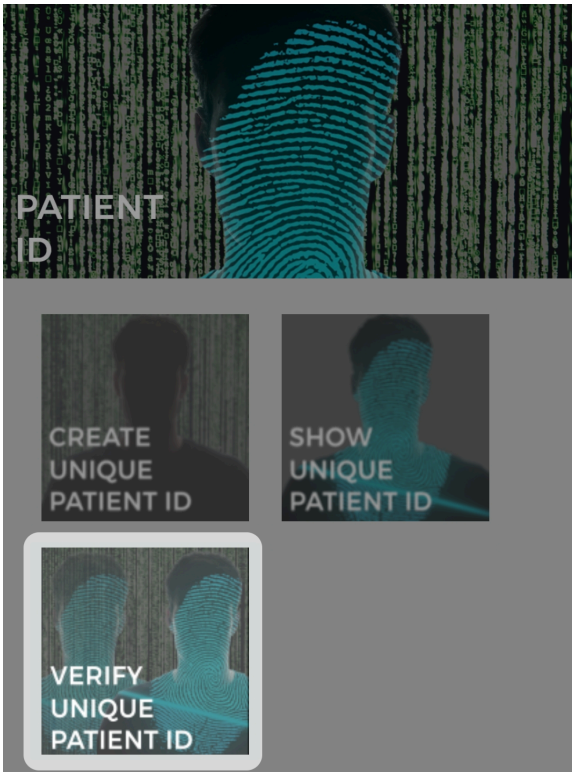
During the recording process, the user must say a word/phrase using the microphone. This recording will be used for voice recognition. **Note:** The voice recognition adapts to the user depending on how consistent the recordings are. If a user keeps using the same words, the recording comparison becomes more strict, but if a user uses different words every time a recording is made, the recording comparison becomes more permissive.

Once the **PatientID has been created**, a message will pop up at the bottom of the screen.

4.2 Show Unique Patient ID

Now that a Patient ID has been created, the user can **tap Show Unique Patient ID to show it.**

4.3 Verify Unique Patient ID



a) **Tap Verify Unique Patient ID** to verify the identity by saying the word/phrase that has been used when creating the ID.

b) **Hit Record**, and repeat the phrase that was used when creating the PatientID. Once the phrase has been completed, **hit Stop**. The SIPPA App will check for a matching result. This may take a few seconds.

Frequently Asked Questions

- **Why is the recorder not working?**

Try to enable then disable Airplane mode. This will reset the wifi connection.

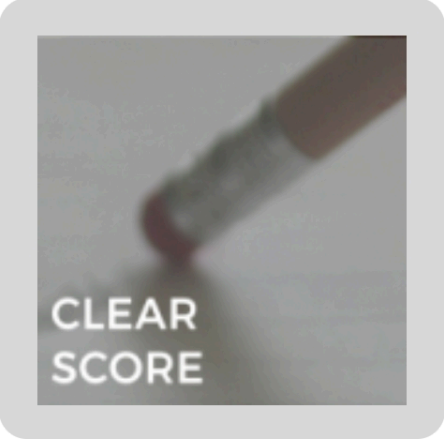
- **When using the recorder, a message pops up and reads: “Unable to establish the channel”**

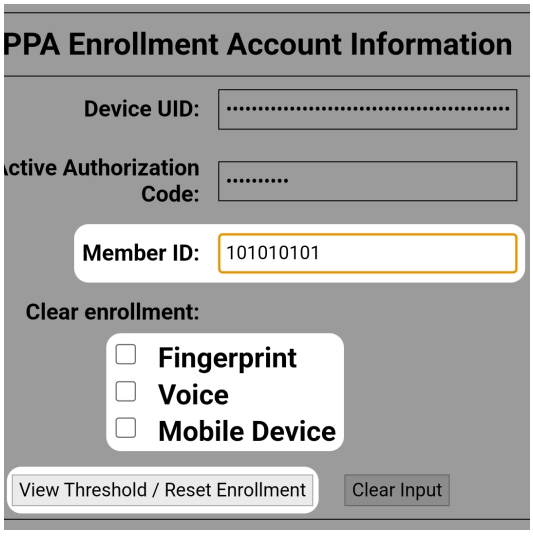
This means there is an issue when trying to connect to the Google Speech Service. Try switching to a different (private) internet connection.

- **I was able to create a PatientID. However, when trying to decrypt it by tapping “Verify Unique PatientID” it won’t work.**

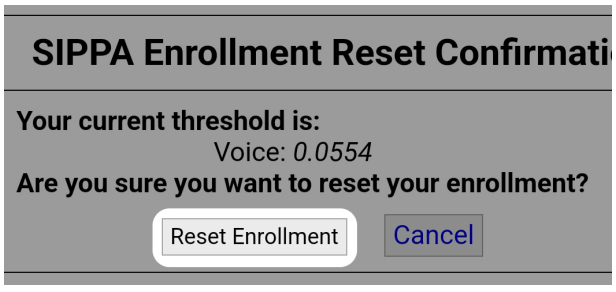
Make sure you are using the same word or phrase used during the creation process. Alternatively, you may follow the Clear Score instructions to reset the voice comparison threshold.

5. Clear Score





a) **Tap Clear Score** and **Enter Member ID.** Then select from the three possible fields (Fingerprint, Voice, or Mobile Device) to delete and **tap View Threshold/Reset Enrollment.**

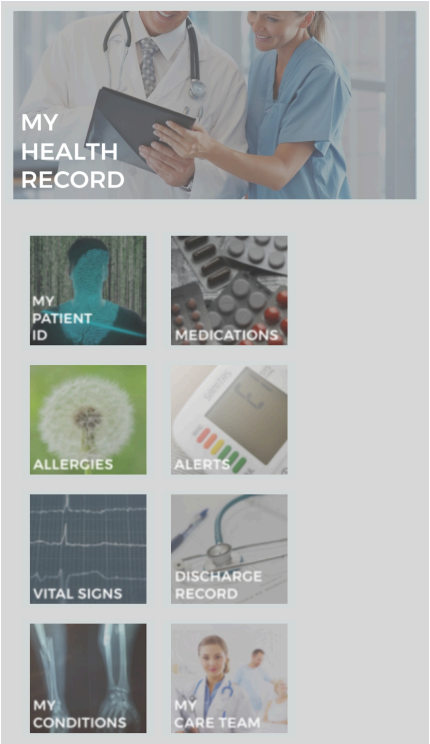


c) Click **Reset Enrollment.**

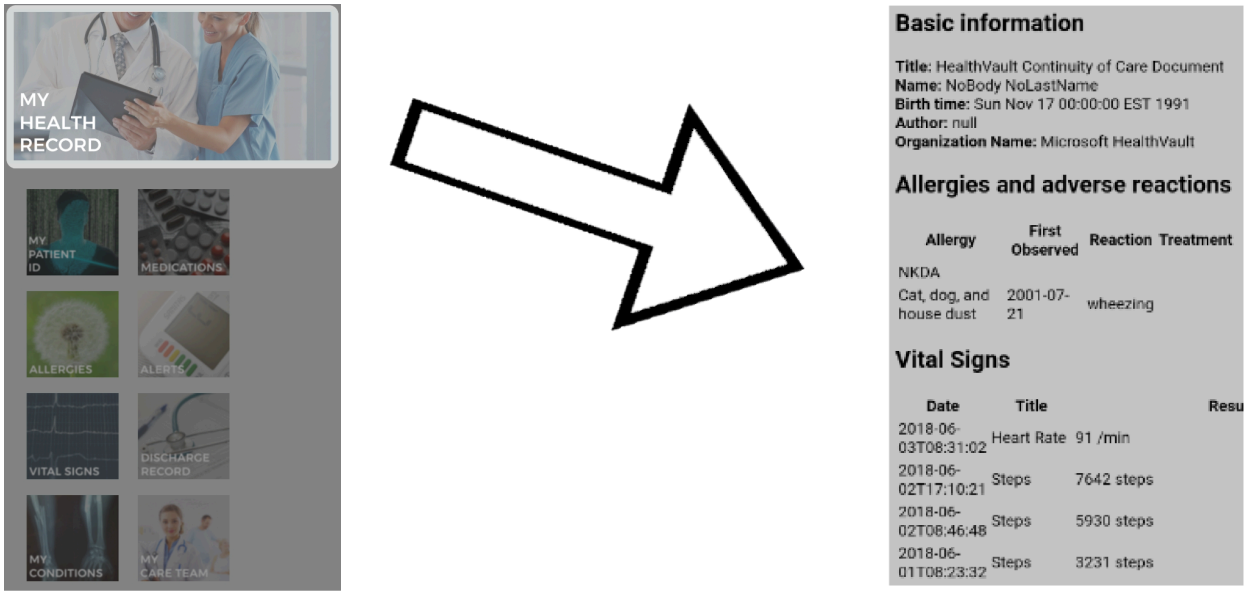
6. My Health Record

a) **Tap on My Health Record**

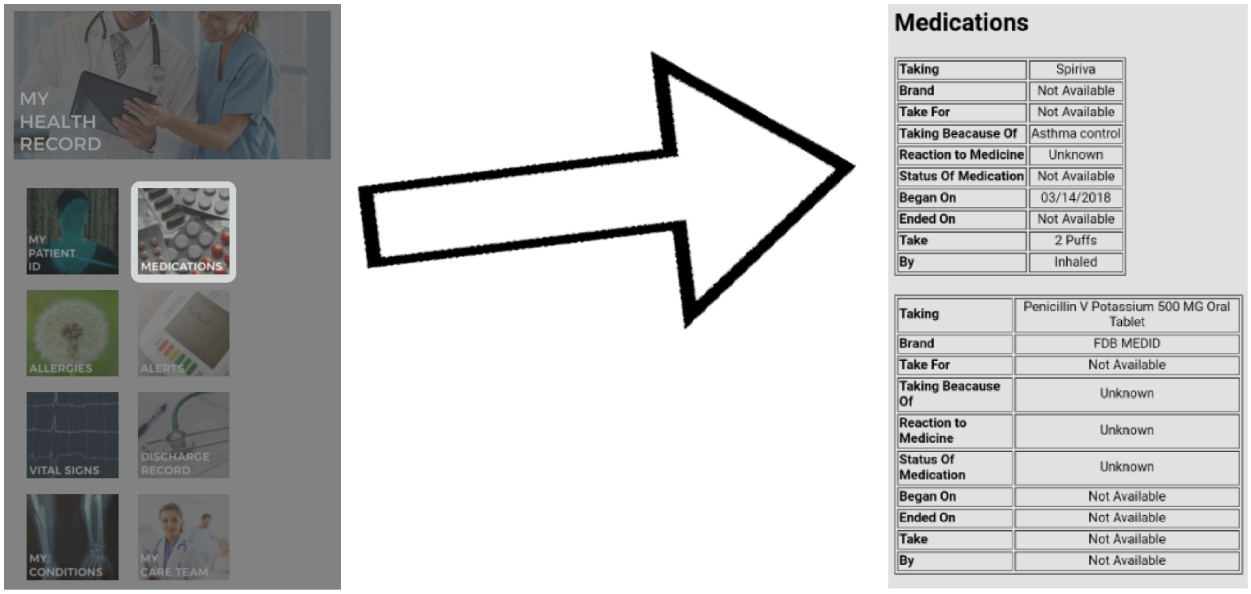
If a user has imported a health record into the SIPPA Health App, this section serves as the gateway to access the record. By tapping on any of the icons, the application will display the information corresponding to the text associated with each icon. The different icons that can be found are:



- My Health Record
- My Patient ID
- Medications
- Allergies
- Alerts
- Vital Signs
- Discharge Record
- My Conditions
- My Care Team



b) **Tapping on My Health Record** will display all the information within a user's health record.



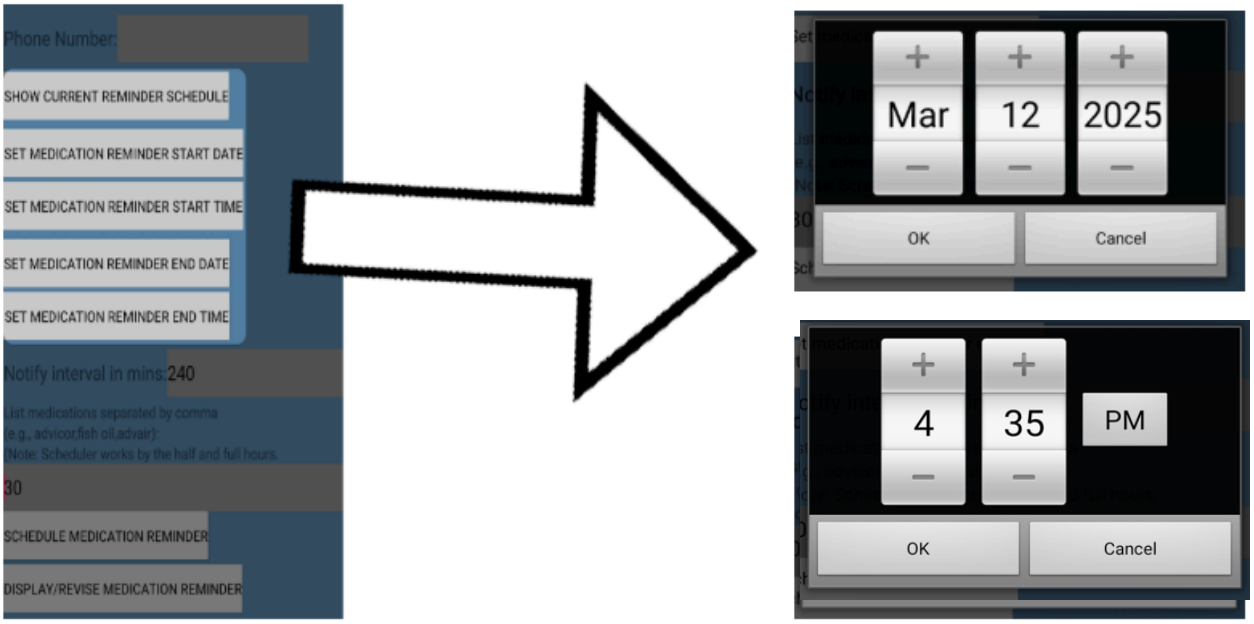
c) However, if a user wants to see only a selected part of the health record, tapping on another icon will display the information associated with that icon. (e.g. **tapping on Medication** will only show the medication section within the health record).

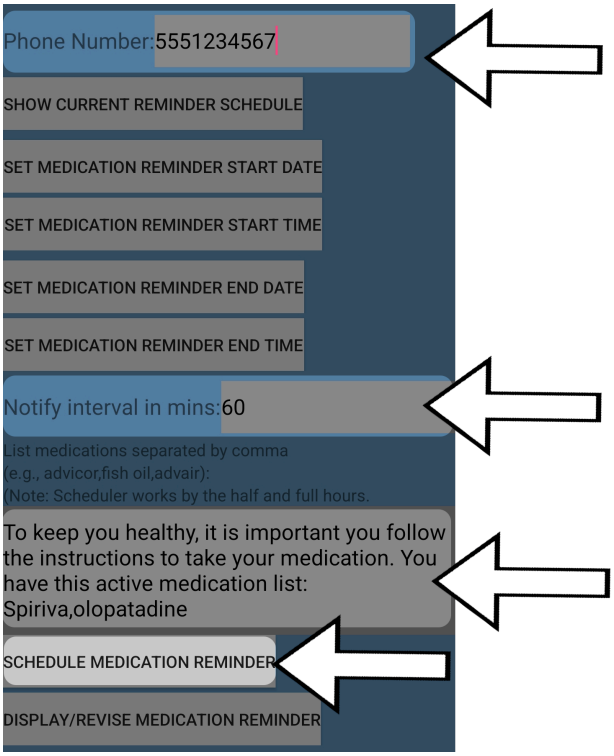
7. Reminders

a) **Tap on Reminders**

This feature allows a user to set medication reminders that can be sent as text messages to their phone.

b) Tap on **Set Medication Reminder** and choose from the four different options. Then the date and time can be adjusted according to the user's preference.



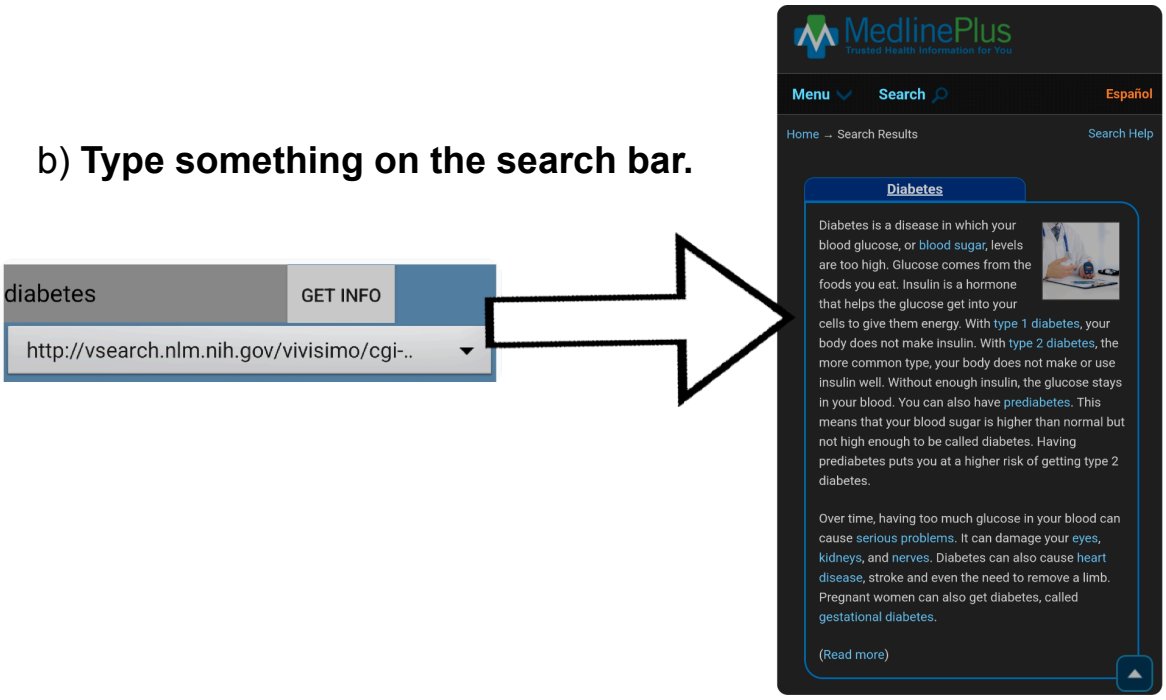


c) Provide a **phone number**, **time interval**, and a **message** then **Tap on Schedule Medication Reminder**

8. Research Medications

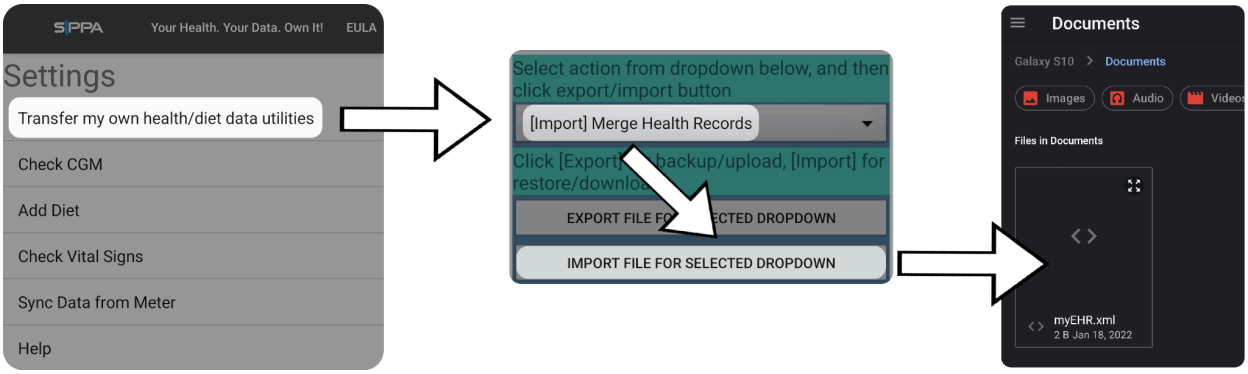
a) **Tap on Research Medications.**

b) **Type something on the search bar.**



c) By **tapping on Get Info**, Information from the National Library of Medicine (NLM) will be provided and displayed for the user.

9. Merge Health Records

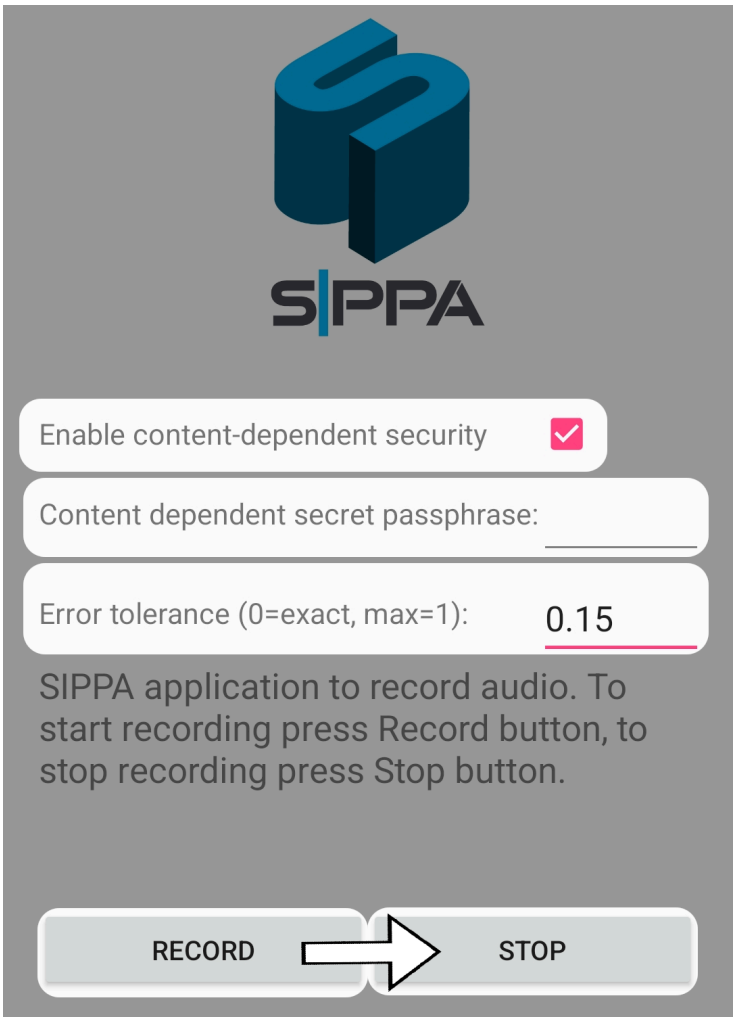


a) To merge a new health record with an old one, **go to the settings menu** and tap on **Transfer my own health/diet data utilities.**

b) Select **Merge Health Records** from the dropdown menu, and tap on **Import File for Selected Dropdown.** Then **select the health record to be merged** from your local storage.

10. Encrypt Health Record

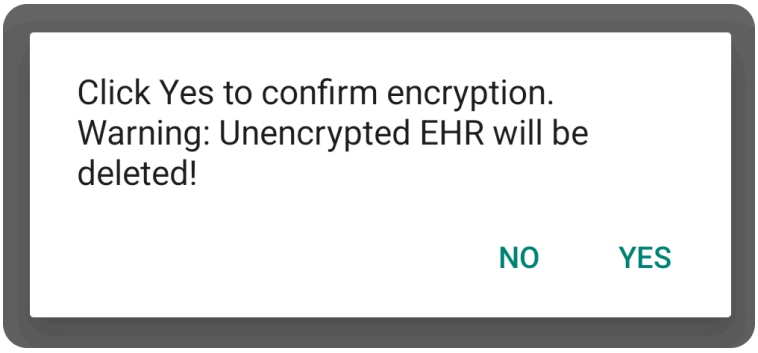
a) Given that a health record has been imported to the device already, proceed to **Tap Encrypt Health Record.**



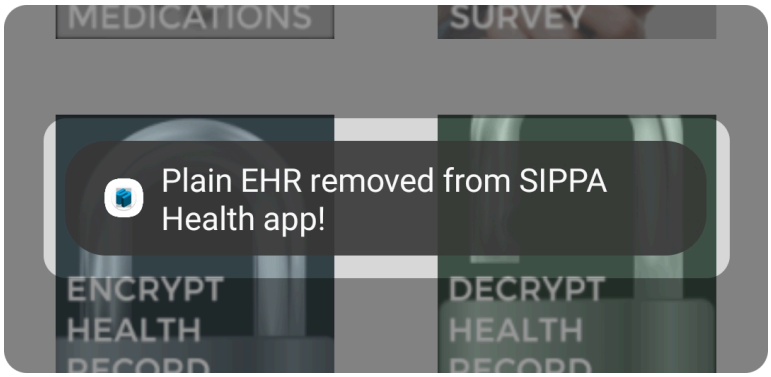
a) The recording will start once the **Record** button is pressed. Users must say a **word or phrase** as their password. Then pressing **Stop** will end the recording.

Information to Consider

- Untick **Enable content-dependent security** will allow the user to use a language other than English.
- **Content-dependent secret passphrase** gives a second-factor authentication. It's essentially, a typed password.
- **Error tolerance** allows a user to adjust how similar the recording has to be to the original (using a value closer to 0 is recommended).



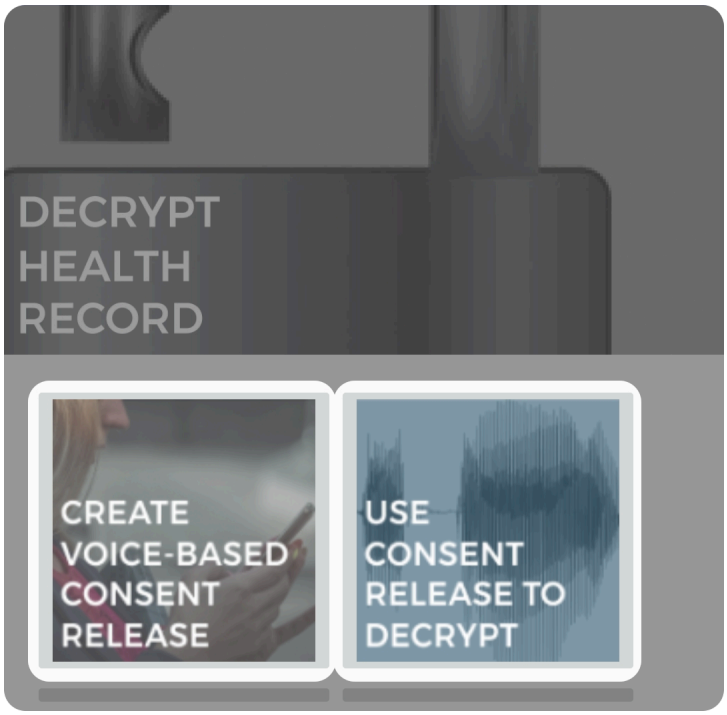
b) A message will ask to confirm encryption. If “Yes” is selected, the unencrypted version of the health record will be deleted.



c) The user will be taken back to the dashboard and all non-encrypted EHR will be removed from the SIPPA Health app.

11. Decrypt Health Record

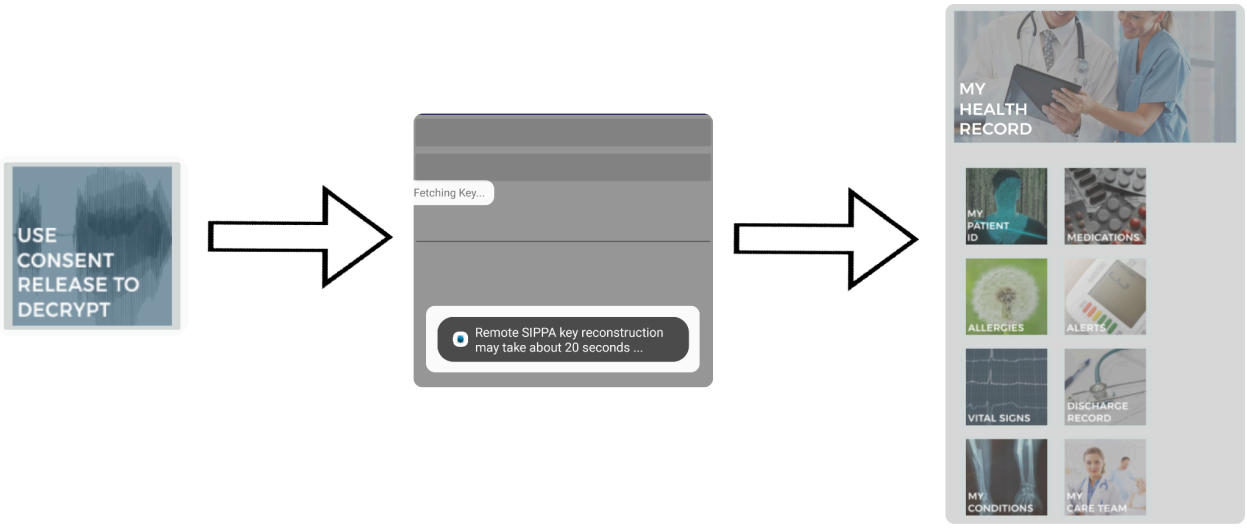
a) Given that an encrypted Health Record has been created, the **Decrypt Health Record** button will be enabled.



To have access to the encrypted health record, start by creating a voice-based consent release. Then, use this release to decrypt the health record. Follow the steps below for more details.

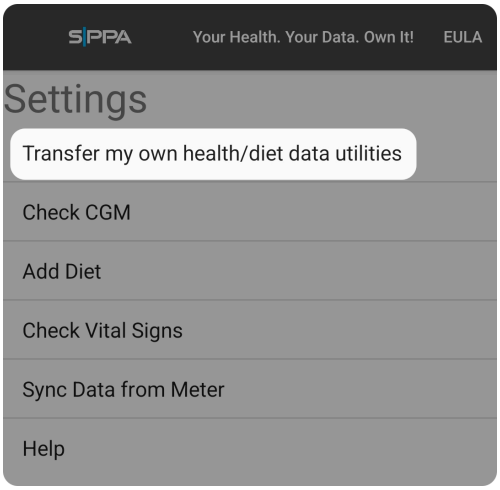
b) Select **Create Voice-Based Consent Release.** Similarly to encrypting, the recording will start once the **Record** button is pressed. Users must say the **same word or phrase** that was used during encryption. Then, pressing **Stop** will end the recording.

Note: If a **Content-dependent secret passphrase** was used when encrypting the health record, there will be a field in this screen for that passphrase.

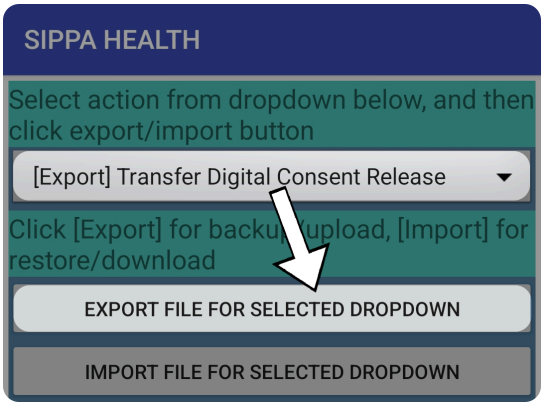


After generating a consent release, users can decrypt the health record by tapping Use **Consent Release to Decrypt**. Upon successful decryption, the app will automatically navigate to the **My Health Record** screen.

12. Export Helper Data

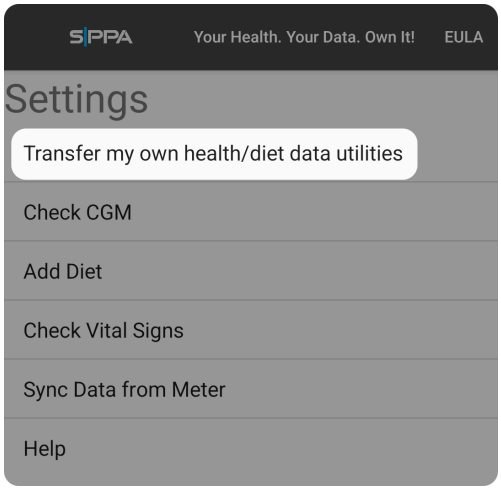


a) Go to the Settings menu. Given that, a user has Encrypted their EHR already and Created their consent release, then the user may want to save this data (known as Helper Data) to share or save as a backup. To do that, the user must tap on **Settings** and then tap on **Transfer my own health/diet data utilities.**

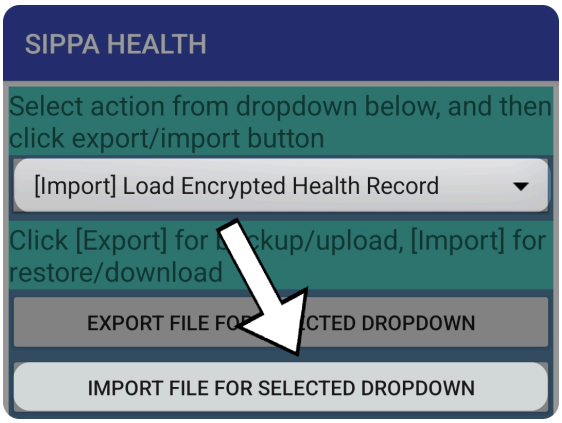


b) Select **Transfer Digital Consent Release** from the dropdown menu, then tap **Export File for Selected Dropdown**.

13. Import Encrypted Health Record

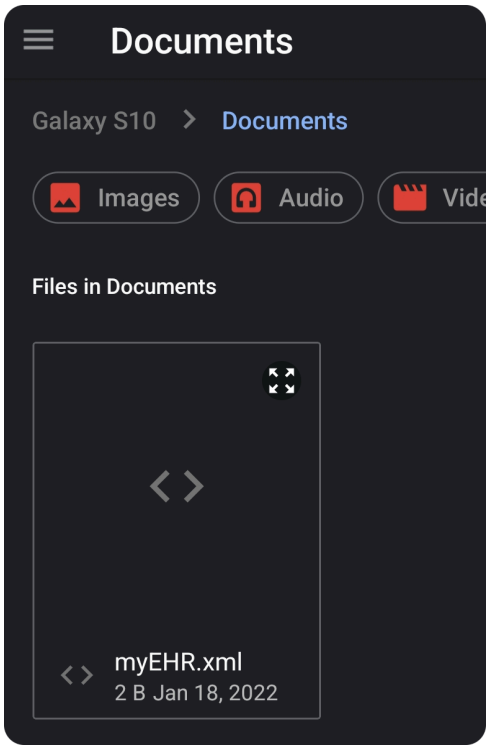


a) Tap on **Settings** at the bottom of the screen, then select **Transfer my own health/diet data utilities.**

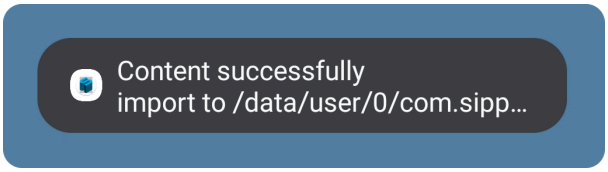


b) Tap on the dropdown menu and select **[Import] Load Encrypted Health Record.**

c) Then tap on **Import File For Selected Dropdown.**



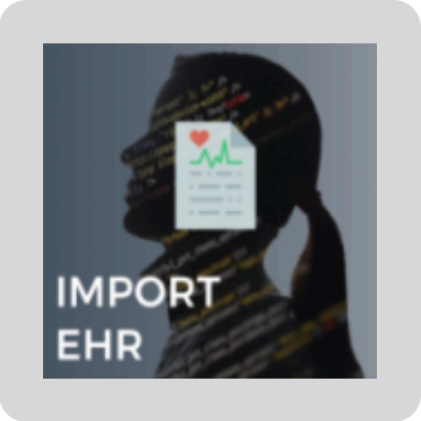
d) **Select the encrypted health record** from Google Drive or a device's local storage.

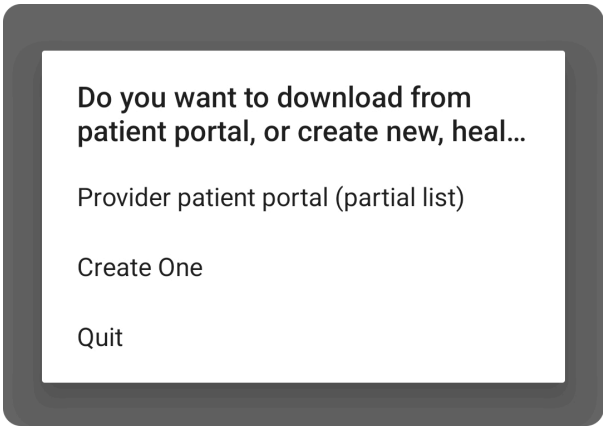


Then a message at the bottom of the screen will indicate a successful import.

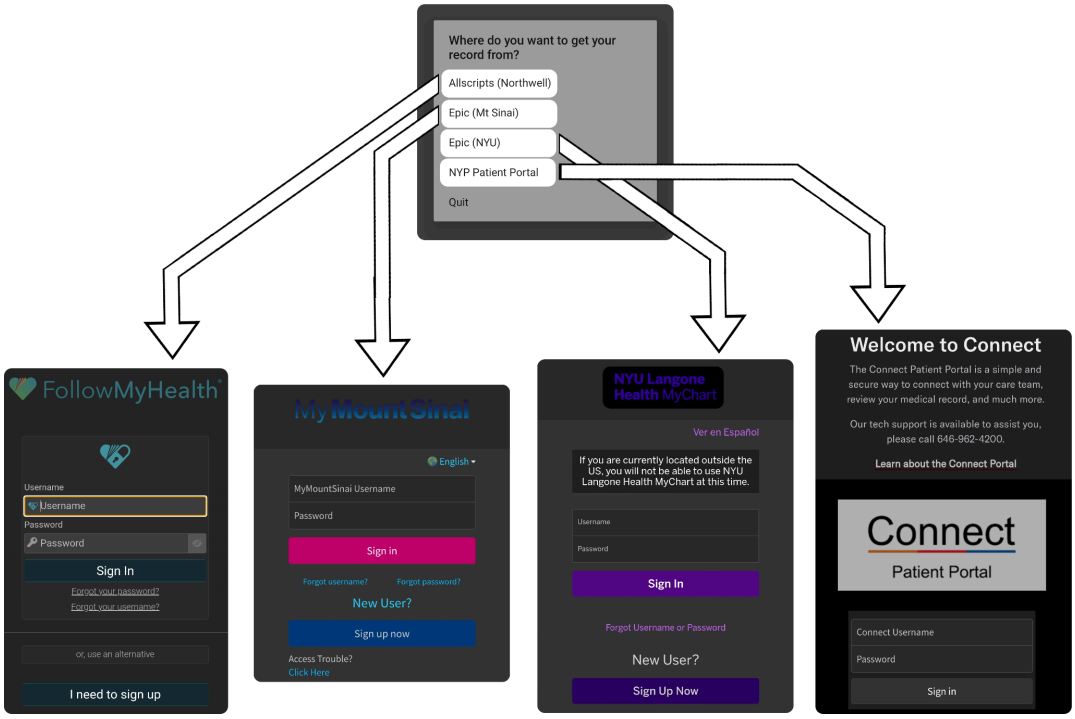
e) To open the newly imported encrypted health record, **go back to the Dashboard, tap on Decrypt Health Record,** and follow the steps in that section**.**

14. Import EHR





a) In the Dashboard, **Tap Import EHR.** Then **Select one of two options.** When using the Import EHR button, users have two ways of importing a Health Record: importing it from a healthcare provider portal or creating one from scratch.

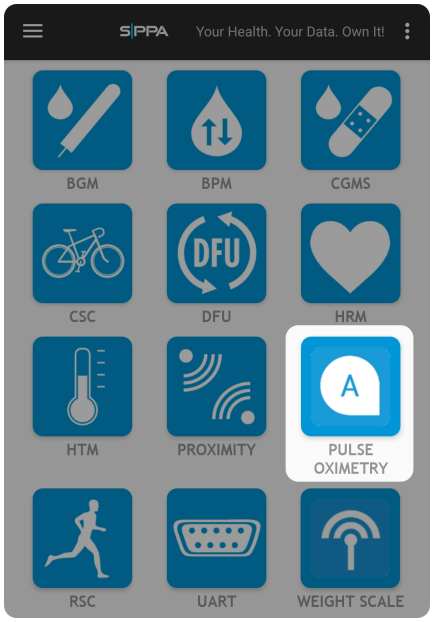


If the **Provider Patient Portal** option is selected, the user will have to choose from the available options.

If **Create One** is Selected, the user will have to create a Health Record and **add at least one vital** then **tap on Save Health Data.**

Upon Success, the SIPPA Health App will automatically open the My Health Record page (Section 6).

15. Relay Body Data

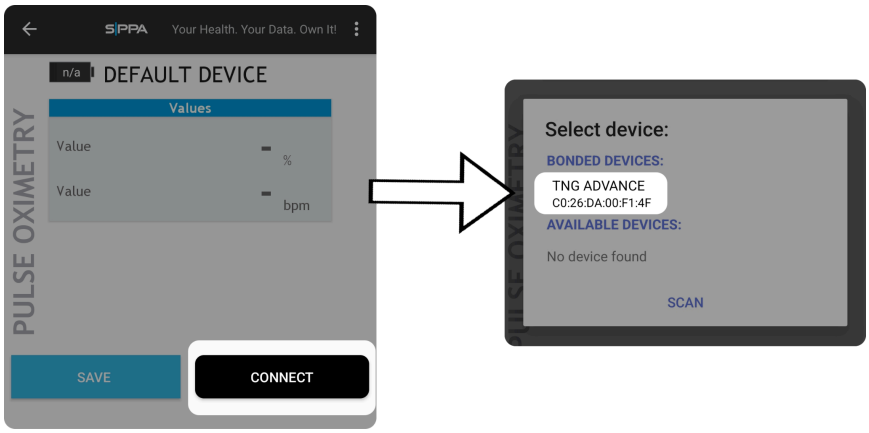


a) **Tap on Relay Body Data,** here the user will be able to transfer the measurements from a medical device and store them within the SIPPA Health App, and also include them in their health record.

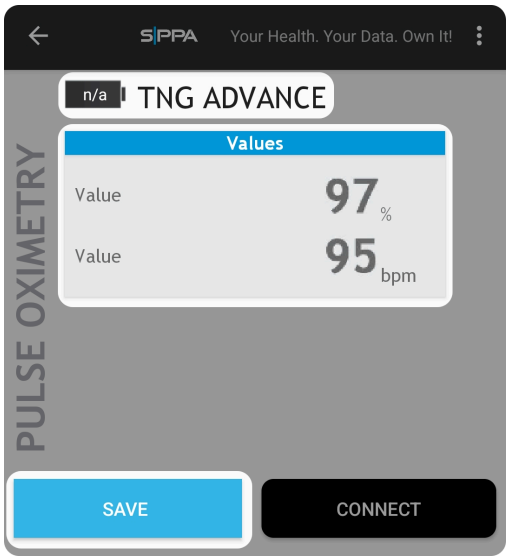
Note: The user must take a measurement on a medical device of their choice and make sure the mobile device's Bluetooth is already turned on and paired with the medical device.

b) **Tap on the corresponding icon.**

Note: The first time using this feature, the app may request explicit user permission to access Bluetooth functionalities. And explicit permission must be given for devices running Android 11 and above.



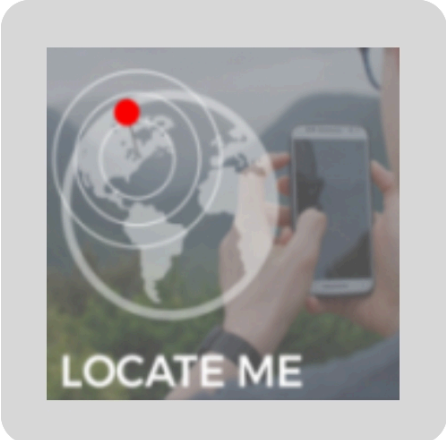
c) **Tap on Connect** and select a medical device.

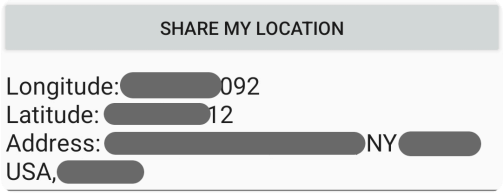


d) The data will be displayed once the data transmission process has successfully been completed.

Then the user can decide whether to merge the measurement with a health record or not. Upon successful merge, the My Health Record page will be opened.

16. Locate Me

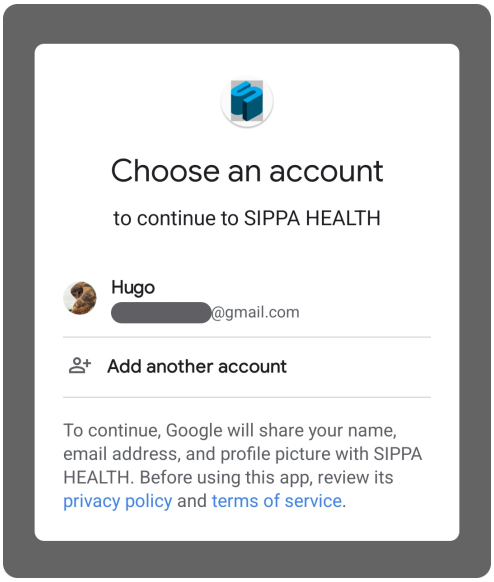




a) Tap on **Locate Me,** and the current location will be shown on the screen.

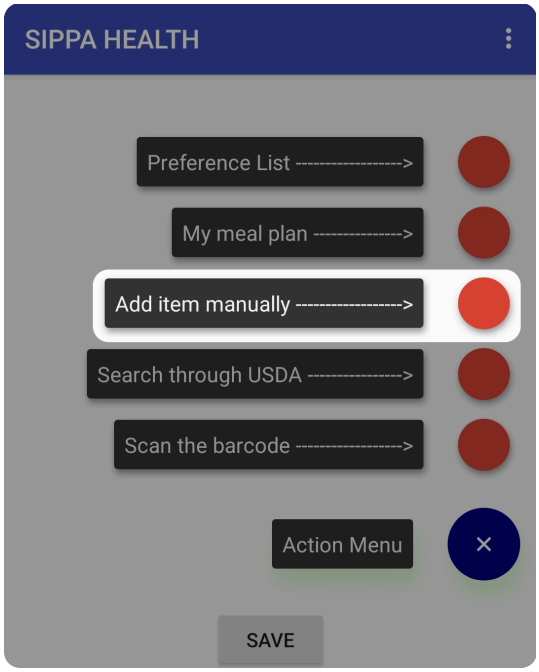
b) By tapping Share My Location, the user will send the location info to a SIPPA server.

17. Log/Show Diet Health Insights

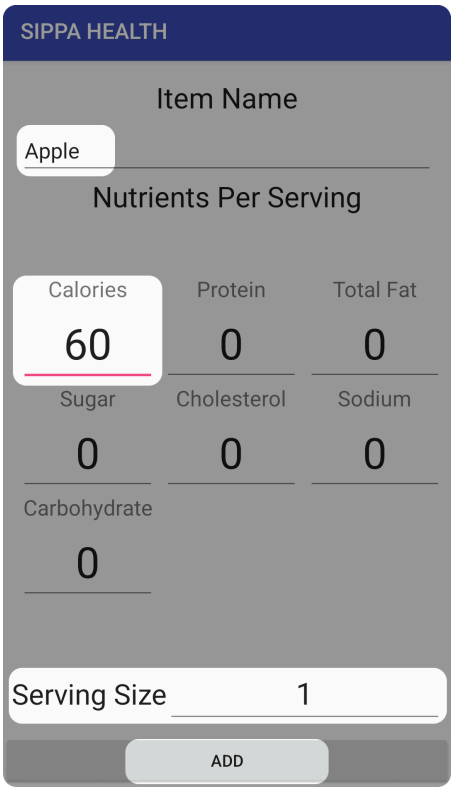


a) **Tap on Log/Show Diet Health Insights**. A first-time user will be required to **log in to their Google account**.

b) tapping the plus sign, on the upper right corner, will allow a user to log daily intake.

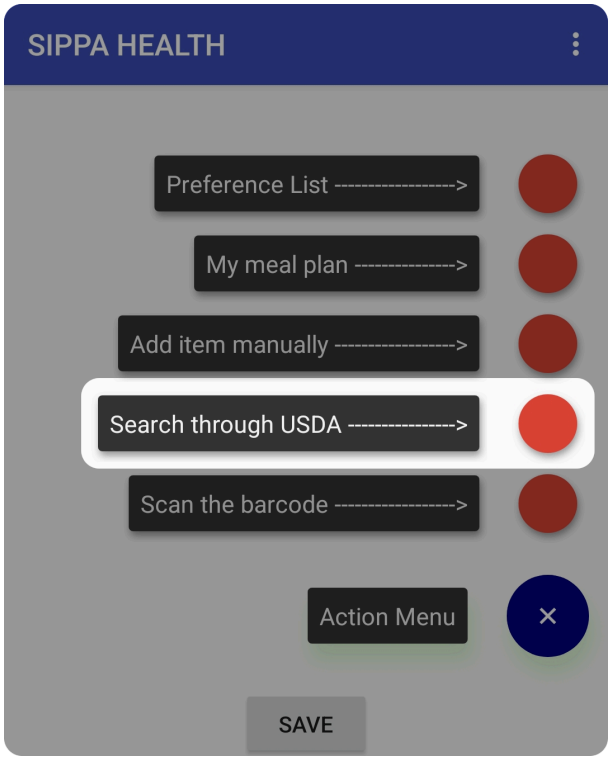


There are several ways to log daily caloric intake and the first one we will explore is: **Add Item Manually.**



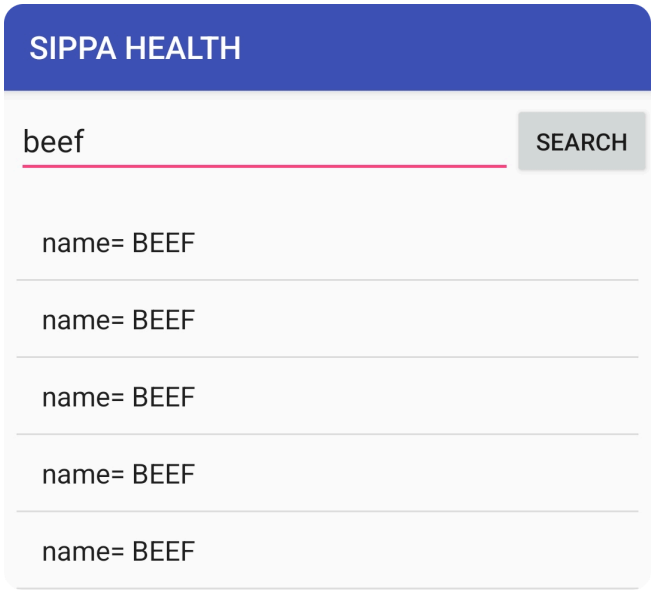
Add Item Manually:

Enter a food name, and **then nutrients**, such as calories, protein, total fat, and sugar, may be added. Then **add a serving size**. Finally, **tap Add.**

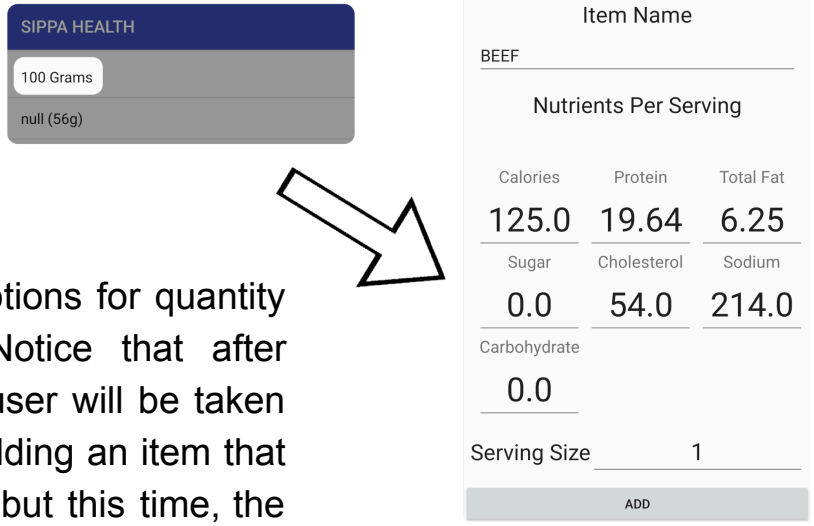


The Second way is: **Search through USDA**. Where users can find hundreds of possible foods from the United States Department of Agriculture's database.

Search Through USDA



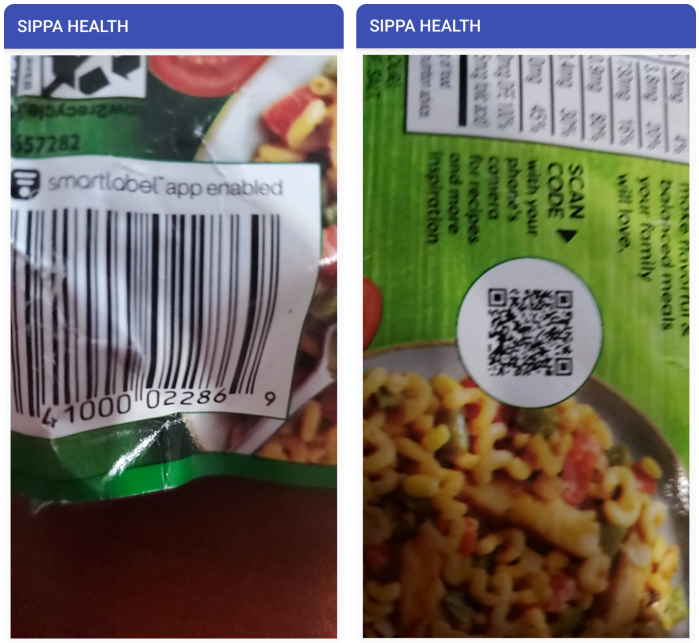
Enter an item name and **tap Search.** Then select one of the results.



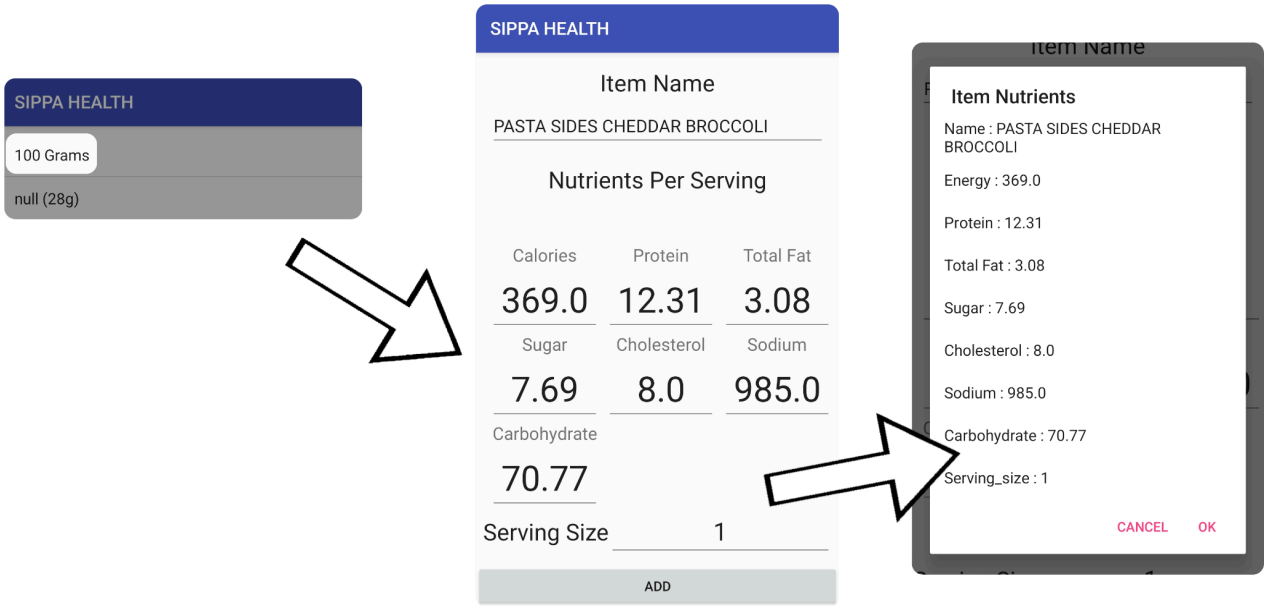
The user will be given options for quantity units to be selected. Notice that after selecting an option, the user will be taken to the same screen for adding an item that **Adding Manually** offers, but this time, the fields will be populated. The user may still modify a few things, but the process is still the same. **Tap Add** to finish the process.

Scan the Barcode

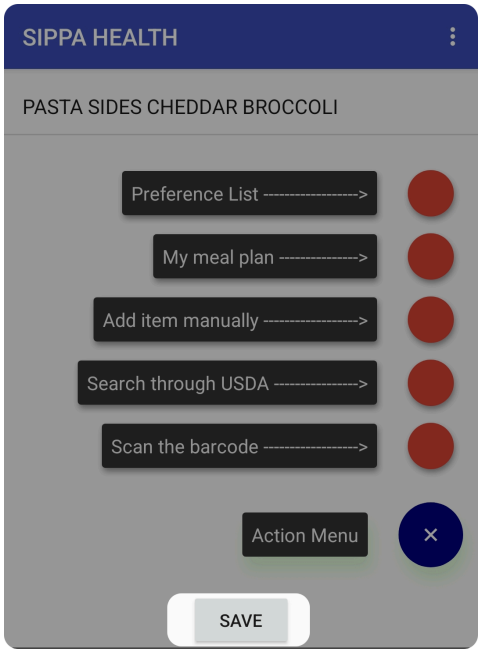
(third way)



After having selected **Scan the Barcode** from the red dots menu. The user will need to face the camera at a **barcode or QR code**.

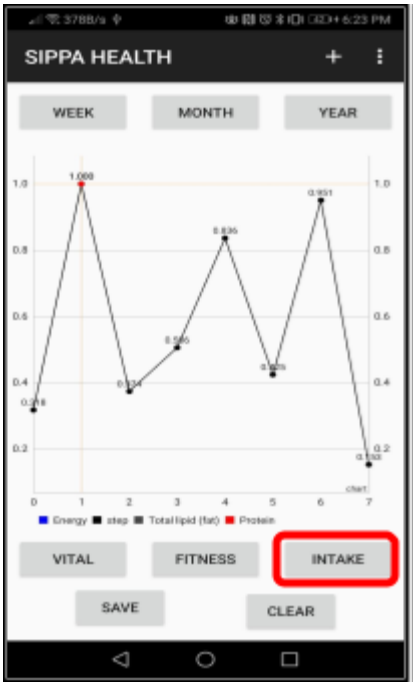


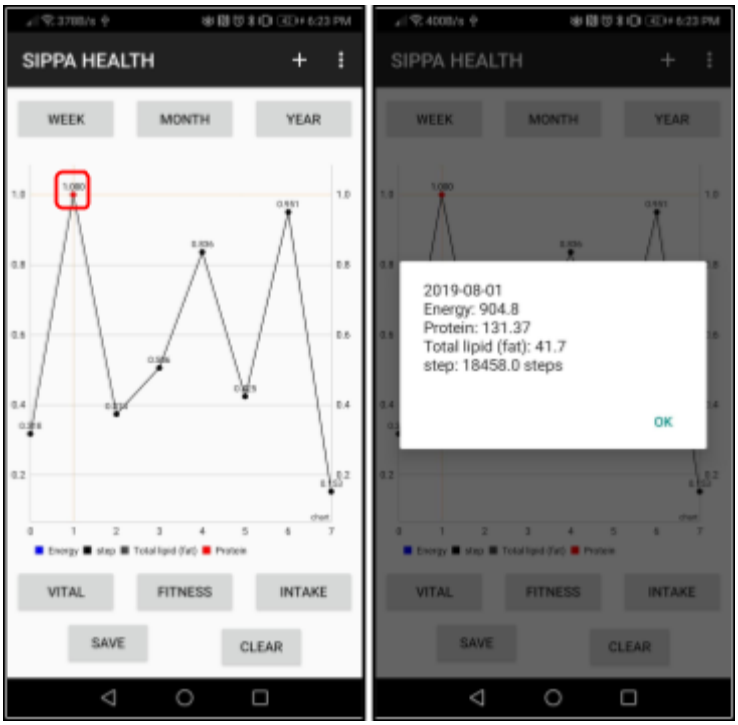
Similarly, as it was done previously, **select the corresponding quantity unit** and **enter the serving size**. **Tap on Add and confirm by hitting OK.**



When the user finishes adding items, tapping on the **Save** button will store all the additions.

Tapping on Intake allows the user to select the fields that are displayed on the graph.

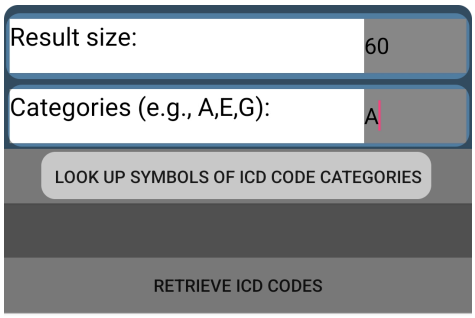




By tapping on any points of the linear graph, a small window with extra information will be displayed.

18. Get ICD

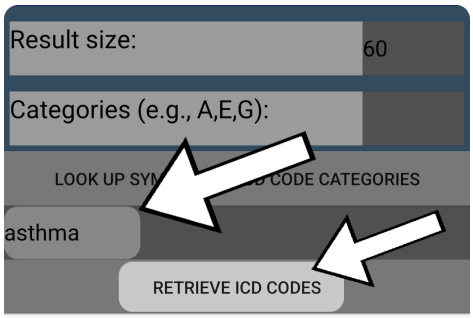
a) **Tap on Get ICD.** This feature allows users to search for standard codes used by the ICD (International Classification of Diseases).



2016 ICD-10-CM Codes

Index	Category symbol	Description
1	A00B99	Certain infectious and parasitic diseases
2	C00D49	Neoplasms
3	D50D89	Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism
4	E00E89	Endocrine, nutritional and metabolic diseases
5	F01F99	Mental, Behavioral and Neurodevelopmental disorders
6	G00G99	Diseases of the nervous system
7	H00H59	Diseases of the eye and adnexa
8	H60H95	Diseases of the ear and mastoid process
9	I00I99	Diseases of the circulatory system
10	J00J99	Diseases of the respiratory system
11	K00K95	Diseases of the digestive system
12	L00L99	Diseases of the skin and subcutaneous tissue
13	M00M99	Diseases of the musculoskeletal system and connective tissue
14	N00N99	Diseases of the genitourinary system
15	O00O9A	Pregnancy, childbirth and the puerperium
16	P00P96	Certain conditions

b) **Define Result Size,** this will indicate how large the results will be. **Enter Categories** then by **tapping 'Look Up Symbols of ICD Code Categories'** the app will display ICD codes.

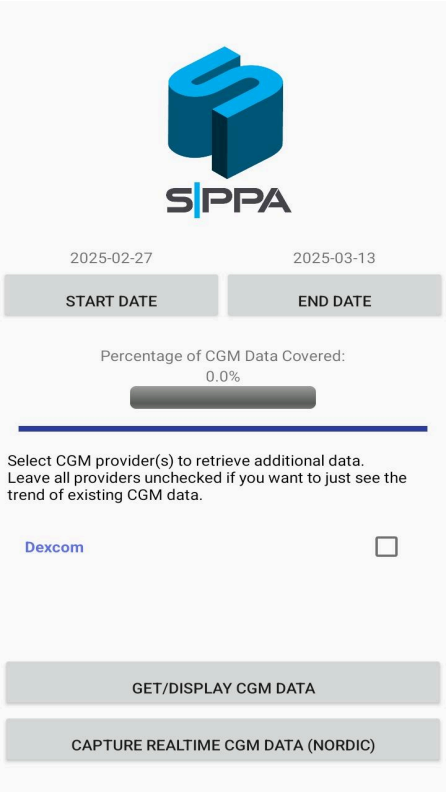


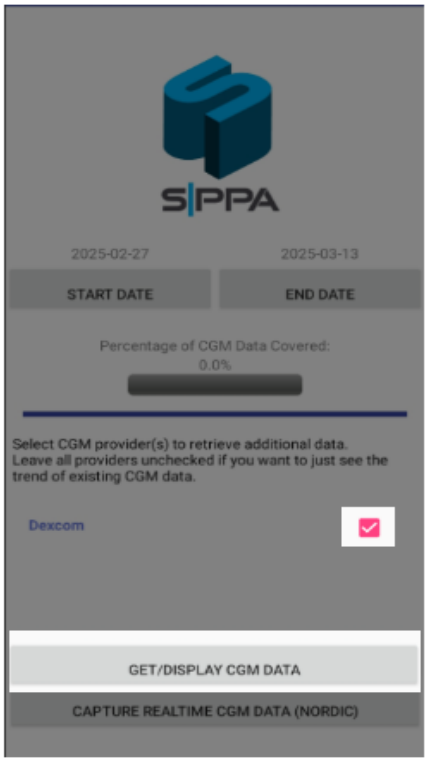
#	Code	Desc	Score
1	J45.998	Other asthma	1.00000
2	J43.8	Other emphysema	0.96348
3	E66.8	Other obesity	0.96251
4	B65.8	Other schistosomiasis	0.96053
5	A23.8	Other brucellosis	0.95822
6	E78.4	Other hyperlipidemia	0.93139
7	H10.89	Other conjunctivitis	0.93131
8	A35	Other tetanus	0.92692
9	E66.3	Overweight	0.92429
10	E85.8	Other amyloidosis	0.92081
11	G91.8	Other hydrocephalus	0.92001
12	E86.0	Dehydration	0.91883
13	F20.89	Other schizophrenia	0.91871
14	K20.8	Other esophagitis	0.91817
15	H16.8	Other keratitis	0.91786
16	E83.118	Other hemochromatosis	0.91744
17	K59.09	Other constipation	0.91654
18	B03	Smallpox	0.91638
19	B86	Scabies	0.91600

c) Alternatively, the user can **enter the name of a disease and** then **tap Retrieve ICD Codes** to see the corresponding results.

19. Get CGM

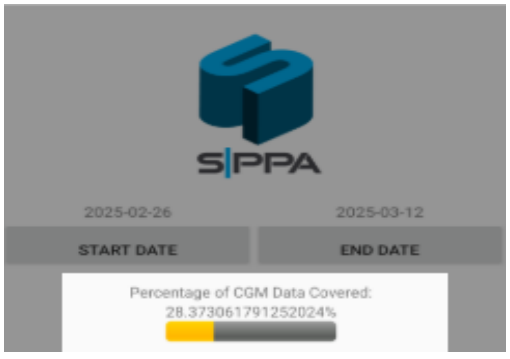
The CGM Default page without any CGM data will look like the picture shown on the right.



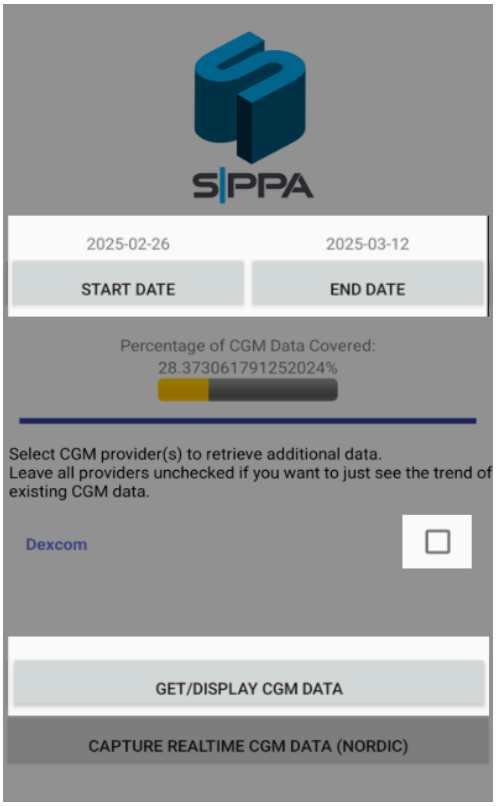


a) **To get (Dexcom) CGM Data:**

1. **select the Dexcom** box on the right.
2. **click the GET/DISPLAY CGM DATA.**



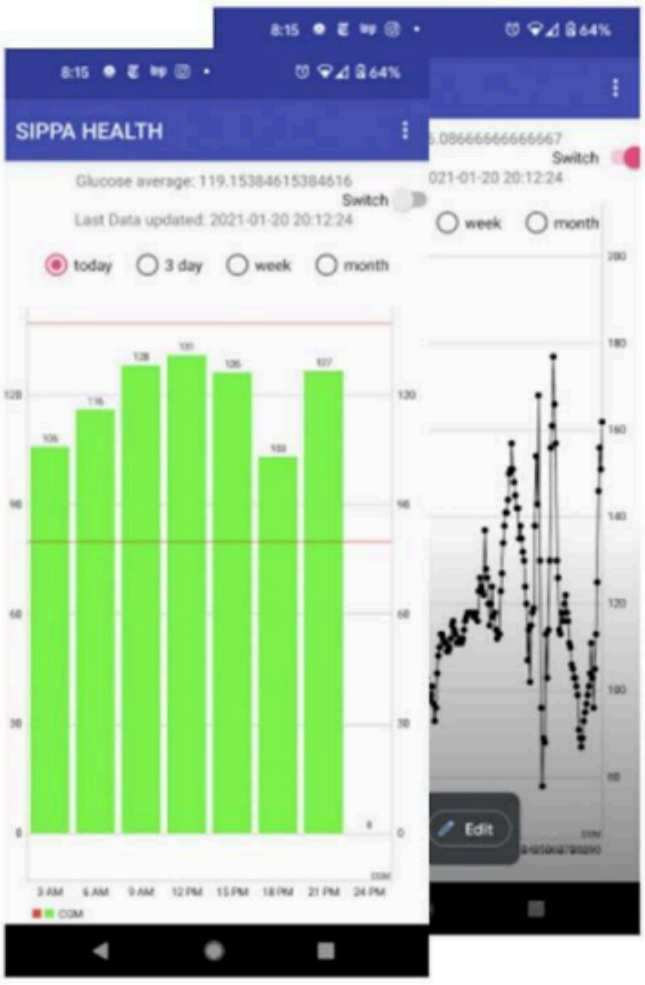
Remark: Getting Libre CGM data will be through the “[Import] Load (Libre) CGM data” in the “Transfer my own health/diet data utilities” in Settings.



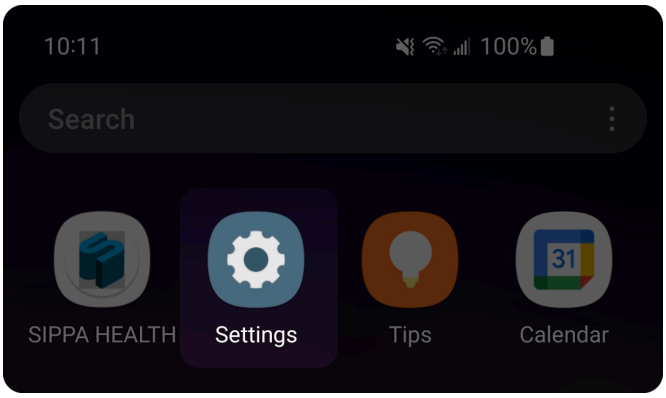
b) **To View CGM data**:

1. The user can select the Data range to view by adjusting the **START DATE** and **END DATA.**
2. **Unselected the Dexcom box** on the right.
3. **click the GET/DISPLAY CGM DATA.**

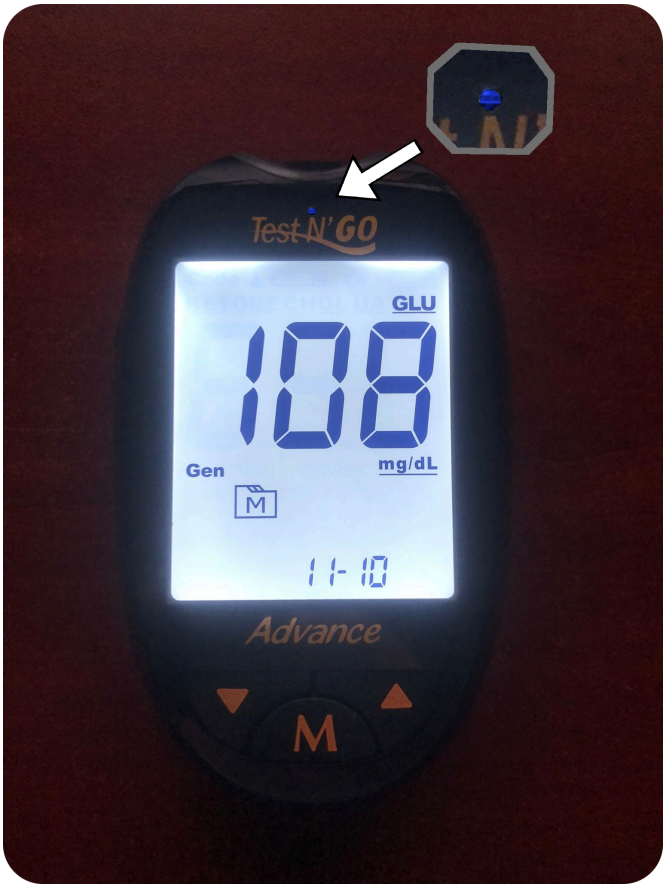
(Users can view and analyze their CGM data through graphs and charts, as shown in the picture on the right.)



20. Pair with Bluetooth Medical Device

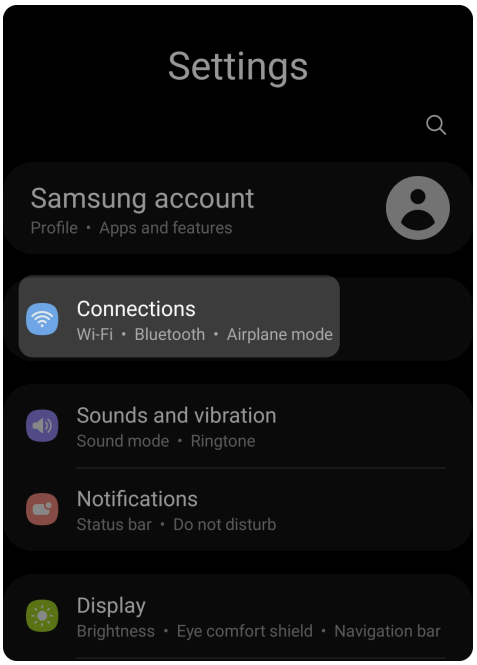


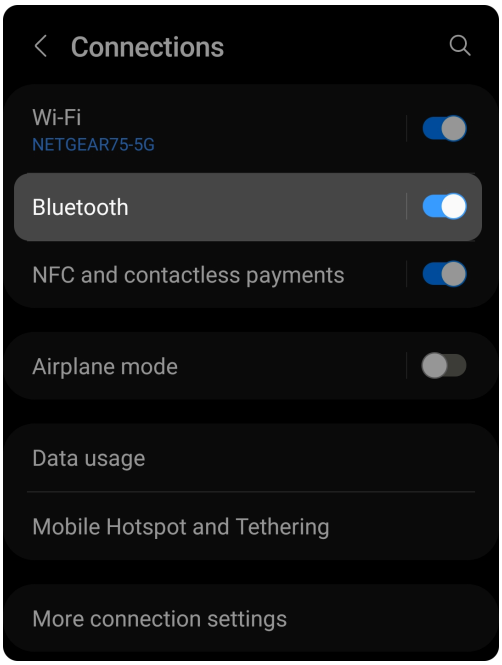
a) **Find the Settings section** on your mobile device.



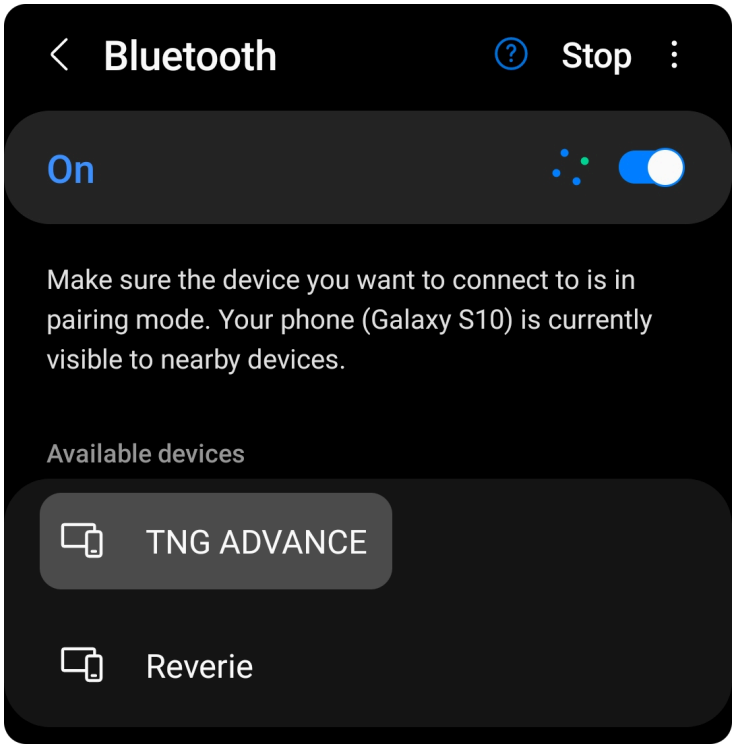
b) **Turn on the medical device** and ensure Bluetooth broadcasting mode is active.

Note: Many devices will have a **blinking blue light that indicates Bluetooth is active**.





c) Back in the settings menu, **find the Connections option and tap on it**. Then **select Bluetooth.**



d) Inside the Bluetooth menu, find the medical device and pair it to the mobile device.

Note: If the medical device is not on the list of available devices, try scanning again or make sure your medical device has Bluetooth mode enabled.