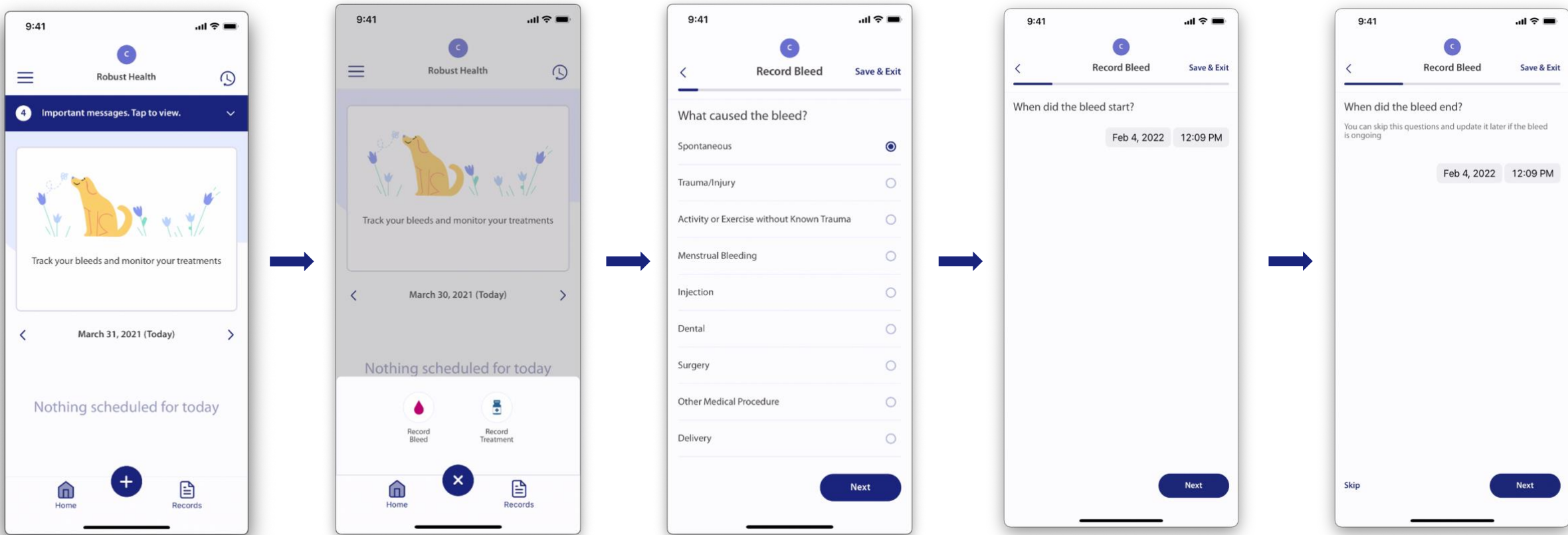
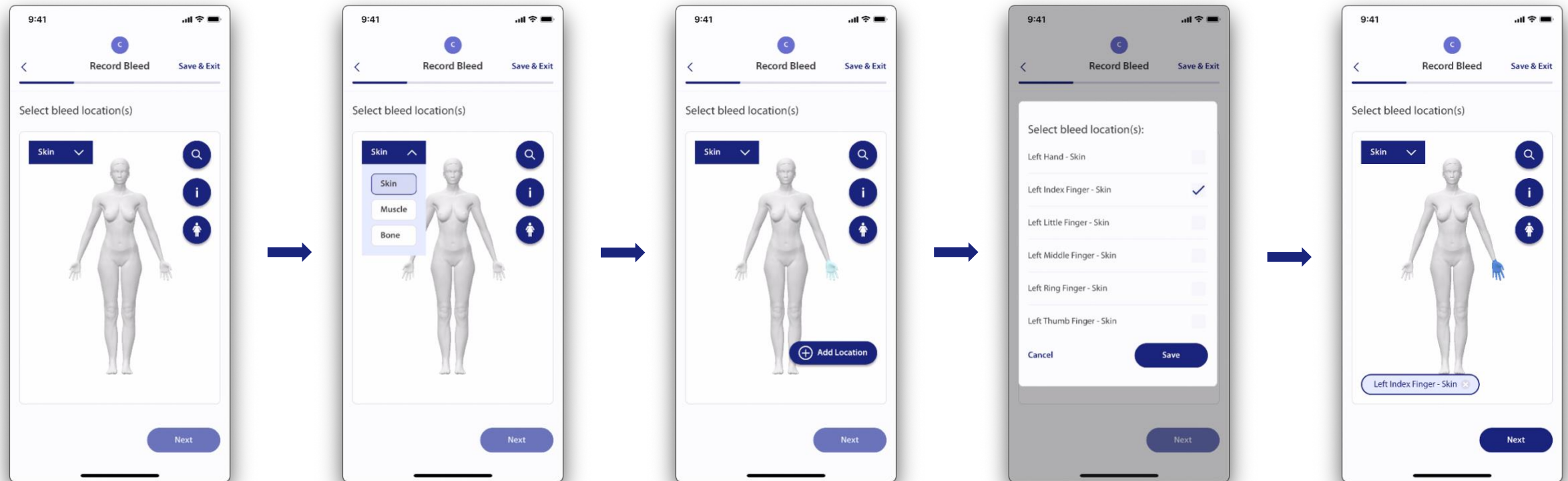


How to record a bleeding episode in the Robust Health app.

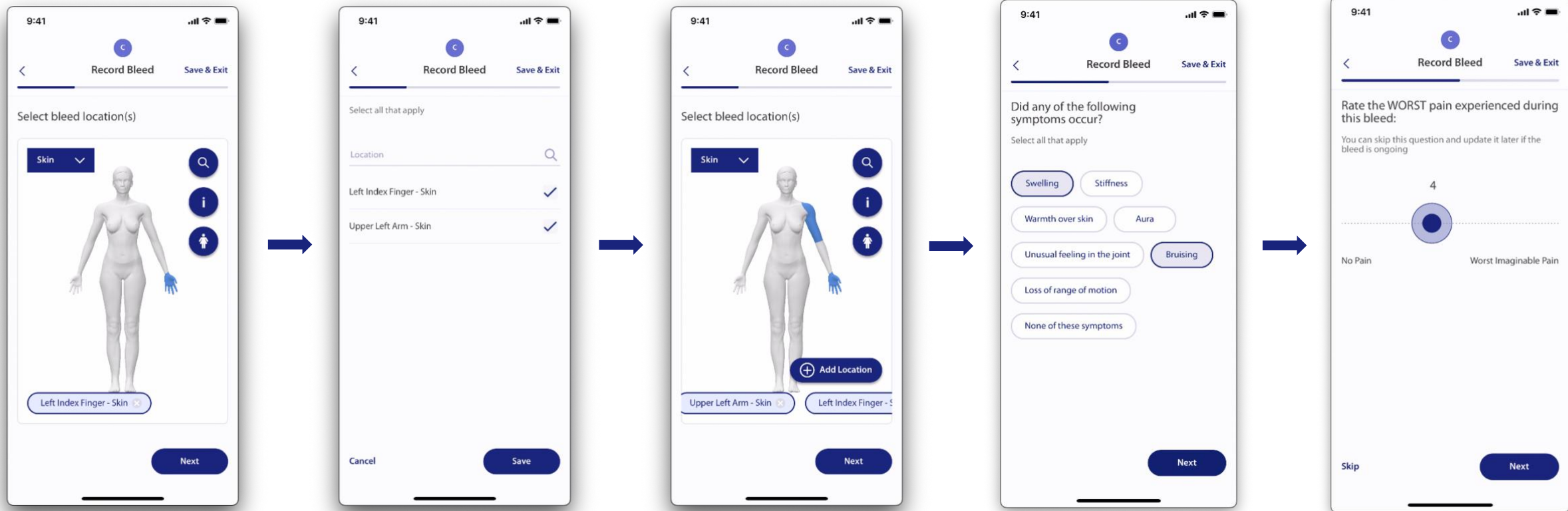


1. Tap the “+” icon on your home page.
- Note: The screenshots contained in this document were taken on an iPhone and may look slightly different on your mobile device.*
2. Tap **Record Bleed**.
3. Select the cause of the bleed, then tap **Next**.
4. Select the start date and start time of the bleed from the date and time pickers, then tap **Next**.
5. Select the end date and end time of the bleed from the date and time pickers, then tap **Next** or tap **Skip** if your bleed is ongoing.
- Note: You can return later and add the end date and end time if your bleed is not resolved.*



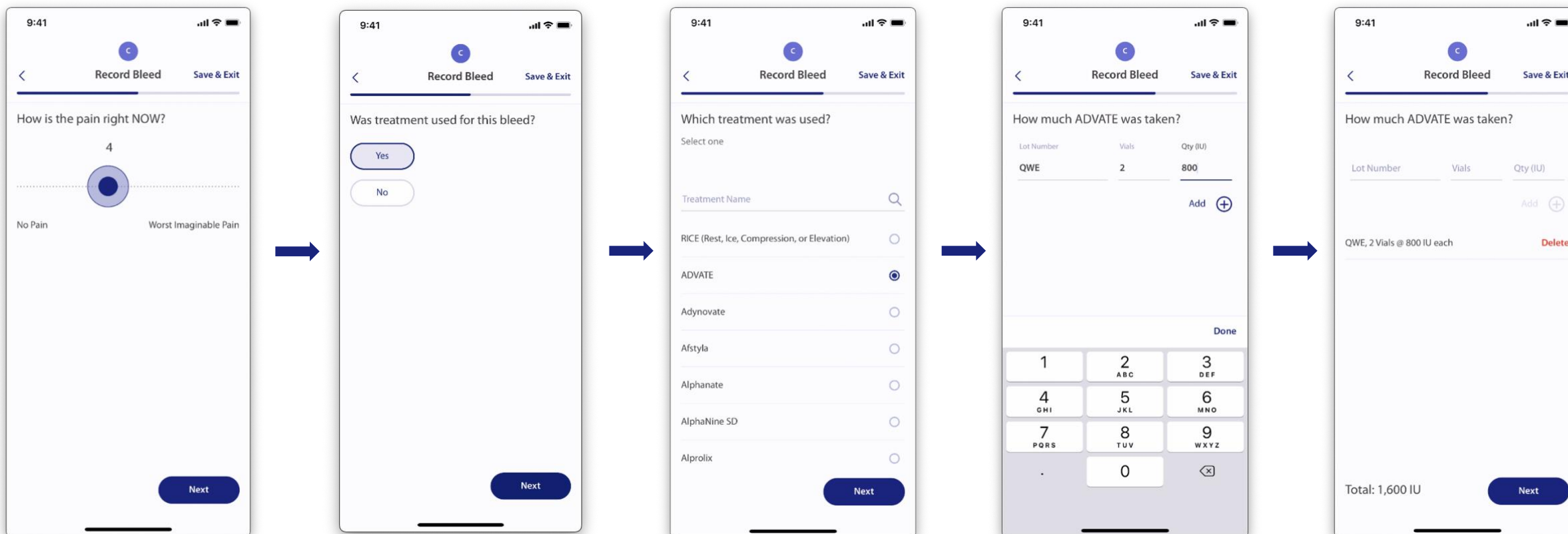
6. An iOS mobile device allows you to record a bleed location using a 3D body image or search option (Step 11). *For Android users, this will be available in a future version of the app. Skip to Step 12.*
 - The 3D body loads zoomed out
 - Pinch to zoom out
 - Spread to zoom in
 - Single finger drag = rotate
 - Two finger drag = 2D moving
 - The default sex of the 3D image for any profile is dependent upon the gender identity selected during account (or profile if it's an affiliated profile for an account) creation. If no answer was provided, the image is based upon the sex assigned at birth.
7. The body layer will default to **Skin** and can be changed by tapping the body layer dropdown arrow and selecting one of the other options.
 - The body image view will change based on the selection.
8. Tap on the body part, and the 3D body will indicate the selection with a pale turquoise overlay.

Depending on your selection, tapping **+ Add Location** will either open the bleed location sub-selection screen (Step 9) or display the selected location(s) at the bottom of the 3D body view (Step 10).
9. When selecting a location with the sub-selection screen, select the bleed location(s) from the list, then tap **Save**.
 - The screen is scrollable.
 - Any previously selected locations will auto-populate on the screen.
 - Unchecking a previously selected location will deselect the location.
 - Tapping **Cancel** will return you to the previous screen without a selection.
 - Tapping outside the screen will also cancel the selections without any changes.
10. The saved location(s) appear as left-aligned, scrollable selections at the bottom of the 3D body image. Select another location or tap **Next**.
 - The most recently selected body location will be the left-most anatomical location.
 - Users can horizontally scroll to reveal additional selections in cases where multiple locations are selected.
 - If you switch body layers, all anatomical locations for previous selections on other layers will remain visible.
 - Selecting "**X**" will deselect the location.



11. To search for a bleed location, instead of using the 3D body image, tap the **Magnifying Glass** icon in the upper-right corner of the body view.
12. Select the bleed location(s), then tap **Save**.
 - The screen is scrollable.
 - Typing the location into the search field will narrow the list of locations.
 - Any previously selected locations will auto-populate on the screen.
 - Unchecking a previously selected location will deselect the location.
 - Tapping **Cancel** will return you to the previous screen without a selection.
13. The saved location(s) appear as left-aligned, scrollable selections at the bottom of the 3D body view. Tap **Next**.
 - The most recently selected body location will be the left-most location.
 - Users can horizontally scroll to reveal additional selections in cases where multiple locations are selected.
 - If you switch body layers, all locations for previous selections on other layers will remain visible.
 - Selecting “X” will deselect the location.
 - Android users skip to Step 14.
14. Select all symptoms that occurred or select **None of these symptoms**, then tap **Next**.
15. Using the sliding scale, rate the worst pain experienced during the bleed, then tap **Next**, or tap **Skip** if the bleed is ongoing.

Note: You can return later and update if the bleed is not resolved.



16. Using the sliding scale, rate the pain at the time the bleed record is entered, then tap **Next**.

17. Tap **Yes** if treatment was used for this bleed, then tap **Next**. Tap **No** and skip to Step 24 if the bleed was not treated.

18. Select the treatment used, then tap **Next**.

- The screen is scrollable.
- Previously recorded treatments will be displayed at the top of the list.
- Steps 19 and Step 20 assist with entering medication treatments

19. Tap **Lot Number** and enter the associated medication lot number. (Optional)

- Previously entered lot numbers will be displayed and can be selected the next time you enter a treatment.

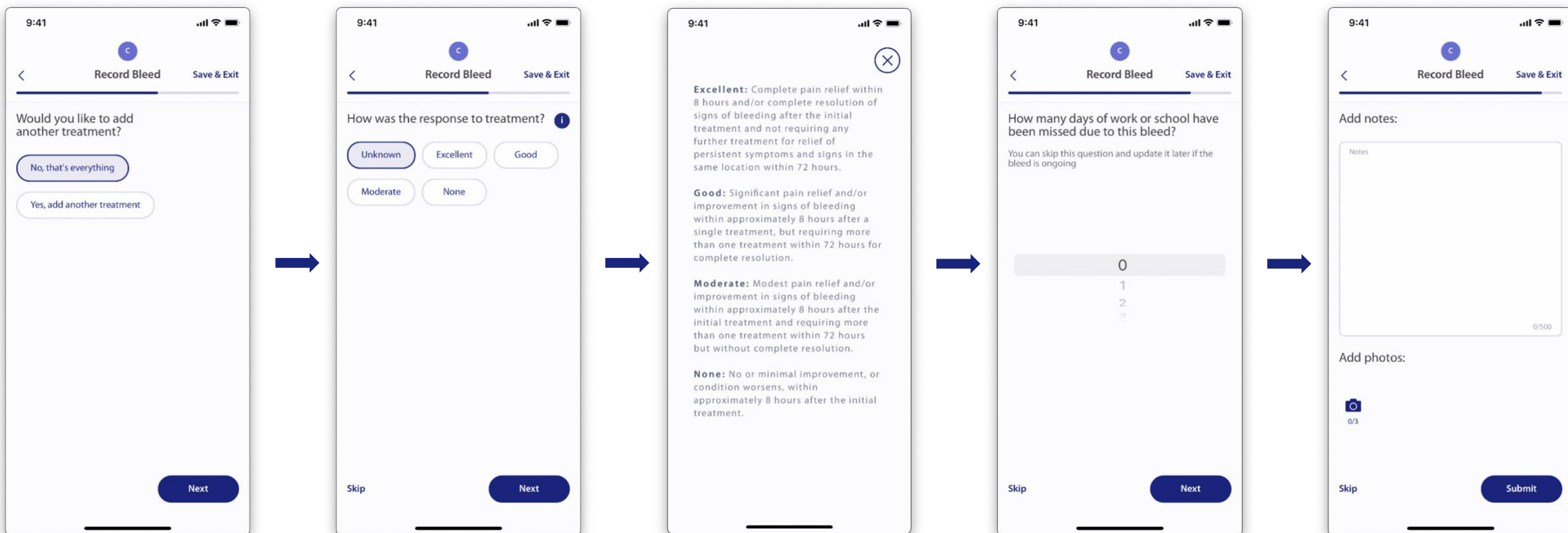
Enter the number of **Vials** or **Pills** taken.

- If the medication is disbursed in a vial, the label will show as "Vials".
- If the medication is disbursed as a pill, the label will show as "Pills".

Enter the **Quantity** of medication in each vial/pill, then tap **Add +**.

20. Once added, the dosing details will display in the middle of the page.

- The dosing you just entered can be deleted by tapping **Delete**.
- Additional dosing details can be recorded by repeating the process in the previous step (Step 19).
- The total dose amount will be displayed in the lower-left corner.
- Tap **Next**.



21. Additional treatments can be added for this bleed. Select **No, that's everything** if only one treatment was given. Select **Yes, add another treatment** if an additional treatment(s) was taken. Repeat Steps 18-21.

22. Select the response to the treatment(s) given.

- The response will default to **Unknown** but can be changed by selecting one of the other options.
- Tapping the **Information** icon will display a legend that defines each response type. (Step 23).

23. Tap "X" to return to the previous screen.

24. Select the number of work or school days missed due to this bleed from the scroll wheel, then tap **Next**. If this has yet to be determined or is unknown, then tap **Skip**.

Note: You can return later and update if the bleed is not resolved.

25. Notes and photos for this bleed can be entered if desired. Tapping **Submit** or **Skip** will save the bleed record.

- Up to 3 photos can be uploaded for each bleed record.

Once the bleed is saved, you will receive a **Success!** message and be taken back to your **Home** page.