



App  
**User Manual**

Powered By



You should securely log into knowRX when prompted. Logging out is not necessary unless you are directed by help.

## Logging In

- 1 Launch the **The OwlApp** on your phone or tablet, then login using following steps.

### Step

Enter your **Email** or **Phone number** and **Password**. Then tap **LOGIN**.

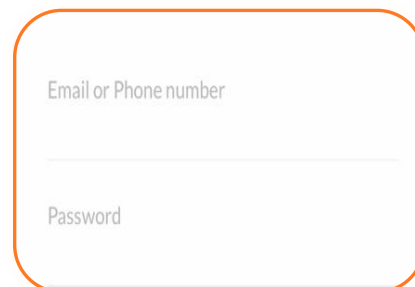
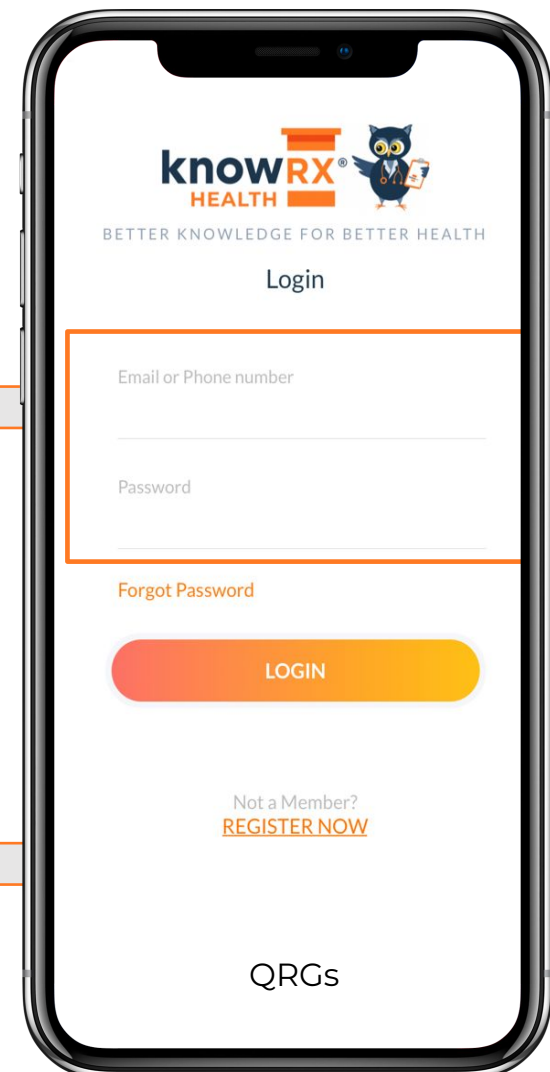


Diagram showing the login form fields: Email or Phone number and Password.



### First-time User?

Tap **Register Now** and enter your personal information to create your profile. See the Registration section or more information.

## Resetting your Password

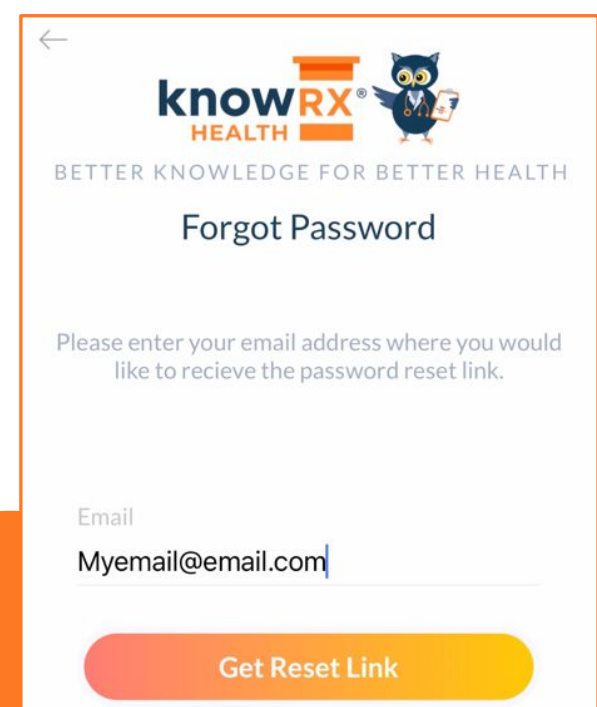
- 1 In the event you forget your password, use the **Forgot Password** link.



Forgot Password

- 3 An email will be sent with a link to recreate your password.

- 2 Enter your email address, then tap **Get Reset Link**.



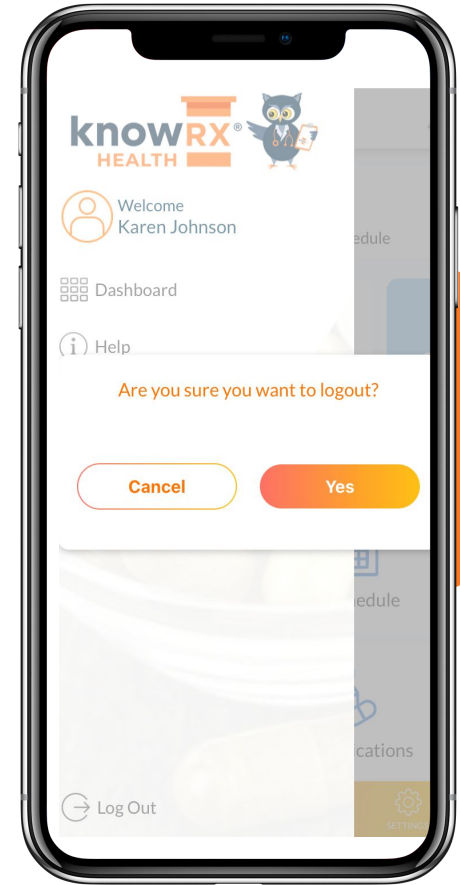
Smartphone displaying the forgot password screen. The screen shows the knowRX HEALTH logo, the slogan 'BETTER KNOWLEDGE FOR BETTER HEALTH', and the title 'Forgot Password'. Below the title is a prompt: 'Please enter your email address where you would like to receive the password reset link.' There is an input field for 'Email' with the text 'Myemail@email.com' and a 'Get Reset Link' button.



Logging out is not necessary unless you are directed by help. Follow these steps to register in knowRX for the first time use.

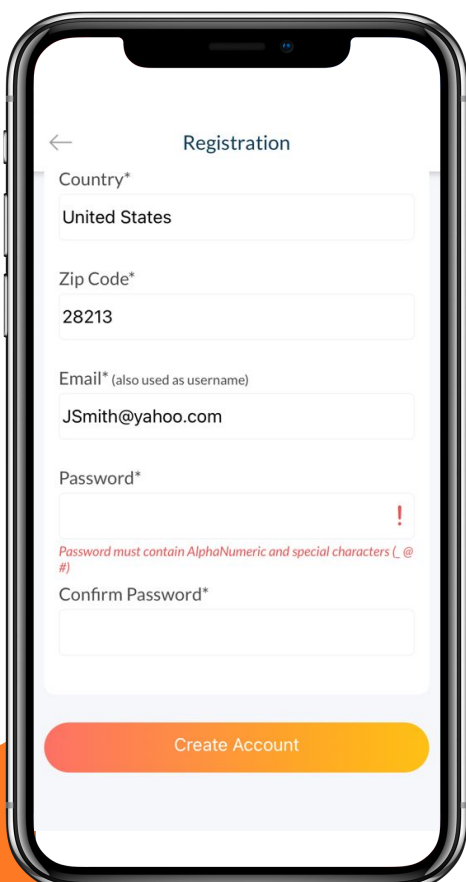
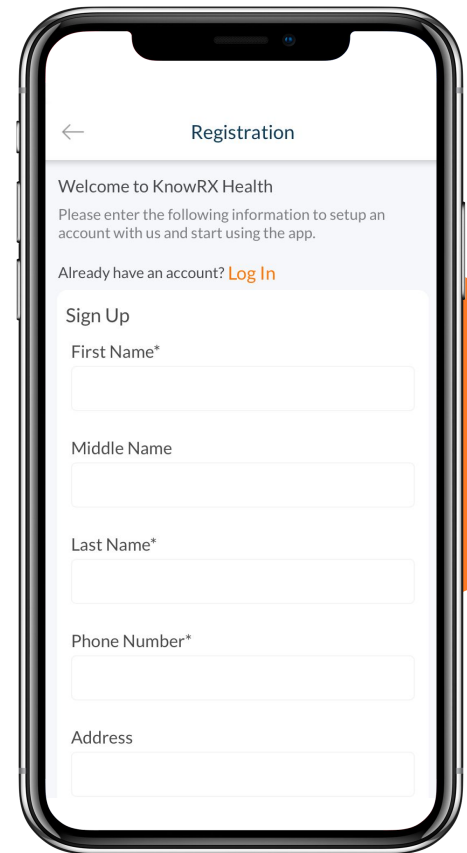
## Logging Out

- 1 On **Home Screen**, tap **three horizontal lines** at the top-left corner.
- 2 Tap **Log Out** at the bottom of the screen on the left side.
- 3 Tap on **Yes** when prompt asks if you are sure you want to logout.



## Registration

- 1 Enter first name.
- 2 Enter middle name (if applicable).
- 3 Enter last name.
- 4 Enter phone number.
- 5 Enter Address, City, and State.
- 6 Enter country.
- 7 Enter Zip code.
- 8 Enter email address.
- 9 Enter your password.
- 10 Confirm your password again.



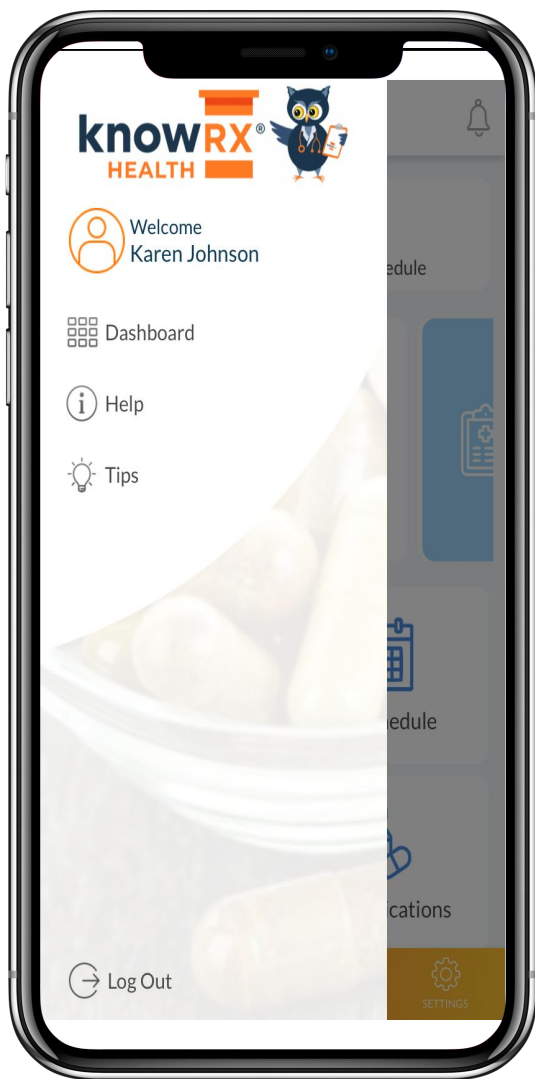
**\*\*Password requirements when creating an account should contain a combination of 10-12 Alphanumeric characters and must use one of the following special characters (- @ #).\*\***



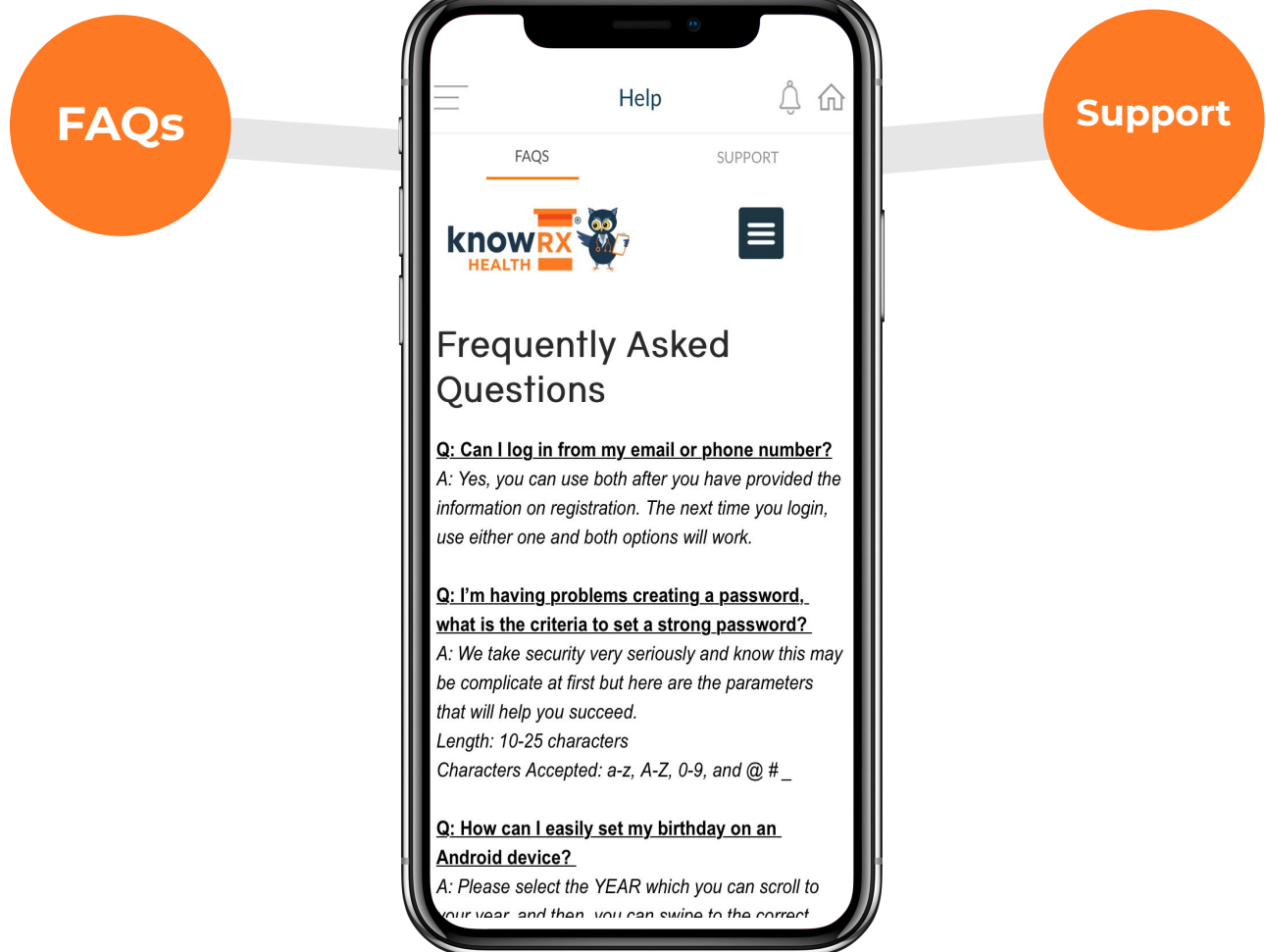
For help, browse the FAQs list or complete a support request form through your Dashboard.

## Seeking Help

**1** To find support, **tap three horizontal lines** on Home Screen to open the help.



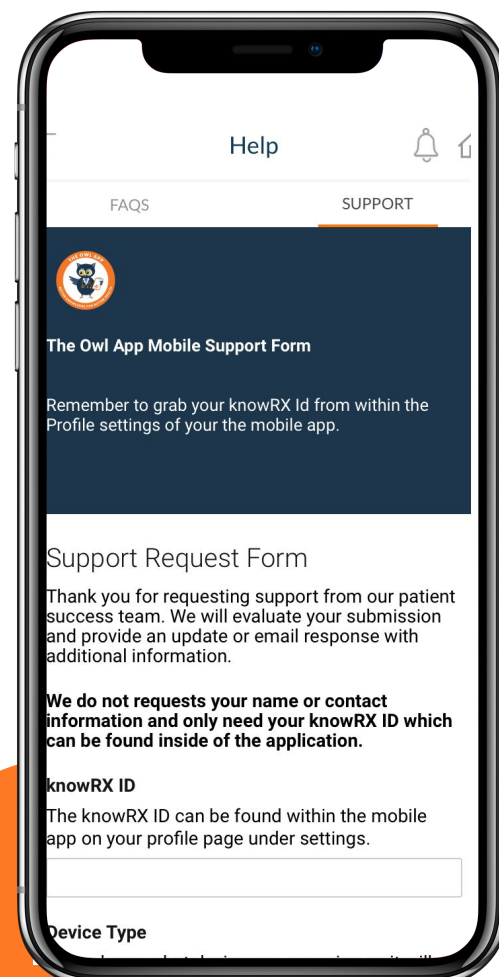
**2** This page contains 2 tabs to address the user's issue: **FAQs and Support.**



## knowRX Support

**1** Tap on Support in the help section to access the **Support Form.**

**2** Enter **RX ID, Device Type, Upload file if any,** Write your email address and Enter Date in submitted date field.

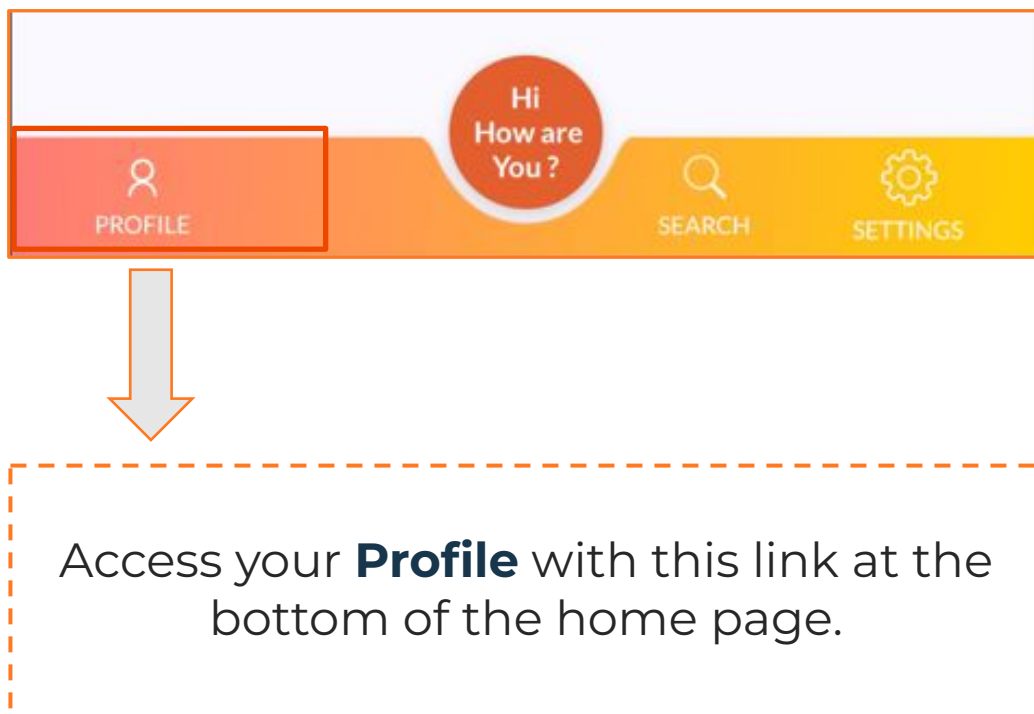


# Setting Up and Editing a Profile

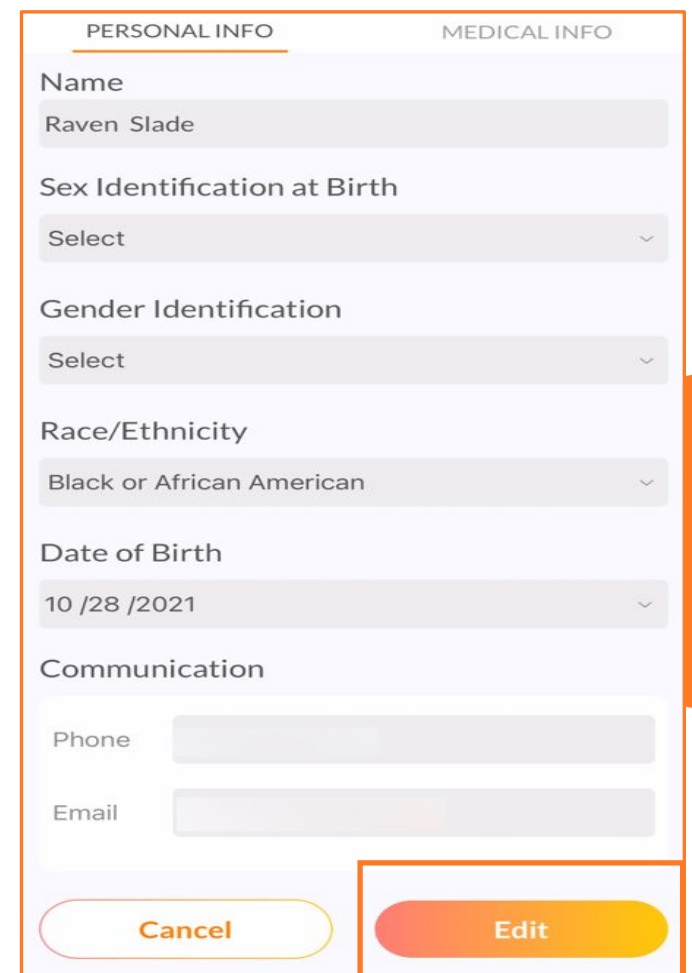
Use Your Profile to update your Personal Information, like your name and email, and your Medical Information, including medical history and allergies. This can be kept up-to-date by editing whenever information changes.

## Editing your Profile

**1** From the **Home** page, tap the **Profile** link in the bottom left corner.



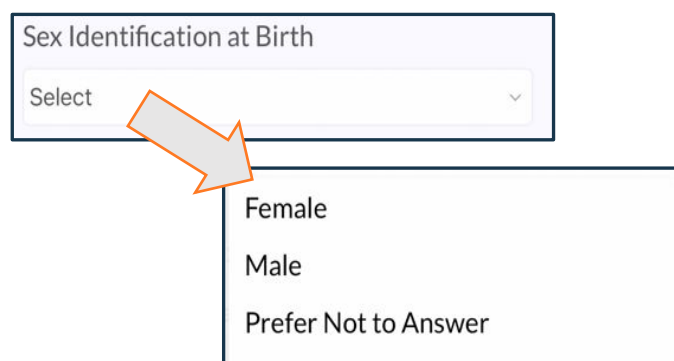
**2** Tap **Edit** at the bottom of the screen.



**3** The method to update a field will differ depending on the type of field.

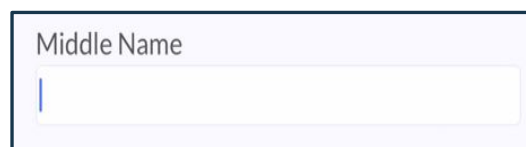
### Dropdown field

Tap the list, make your desired selection.



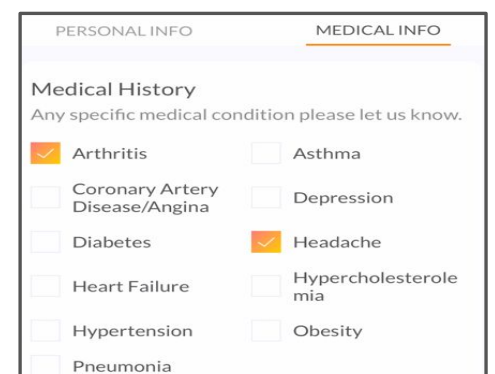
### Free text field

Tap in the field and type using the keyboard.



### Checkmark field

Tap the checkbox next to your desired selection.



**4** Tap **Save** at the bottom of the screen to save your changes.



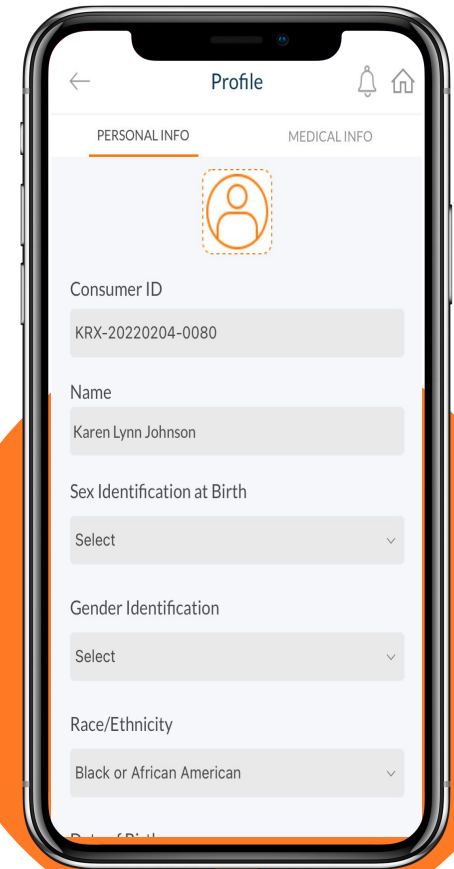
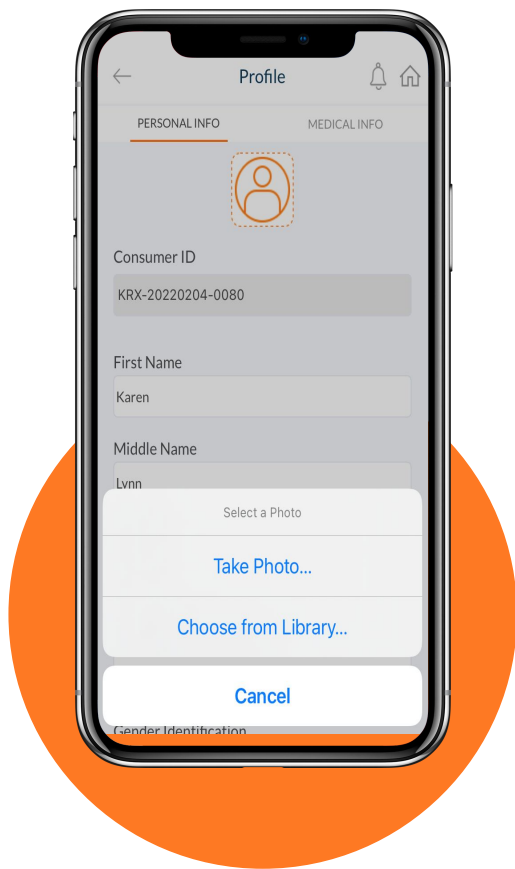
# Changing Your Profile Picture and Updating your Medical Info

Your Profile allows you to add and change your profile photo. Adding your photo helps personalize your experience with the care team. Medical Information should always be up to date.

## Changing your Profile Picture

**1** From the **Home** page, tap the **Profile** link in the bottom left corner.

**2** Tap the picture icon.



**3** Take a picture or choose a photo from your gallery at the prompt.

**4** Tap **Save** to update your profile picture.

## Updating Medical Information

**Step 1:** Tap the **Medical Info** tab.

**Step 2:** Tap **Edit** to update this field.

**Step 3:** Tap the fields of medical conditions (Arthritis, Asthma, etc.) that pertain to you.

**Step 4:** Enter any other medical condition not listed in the **If Any Other** field.

**Step 5:** In the **Allergies** field, use the drop-down box to select the type of allergies.

**Step 6:** In the **Biometrics** field, enter the inches in the **inches** field and the pounds in the **LBS** field.

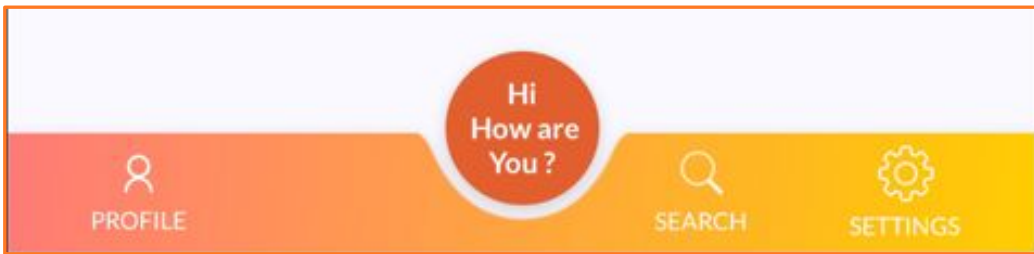
**Step 7:** In the **Blood Group** field, select your blood group in the drop-down box.



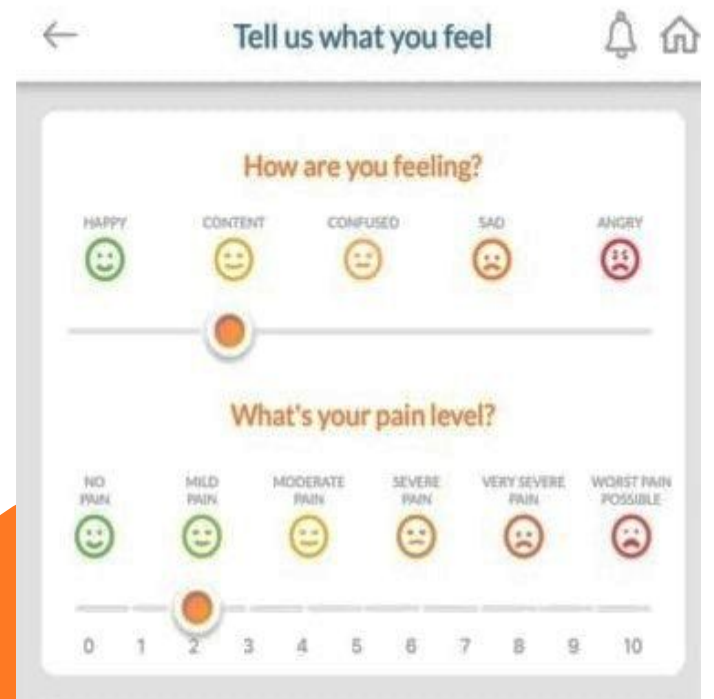
After creating your profile, the first thing you should do is 'tell us how you feel'. This function is specifically designed to provide immediate response to the medical help seekers.

## Tell Us How You Feel Today

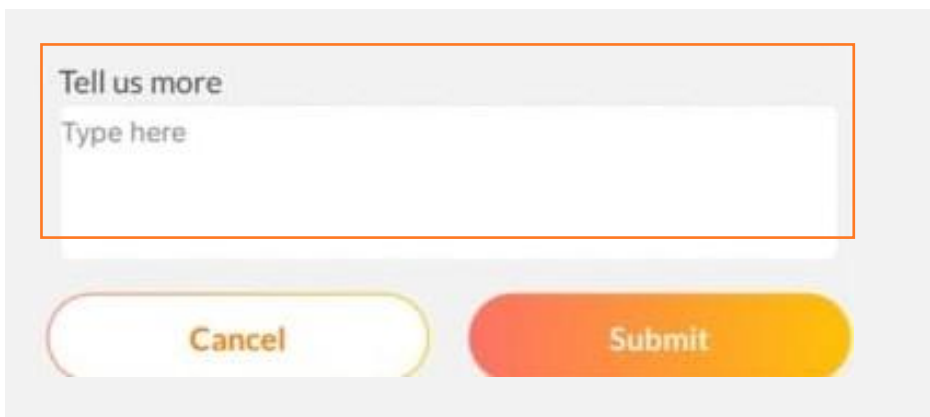
**1** On the **Home** Screen, tap **Hi How Are You** in the bottom center.



**2** Pick the right options about your condition.

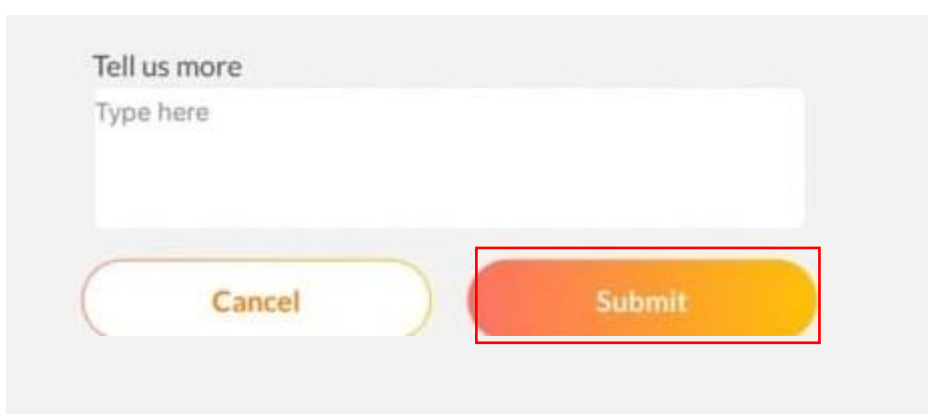


**3** Tell in detail about your exact condition, symptoms and disease history (if any) in the **Tell Us More** paragraph.



This is **Free Text** field so be as detailed as possible.

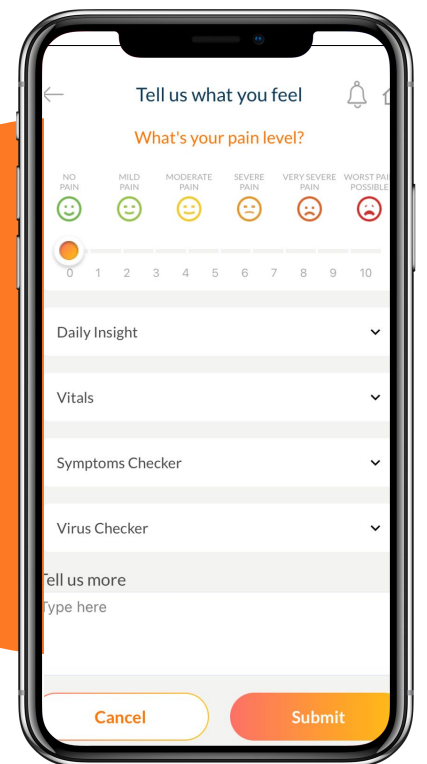
**4** Tap **Submit** at the bottom of the screen to save your changes.



Use the four different options to help you explain your condition better. These include daily insights, vitals, symptoms checkers, and virus checkers.

## Dashboard – How you will feel

- 1 Enter your emotions by sliding the bar.
- 2 Enter your pain level by sliding the bar.

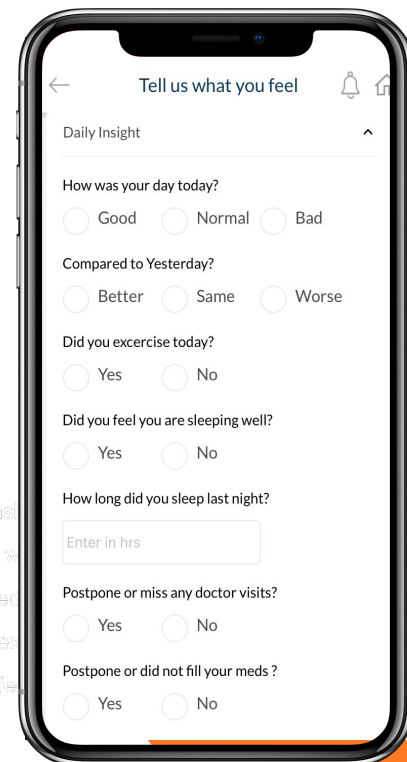


## Daily Insights

- 1 In the **Hi How Are You** section, tap on **Daily Insights**.

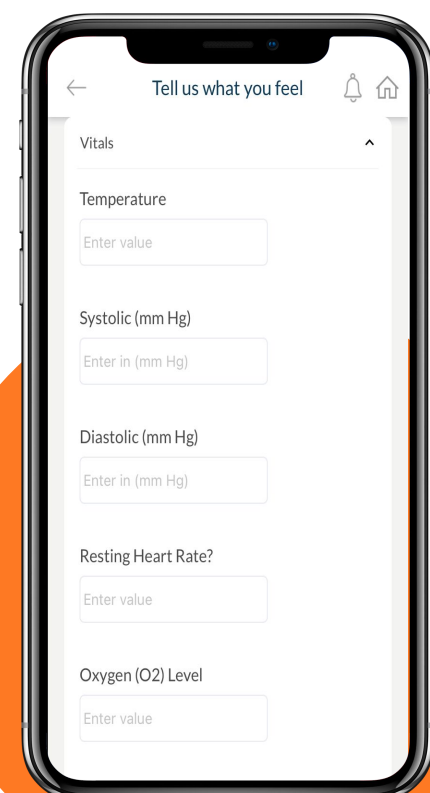
Tick suitable options for all questions to gauge your health condition better.

- Step 1: Click on "Daily Insights".
- Step 2: Under the "How was your day today?" section, select "Good", "Normal", or "Bad".
- Step 3: Under "Compared to Yesterday?", select "Better", "Same", or "Worse".
- Step 4: Under "Did you exercise today?", select "Yes" or "No".
- Step 5: Under "Did you feel you are sleeping well?", select "Yes" or "No".
- Step 6: Under "How long did you sleep last night?", enter the number of hours.
- Step 7: Under "Postpone or miss any doctor visits?", select "Yes" or "No".
- Step 8: Under "Postpone or did not fill your meds?", select "Yes" or "No".



## Vitals

- 1 In the **Hi How Are You**, tap on **Vitals**. Here you will find questions to gauge your health condition better.

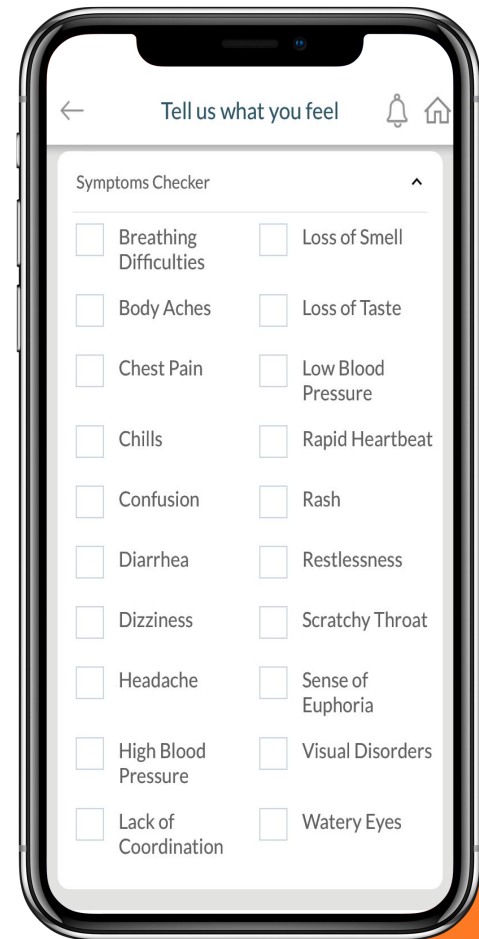




Use the four different options to help you explain your condition better. These include daily insights, vitals, symptoms checkers, and virus checkers.

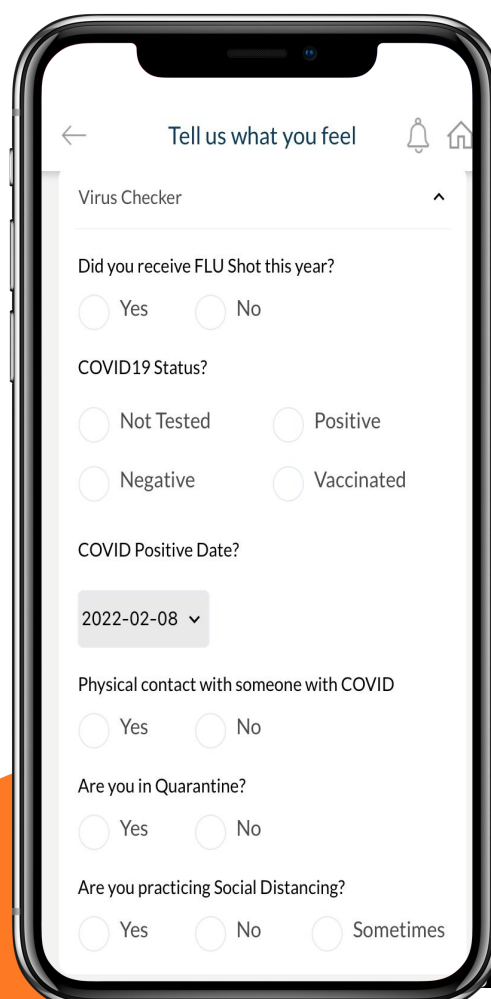
## Symptoms Checker

**1** In the **Hi How Are You** section, tap **Symptoms Checker** and Tick Fields according to your medical condition.



## Virus Checker

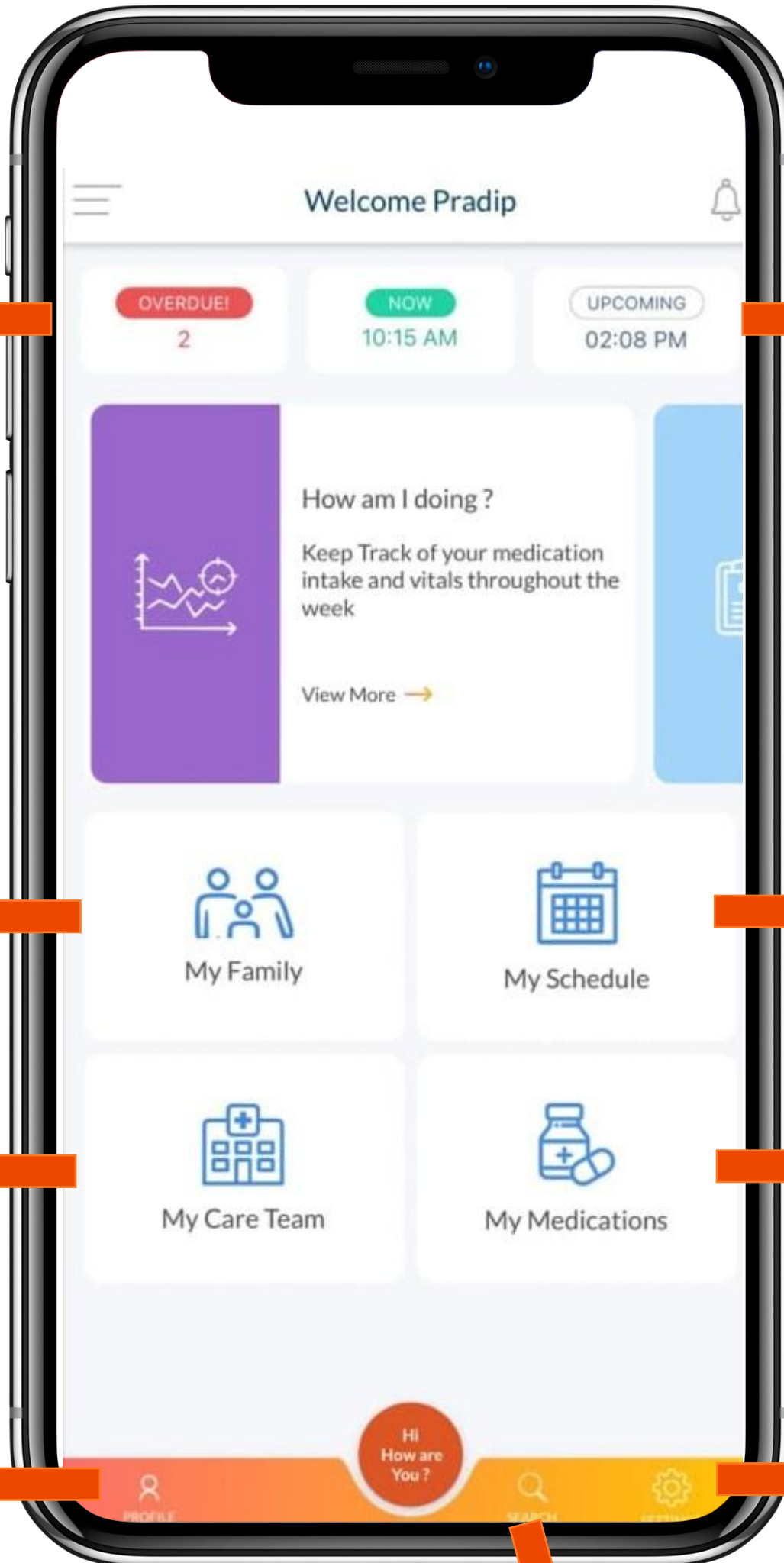
**2** In the **Hi How Are You** section, Tap **Virus Checker** to see if the symptoms you are having indicate COVID or not.



Use the Home page as your landing page to access all areas of knowRX.

## Home Page Screen overview

Medicine skipped, not taken on expected time



Upcoming Medication Time



Add Family Members & View Their Health Progress



Add Your Care Team



Your Medicine & Checkup Schedule



Medicines You Are On Now!



Edit Your Profile



Update Settings!



Quick Search of Activities

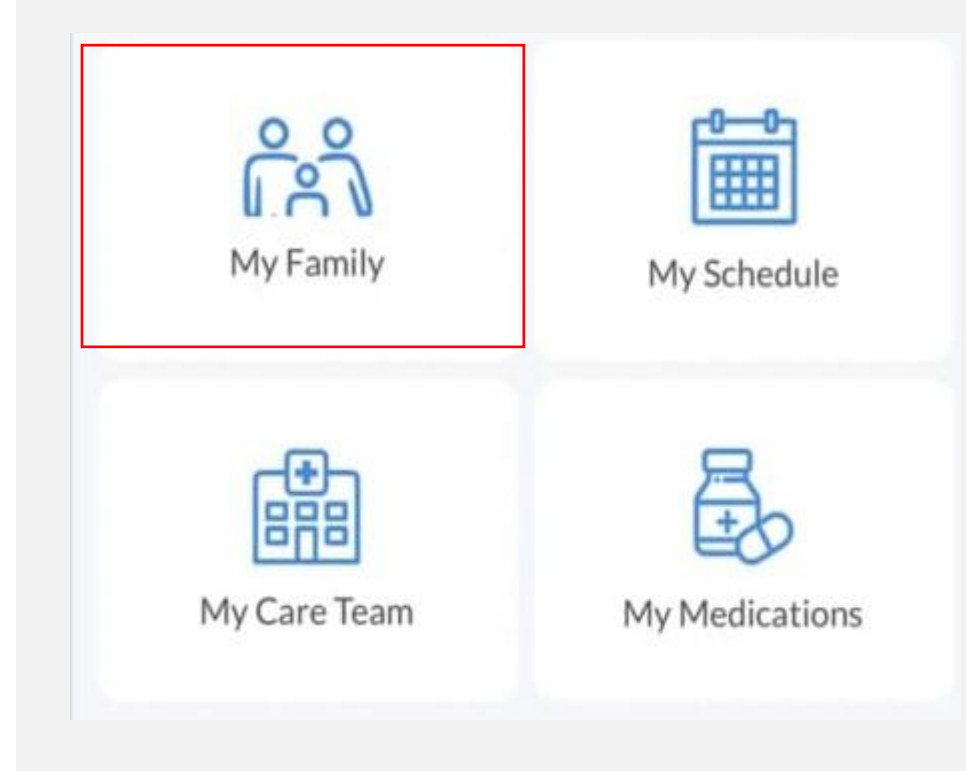


# Add/Update Family Members

With The Owl App, you can manage the treatment order of your loved ones and receive updates if they skipped the medication, along with their recovery report. Just add the desired profiles in the Family Members section.

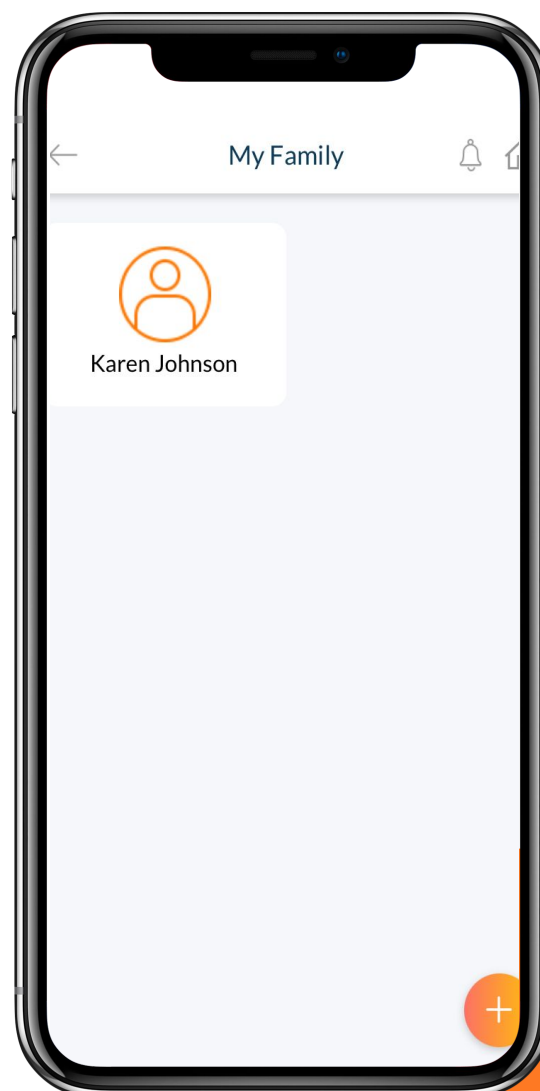
## Open My Family

- 1 On the **Home** Screen, tap the **My Family** to start adding.
- 2 If you have already added a family member, they will show up in My Family.



## Adding Family Members

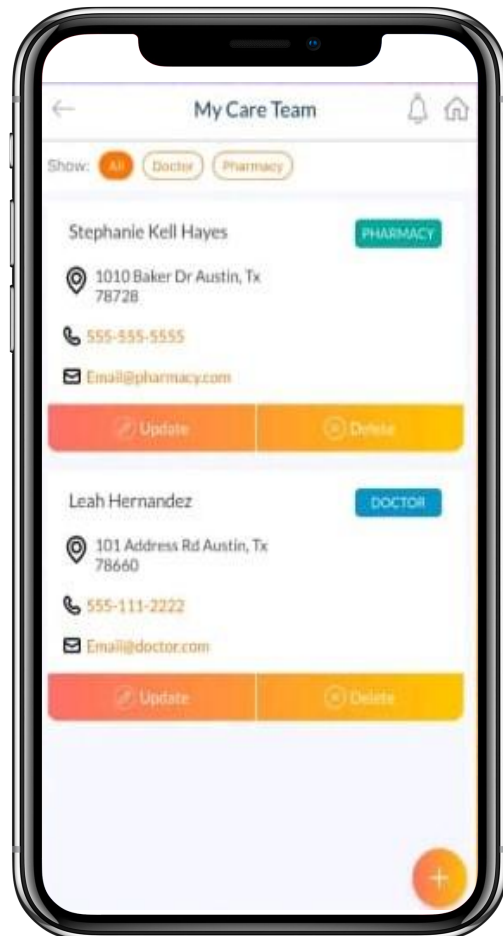
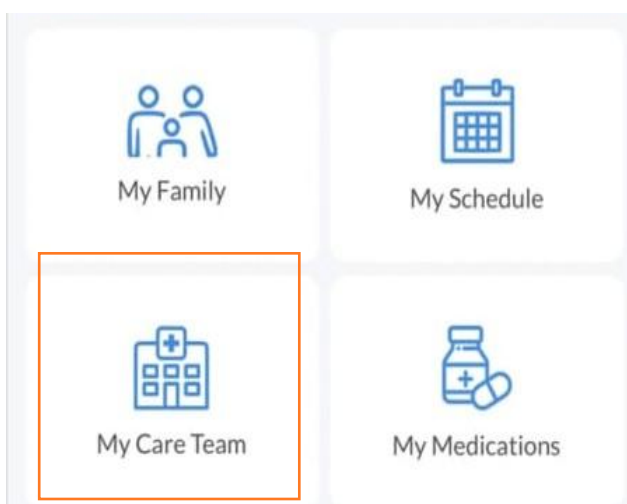
- 1 In the **My Family** section, tap the **Plus** to start adding.
- 2 Enter personal information of the family members.
- 3 Once you are done, Tap the **Save** button to save all changes.



Add a team of health care professionals so they can be there for you when you need them. Your care team can better assess your condition and prescribe the best medication.

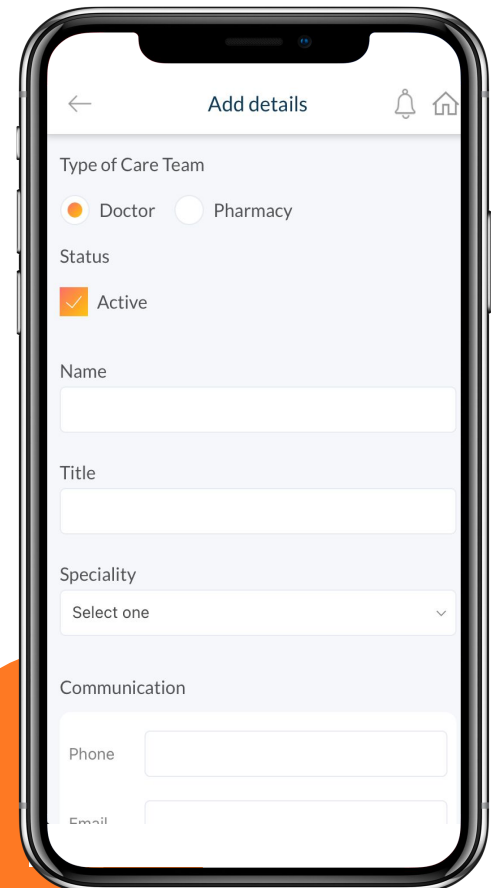
## Your Care Team

- 1 On the **Home** Screen, tap the **My Care Team** to start adding.
- 2 If you have already have a care team, they will show up in here.



## Adding Care Team Members

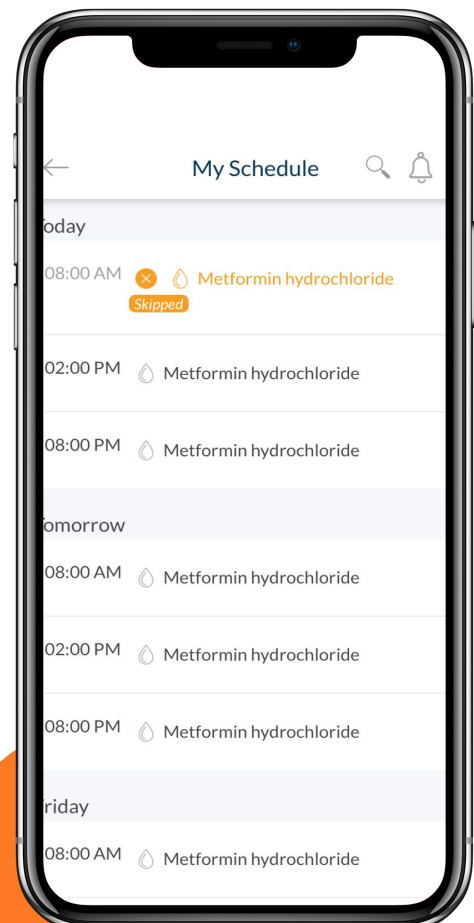
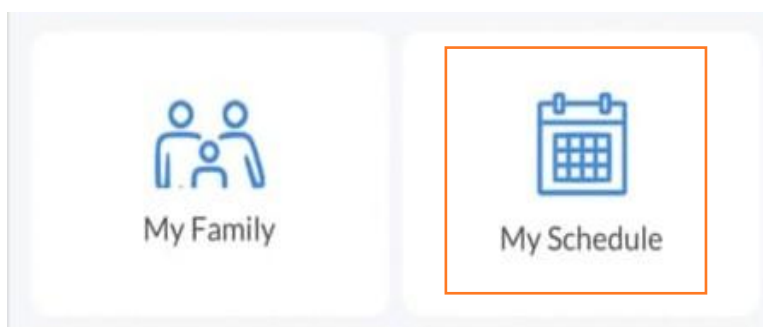
- 1 Start by selecting **Doctor or Pharmacy** in Care Team Members.
- 2 Enter **Name, Title, Select Specialty, Phone** or **Email address** and **Address**.



## My Schedule

- 1 Tap **My Schedule** from the Dashboard.
- 2 View your daily Medication schedule and status.

**\*\*The schedule function is only visible after adding medication profile into app.**

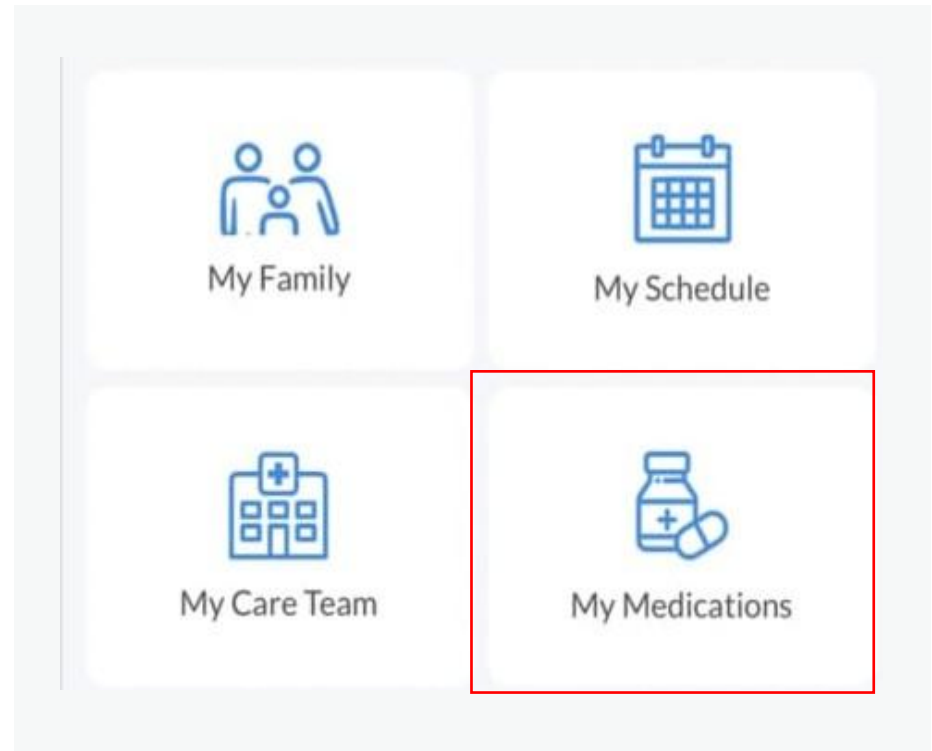


The Owl App lets you manage your medication by adding, updating, deleting and viewing it with just one tap. You can monitor and keep track of your medications easily.

## View your Medications

1 Tap on **My Medications** field on the **Home** screen.

2 All of your medications will display here.

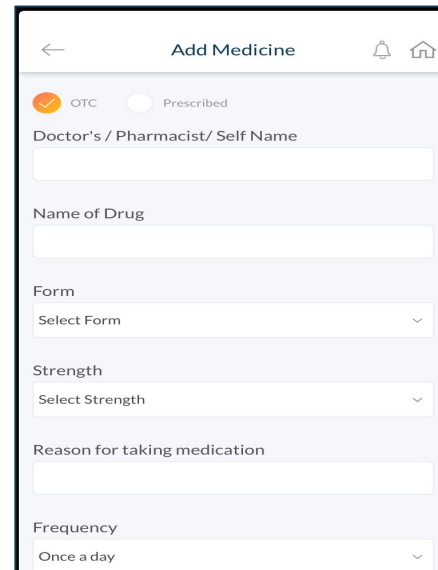
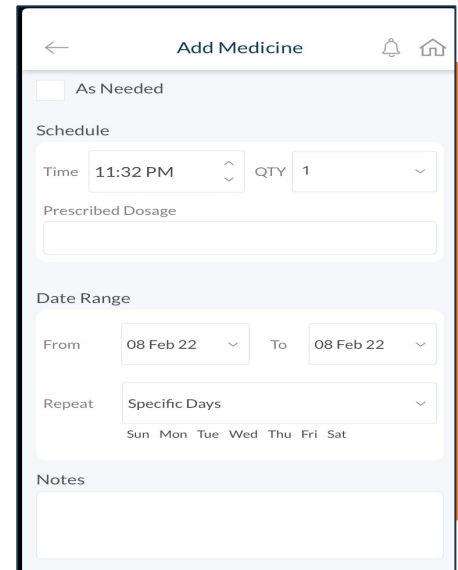


## Add or Schedule your Medications

1 Tap on **Add Medicine** to start adding. Start by Selecting OTC or Prescribed medicine.

2 Enter **Doctor's name, Drug name, Drug's form, Drug's strength, Reason for Drug** and **Frequency**.

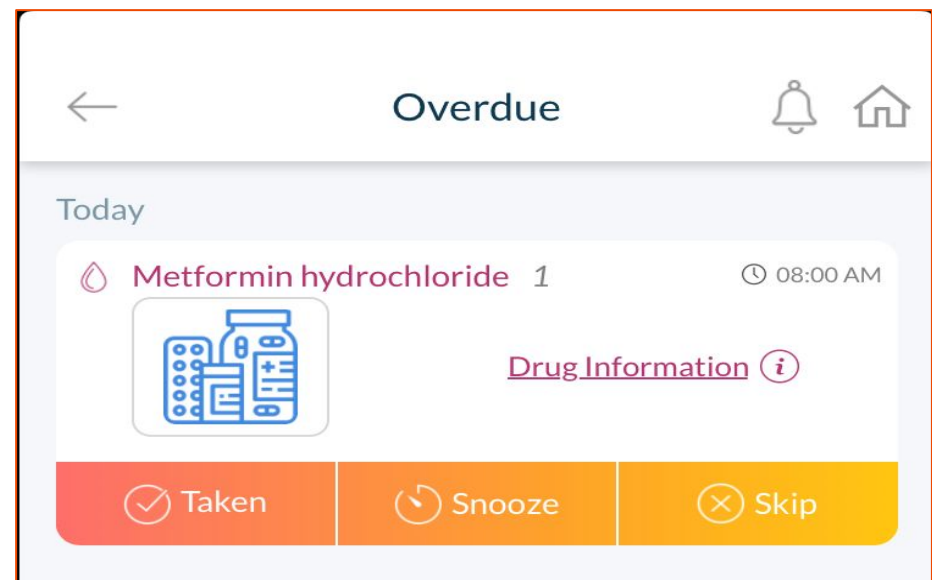
3 To Schedule, check the **As Needed** box & use drop-down menu to fill in time and date range of medicine.

## Mark Medication Taken/Skipped/Snoozed

1 In medication section, tap **How am I doing** field for status on medication.

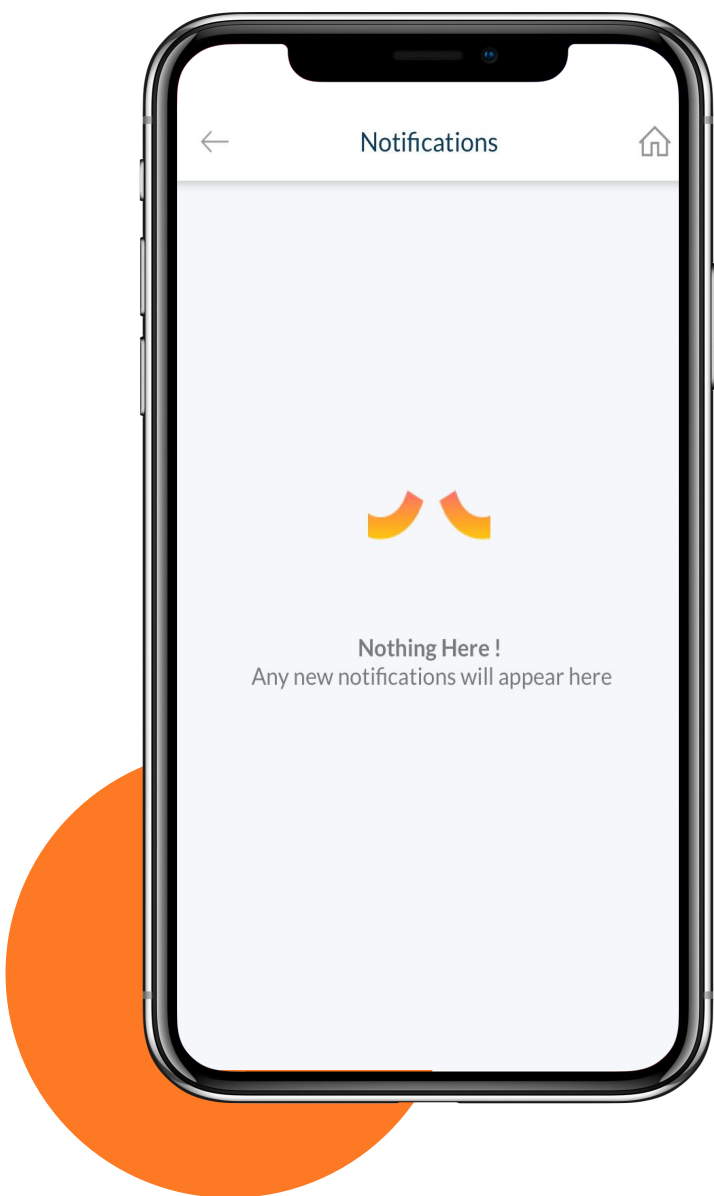
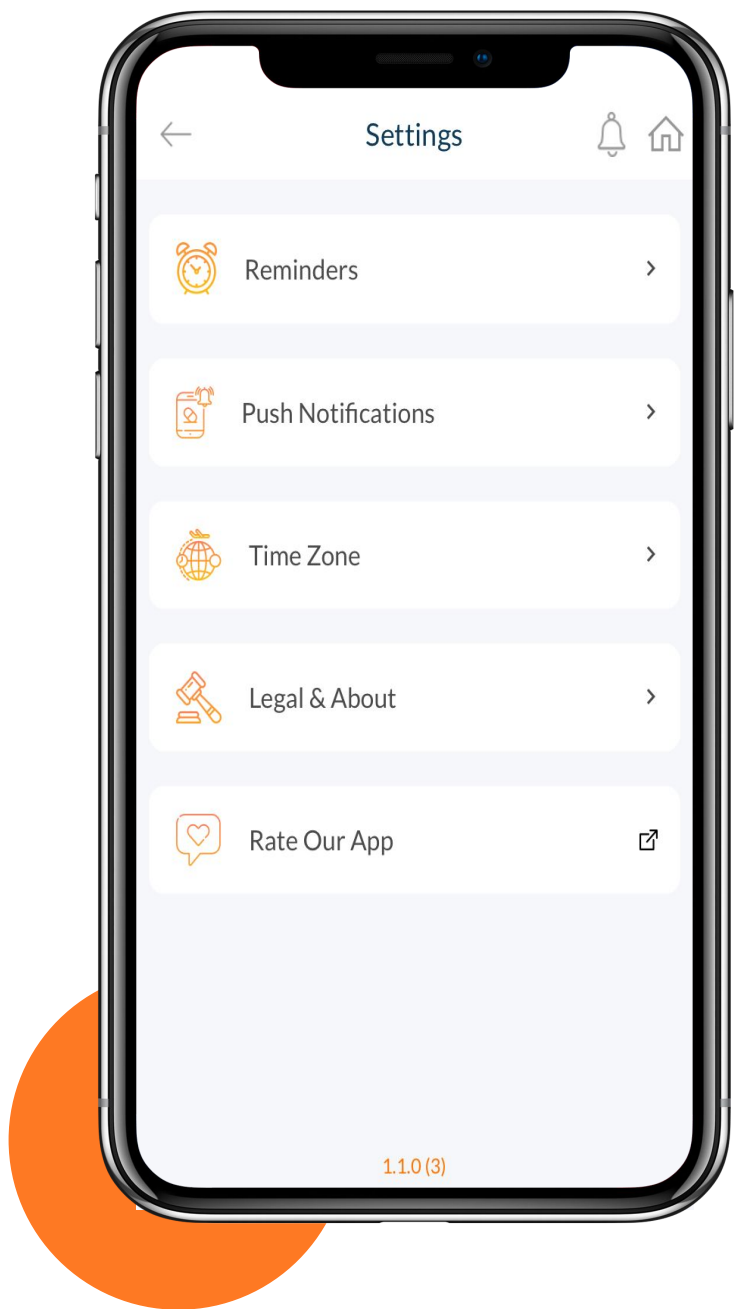
2 Tap on medicine that is due and mark it as **Taken, Snooze or Skip**.



Easily customize your Owl app settings and notifications.

## Customize App Settings

- 1 From **Home Screen**, tap on the gear at the bottom right-hand side of page.
- 2 Tap on **Reminders, Push Notifications, Time Zone, Legal & About or Rate our App** to update your settings.
- 3 Tap **Save** to save your every changing.



## Get Notifications Alerts

- 1 On **Home Screen**, tap on the bell icon in the upper right-hand side.
- 2 You will see all new notifications here.

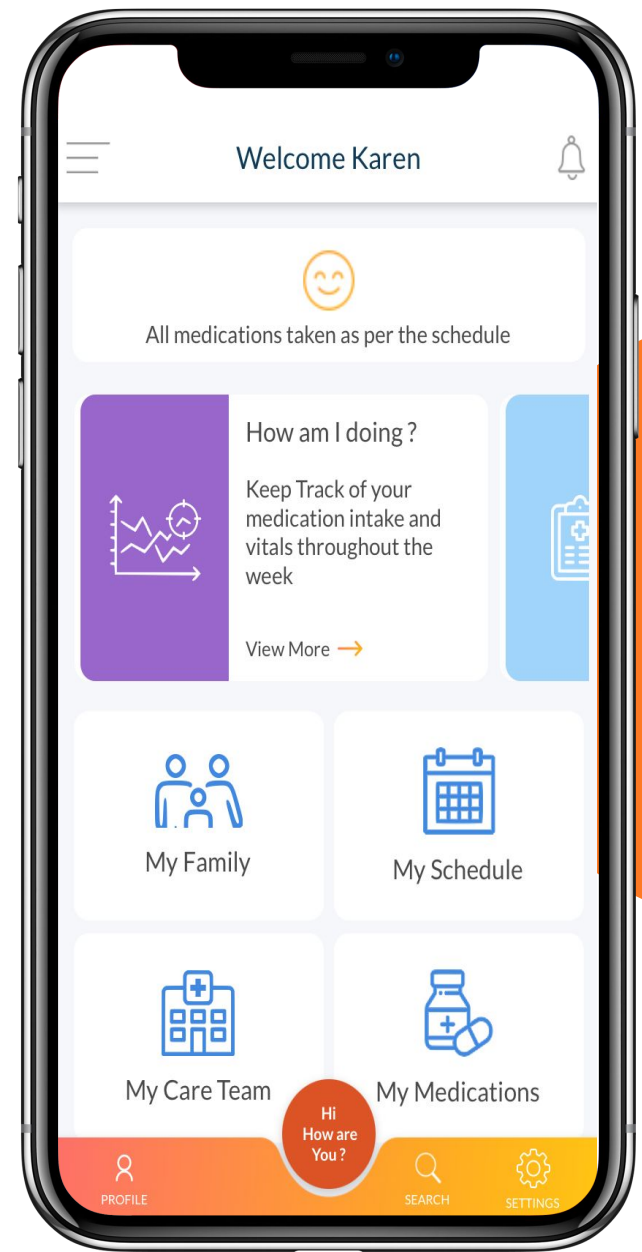


Visit the Intake Performance page to track your schedule compliance and progress.

## Use the How Am I Section

- 1 On **Home Screen**, tap on the **How am I doing?** field to see your intake performance.

This section shows how you are progressing



## View Schedule

- 1 View Schedule of your intake performance in **color-coded form**.





App User Manual

**Thank you**

---

Powered By

