

# MobileKidney User Guide

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## **1 General Use**

### **1.1 To use this App**

This app requires a Premium (Level 2) DS Logon account so that access can be controlled. You can go to the [DoD Self-Service Access Center \(DEERS\)](#) to find out more

information about DS Logon. Before you access the app features, you must also complete a Right of Access (ROA) form and agree to the End User License Agreement (EULA). You only need to sign one Right of Access form to use any VA mobile application. The ROA form covers your request to receive your information from VA systems. All apps require that you agree to a separate EULA, and for web apps you will need to agree to the EULA on each device and browser you use to access the app. If you need to complete either of these documents they will be presented to you.

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## 1.2 New Users

The first time you open the app, after logging in, you will be asked to confirm your Notification settings. Settings include establishing your preferred time zone and email address for Notification delivery, and electing to receive notices from Your Care Team. After you save your Notification settings, the standard VA MobileKidney home page is shown and the app features in the App Options (left panel) menu become available.

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## 1.3 Navigation

App functionality is shown in two menus: the App Options Menu (menu icon in the upper left corner) and the User Menu (menu icon in the upper right corner).

**App Options Menu:** The app menu includes a list of the features available, including:

- Home
- Kidney Trackers
- Notifications
- Learn More

**User Menu:** The user menu allows you to manage your interaction with the app, and includes the following functions:

- About
- Help
- Resources
- Login/Logout
- Launchpad

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## 1.4 Self Entered Data Available Across Apps

The Veteran apps available on Launchpad store patient-entered data in a shared location. As a result, any data you add or update in this app will also be available in other apps that use the same information.

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## 2 App Features

### 2.1 Home

The Home feature allows you to view a count of unread notifications received in the last thirty days, and provides quick access to the notification section. The Summary section provides you with the most recent entries in the Blood Pressure, Weight and Glucose Kidney Trackers.

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### 2.2 Kidney Trackers

The Kidney Trackers feature allows you to enter and track information about a variety of health-related items over time, including tracking:

- Blood Pressure and Pulse
- Weight
- Glucose
- Kidney Journal

For each kidney tracker you can:

- View and filter a list of entries
- View a graphical representation of a set of entries
- Add or edit an entry
- Save, Cancel or Delete an entry
- Create a notification that reminds you to update your tracker entries

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### 2.3 Notifications

Notifications include messages from two primary sources: the Veteran's Administration and the MobileKidney app.

- **Veteran's Administration** notifications include short messages, instructions, encouragements, and educational items on topics such as appointments, health and wellness tips, and suggestions to use other apps. Receipt of these notices is optional, and you may turn them off or on at any time.

- **MobileKidney** notices include reminder messages that are generated by the app's Kidney Tracker feature.

You may update your Notifications preferences by selecting the Settings button (gear icon) inside the Notification feature. Setting options include your time zone preference, notification email address, and the ability to opt-in to health messages provided by the VA.

When you log into the app, you will see a count of your unread notifications received within the last 30 days. You may access your notifications by clicking the Notification button on the landing page, or you may navigate to the Notification feature using the left navigation panel menu. To refine the view, you may filter the notification list by date range and read or unread status. All notifications are retained in the Notification feature list until you elect to remove them from the list using the Delete feature, which is accessed within the detailed view of the Notification itself.

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## **2.4 Learn More**

The Learn More feature provides helpful information on ways to improve the condition of your kidneys on topics such as Kidney Info, Nutrition, Laboratory, Social Work Services, Pharmacy, and Treatment. Available at the end of each topic are resourceful web links that provide additional information.

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# **3 User Menu Features**

## **3.1 About**

The About feature provides general information about the App, including the version number, and a link to the End User License Agreement.

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## **3.2 Help**

The Help feature provides support contact information and a link to this User Guide.

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## **3.3 Resources**

The Resource feature provides contact information to the Veterans Crisis Line and web links to additional information about kidney disease, diabetes and ways to improve kidney health from the Learn More feature.

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### 3.4 Login/Logout

The Login/Logout feature allows you to enable or disable your authentication session for **ALL** VA apps. Note that once you logout you will need to login again to use any app and you will no longer see an indicator that you are logged in at the bottom right of the app.

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### 3.5 Launchpad

The Launchpad feature allows you to quickly access the apps included on the VA Launchpad, including apps that you may not be aware of that the VA is providing to help improve your health and healthcare.

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## 4 App Abbreviations

Abbreviations provided in the app are defined as follows:

Abbreviation	Definition
bpm	beats per minute
lb/lbs	pound/pounds
mg/dl	milligrams per deciliter
Min/min/mins	minute/minutes
mmHg	millimeters of mercury

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