MobileKidney App
Quick Start Guide

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Overview

The Department of Veterans Affairs (VA) MobileKidney mobile application (app) allows Veterans to enter, view and track personal information related to kidney health so that they can monitor their own health and share data with their VA care team.

You can use the app to:

- Track your personal health information associated with kidney health, including blood pressure and pulse, weight and glucose.
- Create kidney tracker-specific notifications to remind yourself to log health information in the app.
- View notifications from your VA care team.
- Share your health information with your VA care team.
- Learn about kidney health and disease topics such as general kidney information, nutrition, laboratory, social work services, pharmacy and treatments.
Prerequisites

To use the MobileKidney App, you must have a DS Logon Level 2 (Premium) Account. If you do not have a DS Logon Level 2 (Premium) Account, or you are not sure, visit mobile.va.gov/dslogon for more information.

Logging In

The first time you access the MobileKidney App, you will be asked to read and accept an End User License Agreement ("EULA"). Read the EULA, and tap Accept. You will go to a Login screen, where you can use some of the menus and information within the app. Tap Login, and enter your DS Logon Level 2 (Premium) credentials. Tap Sign In, and you will proceed into the MobileKidney App.

NOTE: If this is your first time using a VA app that requires a DS Logon Level 2 (Premium) Account, you may have to provide your Right of Access as part of the log in process. The app will prompt you if this is necessary. If it is necessary, you will be taken to a Right of Access screen. Read the Request for Access to Your Health Information. If you would like to continue, tap Next. You will go to a Review screen. Read VA Form 10-5345a. If you agree, tap Verify to “sign” the form, and you will proceed into the app.

Getting to Know the Screen

When you log into the MobileKidney App, you will see a welcome screen that shows you the app's notifications and a summary of your blood pressure/pulse, weight and glucose readings. (NOTE: You will have to enter your health information in order for the app to track your progress.) There are also two menus to help you navigate the app:

- App Options (four-line icon in upper left corner) – Slide-out menu that allows you to access Home, Kidney Trackers, Notifications and Learn More.
- User Menu (four-line icon with silhouette in upper right corner) – Slide-out menu that allows you to access About, Help, Resources, VA Launchpad and Logout.
Understanding Kidney Tracking Features

The app allows you to track your blood pressure and pulse, weight, glucose and any information you would like to record in a personal journal. To access the Kidney Trackers screen, tap the App Options menu (four-line icon in the upper left corner). A slide-out menu will appear, and tap **Kidney Trackers**. You will go to your Kidney Trackers screen, which will be divided into two panes, and you will see a menu of four kidney tracking options on the left:

- **Blood Pressure and Pulse** – Track your systolic and diastolic measures, pulse, the position you were in when you took the measurement, the date and time and any notes.
- **Weight** – Track your weight in pounds (lbs), the date and time you took the measurement and any notes.
- **Glucose** – Track your glucose levels (mg/dl), whether you tested your glucose after a meal or fasting, the date and time you took the measurement and any notes.
- **Kidney Journal** – Create notes to help your care team focus on what is important to you, and record any questions you would like to address later with your care team.

When you tap on one of the menu options, the right side of the screen will change to the name of the topic, and you will be able to enter related information about your health and set up notifications to monitor your health. You can track the information over time, which you can view either as a table or a graph. You can also filter the information to expand or narrow the amount of data you would like to see.
Create a Kidney Tracking Entry

Enter and track information that will help you monitor your kidney health, such as weight or glucose, as well as any notes you would like to record. To create an entry, tap the App Options menu (four-line icon in the upper left corner). A slide-out menu will appear, and tap Kidney Trackers. The left side of the screen will turn into a menu, and tap Blood Pressure/Pulse, Weight, Glucose or Kidney Journal. The heading on the right side of the screen will show the topic you selected. To the right of the heading, tap the + icon. You will go to a screen where you can add the entry. The information you can enter will depend on the topic you selected, but you can record the full details by:

- Entering a date – Either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon. On the pop-up calendar that appears, scroll to the date you would like to select, and tap Set.
- Entering a time – Either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon. On the pop-up clock that appears, scroll to select the hour and minute, and tap either AM or PM. Then tap Set.
- Typing in the information.
- Tapping a drop-down menu, and tapping an option to select.
- Tapping a box to mark information for follow-up.
- Including a note – Type in any comments you would like to record (up to 250 characters).

Required information will have an * next to the heading. Tap Save to record your information.
View Kidney Data as a Table or Graph

Tap the App Options menu (four-line icon in the upper left corner), and a slide-out menu will appear. Tap Kidney Trackers, and the left side of the screen will turn into a menu. Tap Blood Pressure/Pulse, Weight or Glucose, and you will see information you have previously entered related to these categories outlined in a table. You can change to view your activity in a graph format by tapping the Graph button. The button will change to read Table, and your activity will appear in a line graph. The dots on the line graph represent each entry you have made, and you can tap the dots to see an overview of the entry. To return to viewing your fitness activity as a table, tap Table.
Set Up Notifications

The app allows you to set notifications to remind yourself to enter and track data related to your kidneys. When you go to the Blood Pressure/Pulse, Weight, Glucose or Kidney Journal screens, you will see Notifications with a bell icon next to it in the top right corner marked as either (On) or (Off). Tap Notification, and you will go to a Notification screen where you can set or change your notification preferences for the topic you are currently viewing:

- **On or Off** – Tap the circle next to On or Off. **(NOTE:** You can only access the subsequent options if your notifications are on).
- **Start Date** – Either (1) type in a date in the MM/DD/YYYY line, or (2) tap the calendar icon. On the pop-up calendar that appears, scroll to the date you would like to select, and tap **Set**.
- **Notify Me** – Tap the Select bar, and a drop-down list will appear. Tap either **Daily, Weekly** or **Monthly**.
- **Notification Time** – Either (1) type in the time in the HH:MM AM/PM line, or (2) tap the clock icon. On the pop-up clock that appears, scroll to select the hour and minute. Tap either **AM** or **PM**, and tap **Set**. To add additional notification times, tap **Add Time**. The pop-up clock will appear. Set the desired time. > Tap **Delete** next to a Notification Time if you no longer want to be notified at that time.
- **Notification Delivery** – Tap the checkbox next to either In-App or Email.

Tap **Save** to record your preferences or **Cancel** to close without saving.
Read Notifications

When you log into the app, you will see a count of your unread notifications received within the last 30 days. To access your notifications, you can either (1) tap **Notifications** on the Home screen, or (2) tap the App Options menu (four-line icon in the upper left corner), a slide-out menu will appear, tap **Notifications**, and another slide-out menu will appear. Tap one of the three categories of notifications you would like to view:

- **All Notifications** – Both MobileKidney App Notices and VA Health Messages.
- **MobileKidney App Notices** – Reminder messages that are generated by the Health feature of the app.
- **VA Health Messages** – Short messages, instructions, encouragements, and educational items on topics such as appointments, health and wellness tips and suggestions to use other apps. (Receiving these messages is optional, and you can turn them off or on at any time.)

The title of the Notifications screen on the right will change to the type of notification you selected, and you will see a list of your notifications that you can filter by date and status. You can tap on a notification in the list to see the specific message.
Manage Notifications

Tap the App Options menu (four-line icon in the upper left corner), and a slide-out menu will appear. Tap Notifications, and next to the Notifications heading that appears in the left pane, tap the gear icon. A pop-up Notifications Settings box will appear. Type in your email address. Tap the bar under Time Zone, and tap an option from the drop-down menu that appears. To choose whether you would like to receive messages to improve your health, tap the circle next to either Yes or No. Tap Save to record your settings or Cancel to close without saving.

Learn More

To access the Learn More screen, tap the App Options menu (four-line icon in the upper left corner). A slide-out menu will appear, and tap Learn More. Another slide-out menu will appear, and tap one of the six categories you would like to learn more about: Kidney Info, Nutrition, Laboratory, Social Work Services, Pharmacy or Treatment. The Learn More screen on the right will change to the title of the category, and you will see a list of topics related to the category. Tap a topic within the list, and more information will expand beneath. Some topic’s information also contains hyperlinks, which you can tap and will open VA-recommended websites or resources in a new browser.

Help and Additional Information

Additional Training Materials for the MobileKidney App

A built-in user guide is available in the app by tapping the User Menu (four-line icon with silhouette in upper right corner). A slideout menu will appear. Tap Help, and a pop-up Help box will appear. Tap the User Guide hyperlink, which will open a new browser window where you can access additional instructions for using the app. More resources, such as a User Manual, Slideshow and FAQs, can be found on mobile.va.gov/appstore, and search for the app to access the resources.

Help Desk Information

If you need assistance with the MobileKidney App, dial 1-877-470-5947 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711. For clinical questions regarding your personal medical information, please contact your VA care team.

Emergencies

If you feel your information may have been compromised, contact your local VA facility to obtain the contact information for your Privacy Officer. To locate your local VA facility, visit VA’s Facility Locator: http://www.va.gov/directory/guide/home.asp?isflash=1. Note that you should never use this app in an emergency situation. If you encounter an emergency, call your local medical center or dial 911.

DS Logon Help:

If you have questions about your DS Logon account, visit mobile.va.gov/dslogon or dial 1-800-983-0937 for assistance.