HandHoldAdaptive®

**AutismTrack™**
Step-by-Step Walkthrough with Screenshots

How to Use AutismTrack™

AutismTrack™ is a daily journaling tool for parents and other caregivers of those with autism spectrum disorders. To get the full value from the app, it should be used on a daily basis. We've done our best to make it easy for you to do so – it should only take a minute or so each day to track valuable information. Because your data is stored (securely) on a central server, **you'll need to make sure you have an Internet connection (e.g., WiFi or 3G) when using AutismTrack™**.
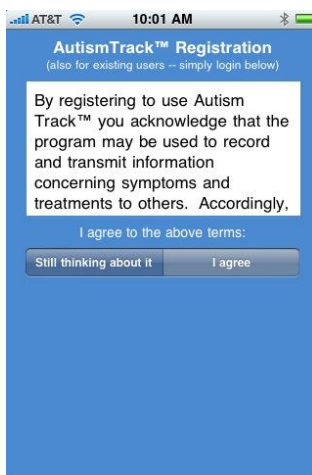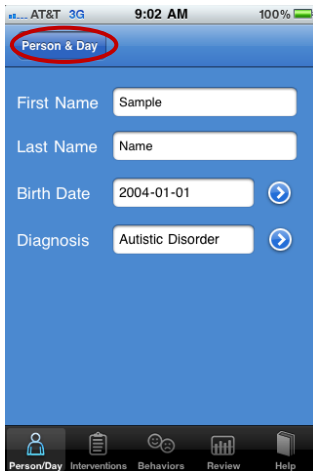
1. Use the first screen to **register**. You'll need to provide an email address and password.

2. Then, **create a new profile**, by pressing the "+" icon in the upper-right corner of the "Person & Day" tab.
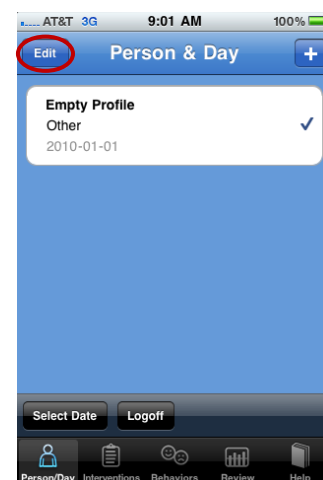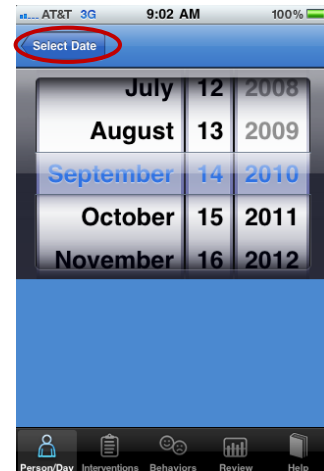
3. This will create an Empty Profile. Tap "**Edit**" in the upper-left, and then tap the Empty Profile to edit basic information.
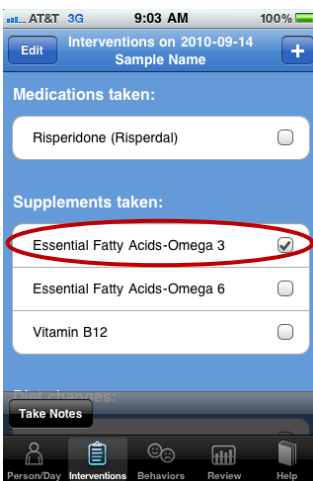
4. Enter the first name, last name, birth date and diagnosis of the **person you're tracking**, then go back to "Person & Day".
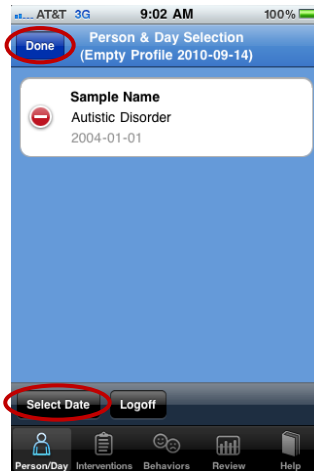
5. Press "**Done**" in the upper-left to save your changes, and then tap "Select Date" in the lower-left.

6. Use the wheel picker tool to select a **date for which you'd like to enter information** (e.g., today), and then press "Person & Day" once more to return.

7. Now you're ready to enter the day's information for the currently selected person. **Tap the "Interventions" tab, and check off** any medical, supplemental, dietary, or therapeutic interventions received on this day.
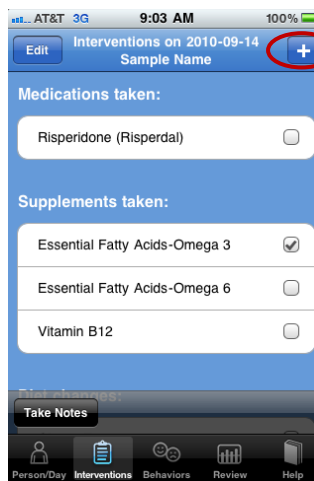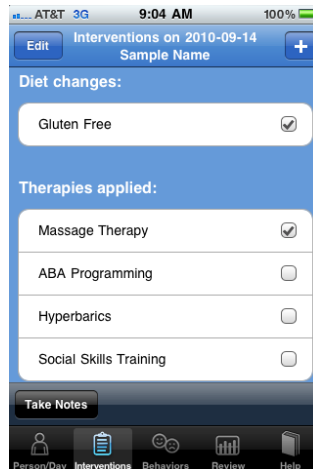
8. If you don't see a particular one listed, you may **add a new medicine, supplement, diet or therapy** by pressing the "+" button in the upper-right.
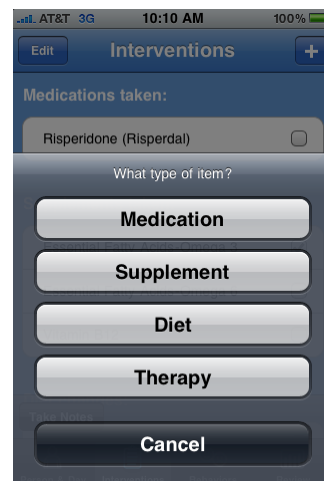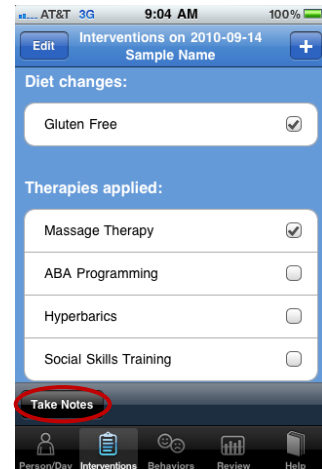
9. Choose the type of new intervention you'd like to add.
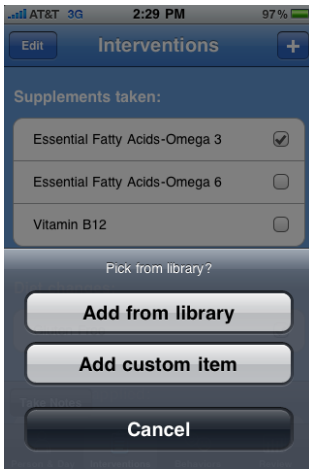
10. Select whether you'd like to add the new intervention from our online library, or supply your own. **Track anything you want!**
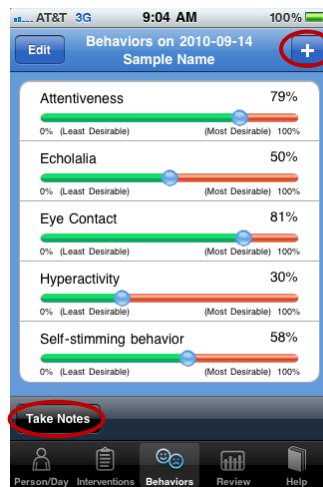
11. **For example, Massage Therapy** isn't listed in our online library, but if you'd like, you may add it and start tracking it.
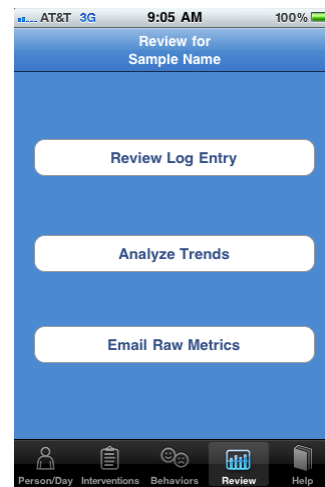
12. You may also **optionally add a note** about this day's Interventions. Just tap "Take Notes".
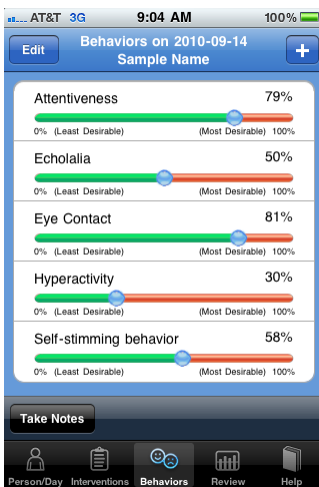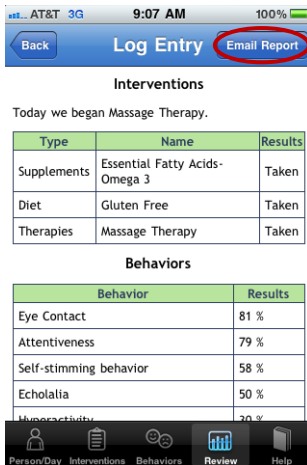
13. After you're done with the day's Interventions, **tap the Behaviors tab,** and use the sliders to rate the day's behaviors.

14. Just as you can for Interventions, **you can add new Behaviors and take notes** by tapping the appropriate icons.

15. When you're done entering information, tap the **Review tab to review a particular day, or look at trends over time**.

16. If you tap **"Review Log Entry"** and select a day, you may then **review any one day's** Interventions, Behaviors and any saved notes. You may also **email** the Daily Log to the address you used when signing up.
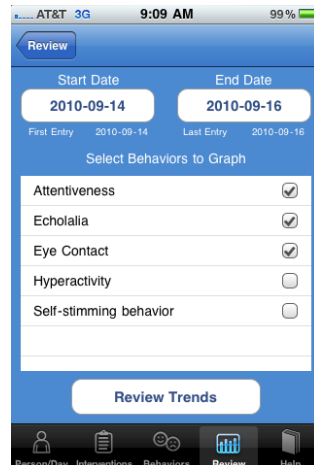
17. Or, if you pick **"Analyze Trends"** (Screen 15), you'll see a screen where you may **enter criteria for reviewing trends over multiple days**.
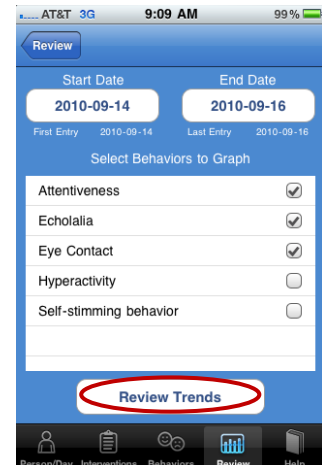
18. Select your Start Date, End Date, and any Behaviors you'd like to graph over this time. Then**, tap "Review Trends"**.
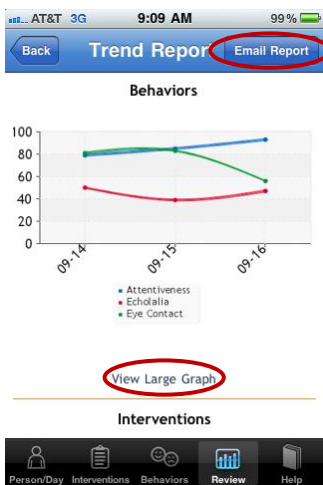
19. The top of the screen will show a **graph of selected Behaviors over time**. If you'd like, you may tap **"View Large Graph"** for a closer look, or tap "**Email Report**" to send this Trend Report via email.
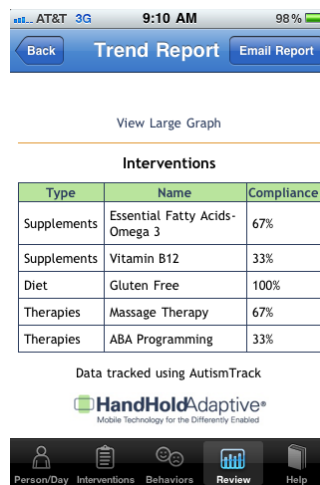
20. The **bottom of the screen shows Interventions** during this period. If a given Intervention occurred on each day during the period, "Compliance" is 100%.
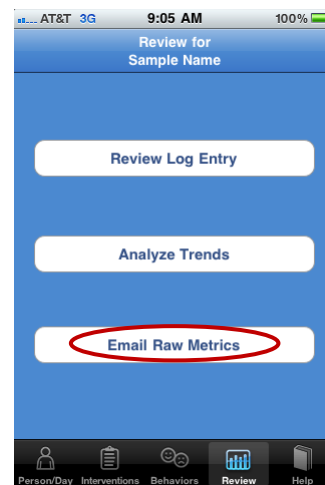
21. From the Review tab, you may also select Email Raw Metrics to **compile all of the data you've entered in a spreadsheet** (.CSV format, compatible with Microsoft Excel). Again, this will be emailed as an attachment to the address you provided.
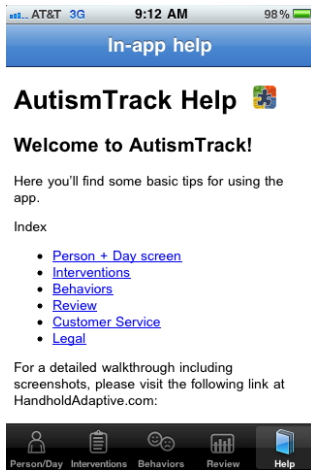
22. Our **"Help" tab** in the bottom-right provides a useful in-app resource for tips, instructions, and customer service contact info.

23. **Keep using AutismTrack™!** The more information you enter over time, the more valuable it will be to you.