

ProfileMD Classic User's Manual

I. Introduction

ProfileMD Classic is a personal health record that can give you instant access to your medical history in case of emergencies, physician office visits, or anytime you need the details of your medical history around-the-clock, anywhere in the world from your PalmOS PDA.

ProfileMD can help reduce medical errors by providing rapid access to accurate medical information.

ProfileMD can help cut down on redundant tests, procedures, treatments, and vaccinations by recording this crucial information.

With **ProfileMD** you never have to worry about...

...where are your medical records now? ...the clinic?the hospital?

...how to access them in case of emergency? ...in the middle of the night?

...how fast could you get your medical records in an emergency? ...hours? ..days?

ProfileMD is featured in Handheld Computers for Doctors by Mohammad Al-Ubaydli and in *"Make your PDA a Health Partner"* by Arlene Weintraub published in the October 7, 2002 edition of Business Week.



ProfileMD Classic Awards

| | | | | |
|---|---|---|--|--|
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Registering ProfileMD Classic

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www.profilemd.com

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Please send an email to register@e-medtools.com to register ProfileMD Classic for free.

II. Installation & Operation

Palm OS System Requirements

200k of free RAM
 Palm OS 3.5 or Higher

Windows Mobile System Requirements

StyleTap is REQUIRED

Windows Mobile™ 5.0 for Pocket PC
 Windows Mobile™ 2003 for Pocket PC
 Pocket PC 2002
 Pocket PC 2000



| Palm OS | Functions on ... | | Windows Mobile - <u>Styletap Required</u> |
|---------------------|------------------|--------|---|
| Device | Simulator | Device | Device |
| PalmOne/Palm | | | |
| | | | Dell Axim X5 |
| Treo 700p | Yes | Yes | Treo 700w |
| Tungsten TX | Yes | Yes | |
| Z22 | Yes | Yes | |
| LifeDrive | Yes | Yes | |
| Tungsten E2 | Yes | Yes | |
| Treo 650 | Yes | Yes | |
| Treo 600 | Yes | Yes | |
| Tungsten T5 | Yes | Yes | |
| Tungsten T3 | Yes | Yes | |
| Tungsten T2 | Yes | Yes | |
| Tungsten T | Yes | Yes | |
| Tungsten E | Yes | Yes | |
| Tungsten C | Yes | Yes | |
| Tungsten W | Yes | Yes | |
| Zire 72 | Yes | Yes | |
| Zire 71 | Yes | Yes | |
| Zire 31 | Yes | Yes | |
| Zire 21 | Yes | Yes | |
| Zire | Yes | Yes | |
| Palm i705 | Yes | Yes | |

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| | | | |
|------------------|-----|-----|--|
| Palm m500 Series | Yes | Yes | |
| Palm m100 Series | Yes | Yes | |
| Palm VII Series | Yes | Yes | |
| Palm V Series | Yes | Yes | |
| Palm III Series | Yes | Yes | |

Handspring

| | | | |
|----------|-----|-----|--|
| Treo 600 | Yes | Yes | |
| Treo 300 | | Yes | |
| Treo 270 | | Yes | |
| Treo 180 | | Yes | |
| Treo 90 | | Yes | |
| Visor | Yes | Yes | |

Sony

| | | | |
|-------------|--|-----|--|
| Clie S360 | | Yes | |
| Clie NX80V | | Yes | |
| Clie TG50/U | | Yes | |
| Clie SJ30 | | Yes | |
| Clie TJ27 | | Yes | |
| Clie TH55 | | Yes | |
| Clie TJ35 | | Yes | |
| Clie SJ22 | | Yes | |
| Clie NZ90 | | Yes | |
| Clie T615 C | | Yes | |
| Clie UX50 | | Yes | |
| Clie SJ33 | | Yes | |
| Clie NX60 | | Yes | |
| Clie NX70 | | Yes | |
| Clie NX73 | | Yes | |
| Clie T675 | | Yes | |

Other Compatible Palm OS PDAs

| | | | |
|------------------|--|-----|--|
| Garmin iQue 3600 | | Yes | |
| Garmin iQue 3200 | | Yes | |
| Handera 330 | | Yes | |
| Kyocera 7135 | | Yes | |

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|--------------|--|-----|--|
| Kyocera 6035 | | Yes | |
| Samsung 330i | | Yes | |

| Untested PDAs that may be compatible | | | |
|--------------------------------------|----|-----|--|
| Tapwave Zodiac | No | | |
| Garmin iQue 3600a | | | |
| Clie TJ37 | | Yes | |
| Symbol SPT 1550 | | | |
| Symbol SPT 1800 | | | |
| Fossil Wrist PDA | | | |
| AlphaSmart Dana | | | |
| Meazura MEZ 1000 | | | |
| GSPDA Xplore G18 | | | |
| GSPDA Xplore G88 | | | |
| GSPDA Xplore M28 | | | |
| GSPDA Xplore M68 | | | |
| GSPDA Xplore M98 | | | |
| PiTech Qool QDA700 | | | |
| Samsung i500 | | Yes | |
| TRG Pro | | | |
| Samsung i505 | | | |
| Clie PEG-N710C | | | |
| Clie PEG-S300 | | | |
| Clie PEG-S500C | | | |
| Clie PEG-N610C | | | |
| Clie PEG-S320 | | | |
| Clie PEG-SJ20 | | | |
| Clie PEG-N760C | | | |
| Clie PEG-NR70 | | Yes | |
| Clie PEG-T415 | | | |
| Clie PEG-T665 | | | |
| Clie SL10 | | | |
| Clie PEG-NZ90 | | | |
| Clie TG50 | | | |
| Acer s10 | | | |
| Acer s50/60 | | | |

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| Handhelds & Smartphones that are NOT compatible | | | |
|---|--|--|--------------------------------|
| Palm Pilot 1000 | | | Palm OS 1 |
| Palm Pilot 5000 | | | Palm OS 1 |
| Palm Pilot Personal | | | Palm OS 2 |
| Palm Pilot Pro | | | Palm OS 2 |
| Palm III Series | | | If not upgraded to Palm OS 3.5 |
| Palm V Series | | | If not upgraded to Palm OS 3.5 |
| Palm VIII Series | | | If not upgraded to Palm OS 3.5 |
| IBM Workpad c3 | | | If not upgraded to Palm OS 3.5 |
| Qualcomm pdQ1900 | | | Palm OS 3.0 |
| Qualcomm pdQ600 | | | Palm OS 3.0 |
| Qualcomm pdQ800 | | | Palm OS 3.0 |
| Symbol SPT1500 | | | Palm OS 3.1 |
| | | | |

This is a list of all devices and simulators ProfileMD Classic has been tested on. If your device is not listed here, it does not mean that ProfileMD Classic is not compatible with your handheld. If you are able to use ProfileMD Classic on a device that is not on this list, please let us know by sending an email to test@e-medtools.com .

Installation

1. Synchronize your PDA with your host computer to back up the data on your device.
2. Open the ProfileMD compressed folder.

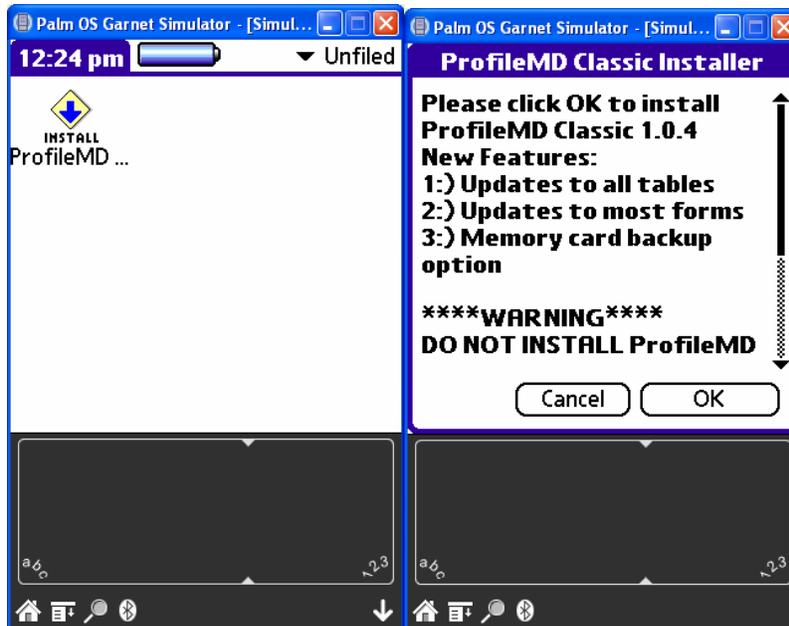


If you are unable to open the folder, you may need an unzipping program such as WINZIP, STUFFIT, or PKZIP to accomplish this step. Download a free demo of one of these popular unzipping programs to accomplish this step.

- a. Download a free demo of WinZip at www.winzip.com
 - b. Download a free demo of Stuffit at www.stuffit.com
 - c. Download a free demo of PKZIP at www.pkzip.com
3. Click on the ProfileMD-Classic-Installer Icon to start installation of ProfileMD to your PDA.



5. Synchronize your PDA to transfer the file to your PDA
6. Click on the Install-ProfileMD icon on your PDA to launch the installer. Please review the message in the installer for last minute information on ProfileMD Classic. Click the OK button to complete the installation of ProfileMD Classic or Cancel to halt the installation of ProfileMD Classic.



The warning indicates that ProfileMD Classic should not be installed over ProfileMD 2.0 because it will overwrite ProfileMD 2.0.

Manual Installation

A manual install may be required on some PalmOS devices (if the automatic installer crashes) and is required for the StyleTap platform for Windows Mobile.

Please refer to the StyleTap platform instructions for installation to a Windows Mobile device.

1. Synchronize your PDA with your host computer to back up the data on your device.
2. Open the ProfileMD compressed folder.

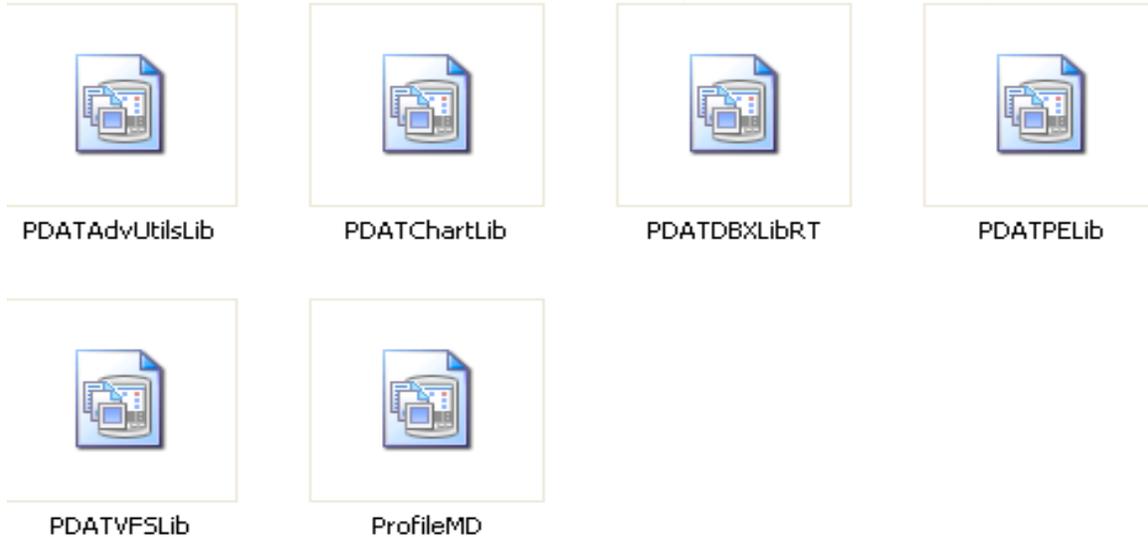


If you are unable to open the folder, you may need an unzipping program such as WINZIP, STUFFIT, or PKZIP to accomplish this step. Download a free demo of one of these popular unzipping programs to accomplish this step.

- a. Download a free demo of WinZip at www.winzip.com
 - b. Download a free demo of Stuffit at www.stuffit.com
 - c. Download a free demo of PKZIP at www.pkzip.com
3. Open the Files folder within the ProfileMD compressed folder.



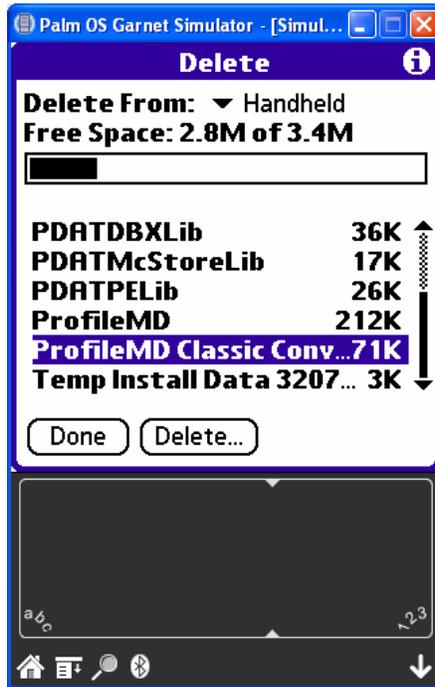
4. Select and install all the files within the Files folder to your PDA. All files are required.



Updating the ProfileMD Classic Databases

ProfileMD Classic version 1.05 has many changes to the database structure of ProfileMD Classic. We have included a database update program with ProfileMD Classic to allow users of older versions of ProfileMD Classic to gain the benefits of the new database structure.

If you have not used ProfileMD Classic before, you do not need to complete this step, and you can delete the ProfileMD Classic Converter file from your handheld because it will not be needed in the future.

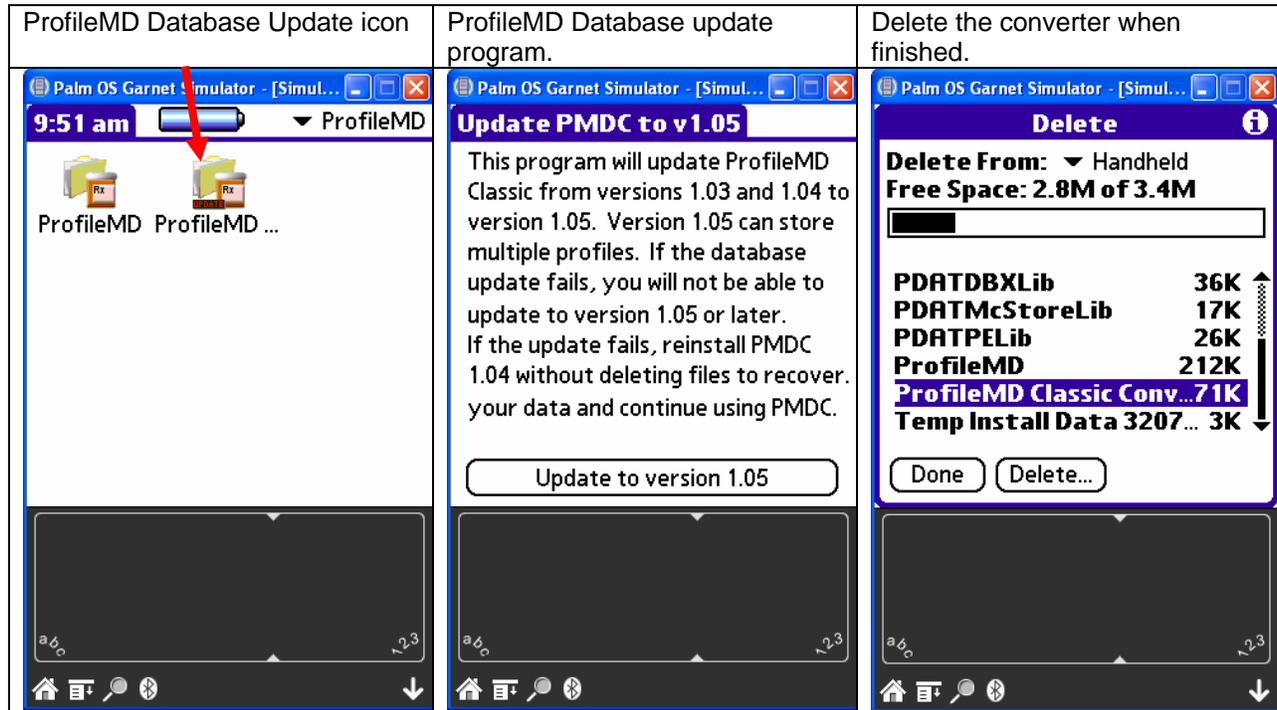


If you have a prior version of ProfileMD Classic installed, you must update the databases to upgrade to

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versions 1.05 and higher. To update the databases, click on the ProfileMD Update icon on the Palm desktop. Then press the update button to update the databases. The converter will launch ProfileMD Classic when complete so you can determine if the conversion is successful. After the database update is complete, you can exit to the Palm launcher and delete the ProfileMD Classic Database converter.

If the database update fails, you will not be able to upgrade to version 1.05 due to corruption of one or more ProfileMD Classic databases. The database update program will create backup copies of your databases so they will not be altered during the update process. This will allow you to reinstall ProfileMD Classic 1.04 or lower to recover from a failed database update and regain your data.

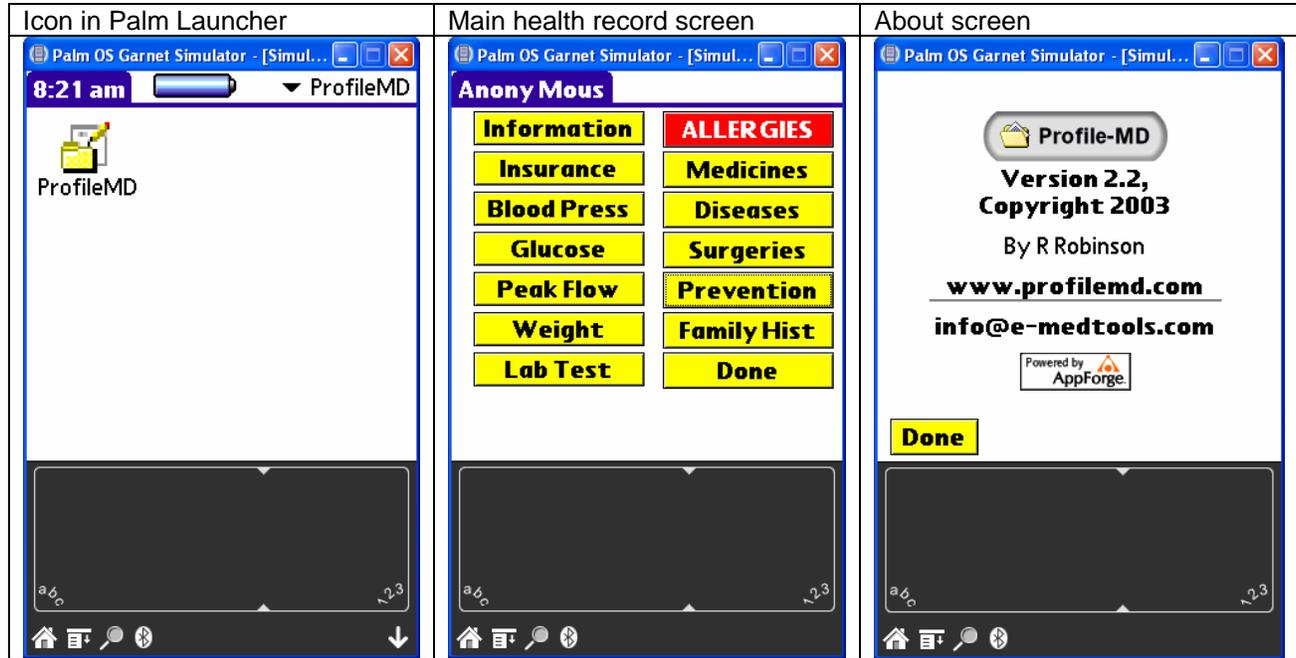


Upgrading ProfileMD From Obsolete Versions

Some versions of ProfileMD cannot be upgraded with ProfileMD Classic.

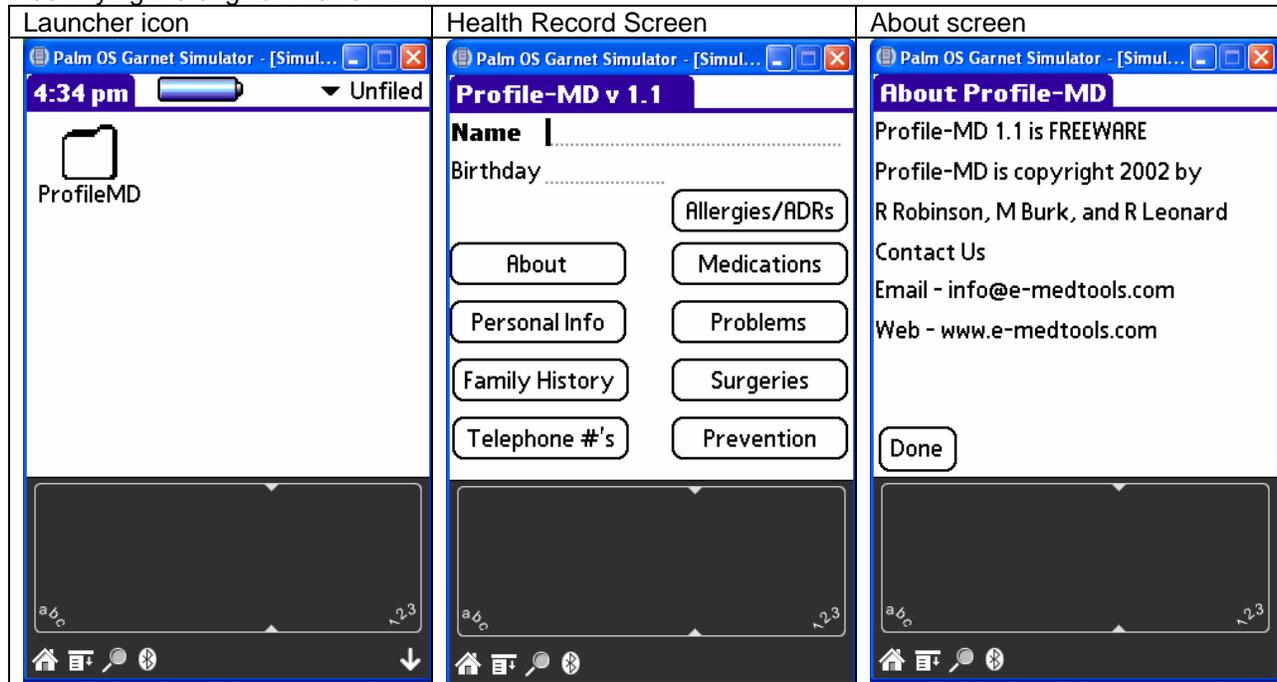
ProfileMD 2.x and the original ProfileMD use a different and incompatible database structure which prevents upgrading to ProfileMD Classic. **If you have either of these versions, you cannot upgrade to ProfileMD Classic without complete data loss.** To upgrade from one of these earlier versions to ProfileMD Classic, delete your current ProfileMD (which will erase all your data) and then install ProfileMD Classic version 1.05 or greater.

Identifying ProfileMD 2.x



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Identifying the original ProfileMD



Using ProfileMD

The screen images in this section are from the PalmOS Garnet Simulator. The appearance of the screens may differ slightly on your device. A color Palm PDA is required to view ProfileMD Classic in color.

Switch your PDA **on**. Use the desktop utility to locate the **ProfileMD Classic** icon. Tap the **ProfileMD Classic** icon to open the application.

Hint: ProfileMD Classic will be installed in the ProfileMD category.



ProfileMD Health Record List Menu. Selection of the menu button on PalmOS devices or tapping the title bar while on the Health Record List screen will reveal this menu.

Register will allow you to register ProfileMD Classic.

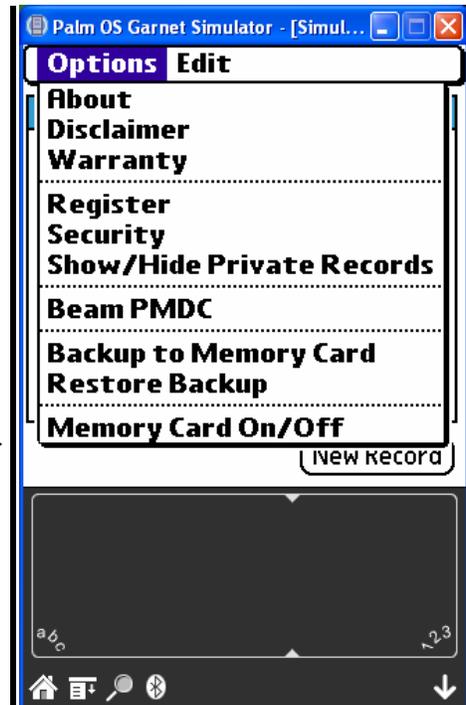
Security will allow you to turn on or off password protection

Show/Hide private records will allow you to hide records marked as private from view.

Backup to memory card will backup your data to a memory (SD or other) card.

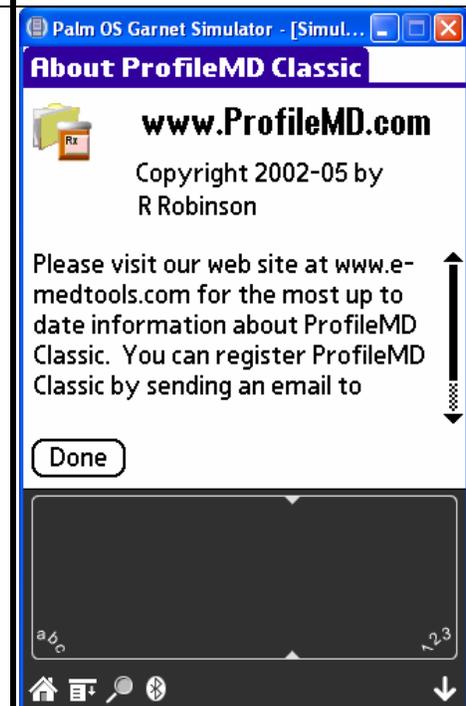
Restore Backup will restore your backed up data. It will overwrite any data added since your last backup.

Memory card on/off will allow ProfileMD Classic to run from a memory card.



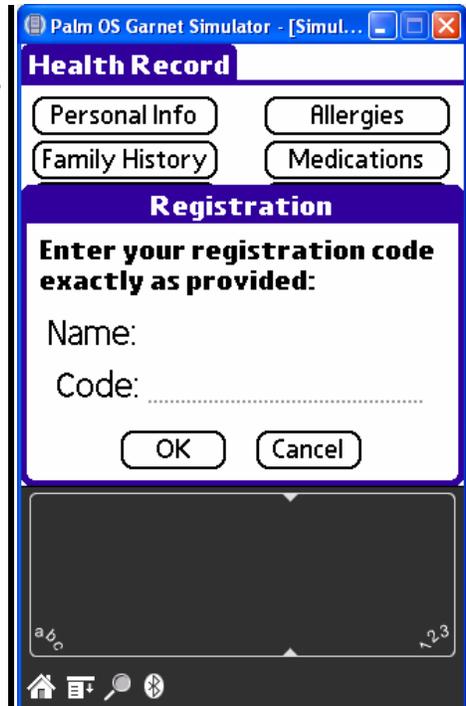
Profile-MD About Screen

This screen contains the copyright and version information for Profile-MD. The address of the ProfileMD website (www.profilemd.com) is also displayed. Clicking the done button will take you back to the previous screen.



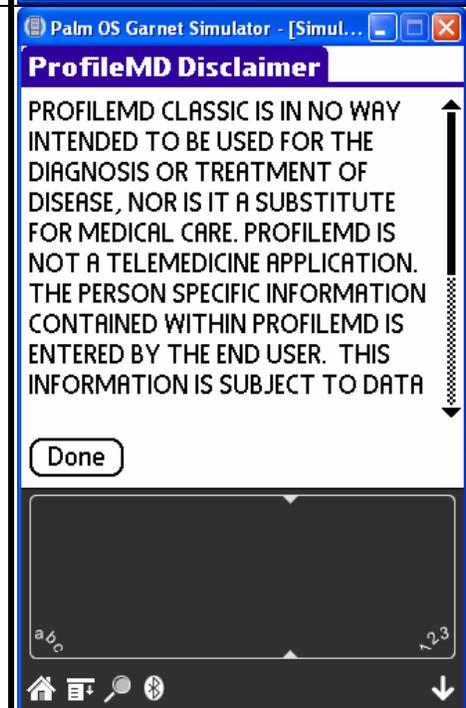
Registration Screen

The registration screen will display your HotSync ID (also known as PalmOS User Name) and provide a blank to enter your registration code. In this case, the HotSync ID is blank (it is a simulator after all). Click OK after typing in your registration code to unlock the program. You can register ProfileMD Classic by sending an email to register@e-medtools.com



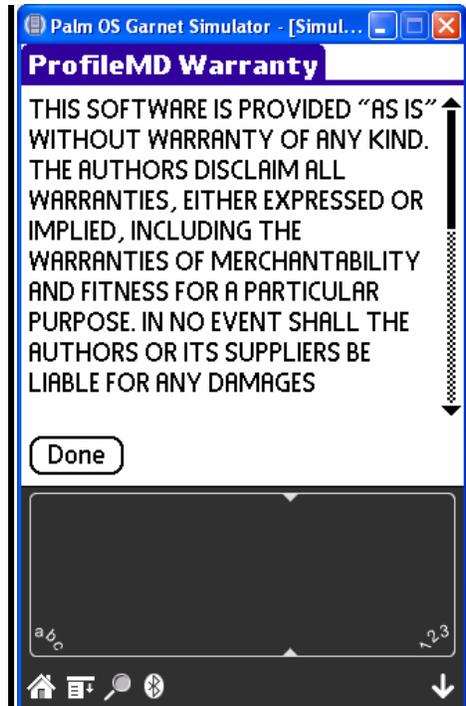
ProfileMD Disclaimer Screen

This screen lists the disclaimer for ProfileMD. Click Done to return to the previous screen.



ProfileMD Warranty Screen

This screen lists the warranty for ProfileMD. Click done to return to the previous screen.



Security Screen

This screen will allow you to set a PIN number for access to the data stored within ProfileMD Classic.

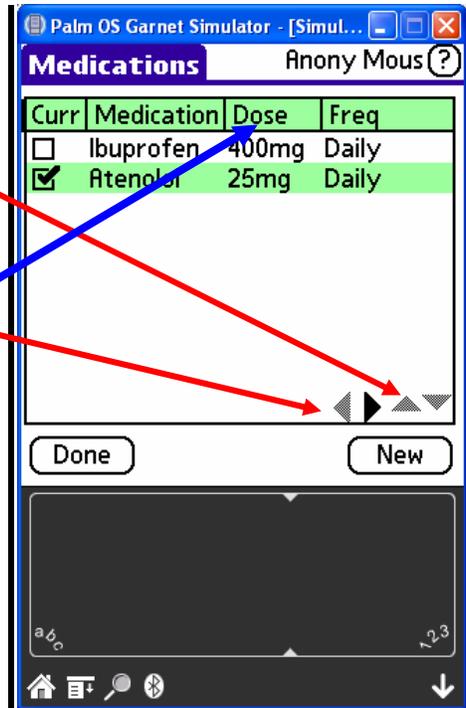


ProfileMD Table Navigation

The tables in ProfileMD Classic can scroll up and down and left and right

This allows more information to be displayed in the table.

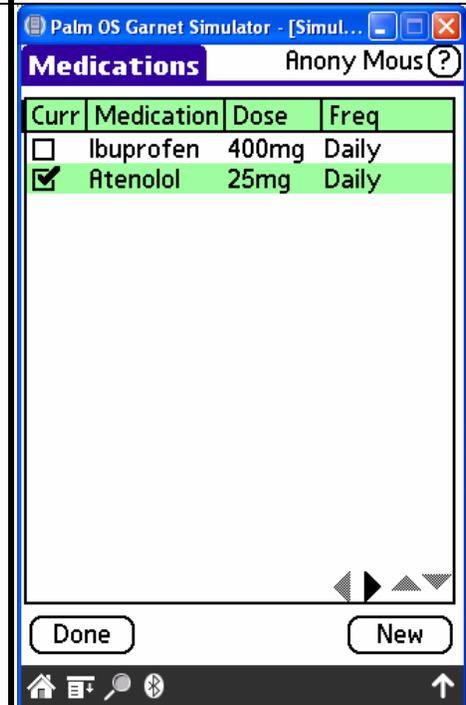
Tap a table header to sort the table by that header.



DIA Area

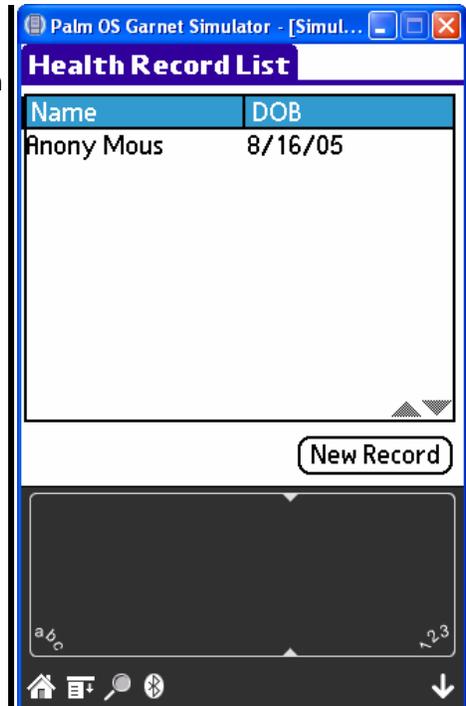
The DIA (Dynamic Input Area), also known as the Virtual Graffiti area, can be closed in ProfileMD Classic to provide more room on the screen to display information.

Please see the manual for your PalmOS device to learn how to close the DIA.



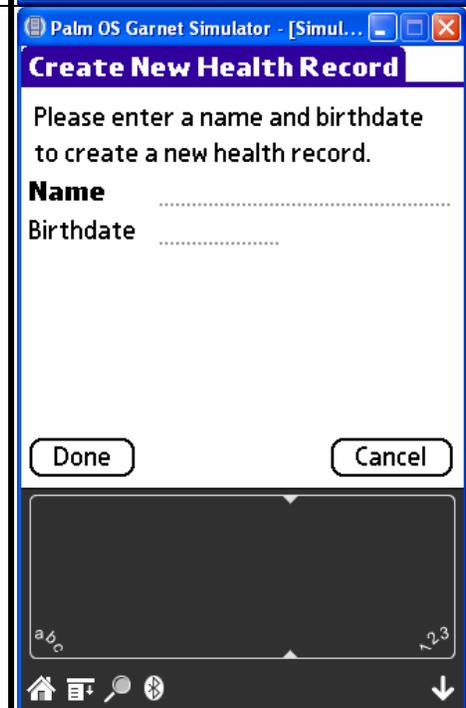
Health Record List

This is a list of all the health records stored on this device. Tap on an entry to open the health record. Press the New Record button to create a new health record.



Create New Record

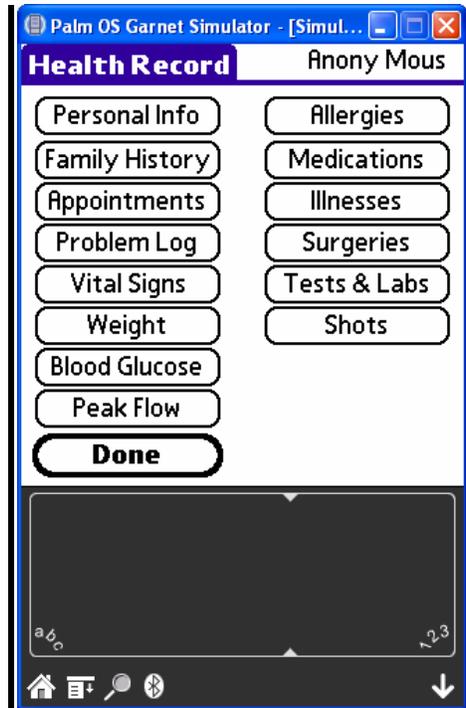
This screen allows you to create a new health record. Fill in the requested information and press done to open the new health record. Press cancel to return to the Health Record List without creating a new record..



Health Record

Tap on a button to open a subsection of this health record. Tap done to return to the health record list.

Hint: You can tell who this health record is for by looking at the name in the upper right hand corner.



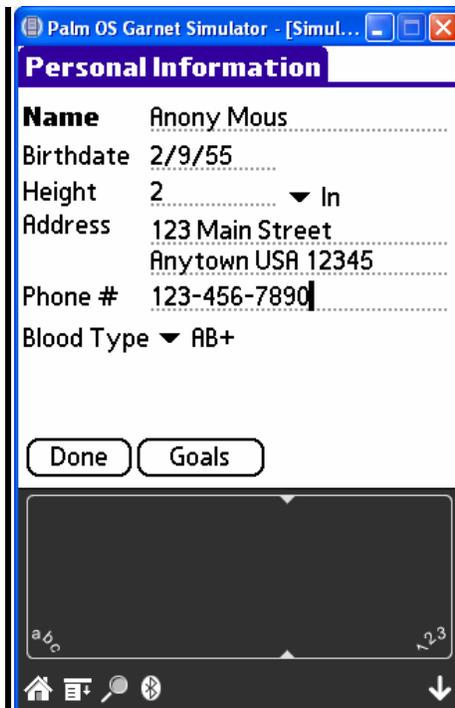
ProfileMD Health Record Menu. Selection of the menu button on PalmOS devices or tapping the title bar while on the Health Record screen will reveal this menu. The options under the option heading are the same as in the Health Record List Menu.



Personal Information

This screen can be reached by pressing the Information tab in the Health Record. The done button will return you to the health record screen. The goals button will take you to the goals section.

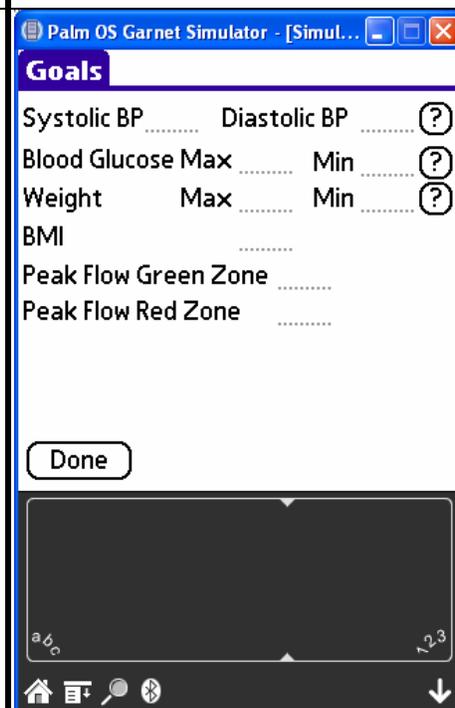
Hint – the height must be set for the BMI calculation in the weight section to work.



Goals Screen.

This screen allows you to set goals for many of the tracking/log sections of ProfileMD Classic. Clicking the done button will return you to the Personal Information screen.

Hint – the goals must be set for the At Goal checkboxes in the weight, vital signs, peak flow, and blood glucose sections to work.



ProfileMD Subfolder Menus. Selection of the menu button in a subfolder of ProfileMD (such as allergies or medications) on PalmOS devices or tapping the title bar while on the Health Record screen will reveal this menu. The options under the option heading are the same as in the Health Record List Menu. The new options under export include

To Memopad – export the current subfolder to the Palm Memopad

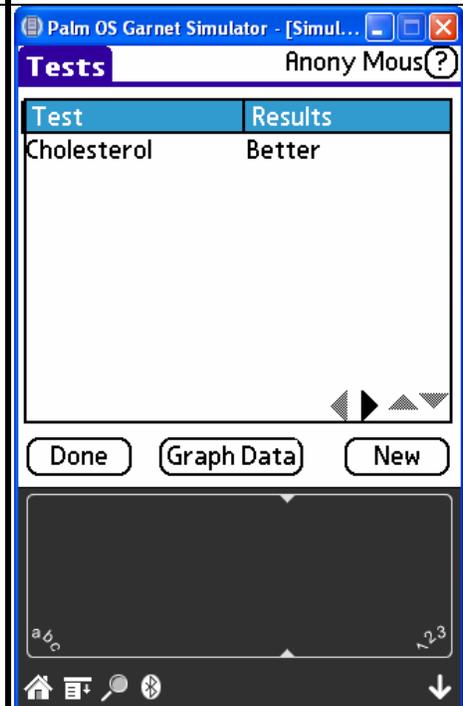
To CSV – export the current subfolder to the Palm Memopad in a CSV (comma separated value) format.



Lab Tests

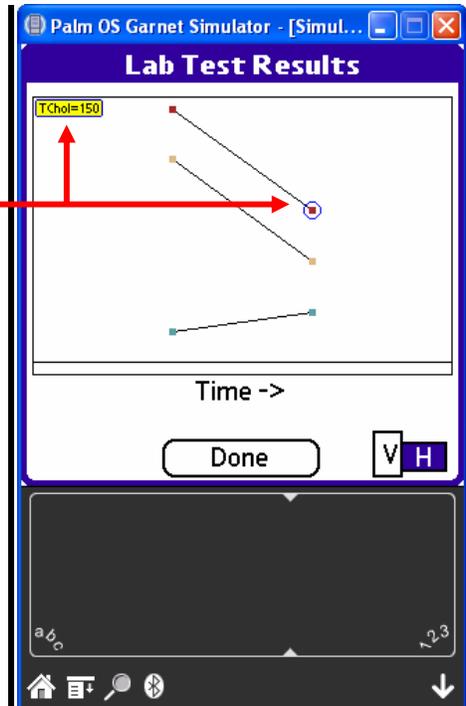
You can list your important lab tests here. You can list as many tests as you wish, limited only by the memory on your handheld computer. Clicking on an entry will bring up the Lab Test Reading screen for more information.

Click new to list a new lab test. Pressing the done button will take you back to the Medical Record Screen.



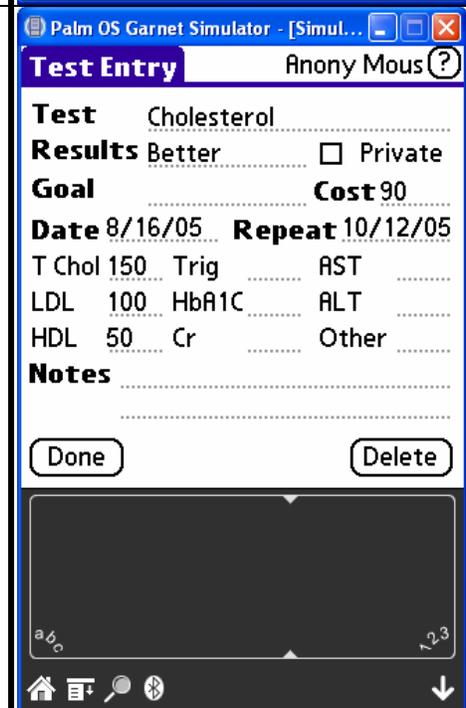
Lab Test Graph

Tap done to return to the lab test list. Click on V for vertical orientation of the graph, H for horizontal. Tap on individual datapoints to get details about that reading.



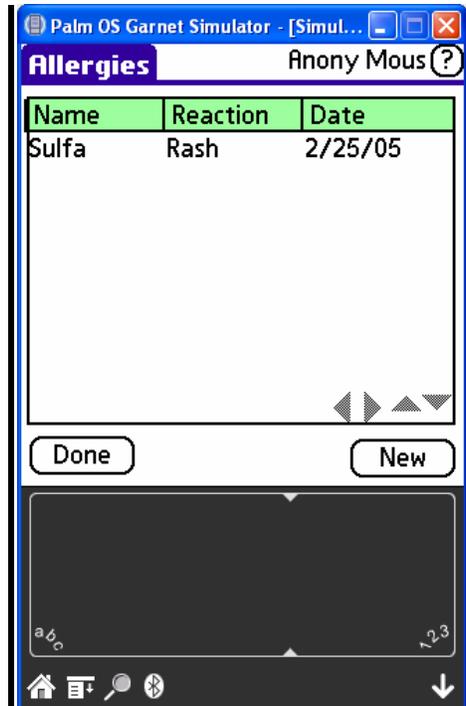
Lab Test Reading

For each lab test reading, you can store the test name, the result of the test, the test goal, date of the test, cost, test repeat date, and any notes related to this test. Clicking the done button will return you to the list of Lab Tests. The delete button will delete the current test record.



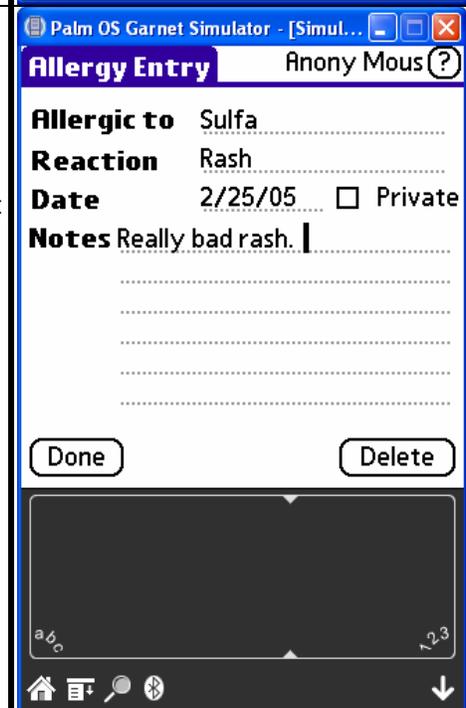
Allergies

This lists your allergies and the reactions to those medications. Pressing New allows you to add items to the list. Pressing the new button will take you to the Allergy Detail form to enter information on the new allergy. Clicking the done button will take you back to the Health Record screen.



Allergy Detail

This section will allow you to list any medications you have had allergic or adverse reactions to, the nature of that reaction, the date of the reaction (if remembered), and any notes regarding that reaction you think are important. Clicking the done button will take you back to the Allergy list. Clicking the delete button will erase the current entry.



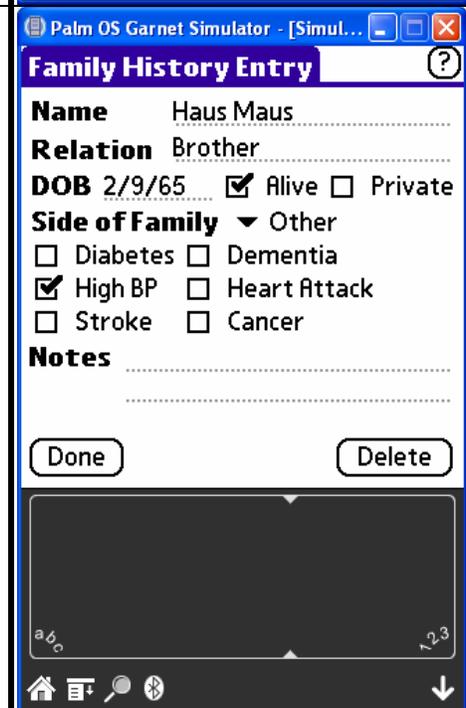
Family Medical History

This section lists your family members and their relationship to you. Clicking on a name will take you to the Family Member Information screen to find out more about that family member. Clicking on the new button will take you to the Family Member Information screen and allow you to enter information about the new family member. Clicking the done button will take you to the Health Record screen.



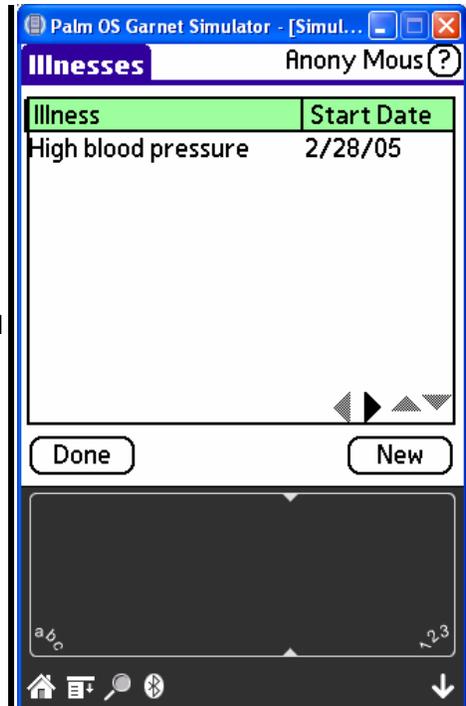
Family Member Information

This screen allows you to store information about your family members. You can store the name, relationship to you, indicate if they are a maternal (your mother's side of the family) or paternal (your father's side of the family), date of birth, a checkbox to indicate if a person is living or deceased, and a section for notes. Clicking the done button will return you to the Family Medical History screen. Clicking the delete button will erase the current record.



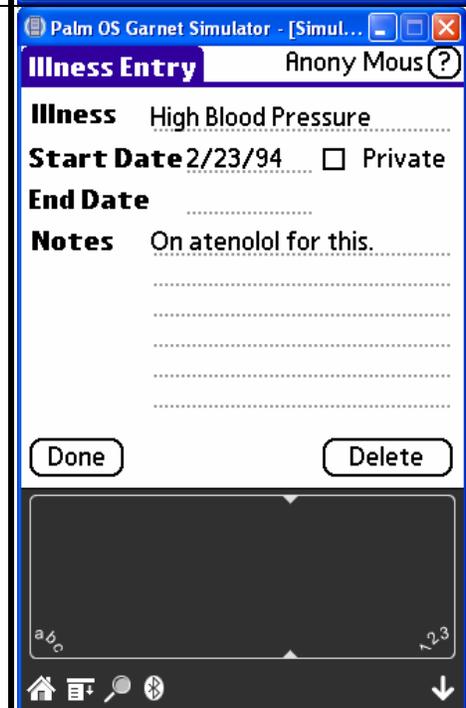
Illness List

This section lists your medical problems and symptoms, and the date of onset (if known). Clicking on an entry will open the Medical History screen to provide more information on that medical problem. The new button will take you to the Medical History Details Screen to create a new entry. The done button will return you to the Health Record form.



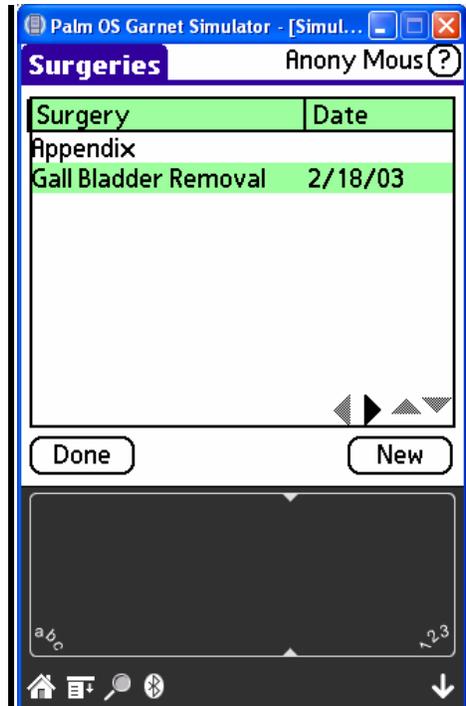
Illness Details

This screen allows you to store information about your medical history. You can store the diagnosis, date of diagnosis, physician who treats this problem, and notes related to this medical problem. Clicking the done button will return you to the Medical History List screen. Clicking the delete button will erase the current record.



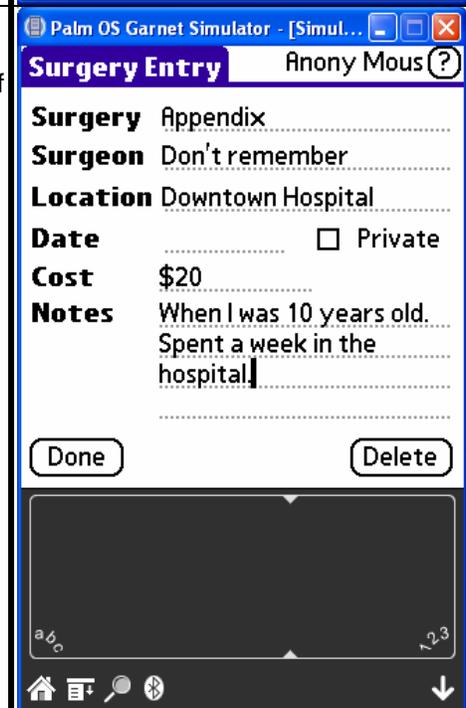
Surgical History

This section lists your surgeries and their dates. Clicking on an entry will open the Medical History Details screen to provide more information on that surgery. The new button will take you to the Surgical History Details Screen to create a new entry. The done button will return you to the Health Record form.



Surgical History Details

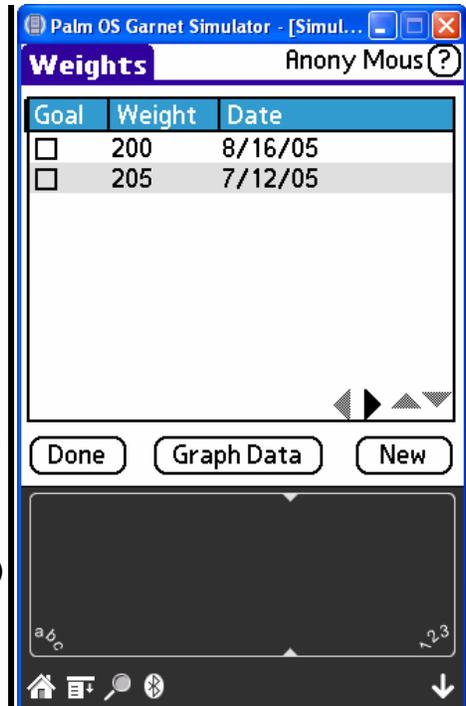
This section enters the details of your surgery including the type of surgery, date of surgery, the surgeon that performed the surgery, and any notes you wish to store related to this surgery. Clicking the done button will return you to the Surgical History List screen. Clicking the delete button will erase the current record.



Weights

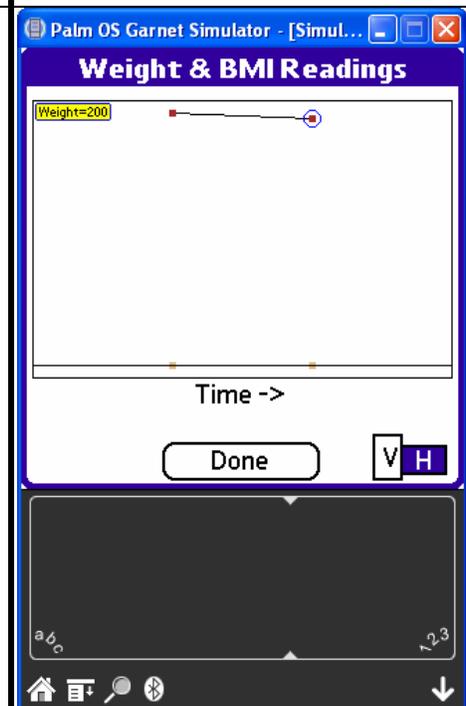
This screen lists your weights, which can be useful for the management of a wide variety of medical conditions such as congestive heart failure, diabetes, and heart disease. Clicking on a weight entry will take you to the Weight Reading screen for more details about that weight. Pressing the new button will create a new entry and take you to the Weight Reading screen so you can enter data. The Graph Data button will display a graph of the weight readings.

Please discuss weight goals with your health care provider(s) to determine which goals are appropriate for you.



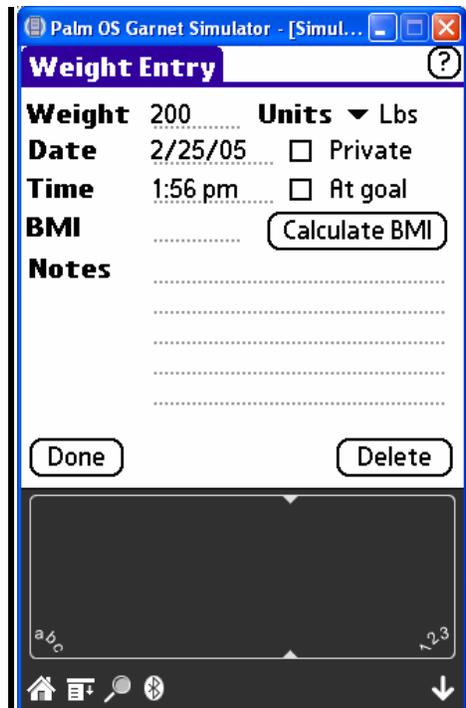
Weight and BMI Graph

Tap done to return to the weight reading list. Click on V for vertical orientation of the graph, H for horizontal. Tap on individual datapoints to get details about that reading.



Weight Reading

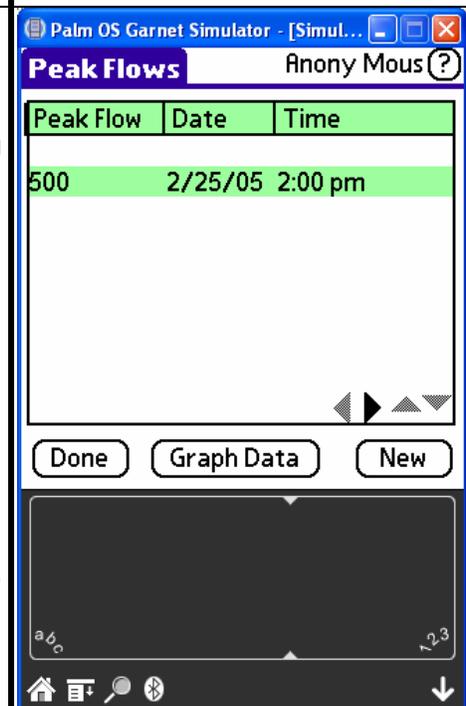
This screen allows you to enter details for each weight reading including date, time, weight (in either pounds or kilograms) and notes. Pressing the done button will return you to the weights screen. Pressing delete will erase the current entry. Pressing the calculate BMI button will calculate your body mass index if you have a height entered in the Personal Info section and you have selected the units for your weight.



Peak Flows

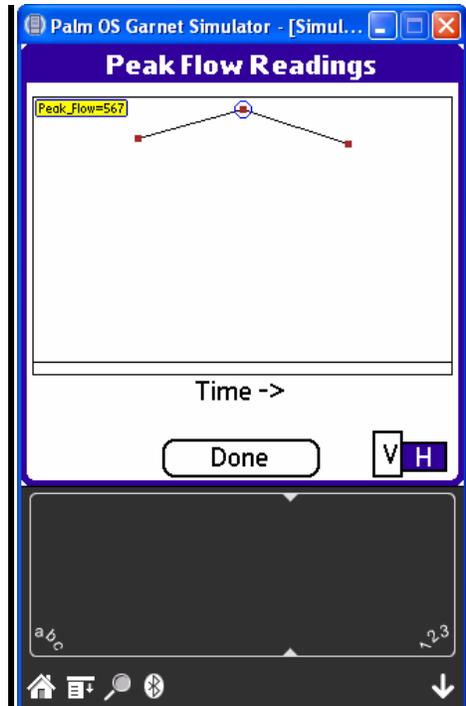
This screen lists your peak flows, which can be useful in the management of asthma and other chronic lung diseases. Clicking on a peak flow entry will take you to the Peak Flow Reading screen for more details about that peak flow. Pressing the new button will create a new entry and take you to the Peak Flow Reading screen so you can enter data.

Please discuss peak flow zones with your health care provider(s) to determine which zones are appropriate for you.



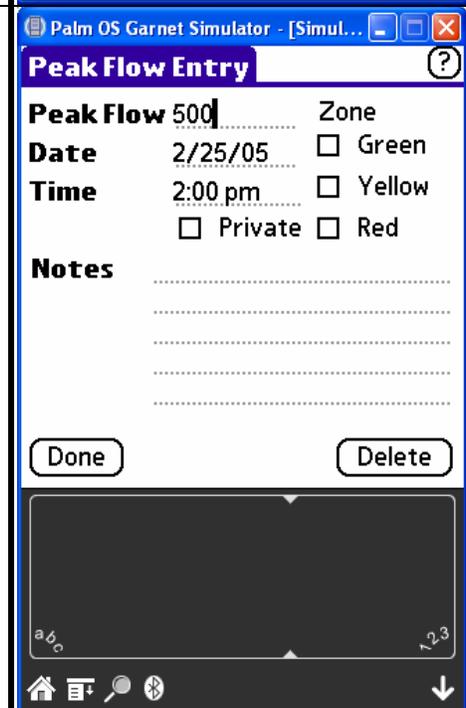
Peak Flow Graph

Tap done to return to the peak flow reading list. Click on V for vertical orientation of the graph, H for horizontal. Tap on individual datapoints to get details about that reading.



Peak Flow Reading

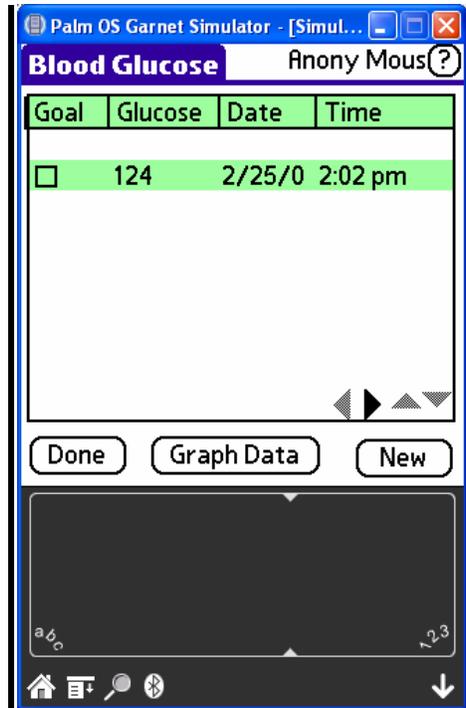
This screen allow you to enter details for each peak flow reading including date, time, peak flow, activity, and notes. Pressing the done button will return you to the Peak Flow screen. Pressing delete will erase the current entry. The peak flow zone you are in will be marked when you exit the record.



Blood Glucose Values

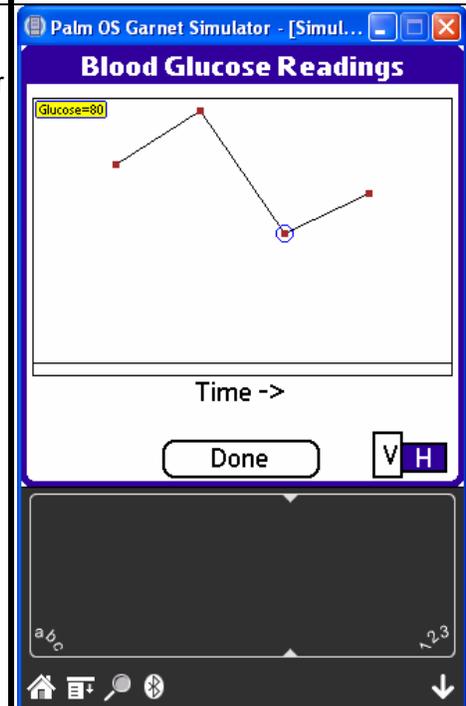
This screen lists your blood sugars, which can be useful in the management of diabetes. Clicking on a blood sugar entry will take you to the Blood Sugar Reading screen for more details about that blood sugar. Pressing the new button will create a new entry and take you to the Blood Sugar Reading screen so you can enter data.

Please discuss blood glucose goals with your health care provider(s) to determine which goals are appropriate for you.



Blood Glucose Graph

Tap done to return to the blood glucose reading list. Click on V for vertical orientation of the graph, H for horizontal. Tap on individual datapoints to get details about that reading.

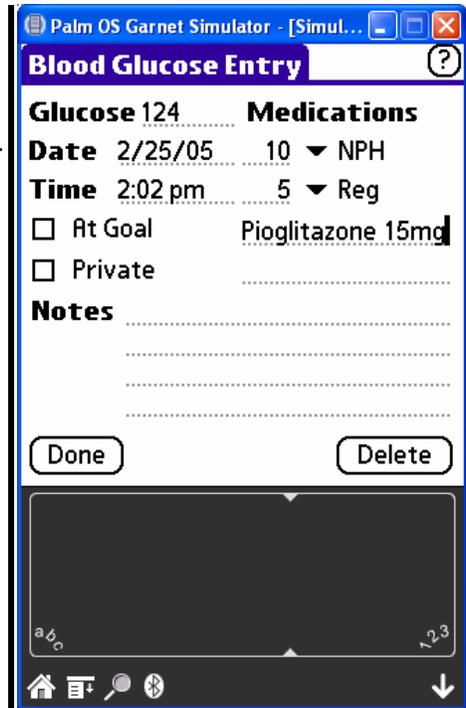


Blood Glucose Reading

This screen allow you to enter details for each blood sugar reading including date, time, blood sugar, insulin taken, and notes.

Pressing the done button will return you to the Blood Sugar screen. Pressing delete will erase the current entry.

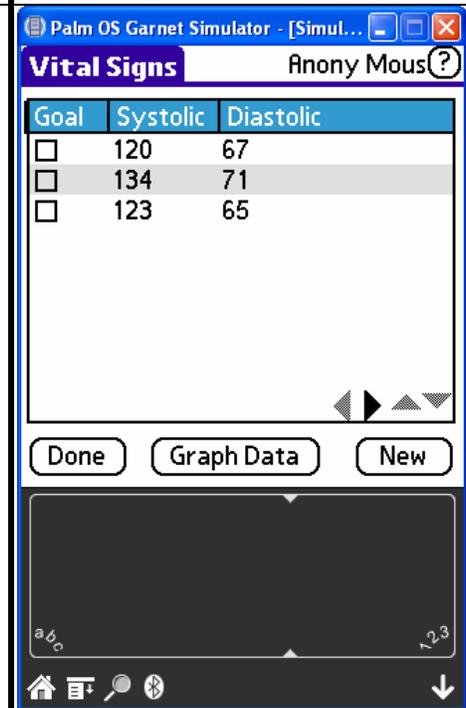
In the blanks under the insulin entry area, you can list other medications taken for diabetes.



Vital Signs

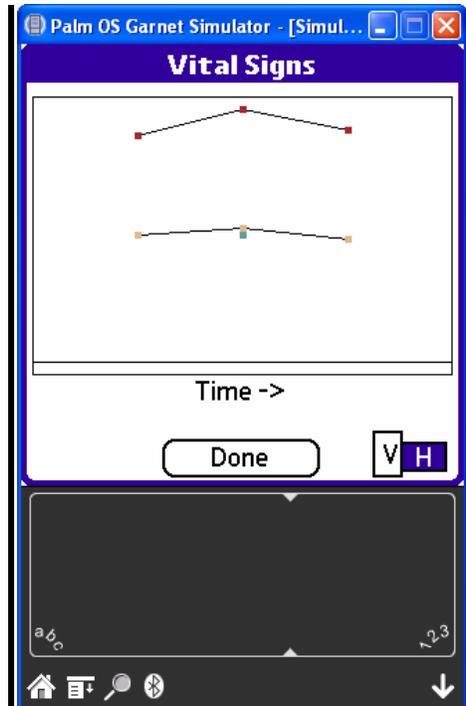
This screen lists your vital signs, which can be useful for the management of a wide variety of medical conditions such as high blood pressure, congestive heart failure, and diabetes. Clicking on an entry will take you to the vital sign Reading screen for more details about that blood pressure. Pressing the new button will create a new entry and take you to the vital sign Reading screen so you can enter data.

Please discuss blood pressure goals with your health care provider(s) to determine which goals are appropriate for you.



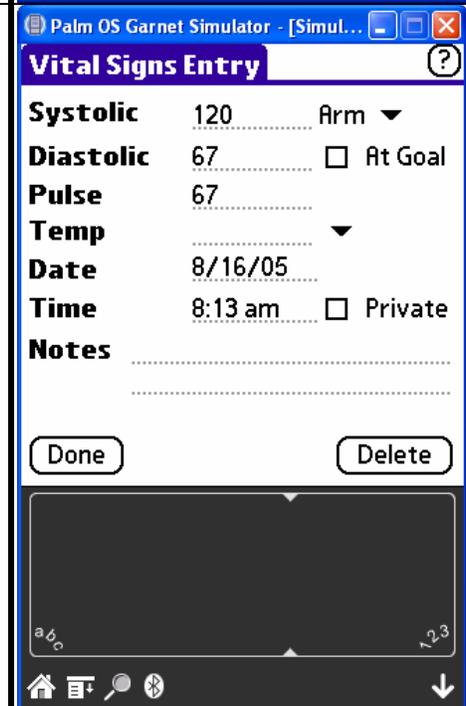
Vital Sign Graph

Tap done to return to the vital sign reading list. Click on V for vertical orientation of the graph, H for horizontal. Tap on individual datapoints to get details about that reading.



Vital Sign Readings

This screen allow you to enter details for each blood pressure reading including date, time, systolic blood pressure, diastolic blood pressure, pulse, arm the reading was taken in, temperature, and notes. Pressing the done button will return you to the vital sign screen. Pressing delete will erase the current entry.



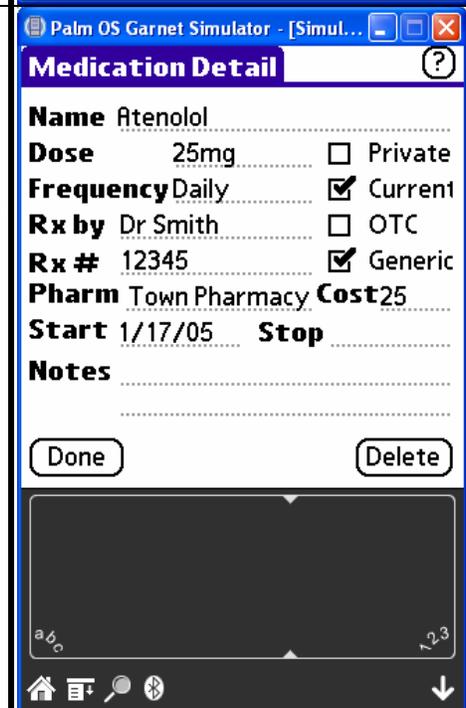
Medications

This screen displays the medications, including vitamins and herbs, you take. The drug, dose, and frequency are displayed in the table. Clicking on a medication entry will take you to the Medication Details screen to edit the medication. Pressing the new button will create a new medication entry and take you to the Medication Details screen. Pressing the done button will return you to the Medical Record screen.



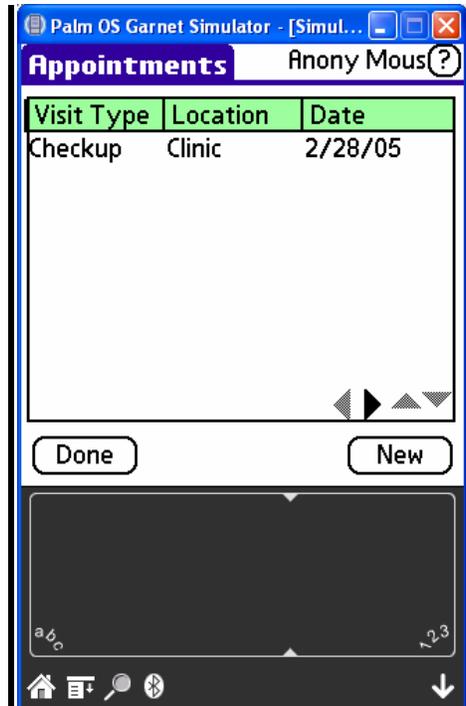
Medication Details

This screen allows you to edit the details about your medication. The Done button will take you to the Medications screen. The delete button will erase the current medication. Check the current box to indicate if you are taking this medication now, the OTC check box to indicate over the counter medications, and the generic checkbox to indicate a generic medication.



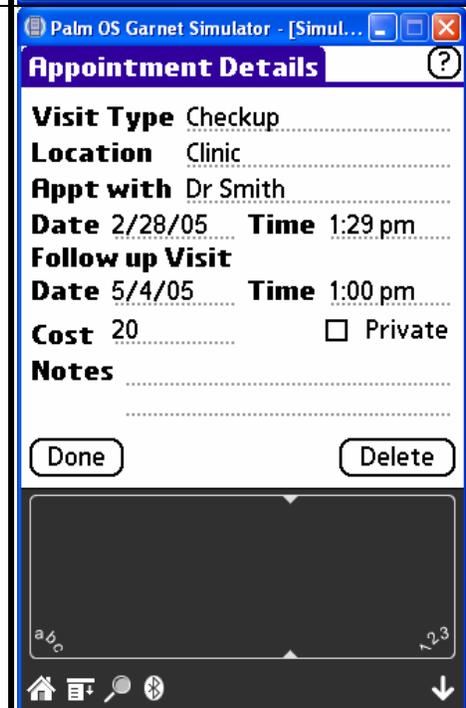
Appointments

This section allows you to list your appointments/health related visits by type, location, date, time, and who the appointment was with. Clicking done will return you to the health record screen. Clicking new will create a new appointment entry.



Appointment Details

You can list the visit type, location, who the appointment is with, date, time, cost, followup date, and followup time. There is a notes section for any other information. The done button will return you to the appointment list. The delete button will delete the current entry.



Symptom (or Problem) log

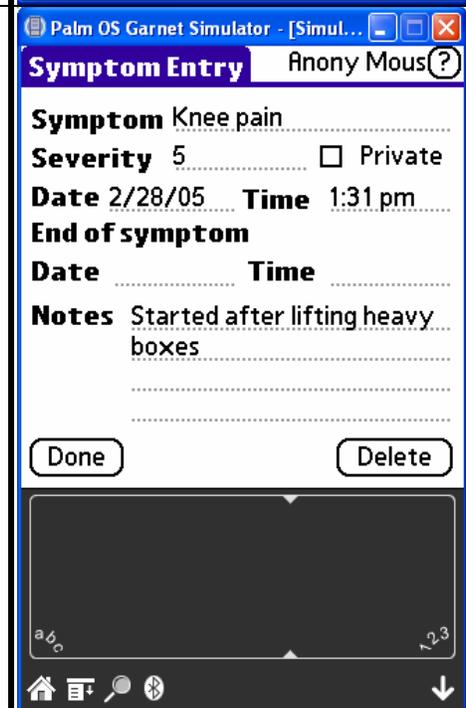
This section allows you to list any symptoms or problems you develop. You can also track date, time, and severity of the problem. Clicking done will return you to the health record screen. Clicking new will create a new symptom entry.



Symptom (or Problem) entry

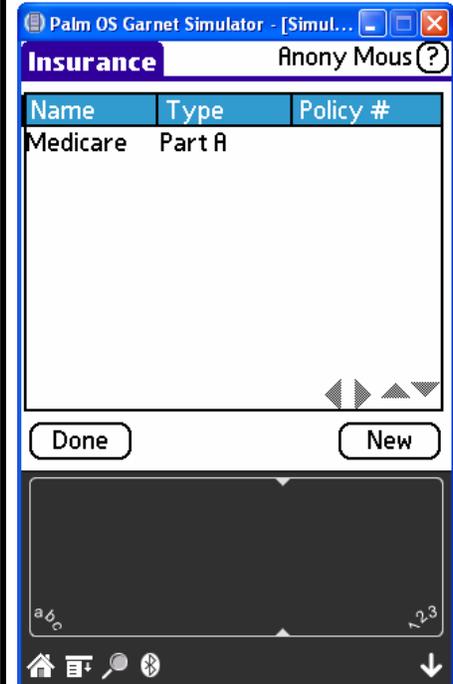
You can list the symptom (or problem), severity, date & time of onset, and date & time of resolution. The notes section can provide additional information such as what made the problem better or worse. The done button will return you to the symptom list. The delete button will delete the current entry.

Severity can be listed as numbers (a scale of 1-10) or words (good, bad, poor.....).



Insurance List

This section lists your insurance policies. Clicking on an entry will open the Insurance entry screen to provide more information on that insurance. The new button will take you to the Insurance entry screen to create a new entry. The done button will return you to the Health Record form.



Insurance Details

This screen allows you to store information about your insurance. Clicking the done button will return you to the Insurance List screen. Clicking the delete button will erase the current record.



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