

User Manual for HealthSupervisor app

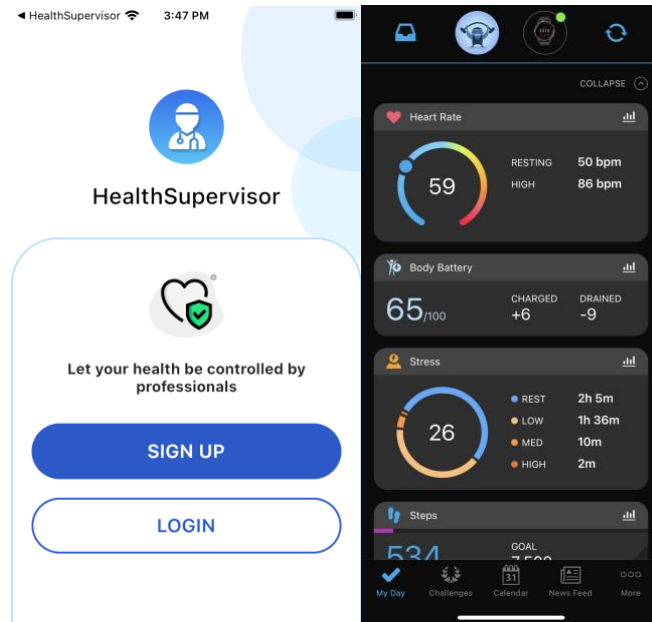
1. *Install applications:*

- Garmin Connect
- HealthSupervisor

If you have Garmin device:

2. *Connect to **Garmin Connect***

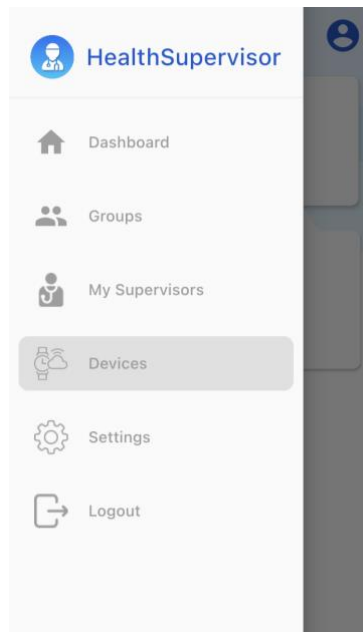
- Register or log in to the application



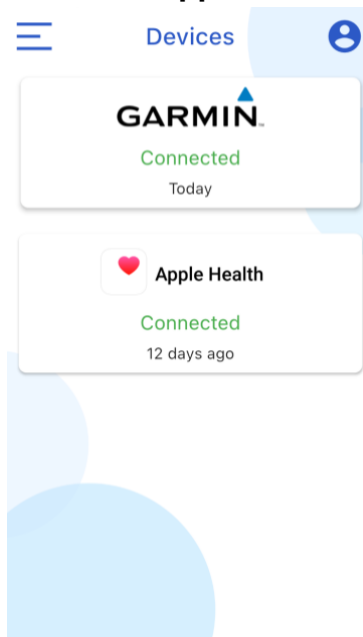
- Turn on the device in round-the-clock oxygen monitoring mode (<https://support.garmin.com/en-US/?faq=SK2Y9a9aBp5D6n4sXmPBG7>, <https://www8.garmin.com/manuals/webhelp/venu/UK-UA/GUIDC-7C00-4AC6-96AE-CF9079CD5D90.html>)
- Sync in **Garmin Connect**

3. *Get started with **HealthSupervisor***

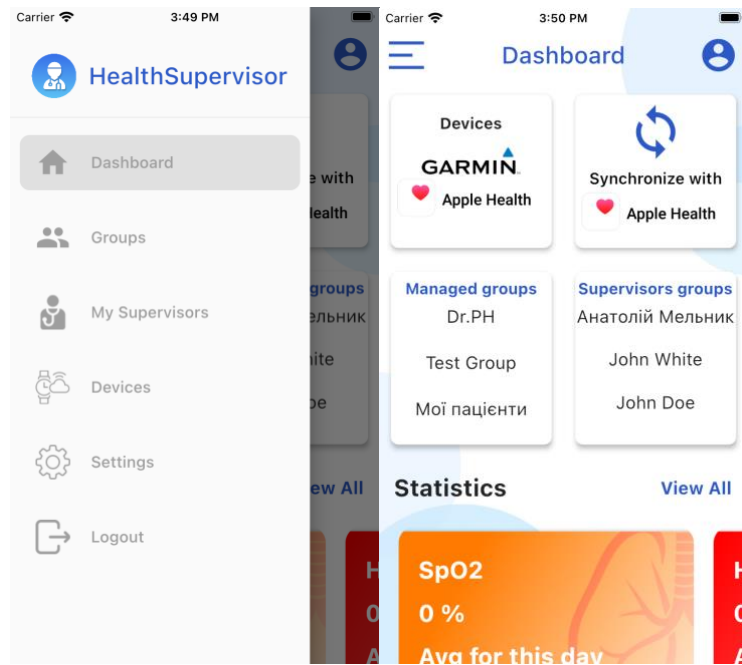
- Go to the **Devices** tab,



- Connect to and access **Garmin** and **Apple Health**.



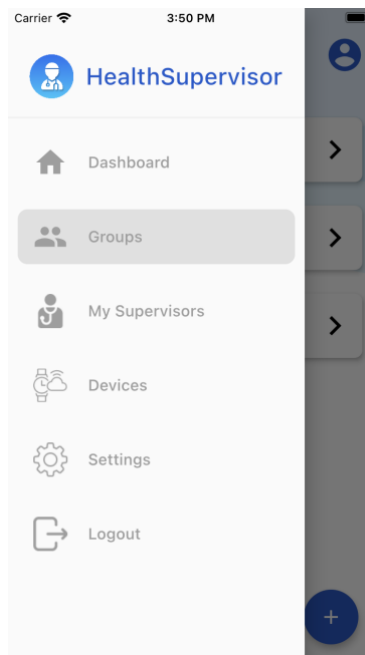
- Go to the **Dashboard** tab



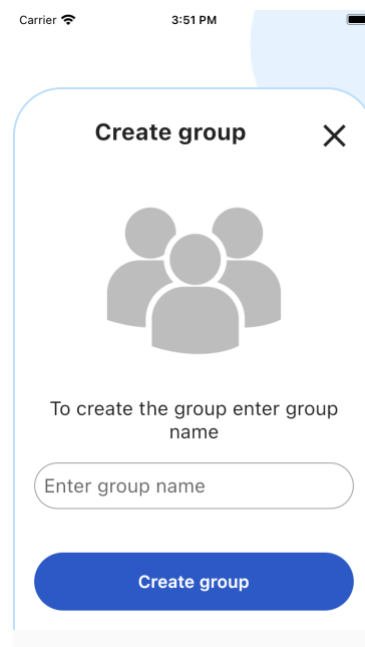
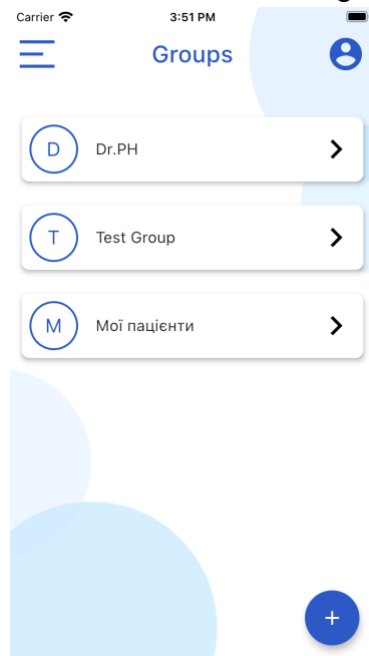
- Click **Synchronize with Apple Health**.
(At this point, HealthSupervisor will get the data available on your devices.)

Creating your own group

- Go to the **Groups** tab



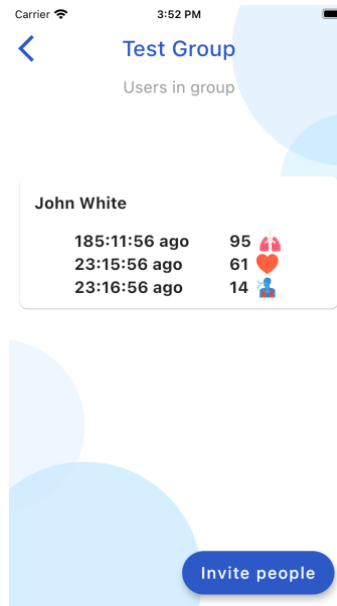
- click on the button with the “+” sign



- In the form called **Create the group**, enter a name for the group and click the **Create group** button. (The group you created will then appear in the list of all groups)

Invite people to the group

- Click on the **Invite people** button,



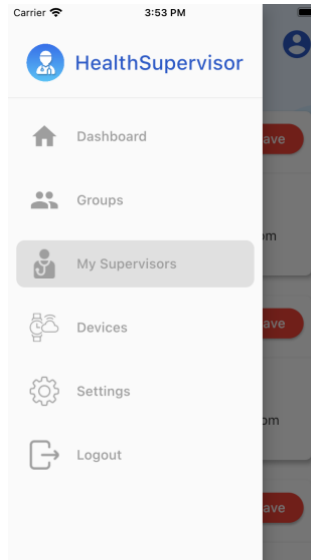
- Copy the Invite code



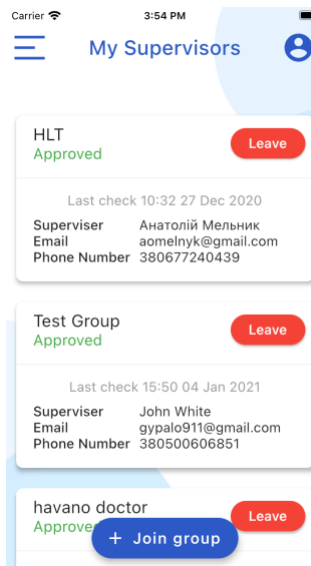
- Send it to other users via any messenger suitable for you (eg Telegram, Viber, WhatsApp, Facebook messenger, etc.)

Join the supervisor group

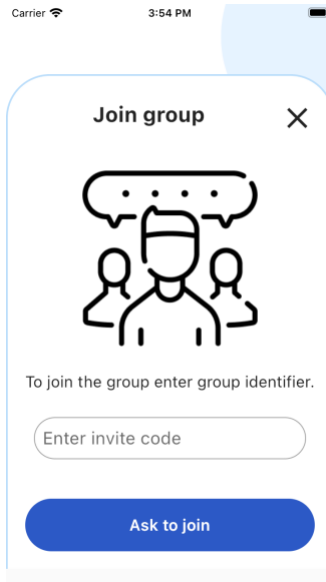
- Copy the supervisor invitation code received from your messenger
- Click the **My Supervisors** tab



- Click the **+ Join group** button



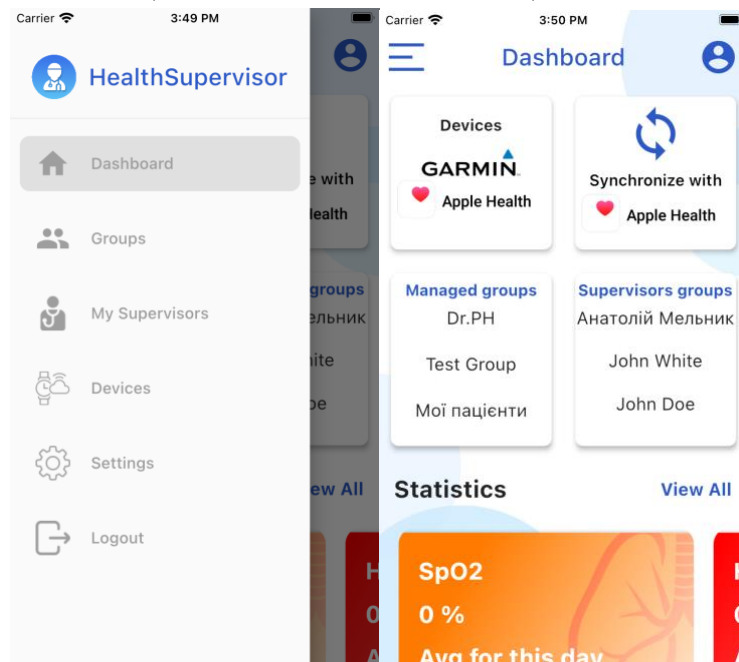
- Paste the copied code into the **Enter invite code** field



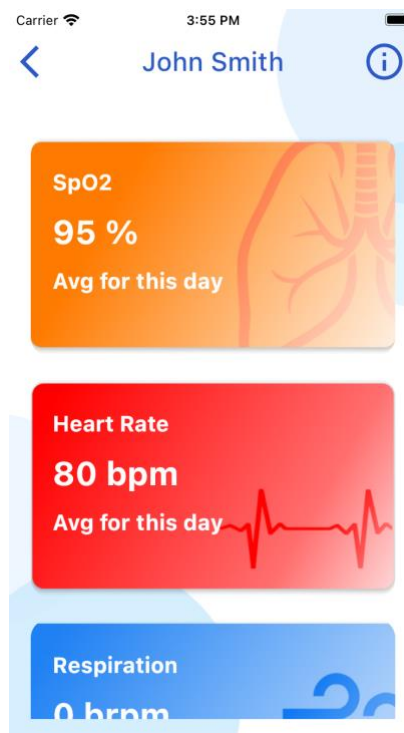
- Click the **Ask to join** button (then wait for the supervisor to confirm your request)

View personal metrics

- On the **Dashboard** tab, next to the **Statistics** text, click the **View All** button



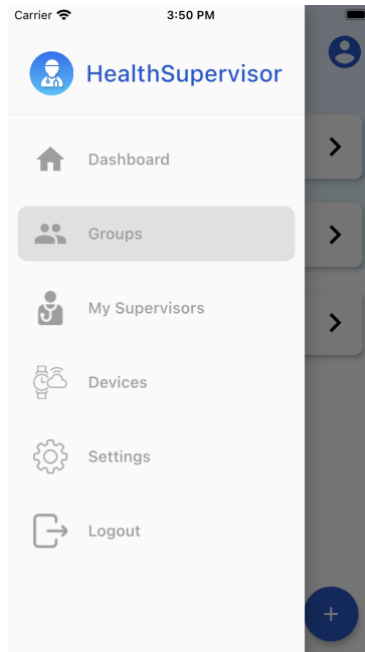
- Click on the metric you want to view



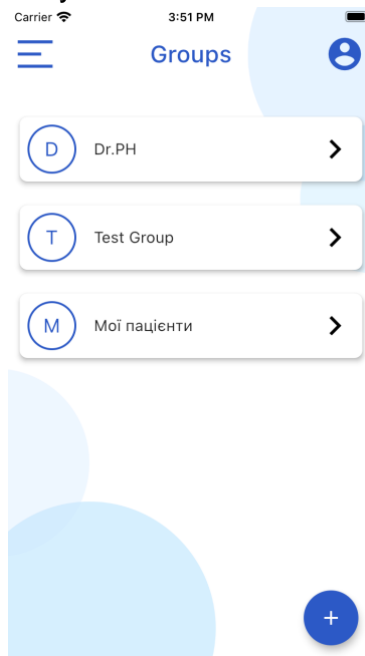
(At this stage, you can find graphs of statistics for different time periods, minimum and maximum values during the week, as well as all data for the last 5 days)

View user metrics for your groups

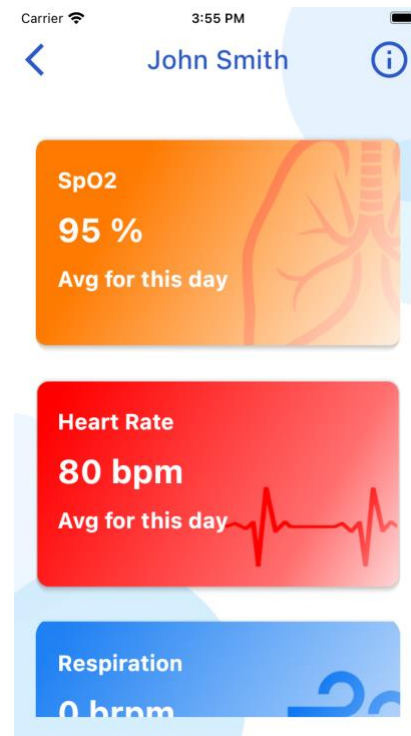
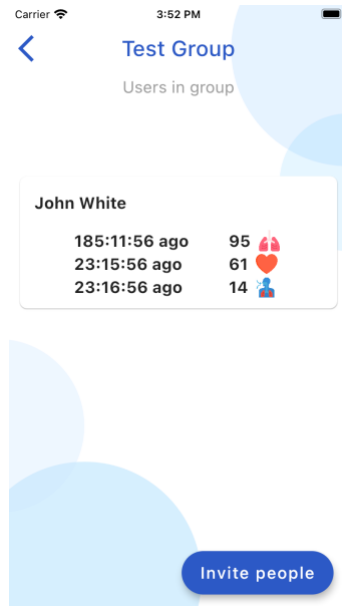
- Click the **Groups** tab



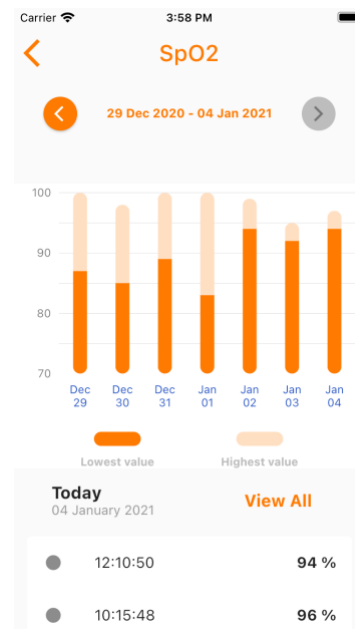
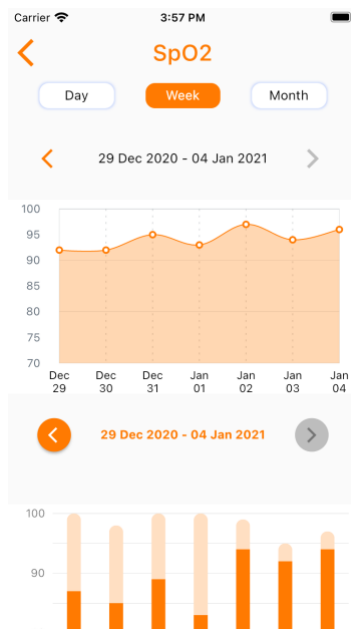
- Go to the group with the user you want to view



- Click on the desired user



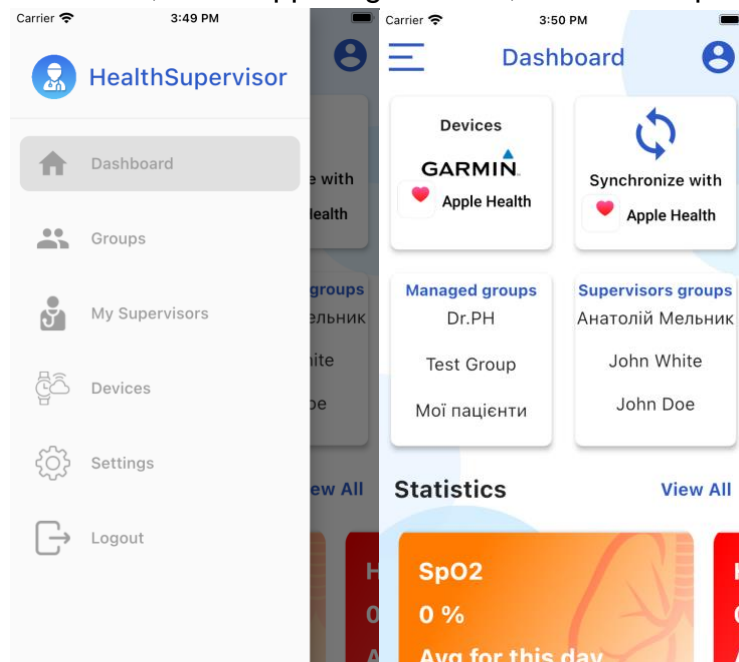
- Click on the metric you want to view



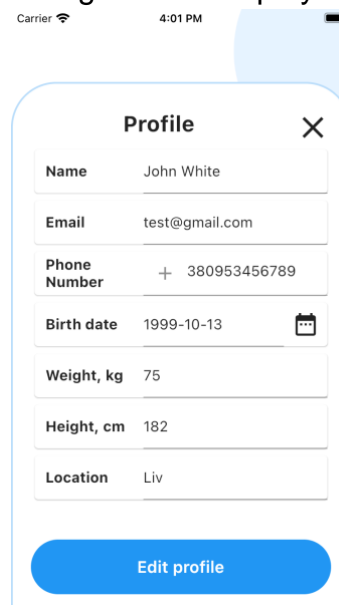
(At this stage, you can see graphs of statistics for different time periods, minimum and maximum values during the week, as well as all data for the last 5 days)

Editing personal information

- On the **Dashboard** tab, in the upper right corner, click on the profile icon



- In the **Profile** tab, you can change all the displayed fields



Field	Value
Name	John White
Email	test@gmail.com
Phone Number	+ 380953456789
Birth date	1999-10-13
Weight, kg	75
Height, cm	182
Location	Liv

- To save the data after editing, click the **Edit Profile** button