

# B12 App User guide



## Please make sure you have registered before you login

Create a Username and a Password, and press enter. At the next stage you will be asked for your email address.

### My Symptoms

Use the + button in the top right hand corner to start adding your symptoms.

The symptoms listed are the most commonly reported. (List information provided with kind permission of Sally M. Pacholok R.N. & Dr. Jeffrey J. Stuart, authors of 'Could It Be B12?'). There is however a personalised symptom facility at the bottom of the scroll down list which will enable you to add additional symptoms that you attribute to your B12 deficiency. We highly recommend you work your way through each list to capture all your data. Use the slider bar to record the severity of your symptoms. Once entered and graded these, your results appear in graph form alongside your supplements and medications.

### My Supplements / Medications

Use the + button in the top right hand corner to start adding your supplements and medications.

Organise and manage your injections, medications and supplements. Let the app remind you when to take your dosage. You can then view these entries in your diary. (Please note that the 'remind/alert' function is only available on mobile devices).

### My Diary Supps/Meds/Appoints

Supplements, Medications and Appointments - In calendar form. Click any date to view doses for that day. Keep your current supplements, medication and appointments schedule at your fingertips and confirm they have been taken.

### My Charts

- Use the + button in the top right hand corner to view your charts.
- Select the 'Time Period' by clicking on the grey box.
- Choose to view up to three symptoms and three supplements by clicking on the right hand arrows to make your selections.
- Click on the graph symbol in the top right corner to view your chart.
- The graph will plot improvements or regression and overlay your supplements to display a fuller history.

### My Journal

Use the + button in the top right hand corner to start your journal. Record your observations and keep notes. Say how you feel!

### My Test Results

Use the + button in the top right hand corner to start compiling your medical history.

Keep your important test results accessible, and monitor changes over time.

### My Medical History

Use the + button in the top right hand corner to start compiling your medical history.

Record key information regarding your B12 deficiency and any other conditions you have.

### My Appointments

Use the + button in the top right hand corner to start adding your appointments.

The app will remind you of your scheduled appointments. (Mobile devices only).

### My Images

Use the + button in the top right hand corner to start creating your albums. Then use the + button in the top right hand corner to start taking and adding photos.

The camera never lies! Build and organise a personal image library of your visible symptoms to record your B12 history. (Please note: This facility is only available on mobile devices.)