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Prolepsis Mobile Applications' (iOS & Android) Manual

Singularlogic

prolepsis

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“There is no medicine you can take that will replace what you can do for your own health.”
— **Aarti Patel, The Art of Health: Simple and Powerful Keys for Creating Health in your Life**

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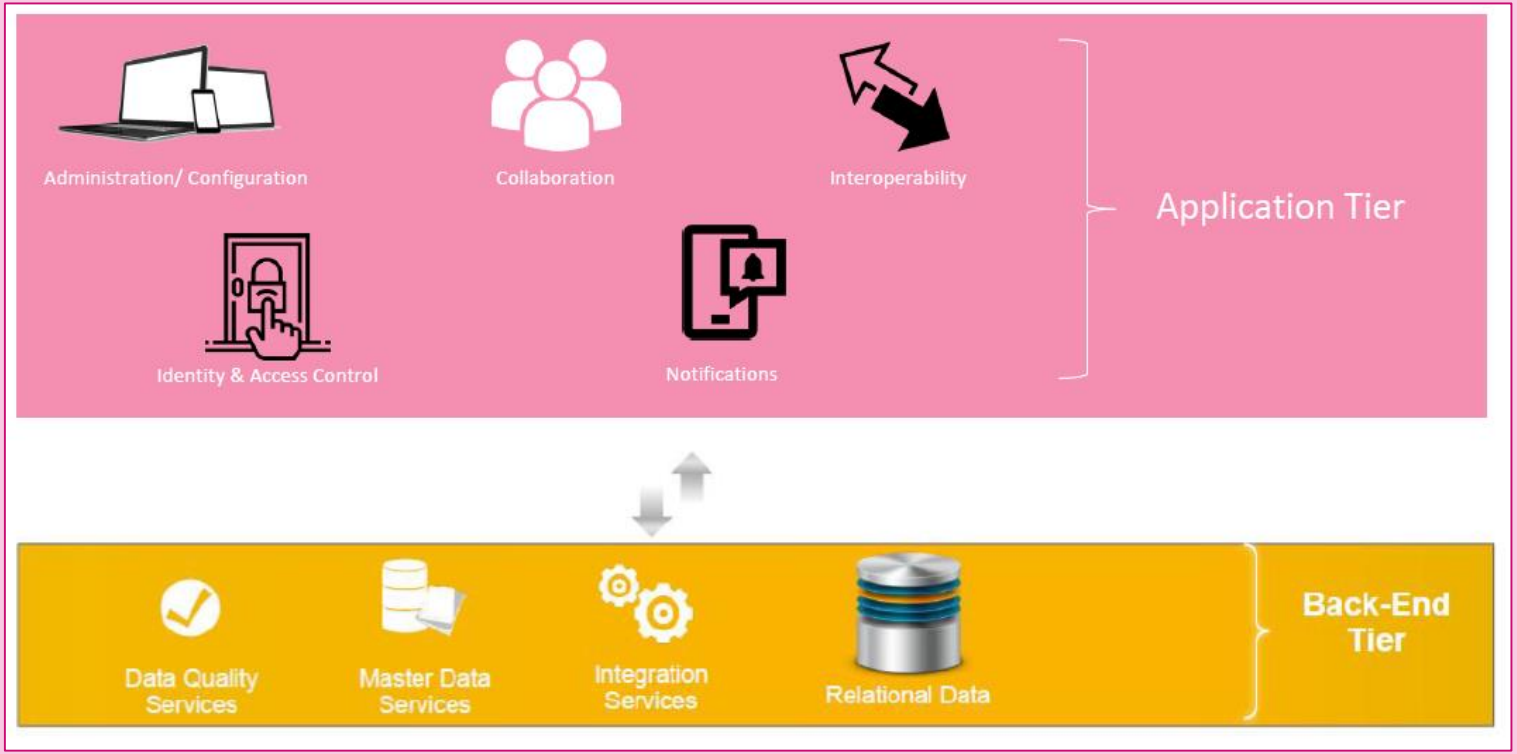
Architectural Overview



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Introducing the Mobile App

End users : Female Carers

Administrative Roles :

- Super Admin
- Region Admin

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Mobile App

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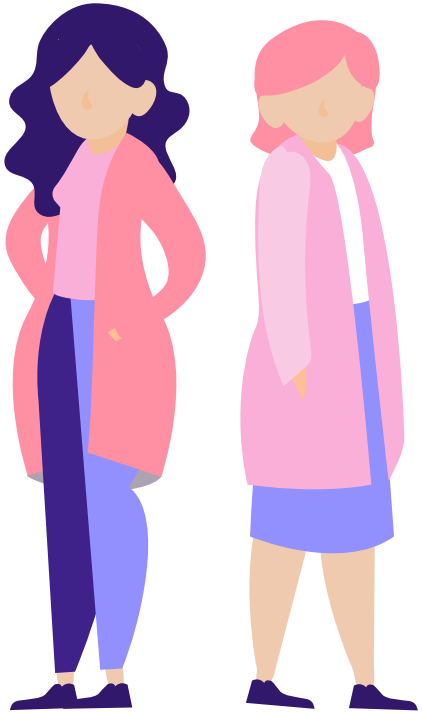
Mobile App



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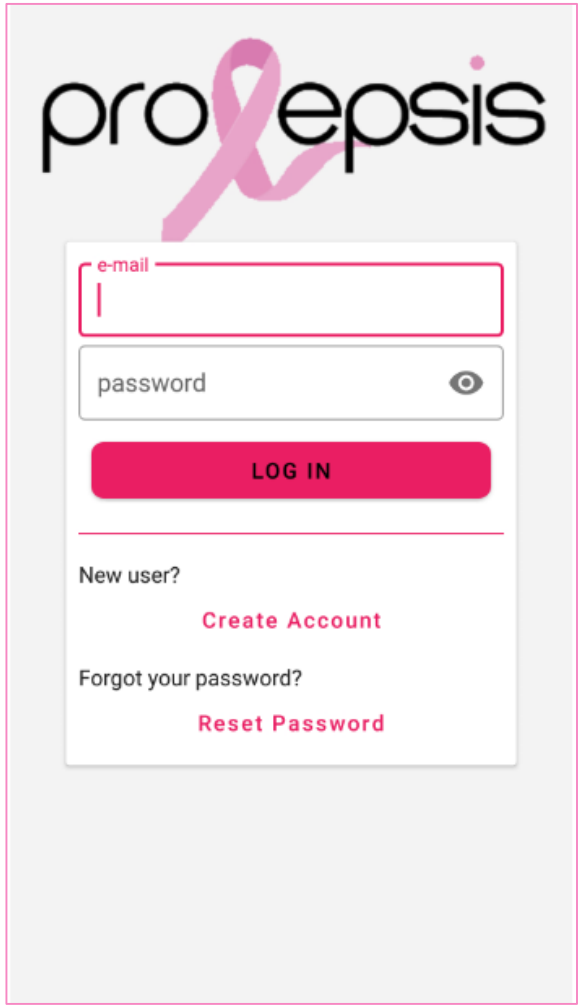
Log in page



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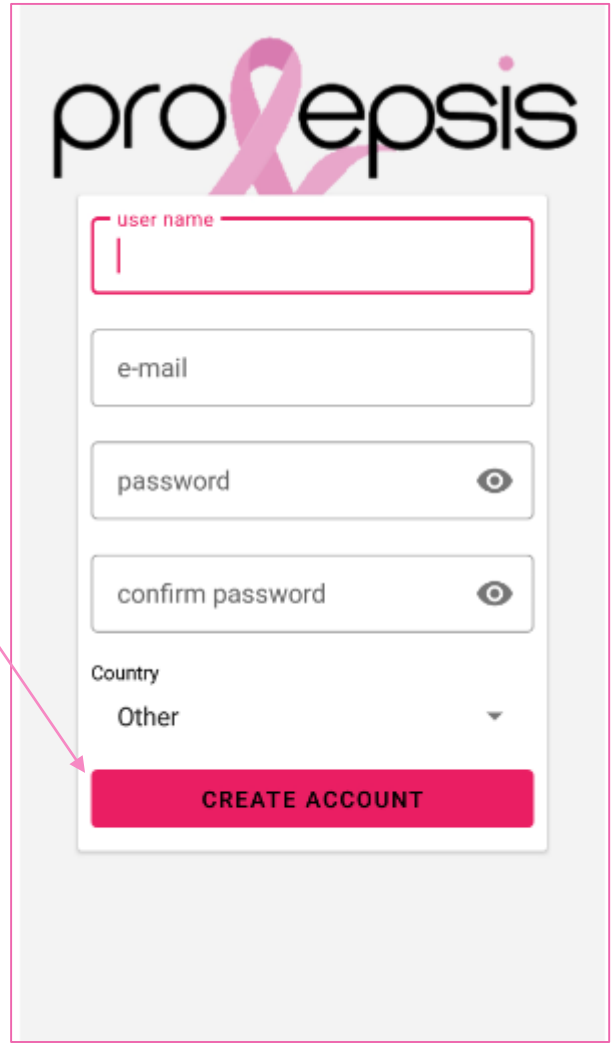
New user? Create account!

Click on “Create Account” and complete the fields of the form



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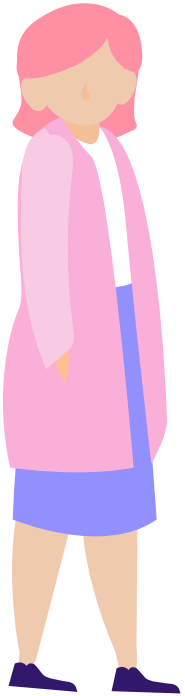
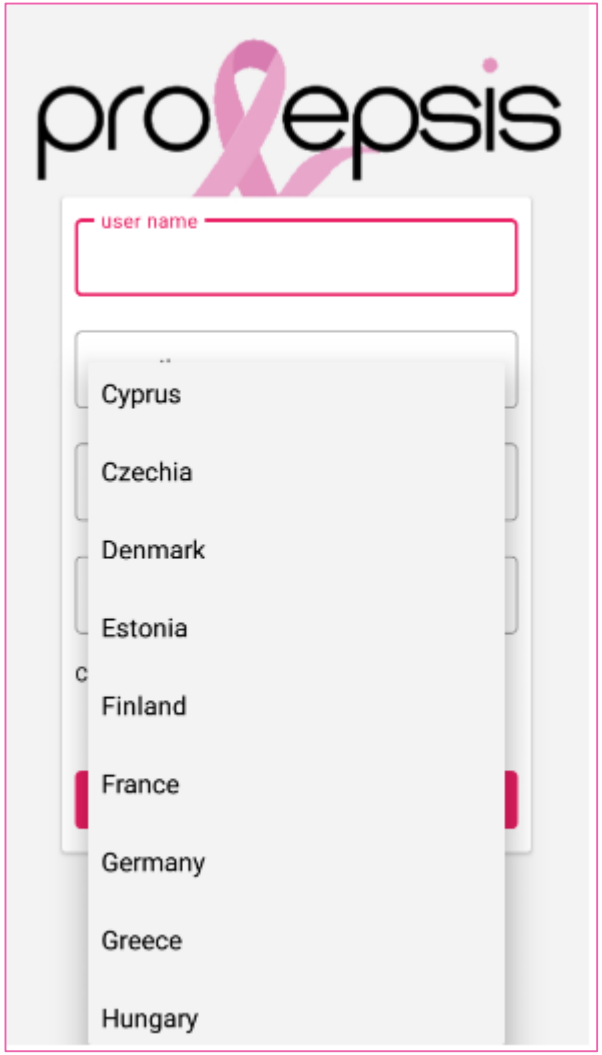
Create account



Select your country from the list of values

And then click at the button:

CREATE ACCOUNT



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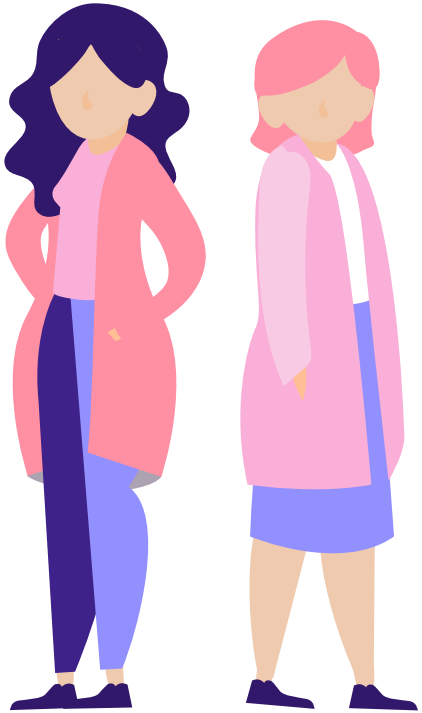
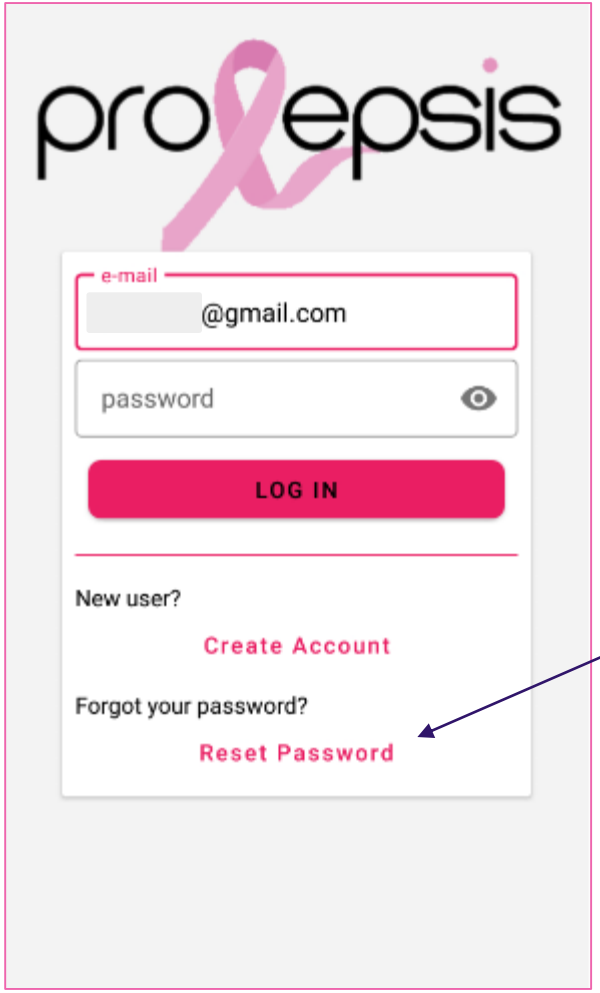
Forgot Password?





If you forgot the password, click at "Reset Password"

Automatically a mail will be send to the user's mail

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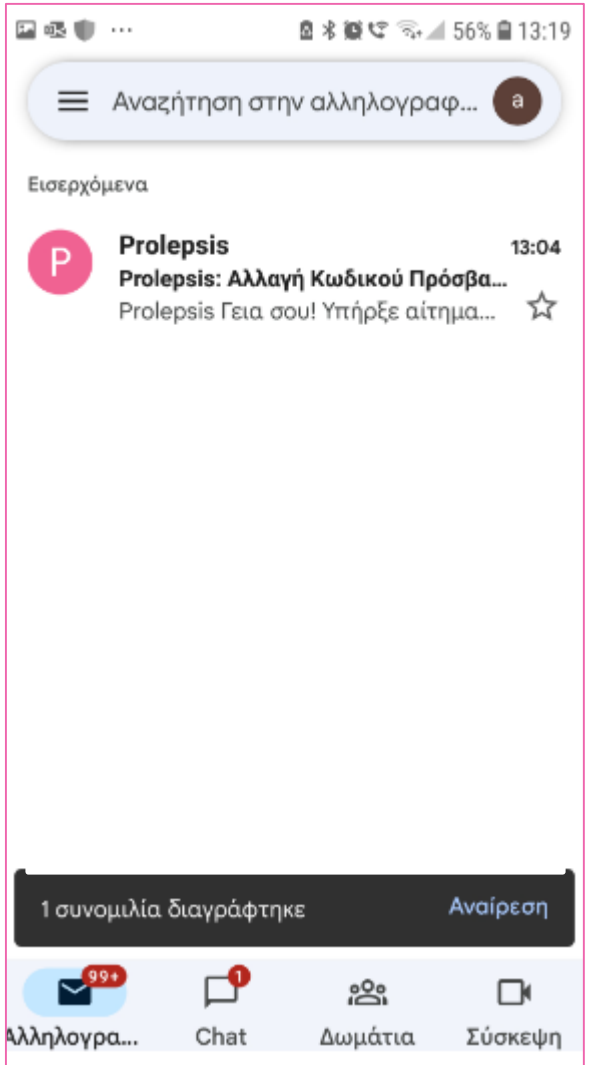
Reset Password

You will receive an e-mail.

Open the mail and click on the following button, in the respective language (Change of Password)



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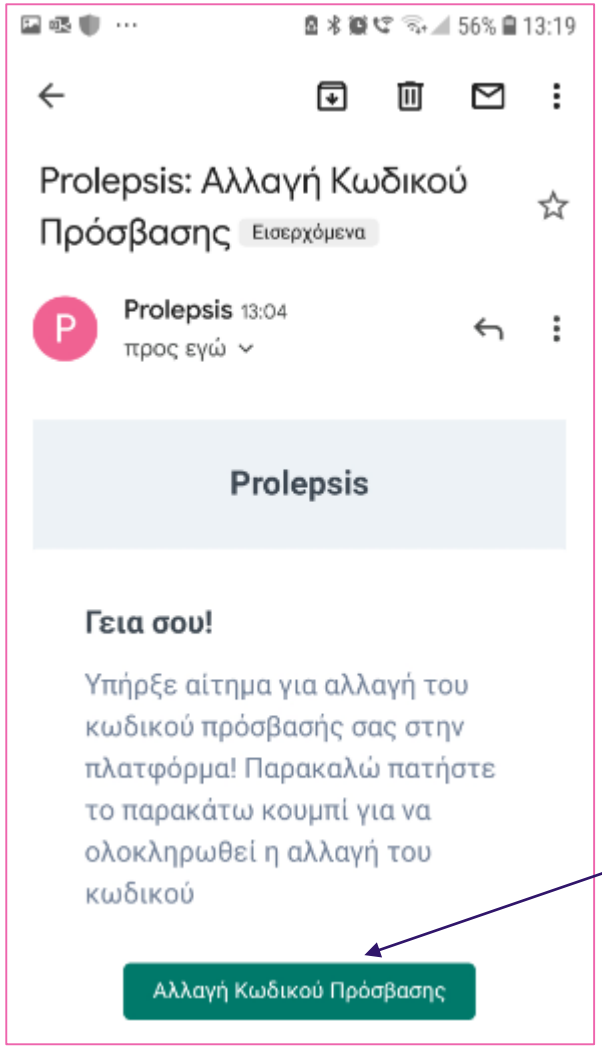

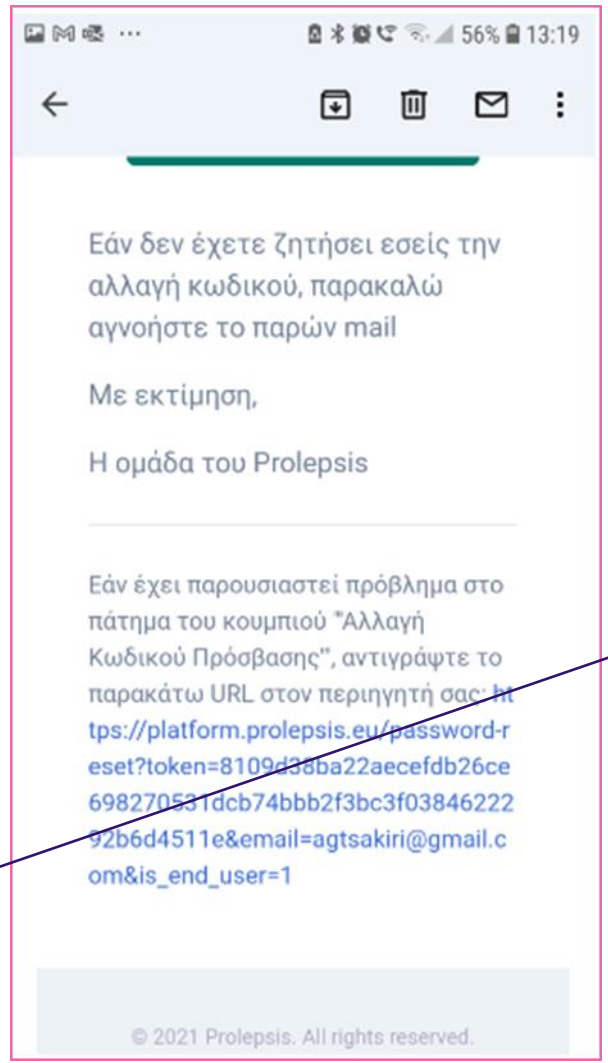

Open mail

Click on the button

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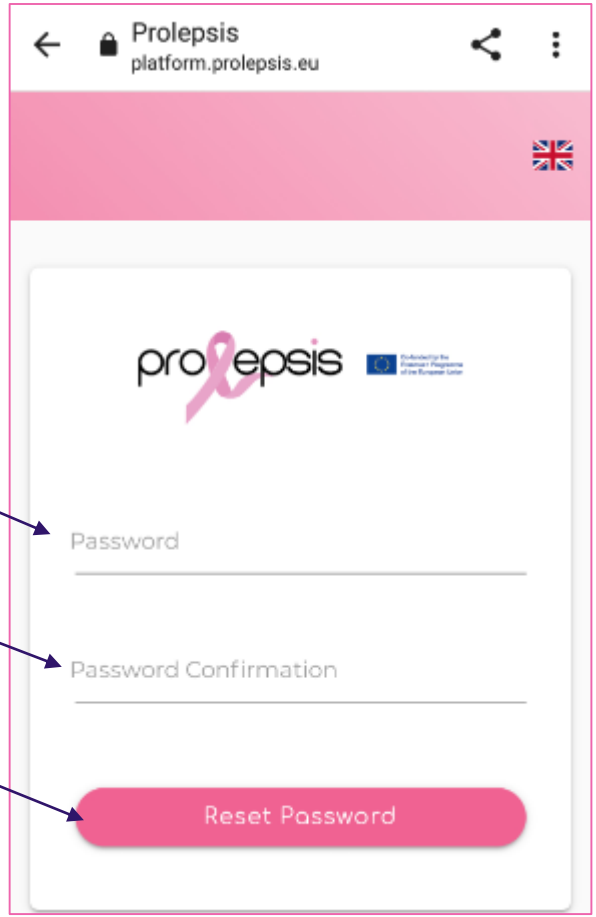
Change Password

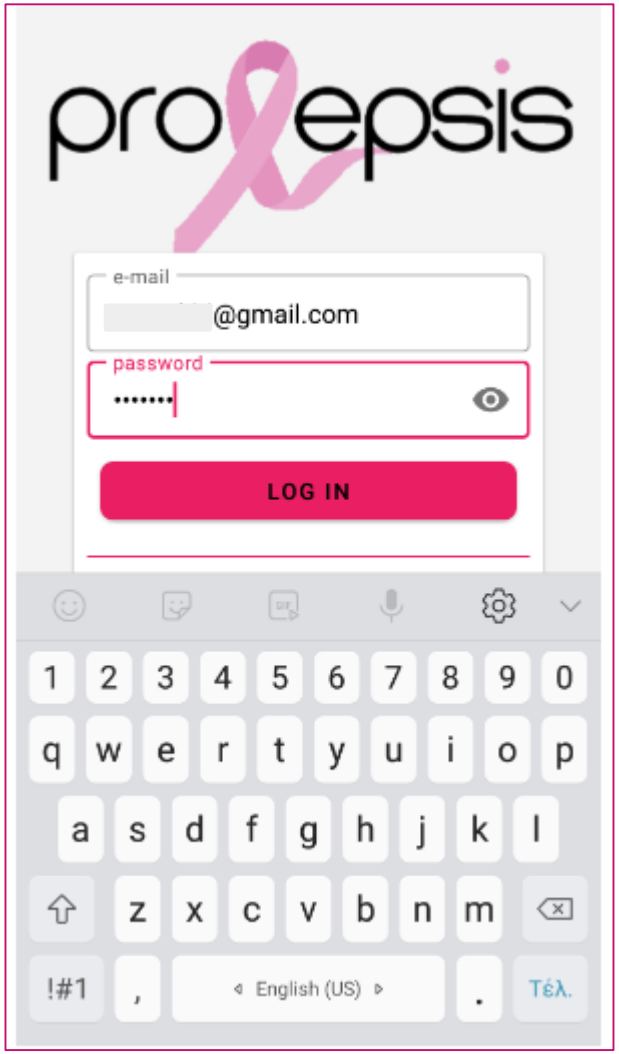
Write your new password at the "Password field"

Write again you new password at the "Password Confirmation" field

Press the button "Reset Password"



Enter your account - Log in



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If already a user:

- Type your e-mail and password.
- Then click the ”LOG IN” button

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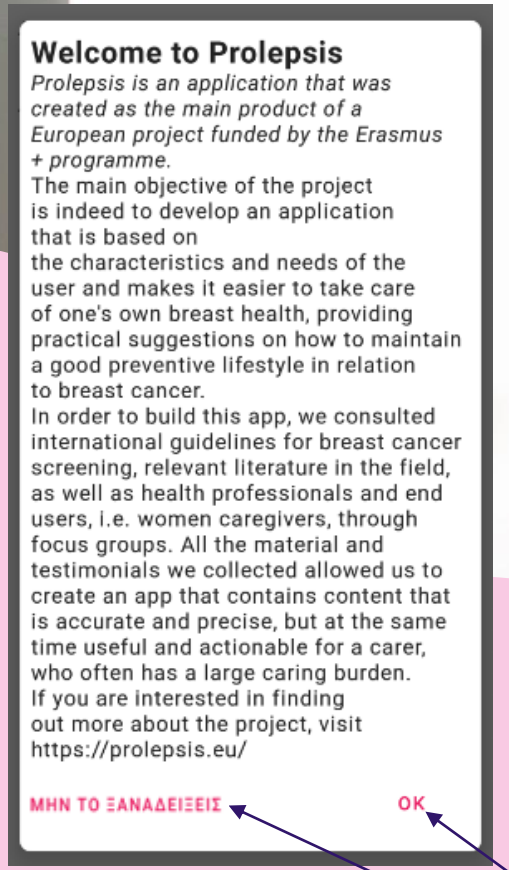
Welcome Page



Welcome to Prolepsis

Prolepsis is an application that was created as the main product of a European project funded by the Erasmus + programme.

The main objective of the project is indeed to develop an application that is based on the characteristics and needs of the user and makes it easier to take care of one's own breast health, providing practical suggestions on how to maintain a good preventive lifestyle in relation to breast cancer.

In order to build this app, we consulted international guidelines for breast cancer screening, relevant literature in the field, as well as health professionals and end users, i.e. women caregivers, through focus groups. All the material and testimonials we collected allowed us to create an app that contains content that is accurate and precise, but at the same time useful and actionable for a carer, who often has a large caring burden.

If you are interested in finding out more about the project, visit https://prolepsis.eu/

ΜΗΝ ΤΟ ΞΑΝΑΔΕΙΞΕΙΣ OK

When read, either click "OK or "DO NOT SHOW AGAIN"
(in your language)

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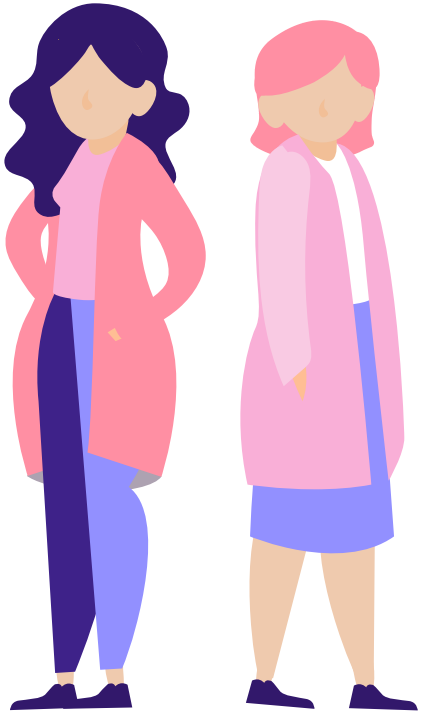
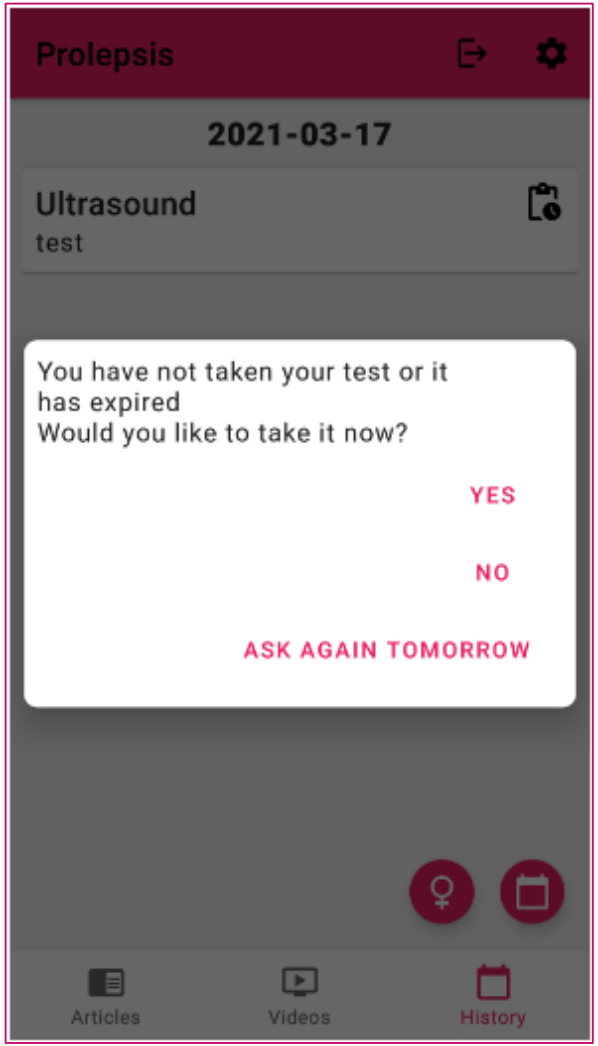
Question-reminder of Initial Assessment





Answer the initial assessment !
It will personalize the application.

If you don't have time, option to answer another time.
Access to take again the initial test, in case one of the answered conditions change.

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Initial Assessment 1/3

Initial Test

Age

50

First menstrual period

- ○ Unknown
- ○ 7 - 11 years old
- ○ 12 - 13 years old
- ○ > 13 years old

First live birth

- ○ Unknown
- ○ No Births
- ○ <20 years old
- ○ 20-24 years old
- ○ 25-29 years old
- ○ ≥30 years old

First-degree relatives with breast cancer

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Initial Assessment 2/3

Initial Test

First-degree relatives with breast cancer

- ○ Unknown
- ○ 0
- ○ 1
- ○ >1

Previous breast biopsy

- ○ Unknown
- ○ 0
- ○ 1
- ○ >1

Race/ethnicity

- ○ White
- ○ African-American
- ○ Hispanic
- ○ Asian-American

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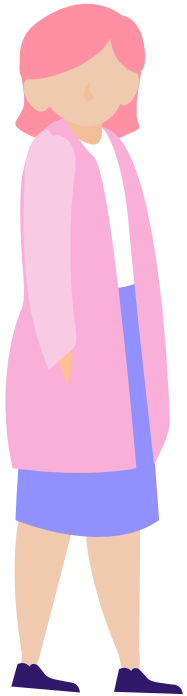
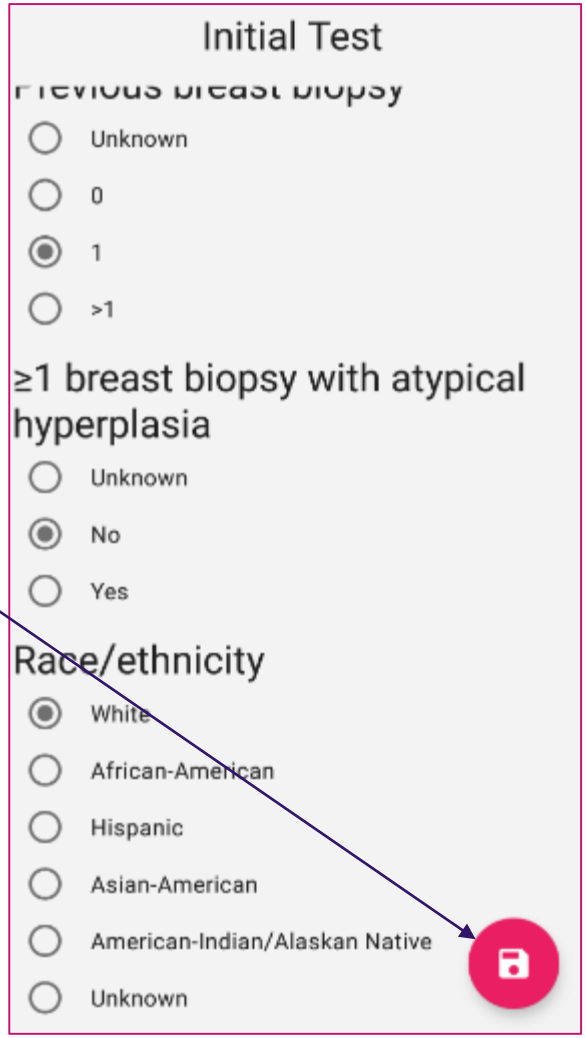
Initial Assessment 3/3



Do not forget to save your answers. Press the “SAVE” button. To activate “Save”, all questions should be answered.



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Articles

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Articles

Press the ‘Articles” button

Modules & Articles, related with the personalized user, will appear in a list, by date and time of publication.

- The general issues are public to all users.
- Roll up the screen to see all the listed titles
- Press on the one you wish to read.

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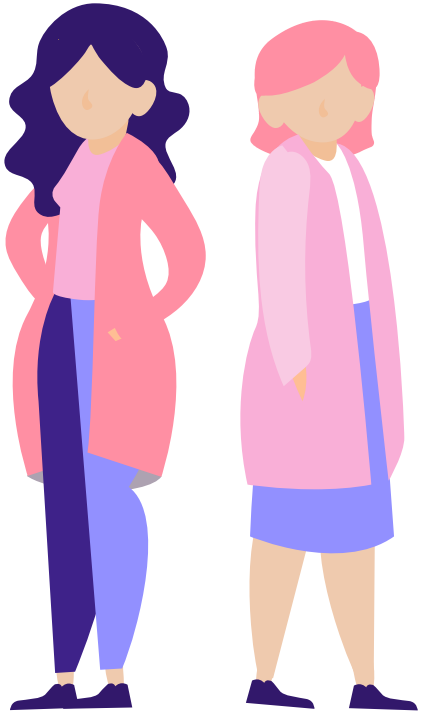
Display of a selected Module



Information on Breast Cancer - Module 1

This first module provides some general information about breast cancer, risk factors, its spread and how to prevent it. Let's start this journey together!
Click here to watch these video:
Information on Breast Cancer - Video Module 1.1
Information on Breast Cancer - Video Module 1.2
Information on Breast Cancer - Video Module 1.3
Information on Breast Cancer - Video Module 1.4
After watching the videos, test your knowledge here !
Below are the sources we used to construct this material:
World Health Organization
Early breast cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up (F. Cardoso et al., 2019)
European Code Against Cancer
Division of Cancer Prevention and Control, Centers for Disease Control and Prevention
Breast Cancer symptoms
Breast Cancer clinical trials
Health care quality
Breast cancer statistics
If you want to learn more about this topic:
TED Talk: Si sono sopravvissuta al cancro. Ma non è questo che mi identifica!

Press on the link you are interested… video, quiz, article

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Link will open and play the video

Watch the video! Be informed.

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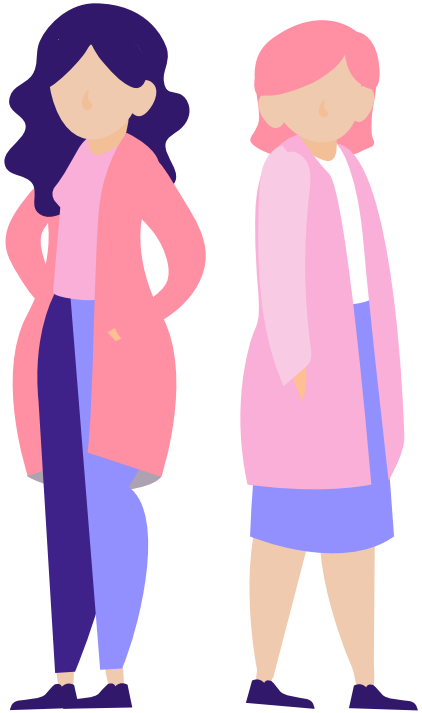
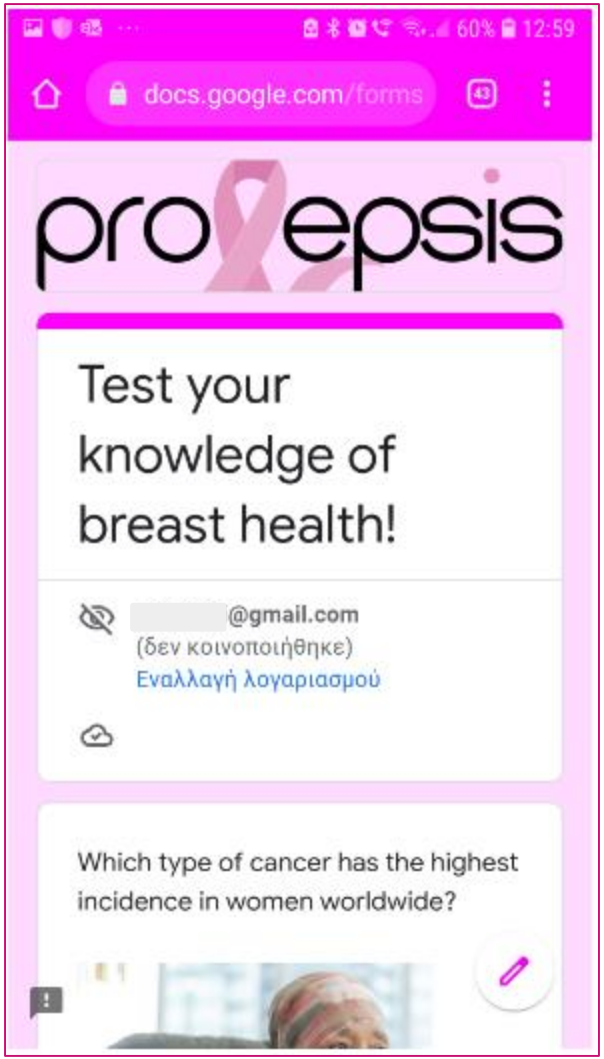
Link will open the quiz
1/3





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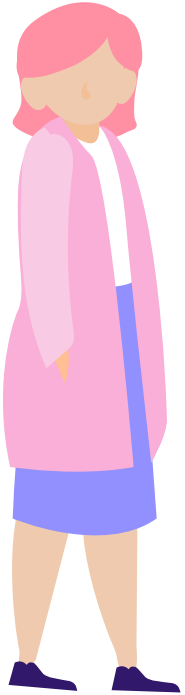
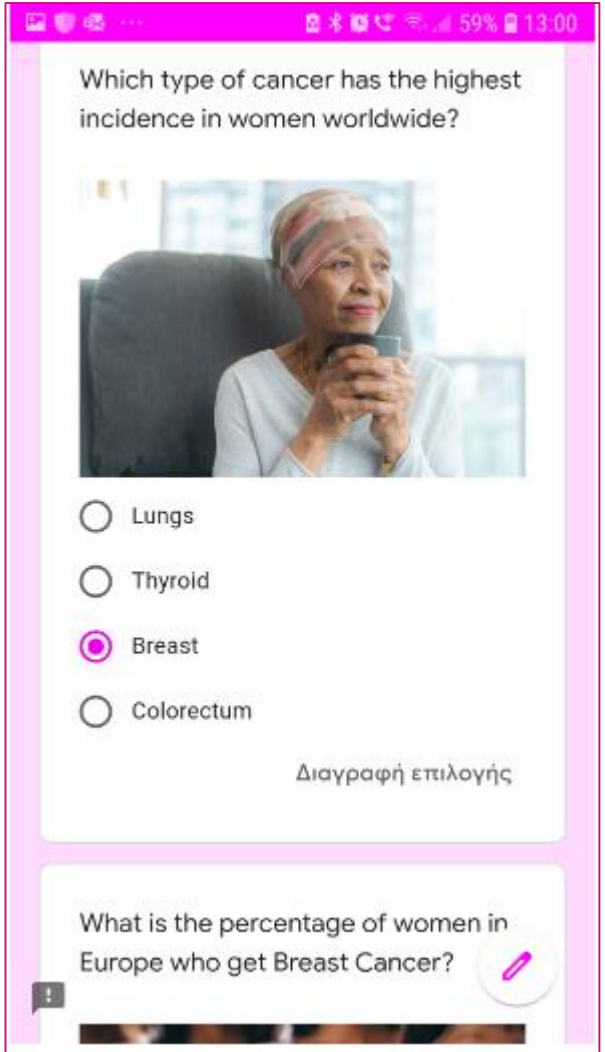
Link will open the quiz
2/3



Answer the test!

It will enhance
your knowledge!



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Display of a link to a source (website)

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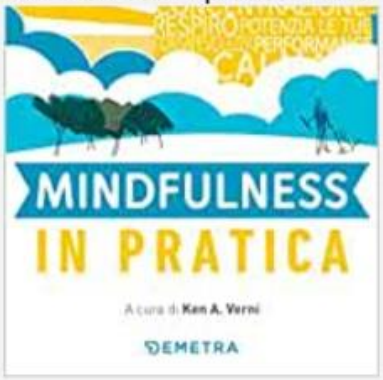
Tumore al Seno: domande e risposte dalla diagnosi al dopo cura- Manuale

Il volume "**Tumore al seno: domande e risposte dalla diagnosi al dopo cura**" che la **Fondazione Umberto Veronesi**, nel mese dedicato alla prevenzione del tumore della mammella, dedica alle donne che affrontano la malattia.
Si tratta di un **manuale pratico**, con approfondimenti rigorosi sul piano scientifico ma esposti con *linguaggio semplice*, impostato sul modello domanda-risposta per dare chiarimenti puntuali ai dubbi, fornire informazioni utili e accompagnare alla comprensione del lessico medico.
Alla stesura del manuale hanno contribuito *specialisti in oncologia, senologia, nutrizione, medicina dello sport, psiconcologia*.
Collegati al **link** per scaricare il manuale.

Mindfulness in pratica- Libro



"**Mindfulness in pratica**" è un libro a cura di **Ken A. Verny**, edito Demetra (2018).
Vivi nel momento presente, trova il tuo equilibrio e raggiungi la felicità.
Questi sono alcuni dei benefici che ti offre la mindfulness e in queste pagine scoprirai com'è semplice ed efficace praticarla giorno per giorno. Un percorso illustrato e graduale con meditazioni step-by-step da mettere in pratica facilmente durante la giornata. Per esplorare i meccanismi della mente e modificare gli atteggiamenti inutili, ristabilire una relazione sana e amichevole con noi stessi, sentirci meno alienati e isolati e riconnetterci con la nostra profonda saggezza intuitiva e con il nostro spirito creativo.
Kan A.Verny
Demetra
Anno edizione 2018
EAN: 9788844053147

Display articles

Videos

Press the “Videos” button

Videos, related with the personalized user, will appear in a list, by date and time of publication.

- The general issues videos are public to all users.
- Roll up the screen to see all the listed titles
- Press on the one you wish to watch.

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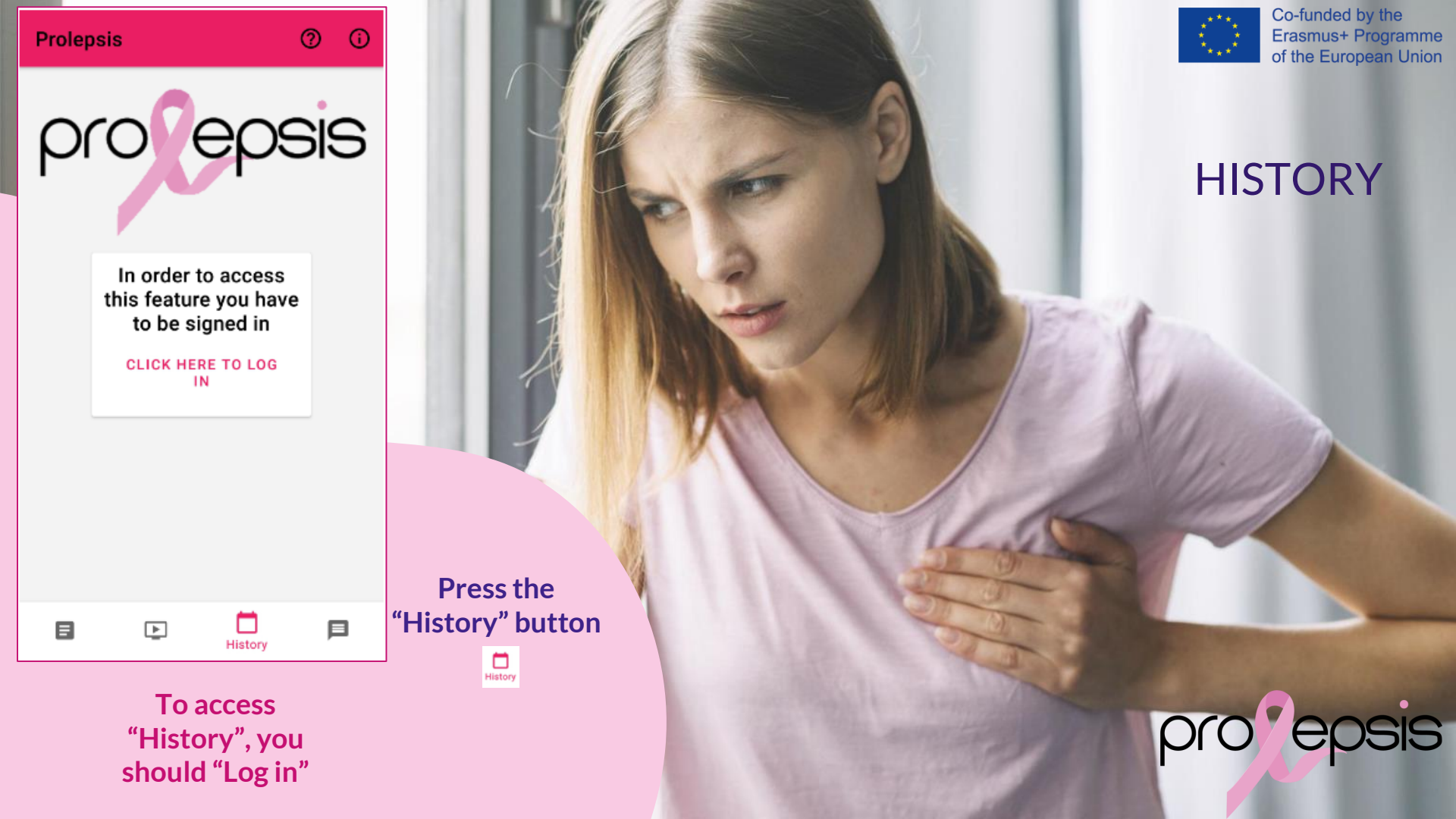
Display of the listed videos


Prolepsis
prolepsis
In order to access this feature you have to be signed in
CLICK HERE TO LOG IN
History
Press the “History” button
History
To access “History”, you should “Log in”
HISTORY
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prolepsis

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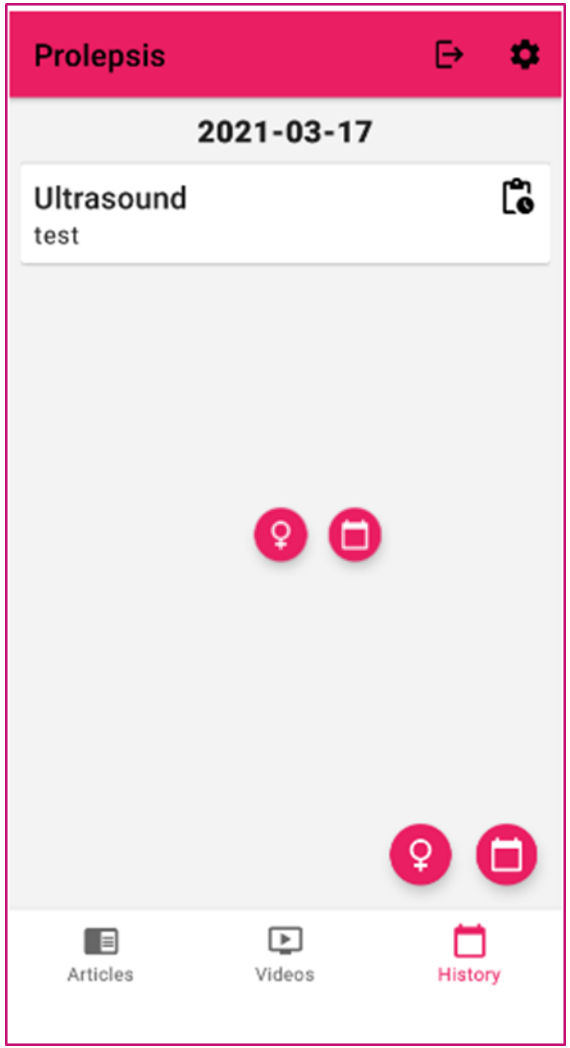
Edit or delete an examination record



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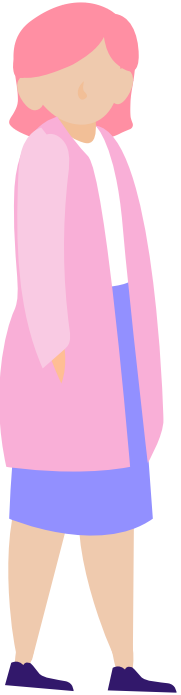
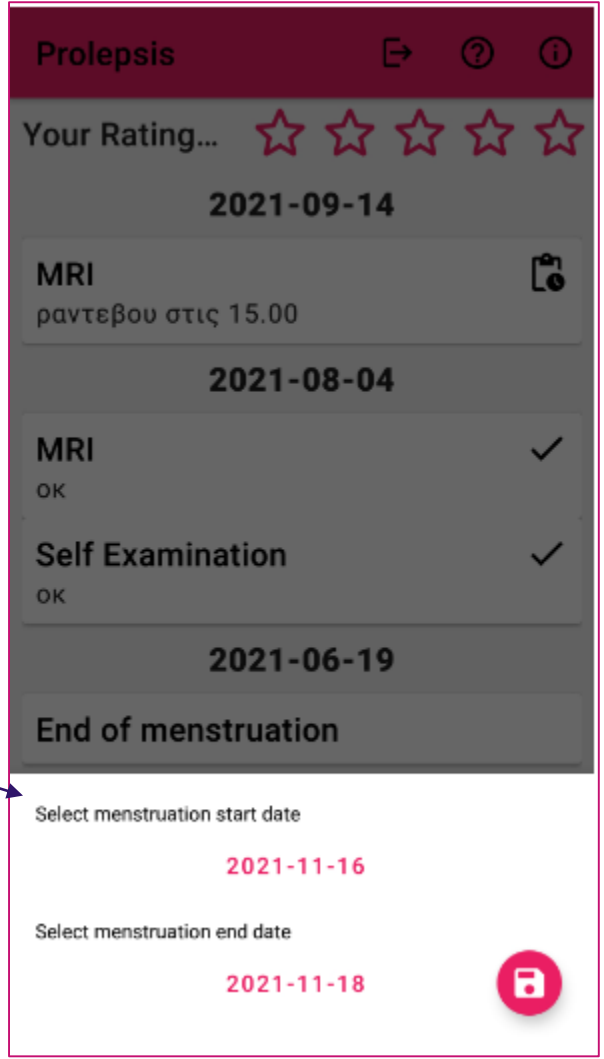
“History” button:

- ✓ Displays the medical appointments by date and shows its status.
- ✓ Depicts the inserted data regarding menstrual.
- ✓ Uses the following icons to manage the page :
- ✓ To enter the menstruation dates press the
- ✓ To enter a medical appointment press
- ✓ Edit any of the above record or delete





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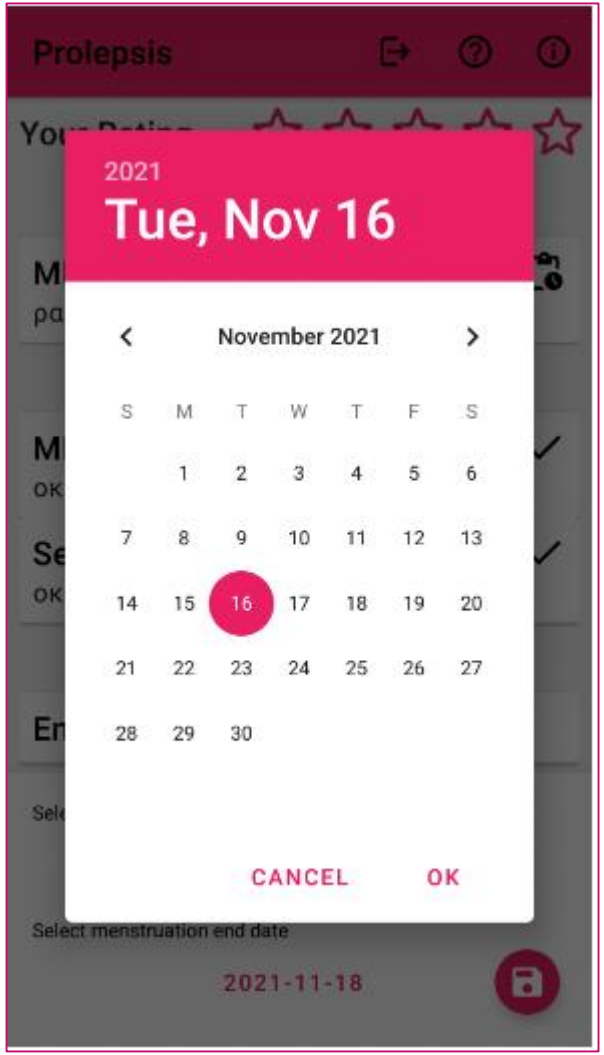
Insert a new menstruation date

Press on the start date and a calendar will open to indicate the date (when selecting the date press OK)

Repeat the procedure with the end date

Remember to save your input !



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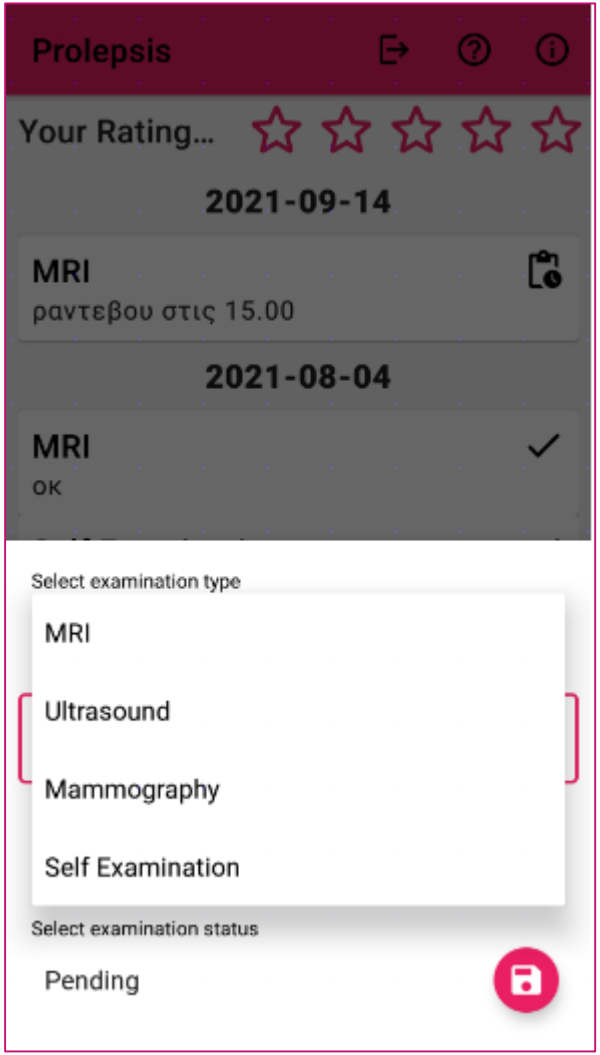
Insert a medical examination



Press on the examination of "Select examination type" Select from the listed examinations

Press on "Select the examination date". A calendar will open to select the date.

Press on "Description" to write either the hour or comments.

Press on "Select examination status" To indicate the status from the list.

Don't forget to save !

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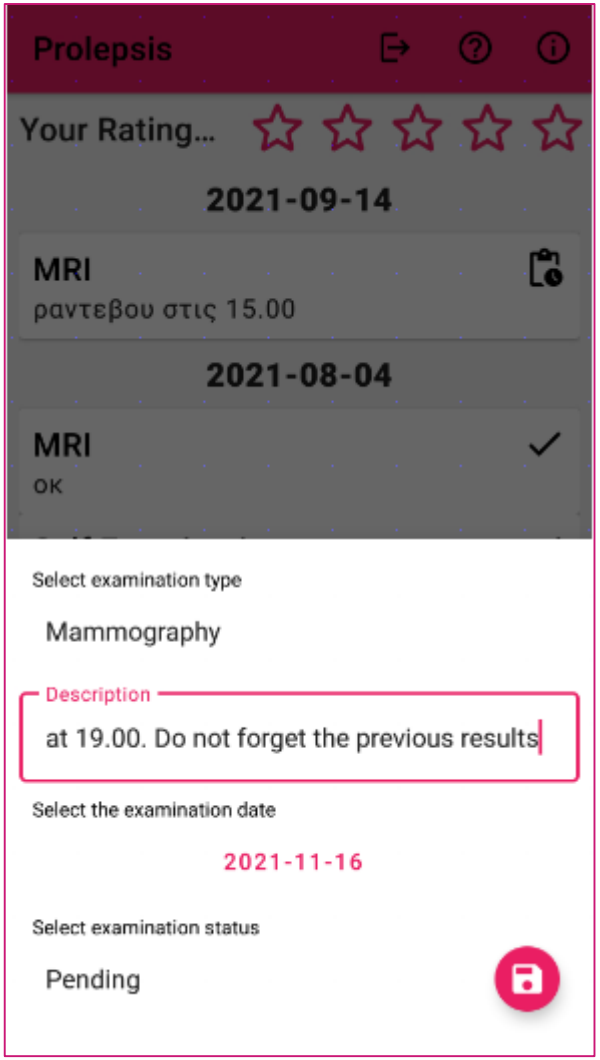

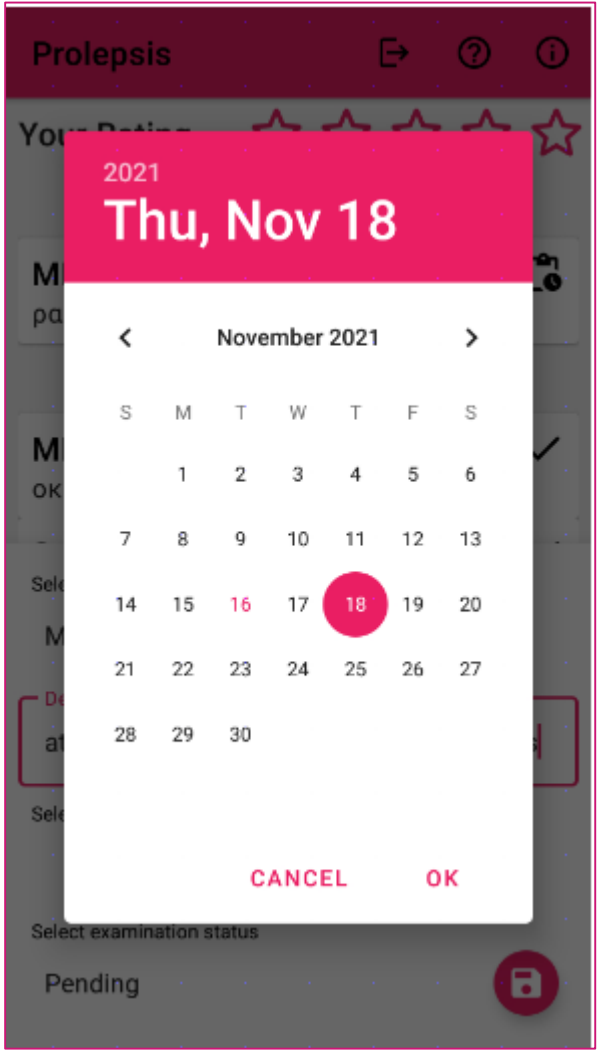

Enter the data of an examination appointment, step by step

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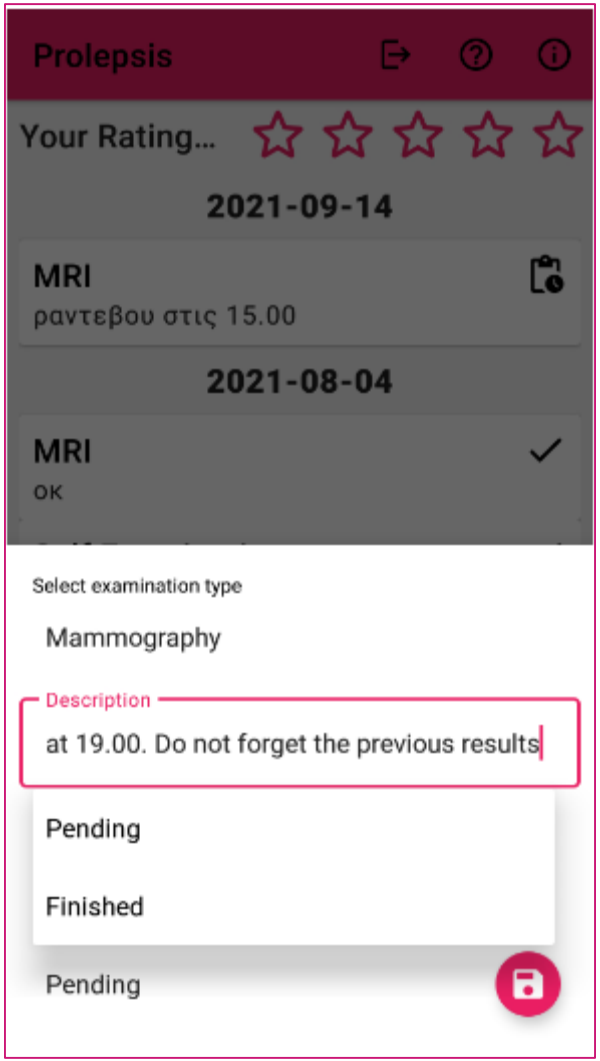
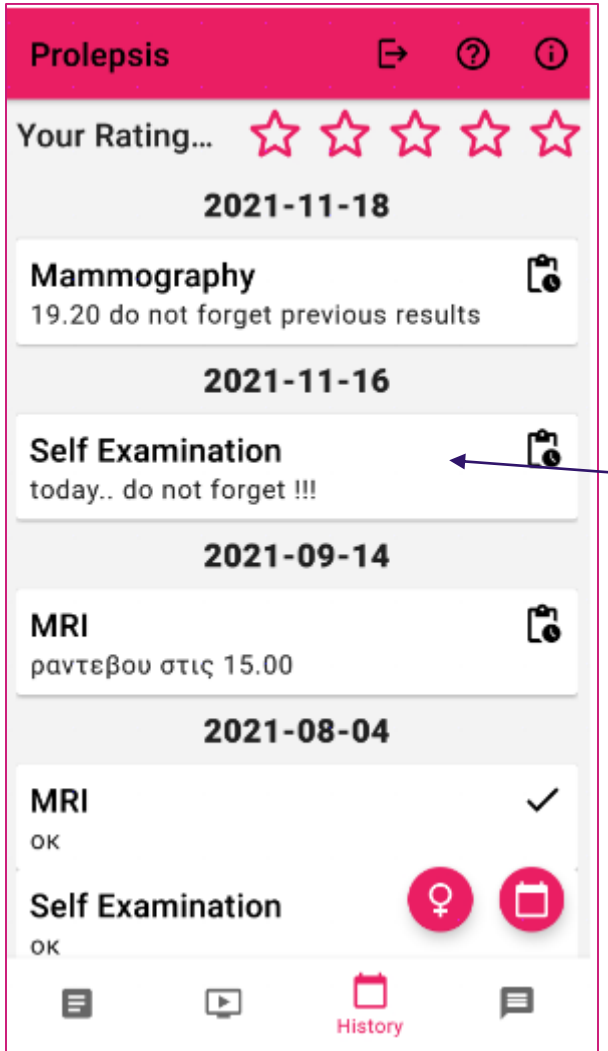
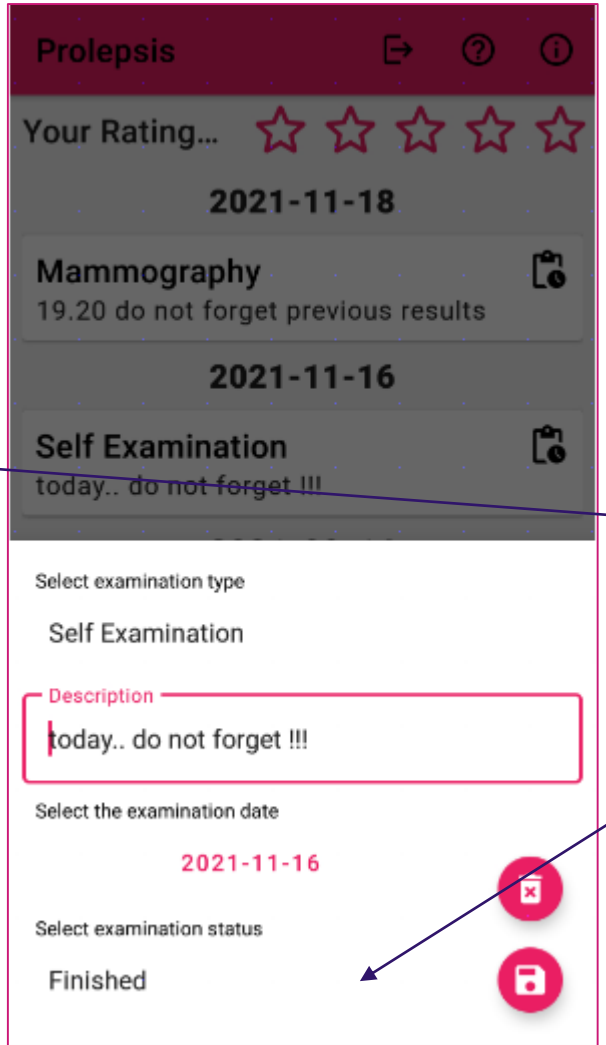
Complete and save the data







When you complete a self examination, change the status to “Finished”

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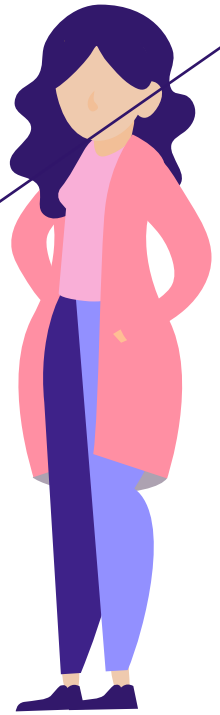
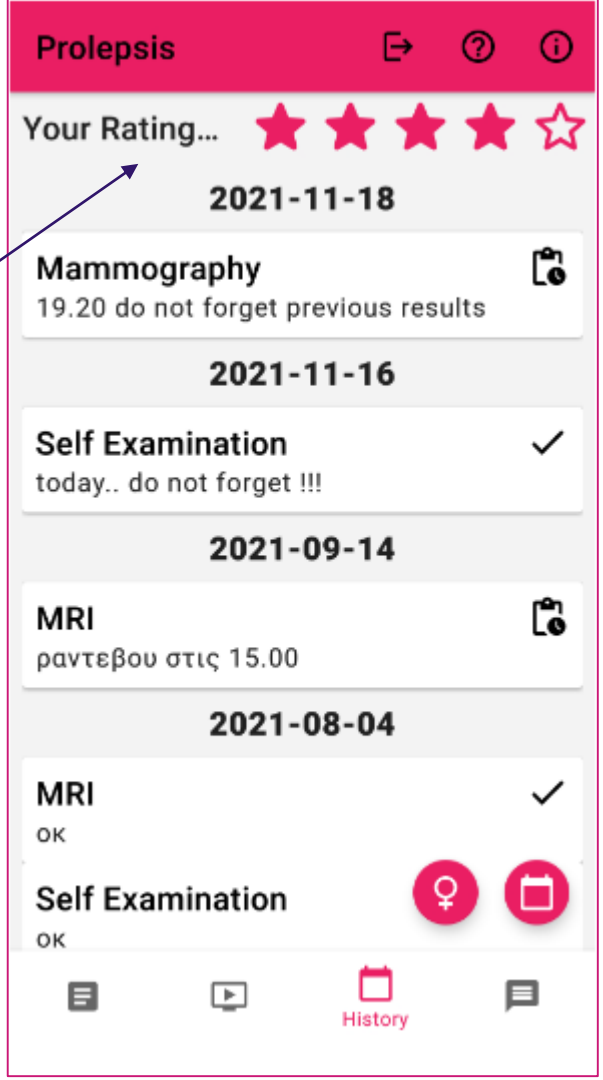
Your Rating

When a “Self Examination” changes to status “Finished” the rating stars on the top are filled with fuchsia color !

It is enabled only with the “Self Examination”.





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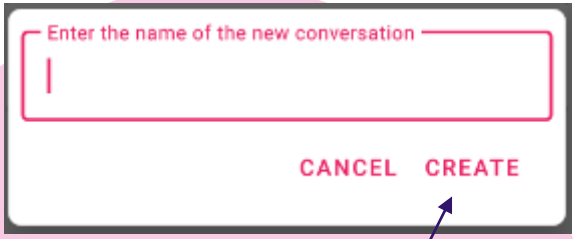
My Circle



Press the button

The “chat” page appears. With the use of the “new” button it opens the field to insert the name of a new conversation

Type the name and select “Create”

A new dialogue box will open

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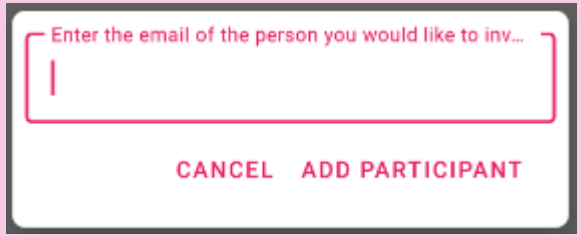
Select the participants of the group

Use the “Add Participant” button to open the respective field.



Type the mail of the participant and press “ADD PARTICIPANT”

If you want to remove a participant use the relative button

When adding a participant, the application informs, with a message, if the mail is invalid or that the invitation to the participant has been send successfully in the user’s selected language

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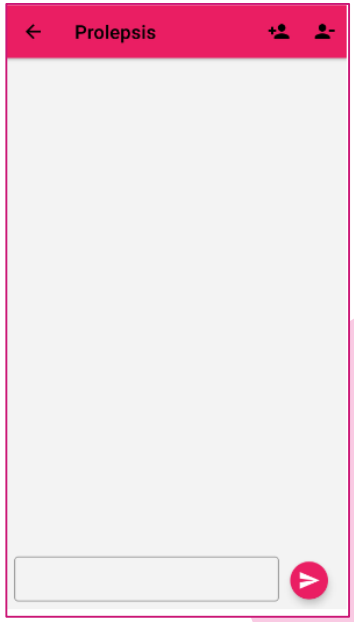

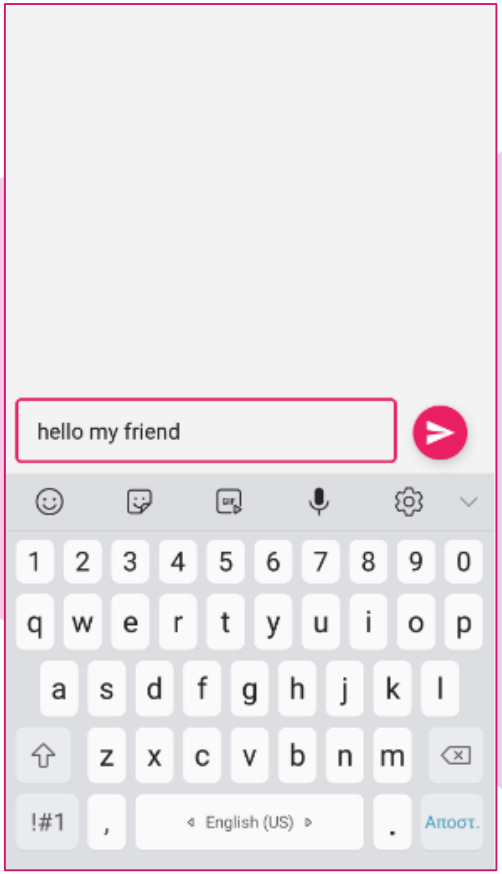

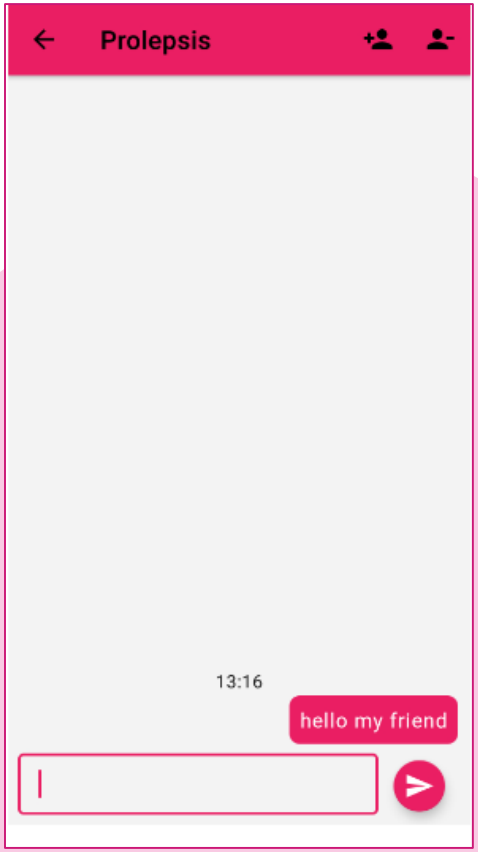

Send messages

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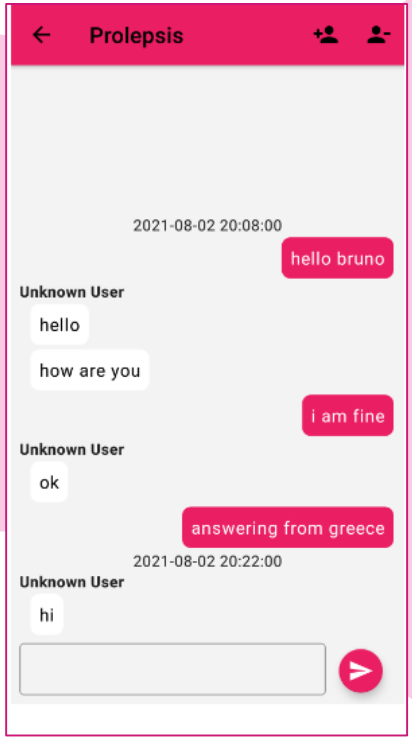

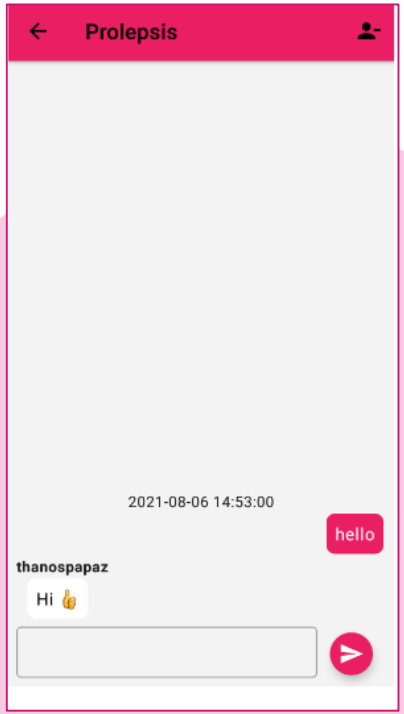

List of named conversation. Select and press one to view the conversation

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Other Functionalities

The buttons on the top are used as described below:

Settings and Profile

Help

Log out

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Settings and Profile

Application Theme

System

Application Language

English

UPDATE YOUR TEST ANSWERS

VIEW PROJECT INFORMATION

SHOW GDPR INFORMATION

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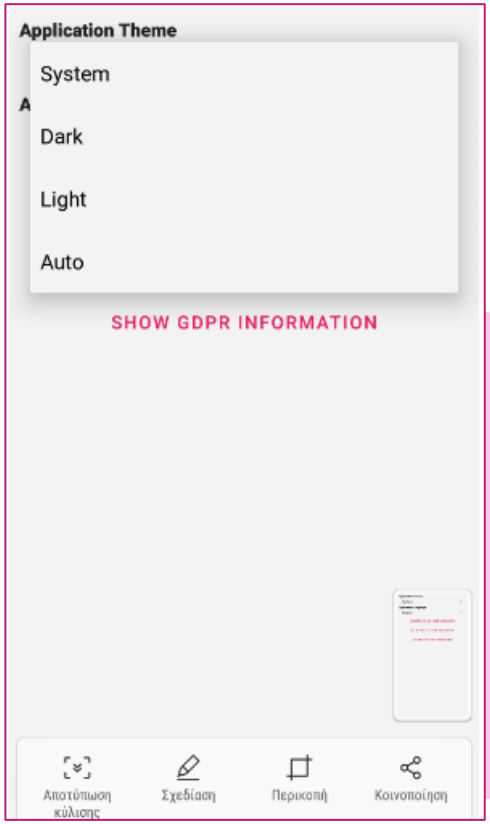

Profile settings

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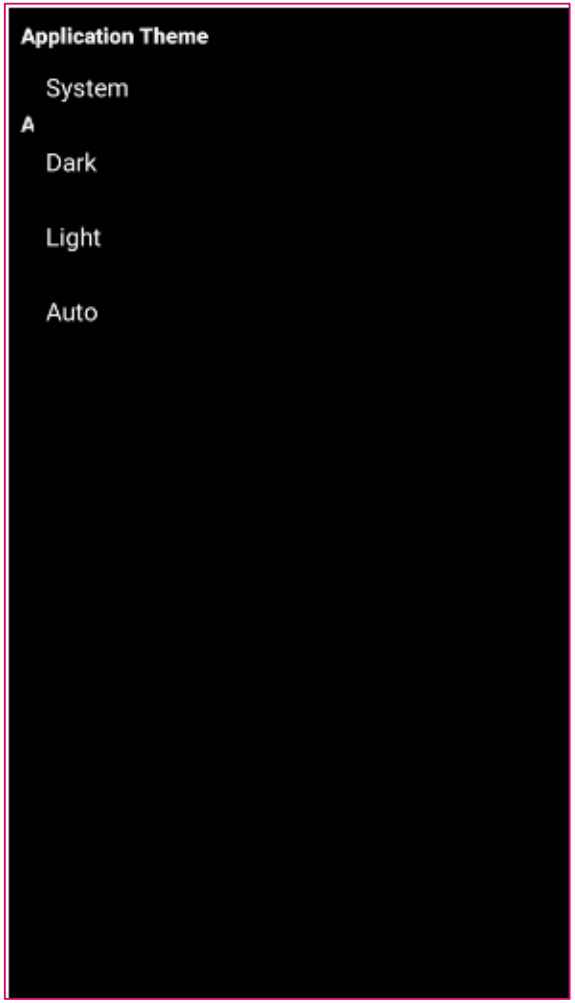
Settings – Application Theme



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UPDATE YOUR TEST ANSWERS

VIEW PROJECT INFORMATION

SHOW GDPR INFORMATION

Repeat the initial assessment

View and read the welcome page

Roll up the page to read all the GDPR information and press OK to close

PROLEPSIS Privacy Policy

PROLEPSIS is a project that is co-funded by the ERASMUS+ Programme of the European Union.
This privacy policy will explain how the PROJECT uses the personal data we collect from you when you use our website/mobile application.
Topics:
- What data do we collect?
- How do we collect your data?
- How will we use your data?
- How do we store your data?
- Marketing
- What are your data protection rights?
- What are cookies?
- How do we use cookies?
- What types of cookies do we use?
- How to manage your cookies
- Privacy policies of other websites
- Changes to our privacy policy
- How to contact us
- How to contact the appropriate authorities

What data do we collect?
PROLEPSIS collects the following data:
Personal identification information: only e-mails address, which is secured due

OK

Other options

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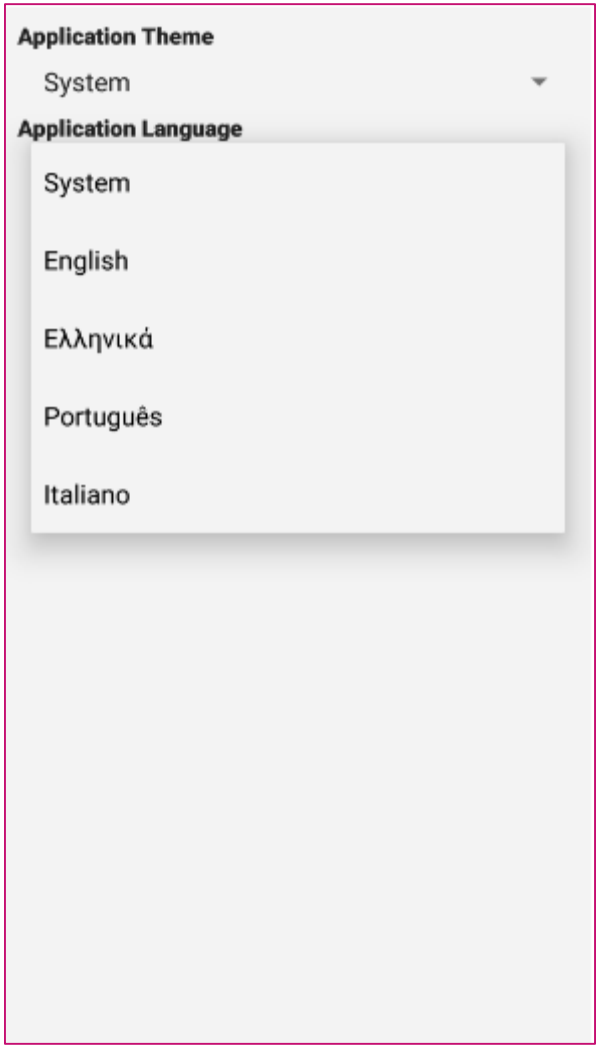
Settings – Application Language



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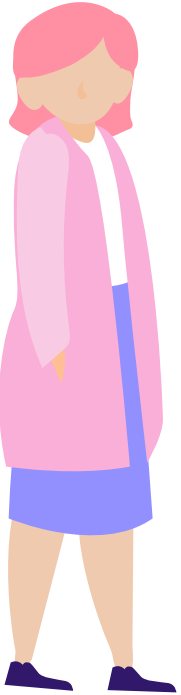
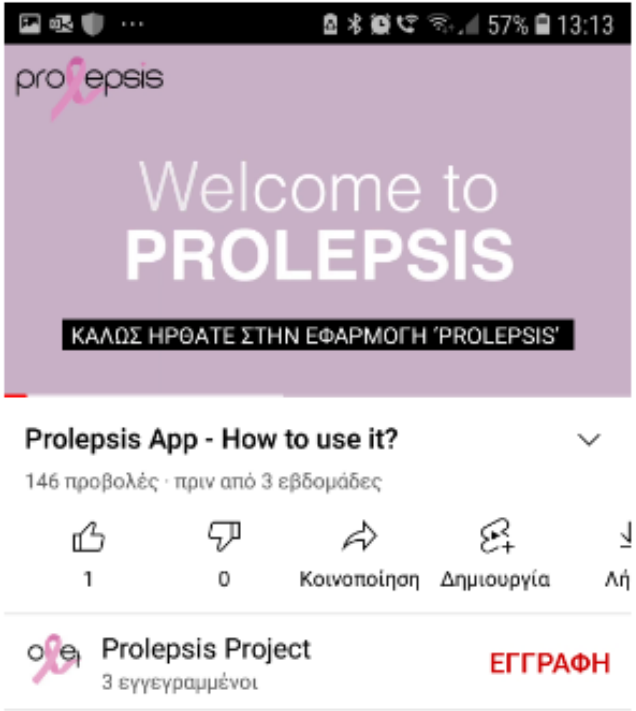
HELP



Press the help button and watch the video with quick instructions. It is pleasant and helpful.
The video is in English, subtitles are available for other languages.



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Log out

by using the
button