English Manual

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Purpose

This user manual contains information on how to use the app *Fig: A Playtient Journey* (further referred to as "*Fig*").

Important information

	The app *Fig* is designed to support people with depression and/or bipolar disorder to create healthy habits around their medication.
	Do not rely only on the app *Fig* to follow medication prescriptions.
	This app *Fig* does not replace healthcare professionals.
	This app *Fig* does not replace treatment prescriptions.
	This app *Fig* is designed by Mindforce Game Lab, Laboratorgrand 7, 931 62 Skellefteå
	This app *Fig* conforms with the requirements of the Council Directive MDR (EU) 2017/745 for medical devices.
	This app *Fig* is a Medical Device

Unique Device Identifier

UDI-DI: 07350138920002

Intended use

The app ***Fig: A Playtient Journey*** is designed to support patients living with depression and/or bipolar disorder through medication reminders and tracking of activities that aim to improve health outcomes.

Patient sets a reminder function and has the option to play the game. Patients can choose to share information to external parties via the application. The app is intended to be used on a mobile device on a daily basis. The app is used per request of the patient and is distributed via defined digital platforms.

The product brings together established methods from gamification and reminder functions to support compliance of medication for bipolar and depressive patients.

Technical requirements

The app ***Fig: A Playtient Journey*** is designed to run on iPhone 7 and newer with the mobile operating system Apple iOS version 12 and higher.

INSTRUCTIONS FOR USE

To get started with the app, follow the steps:

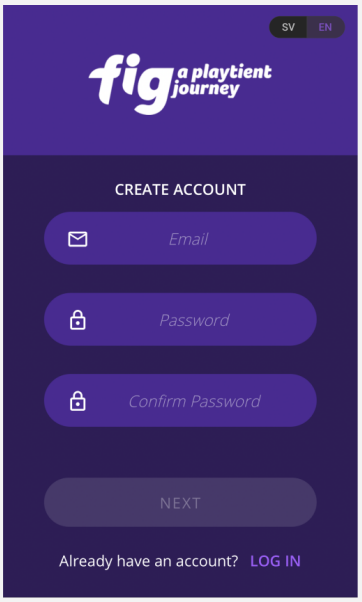
Create an account

Step 1. Create an account

Go to https://playtient.mindforcegamelab.com/
Create an account and log in.

For security reasons, your password needs to be at least 8 characters long, including an uppercase, a number and a special symbol like !@#%&/()$?*=+

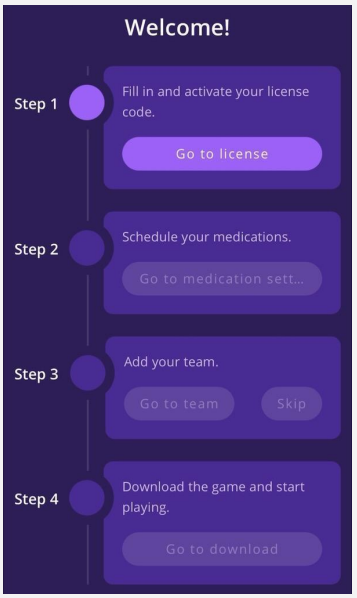
Please write down your password and keep it in a safe place.



Step 2. Follow the instructions on the Welcome page

Follow the steps by tapping the button on each step to go to that action.

Note! You need to have a *valid license* activated and your *medication set* before you can download and play the game.

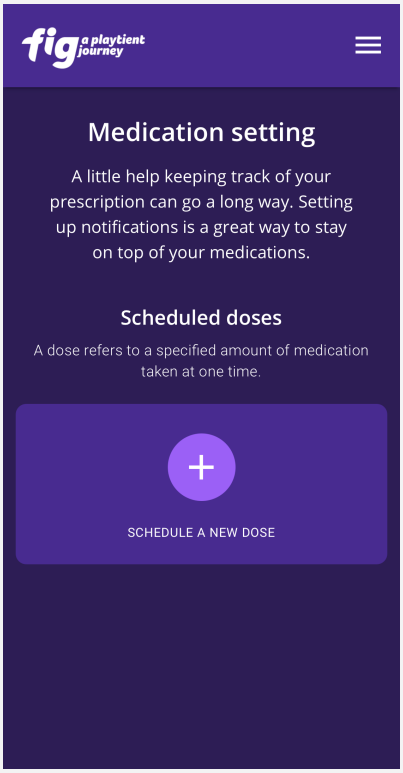


Set medication

Step 3: Schedule your medication doses

As part of your account creation, you are asked to set your medication and reminder.

To **schedule a new medication dose** press the (+) button.



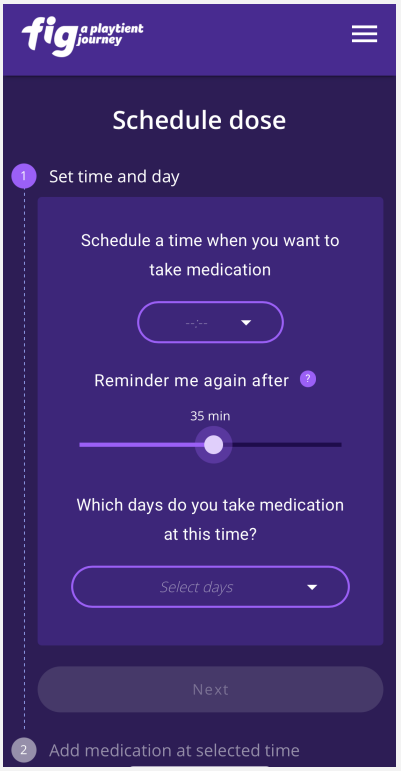
Step 4: Set time and day for your reminder

1. Set a time when you need to take your prescribed medication(s). The time you select will be the time you recieve your first reminder.

2. Set your second reminder. The time refers to how long after the first reminder you want to get a second reminder if you haven't interacted with the first one .

3. Select which days you take medication(s) at this time.

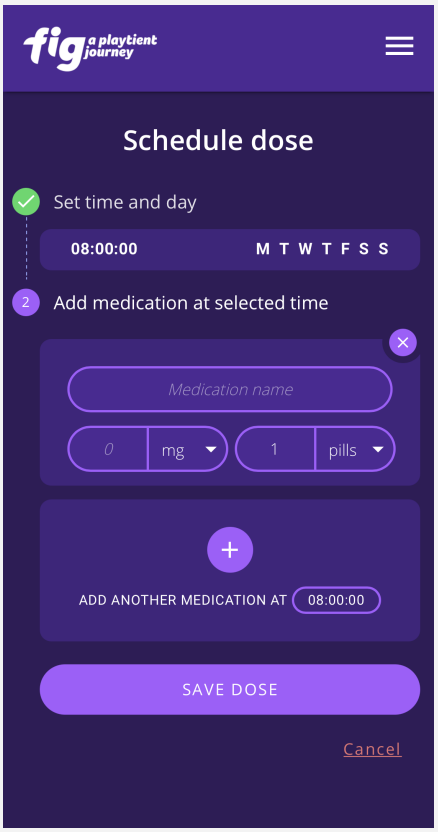
4. Press "**Next**" button.



Step 5: Add the medication(s) that you take at selected time and day(s)

Fill in:

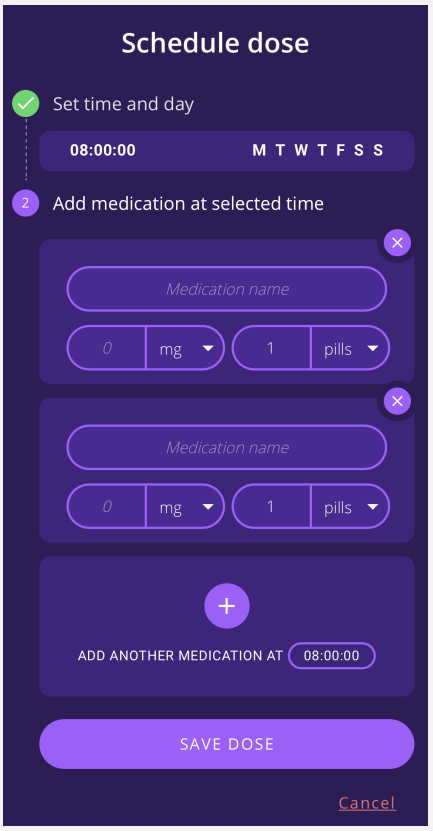
- **Medication name**
- **The strength** of the medication
- **Amount of pills** that you take of that medication at the selected time and day(s).



Step 6: Add another medication to the same time and day(s)

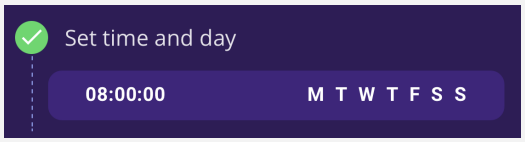
To **add another medication** at the selected time and day(s) press the (+) button.

Note! You have to have at least one medication set to be able to save the dose.



Step 7: Changing or cancelling current dose settings

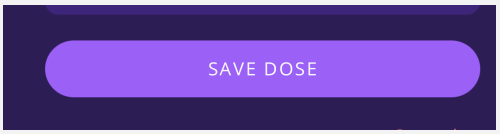
To go back and **change time and day(s)** you can press the field with time and day(s). And then repeat from Step 4.



To **cancel current dose setting** press “Cancel” to go back to the Medication setting overview.

Step 8: Save your scheduled dose

When you are **done** press the "save dose" button to continue to the Medication setting overview.



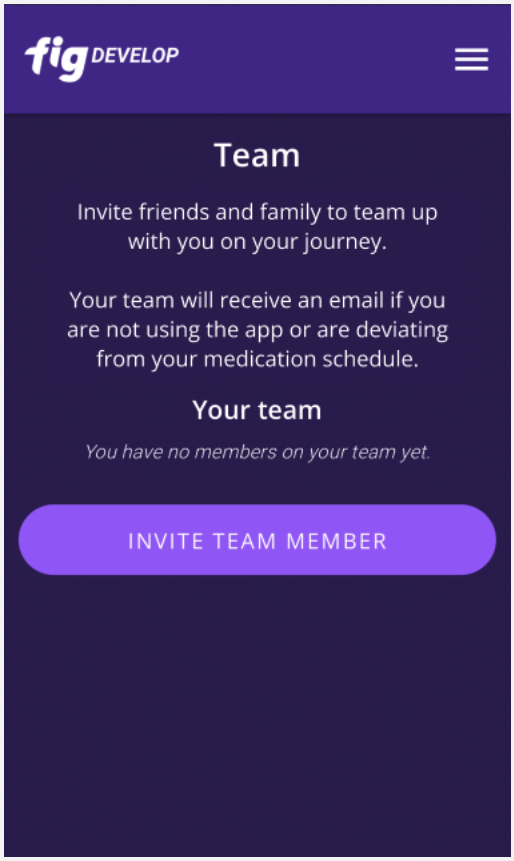
To schedule a new medication dose, save the current one and start again from Step 3.

Invite your team

Step 9. Invite team member

Tap "Invite team member" to invite a member to your team.

Note! Inviting team members are voluntary. Your team will receive an email if you do not use the app or interact with the notifications for 72 hours, or answer “Skip dose” for three consecutive doses.

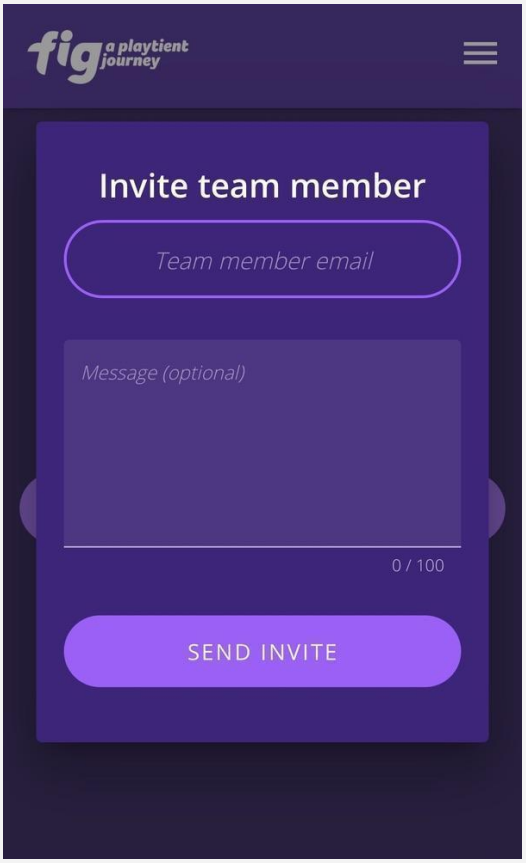


Step 10. Send invite

Enter your team member's email address and write an optional message in the invitation.

Note! The team function is still under construction. Currently you cannot invite a team member whose email already is connected to a Fig account.

Press "Send invite" to send the invitation. The person will receive an invitation by email and you can see in the web portal when the invitation has been accepted.



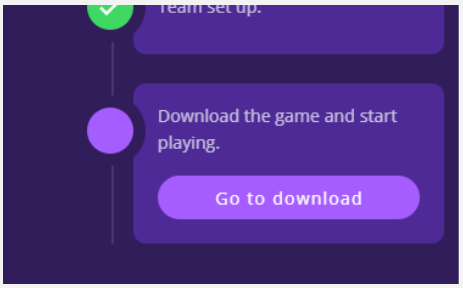
Download the app

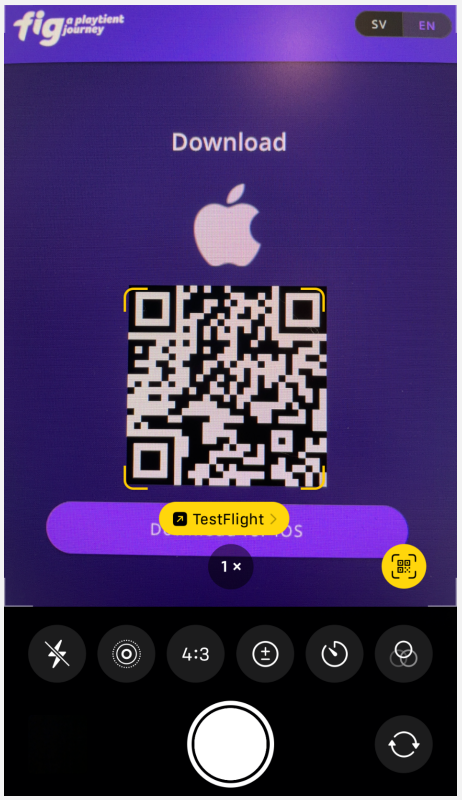
Step 11. Download the app

Tap “Go to download” and on the next page tap “Download for iOS”.

Note! Second button will take you to the download page on TestFlight.

If you are doing the sign up on a computer you will see a QR code and can scan that with your phone camera to get to the download page on TestFlight.

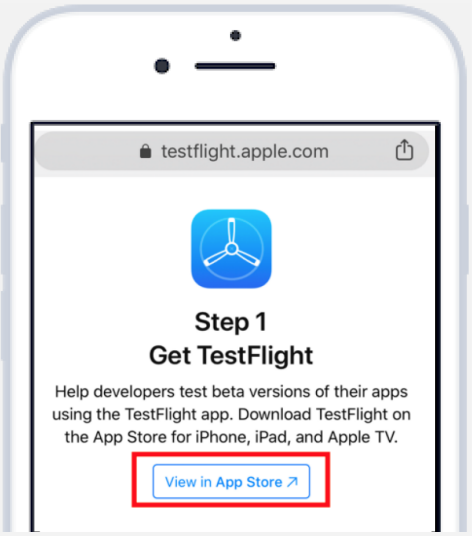


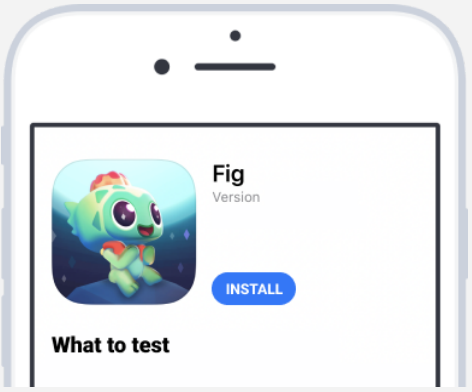


Step 12. Download from TestFlight

If you do not have TestFlight installed on your phone, you will have to download that first.

Then follow the instructions and install Fig.





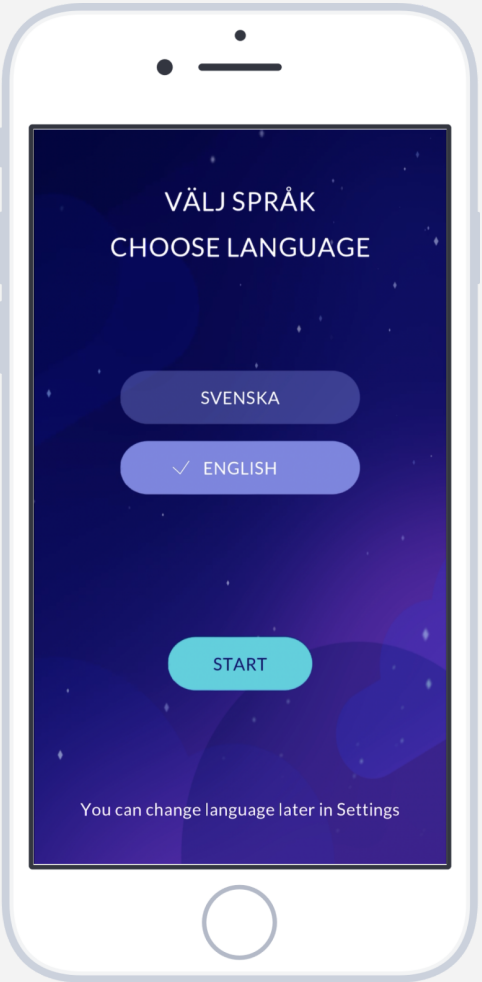
Start the app

Step 13. Choose language

Choose if you want to play with Swedish or English.

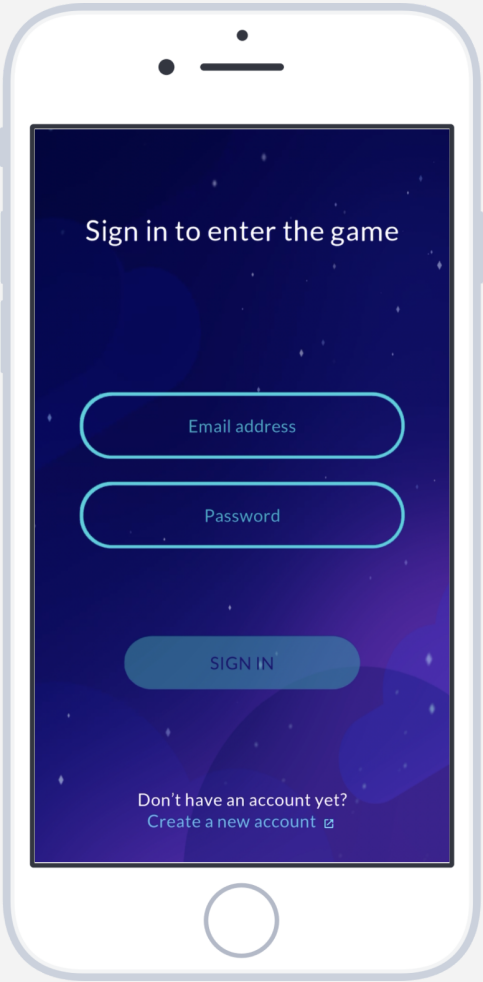
Press the language and then “Start” to continue.

Note! You will also be able to change language later in the game inside Settings.



Step 14. Sign in to the app

Sign in by entering the login credentials for the account you created earlier.



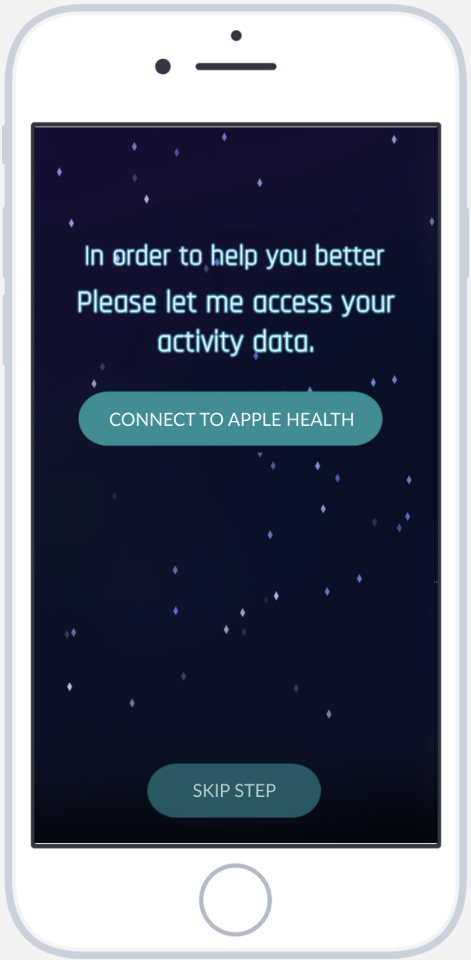
Connect to Apple health

Step 15. Select “Connect to Apple Health”

The game will ask you to connect to Apple Health. Press “Connect to Apple Health”.

Note! If you press “Skip step” the app will not be able to measure your physical activity and sleep data will have to be put in manually.

You can later reach the settings for Apple Health connection in the app settings on your phone or in “Settings” inside the app.

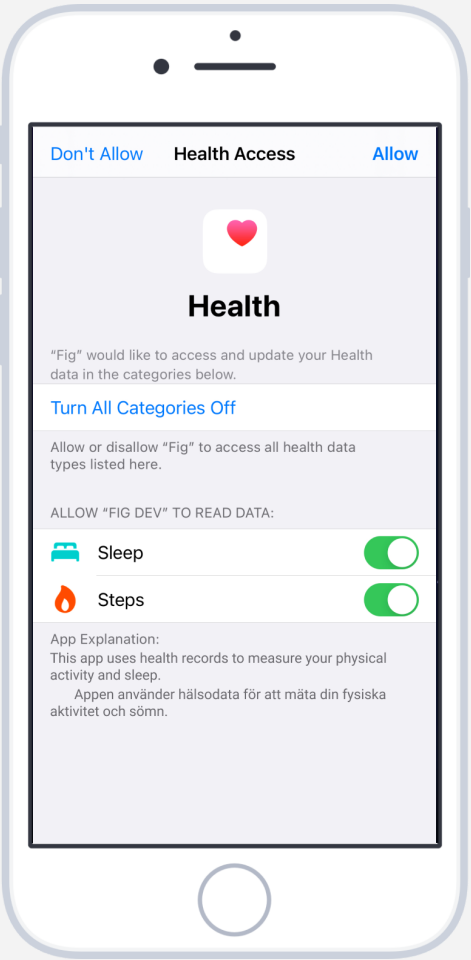


Step 16. Select “Allow”

Make sure the toggle switches for Steps and Sleep are on (green), and then press “Allow” in the right upper corner.

Note! If you press “Don’t Allow” the app will not be able to measure your physical activity and sleep data will have to be put in manually.

You can later reach the settings for Apple Health connection in the app settings on your phone or in “Settings” inside the app.

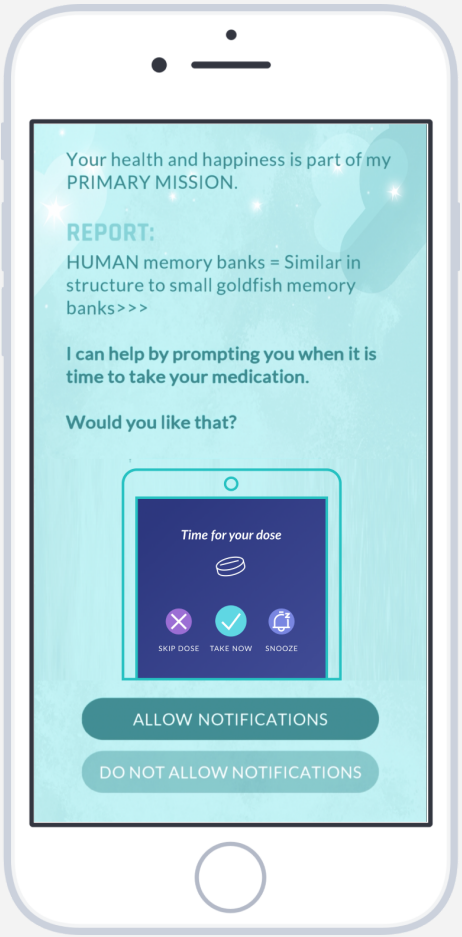


Allow reminders

Step 17. Select “Allow Notification”

The game will ask you to allow notifications. Press on the “Allow Notifications” button.

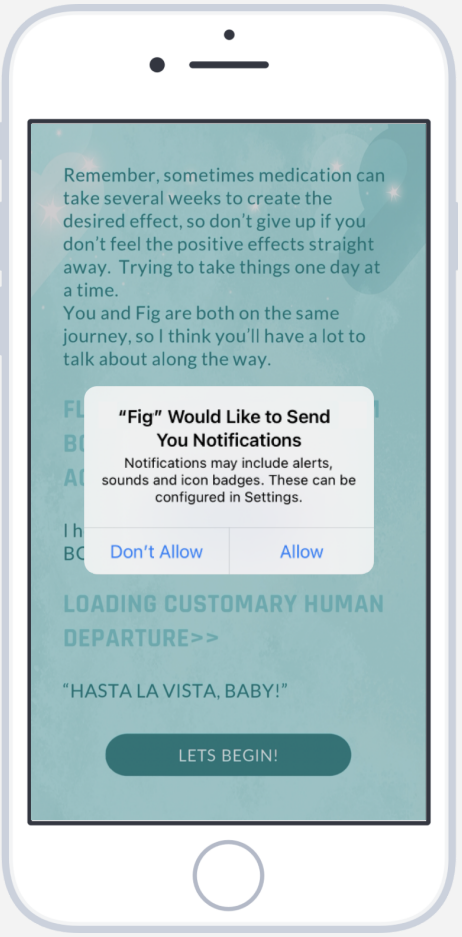
Note! If you press “Don’t Allow” you will not get your medication reminders. This also applies to if you disable notifications in the app settings.



Step 18. Select “Allow”

Press “Allow” on the notification popup.

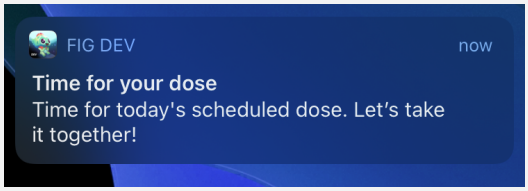
Note! If you press “Don’t Allow” you will not get your medication reminders. This also applies to if you disable notifications in the app settings.



Receive a reminder

Step 19. Receive notification

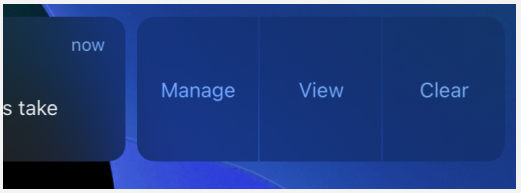
At the set reminder time, you will receive a notification on your phone to remind you to take your prescribed medication.



Step 20. Expand the notification

Press and hold on the notification to reveal the expanded version and additional features.

If you have an older operating system than iOS 15 you can also swipe left and press “View”.



Log medication dose in reminder

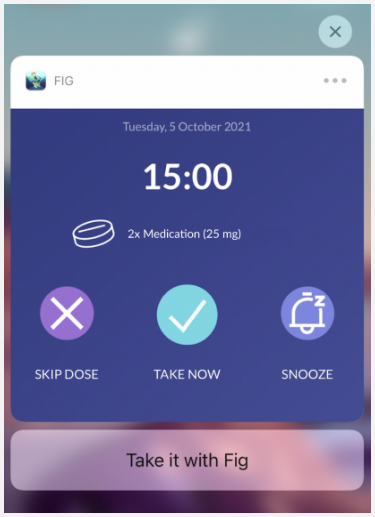
Step 21. Expanded notification

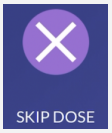
Expanded notification allows you to respond directly in the notification, without opening the game.

Step 22. Respond to reminder inside notification

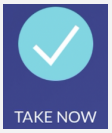
Select a response inside the notification. There are 4 options:

Take it with Fig: opens the game and prompts you to take your medication with Fig inside the game.

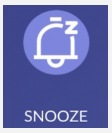




Skip dose: saves that you have not taken your medication dose.



Take now: saves that you have taken your medication dose.



Snooze: reschedules the notification to be sent again after 15 minutes.

Frequently Asked Questions

Why did I not get my reminder?

This issue may occur due to battery saving settings and cleaning apps disrupting *Fig: A Playtient Journey*'s ability to send out notifications. Please deactivate these apps so they do not interfere with the notifications, and check your phone settings to make sure that the app *Fig: A Playtient Journey* is allowed to send you notifications. Avoid closing the app *Fig: A Playtient Journey* through your task manager (force stop) as this may cause additional issues. If you are still experiencing this issue after following the steps above please contact us at support@mindforcegamelab.com and we will assist you.

We will collect and answer frequently asked questions on our website (soon available): https://www.mindforcegamelab.com/

Contact

If you encounter any problems or need support please contact us at: support@mindforcegamelab.com

Legal manufacturer: Mindforce Game Lab, Laboratorgrand 7 931 62 Skellefteå