



# Welcome to Folia

## Intro Guide

*Web Version 5.7*

# About Folia

**We believe that your knowledge matters. In fact, your observations are so powerful, they can have a huge impact on the care you receive.**

We know this thanks to the experiences of our own families.

## Nell's story

My younger brother has CVID, an immunodeficiency. Over the course of 20+ years, my mom has become an honorary immunologist – with bookcases full of journals detailing my brother's symptoms and treatments.

Our family's journey with healthcare has been complicated, and I ultimately decided to go to Yale to study chronic disease. While there, I realized that there was a fundamental hole in our ability to improve the treatments available for many chronic conditions: we didn't have enough data on how well treatments worked for specific types of patients.

Eventually, I put two-and-two together, and recognized that the data I was looking for did exist – it was just in my mom's head!



## Dan's story



Nell put out an ad for a co-founder – someone with coding experience and a first-hand understanding of what it's like to deal with a chronic condition.

I was looking for an opportunity to work on something meaningful, and as the father to a child with Down Syndrome, I was drawn to the idea of improving care quality by empowering other families. I decided to take the leap!

Download the pdf at <https://www.foliahealth.com/guide>

Questions or ideas? Message us in the app or email [rebekah@foliahealth.com](mailto:rebekah@foliahealth.com)

# 1. Figure out what you want to track

Think of Folia as your notebook. 📖

You want to track things that are important to you. **What are you paying attention to before your next clinic visit?**

1. **Make a list** of what you want to watch for.
2. **Add** these as symptoms or measurements to your Folia.

Then, add your treatment schedule, and you're all set! To see how to go back and make changes to your Folia, see **Figure A**.

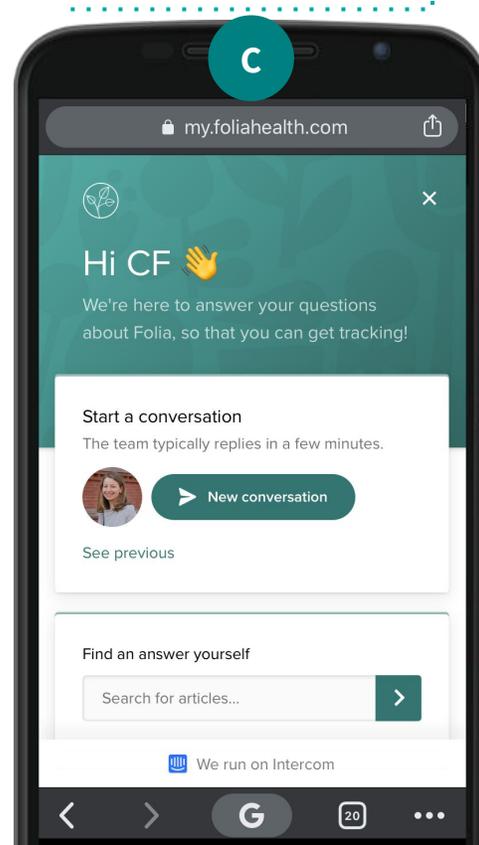
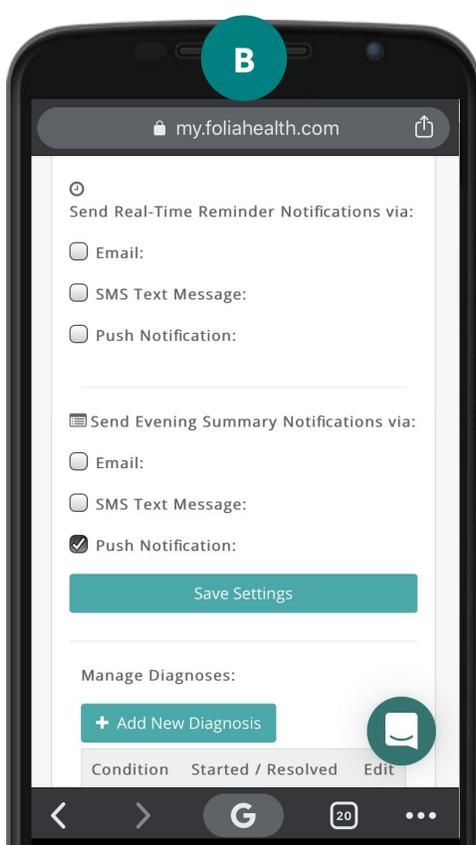
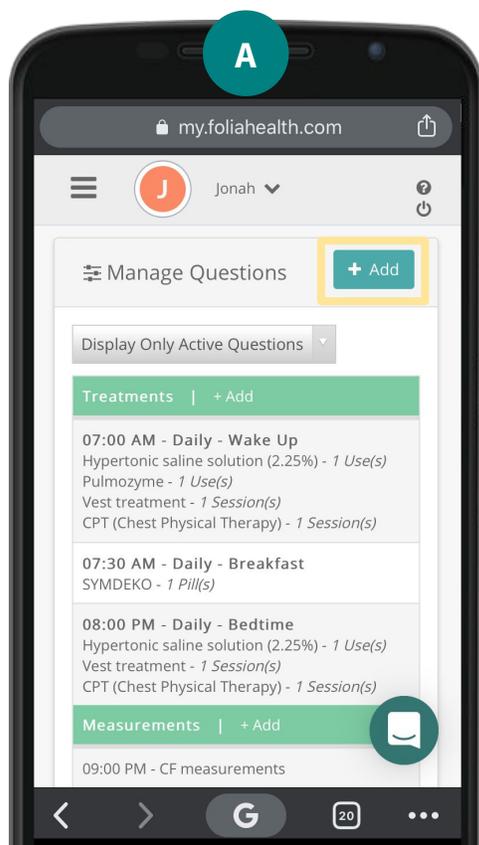
To make sure you get notifications how and when you want them, go to Settings (**Figure B**).

Finally, to ask for help, just message us (**Figure C**).

Manage > Add

Menu > Settings

Menu > Ask the Folia Team



## 2. Decide how you want to track

Why are you using Folia?

To keep track of treatments and/or symptoms

My clinic asked me to

Do you want to focus on tracking exceptions, or do you like the idea of collecting more details as well?

Details & exceptions

Exceptions only



### Regular tracker

You track most days, to keep on top of treatments & symptoms. Your graphs will look awesome!

### Episodic tracker

You track when you're noticing something new or different. Use the Calendar to fill in the normal days!

### Light tracker

You only use Folia to prepare for your visit and respond to research requests.

★ **Extra bonus** ★

**Data Dividends**

(Calendar > “↓”)



Calendar

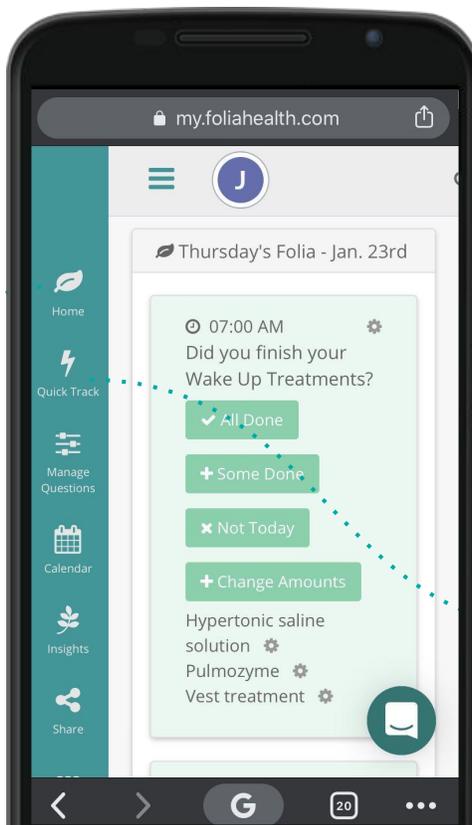
**You can earn gift cards** for your contribution to research-grade data. Check out the app for more details.

# 3. Get tracking!

## How to track:

### 1. Track what happened today

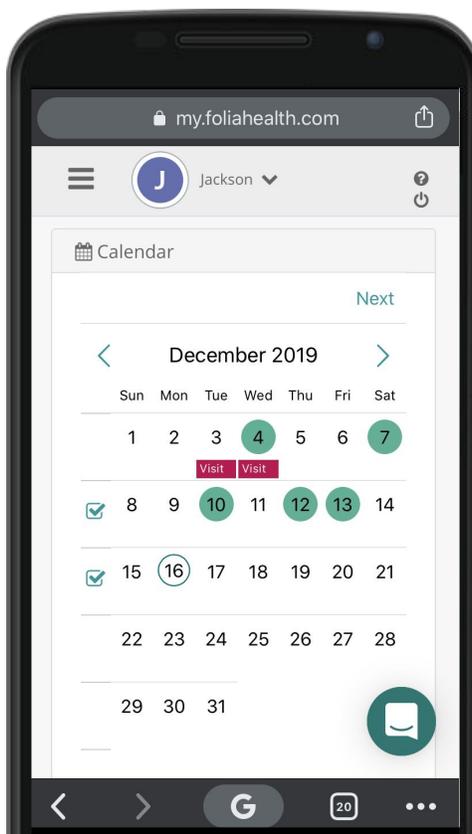
Today's Questions  
Leaf (Home)



### 2. Track something not in your scheduled Questions

Quick Track  
Lightning bolt

### 3. Track multiple days at once, jump to a different day, or fill in blank days



Batch Track  
Go to Calendar and select the days

You'll see dots on the days that you have tracked already.

# 4. Build reports and see trends

After you have tracked for a while, it's time to check out what's been happening.

**Go to Graphs to visualize the things you have been tracking and get insight into trends** for what's happening over a period of time. For example, you can add a graph for a treatment vs. your symptoms, to see if it's working.

**To get a summary of the things you have tracked, tap the Quick Insights button or if you are looking for a comprehensive list, you can tap on the Top Left Menu and tap My Data Tables .**

**Insights >**

**New Graph**

Build more graphs with multiple variables to target your goals.

**Insights >**

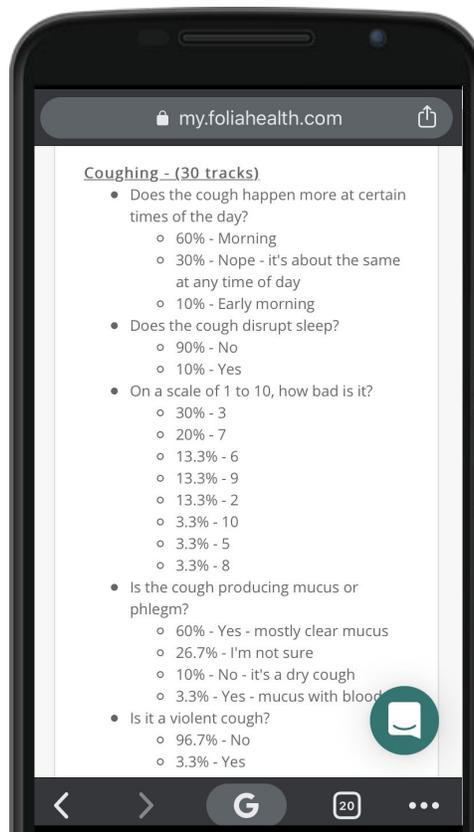
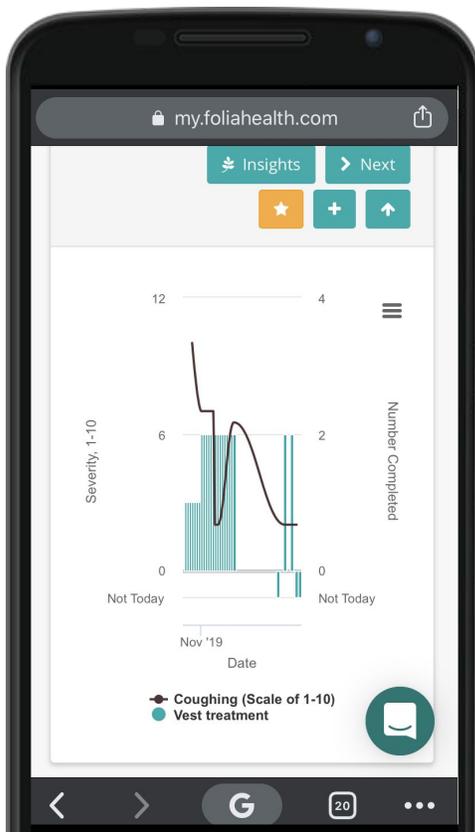
**Quick Insights**

Easily access summary of your tracking.

**Menu >**

**My Data Tables**

Get a detailed view of your daily progress & undo any mistakes



The screenshot shows a list of data entries under the heading 'My Data Tables'. Each entry includes a date, a treatment name, and a status:

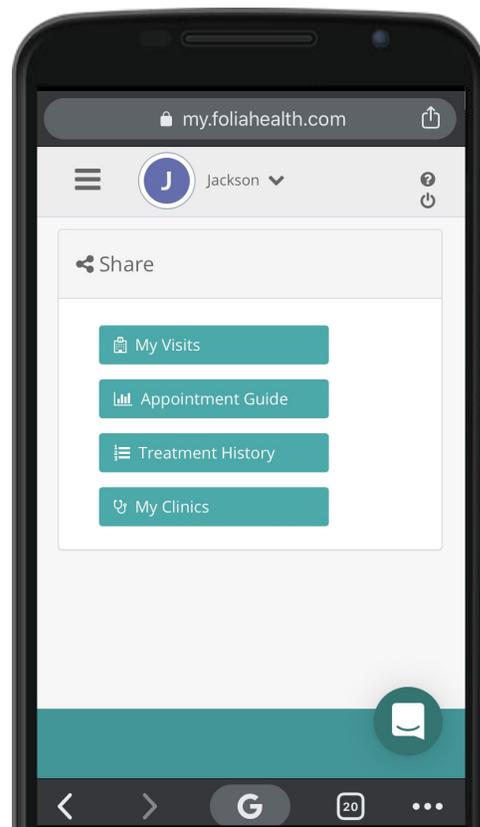
Date	Treatment	Status
12/12/2019	Vest treatment	Not Today
12/12/2019	Trikafta (blue pill)	Completed
12/12/2019	Trikafta (orange pill)	Completed
12/10/2019	Hypertonic saline solution	Completed
12/10/2019	Vest treatment	Completed
12/10/2019	Pancreatic enzymes	Not Today
12/10/2019	Trikafta (blue pill)	Completed
12/10/2019	Pancreatic enzymes	Not Today
12/10/2019	Pancreatic enzymes	Completed
12/10/2019	Trikafta (orange pill)	Completed

# 5. Share with your clinic

Finally, before your next appointment at the clinic, **go to Sharing to add a Visit.**

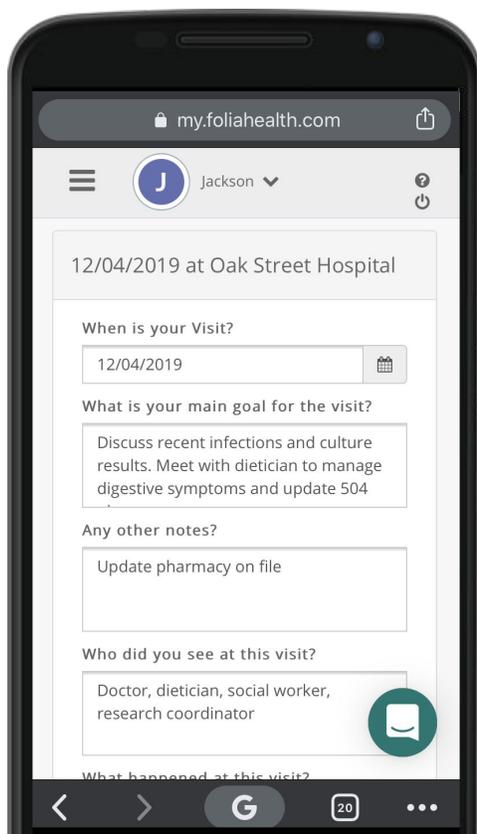
**Then, create an Appointment Guide to communicate more clearly** the things that have been happening since your last visit and provide a roadmap for the discussion with your clinician.

To access clinic features, go to **Sharing**



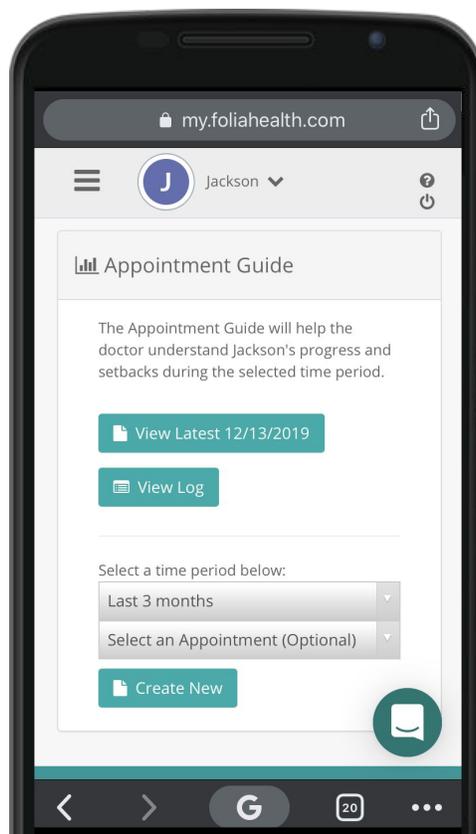
**Answer a few questions about the upcoming visit**

**Sharing >  
My Visits**



**Access your Appointment Guide, with all your notes!**

**Sharing >  
Appointment Guide**



**That's it for now...**

...but there's a lot more,  
including research participation and  
device links!

Check out our weekly emails and bi-weekly  
app updates to learn more about how to  
use Folia to get the most out of your care,  
and give back to your community.



**#yourknowledgematters**

The Folia Team

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