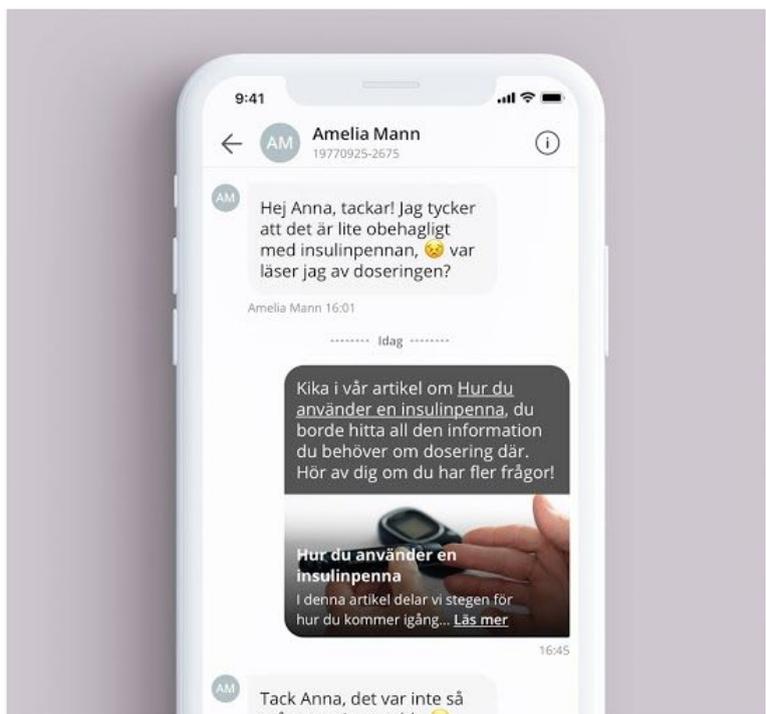# User guide
for patient
Mobile app

Kind

Introduction

All instructions in this user guide describe how you as a **patient** use the Kind **mobile app** on your smartphone. Separate user guides are available for caregivers.

Download the app

Kind app is available in the App Store and Google Play Store. You can scan this QR code to easily find the app:

Log in

Once a healthcare provider has invited you to Kind, you can start using the app. Do this:

1. Once you receive a text message inviting you to start using the app, download the "Kind app" on the App Store or Google Play Store.
2. Open Kind.
3. Click *Log in as Patient.*
4. Enter your mobile number and click *Get Verification Code*. Follow the instructions in the app. **Tip**: Click *Allow push notifications* to receive notifications when your healthcare provider sends you messages.

You have now logged in to the app.

Log out

You stay logged in to the mobile app for 30 days if you are not actively logging out. You can choose to log out at any time. Do this:

1. Go to the *More* tab.
2. Click *Logout*.

You have now logged out from Kind.

Contact support

If you have problems with the app, send an email to: support@kind.app.

See unread messages

If you have allowed notifications to be sent from Kind, you will receive a notification on your home screen on your mobile when your healthcare provider sends a message to you. Do this:

1. Log in to the mobile app as a patient.
2. Go to the *Messages* tab.

You have now received the latest communication from your healthcare provider.

Send a message to your healthcare provider

You can send a message to your health care provider at any time. Do this:

1. Log in to the mobile app as a patient.
2. Go to the *Messages* tab.

3. Click in the text box and write your message. **Tip**: You can also insert a picture from pictures in your phone.

4. Klicka ⬜ .

You have now sent a message to your healthcare provider.

Reply to form

You answer forms from your healthcare provider in the app. Do this:

1. Log in to the mobile app as a patient.
2. Go to the *Messages* tab.
3. Click *Answer Form*.
4. Click in the text field, answer the question and click send ⬜ . The next question appears. A calculator shows what question you are on and how many questions the form has in total.
5. Answer all questions. **Tip**: To change the answer to a question, click on your answer, change the answer and resend. When all questions have been answered, a final message is displayed (epilogue).

You have now answered a form and your healthcare provider can access the answers.

Find posts in the library

If you are looking for some special information in the library you can use the search field. Do this:

1. Log in to the mobile app as a patient.

2. Go to the *Library* tab.
3. Click in the search field and enter a keyword that you want to find in the library. Use spaces between your keywords to filter more than one keyword.

The library now lists only those articles that meet your keywords. The percentage of the total number is also displayed.

See End User License Agreement

You can find the End User License Agreement in the app. Do this:

1. Log in to the mobile app as a patient.
2. Go to the *More* tab.
3. Click *End User License Agreement.*

The End User License Agreement for Kind is displayed.