

## Dr. Allison's App Instructions

1. Go to [lynnallisonmd.com](http://lynnallisonmd.com)
  - a. Keep this tab open on your device browser so that you can come back to it as often as you need to to add more information
  - b. Enter your Clinic Code (in place of your name -this is to protect your privacy) (ask our office staff for your code)
  - c. Consent to send the data to us in the future
2. Here you will find 3 different sections
  - a. Daily Lifestyle (Your regular habits and routines, such as exercise, eating, sleeping, and work activities)
  - b. Symptoms (Physical or mental signs and feelings indicating health conditions (e.g., pain, fatigue, mood changes))
  - c. Micro-scales (Short surveys or quick assessments to measure specific aspects of health, behavior, or well-being) (each section has its own save button))
3. Now select the date for which you want to enter your information
4. Fill in the appropriate section(s) as Dr. Allison requests that you do
5. After each time you fill out either the lifestyle or symptom section for a specific date, click on the "Save Day" button at the bottom of the symptoms section.
  - a. You can save as many times as needed for each day
  - b. Note that you can add as many symptoms as desired by entering one and clicking "Add symptom to today" - you can continue to do this until you are done adding all of them
6. Continue saving your information for as many days as you are instructed to do so. You will note that the information is saved at the bottom of the screen.
7. When you have completed the number of days that Dr Allison requested, click on the button at the top of the screen that is applicable
  - a. Export days (for daily lifestyle and symptom information)
  - b. Export symptoms (for symptom information only)
  - c. Export scales (for the micro-scales information only)
8. Now your information file has been downloaded to your device's default downloads folder or wherever you directed it to be saved.
9. Final steps
  - a. Email the downloaded file as an attachment to [info@bransonclinic.com](mailto:info@bransonclinic.com)
  - b. Call or text our office and let us know that you sent it.
  - c. We will contact you once Dr. Allison has had time to review it and then an appointment can be made to discuss the results.