

TEEN USER TIPS for the Young Epilepsy app

Home Screen

This shortcut will initiate your phone's camera to enable recording of a seizure. After recording, the video will be automatically uploaded to the diary, where you will be prompted to complete other details relating to the seizure.

This shortcut will display the emergency details you have saved in the profile section of the app.

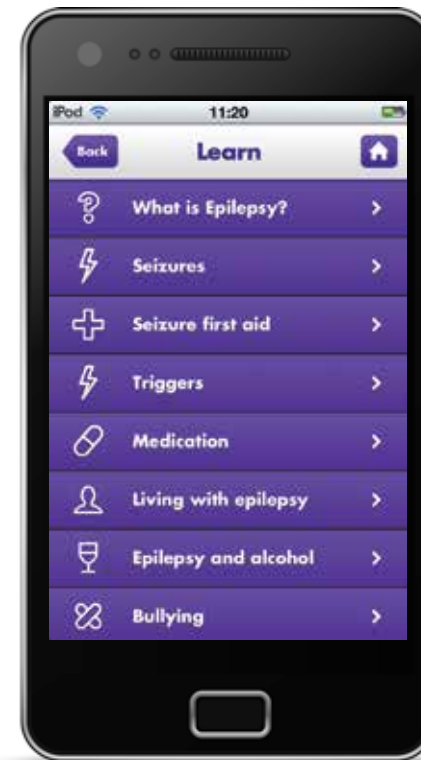
This shortcut will initiate a call to our helpline.

These icons give access to the four main areas of the app.



Learn

Use the 'Learn' section to find out more about epilepsy and related issues.

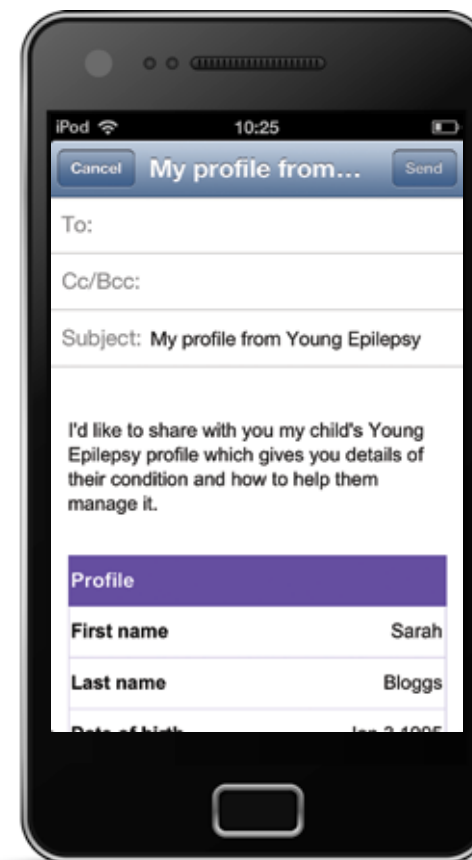


Profile

Use the 'Profile' section to store personalised information about your epilepsy, including what to do in an emergency and details about your medication.

- The emergency information you enter will then be accessible via a shortcut on the homepage, for quick access.
- Reminders can be set to help you remember to take your medication.

- Sections of your profile can be emailed so that you can share the information with anyone you think needs to know – such as your doctor, family, school or friends.

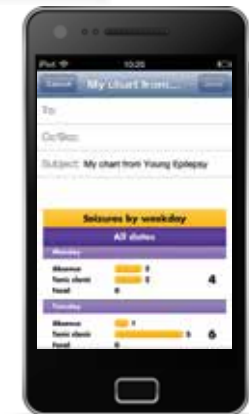
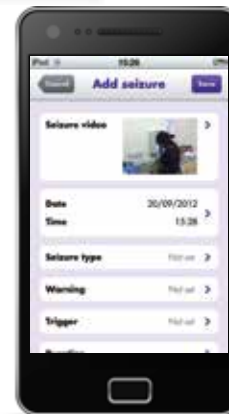


Diary

Use the 'Diary' to keep accurate and up to date record of your seizures, the situation in which they occur and the action taken. You can also use this section to keep track of appointments.

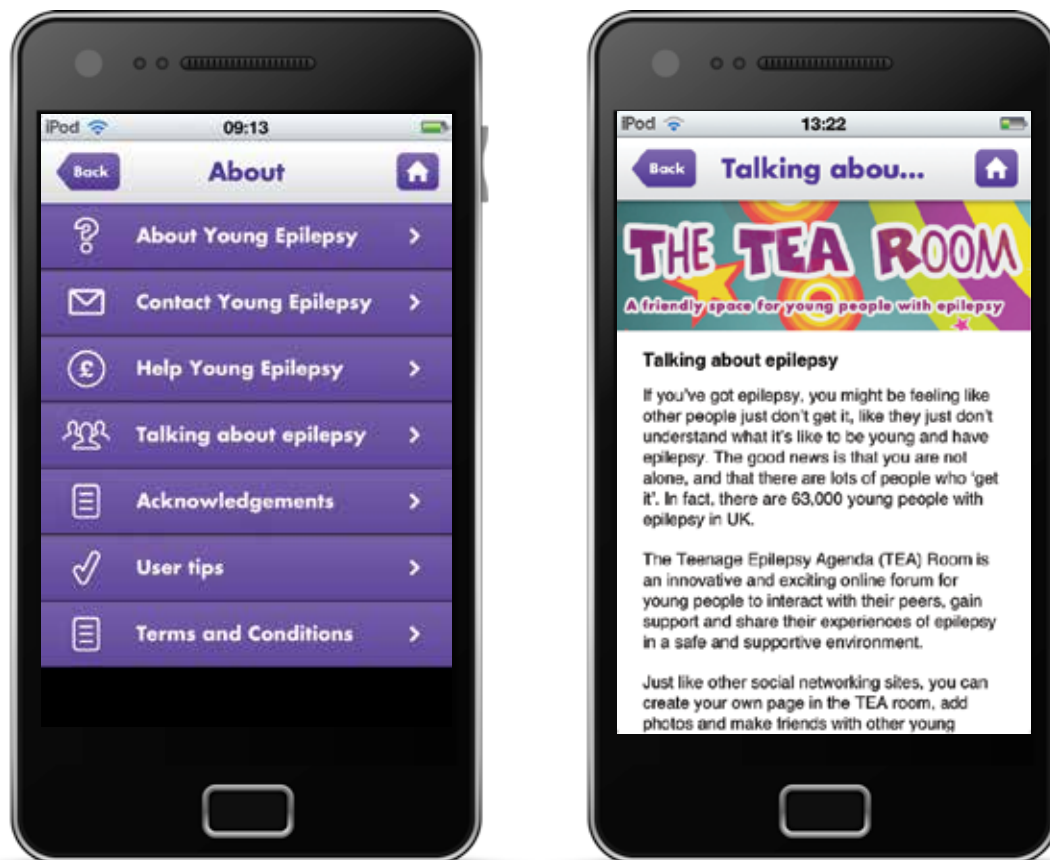
- Video clips of seizures can be attached to diary entries by either uploading from your phone's media gallery or through the 'Video a seizure' shortcut on the home screen.

- Visit 'My charts' to view charts based on the information you have input about your seizures, to help you identify potential patterns. These charts can also be emailed.



About

- Visit this section to learn more about Young Epilepsy and how to give us feedback about this app.
- You will also find information about an online teen forum called the TEA room in this section, as well as a real life teen story about living with epilepsy.







Tips for keeping your information secure:

- Use a pin lock on your phone so that no one can use it without your prior permission.
- Always double check that you are emailing sections of the profile or seizure diary to the intended recipient.

Better futures for young lives with epilepsy

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