

WHAT IS MEMORYSPARX ONE?

MemorySparx One is a mobile memory aid for individuals living with memory loss. It works on iPad to help you organize and recall personal details, your agenda, health information and more. MemorySparx One is tested for ease of use by people living with memory loss and carefully designed to meet their unique needs.

WHAT CAN I DO WITH IT?

Add content with ease – Add and update content yourself using intuitive templates designed with the unique needs of people with dementia in mind.

Keep track of what matters – Store personal details, captioned photos, audio recordings, tasks, activities and personal health information in one easy-to-use tool.

Find information on the go – Access information that’s important to you whenever and wherever you need it – at a medical appointment, social visit or professional event.

Speak for yourself – Keep track of health history, medications and changes to your mood or behavior so that you can speak for yourself at appointments.

HOW MUCH DOES IT COST?

The first 30 days of your MemorySparx One subscription are free. The subscription price varies based on the plan selected. Payment is billed to your iTunes account when the trial ends.

HOW DO I START?

- 1** On your iPad, [download the MemorySparx One app from app store](#).
- 2** Open the MemorySparx One app and follow the steps to create an account.
- 3** The app will lead you through a simple guided setup. Add content about your day, life and health.

EXPLORE MEMORYSPARX

Here are a few ideas to help you get started with MemorySparx One:

- ❑ Add your picture and personal contact information to the My Life > Me section. Use this content as a reminder when you need to fill in a form.
- ❑ The next time you see a favorite loved one, ask them to help you create a My Life > Family entry. Take a picture of yourselves together, add notes about your favorite memories, and maybe even add an audio recording of their voice.
- ❑ Tour the medicine cabinet. Add entries to the My Health > Medications and Supplements section. Take pictures of the pill bottle, or the prescription label and pill to help you remember.
- ❑ Plan your day. At the beginning of the day, take a moment to jot down your intentions in the My Day section. Appointments, tasks and even a positive affirmation can make today a good day. If you already use a paper or whiteboard agenda, snap a picture of the agenda to bring along for reference throughout the day.
- ❑ How are you feeling today? Make a quick note in the My Health > Care Journal section so that you have some notes to refer to when you visit the doctor.

FIND MORE INFORMATION

We're here to help with your questions, and we encourage our users to share their personal tips with each other. Here's how to stay in touch with us:

- ❖ Visit memorysparx.com/support for answers to frequently asked questions.
- ❖ Email your questions and feedback to us anytime at support@memorysparx.com.
- ❖ Find out about product updates, and more by following [MemorySparx on Twitter](#) or [Facebook](#).
- ❖ Spread the word! If you enjoy MemorySparx One, please take a moment to [rate the app in App Store](#). Your support means so much to us.

STEP-BY-STEP

We've provided step-by-step instructions for a few key tasks to help you get started. We also encourage you to explore and play with the app without using the instructions. Have fun and be creative!

MY DAY

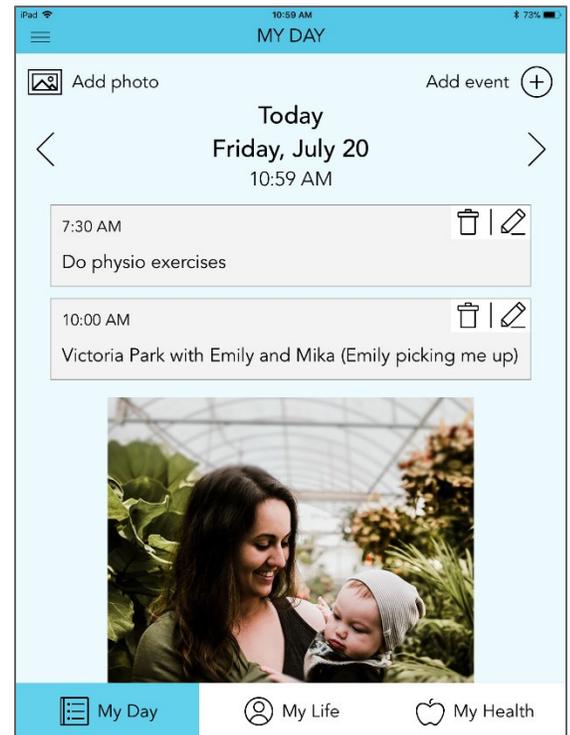
Use this space to add appointments and activities for your day. You can also add a picture of your existing paper agenda.

ADD AN APPOINTMENT

1. On the My Day main page click the Add event plus icon at the top right.
2. Add a title for the activity. Include as many details as you like (for example, who is driving or where you are meeting).
3. If you'd like to add a start time click the Start time slider and set a time.
4. Click Done.

TIPS

- Add pictures to My Day using the Add photo option in the top left corner.
- Modify content from past or future days using the chevron icon beside the date. Click Today in the top right corner to return to the current day.



MY LIFE

ADD AN ALBUM

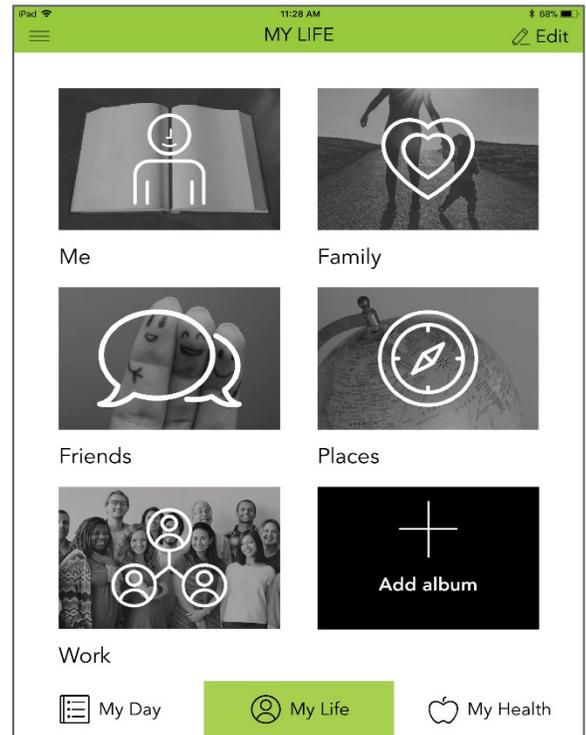
You can add additional albums to the My Life page. Some people like to add an album to store photos of pets, outfits, or volunteer work.

1. On the My Life main page, click Add album.
2. Add an album name (for example, "Pets" or "Volunteer work").
3. If you'd like to add a photo for the album cover, click Edit photo.
4. Do one of the following:
 - To take a photo, click Take photo. Take a photo.
 - To add a photo from the photo library on your iPad, click Choose photo. Choose a photo. Pinch to adjust the photo zoom if needed and then click Done.
5. In the top right corner of the Edit Album page, click Done.

EDIT OR DELETE AN ALBUM

You can change the name of an existing album or delete an album altogether.

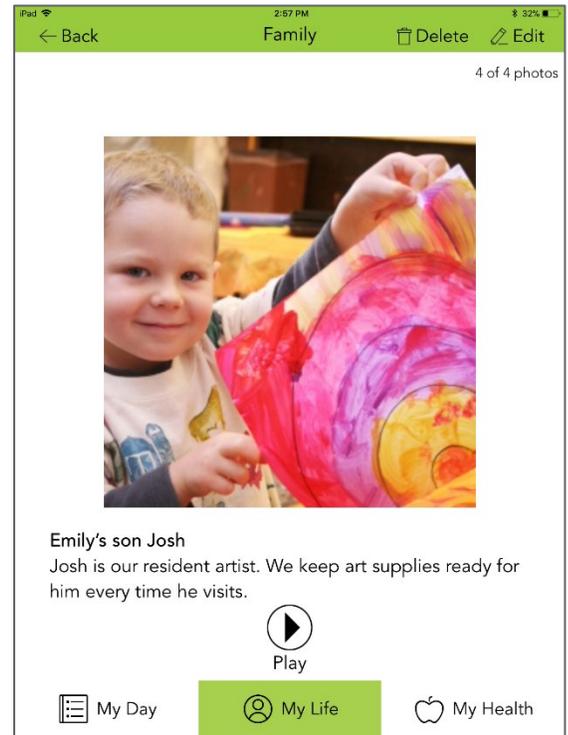
1. On the My Life main page, in the top right corner, click Edit.
2. Do one of the following:
 - To rename an album or edit the album cover photo, click the pencil icon that appears on the album photo.
 - To delete an album, click the trash icon that appears on the album photo.
3. In the top right corner of the page, click Done.



ADD A PHOTO, DESCRIPTION OR RECORDING

You can add photos from the Photo library on your iPad, or you can take a new photo. You can also take a photo of a printed photo that's not in the photo library on your iPad.

1. On the My Life main page, click an album.
2. On the album page, click Add photo.
3. Do one of the following:
 - To take a photo, click Take photo. If a popover appears requesting permission to access the camera in your iPad, click OK. Take a photo.
 - To add a photo from the photo library on your iPad, click Choose photo. If a popover appears requesting permission to access the photo library on your iPad, click OK. Choose a photo.
4. Pinch to adjust the zoom on the photo if needed and then click Done.
5. Add a short caption for your photo (for example, "Arlene, my granddaughter")
6. Add a longer description for your photo. You might add details about the photo or the person, place, or thing in the photo.
7. If you'd like to add a voice recording to describe the photo, click Record. When you've completed the recording, click Stop.
8. In the top right corner of the page, click Done.



MY HEALTH

ADD A MEDICATION OR SUPPLEMENT

1. On the My Health main page, click Medication and supplements.
2. Click Add medication or Add supplement.
3. Add a name for the medication or supplement.
4. Add a description (for example, how often you take the medication or supplement, what dosage you take, what time of day you take it).
5. To add a photo of the medication bottle or supplement bottle, click Add photo and do one of the following:
 - To take a photo, click Take photo. Take a photo.
 - To add a photo from the photo library on your iPad, click Choose photo. Choose a photo.
6. Pinch to adjust the photo zoom if needed and then click Done.
7. In top right corner of the page, click Done.



EDIT OR DELETE A MEDICATION OR SUPPLEMENT

1. On the My Health main page, click Medication and supplements.
2. Click a medication or supplement.
3. In the top right corner of the page, do one of the following:
 - To edit the medication or supplement, click Edit. Change the information as required, then click Done.
 - To delete the medication or supplement, click Delete. You will be prompted to confirm your choice.

ADD NOTES TO THE CARE JOURNAL

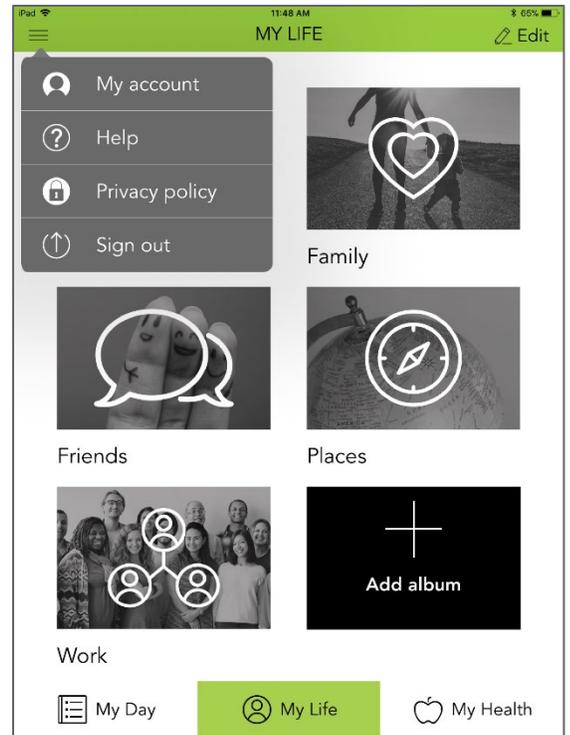
You can use the care journal to keep track of changes to your mood, behaviour, memory, and so on.

MY ACCOUNT

You can view your account settings by clicking the menu icon in the MemorySparx One app. On the account screen, you can view your plan details, edit your account profile, change your account password, and update your communication preferences.

CHANGE YOUR ACCOUNT DETAILS OR PASSWORD

1. On My Day, My Life or My Health main screens, click the menu in the top left.
2. Click My account.
3. Choose one of the following:
 - To change the name or sign-in email address for your account, click Edit profile.
 - To change the password for your account, click Change password.
4. Type new information in the fields. When you are finished, click Done.



MANAGE YOUR SUBSCRIPTION PLAN IN iTUNES

The first 30 days of your MemorySparx One subscription are free. You can choose a monthly or annual plan. Payment will be billed to your iTunes account when the trial period ends.

CHANGE YOUR SUBSCRIPTION PLAN

1. In the MemorySparx One app, click the menu icon in the top left corner of the page.
2. Click My account.
3. In the My plan section, click the Switch plan button which will take you to iTunes where you can switch your plan.

For more information from Apple on switching to a different subscription, [refer to the Apple help site](#).

CANCEL YOUR SUBSCRIPTION TO MEMORYSPARX ONE

1. In the MemorySparx One app, click the menu icon in the top left corner of the page, and go to My account.
2. Under the My plan section, click the Cancel plan button. You will be asked your reason for cancelling, and then the app will take you to iTunes where you can cancel your plan.

If you cancel your subscription, you will still have access to MemorySparx One and your content until the end of the billing cycle (monthly or annually) for your plan. As per Apple's policy, there is no partial refund if you cancel your subscription within a billing cycle.

For more information from Apple on cancelling a subscription, [refer to the Apple help site](#).