

# emocha Health®

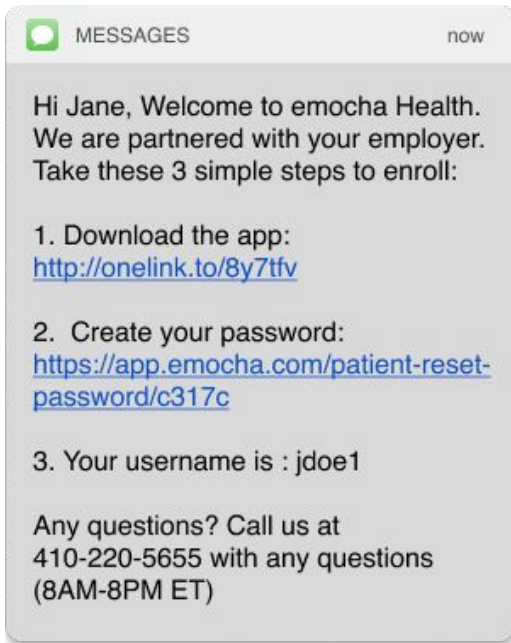
Employee Remote Monitoring Service  
for Return-to-Work

## User Guide

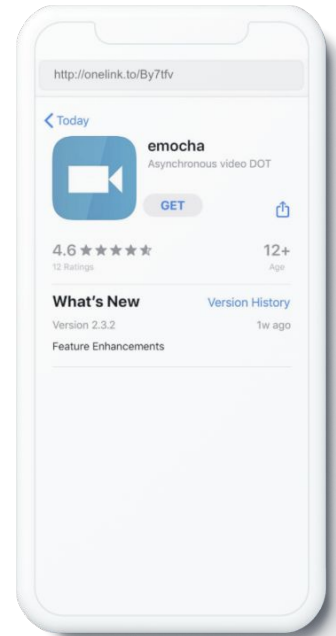


# Getting Started

emocha will send you a text message with 2 links and username. Follow these instructions to log into emocha.

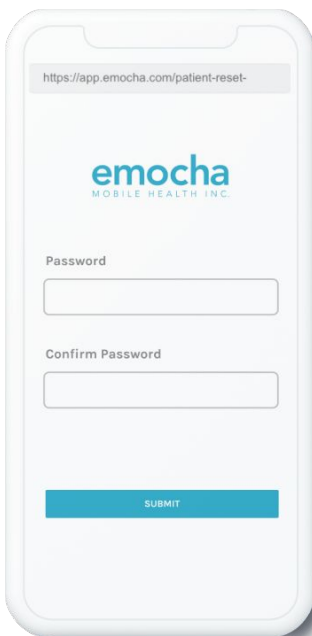


## STEP 1 Download



The first link will take you to the Apple App or Google Play Store to download the emocha app.

## STEP 2 Password Setup



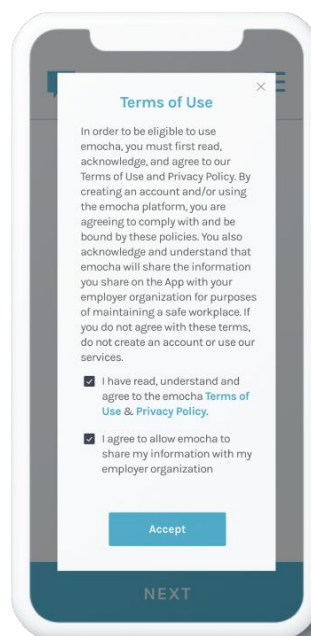
The second link in welcome text message will take you to a password setup page.

## STEP 3 Log-in



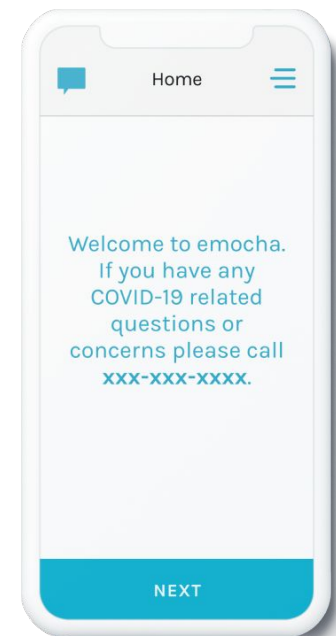
Open the emocha app and log in with assigned username from the text message and newly created password.

## STEP 4 Terms of Use



You will submit consent to emocha's Terms & Conditions and can then log into the app with username and password.

## STEP 5 App Overview



Once you are logged into the app, you will begin to submit your check-ins. A brief visual app overview will explain protocol.

*\*Note: all data submitted to emocha's HIPAA-secure platform will only be viewed and accessible by emocha's public health monitoring team, and subject to legal requirements surrounding Protected Health Information.*

# Daily Video Check-in\* (With symptoms)

You will open emocha daily and tap “NEXT” to complete a check-in.

## 01 Home

When ready to submit, tap “Next” to begin a check-in..

## 02 Symptoms

If experiencing any symptoms, select all that apply,

## 03 Record

Record a short video check-in.

## 04 Community Exposure

Answer the COVID-19 community exposure question.

## 05 Temperature

Input temperature reading if possible.

## 06 Complete

Tap “View Badge” or “Home” to complete check-in.

## 07 View Badge

The combination of data entered related to temperature, symptoms, and exposure determines the color of the digital badge.

\*Note: protocol may differ by entity.

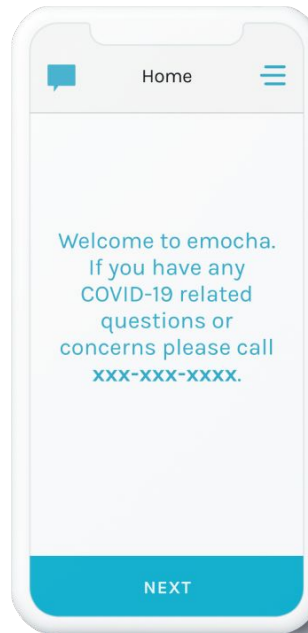
# Daily Video Check-in\* (Without symptoms)

Check in with emocha as recommended.

Answer the symptom-related and COVID-19 community exposure questions.

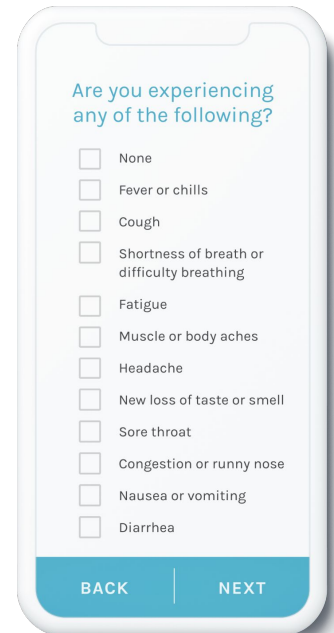
Record temperature reading. If you do not have a thermometer, you can skip this screen.

## 01 Home



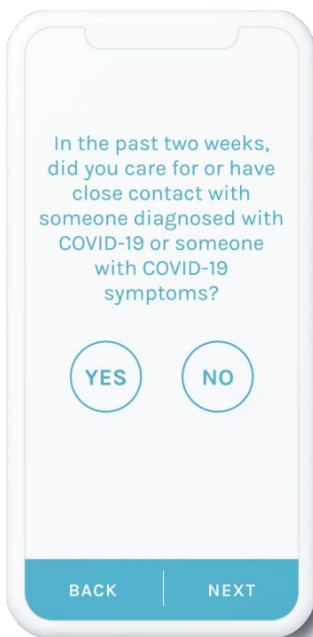
If ready to submit, tap "Next" to begin a submission.

## 02 Symptoms



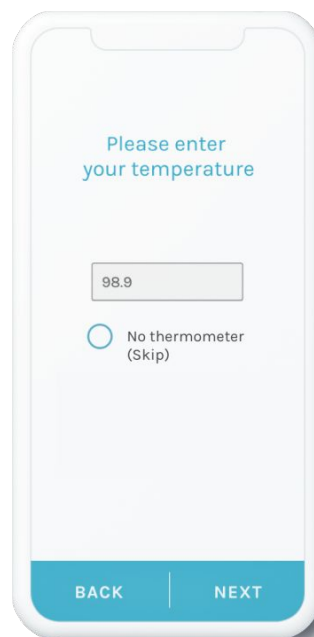
If experiencing no symptoms, select "None" and tap "Next".

## 03 Community Exposure



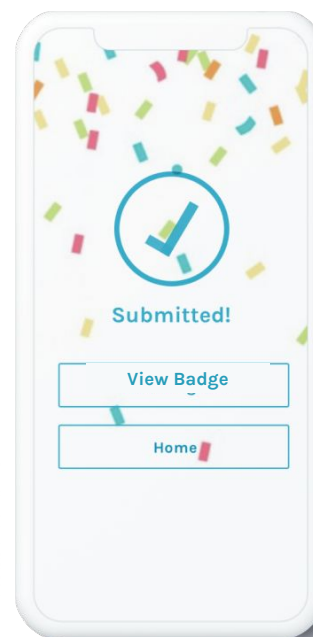
Answer the COVID-19 community exposure question.

## 04 Temperature



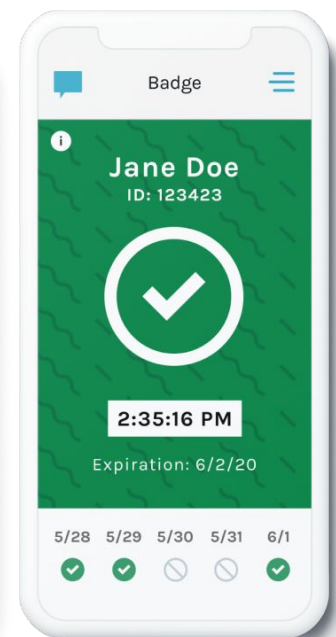
Input temperature reading if possible.

## 05 Complete



Tap "View Badge" or "Home" to complete check-in.

## 07 View Badge



The combination of data entered related to temperature, symptoms, and exposure determines the color of the digital badge.

\*Note: protocol may differ by entity.

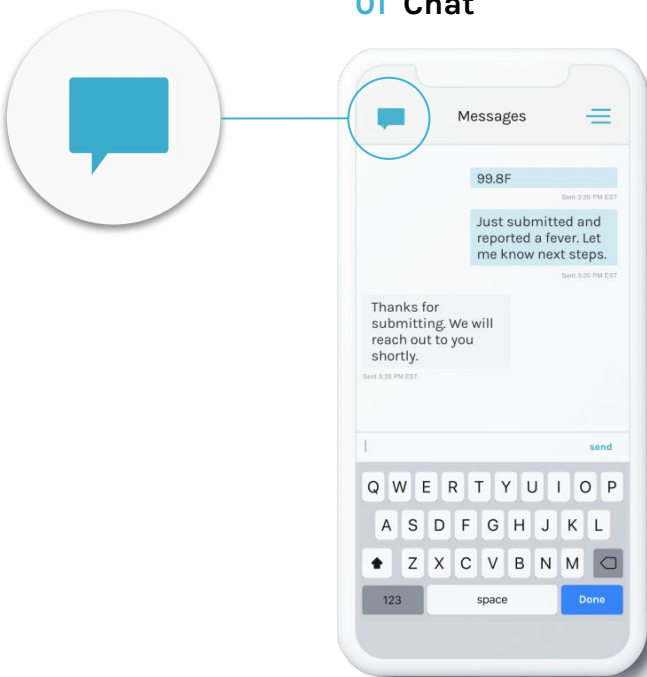


# Explore More Features

You can communicate with care teams via the “Chat” function, and ask any questions / report technical issues.

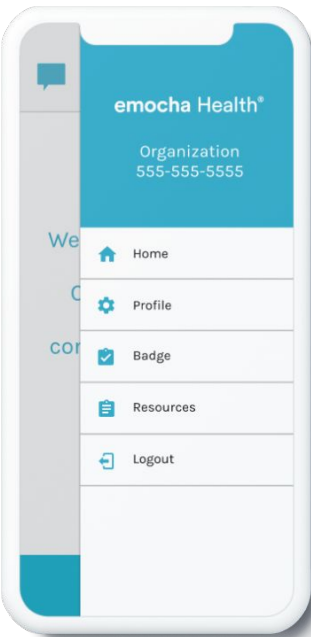
Check out “Menu” for additional tools. The “Progress” page will demonstrate how you are doing. You can customize several of these features on your “Profile” page.

## 01 Chat



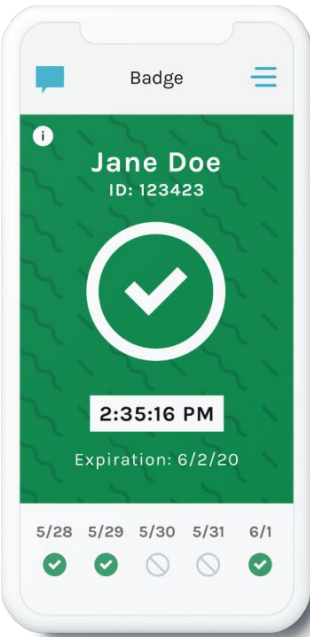
Tap on the chat icon, located on the top-left, to communicate with care team.

## 02 Menu



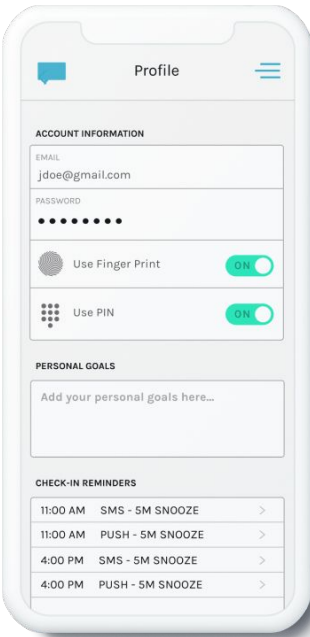
Tap on the three bars, located on the top-right, to access the main menu and explore more options.

## 03 Digital Badge



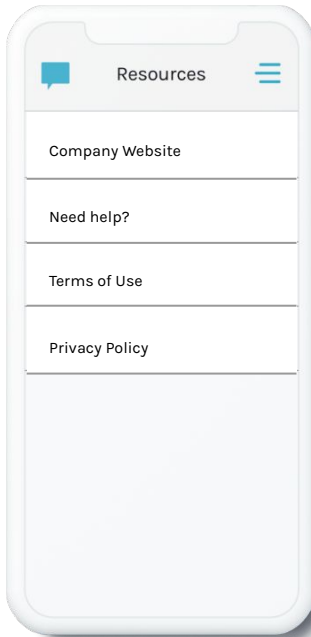
You will receive a digital badge to enable return-to-work decisions.

## 04 Profile



Set up an easy login with fingerprint or PIN ID, and set reminders for check-in intervals.

## 05 Resources

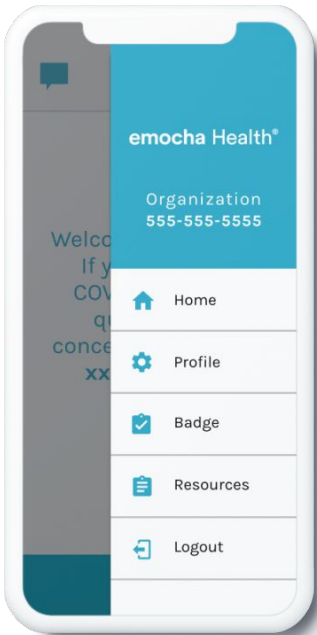


Access additional resources and links on the program in the “Resources” tab.

# Digital Badge

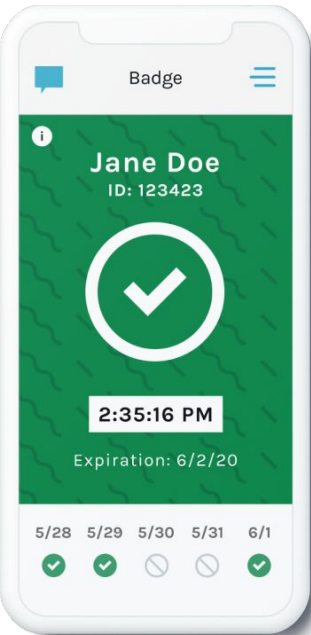
Color-coded digital badges communicate your return-to-work status. emocha allows employers to configure this badge logic.

## Menu

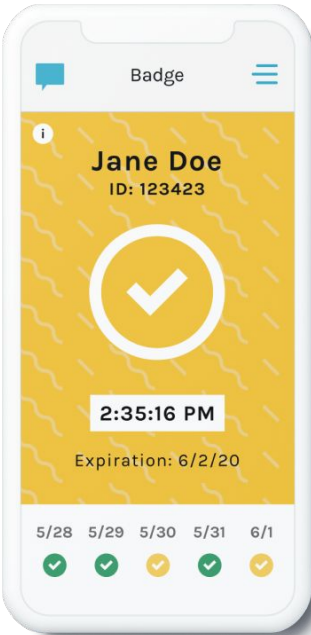


Tap on menu and tap “Badge” to see your badge status.

## Green Badge



## Yellow Badge



## Gray Badge



The combination of data entered related to temperature, symptoms, and exposure determines the color of your digital badge. Note: if you do not have a thermometer, a “no thermometer” icon will appear in the top right corner of your green badge.

A gray badge is displayed when you forget to check-in.

**emocha Health<sup>®</sup>**

[www.emocha.com](http://www.emocha.com) | [helpdesk@emocha.com](mailto:helpdesk@emocha.com) | [@emochaHealth](https://twitter.com/emochaHealth)