Points to be aware of when using the "Health Diary" Smartphone App

The "Health Diary" is an app that has been developed to allow users to monitor their health in relation to potential infection with COVID-19. The app allows each user to enter and manage their main health details as they relate to COVID-19. All data is exclusively managed on the user's smartphone.

The user's data will only be sent from their smartphone if the user chooses to do so.

By using this app, you will be able to provide data regarding your medical history to the university directly from the app in the event this is necessary.

Please study the explanatory materials and instructions for use (in the form of a video) at the URL below before using the Health Diary.
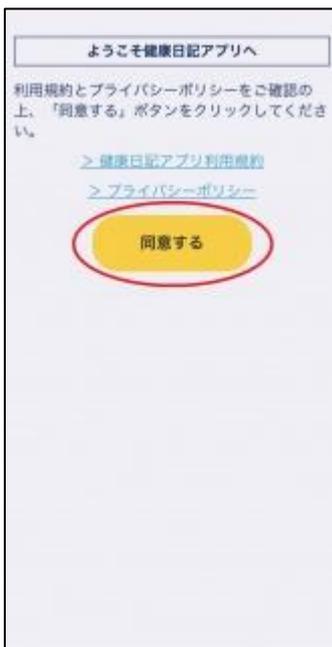
"Health Diary" smartphone app

https://www.htech-lab.co.jp/covid19/

●Installation / Initial settings　*The "Health Diary" app is available free of charge

1. Search Google play or App Store for "Health Diary," and install the app.

　　　　　　　　　　　　　　*Image shows the results of a search in App Store

2．Set your preferred language and agree to the terms and conditions and the privacy policy.

3.

 Create an account by clicking on "New registration,"
and log-in to the app.

4. Initialize the app by entering your student number (Ex. **2031・・・**) in the "Nickname" field.

5. Open the "Settings" screen from the "Health Follow-up" page.

① If you do not have specific symptoms, select "Uninfected," and record your temperature each morning.

② **If you have symptoms (even one) such as a fever, a cough, shortness of breath, physical lethargy, or difficulty in smelling or tasting, select "Diagnosed with COVID-19," and change your setting to allow you to record your temperature every morning and evening.**

③ If your symptoms later disappear, change the setting back to "Uninfected," and record your temperature each morning.
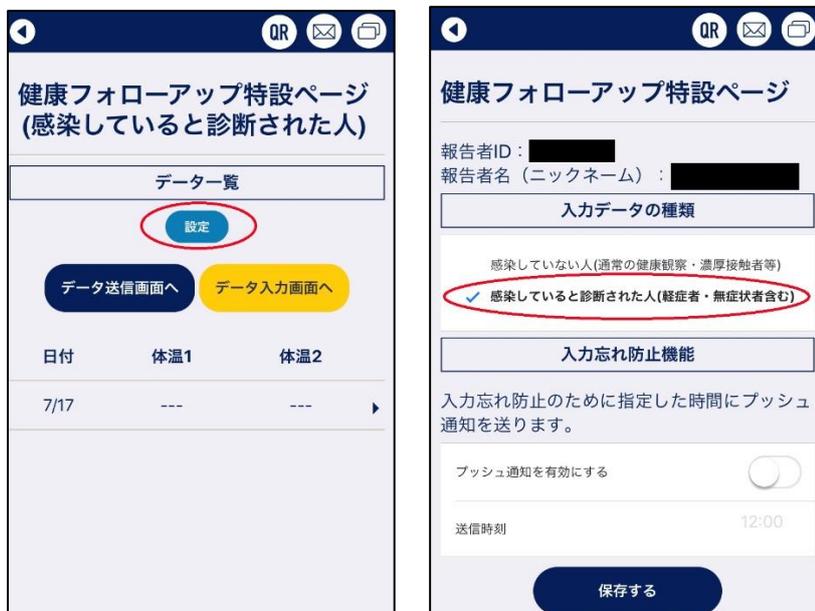
6. Open the "Health follow-up" page, and click on the "To data entry screen" button. Enter your health details for the day. If you are experiencing abnormalities in your sense of taste or smell, please indicate this in the "Details of other symptoms" field.
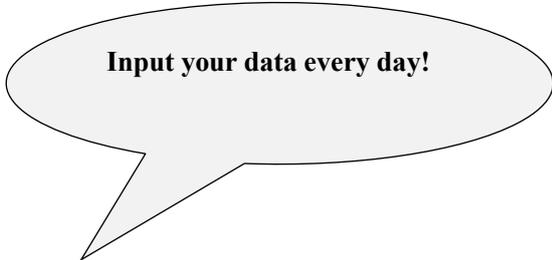
*The image on the right is the data input screen that appears when you select "Diagnosed with COVID-19."

7. **If you become infected with COVID-19 or have had close contact with an infected person, as needed, the university may request you to submit data from your files to allow confirmation of the progress of your condition.**

In this case, open the "Health follow-up" page and click on the "To data sending screen" button.

Input the email address "kenkon(at)m.kaiyodai.ac.jp" in order to send your data.

*When sending an email, please change "at" to @.

Any personal information provided will be used only to confirm details regarding the user's COVID-19 status.

【Contact details】

Student Support Division, the clerk for campus life

Email address: g-gaku(at)o.kaiyodai.ac.jp