

emocha Health[®]

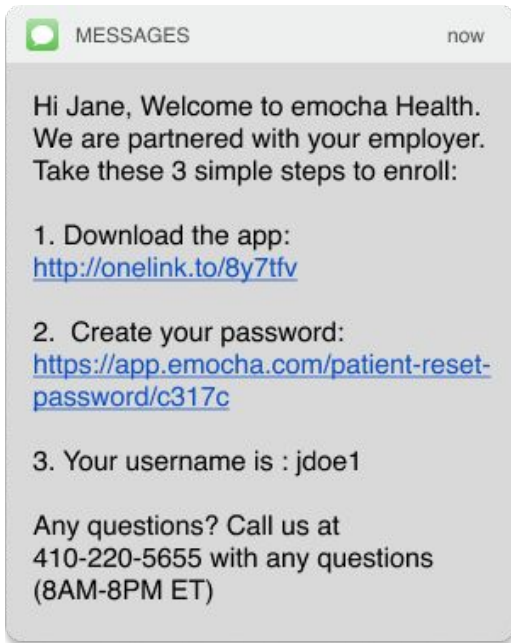
Employee Remote Monitoring Service
for Return-to-Work

User Guide

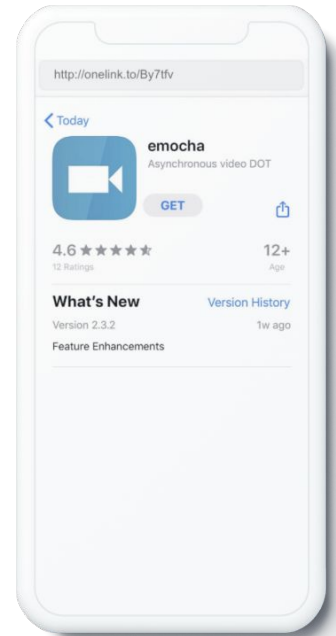


Getting Started

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

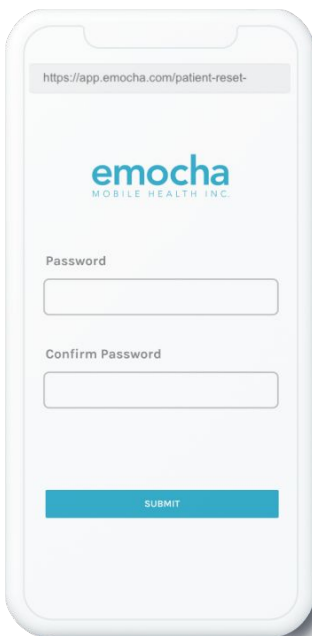


STEP 1 Download



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

STEP 2 Password Setup



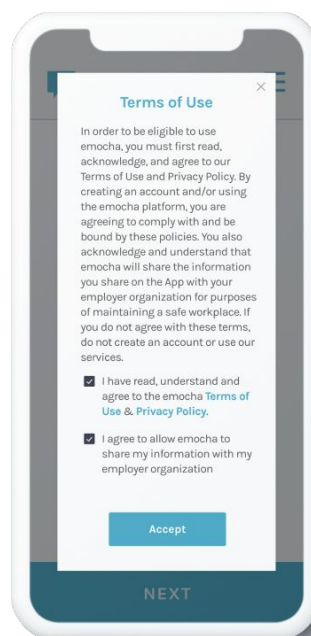
The second link in welcome text message will take you to a password setup page.

STEP 3 Log-in



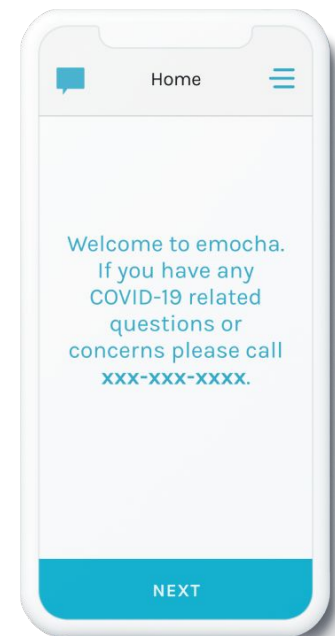
Open the emocha app and log in with assigned username from the text message and newly created password.

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.

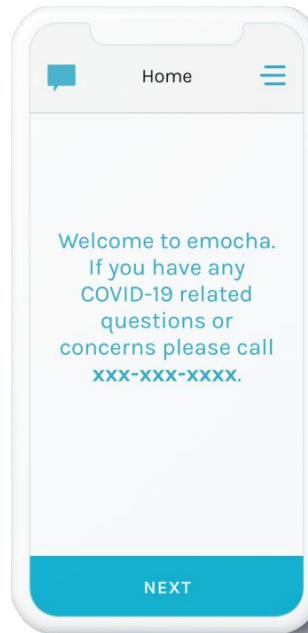
Daily Video Check-in* (Without symptoms)

Check in with emocha as recommended.

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

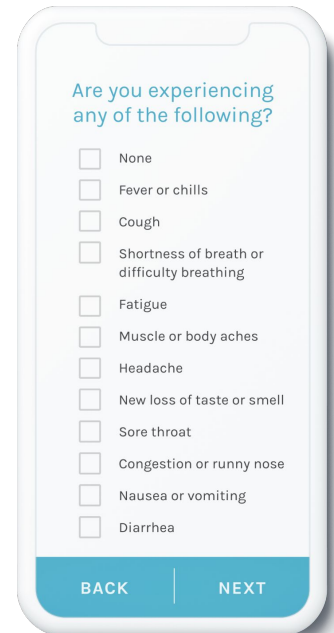
Record temperature reading. If you do not have a thermometer, you can skip this screen.

01 Home



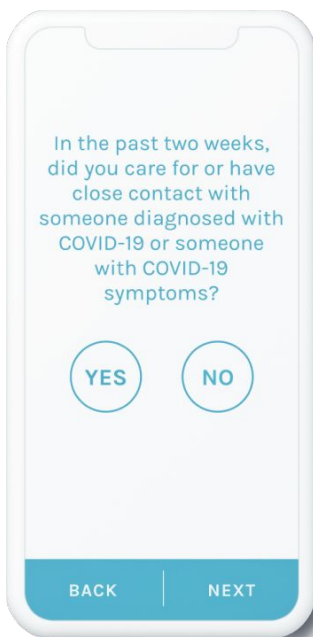
If ready to submit, tap "Next" to begin a submission.

02 Symptoms



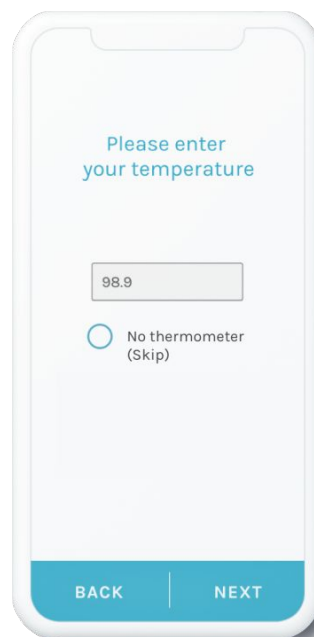
If experiencing no symptoms, select "None" and tap "Next".

03 Community Exposure



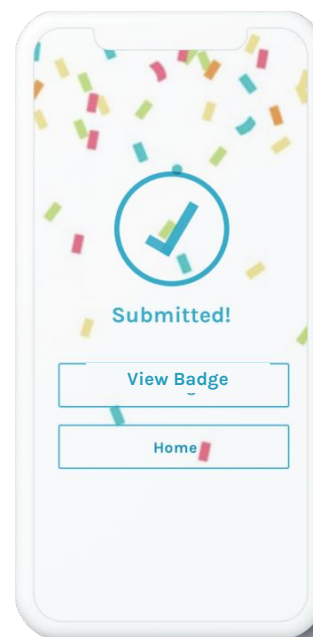
Answer the COVID-19 community exposure question.

04 Temperature



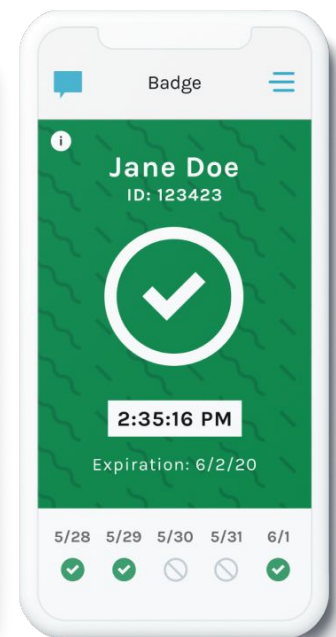
Input temperature reading if possible.

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.

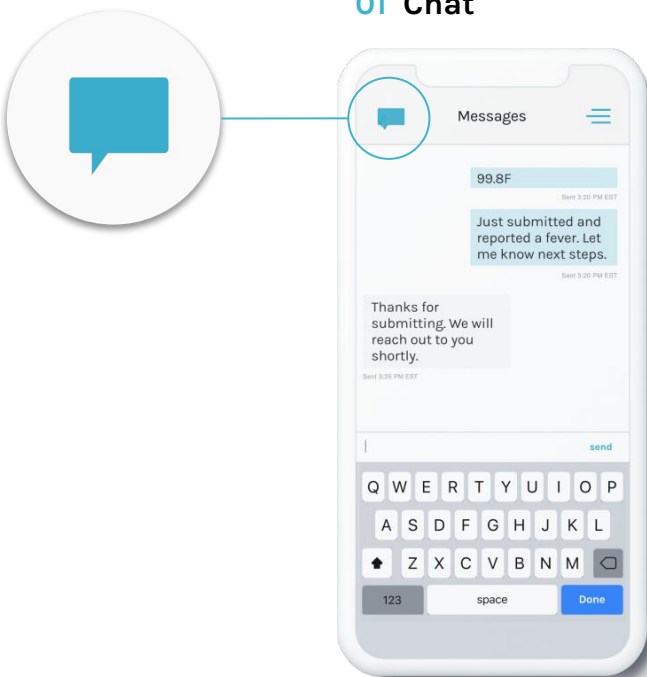
*Note: protocol may differ by entity.

Explore More Features

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

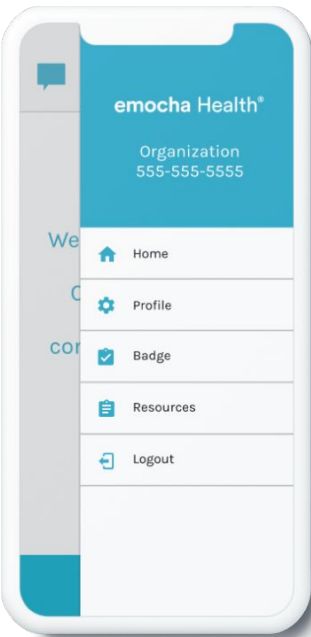
Check out “Menu” for additional tools. The “Progress” page will demonstrate how you are doing. You can customize several of these features on your “Profile” page.

01 Chat



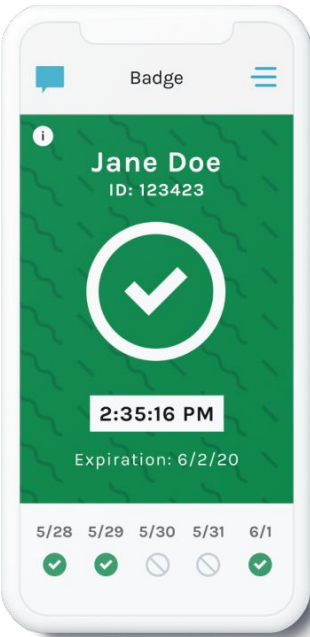
Tap on the chat icon, located on the top-left, to communicate with care team.

02 Menu



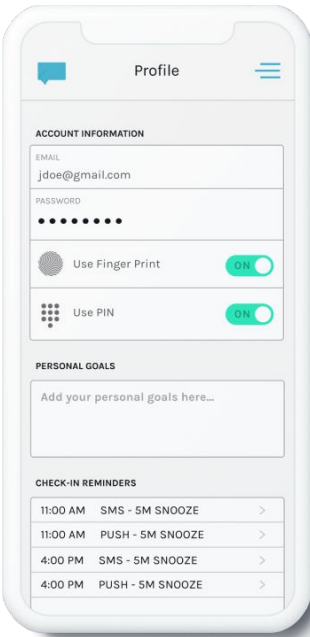
Tap on the three bars, located on the top-right, to access the main menu and explore more options.

03 Digital Badge



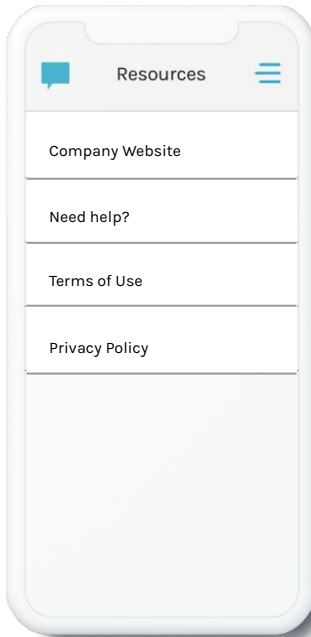
You will receive a digital badge to enable return-to-work decisions.

04 Profile



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

05 Resources

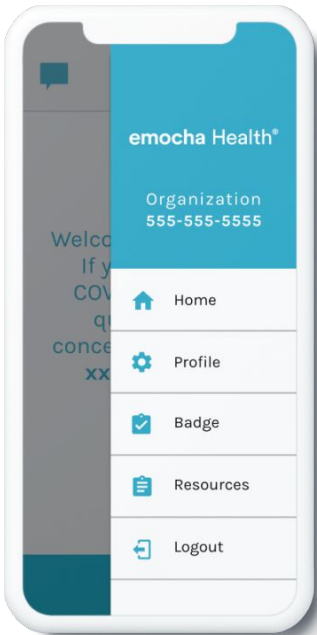


Access additional resources and links on the program in the “Resources” tab.

Digital Badge

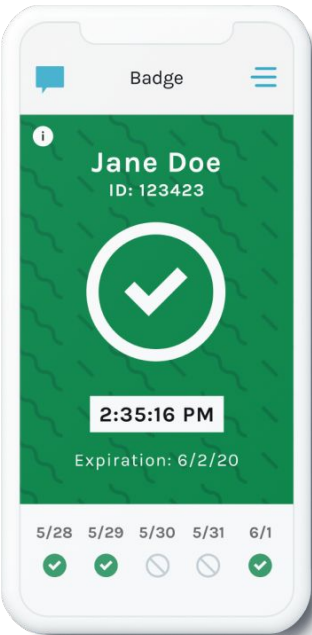
Color-coded digital badges communicate your return-to-work status. emocha allows employers to configure this badge logic.

Menu

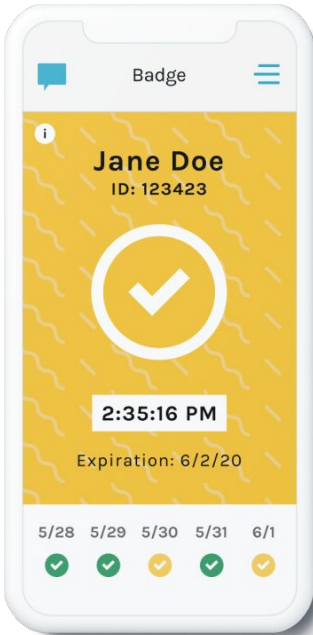


Tap on menu and tap “Badge” to see your badge status.

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[®]

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