

# DiaHero

## User Manual

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## Introduction

### The Saga of a Fox Cub Named Foxy



cure this disease. And this disease is insidious.

In one bright and beautiful forest lives a fox cub named Foxy. It has many friends, but there is one serious problem - Foxy suffers from diabetes. Foxy, of course, would gladly get rid of this disease. But it understands that for another 10 years, doctors will not learn how to completely

### Diabetes

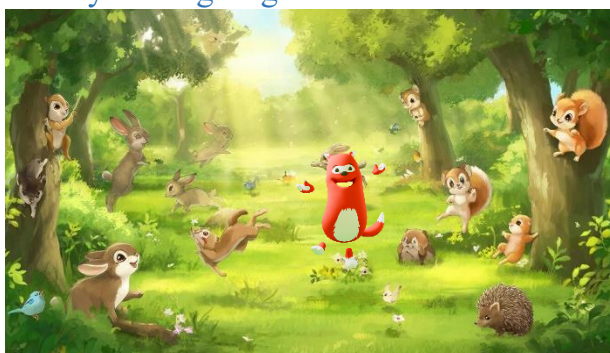


Diabetes is not too painful itself. But this metabolic disorder leads to great harm to health in the form of side effects. If you do not carefully follow the doctor's recommendations, do not measure blood sugar levels and do not administer the necessary doses of insulin in a timely manner, the disease gradually destroys the kidneys,

worsens the condition of the heart and blood vessels, and irreversibly impairs vision.

Fortunately, modern methods of controlling this disease - sugar sensors, insulin delivery systems, etc., along with proper nutrition and regular exercise - allow you to completely neutralize these side effects and live a full life.

### Foxy is a big fidget.



Foxy is still small. It is a fidget, and often, having played with friends or carried away by a cartoon, Foxy forgets that it needs to measure its blood sugar level, inject insulin before eating, or follow some other doctor's recommendations. And because of this, sometimes it feels bad.

### How can you help Foxy?



How to help Foxy? It's very simple, because it lives in your phone, and you can always see how it is doing, and sometimes Foxy asks for help - measure its sugar level, inject the dose of insulin recommended by the doctor, eat on time, exercise. Foxy is, in part, yourself. Therefore, you will help it by doing what it asks for on

yourself. And if you are attentive to its requests, then both Foxy and you will feel good.

### For the doctor and parents



This app aims to educate children to be mindful of their diabetes, motivation and habits to do the right things at the right time.

The application is completely anonymous, your child exists in the system only as a certain six-digit account number. We do not know child's name or contacts. Therefore, you can share any information

with the fox cub Foxy without fear.

## Installation guide (Android only for now)

### System requirements

There are no special requirements, but installation instructions for different Android versions may differ slightly from those described here. If you encounter any difficulties, please contact the hotline at [irojdest@diaheroes.com](mailto:irojdest@diaheroes.com) or [foxysupport@diaheroes.com](mailto:foxysupport@diaheroes.com).

### Installation process

#### User registration

1. It's preferable to register a user from the device where the app will be installed. If you register from a desktop, you'll need to transfer the app files to your smartphone when you download them (see the "Registering from a Desktop" section).
2. Using a browser (preferably Chrome), go to <https://xmasinnovation.online/foxy/>



Рис. 1. Выбор языка

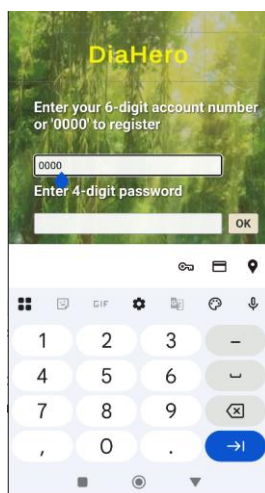


Рис. 2. Регистрация – новый пользователь.

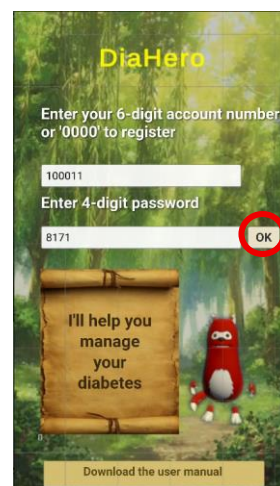


Рис. 3. Получение ID и пароля.

3. The language selection menu appears (see Fig. 2). Available languages are Russian, English, and Hebrew. Select English by clicking the corresponding button at the top of the screen.
4. Next, the registration window appears (Fig. 3). Enter "0000" to receive a six-digit user code and password. ATTENTION: Write down the user code and password for future use of the application.



Fig.4. Input registration form answers

Fig. 5. What happens if there are errors in form.

Fig.6. Last screen with app download buttons.

5. Answer all questions in the questionnaire (see Fig. 4). Note: mandatory questions are marked with an \*. When entering the time, be sure to select both hours and minutes. Click the "Submit" button. If the questionnaire is filled out incorrectly, the system will display an error message; click the "Back to questionnaire" button and correct the errors (Fig. 5). If the questionnaire is filled out correctly, a screen will appear prompting you to download the app (Fig. 6). Download the Foxy app.

### Foxy app installation

Foxy Button is a monitoring app that manages notifications for meals and blood glucose tests. When you launch FoxyButton, a moving fox icon appears on the screen, which starts screaming and blinking when each event is due.

Launch the downloaded application. When you click the button, a prompt will appear asking you to allow installation from this source. Allow the installation as required by the operating system (see Figures 7-10).

The operating system will request permission to download the application; grant it (see Figures 7-9).

1. The system will also require permission to download and install the auxiliary application FoxyButton. After installing it and granting it all the necessary permissions that the system requires, a floating icon of the Foxy fox will appear on the screen, and the installation of the main application will continue (see Fig. 10-14).

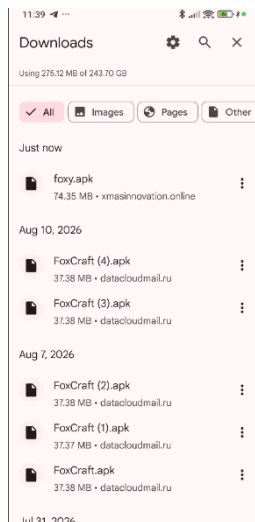


Fig.7. Installation process

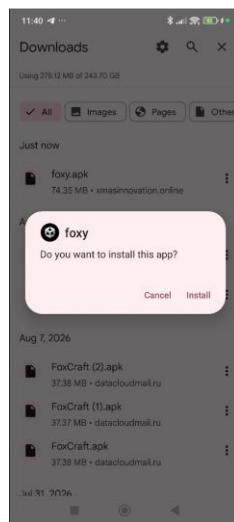


Fig.8. Installation process

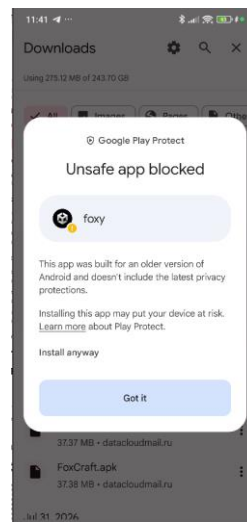


Fig.9. Installation process

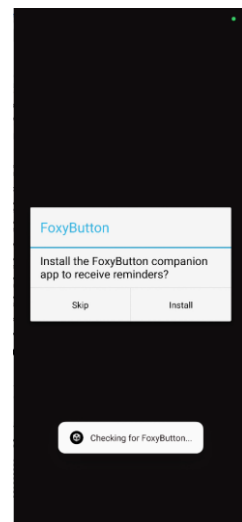


Fig.10. Installation process – request to install FoxyButton

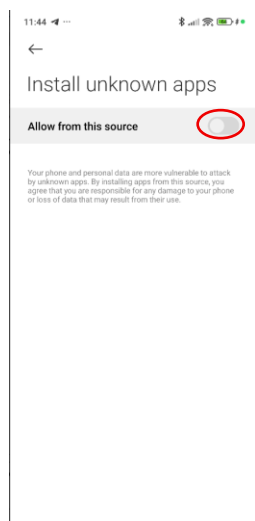


Fig.11. FoxyButton Installation process

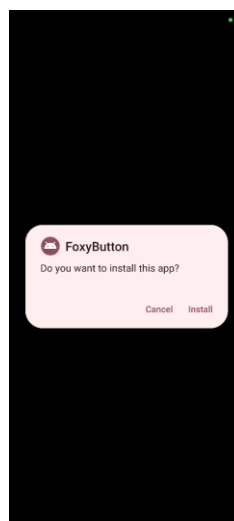


Fig.12. FoxyButton Installation process

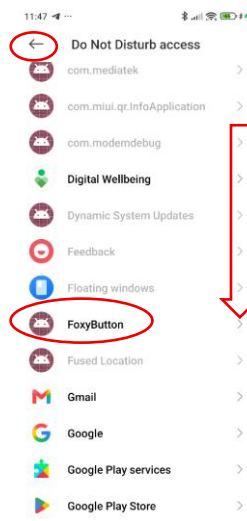


Fig.13. FoxyButton Installation process

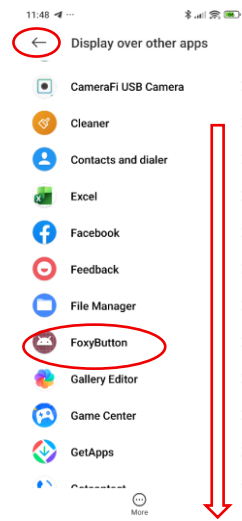


Fig.14. FoxyButton Installation process

2. Finally, after installation is complete, the system will ask you to select a language (the same one you used during registration) and enter the username and password you received and wrote down during registration (Figs. 15-19). After entering these, click "Continue" again, and the application will launch. You'll only need to enter your username and password once, the first time you launch the application on this phone. The system will remember your entry, and on subsequent launches, it will immediately return to the home screen.



Fig. 15. Continuing  
Foxy app installation

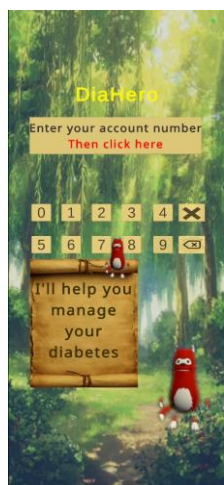


Fig. 16. Continuing  
Foxy app installation

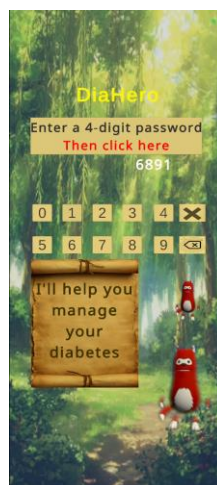


Fig. 17. Continuing Foxy  
app installation



Fig. 18. Foxy main working  
screen.

### Installation from a computer

1. Using a browser (preferably Chrome), go to <https://xmasinnovation.kg/foxy> and register.
2. When you click the "Download Foxy" button, the application will download to your computer as an APK file (on Windows, to the "Downloads" section, depending on your operating system language).
3. Now transfer this APK file to your smartphone using one of the following options.

#### Using USB data cable

1. Connect your smartphone to your computer using a data cable. By default, most cables you use to charge your smartphone can also transfer data. To transfer data, select the appropriate option from the menu that appears on the screen when you connect the cable. If the menu doesn't appear, your cable may be for charging only and should be replaced with a data cable.
2. Open File Explorer on your computer. If everything is connected correctly, you will see your smartphone as a drive. Click on it and go to the "Downloads"  $\square$  APK folder.
3. Drag the APK file you downloaded to your computer into this folder. Open File Explorer on your phone, go to this folder, and launch the apps. If prompted for installation permission, grant it.

#### Using messengers

If you have the desktop versions of WhatsApp and/or Telegram installed on your computer, you can send the downloaded APK file to yourself and open it in the messenger on your phone. If prompted, grant permission to install apps from this source.

Further steps are the same as when registering on Android.

#### Using cloud storage

If you have cloud storage access enabled on both your computer and smartphone (Yandex Disk, Google Drive), you can save the downloaded APK file to your computer and then open it from your smartphone. Once again, grant permission to install apps from this source.

Then proceed as you would with Android.



## How does the application work.

### Launching app

FoxyButton launches automatically. This app should always be running. A floating fox icon appears on the screen. Tapping the icon launches the main app.

***For correct functioning do not forget to turn on sound on your mobile device***

When you launch the app, it will blink for a while. This is normal, as Foxy needs time to read all the necessary information and prepare for the conversation..

### Background mode



If you tap the "Door" icon, or simply wait three minutes, Foxy will go into the background. The floating fox icon will reappear on your phone screen. The icon will stay on top of all other apps. When it's time to eat, sleep, or test your glucose, the icon will blink and beep. This means you need to tap the fox icon, and the app will be foregrounded.



### Working screen

On the screen, yellow icons correspond to upcoming scheduled events, while darkened icons represent missed events. The large clock face displays icons for the current 12-hour cycle (am or pm) closer to the edge, and icons for the next or previous 12-hour cycle closer to the center. The current time is measured by a light green section of the clock face. When the time of a scheduled event approaches, its icon begins to flash red.

### Talking to Foxy

Sometimes Foxy sounds a little strange, but that's understandable—it is just learning to speak English, but still thinks in fox language.

Parents need not worry: Foxy is well behaved, and will not engage in conversation if it deems the topic dangerous or age-inappropriate.

To start a conversation with Foxy, simply press and hold the microphone button while speaking. Foxy will hear and respond. Sometimes Foxy may speak up, inviting you to play games, creating a story together, or even asking questions. You can also ask him about anything—how the universe works, why an octopus has three hearts—basically, almost anything a child might be interested in. If a child is in a bad mood, Foxy will

sympathize, suggesting a conversation, or simply a quiet moment together. Basically, a simple friendly conversation.

Some lines do not require you to say them; simply press the corresponding button. Foxy interface buttons

| Button                                                                                                          | Usage                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Meal</b>                | “Let us have a meal”. When this button is pressed, Foxy schedules a meal and glucose measurements before and after, some time in advance. When Foxy asks what are you having, answer with verbal description, or a photo (see below).                                                                       |
| <br><b>Glucose measurement</b> | “Let us have measure our glucose”. When this button is pressed, Foxy starts the measurement routine. User verbally tells Foxy the glucose value when hinted, or takes a photo of glucose meter’s screen. (see below).                                                                                       |
| <br><b>Tale</b>              | “Tell me a tale”. Foxy starts telling tale, or suggests creating a tale together.                                                                                                                                                                                                                           |
| <br><b>Игры</b>              | “Let us play”. Foxy offers to play games – word games, city games, association games, and other.                                                                                                                                                                                                            |
| <br><b>Photo (camera)</b>    | Microphone. Press and hold button while speaking                                                                                                                                                                                                                                                            |
| <br><b>Photo (camera)</b>    | Takes a photo with the device's camera. It's used to transmit visual information to the fox—for example, a picture of the food the user is about to eat or a glucometer screen to read the reading. When pressed, the camera window opens and the "Shoot!" button appears. Clicking it completes the photo. |

| Button                                                                                                         | Usage                                                        |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <br><b>Shoot!</b>             | Shoot!                                                       |
| <br><b>Goodbye<br/>(Exit)</b> | Goodbye. Finishes conversation and takes Foxy to background. |

Instead of verbally describing food or glucometer readings, you can simply take a photo of the food or the glucometer screen, and Foxy will understand what it shows.

The fox needs time to think before responding, and while doing so, Foxy adopts a thoughtful expression. When the answer is ready, it is voiced (sometimes with a slight delay).

#### What can you talk about with Foxy?

Yes, practically anything. It knows a lot, can tell stories, or interesting things about the world around us, play simple games like "Cities." You can also suggest your favorite games, the main thing is to explain the rules well to the fox. Sometimes the fox will start telling you something – a story, some funny facts.

#### Conversation Topics

At first, the choice of topics will be rather random, but over time, Foxy will learn which topics interest you most and will mainly focus on those. But this is not necessary, you can ask him almost any questions.

#### Daily Routine

Foxy likes to have a daily routine, which includes mealtimes and concomitant glucose testing, waking up, and bedtime, adhered to as closely as possible. Sometimes, Foxy initiates a dialogue. This happens if the schedule includes a specific action—for example, it's time to eat or test your blood glucose. If the app is running in the background, the Foxy icon on the screen will blink and chirp. Tapping it in this case brings the app back to the foreground, press the dialogue button, and Foxy will promptly explain what needs to be done.

However, a daily routine isn't mandatory. You can ask Foxy to reschedule a meal or skip one. It's only important to follow his instructions about when to test your glucose before and after meals.

#### Need a snack

If you're about to eat and feed Foxy, you need to tell Foxy or press the appropriate button. You can also tell him what you're about to eat. The fox knows a lot about different foods, and can suggest some additions that will make your meal more balanced and “healthy.”

### Foxy's health

As you have already figured out, the fox suffers from diabetes. His health depends on how much attention you pay to him and how well you care for him, maintaining a daily routine and performing all necessary procedures.

To ensure Foxy's health doesn't deteriorate, follow a few simple rules:

1. Pay close attention to messages when the fox's floating icon starts blinking and calling for help. If you're busy with something else important at the moment, be sure to click the icon as soon as you're free. Don't linger too long.
2. Try to adhere to the meal schedule, glucose monitoring, and the entire daily routine you provided in your survey responses.
3. Before eating, try not only to verbally describe what you and Foxy are about to eat, but also take a photo of your portion.
4. Before or after meals, after Foxy's hint, be sure to measure your blood glucose level and, for best results, take photos of the meter readings so the value, units of measurement, and time of measurement are visible.
5. In general, try to talk to the fox often about various topics that interest you, engage in games, tales and just chitchat . We are sure Foxy has a lot to tell you. Try to simply talk to Foxy at least once an hour.

Good health to you and Foxy!