
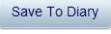
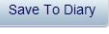

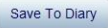


## How can I edit an entry? I made a mistake and I need to make a change.

1. Go to **My Diary**.
2. Select the date.
  - **For a change today:** Click the  button or in today's space in the diary. Make the change and click  .
  - **For another date that you see on the page:** Click in that date's space. Make the change and click  .
  - **For a date that you don't see on the page:** Select the date you want from the dropdown menu above the diary and click  . When the page refreshes and the diary re-appears, click on the date you are looking for. Make your edit and click  .

## My Reminders

Reminders are tools that you can use to remember when to take a medicine, that you have a doctor appointment, when to get your prescription for medicines refilled, or to remind you of anything else you need a reminder for (like a reminder to make a diary entry). The two (2) types of reminders are Emails and Text Messages. You can have your reminders sent one or both ways to remind you.

### Setting up Reminder Methods

To setup the way you prefer to receive your reminder(s), either click on [click here](#) or [edit](#) next to the way you would like to be reminded. (See Figure 50.) If you would like to be reminded by both email and text message, be sure to repeat this process to setup the method you haven't setup yet.



Figure 50. Selecting the way you want to be reminded to set it up.

## Email

### How do I setup an email reminder?

1. Enter your time zone from the drop-down menu.
2. Enter your email address.
3. Click the **Save** button



Figure 51. Setting up your email reminder.

You should then receive a validation email in your e-mailbox. Be sure to click on the link to confirm your email address with the system. It will look like the picture below until confirmed.

<b>Reminder Preferences</b>	<b>Medicine Reminders</b>	<b>Additional Reminders</b>	
<b>Reminders Methods</b>			
<input type="checkbox"/> <b>Email</b>	webmaster@epilepsytherapyproject.org (Not yet confirmed.)	<a href="#">edit</a>	Not Active
<input type="checkbox"/> <b>Text Message</b>	<a href="#">click here to set-up your cellphone number.</a>	<a href="#">edit</a>	Not Active

Figure 52. Email setup but the email address not confirmed.

When you receive your validation email, come back here and click on [confirmed](#) to enter the validation code. Then click the **GO** button. You should be taken back to the Reminder Preferences page and it should look like the picture below with the checkbox next to **Email** checked and the far right status saying **Active**.

<b>Reminder Preferences</b>	<b>Medicine Reminders</b>	<b>Additional Reminders</b>	
<b>Reminders Methods</b>			
<input checked="" type="checkbox"/> <b>Email</b>	karen@epilepsytherapyproject.org	<a href="#">edit</a>	Active
<input type="checkbox"/> <b>Text Message</b>	<a href="#">click here to set-up your cellphone number.</a>	<a href="#">edit</a>	Not Active

Figure 53. View of a confirmed email address that has been activated.

### I didn't receive a confirmation email. What do I do?

Go to **My Reminders**. The **Reminder Preferences** tab should be highlighted. Click on [edit](#) at the end of the Email line. The Email setup page will open up. Click on the Send Validation Code button. When the email arrives, enter the code and click the Go button just like in the figure below.

**Confirm your email address**

karen@epilepsytherapyproject.org  
 You MUST enter the validation code that was sent to your email address for email reminders to work.  
 If you did not receive a validation code at the email address you entered, please check your junk mail and make sure that you add noreply@epilepsy.com to your allowed emails.  
 You can click the "Send Validation Code Again" button to have the code resent to your email address.

▶ Code:

Figure 54. What you see after you click on the Send Validation Code Again button.

## How do I change or turn off an email reminder?

### To turn off ALL email reminders:

1. Go to **My Reminders**.
2. Under the **Reminders Preferences tab**, uncheck the checkbox next to Email. If you wait a moment, you will see the status at the far right change from **Active** to **Not Active**.

### To turn off a specific reminder:

1. Go to **My Reminders**
2. Select the **Medicine Reminders tab** or **Additional Reminders tab** (whichever holds the reminder you want to turn off)
3. Uncheck the checkbox next to the Reminder you wish to turn off. (You may have to click [edit](#) first for medicine reminders.)
4. Click the **Save** button

## Text Messages

**IMPORTANT:** Cellphone reminders are text messages (also known as SMS) that will be sent to your cell phone. **This service is currently available only to our users in the United States and Canada.** Please note that your cellular service provider may charge you for receiving text messages. Therefore, please be sure to contact them to ask for a text message option with your service plan that can handle the number of text messages anticipated when you use this reminder service..

To setup the way you prefer to receive your reminder(s), either click on [click here](#) or [edit](#) next to the way you would like to be reminded. (See Figure 55.) If you would like to be reminded by both email and text message, be sure to repeat this process to setup the method you haven't setup yet.



Figure 55. Selecting the way you want to be reminded to set it up.

How do I setup a text reminder?

1. Enter your time zone from the drop-down menu.
2. Enter your cell phone number.
3. Enter your cell phone provider.
4. Click the Save button.

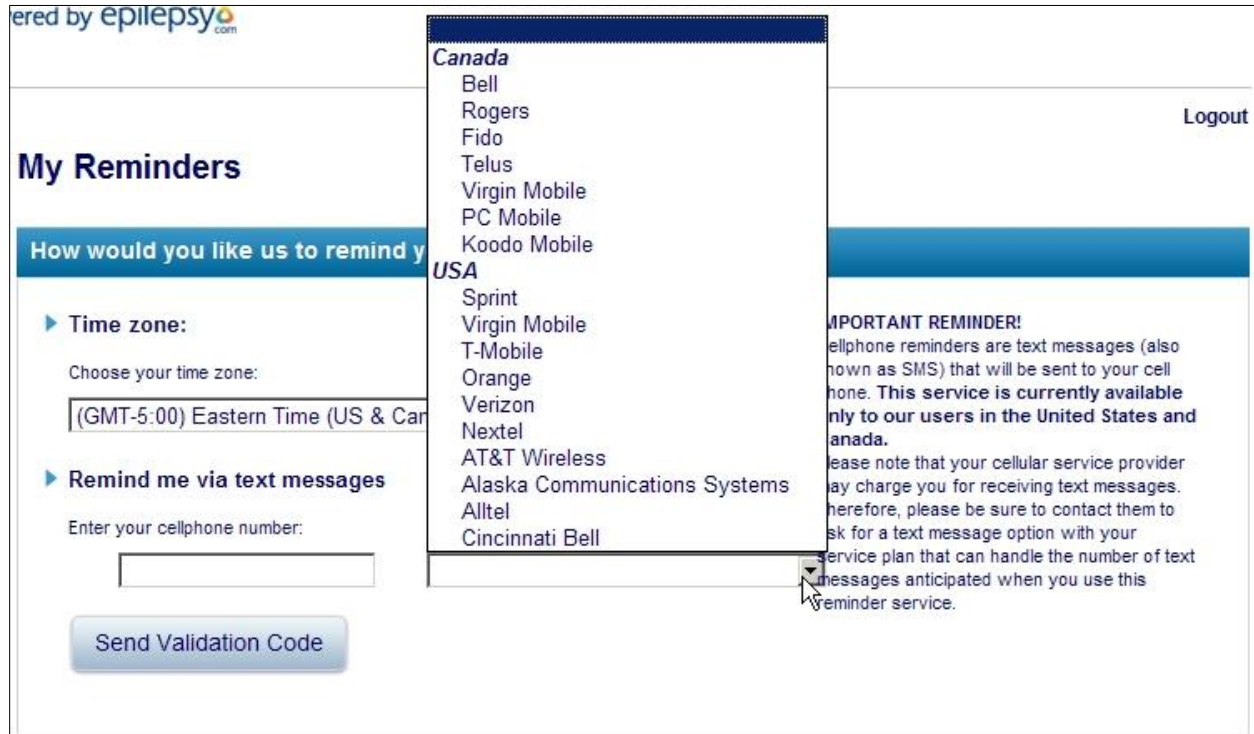


Figure 56. Setting up the text messages.

You should then receive a validation text message on your cell phone. When you do, go back to My Reminders and the Reminders Preferences should look like this:

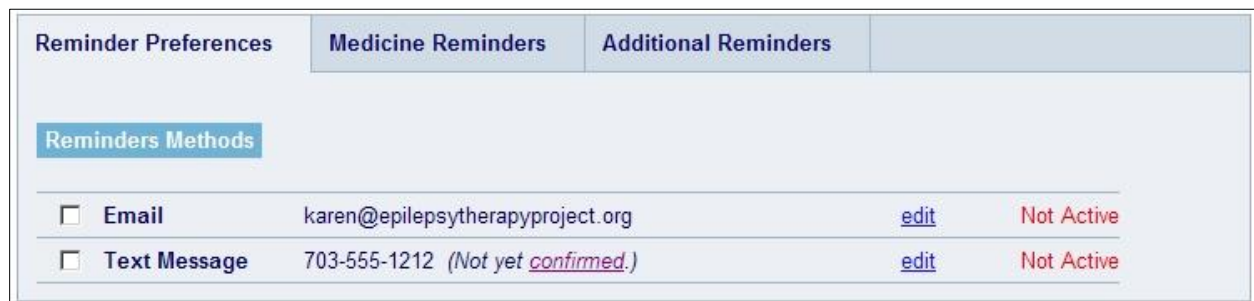
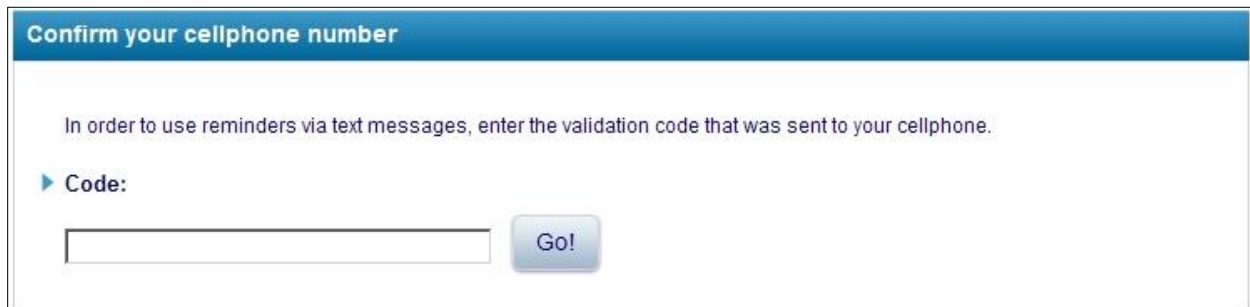


Figure 57. Waiting for text confirmation.

Be sure to click on the [confirmed](#) link to confirm your email address with the system. It will look like the picture below. Enter the code from your cell phone into the text box and click the Go button.



**Confirm your cellphone number**

In order to use reminders via text messages, enter the validation code that was sent to your cellphone.

▶ Code:

Figure 58. Confirming your text message reminder.

Make sure that the checkboxes next to the type of reminder you wish to receive are checked.



Reminder Preferences		Medicine Reminders	Additional Reminders
<b>Reminders Methods</b>			
<input checked="" type="checkbox"/>	Email	karen@epilepsytherapyproject.org	<a href="#">edit</a> Active
<input checked="" type="checkbox"/>	Text Message	<input type="text" value="your phone # here"/>	<a href="#">edit</a> Active

Figure 59. What your Reminder Preferences will look like after they are setup and turned on.

## How do I turn off a text message reminder?

To turn off all email reminders or all text message reminders:

1. Go to **My Reminders**
2. On the **Reminder Preferences tab** uncheck the box next to Text Message

If you wait a moment, the status at the right will change from Active to Not Active. The reminder is turned off.

**To turn off a specific reminder:**

1. Go to **My Reminders**
2. Select the **Medicine Reminders tab** or **Additional Reminders tab** (whichever holds the reminder you want to turn off)

3. Uncheck the checkbox next to the Reminder you wish to turn off. (You may have to click [edit](#) first for medicine reminders.)
4. Click the **Save** button

## How do I change a text message reminder?

### To change the phone number:

1. Go to **My Reminders**
2. In the **Reminder Preferences tab** click edit to the right of your phone number.
3. On the next page change your cell phone number. If necessary, change your provider also from the drop down menu.
4. Click the **Send Validation Code** button
5. When you receive the new validation code, enter it in the Code textbox
6. Click the **GO** button

Your phone number has now been changed.

### To change the time of a medicine reminder(s):

1. Go to **My Reminders**
2. Go to the **Medicine Reminders tab**
3. On the line of the medicine you want to change click on the [edit](#) link
4. Change the reminder time
5. Click the **Save** button at the bottom of the page

### To change the time of any reminder that is not a medicine:

1. Go to My Reminders
2. Go to the **Additional Reminders tab**
3. On the line of the reminder that you want to change click on the [edit](#) link
4. Change the reminder time
5. Click the **Save** button at the bottom of the page

The reminder has now been updated.

## Medicine Reminders

Medicine Reminders are for any Seizure Medicines, Non-seizure Medicines, Occasional Medicines or Vitamins/Supplements that you have entered into your profile (under **About Me > My Medicines**).

**IMPORTANT:** If you have not entered information into the **About Me > My Medicines tab** you will be taken to this area to add your medicine and then you will be able to setup a medicine reminder here.

### How do I add a medicine reminder?

If you have not entered any medicines into your profile:

1. Go to My Reminders
2. Click on the [Click here](#) text link to open the next page

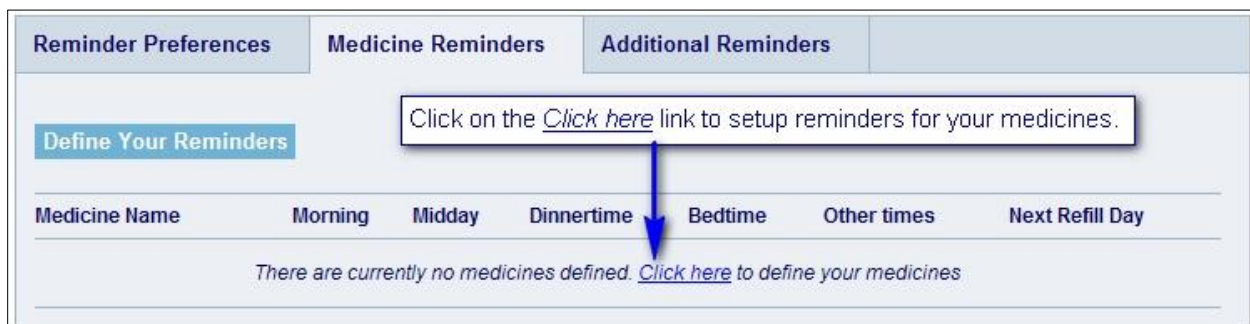


Figure 60. Add a Medicine Reminder by clicking on the text link.

You will be taken back to your Profile to add some medicines or vitamins/supplements for reminders to be set for. *Once you have done this then follow the directions for if you have medicines in your profile.*

If you have medicines in your profile:

1. Go to **My Reminders**
2. Go to **Medicine Reminders tab**
3. You will see a list of all the medicines/vitamins/supplements in your profile. Click on [edit](#) for the one you want to set a reminder for.
4. Select the checkbox next to what you want to be reminded about. (See Figure 61 below.)
5. Click the **Save** button

Your reminder is set. Repeat this process for each medicine you want to receive a reminder for.

**Edit Reminder for vigabatrin 500mg**

This reminder will remind you to take your pills according to details you've entered for *vigabatrin 500mg*.  
In order to edit your medicine information go to **About Me** section or [click here](#).  
Attention: You cannot set a reminder for a time when you dont take any pills.

**Next Refill Date** Check this box if you want to be reminded to refill this medicine. If you select this, be sure to enter a refill date and how often you refill.

October 17 2009

**Refill Every**  
30 days

**Morning Reminder** Check one of these boxes and select a time from the drop down menu that you would like to receive a reminder about.  
1 pill each day  
07:30 AM

**MidDay Time Reminder**  
12:30 PM

**Dinner Time Reminder**  
6:00 PM

**BedTime Reminder** If the time you would like to set for the reminder is grayed out, it is because when you entered this medicine in your profile, you did not say you took the medicine at this time of the day.  
1 pill each day  
9:30 PM

**Additional Reminder** You can click the [click here](#) text link at the top of the page to take you to this medicine to modify the times you take it if you need to.  
02:00 AM

Figure 62. What to click to setup a medicine reminder.

Your **Medicine Reminders** tab will now show your reminder(s) that are set.

Reminder Preferences	Medicine Reminders	Additional Reminders					
<b>Define Your Reminders</b>							
Medicine Name	Morning	Midday	Dinnertime	Bedtime	Other times	Next Refill Day	
Vigabatrin 500mg	10:00 AM	-	-	-	-	-	<a href="#">edit</a>
Claritin-d 5mg	-	-	-	-	-	-	<a href="#">edit</a>
Acidopholus 30mg	-	-	-	-	-	-	<a href="#">edit</a>

Figure 63. What a reminder looks like after being setup.

## How do I change my reminder(s)?

1. Go to **My Reminders**
2. Go to **Medicine Reminders tab**
3. Just click on the text link that says [edit](#) to the right of the medicine that you wish to change (See Figure 63.)
4. The reminder setup page will come up. Make any changes you wish to make.
  - a. Uncheck the reminder box to delete the reminder
  - b. Change the time to change the reminder
5. Click the **Save** button

Your reminder has now been changed.

## Other Reminders

Other Reminders can be used to send yourself a reminder to use your diary, that you have a doctor's appointment, or for any other kind of reminder. It is very flexible and can be used in a way to best help you.

**NOTE:** The "Remind me to use the diary" if you haven't made an entry in 14 days is setup by default. If you don't have email or text reminders turned on you will not receive this. If you turn them on, this one is already enabled. You can change it by following the instructions for how to change a reminder that follow how to add a reminder.

## How do I add a reminder?

1. Go to **My Reminders**
2. Click on the **Additional Reminders tab**
3. Click on the [click here](#) text link to open the next page

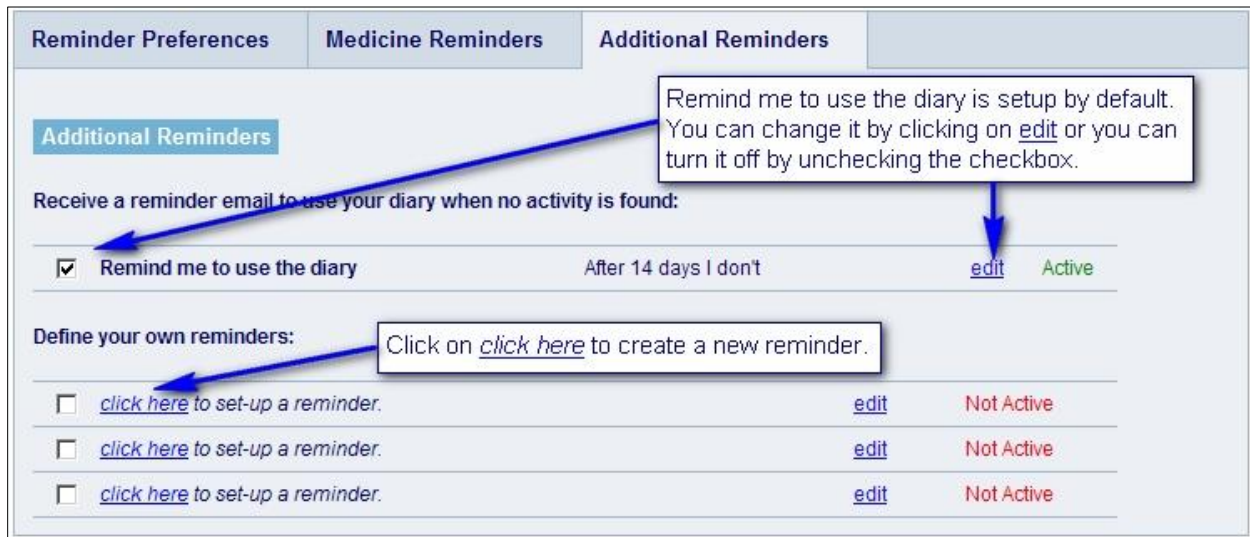


Figure 64. Setting up Additional Reminders

4. Fill in the information about the reminder like in the image below.

The screenshot shows the 'Edit Reminder' form. It has a blue header with the text 'Edit Reminder'. Below the header, there are four sections: 'Reminder Name' with a text input field and a callout box saying 'Give your reminder a name.'; 'Text to be sent' with a large text area and a callout box saying 'Enter here what the reminder message should say.'; 'Date' with three dropdown menus showing 'September', '29', and '2009', and a callout box saying 'Don't forget to select the date and time you want to receive the reminder message.'; and 'Time' with a dropdown menu showing '1:00 PM'.

Figure 65. Filling out the reminder information

5. Click the **Save** button.  
Your reminder is set. Repeat this process for each reminder you want to receive.

## How do I change my reminder(s)?

1. Go to **My Reminders**
2. Go to **Additional Reminders tab**
3. Uncheck the checkbox next to a reminder if you want to stop it.  
OR  
Click [edit](#) if you want to make a change to it.



The screenshot shows the 'Additional Reminders' section of the user interface. It has a header with four tabs: 'Reminder Preferences', 'Medicine Reminders', 'Additional Reminders', and an unlabeled tab. Below the tabs is a blue header for 'Additional Reminders'. The main content area is titled 'Receive a reminder email to use your diary when no activity is found:'. It contains a list of reminders, each with a checkbox, a description, a date, an 'edit' link, and a status indicator.

Checkbox	Reminder Description	Date	Edit Link	Status
<input checked="" type="checkbox"/>	Remind me to use the diary	After 14 days I don't	<a href="#">edit</a>	Active
<b>Define your own reminders:</b>				
<input checked="" type="checkbox"/>	Dr. Appt - 29 Sep 2009, 1:00 PM		<a href="#">edit</a>	Active
<input type="checkbox"/>	<a href="#">click here</a> to set-up a reminder.		<a href="#">edit</a>	Not Active
<input type="checkbox"/>	<a href="#">click here</a> to set-up a reminder.		<a href="#">edit</a>	Not Active

Figure 66 Listing of non-medicine reminders

4. Make the changes
5. Click the **Save** button

The reminder has been changed.