

# Sela

## HOW TO USE THE APP

Your complete guide to getting organized as a caregiver.

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## 1. Getting Started

### Step 1 — Open Sela

Go to **getsela.app** in any browser — Chrome, Safari, Firefox, or Edge. Click **Open App** and enter your access code. No download required. No account needed.

### Step 2 — Complete Your Caregiver Profile

Enter your name and phone number. Your phone number is used for SMS medication reminders (coming soon). You can update this anytime from the Settings section.

### Step 3 — Add Your First Patient

Enter the patient's name, date of birth, blood type, and any known conditions. Add an emergency contact and insurance information if you have it. You can always fill these in later.

*Tip: You can manage multiple patients. Add each person separately and switch between them instantly from the home screen.*

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## 2. Medications

### Step 1 — Add a Medication

Go to **Medications** from the home screen. Tap **Add Medication** and fill in the medication name, dosage, frequency, prescribing doctor, pharmacy, and refill date.

### Step 2 — Track Refills

Sela automatically flags refills due within 14 days (amber) or 7 days (red). Check the Medications section regularly to stay ahead of refills.

### Step 3 — Add Allergies

Scroll to the Allergies section within Medications. Add each allergy with its severity level. Severe allergies display a prominent banner on the home screen so they're never missed.

*Tip: Deactivate a medication instead of deleting it — this preserves the history while removing it from the active schedule.*

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## 3. Daily Schedule

### Step 1 — Generate Your Schedule

Go to **Schedule** and tap **Generate Schedule**. Sela reads your active medications and builds a full daily dose schedule automatically, organized by time of day.

## Step 2 — Mark Doses as Taken

Tap the checkmark next to any dose to mark it taken. This logs the dose to the Care Journal automatically with a timestamp — no manual journaling needed.

## Step 3 — Track Your Progress

The progress bar at the top of the Schedule shows how many of today's doses are complete. The home screen also shows this at a glance under Today's Doses.

*Tip: If you add a new medication, tap Regenerate Schedule to update the day's schedule.*

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## 4. Vitals

### Step 1 — Log a Reading

Go to **Vitals** and select the type: Blood Pressure, Blood Sugar, Weight, or Oxygen (SpO2). Enter the reading and tap Save. Each entry is timestamped automatically.

### Step 2 — Read the Status Indicators

Each reading displays a color-coded status: Normal, Elevated, High, or Crisis for blood pressure; Normal, Pre-diabetic, or High for blood sugar; and similar for SpO2. These are based on standard clinical ranges.

### Step 3 — Review Trends

Each vital type shows a sparkline trend chart of recent readings. This makes it easy to spot patterns and share a visual history with a doctor at appointments.

*Tip: Sela is not a medical device. Always share readings with a qualified healthcare provider for interpretation.*

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## 5. Pain Tracking

### Step 1 — Log a Pain Episode

Go to **Pain** and tap **Log Episode**. Rate the pain level (1-10), select the location and type, note any triggers, and record what provided relief. Add a mood rating if helpful.

### Step 2 — View Trends

The Trends view shows a 14-entry line chart of pain levels over time. Common triggers are analyzed and surfaced automatically so you can see patterns across entries.

### Step 3 — Use AI Analysis

Tap **AI Analysis** to get a plain-language summary of pain patterns, common triggers, and observations. This is useful to share with a pain specialist or primary care doctor.

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## 6. Appointments

### Step 1 — Add an Appointment

Go to **Appointments** and tap **Add Appointment**. Enter the doctor's name, specialty, location, date, and any notes you want to remember.

## Step 2 — Track Past Visits

Appointments automatically move to the Visited section after their date passes. This gives you a running history of all care visits organized by date.

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## 7. Care Journal

### Step 1 — Write a Note

Go to **Journal** and tap **New Entry**. Write anything — observations, questions for the doctor, how the patient is feeling. Dose logs from the Schedule are added here automatically.

### Step 2 — Generate an AI Summary

Tap **AI Summary** to get a clean, organized summary of your recent journal entries. This is useful to bring to doctor appointments in place of raw notes.

*Tip: The more consistently you log, the more useful the AI summary becomes. Even brief daily notes make a significant difference.*

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## 8. Your Data & Privacy

All data you enter in Sela is stored only on your device using your browser's local storage. Nothing is sent to a server. Nothing is shared. Nothing is archived anywhere outside your device.

**Important:** Clearing your browser data or switching to a different browser will result in data loss. Always use the same browser on the same device. Cloud backup is coming in the Plus plan.

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Questions? Contact us at [hello@getsela.app](mailto:hello@getsela.app) or visit [getsela.app/support](https://getsela.app/support)

*Sela is an organizational tool, not a medical device. Always consult a healthcare provider for medical decisions.*