

MamaLift Mobile Application

User Manual

Aim & Audience

This user manual is designed for new users of the MamaLift mobile application (app). It will explain how to use features such as the Daily Playlist, Daily Learning, Trackers, Resources, and the Points system. You will find step-by-step instructions on how to use each of these features to support your understanding of the MamaLift mobile platform.

SECTION A: DAILY PLAYLIST

The Daily Playlist is the “homepage” of the mobile application. When you open the mobile application, you will see several features on the Daily Playlist. These features include your Daily Learning, Mood Tracker, Sleep Tracker, Activity Tracker, and Points. We will

discuss each of these features in greater detail below.

Part 1: Daily Playlist

1. The first time that you log into your MamaLift mobile app, you will watch a short introductory video. Once you've finished watching this video, click on the 'x' in the top right-hand corner of your screen.
2. You will be directed to the Daily Playlist. The Daily Playlist is the homepage of the MamaLift mobile app. You can think of it as a hub where you can access all the key features of the device, such as Daily Learning and Trackers.

Part 2: Daily Learning

1. There is a large square-shaped button in your Daily Playlist that reads, "Daily Learning." Your Daily Learning contains your lesson for the day. Click on this square and try to spend 10-15 minutes per day reading through the lesson, watching the videos, listening to the audio, and

completing the activities in your Daily Learning lesson.

2. Your Daily Learning lesson is divided into “cards.” You can view the number of cards in the top right corner of your Daily Learning, next to the progress bar. The number on top indicates the number of the card that you are currently on. The number of cards that are recommended for you to read that day. As you progress through your cards, the circular icon on the progress bar

will move towards the right, and the numerator of the fraction will increase. Once you have reached the end of the cards, you will receive a pop-up notification that lets you know that new cards will be shared with you the following day.

3. You can give a like, comment, or rating on any card that has a comment bar or heart at the bottom of the screen.
4. Once you’re finished giving a like, comment, and rating, click on the arrow in the top left-hand corner of your screen to return to the Daily Playlist.
5. If you forget to complete your Daily Learning for

one or more days, you can catch-up on two days of Daily Learning cards the next time you visit the Daily Learning section.

Part 3: Sleep Tracker

1. Click on the Sleep Tracker underneath Daily Learning on the Daily Playlist. You will be directed to a screen that asks you three questions.
2. The first question will ask you how much you slept today including naps. Use the drop-down menus to select the number of hours and minutes of sleep that you had today.
3. The second question asks you how well you slept on a scale of 1-10. Selecting a “1” means that you did not sleep well at all. Selecting a “10” means that you slept very well. Use the sliding bar to indicate your response.
4. The third question asks you how energetic you feel on a scale of 1-10. Selecting a “1” means that you feel very unenergetic. Selecting a “10” means that you feel very energetic. Use the sliding bar to indicate your response. When you are done,

- click “add tracking.”
5. Once you’re done entering your sleep, click on the arrow in the top left-hand corner of your screen to return to the Daily Playlist.
 6. You can enter your sleep several times a day.
 7. If you forget to complete your Sleep Tracker, you can visit it the next day and enter your sleep data for the prior day.

Part 4: Activity Tracker

1. Click on the Activity Tracker underneath the Sleep Tracker on the Daily Playlist. You will be directed to a screen that asks you what you have been up to today. Select all the pleasant activities that you have engaged in today.
2. You can add an activity not already listed by clicking on the “Add Activity” button. When you click on this button, you will be directed to a search bar where you can search for the activity that you want to add. Once you’ve found it, click save to add it to the list of other activities.

3. Click on the Daily Activities tab at the top of the screen. You will be directed to a screen where you can select the activities of daily living that you engaged in today. When you're done, click "save."
4. Once you're done selecting your activities, click on the arrow in the top left-hand corner of the screen to return to the Daily Playlist.
5. You can enter activities several times a day.

Part 5: Mood Tracker

1. Click on the Mood Tracker underneath Daily Learning on the Daily Playlist. You will be directed to a screen that asks you for your mood. Click on the face that best describes your mood.
2. Once you have selected the face that best describes your mood, click "next." You will be directed to a page where you can view trends in your mood.
3. Once you're done viewing trends in your mood, click on the arrow in the top left-hand corner of your screen to return to the Daily Playlist.

4. You can enter your mood several times a day.

Part 6: Points

You can earn up to 500 points per day by completing activities in your MamaLift mobile app! You will earn 200 points for completing your Daily Learning, 100 points for completing your Sleep Tracker, 100 points for completing your Activity Tracker, and 100 points for completing your Mood Tracker.

1. Click on “Points” underneath the mood tracker on your daily playlist.
2. You will be directed to a screen where you can view your point totals. Navigate to the “Daily” tab to view your daily point totals, to the “Weekly” tab to view your weekly point totals, and the “Monthly” tab to view your monthly point totals.
3. If you forgot to complete your daily learning or sleep tracker, you can always recover a portion of the missed points! When you visit the daily learning section, you will be able to view two days of Daily Learning lessons. You will earn 600

points for completing both days. When you visit the sleep tracker, you can input your sleep information for yesterday and today. You will earn 150 points for completing both days of sleep trackers.

4. You can return to the Daily Playlist at any time by clicking on the white arrow in the top left corner of your screen.

SECTION B: RESOURCES

Your MamaLift mobile application offers a Resource List that contains several useful features that will enhance your experience with the program. These will include Assessments, Care Team, Journal, My Learnings, Report, Schedule, and Care Concerns. Navigate to the Resource List by clicking on the icon of three dots in the white bar at the bottom of your screen. You can return to the Daily Playlist at any time by clicking on the home icon in the white bar at the bottom of the screen. Please be aware that not all features are currently available in the Resource List.

Part 1: Assessments

Note: Assessments are currently unavailable.

Part 2: Care Team

Note: Care team is currently unavailable.

Part 3: Journal

Note: Journal is currently unavailable.

Part 4: My Learning

1. Click on the My Learning bar in your Resource List. You will be directed to a screen where you can re-visit lessons that you previously covered in the Daily Learning section. Select the week and day associated with the lesson you would like to see and click “Proceed.” Read through the lesson, watch the videos, listen to the audio, and complete the activities in this section.
2. When you are done re- visiting this lesson, click

twice on the arrow in the top left-hand corner of

your screen to return to the Resource List.

Part 5: Report

1. Click on the Report bar in your Resource List. You will be directed to a screen where you can view trends in your sleep, mood, activities, and point earned.
2. When you are done viewing these trends, click on the arrow in the top left-hand corner of the screen to return to the Resource List.

Part 6: Schedule

Note: Schedule is currently unavailable.

Part 7: Care Concerns

Note: Care Concerns are currently unavailable.

Chat is currently unavailable.

SECTION D: HELP

You can access additional help by clicking on the information icon in the white bar at the bottom of the screen. Here you will find helpful videos and documents about the MamaLift mobile app. You can return to the Daily Playlist or Resource List anytime by clicking on the home icon or the three dots in the white bar at the bottom of your screen.

Part 1: Help

1. Click on the Documents tab at the top of the screen to view help documents, the privacy policy, and other helpful documents.
2. When you are done viewing this help section, click on the home icon or the three dots to return to the Daily Playlist or the Resource List.
3. For additional questions related to the MamaLift mobile application, please contact MamaLift Support at Support@mymamalift.com.