Welcome to the CHUFFTY Wellness App

The CHUFFTY App is a non-intrusive way for you to keep your family, carers or health professionals up to date with how you are

Welcome to In Home Care Technology (IHCT), where we are dedicated to enhancing independent living and simplifying caregiving through innovative technology. Our flagship product, the CHUFFTY App, allows seniors to easily log their daily activities, including medication, meals, liquids, and physical movement. This information can be shared with caregivers and family members via a secure portal, providing peace of mind while maintaining dignity and autonomy. Whether you're a caregiver or a senior living independently, IHCT offers tools to support well-being, promote independence, and foster safer, more connected care at home.

The App is free to use, but does have a few features which need an account with subscription to be active (e.g. SMS notifications for Daily Check-In). The App allows you to quickly log when you have performed an Activity (e.g. Taken Medication etc.). There is also an option to add 'notes' when logging an Activity.

DAILY WELLNESS AUTO CHECK-IN:

The Wellness Check-In allows you to set up a daily check-in time. If you have not checked-in using Chuffty (by logging any activity) within 15 minutes of the set time, then a Reminder Notification is sent to you. If, after another 30 minutes, you still have not checked-in then Chuffty will notify your nominated Emergency Contact by email and/or SMS (subscription needed). You can set up your Emergency Contact in the APP or ONLINE PORTAL.

ACTIVITY HISTORY:

While you can always show your Chuffty App to others face to face, you may want to share your activity history remotely. You can allow others to view a dashboard of your 'Activity History'. Simply give them permission via the Chuffty Portal (log in using your email and password) - select the 'Share My Activities' menu option. Your nominated users will need to set up an account to get their own Chuffty ID. They can either install the Chuffty App or view the dashboard (select Portal View Only from the Settings Page) or they can log in to the Chuffty Portal and view the dashboard from there. There are many other features (see below) such as saving Wellness information, setting Reminders, creating a To-Do List and having quick access to your top five telephone Contacts. You also have the option to share your Logs with others (family, carers, healthcare workers etc.) via our Portal (you need to create an account to access the portal).

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PRIVACY:

You data is never shared with any third parties and your data is also encrypted on our servers, however, we highly recommend that any data you do save on the CHUFFTY App does not reveal personal information which could be used for fraudulent or criminal purposes. For example, refrain from saving your bank account details, passwords, passport or identity details etc. in the CHUFFTY App.
You must be aged 16years or over to use this App.

You may view our Privacy Policy and our Terms of Service here, including how we store and use your data, using a browser: ihct.com.au/privacy-policy.html ihct.com.au/terms-conditions.html

You may view our Privacy Policy and our Terms of Service here, including how we store and use your data, using a browser: ihct.com.au/privacy-policy.html ihct.com.au/terms-conditions.html

ONLINE PORTAL ACCOUNT:

Some optional features on the CHUFFTY App require an Account to be created on our Portal. There may be a cost associated with the account depending on the features you wish to access. You will NOT be charged for using the basic CHUFFTY App features which remains free for you to use, and accessing these extra features is totally optional.

CREATE AN ACCOUNT:

We have a generous free-trial period where you can test out CHUFFTY and the features available.

To access all feature of the app you will need to create an account via the app or at this web address: chuffty.com.au/accounts

ISSUES, QUESTIONS & FEATURE REQUESTS:

If you have any trouble at all or wish to ask any questions or have feature requests feel free to drop us a message using our online form here: ihct.com.au/app-help.html

MOVEMENT DETECTION:

The CHUFFTY App logs when you use the App, and in some cases this maybe used to alert family or carers if no activity or movement has been identified within a certain period of time (e.g. 4 hours of no activity during to daytime on the App). While this is a useful way to alert family and carers on a possible incident where the App-User may need help and assistance, it should not be relied on as an *Emergency Medical Device*

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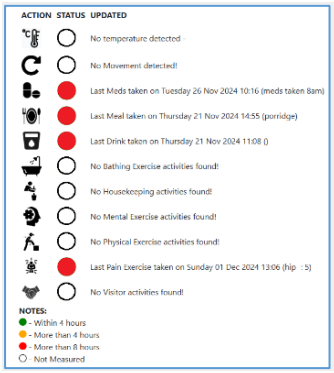
ONLINE PORTAL

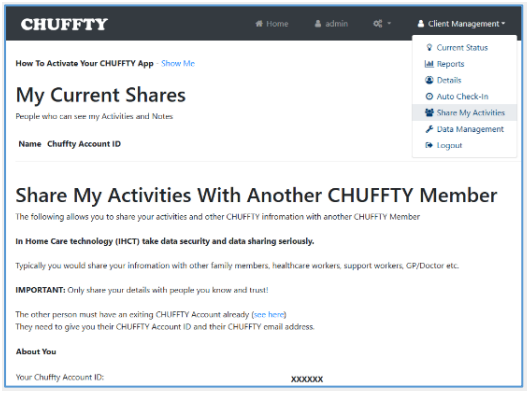
chuffty.com/accounts

The ONLINE PORTAL is where you can manage your account and share your CHUFFTY data with others (family members, carers, health professionals etc.)**.**

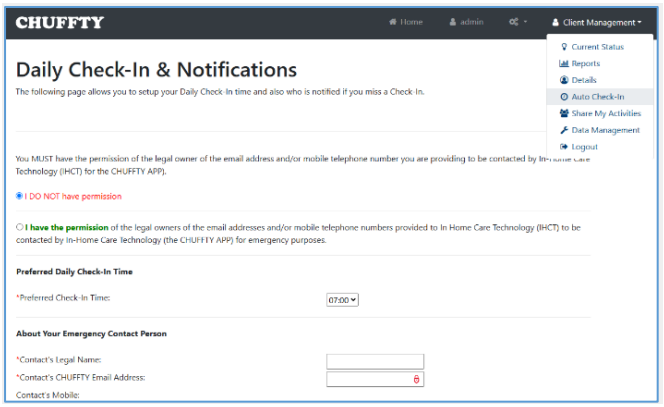
The Current Status view shows a snapshot of the current recorded activities, allowing the viewer to instantly see everything is okay, or that there may be some concerns to follow up on (an example is shown below).



You can also set up your secure Data Sharing with others (who must also have an account with CHUFFTY).



You can also set up your **Daily Check-In** & **Notifications**



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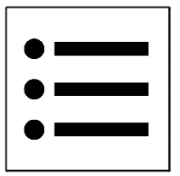
CHUFFTY APP FEATURES



VIEW LOGS:

This option allows you to view your Log history. Each time you log an activity it will be recorded in the Log History. You can use this view to see your last 90days activities. At the top of the page there is a filter, you can filter just the activity you are interested in. Remember - to view all entries, set the filter to 'ALL'

REMINDERS:

You can set one or more 'Reminders' (or alarms) e.g. take medication at 7am daily. Use the 'My Reminders' to view current alarms, and 'Create Reminder' to add a new reminder. Simply add a description, set the time of the alarm and the date. You also have the option to make Reminders repeating eg Daily, Weekly, Monthly or Annually. You can set multiple Reminders.

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LOG LIQUIDS:

Use this button when you want to record that you have taken liquids, e.g. water etc. You can add optional notes to describe this activity in more detail.

LOG MEALS:

Use this button when you want to record that you have had a meal, you can add optional notes to describe this activity in more detail.

LOG MEDICATION:

Use this button when you want to record that you have taken a medication, you can add optional notes to describe this activity in more detail.

CREATE TASKS:

Use this button when you want to create Tasks. Tasks could be 'wash clothes' etc. Add a new task by clicking on the 'Add Task' button. Give your task a description - then click 'Add'. Your Task is now visible in the Task List and can be set as 'DONE' but leave in list, 'DELETE' and remove from Task List, CANCEL (return to List) or TO DO to set back to a waiting status. Notice also under the Task List is the DAILY ROUTINE. You can add daily Routines from the Setting Page. Daily Routines are fixed reminders which happen every day, an example could be '7am - Have breakfast'.

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LOG EXERCISE:

Use this button when you want to log Exercise activities. You can add optional notes. If you have a subscription, you can also click on the 'IDEAS' button to get an exercise suggestion for the current day. These suggestions change each day. Always consult your Health Care Professional if you are going to take up physical activities.

LOG THINKING:

Use this button when you want to log Thinking (or mental) activities e.g. jigsaw, crossword etc. You can add optional notes. If you have a subscription, you can also click on the 'IDEAS' button to get a word and a mathematical suggestion. These suggestions change each day.

LOG PAIN:

Use this button when you want to log a Pain level. Add the 'Location' of the pain (e.g. Left Wrist), and then the 'Pain Level' (1-10) where 10 is Most Pain.

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LOG WELLNESS VALUES:

Use this button when you want to log a Wellness value. Select the type of Wellness vital, provide the value and its value metric, then press 'Log'

LOG PERSONAL HYGIENE:

Use this button when you want to log a Personal Hygiene activity. Select one or multiple activities from the Personal Hygiene list and give an optional note, then click 'Log'

LOG HOUSE-KEEPING:

Use this button when you want to log a House Keeping activity e.g. 'Clean kitchen floor', give an optional note, and then click 'Log'

LOG VISITORS:

Use this button when you want to log a visitor, use the optional Notes section to record who it was.

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DIARY PAGES:

Use this button when you want to log a custom Diary Note, and important things you want to remember.

PAY BILLS:

Use this button to record when you last paid a bill. If you select one or more bills and 'Log', then the date is recorded next to those Bills. This is a a quick way to review when you last paid a bill.

DOCUMENTS:

Use this button to select important documents you need to take action on e.g. Find missing document, get a copy, etc. Simply add or remove the tick next to the document name to remind yourself about the document.

NEWS - ARTICLES:

This page contains links to news and articles you may find interesting, you need an account to access these pages. The links are updated regularly.

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USER SETTINGS:

This page is where you set: - Your Profile - account details to the Portal. - Your x5 Top Contacts. - Your Daily Routines. -Your Room Thermometer BlueTooth settings (you need to purchase the room thermometer separately)

MOOD MONITORING

The CHUFFTY APP provides an instant way to monitor mood levels. Each time the app is opened the user can select their current mood, or click on the MY ACTIONS (home) menu button to skip.

Monitoring mood levels can help detect illness and wellness issues especially if the decline is over a long period of time.

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YOUR FEEDBACK

We would love to hear from you!

Your feedback is invaluable in helping us improve the CHUFFTY App and better serve you. If you have any suggestions or ideas for new features, please share them with us. Your input helps us make the app more intuitive and tailored to your needs.

Together, we can create a better experience for everyone. Thank you for being part of our community!

ihct.com.au/app-help.html

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