



LDNRT APP AND HEALTH TRACKER GUIDE

LDNRT

LDN RESEARCH TRUST

www.ldnresearchtrust.org

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About the LDNRT APP

The LDN Research Trust Health Tracker App is a FREE, handy tool to help people with chronic conditions track their medical issues in one place while you are on the go!

All information is stored securely and compliantly, and identifiable data won't be shared with any third party. The patient is in control of their personalised data at all times.

The APP was developed to simplify navigating the website by providing links to the most commonly used pages. The app offers a Health Tracker that will allow LDN users to track all aspects of their health, from Medications – to Quality of Life, all aspects of LDN, keep a journal and more. Download PDFs which can be shared with medical professionals for monitoring purposes.

Accessing the APP

Directly

[To download the APP, click this link](#)


From the LDN Research Trust website

[Website Link](#)

QR Codes

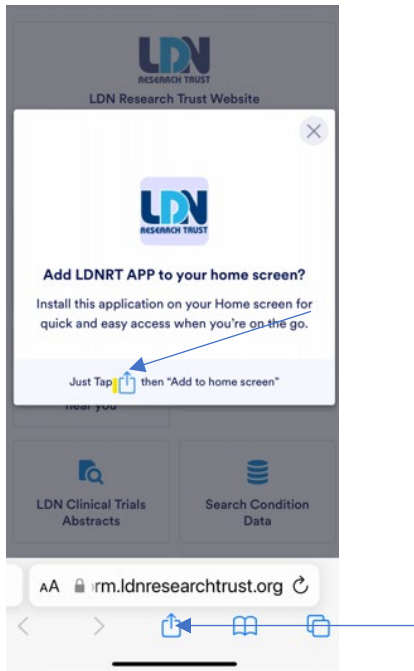
Scan the below code



A shortcut  - will be added to your desktop or home screen if you elect to save the link. You should install it on your home screen or desktop for easy access.

Installing to Your Home Screen or Desktop

After clicking the link, you will see a popup asking if you want to save a shortcut to the APP to your home screen. The popup will look similar to the image below.



The popup shows you a symbol of the icon to click to save it to your desktop. In most cases, the icon will be at the bottom of the screen, but with some mobile devices, it will be at the top next to the address bar.

NOTE: We have found that some iPhone users cannot see the icon. If you don't see the icon, it is most likely your popup blocker settings are preventing the "share" link from displaying. Follow the instructions in the ["If you are not able to see the share icon"](#) section for instructions to temporarily turn off the popup blocker.

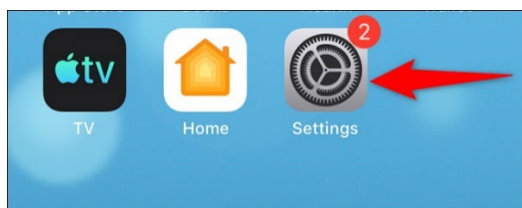
If You Are Not Able to See the Share Icon

The share icon does not appear on some iPhones because the pop blocker is enabled. To correct this, you will need to disable the popup blocker temporarily.

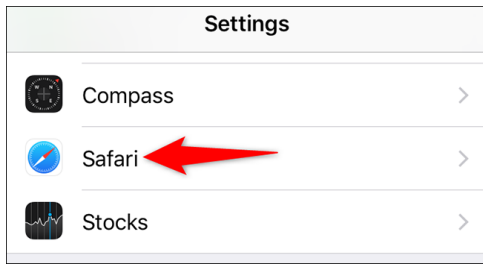
Turn Off Pop-Up Blocker in Safari on iPhone and iPad.

Before turning off the popup blocker, exit the app and ensure it is closed.

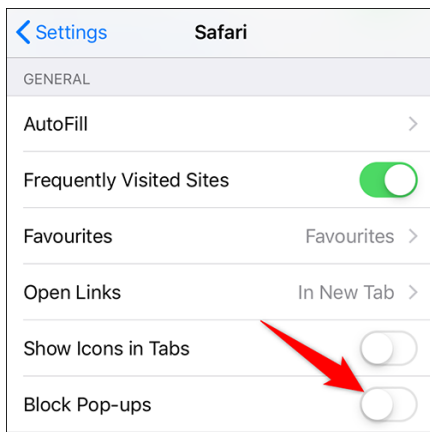
To disable Safari's pop-up blocker on your iPhone or iPad, open [the Settings app](#) on your phone. Settings are where many of Safari's options are located.



On the Settings page, scroll down and tap “Safari.”



On the “Safari” page that opens, you have various options to [configure for your web browser](#). At the bottom of the “General” section, toggle off the “Block Pop-Ups” option.



After turning off the pop-up blocker, click on the link to the app again, and the share link should appear.

Tip: To re-enable the built-in pop-up blocker, follow these steps and turn back on the “Block Pop-Ups” option.

Using the LDNRT APP

Once opened, you will see the below screens.

You can then easily use the app to navigate different areas of the LDNRT website through the quick links.

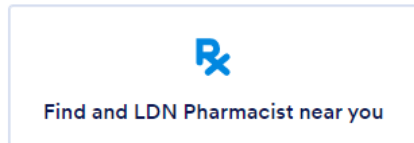
Quick Links

Find a Doctor or Prescriber Near You



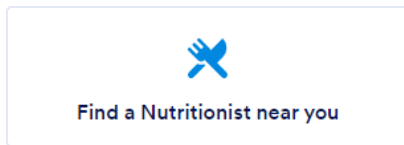
Click on the button to find an LDN prescriber closest to you.

Find a Pharmacist Near You



Click on the button to find an LDN Pharmacist closest to you.

Find a Nutritionist Near You



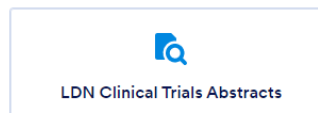
Click on the button to find a Nutritionist closest to you.

Access to LDN Guides



If you are looking for LDN guides, you can get to them by clicking on the button.

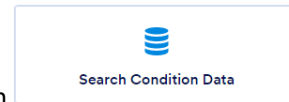
Access to Clinical Trials



To view the research and clinical trials, click the button to go to the webpage providing the information.

Search Data on Specific Conditions

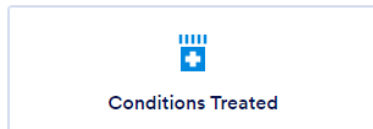
To get information on specific conditions and using LDN, click the button



to go to the webpage providing the information.

Search for Conditions being treated with LDN

To get information specific to the conditions currently being treated with LDN, click



the button to go to the LDNRT webpage quickly.

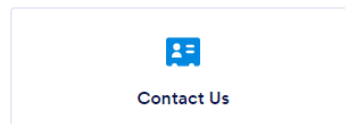
Access to the LDN Market Place

To quickly get access to the LNDRT Marketplace webpage, click the button.



Contact LDN Research Trust

Click the button to contact the LDN Research Trust team.



Make a Donation

LDN Research Trust is a non-profit charity organization largely dependent on charitable donations, which are eligible for a tax write-off. If you like the work that LDNRT has done and want to donate, click the link under

Donations

The LDN Research Trust is a non-profit charity, which receives no funding. To continue to offer this App and Health Tracker, donations would be appreciated.

[Click or tap here to make a donation.](#)

donation

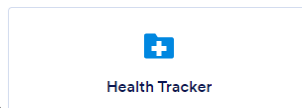
LDNRT webpage. Your support is greatly appreciated and will allow us to continue our mission.

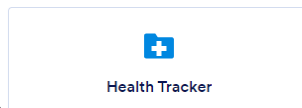
to make a contribution through the

Health Tracker

A health tracker is a form that will allow you to track information about your health and ask questions about your condition(s), when diagnosed, your current diet, medications, dosage, and more. The form will also allow you to keep a running diary to track the information you may forget when discussing it with your doctor. The information you enter is entirely safe and secure; only you can share it. Below are instructions on how to complete the form. Once submitted, you will immediately receive an email with a link to return to the form to update it as well as a PDF document with the information you entered.

Starting a new Health Tracker



From the LDNRT APP, click on the  button to launch the tracker. The Health Tracker button on the APP will always start a new record. You cannot use the link in the APP to make updates and track your history. For tracking your history, you must use the link emailed to you upon completion.

Section One – Terms and Conditions

LDN Health Tracker Form

By clicking this checkbox, you agree to the terms and conditions. Agree is required to use the App. You must scroll to the bottom of the agreement below before you can check the checkbox. *

The New LDN Health Tracker App

End User Licence Agreement

PLEASE READ CAREFULLY BEFORE PROCEEDING.

This end-user licence agreement (EULA) is a legal agreement between you (End-user or you) and LDN Research Trust, Registered Charity Number: 1106636, having their

Continue

In this section, you must **click the checkmark** to be able to continue. Before clicking the checkmark, you must **scroll to the end of the terms and conditions.**

Section Two – Personal Information

In

The screenshot shows a form titled "Your Personal Information" with several fields marked as required with a red asterisk (*). The fields are: Name (First Name and Last Name), Email Address, Date, Age, Country, Gender, and Height. The Date field is pre-filled with "05-16-2022". The Gender field has three radio button options: Male, Female, and Gender Neutral. There are two text input fields for "Conditions and Diagnosis Date/s" and "What symptoms did you have before starting LDN?". At the bottom, there are three radio button options for "Are you taking LDN?": Not Started, Yes, and Stopped: Explain why you stopped. A red error message "This field is required." is visible below the First Name field. At the bottom of the form, there are "Back" and "Next" buttons.

In this section, you must enter the information for every box with a red *, which is every field. If you fail to answer any of the questions, you will get a red box around the question and an error message instructing you that you failed to answer a required field. Once all questions are answered, click the next button. Follow all instructions with each question.

Section Three – Symptoms, Improvements, and Other Medications

Symptoms, Improvement and Other Medications

Have you completed this section before? *

Yes and my details are still the same and have not changed

Yes but I need to update some information

No, I have never filled this form out before

How long before you noticed any improvements taking LDN? *

1-6 days

1-2 weeks

3-4 weeks

Over a month

Other: Provide details

This field is required.

Unexpected benefits of taking LDN *

better sleep

improved mood

overall sense of well-being

better energy

less pain

Other: List any other benefits

What other therapies were used in conjunction with LDN? *

Have you been taking LDN for at least 6 months? *

Yes

No

What symptoms do you currently have? *

How many prescription medications did you take before LDN? *

How many prescription medications do you take now? *

As with the previous section, fill in all required information and click the next button. Follow all instructions with each question.

Section Four – Diet and Nutrition

Have you completed this section before? *

- Yes and my responses are still the same
- Yes but I need to change a few of my answers
- No

Do you follow a diet lifestyle? *

- Yes
- No

Do you take any supplements? *

- Yes
- No

Back

Next

Answer all questions and click Next. Follow all instructions with each question.

Section 5 – Review Form

Complete each section and click next. Be sure to follow the instructions with each question.

Review Form

You are required to complete this form monthly, it can be used as often as you wish.

The following questions are for you to rate your levels before you started taking LDN. Please rate the levels with 1 being extremely low, or almost non-existing and 10 being extremely high or intolerable, or any level in between. *

	Rate from 1 to 10
How was your Physical Pain Level?	<input type="text"/>
How was your Physical Fatigue Level?	<input type="text"/>
Was your life meaningful and with purpose?	<input type="text"/>
How well were you able to communicate with friends?	<input type="text"/>
Did your Physical Discomfort meet your needs?	<input type="text"/>
Were you able to think clearly?	<input type="text"/>
How many times did you get information from your healthcare team?	<input type="text"/>
How badly did you feel about how your condition affects the people you care about?	<input type="text"/>

What is your weight? *

What exercise did you do last month? *

What types of aids have you used recently? *

- Wheelchair
- Crutches
- Walking Stick (cane)
- Electric Scooter
- Walking Frame
- Rollator
- Hoist
- None

How many prescription medications did you take last month? *

What symptoms do you currently have? *

What dose of LDN are you currently taking? *

- .05 mg
- 1 mg
- 1.5 mg
- 2 mg
- 3mg
- 4.5 mg
- Other: Enter Dose

Approximately how many days a week do you generally get dressed? *

Approximately how many days a week do you go out? *

[Back](#) [Next](#)

Section 6 – Personal Journal and GPDR Agreement

Personal Journal - Start each new entry with the current date to better track when your entries are made.

5/18/2022 - This is the start of my journal

You can choose to make entries as often as you like to track your health. Start each entry with the current date to better track the dates you made the entry.

Before clicking submit or save you can review or change your information, using the back buttons. After making edits, use the next buttons to get back to the submit button.

Submit this form if you are finished with all your edits and appenditures.

After submitting this form, a copy will be sent to the email address you provided in the personal information section, which you can then share with your doctor or pharmacist for them to monitor you if you choose. You will also receive a link at the end of the email that will allow you to return to this form to make updates and continue your journal.

Thank you for using our LDN Health Tracker App, we are confident it will be of great value to you and those monitoring you.

Please visit our website www.ldnresearchtrust.org for all our LDN information.

[GDPR Agreement](#) - I consent to this website storing my submitted information so that LDNRT can respond to me. *

Back

Submit

When entering information in the personal journal, start each entry with a date to ensure proper tracking of each entry. After creating your journal, click the GPDR checkbox to agree, then click submit. You should click on the link for the GPDR Agreement to read the agreement before clicking the checkbox and submitting it.

Once submitted, you will receive an email with a PDF document listing all your entries and a link that will allow you to return to the form to make updates to your journal or information.

Updating information in a submitted Health Tracker

After submitting the Health Tracker Form, you will receive an email with a pdf attachment showing the information you have entered or updated. In the text of the email, there will also be a link that you will need to use to make updates or to continue updating your running diary.

[YOU MUST USE THAT LINK TO VIEW YOUR HISTORY, UPDATE YOUR INFORMATION, OR ADD ENTRIES TO YOUR DIARY.](#) After clicking on the link, it is recommended that you save it to your favorites in your browser or on your mobile device.

Updating your existing information

You will have an email from LDN Research Trust with the following text in the body and an attachment.



Attached is a PDF file with all the information you have entered in the LDN Health Tracker Form. Keep this file for your records as you can print it later to present to your health professional or send a copy of the pdf directly to them.

Click this link, [Edit Submission](#), if you want to return to this form to continue updating your journal. After each update, you will receive a new PDF file with your updated information.

Save the link to your favorite places in your web browser to continue making edits anytime you need to access the form. You can only use this link to make edits and continued log entries that will keep a history.

Click on the link that says edit submission, and you will be taken back to your completed form.

Click Continue to the Terms and Conditions page, which should still be checked. If it is not checked, scroll to the end, click the checkbox again, and then click continue.

On the Personal information page, there is a new question that you must select.

Do you need to make updates to existing information or just updating your journal?

*

- Updates to existing information only
- Updates to Journal only
- Updates to both existing information and Journal

If you want to update existing information without updating the journal, click on the first selection.

If you want to add information to your journal without updating your questionnaire, click on the second option.

If you want to update both, click on the third option.

After making your selection, click the next button, and for options 1 and 3, you will be guided through the entire form. Edit your selections and click next at each section.

Adding entries to your Running Diary

Follow the same process as the section above in updating your existing information and select option 2 to the question:

Do you need to make updates to existing information or just updating your journal?

*

- Updates to existing information only
- Updates to Journal only
- Updates to both existing information and Journal

Click Next after making your selection, and you will be taken directly to the last section, where you can update or add to your journal. Remember to start the journal with today's date so you can easily track your entries.

Click submit when done.

We hope you find the App and Health Tracker of benefit.

If you have any questions please email me, at linda@ldnrt.org