Nia

Nia App User Manual

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1. Intended Use

1.1 Purpose

The "Nia" product collects individual data from patients with atopic dermatitis (neurodermatitis) to calculate dermatological scores that support the diagnosis and treatment provided by the treating physician.

Users of the mobile application are either affected individuals themselves, or relatives of affected children under the age of 18. Users are experienced in using mobile devices and have prior knowledge of atopic dermatitis.

The application requires a smartphone running Android or iOS (see 1.3) and is intended for use at home.

1.2 Who is the Nia App suitable for?

The Nia App was developed for people who:

- are 18 years of age or older
- have been diagnosed with atopic dermatitis, or
- are the parent of a child affected by atopic dermatitis
- are under the supervision of a physician or medical professional
- are physically and mentally able to independently manage their atopic dermatitis therapy
- are able to operate a smartphone

1.3 Which devices does the Nia App work on?

The Nia App requires a device running a version of iOS or Android currently supported by the manufacturer. The respective minimum supported versions are listed in the product description in the Apple App Store or Google Play Store and may change with new app versions.

Operating the Nia App on rooted devices or devices with an installed jailbreak is not supported. For data security reasons, we advise against running the Nia App on such devices.

1.4 Environment of use

The Nia App can be used as a mobile app in any environment where the use of smartphones is permitted. Full functionality requires an active internet connection.

2. Contraindications

None known.

3. Warnings

> ⚠️ **3.1 Medical recommendation**
>
> The Nia App is a registered medical device and is used to support the treatment of atopic dermatitis. However, it cannot replace a visit to a physician or a treatment team for atopic dermatitis.

3.2 Your responsibility when using reminder functions NEW

The Nia App offers reminder functions for entries and for taking medication (see 6.1 and 7.4). These reminders are a support tool and do not replace the therapy plan you have agreed with your doctor. When setting up medication reminders, always refer to the package insert and your doctor's prescription. Nia Health assumes no responsibility for the correct configuration of reminders or for adherence to your therapy plan.

3.3 Recommended updates

To ensure the safe and optimal use of the Nia App, we recommend installing software updates as soon as they become available.

4. Key Features

4.1 Summary

Nia aims to make the daily management of atopic dermatitis easier and to help you get the most out of your therapy. This is only possible if you take an active role in your care, especially when it comes to tracking your skin condition. To help motivate you, we have built several features into the app. It is important that you enter as much information as possible and are honest with yourself — that is the only way you can benefit from your own data. Inaccurate data is not helpful, either to you or to your doctor.

Nia's main features:

- Simple, uncomplicated data entry
- Personal Guide with an overview of your next tasks NEW
- Personalized analysis overview (professional charts)
- Convenient photo documentation (multiple photos per affected area possible)
- Medication tracking with individual reminders NEW
- Knowledge library
- Motivating notifications
- Report (PDF)
- Convenient documentation reminders

4.2 Key features

- Quick and easy recording (e.g. PO-SCORAD[1] and flare-ups)
- Clear, easy-to-read analysis
- Useful and helpful photo documentation
- Medication search from a built-in database, including a scan function **NEW**
- Motivating notifications
- High-quality report
- Motivating feedback
- Educational content

1 The calculation of the PO-SCORAD is based on concepts from clinically validated metrics.

5. Getting Started

5.1 Installation

iOS: Once you have found the Nia App in the Apple App Store, tap it to open the details page. Then press the "Get" button. After App Store authentication, the download begins and the app is installed on your iPhone.

Android: Once you have found the Nia App in the Google Play Store, tap it to open the details page. Then press the "Install" button. You will then need to accept the installation terms in order to download the app. The download begins and the app is installed on your Android phone.

5.2 Registration & onboarding **UPDATED**

To use the Nia App, you first need to register with your name and email address. This is necessary, for example, so that you can later export your data (see 8. Data Export).

After registering, the app guides you through a multi-step onboarding process. In addition to your contact details, the following information is collected:

- information about your disease history, e.g. how long you have been diagnosed with atopic dermatitis
- information about previous/prior treatments
- an optional insurance or activation code, if your health insurance provider or a partner organization has provided you with one, to unlock additional features

This information replaces the previously separate "intake form" — you now personalize the app already during onboarding and have all your atopic dermatitis information in one place from the start. You can still enter an additional activation code later at any time (e.g. one you received as a result of a challenge or study) under More Menu → Health Insurance (see 6.5).

6. Features

The bottom menu bar gives you quick access to the five main features, each just one tap away.

6.1 Home & Guide

You can open the overview page by tapping the "Home" button (house icon) on the far left of the bottom menu bar.

Guide NEW

At the very top of the Home screen, every time you open the app, you'll find your personal Guide — a short overview of what's next on your list (e.g. a due Skin Mood entry or an upcoming medication dose). The Guide is not a separate item in the bottom menu bar — it lives directly on the Home screen.

Under the heading "Regular check-ups" you'll find three dimensions: Skin Mood ("Hautlaune"), Life Quality Index, and Flare-up. Tap on the relevant dimension to create an entry, or alternatively use the Plus button in the middle of the bottom menu bar (see 6.3).

Under the heading "For your doctor's appointment" you'll find "PDF Report", where you can generate a report containing all the information from your entries for a selected time period. Alternatively, you can scroll to the bottom of the Analytics page. Under the same heading you'll also find "Preparing for your doctor's appointment", designed to help you get the most out of your next visit to your dermatologist.

Reminders UPDATED

Under the last heading, "Therapeutic support", you can select "Reminder" to set up prompts. Reminders are now available for three areas:

- Skin Mood entries
- Life Quality Index entries
- Medication doses NEW — see 7.4 for the full walkthrough

All active reminders are listed clearly with their time, repeat frequency, and an on/off toggle, so you can adjust, pause, or delete them at any time.

6.2 Analytics

You can open the Analytics page by tapping the analytics icon (the three small vertical bars). The eight elements of the analytics view are: the PO-SCORAD chart, the symptom intensity chart (dryness, crusting/oozing of the skin, redness, excoriation, swelling, skin thickening), the subjective symptoms chart (itch and sleep), the flare-ups chart, a list of your most common triggers, the Life Quality Index chart, the body diagram showing affected skin areas, and photos of affected skin areas sorted by date. You can also choose to view results for the last 7 days, the last month, or the last 3 months.

At the very bottom of the screen, you can quickly generate a report with the data from a specific time period.

6.3 Plus

This button, located in the bottom center of the screen, lets you create a Skin Mood entry, a Life Quality Index entry, or a Flare-up entry.

6.3.1 Skin Mood

The "Skin Mood" menu item (the standing person icon) is a documentation tool that lets you determine the severity of your atopic dermatitis on a given day and calculate your PO-SCORAD. This is captured through questions about your symptoms (supported by photo documentation), itch, and sleep quality.

6.3.2 Life Quality Index

The Life Quality Index menu item (the seated person icon) lets you monitor the impact of your skin condition on your daily life, including your physical and mental wellbeing. Your PO-SCORAD value is also calculated in this case.

6.3.3 Flare-up

Using the Flare-up menu item (the alarm icon), you can record specific flare-ups of your atopic dermatitis. You can document your view on possible triggers using a list of common triggers, or create your own custom trigger.

6.4 Knowledge

Tapping the small graduation-cap icon on the far right of the main menu bar takes you to the Knowledge section. Here you'll find a comprehensive knowledge library with clinically validated content on atopic dermatitis, organized into the categories Medical Basics, Psychology, Skin Care, and Nutrition. The content is based on the curriculum of AGNES e.V. (Arbeitsgemeinschaft Neurodermitisschulung, a German association for structured atopic dermatitis education). Tap on any article to explore it and access the content at any time. In the overview, the clock icon shows the estimated reading time for each article, and the play icon indicates whether the article also includes video material.

6.5 More menu

The More menu on the far right of the bottom menu bar (the icon with three horizontal lines) gives you access to further functions:

User settings

Selecting "Account" lets you manage your name, email address, phone number, and password.
Selecting "Multi-factor authentication" takes you to an information page with details on confirming your identity.

Introduction

Here you'll find information about what you can achieve with the Nia App: by helping you better understand your skin condition, preparing you for your doctor's appointments, and providing tips and knowledge for relief, the Nia App can improve your relationship with your atopic dermatitis.

Your health report

You can generate a report containing all the information you entered during a self-selected time period. Once the report has been created, you can export the data using the "Share" button.

About Nia

- **User manual** — this is where you'll find the document designed to help you use the Nia App smoothly.
- **Medical disclaimer** — this refers to the medical recommendation.
- **Privacy policy** — here you'll find our detailed privacy policy for the Nia App.
- **Terms & Conditions** — here you'll find the rules and guidelines for using the Nia App.
- **Legal notice (Impressum)** — here you'll find information about the manufacturer, Nia Health GmbH.
- **Cooperation partners** — here you'll find information about our content and sponsorship partners.
- **Health insurance** — here you'll find information about the health insurance providers we work with. You can also activate a code here at a later time to unlock the premium version of the app — for example, a code you received as a result of a challenge or study that unlocks additional features. You typically enter your initial insurance code already during onboarding (see 5.2).

Feedback

Here you can help shape the future development of the Nia App with your experience. Just write us a short message about where you see room for improvement. Compliments are, of course, always welcome too.

Recommend Nia

This feature lets you tell your friends and acquaintances about Nia. Do you know someone else who is also affected by atopic dermatitis?

Log out

This menu item lets you log out of the Nia App with your user profile for this session. For security reasons, you will need to re-enter your password the next time you log in.

7. Entries

7.1 Skin Mood entry

You can access this feature via the "Skin Mood" menu item on the Home screen, or via the Plus button in the bottom menu bar. Once selected, you can create the entry by following these steps:

1. Select the medication you are currently using — you can search the built-in medication database, scan the matrix code on the packaging, or add the medication manually if it isn't found in the database.
2. Mark the areas affected by eczema.

3. Take a photo of the relevant body region by double-selecting the affected areas. Double-selecting also lets you deselect an area you selected by mistake.
4. Determine the current severity of your atopic dermatitis symptoms (dryness, crusting/oozing, redness, excoriation, swelling, skin thickening) using example images.
5. Record your sleep quality and itch level.
6. Add any important notes to the entry, e.g. the occurrence of specific events.
7. Tap "Save" to complete the new entry.

Once you've entered all the data, your results are displayed in an easy-to-read format, including a Skin Mood score calculated by the app.

Well done! You can now find your new entry under "Analytics", accessible from the bottom menu bar. Scroll all the way down to see the results for a specific entry.

7.2 Dermatology Life Quality Index (DLQI) entry

You can access this feature via the "Life Quality Index" menu item on the Home screen, or via the Plus button in the bottom menu bar. Once selected, you can create the entry by following these steps:

1. Rate how painful and itchy your skin has been over the last week, from "very much" to "not at all".
2. Rate the level of embarrassment or self-consciousness caused by your skin over the last week.
3. Estimate how much your skin has interfered with your daily activities, e.g. shopping or looking after your home.
4. Rate the influence of your skin on the clothes you wear.
5. Rate the effect on your social or leisure activities.
6. Rate the effect on your ability to do physical activities.
7. Indicate whether your skin has affected your ability to work or study.
8. Rate the effect on relationships with your partner and other people close to you.
9. Rate the extent to which your skin has caused sexual difficulties.
10. Rate how much of a problem the treatment of your skin has been, e.g. in terms of time spent.

Once you've entered all the data, your results are displayed in an easy-to-read format, including a Life Quality Index score calculated by the app.

Well done! You can now find your new entry under "Analytics", accessible from the bottom menu bar. Scroll all the way down to see the results for a specific entry.

7.3 Flare-up entry

You can access this feature via the "Flare-up" menu item on the Home screen, or via the Plus button in the bottom menu bar. Once selected, you can create the entry by following these steps:

1. Rate the flare-up on a scale from 1 (extremely mild) to 10 (extremely severe).
2. Mark the areas affected by eczema.

3. Take a photo of the relevant body region by double-selecting the affected areas. Double-selecting also lets you deselect an area you selected by mistake.
4. Select the possible triggers for the flare-up. You can either choose from a list of common triggers or create your own custom trigger.
5. Finally, add any additional notes you consider important.

Once you've entered all the data, your results are displayed in an easy-to-read format, including a Flare-up score calculated by the app.

Well done! You can now find your new entry under "Analytics", accessible from the bottom menu bar. Scroll all the way down to see the results for a specific entry.

7.4 Creating a medication reminder NEW

You can access this feature via "Reminder" on the Home screen (see 6.1). Select "New medication reminder" there and follow these steps:

1. Select the medication(s) you want to be reminded about. Tap "Add medication" and search the built-in medication database by name. If you can't find your medication, you can either add it manually or scan the matrix code on the packaging.
2. Choose the time you want to be reminded.
3. Read the notice about your responsibility for your therapy plan and confirm it by tapping "Understood" (see also 3.2).
4. Choose the reminder frequency: "Weekly" (with a choice of individual weekdays) or "Monthly". Alternatively, you can use the "Remind me every day" toggle to enable a daily reminder.
5. Tap "Save" to create the reminder.

Your new medication reminder will then appear alongside your Skin Mood and Life Quality Index reminders in the "Reminder" overview on the Home screen. There, you can enable or disable each reminder individually using the toggle, or edit and delete it via the three-dot menu.

8. Data Export

Select "Request report" at the bottom of the "Overview" menu item. You can then print the PDF report or email it to your doctor ahead of your next appointment.

9. Uninstalling

9.1 Uninstalling on iOS

Tap and hold the Nia App icon until it starts to jiggle. Tap the small "x" that appears in the top corner. You'll be asked to confirm the uninstall (by tapping "Delete") or cancel it (by tapping "Cancel").

9.2 Uninstalling on Android

Go to Apps in your Android phone's settings and tap "Uninstall" for the Nia App. Done!

10. Data Security and Privacy

Your data is safe with us. That matters to us. We fully meet the strict requirements of the GDPR. That means Nia takes the highest security and reliability standards into account.

Your data is only used for the purpose of score calculation and flare-trigger analysis, and the results are made available exclusively to you. Your data is never shared with third parties.

Nia Health GmbH operates dedicated servers in certified data centers in Germany to ensure your data is protected from unauthorized access at all times. Due to the legal gray area surrounding the use of cloud providers for medical data, we have chosen not to use providers such as Google, Amazon, or Microsoft, allowing us to offer you the highest possible level of data protection.

Your data is encrypted during transmission (TLS 1.2+), and access is secured using token-based authentication (OpenID) and authorization (OAuth2).

You can find further information in our privacy policy and our Terms & Conditions, both of which you can access directly from the More menu of the Nia App (see 6.5).

11. Help

11.1 Troubleshooting

You matter to us! That's why we're happy to help with your questions, concerns, and any other issues.

For quick troubleshooting, please visit our FAQ page.

11.2 Support

If you have questions about Nia, need help with the app, or have found a bug or an issue, please get in touch with us right away at support@nia-health.de

You can also reach us by phone:
+49 (0)30 83797797 (Germany)

In the event of a serious incident related to the use of this medical device, please contact Nia customer support as well as the relevant local authority.

12. Manufacturer Information

Nia Health GmbH, Schlesische Straße 28, 10997 Berlin, Germany

Phone: +49 (0)30 83797797 (Germany)
Email: support@nia-health.de

Managing Director: Tobias Seidl
Register court: Amtsgericht Charlottenburg
Commercial register number: HRB 213213 B

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