

Nia App User Guide

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Anwendungsgebiete	1
Verwendungszweck	1
Für wen ist die Nia App geeignet?	1
Auf welchen Geräten funktioniert die Nia App?	1
Nutzungsumgebung	1
Gegenanzeigen	1
Warnung	1
Medizinische Empfehlung	2
Empfohlene Updates	2
Wesentliche Funktionen	2
Zusammenfassung	2
Wesentliche Funktionen	2
Erste Schritte	3
Installation	3
Funktionen	4
Übersicht (Auswertungen)	4
Hautlaune	5
Schubalarm	5
Wissen	6
Burgermenü	6
Einträge	7
Einen Eintrag machen	7
Datenexport	9
Deinstallation	9
Deinstallation iOS	9
Deinstallation Android	9
Datensicherheit	10
Hilfe	10
Fehlerbehebung	10
Hilfe	10
Herstellerangaben	10

1 Fields of use

1.1 Intended use

The product "Nia" collects individual data of patients with neurodermatitis for the calculation of dermatological scores for the diagnosis and therapy support of the treating physician.

The users of the Nia App are at least of age, self-affected persons or parents of children. The users are experienced in handling mobile devices and have previous knowledge of neurodermatitis.

The Nia App supports you in optimizing your therapy in three ways:

- 1) Documentation: By filling out important scores and taking photos of your skin condition, you lay the foundation for a good analysis
- 2) Control: By monitoring your values daily, you can make better therapy decisions. You can also create reports to discuss your data with a doctor or medical professional.
- 3) Support: Clinically validated training material helps you to improve your well-being in your individual situation with directly applicable tips and tricks.

1.2 Who is the Nia App suitable for?

The Nia App was developed for people:

- who are 18 years or older
- who have been diagnosed with neurodermatitis or
- are the parents of a child suffering from neurodermatitis
- who are under the supervision of a doctor or health care professional
- who are physically and mentally capable of independently taking care of their neurodermatitis therapy
- who are capable of operating a smartphone

1.3 On which devices does the Nia App work?

The Nia App requires a device with iOS version 10.0 or higher or Android version 4.1 or higher.

Operation of the Nia App on rooted devices or with jailbreak installed is not supported. For data security reasons, it is not recommended to use the Nia App on such devices.

1.4 User environment

The Nia App can be used as a mobile app in any environment where the use of smartphones is allowed. For full use, a connection to the Internet must be available.

2 Contraindications

None known

3 Warning



3.1 Medical recommendation

The Nia App is a registered medical device and is used to support the treatment of neurodermatitis, but cannot replace a visit to a doctor or a neurodermatitis treatment team.

3.2 Recommended updates

To ensure safe and optimal use of the Nia App, it is recommended to install software updates as soon as they are available.

4 Key features

4.1 Summary

Nia would like to make the daily management of neurodermatitis easier and make your therapy as optimal as possible. This is only possible if you take an active role in your care, especially when it comes to tracking your skin condition. To motivate you, we have included some elements in the app. It is important that you enter as much information as possible and be honest with yourself. That's the only way you can learn from your values profiteren. False data will not help you or your doctor.

Nia main functions:

- Uncomplicated data entry
- Personalized evaluation overview (professional graphs)
- Practical photo function (several pictures per affected area possible)
- Knowledge Library
- Exciting challenges and motivating notifications
- Report (PDF)
- Practical documentation reminder

4.2 Essential functions

Simple and fast recording (e.g. PO-SCORAD¹ and drawers)



Convenient evaluation



Useful and helpful photo documentation

¹ The PO-SCORAD calculation is based on concepts of [clinically validated metrics](#)



Motivational notifications



High quality report



Motivating feedback



Social Sharing Function



Course material



5 Getting started

5.1 Installation

iOS: After you find the Nia App in the [Apple App Store](#), click on it to open the details. Then press the "Load" button. After the App Store Authentifizierung the loading process will start and the app will be available on your iPhone installed.

Android: After you find the Nia App in the [Google Play Store](#), click on it to open the details. Then press the "Install" button. Afterwards you have to accept the installation conditions to download the app. The download process will start and the app will be installed on your Android phone.



To use the Nia App, you must first register with your name and email address. This is necessary to be able to export your data later (see Reports).



6 Features

In the lower menu bar you will find the four main functions, which you can quickly select with just one click



6.1 Overview (evaluations)

You can access the overview page by clicking on the statistics symbol (the three small vertical bars). The six main elements on the overview display are the graphs for **Subjective Symptoms** (itching and sleep disturbance), **Symptom Strength** (dry skin, wetness/crusts, redness, scratch wounds, swelling, skin thickening), **the body diagram** for the affected skin areas, the graphs for **PO-SCORAD** and the **flare-ups** as well as the **images** of affected skin areas sorted by date.



By clicking the button "Add new entry" you can make a new entry via the overview page, just like the fixed menu bar below with the selection "Skin mood".



In addition to the documented photos you can also see the date of the photo and the resulting PO-SCORAD value.



6.2 Skin mood

Via the menu item Skin mood (the symbol of the little man) you will reach a new input, which is used to calculate your PO-SCORAD. This is collected here via three query dimensions.

(I) In **the body diagram**, you first select the affected skin areas and then select the affected area again to create photos of the affected skin region.

(II) In the next step, you use sample images to classify the **severity of the symptoms** of your neurodermatitis in the six categories dry skin, weeping/crusting, redness, scratch wounds, swelling, skin thickening on a scale of 0-3.

(III) In the last step, you can finally classify the **subjective symptoms** of sleeping disorders and itching on a scale of 0 (no effect) - 10 (severe effect).



6.3 Flare-up alarm

Using the flare-up alarm menu item (the exclamation mark symbol) you can first note how strong you would rate the current thrust on a scale of 0-10. In the second step, you can select the body regions affected by the thrust and save photos, similar to the skin mood function. You will then be asked for your opinion on possible triggers for the flare-up. You can either choose from a list of common triggers or you can manually add more.



6.4 Knowledge

By clicking on the symbol of the small doctor's hat on the right side of the main menu, you will reach the menu item Knowledge. Here you will find clinically validated neurodermatitis contents in an extensive

knowledge library in the categories of medical basics, psychology, care and nutrition. The contents are based on the curriculum of the AGNES e.V. (working group for neurodermatitis training). You can access the contents at any time by clicking on the respective article. In the overview you can see the estimated reading time per article by the clock symbol. In addition, the play symbol tells you whether the article is additionally equipped with video material.



6.5 Burger menu

Via the so-called burger menu in the upper right corner (symbol of the three horizontal small lines) you can access further functions:



Your profile

Here you can manage your name, email and password information.



Introduction

Here you make the app your own. Nia needs to know a few details about your health history to work. Bonus: With this you have all your neurodermatitis information in one place!



Medical history

Hier machst Du die App zu deiner eigenen. Nia muss ein paar Details über deinen Gesundheitsverlauf kennen, um zu funktionieren. Bonus: Damit hast Du gleich alle deine Neurodermitis-Infos an einem Ort!



Imprint

Here you will find information about the manufacturer.

Medical disclaimer

Here again the medical recommendation is referred to.

Data privacy

Here you will find our detailed privacy policy of the Nia App.

Feedback

Here you can use your experience to influence the further development of the Nia App. Just write a short message where you see potential for improvement. Praise is always welcome.

Tell a friend about Nia

You can use this function to tell your friends and acquaintances about Nia. Do you know somebody who is also affected by neurodermatitis?

Log off

With this menu item you can log out of the Nia App for this session with your user profile. For security reasons, you will have to enter your password again the next time you log in.



Nia Premium

In the "Premium" section you can upgrade from free to paid membership to be able to use more features.



7 Entries

7.1 Make an entry

The body diagram appears directly.



Mark the affected areas.



Mark the affected areas.



Take a photo of the respective body region by double selection of the affected areas



Select the current strength of the neurodermatitis symptoms using sample images



Retain sleep quality and itching



Finally, click on the "Save" button to complete the new entry.



Alternatively you can select this function via the "Skin mood" menu item or via the "Add new entry" button in the overview. If a thrust occurs, you can document it using the thrust alarm function.

After entering all data, a message will appear informing you that your data will be processed.



Well done! You will now find your new entry directly in the menu item "Overview".



8 Data export

Tap the Nia App icon and hold it until it starts shaking. Tap on the small "x" that appears in the upper corner. You will receive a message asking you to confirm (by tapping "Delete") or cancel (by tapping "Cancel") the uninstall.

9 Uninstallation

9.1 Uninstalling iOS

Tippe auf die Nia App Icon und halte es, bis es anfängt zu zittern. Tippe auf das kleine "x", das in der oberen Ecke erscheint. Du bekommst eine Nachricht, die Dich fragt, ob Du die Deinstallation bestätigst (indem Du auf "Löschen" tippst) oder abbrichst (indem Du auf "Abbrechen" tippst).



9.2 Uninstalling Android

Search for apps in the settings of your Android smartphone and tap on the Nia app "Uninstall". Done!



10 Data security and data protection

Your data is safe with us. This is important to us. The strict requirements of the DSGVO are fulfilled by us. This means for you that Nia takes into account the highest security and reliability requirements. Your data will only be used for the purpose of score calculation and thrust trigger analysis and the results will only be made available to you. A transfer of data to third parties does not take place at any time. Nia Health GmbH operates dedicated servers in certified data centers in Germany to ensure that your data is protected from unauthorized access at all times. Due to the grey area of data protection law when using cloud providers for medical data, we have decided against using providers such as Google, Amazon or Microsoft, so we can offer you the optimum in data protection. Your data is encrypted (TLS 1.2+) for transmission and access is secured by token-based authentication (openid) and authorization (oauth2). Further information findest you can find in the privacy policy as well as in our terms and conditions, which you can select directly from the burger menu of the Nia App.

11 Help

11.1 Troubleshooting

We care about you! That's why we like to take care of your questions, worries and other concerns.

For quick troubleshooting please visit our [FAQ Page](#)

11.2 Support

If you have any questions about Nia, need help with the app or have found an error or problem, please contact us immediately at support@nia-health.de.

You can also reach us at the following phone number:
+49 (0)30 50930415 (Germany)

In the event of serious incidents related to the use of this medical device, contact Nia Customer Service and the appropriate local authority.

12 Herstellerangaben



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