

DoktorConnect

How to use your app — a step-by-step guide

This guide walks you through DoktorConnect from the moment you open it. Nothing here needs any technical knowledge. Read it front to back once, or jump to the part you need.

Where to find the app: app.doktorconnect.us

1. What DoktorConnect is

DoktorConnect is your health in one place. Instead of a folder of papers and a memory of what the doctor said, you get:

- **A doctor by video** — without leaving your house or your desk.
- **Your own health record** — your readings, medicines, lab results and visit notes, kept in one place and owned by you.
- **Care engines** — focused programmes for the kidneys, sleep, the heart, hearing, vision and more.
- **Everyday tools** — a symptom check, medicine reminders, a food scanner, a medicine authenticity check, and a wellbeing coach.
- **Harbor Care** — free help when life feels too heavy, at any hour.

Your employer, your school and your HMO never see your personal health record. They only ever see numbers about the whole group, never you.

2. Getting started

Create your account

1. Open app.doktorconnect.us on your phone or computer.
2. Tap Create my account.
3. Enter your full name, date of birth, sex, email, phone and a password of at least 10 characters. Tap Show if you want to see what you typed.
4. Choose your country: United States or Nigeria. This sets your doctors, your units, your payment options and your emergency number.
5. If your employer, school, church or HMO gave you a code, type it in. If you do not have one, leave it blank — you can add it later.
6. Answer a few short health questions. This is what makes your plan yours rather than generic.
7. Check your email and tap Confirm my email. That is the last step; your account is then live.

Invited by a link? Tapping a join link fills the code in for you. If you already have an account, simply sign in and you are joined automatically.

Put it on your phone's home screen

DoktorConnect works like any app once you add it to your home screen, and it opens far quicker.

- **iPhone:** open the site in Safari, tap the Share button, then Add to Home Screen.
- **Android:** open the More tab and tap Install, or use Chrome's menu and Add to home screen.

Your DoktorConnect ID

Every member gets a DC-ID, something like DC-AB12-CD34. It is how your readings, your record and your doctor's notes stay tied to you. You will find it at the top of the More page and the Account page, with a Copy button.

3. Finding your way around

Five buttons sit along the bottom of the screen on a phone; on a computer they run down the left.

Tab	What lives there
Home	Today at a glance: what to do next, your follow-ups, quick actions
Vitals	Your blood pressure, glucose, oxygen, weight, temperature and sleep
Doctor	Book and join a video visit; summaries and follow-ups from your doctor
Tools	Symptom check, medicine reminders, medicine check, food scanner, coach
More	Rx-Lab, Learn, My progress, My plan, Engines, Family, Account, Harbor Care

On a computer, Rx-Lab and Learn appear in the menu directly instead of under More.

4. Your first fifteen minutes

1. Take the Ready Mindset check (MQ). Forty statements, about five minutes. It finds what actually gets in your way — not what you know, but what stops you acting on it. It is what HEALAgent and your whole plan are built on.
2. Fill in your health profile: your conditions, your medicines, any allergies. Two minutes now saves a doctor ten minutes later, and keeps your safety checks accurate.
3. Take one reading. Blood pressure or weight is enough to start your trend.
4. Read your 90-day pathway on the Home page. It gives you a small thing to do today rather than a lecture.

5. HEALAgent — your daily coach

HEALAgent is the part of DoktorConnect that shows up every day, and for most members it is the reason the app stays on their phone. It is not a chatbot waiting to be asked a question. It writes to you.

How it works

1. Take the Ready Mindset check. Forty statements, about five minutes. It finds your barrier profile — the specific things that stop you acting on what you already know.
2. From the next morning, a coaching message is waiting on your Home page. It is written for your profile, your readings and where you are in your 90 days — not a general health tip.
3. Do the one thing it asks, then tap Mark done. That is the whole ritual, and it takes a minute.

The message changes as you do. If your blood pressure is drifting up, it says so. If you have not taken a reading in a week, it notices. If your strongest barrier is isolation, it will not hand you a diet plan.

What is on the card

- **Your barrier profile** — shown beside the HEALAgent name, so you always know what it is working on.
- **Today's message** — a few sentences, and one thing to do.
- **Mark done** — your streak and your points grow from this, and your progress page follows it.
- **Talk to doctor** — when the day's message is not enough, a visit is one tap away.
- **Mental health help** — opens the wellbeing coach for a longer conversation.

HEALAgent is coaching, not medical advice. It will never change your medicines; your doctor decides that. When something needs a doctor, it says so plainly and takes you there.

Getting the most from it

- Read it at the same time each day — most people do it with breakfast.
- Mark it done honestly. The point is not the streak; it is that the next message is written from the truth.
- Retake the Ready Mindset check every few months. Barriers move as life moves, and the coaching moves with them.

6. Vitals — your numbers

Entering a reading by hand

1. Open the Vitals tab.
2. Tap the reading you want to add: blood pressure, glucose, oxygen, weight, temperature or heart rate.
3. Type the numbers and tap Save. Your trend updates immediately.

Using the DoktorConnect device

The Linktop 6-in-1 device measures blood pressure, blood oxygen, heart rate, temperature, blood glucose and an ECG.

1. Install DoktorConnect Devices on your phone (Android from the Play Store, iPhone through TestFlight).
2. Open it, sign in, and enter your DC-ID when asked.
3. Pair the device once. After that it connects on its own.
4. Take a reading. It appears in the app within seconds, and in every engine that needs it.

Sleep

If you wear a watch or ring, DoktorConnect can read your sleep from Apple Health or Health Connect once you switch on Share sleep and health data in the bridge app. Your sleep report, under More, then shows last night and your last thirty nights: how long you slept, how broken it was, and what is drifting.

7. Doctor — a visit by video

Booking

1. Open the Doctor tab.
2. Tap Ask for a visit.
3. Say what it is about in a sentence or two, and choose today or a time that suits you.
4. Send it. Our doctors are online 8 am to midnight, Nigeria time; requests made overnight are picked up from 8 am.

Joining

1. When the doctor accepts, the visit appears in the Doctor tab with its time.
2. At the time, tap Join video visit.
3. Allow the camera and microphone when your phone asks. Use headphones if you can; find a quiet spot with light on your face.

After the visit

Your doctor writes the note while you talk. Afterwards you will see, in the Doctor tab:

- **A summary in plain language** — what was found, what was decided, what to do next. In Nigeria you can ask for it in Pidgin.
- **Follow-ups** — small things to do, with a Done button. They also show on your Home page.
- **Medicines** — anything started, changed or stopped goes straight into your medicines list and your reminders.

Emergencies are different. If someone cannot breathe, has chest pain, is bleeding badly or has collapsed, call 112 in Nigeria or 911 in the United States. Do not wait for a video visit.

8. Tools

Check symptoms

Describe what is wrong in your own words. You get a calm guide to what it might be and, more importantly, what to do next: care at home, see a doctor this week, or go now. It never pretends to be a diagnosis.

Medicine reminders

1. Add each medicine with its dose and the times you take it.
2. Tick each dose as you take it.
3. Your doctor sees the same list, so nobody has to guess what you are actually on.

Check a medicine

Worried a medicine might be fake or substandard? Photograph it and find out what can be seen.

1. Tools → Check a medicine, then Start.
2. Take up to three photos: the front of the pack, the back showing the batch number and expiry, and the tablets or bottle.
3. Add the name, batch, expiry and where you got it. All optional, but they make the check much stronger.
4. Read the answer. It will say something looks wrong, that it cannot tell, or that nothing looks wrong — and it will never claim a medicine is genuine, because a photograph cannot prove that.
5. Send the report, if you choose, to the CANARY public map and to NAFDAC or the FDA. You can stay anonymous.
6. Save or share the report — it names no shop and no person, so it is safe to send to family.

Your photos are read and then discarded. They are never stored and never shown to anyone.

Food scanner

Photograph your plate or a package and get the calories and the main nutrients, with the portion you actually ate. It feeds your daily goal without any weighing or typing.

Move

Your steps, read against your own readings. The app sets a daily target from your last two weeks, not 10,000 for everyone, and raises it by 500 each week you keep up. Once there are a few weeks of steps beside your blood pressure, glucose and sleep, Move tells you what walking does for you in your own numbers. Steps come from your watch or phone through the Devices app; you can also time a walk in the app or type in a day the watch missed. After you log a meal, the food scanner may offer a ten-minute walk, which is the single best thing for blood sugar after eating.

AI wellbeing coach

Where HEALAgent writes to you each morning, the coach is there when you want to talk. Somewhere to think out loud about sleep, stress, habits or a hard week: it listens, asks good questions, and knows when to point you to a person instead.

My progress

One page: your readings and their direction, your engines, your pathway, your points and streak, and the documents you have added to your record. This is the page to open when you want to know whether things are getting better.

9. My records — add any medical paper

Not everything happens inside DoktorConnect. You are discharged from hospital, you have a scan somewhere else, a doctor writes a prescription, a nurse stamps a vaccination card. All of it belongs in your record, and the app will read it for you.

Adding a document

1. Open More → My records.
2. Tap Choose or photograph a document. Photograph it, or pick a PDF if you have one — for a long report the PDF is much clearer.
3. Wait a few seconds while it is read.

What comes back

- **What it is** — a hospital discharge, a scan report, a prescription, a vaccination card, a clinic note.
- **What it says, in your own words** — a few plain sentences, not the medical language on the page.
- **What matters here** — the handful of things that actually affect you.
- **Worth asking your doctor** — the questions the document raises, ready to take to your next visit.

Filing it into your record

The app then proposes what to keep: a condition, a medicine, a vaccination, a lab value, a note. Tick what you want and tap Save to my record. Only what you tick is kept.

What you keep becomes part of your health record, so your engines use it, your progress page counts it, and your doctor sees it at your next visit. A medicine can also go into your medicines list and reminders in the same step.

Who can see it

- **Nobody, unless you say so.** The document stays private until you tick Let my DoktorConnect doctor see this document, and you can stop sharing at any time.
- **Removing a document** takes the file away; anything you already saved into your record stays, because it is part of your history now.

The app explains what a document says. It does not diagnose, and it will never tell you to start, stop or change a medicine — that is your doctor's decision. Anything it cannot read, it says so plainly.

10. Rx·Lab — medicines, results and pharmacies

Lab results

1. Open More → Rx·Lab.
2. Tap Add a report and photograph it or upload the PDF.
3. The app reads the values and marks anything out of range.
4. Choose whether to share it with your doctor. Nothing is shared unless you say so.

Pharmacies

Find a partner pharmacy near you, with its address and phone number.

11. Learn

Short, plain explanations of the things that actually affect you — written for a person, not a patient. What you have been diagnosed with, what your medicines do, and what genuinely helps.

12. Engines

Engines are focused programmes that run on the same record: KidneyIQ for kidney health, HeartIQ for the heart, PulmIQ and SleepIQ for breathing and sleep, Sentinel for cancer screening, Aura for cycle and fertility, Materna for pregnancy, PediatricIQ for children, MEMORA for memory, WAYLIGHT and EMBER for mental health and recovery, Sage for social needs, Otivo for hearing, OCIVO for vision and Ortivo for posture and feet.

1. Open More → Engines.
2. Tap the engine you want and switch it on. Your readings and profile come with you; nothing has to be typed twice.

How many engines you can use depends on your plan.

13. My plan and paying (Nigeria)

Four tiers. Every tier includes seeing a doctor by video.

Tier	What you get	Monthly	Yearly
1 • Core	Telemedicine	₦250	₦2,700
2 • Essential	Telemedicine + 2 engines	₦500	₦5,400
3 • Standard	Telemedicine + 5 engines	₦1,250	₦13,500
4 • Premium	Telemedicine + every engine	₦2,000	₦21,600

Yearly saves you ten per cent.

1. Open More → My plan.
2. Choose monthly or yearly, then your tier.
3. Pay now by card, bank transfer, USSD or QR — or choose Pay by card and renew automatically.
4. Your plan is active the moment the payment goes through.

If your employer, school or HMO is paying for you, you do not need to do any of this. Your plan is already on.

14. Family

You can hold the record of someone you care for — a child, a parent, a relative who does not use a phone.

1. Open More → Family.
2. Tap Add someone and enter their details.
3. Take their readings, keep their medicines and book their visits from your own app.

15. Account and privacy

- **Your record is yours.** Employers, schools and HMOs see group numbers only, never your record.
- **Doctors see your chart only for care**, and every time a record is opened it is logged, with the reason if there was no visit.
- **Lab results are shared by you**, one report at a time.
- **Photos from the medicine check are never stored.**

Under More → Account you can change your details, set your notification preferences, see your DC-ID and sign out.

16. Harbor Care — when life feels too heavy

Free, for everyone, at any hour, whether or not you have a plan. Open it from the More page.

It gives you someone to talk to right away, and a clear ladder of help: the emergency number first, then our telehealth line, then your own doctor, then the doctor on call.

In Nigeria, the emergency number is 112. In the United States, call or text 988 for the Suicide and Crisis Lifeline, or 911 in an emergency.

17. If something does not work

What you see	What to do
The app looks old or a new feature is missing	Close it fully and reopen. On a computer press Ctrl+Shift+R
“Your session has expired”	Sign in again. If it keeps happening, open a private window and sign in there
No confirmation email	Wait a few minutes and check spam. Then use Forgot password
Camera does not open	Allow the camera in your browser: tap the padlock beside the address
No DC-ID showing	Finish sign-up — name, date of birth and country — and it appears
A reading did not arrive	Open the DoktorConnect Devices app, check it is signed in with your DC-ID

Still stuck? Write to Joseph@josmolgroup.com, or ask your employer or school contact to raise it with us.

18. A day with DoktorConnect

How it fits into an ordinary day, once you are set up:

- **Morning:** take your blood pressure; the reading lands in your record and your engine.

- **Mid-morning:** your reminder goes off, you take your medicine and tick it.
- **Lunch:** photograph your plate; the calories land against your goal.
- **Afternoon:** something is wrong, so you run the symptom check and ask for a visit.
- **Evening:** the doctor sees you by video; the summary and your follow-ups arrive in the app.
- **Before bed:** your watch records your sleep, and the report is waiting in the morning.

DoktorConnect — Jsmol Human Capital Resources Ltd (Nigeria) · Omega Wellness Center Inc (United States)

This guide describes the app, not medical advice. In an emergency call 112 in Nigeria or 911 in the United States.