# Geisinger
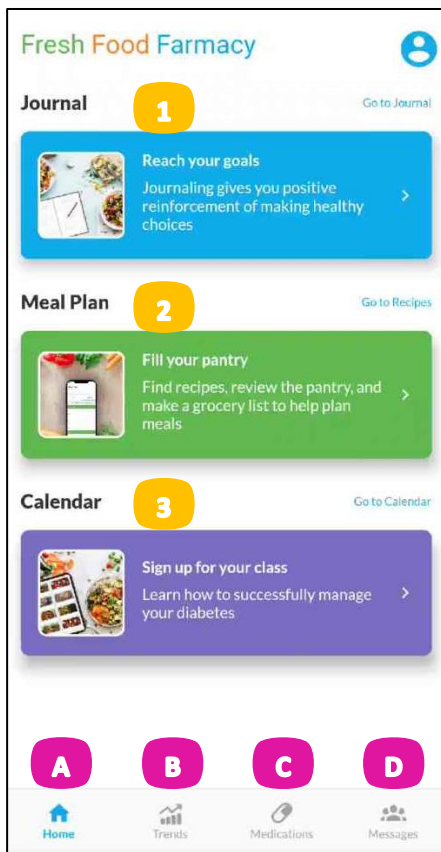
## The Fresh Food Farmacy app makes managing your diabetes easier.

A nutritious diet is a great way to manage — and prevent — diabetes and other serious health issues. But we know healthy food can be expensive. That's why we created the Fresh Food Farmacy®, so you can get fresh food, free of charge, for yourself and your entire family. We've even designed an app to support your journey to better health.

# Table of Contents

## Home Screen

The application contains 3 Modules which can be opened by clicking on them:

1. The Journal is where you can enter your blood sugar, blood pressure, weight, and your meals.
2. The Meal Plan section allows you to add recipes, check the foods available at the pantry, and make a grocery list for meal planning.
3. In the calendar module, you can view and schedule classes to help manage your diabetes.

The application also has 4 tabs:

A. The Home screen is where you can access the journal, meal plan, and calendar modules.
B. The Trends show the results of our journaling over time.
C. The Medications tab provides a list of your current medications.
D. From the Messages tab, you can send a note to your Fresh Food Farmacy team.

## Adding a Journal Entry

Once the module is opened, you can add a new journal entry using the blue "Add Journal Entry" button.
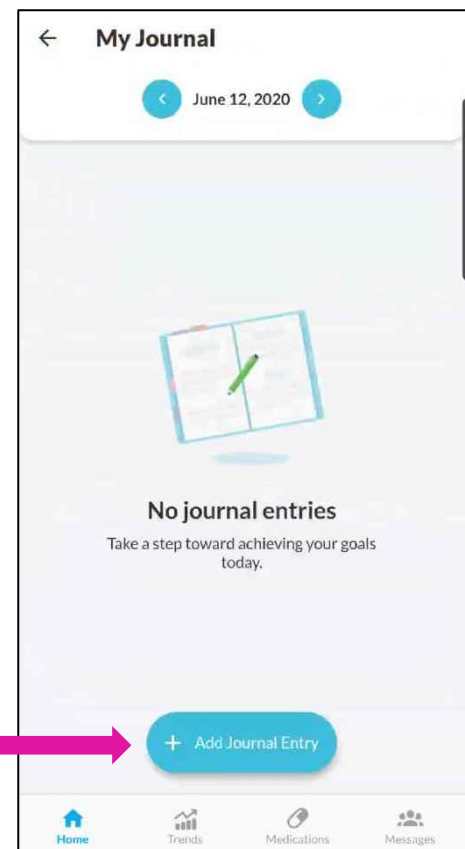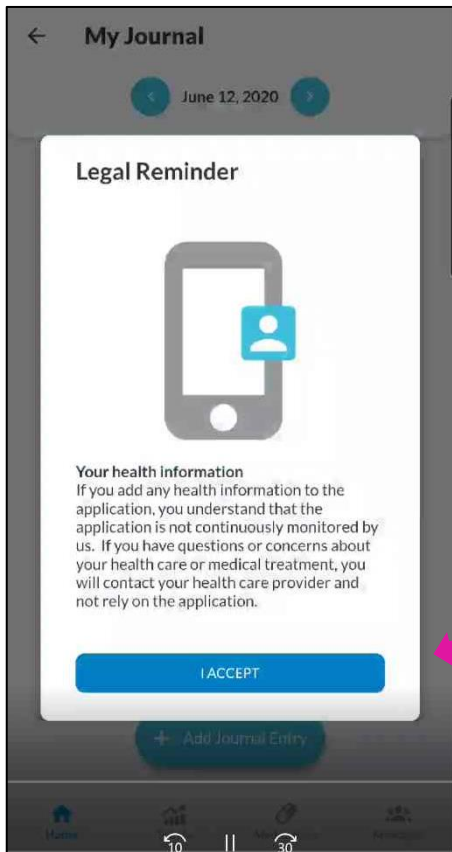
## Adding a Journal Entry, cont.

When adding a journal entry, a reminder will pop up stating that you understand that the application is not continuously monitored. If you have questions or concerns about your health care or medical treatment, you will contact your health care provider and not rely on this application.
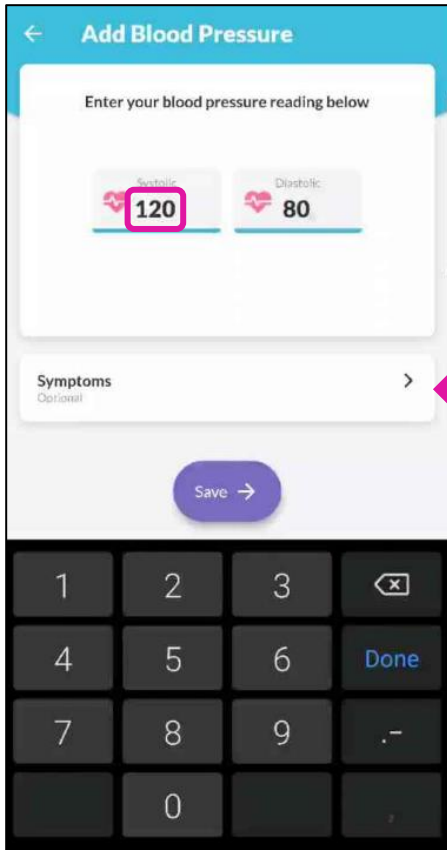
To agree and continue, click the blue "I Accept" button.

## Adding a Journal Entry, cont.

Four journal entry options will pop up:

- Blood Sugar
- Blood Pressure
- Recipe
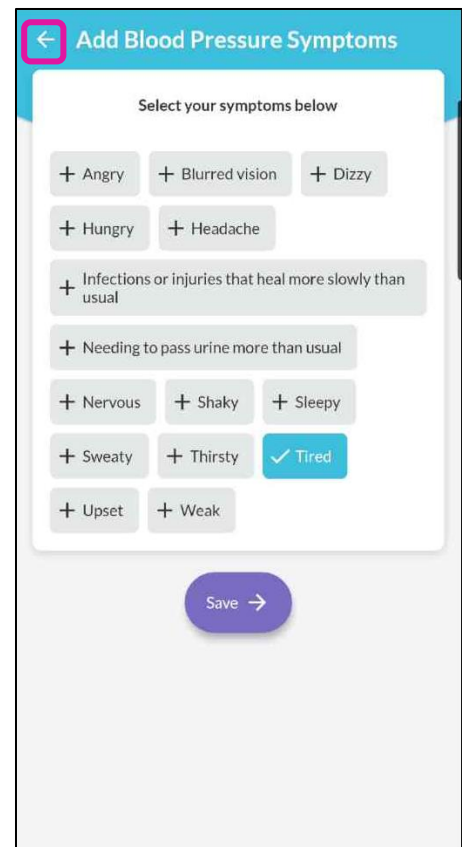- Weight

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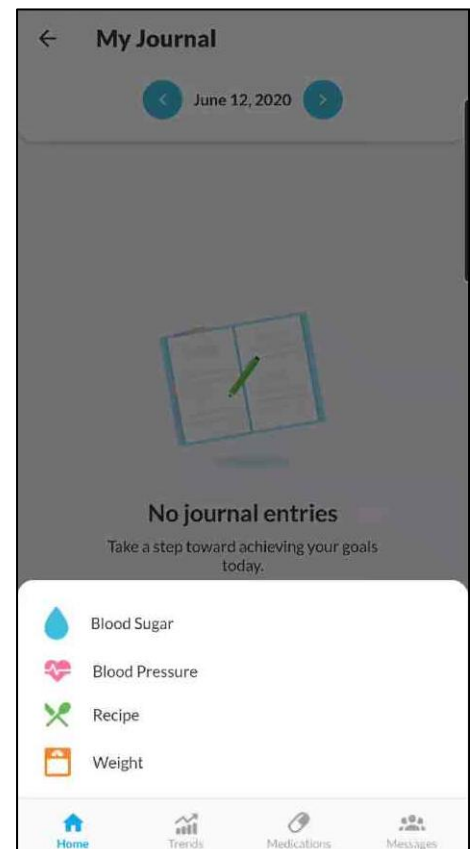
## Journaling a Blood Pressure

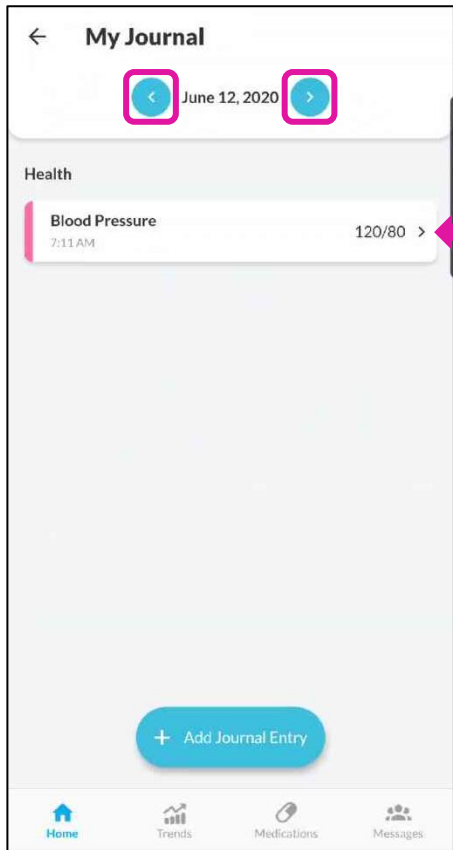To add values, click on the box and a numerical keyboard will appear.

Once the values are entered, you have the option to add symptoms

## Journaling a Blood Pressure, cont.

Multiple symptoms can be added.

When finished, click the back arrow to return to the previous screen.

## Journaling a Blood Pressure, cont.

Once saved, the journal entry will appear in the "My Journal" section.
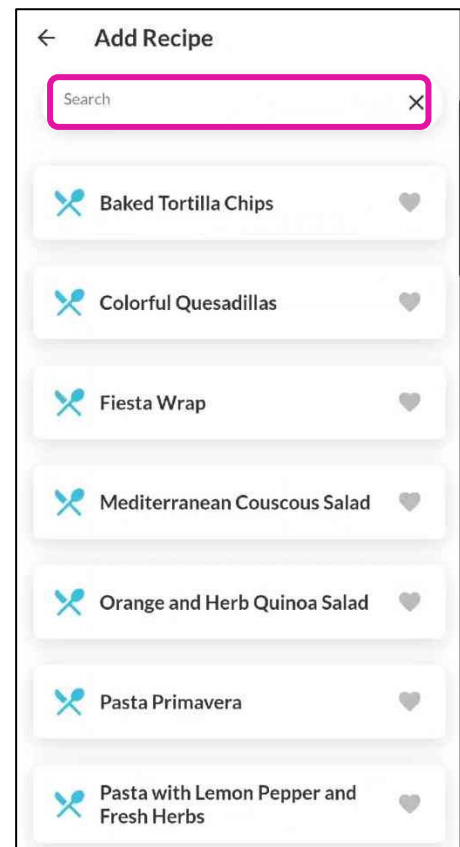
You can view journal entries from previous days using the arrow buttons at the top to change the date.
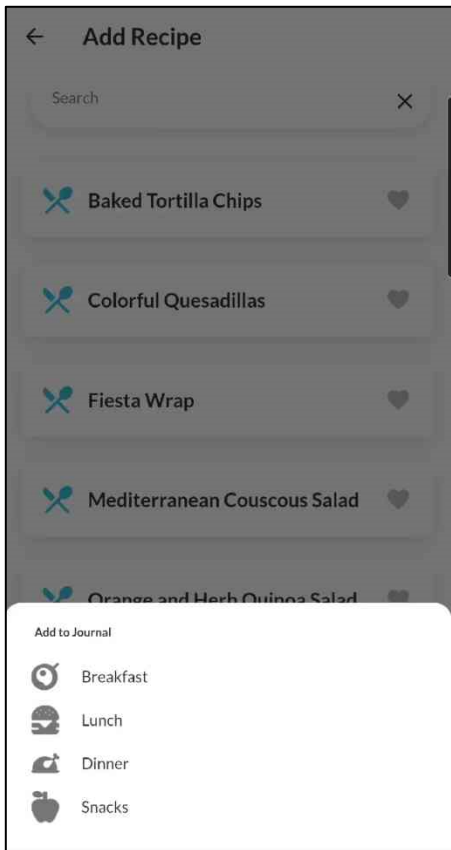
## Journaling a Recipe (Meal)

A meal can be added by selecting "recipe" from the options when adding a new journal entry.

A list of current recipes will open.

You can scroll the list or use the search bar at the top by typing in the part of the name.
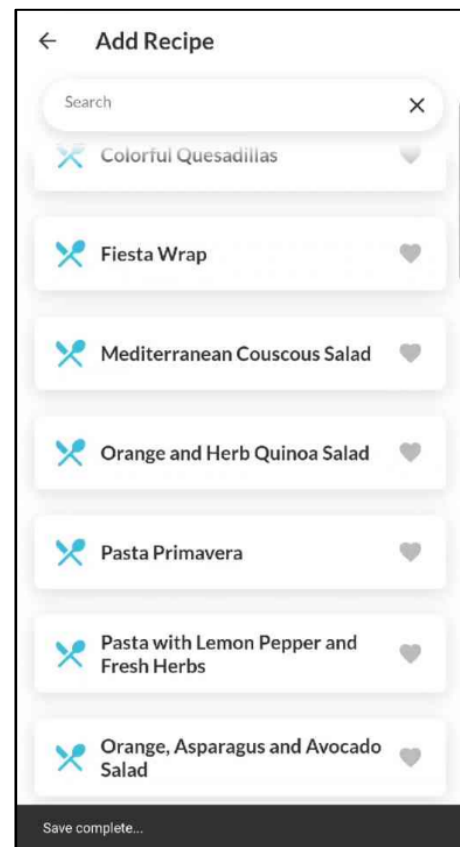
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## Journaling a Recipe (Meal), cont.

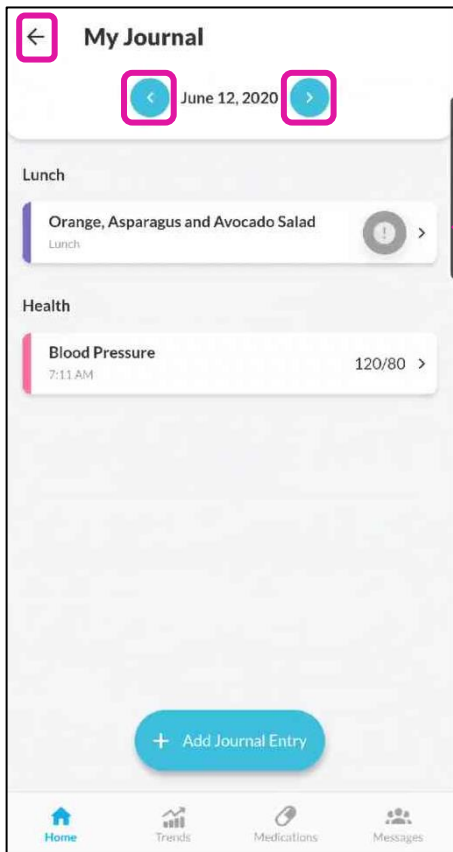Once the recipe is selected, you will be prompted to choose which meal to associate with the recipe:

- Breakfast
- Lunch
- Dinner
- Snacks

## Journaling a Recipe (Meal), cont.

You will receive a message that the save is complete

## Journaling a Recipe (Meal), cont.

Once saved, the journal entry will appear in the "My Journal" section.

You can view journal entries from previous days using the arrow buttons at the top to change the date.

You can return to the home screen using the back arrow.

## Meal Plan Module

A. When returning to the home page, you can now see the last time an entry was made and there are separate buttons for each of the journal categories:
- Blood sugar
- Weight
- Recipe
- Blood pressure

B. You can access the Meal Plan module by clicking on the green button
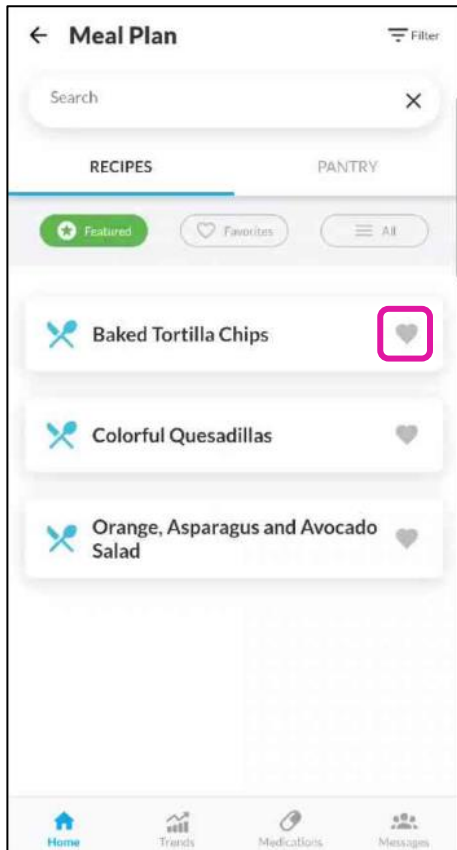
# Recipes

You can search for recipes using the search bar.
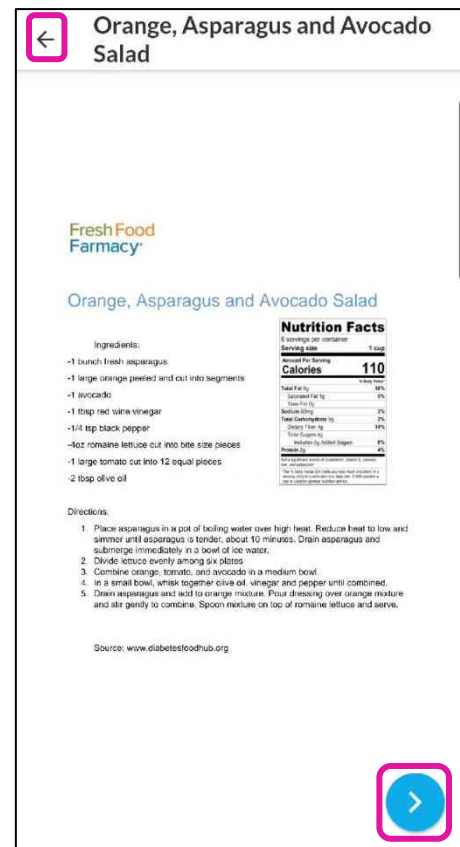
Or you can search using the filters:

- Featured
- Favorites
    - You can make a favorite by clicking the heart
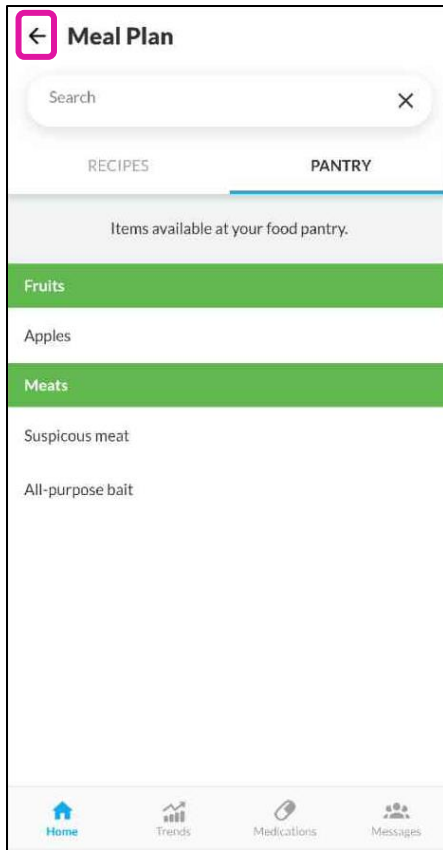- All

# Recipes, cont.

Opening a recipe will show you:

- Ingredients
- Directions for making
- Nutrition Facts

The back arrow will return you to the previous screen.

## Pantry Items

From within the Meal Plan module, you can access the list of items available at your food pantry.

You can return to the home screen using the back arrow.

## Calendar Module

A. When returning to the home page, you can now see the featured recipes of the week.

B. You can access the Calendar module by clicking on the purple button
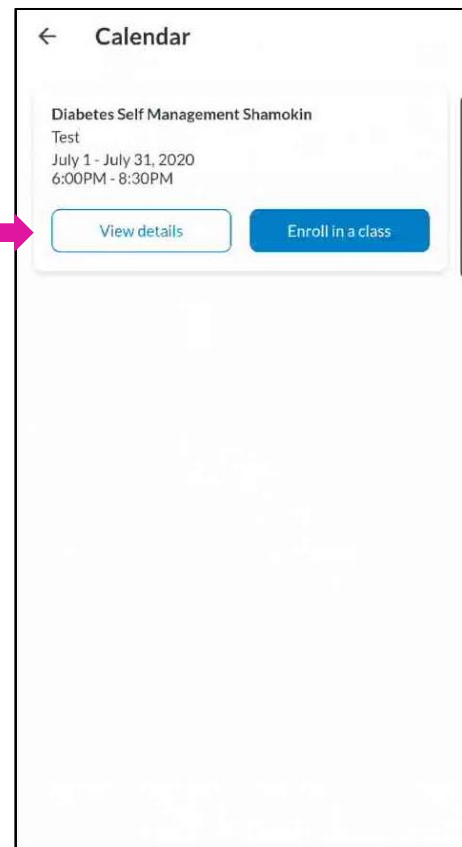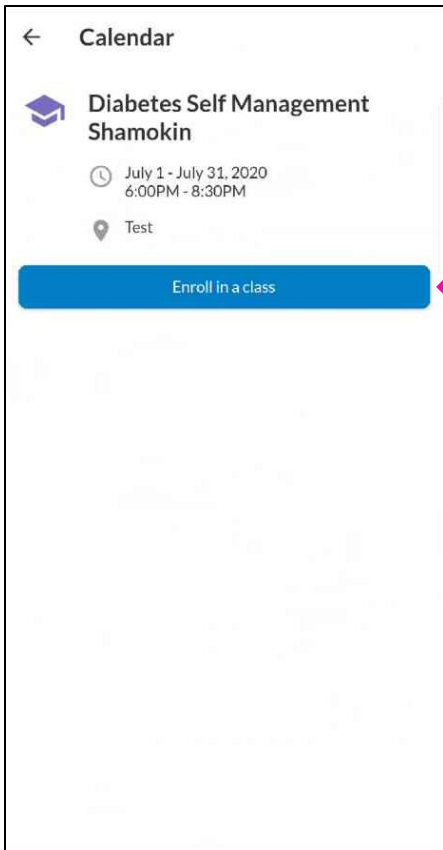


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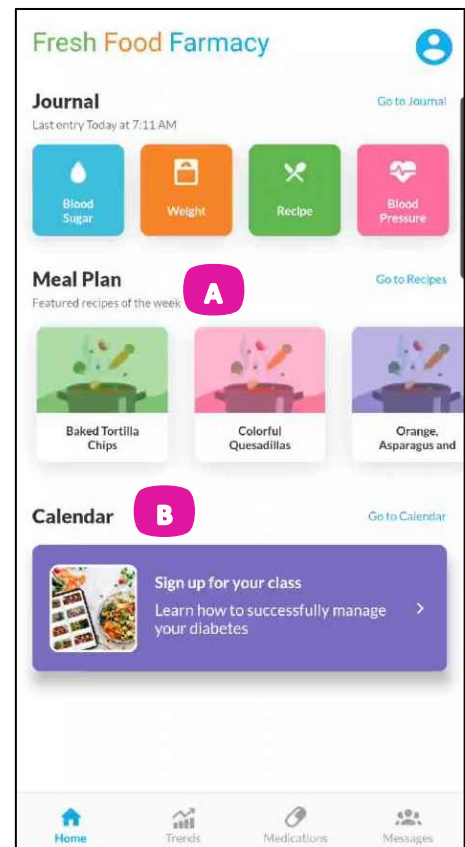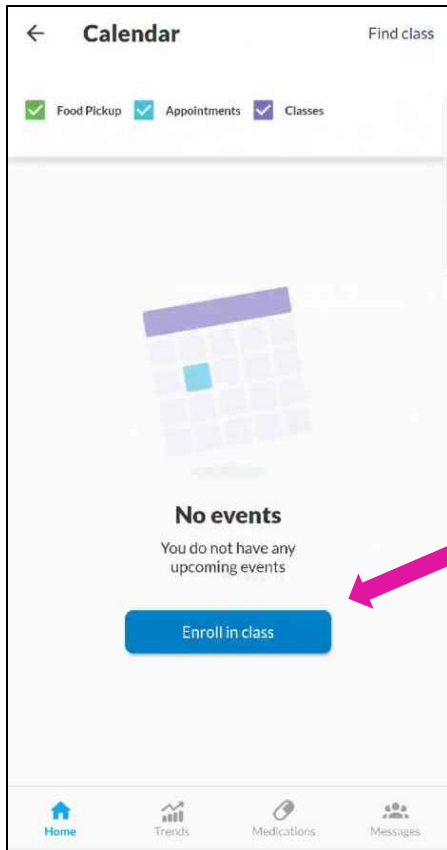
## Enrolling in a Class

Once the module is opened, you can enroll in a class using the blue "Enroll in class" button.

## Enrolling in a Class, cont.

To see the details of the class, use the blue "View details" button.

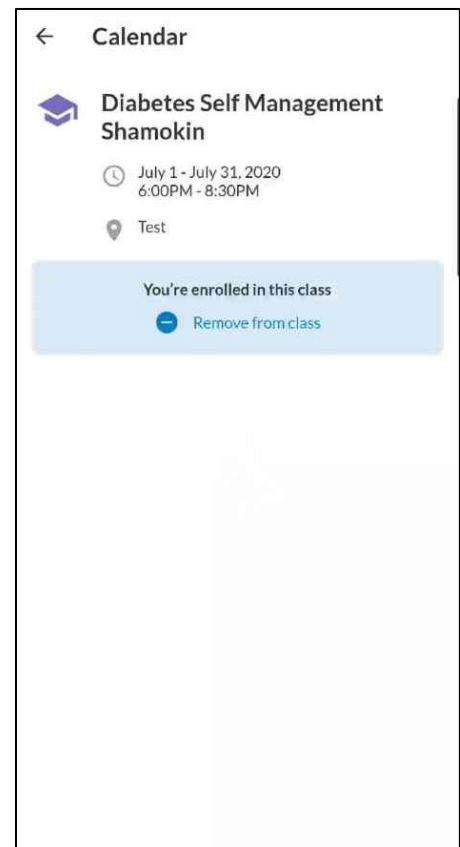## Enrolling in a Class, cont.

To enroll in the class, use the blue "Enroll in class" button.

## Enrolling in a Class, cont.

Once enrolled, you will get a confirmation screen showing you're enrolled in the class.

You have the ability to remove yourself from the class.



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# Calendar Events

Once enrolled, you will see the classes populated on the list of events.
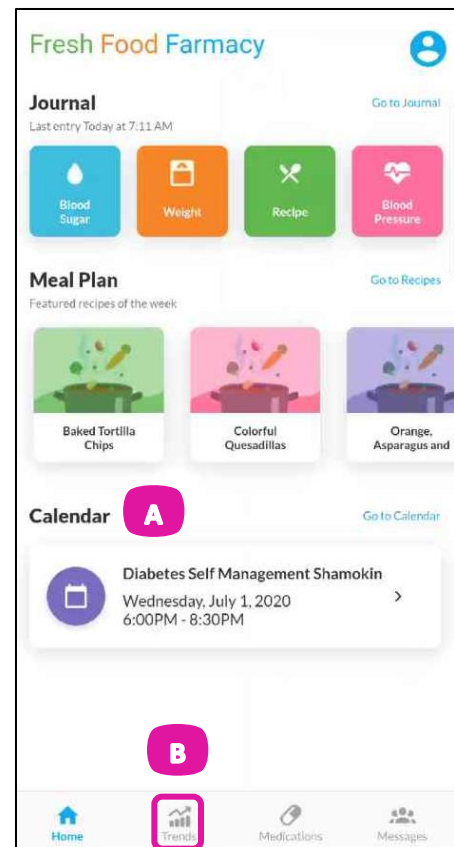
The list of events can be filtered by:

- Food pickup
- Appointments
- Classes

You can find additional classes using the "find class" link.

You can return to the home screen using the back arrow.



# Trends Tab

A.  When returning to the home page, you can now see upcoming events.

B.  You can access the Trends by clicking the icon on the bottom of the screen.

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## Trends Tab, cont.

Your most recent measure values will appear when accessing the Trends tab.

You can view trended, previous data by clicking the "View trends" link next to the measure.

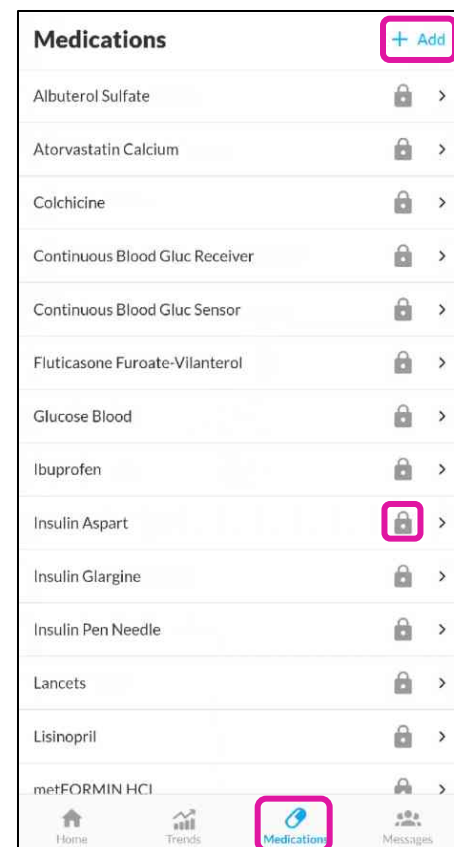To view trended data for all measures, click "View Data" in the upper right corner.
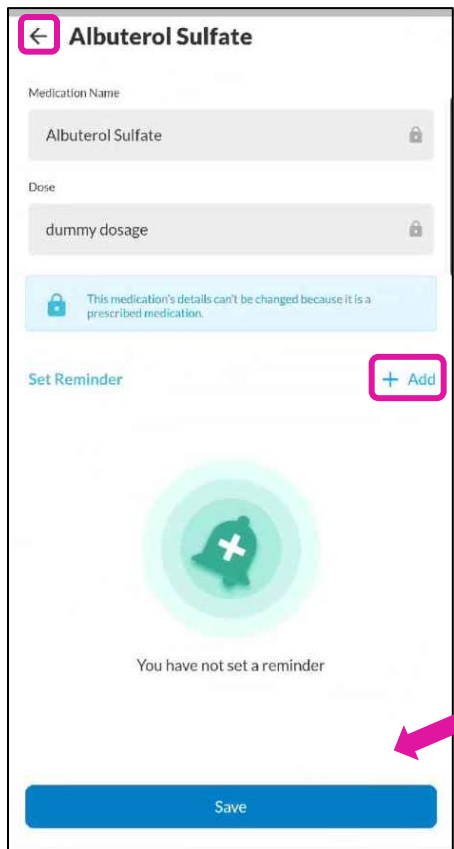
## Medications Tab

You can access the Medications tab by clicking the icon on the bottom of the screen.

Medications can be added by clicking the "Add" link in the upper right corner

By clicking on a medication from the list, you can see and edit the details.

You are only able to edit medications that you enter. You are not able to edit those prescribed by your provider (as indicated by the "lock".



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## Medications, cont.

The details screen contains the name and dose of the medication.

Reminders to take the medication can be added by clicking the "Add" link.

You can return to the previous screen using the back arrow.

If you make any edits, remember to save

## Messages Tab

You can access the Messages tab by clicking the icon on the bottom of the screen.

When accessing the messages, you will see a warning that reminds you to you NOT use Fresh Food Farmacy for medical emergencies. For medical emergencies, call 911 immediately.

To send a new message, use the "Create Message" link in the upper right corner.
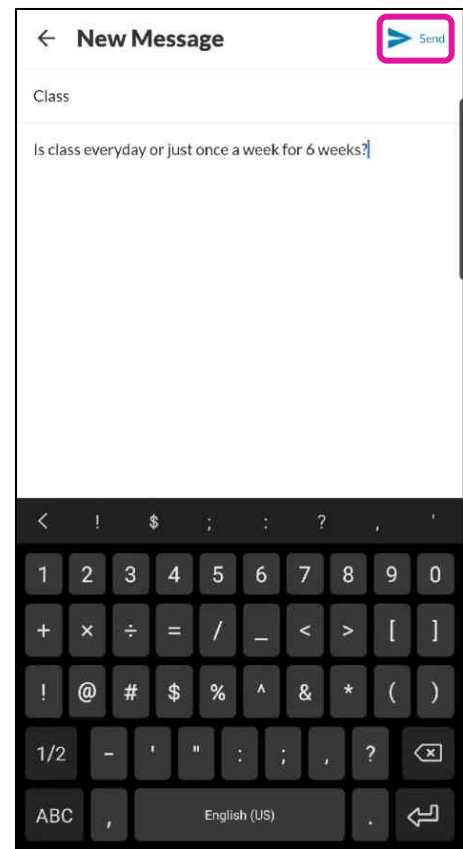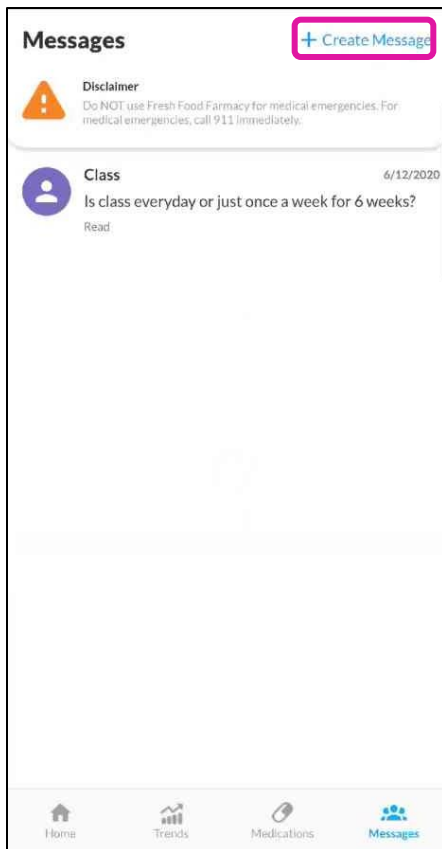
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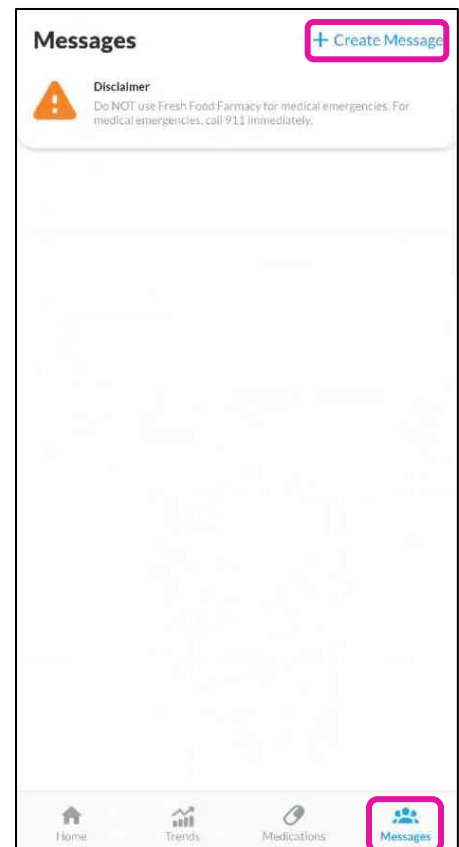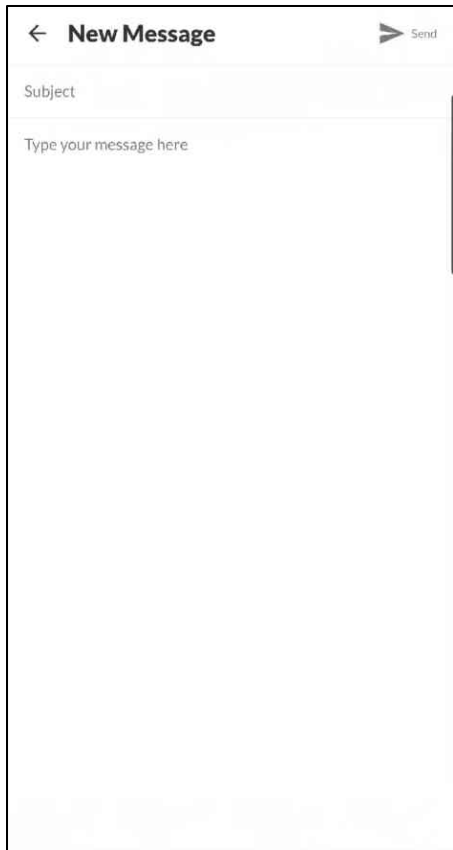
## Messages, cont.

A blank, New Message template will open which has fields for the subject and an area to type your message.

## Messages, cont.

Clicking on either of the fields will bring up the keyboard.

Once you are done typing the message, click "Send" located in the upper right corner



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## Messages, cont.

After sending the message, it will appear on the messages tab.

All conversations, including new messages from the Fresh Food Farmacy team, will appear on this list.

Click on the message to respond or see the entire conversation.

A new conversation can be started using the "Create Message" link in the upper right corner.