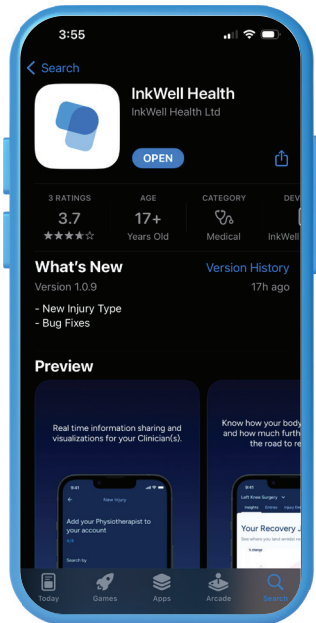## Download and Set Up the App

- To begin, download the InkWell Health App from the Apple Store (iPhone) or Google Play (Android).

- Verification step – If you do not get a verification email, check your junk and spam folders. If you still cannot find it, contact **support@inkwellhealth.com** for assistance.

GET IT ON
Google Play

Download on the
App Store

If you're having trouble, we can help.

Contact **support@inkwellhealth.com** at any time.

You can also use the QR code below to access our digital resources including the Onboarding Guide.

InkWell Health

Connecting patients and healthcare teams through medical-grade data

INKWELLHEALTH.COM

SUPPORT@INKWELLHEALTH.COM

# InkWell Health

Supporting Your Recovery Journey:

QuickStart Guide

INKWELLHEALTH.COM

Making your first entry

Section 1. New Tattoo Entry

- Only check this box if you have "Extension" (straight leg) and "Flexion" (bent leg) measurements from your clinician, otherwise leave this section blank.

> Note: Ask your physical therapist for your "extension" (straight leg) and "flexion" (bent leg) measurements at your next appointment, otherwise do not check this box and leave this section blank.
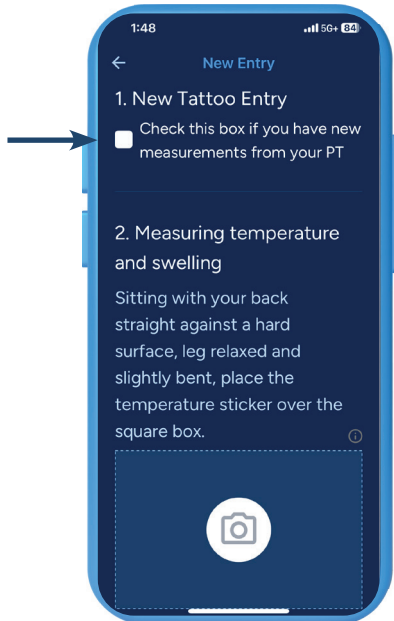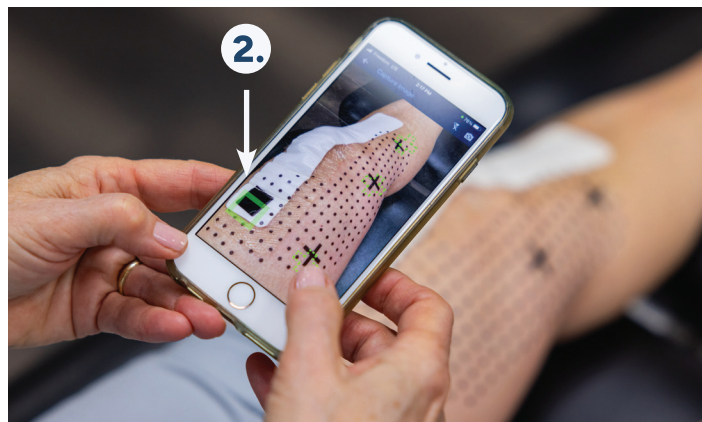

Taking the pictures

The app will automatically take the picture for you when the green shapes on the camera screen are lined up with the shapes on your tattoo.
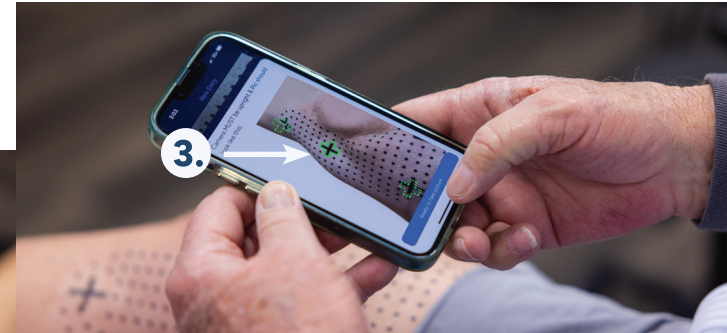
1. Camera must be upright (portrait mode) for pictures. Do not turn your camera sideways.

2. For your temperature and swelling picture, place a temperature sticker on your tattoo and align the 4 green shapes with the shapes on your tattoo.

3. Take your straight leg picture next and make sure to get all 3 crosses in the picture.

4. Take the bent leg picture next. It may be easier to use the front camera by clicking the 🔄 icon. Make sure to get all 3 green crosses in the picture.

> Note: If a cross is missing or the app is unable to "capture the perfect shot," you can select the last photo shown or manually take a picture by using the 📷 button.