



# Getting Started



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# HAPPYneuron Pro - Getting Started

## 1. First steps

This document will walk you through the very first steps of using HAPPYneuron Pro and getting familiar with the basic functions.

It covers the creation of a patient account, accessing the exercises, following up the results and adapting the training.

The following instructions imply that you have an active Therapist account on HAPPYneuron Pro. If you do not have an account, please contact your organization manager or HAPPYneuron Pro support team.

## 2. Log in

*The following steps will show you how to log in to HAPPYneuron Pro.*

Browse to <http://www.happyneuron-pro.com/login>

Enter your login and password in the appropriate text boxes.

Click on "Log in": 

*If the access is denied, please check the spelling of your login.*

### Key Steps:

- Browse to the website
- Enter your login and password
- Click "Log in"

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## 3. Create an account for a patient

*The following steps will show you how to create an account for a patient.*

Click on the "Users" tab:



Click on "Create a user":



Fill out the required information on the user:

Title	Mr. <input type="text"/>
First Name	John
Last Name	Doe
Gender	Male <input type="text"/>
Birthday	1 <input type="text"/> / 1 <input type="text"/> / 1940 <input type="text"/>

*The Birthdate is not mandatory.*

The "Login" and "Password" will be the login information that this user will type in to access HAPPYneuron Pro on his own. You have to choose a login and a password for this user:

Login	<input type="text" value="j.doe"/>
Password	<input type="password" value="*****"/>

Fill in an Email which will be used for email sessions and for password recovery features:

Email	<input type="text" value="j.doe@myemail.com"/>
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Click "Submit":



### Key Steps:

- Click "Users"
- Click "Create an account"
- Fill in the information
- Click "Submit"

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## 4. Access an exercise with this patient

*This section will show you how to access the exercises with a patient.*

Depending on your settings, you may choose one of the following ways of accessing the exercises with a patient.

### a. Direct Log In

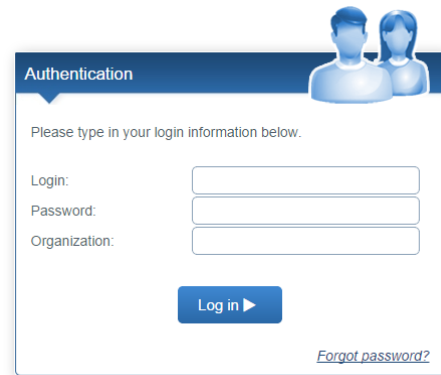
The first way to access the exercises is for the user to log in directly with his/her own account.

Once logged in, users can access the list of exercises that were allowed by their manager.

Click the "Exercises" tab:

**Exercises**

Click "Play" under an exercise:



With this method, users will not be able to set their difficulty level. They will automatically be given their current level and will progress automatically.

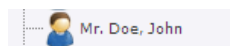
### b. Therapist Log Into

The other way is most useful when users are there physically with their therapist for their training. The therapist who is logged in with his/her account can then start a session with this user.

Click on the "Users" tab:

**Users**

In the account list, click on a user:



In the user file, click on "Log Into":



You will now be logged in as this user, just as if he/she had logged in from the home page.


Click the "Exercises" tab:

**Exercises**

Click "Play" under an exercise:

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Once finished with this user, the therapist can click on "Logout" to close the user account and return to his therapist account. 

## Key Steps:

- *The patient logs in directly or Choose a patient and click "Log Into"*
- *Click on "Exercises"*
- *Click on "Play" under an exercise*

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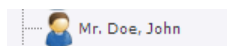
## 5. Viewing the results of this patient

*This section will show you how to access your patient's results.*

Click on the "Users" tab:

**Users**

In the account list, click on a patient:



Click the "Results" tab:

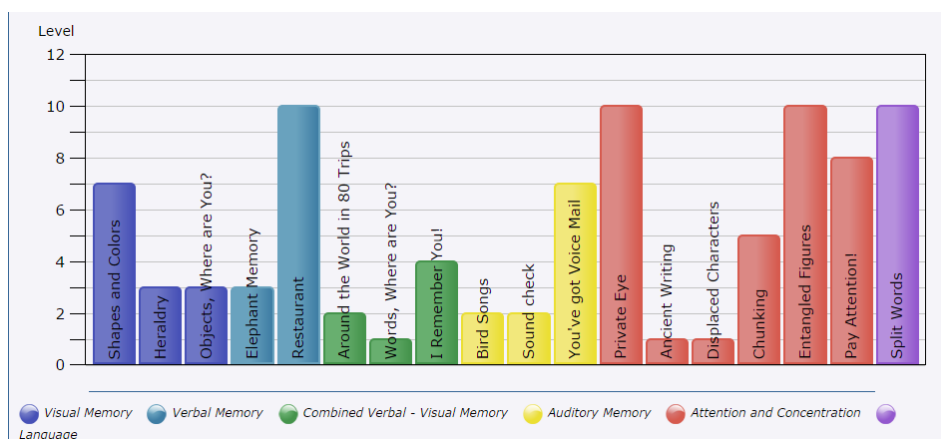
**Results**

The first item is a calendar that shows the activity of the patient for each day, as well as the exercises played the last day.



*You can click on a day in the calendar to display the details of that day*

The last graph shows the current level of the user on each exercise



*You can click on an Exercise to view the details of an exercise.*

### Key Steps:

- Click on the "Users" tab
- Click on a patient
- Click on the "Results" tab

## 6. Adapt the patient's training

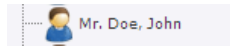
### 6.1. How to select which exercises are available?

*This section will show you how to define which exercises will be available to a user.*

Click on the "Users" tab:

**Users**

In the account list, click on a patient:



Click on the "Exercises" tab:

**Exercises**

You can switch on or off any of the exercises. If an exercise is switched off, the user will not see it in the list of exercises.



You can also manually switch off all the exercises or an entire module with the "All / None" links on top of the list or next to a module name.

[All](#) / [None](#)

#### Key Steps:

- Click on the "Users" tab
- Click on a patient
- Click on the "Exercises" tab
- Turn On or Off each exercise



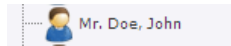
## 6.2. How to change the current level?

*This section will show you how to change the current level of a user on a particular exercise*

Click on the "Users" tab:

**Users**

In the account list, click on a patient:



Click on the "Exercises" tab:

**Exercises**

Click on one of the exercises in the list. Information about this exercise will appear on the right side of the screen.



You can move the cursor to change permanently the current level of this user on this exercise.

### Key Steps:

- Click on the "Users" tab
- Click on a patient
- Click on the "Exercises" tab
- Click on an exercise in the list
- Slide the cursor to a new level

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## 6.3. How to use and manage Workouts?

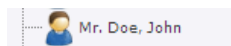
*This section will show you how to use Workouts to prepare training session that your users can play on their own.*

A Workout is a series of exercises that is planned for a patient to guide him/her when he/she is playing alone. You can setup the HAPPYneuron Pro platform to create Workouts based on the exercises that are available to the user.

Click on the "Users" tab:

**Users**

In the account list, click on a patient:



Click on the "Workout" tab:

**Workouts**

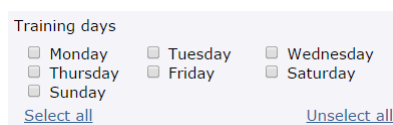
Set the "Generate Workouts" parameter to "C

Generate workouts

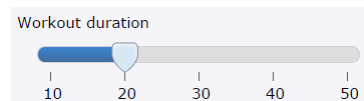
**ON**

You will then be able to choose the Workout parameters:

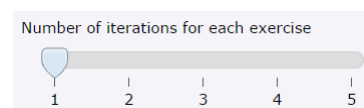
- Training Days: Choose the days when you want users to get a new Workout.

A form titled "Training days" with checkboxes for each day of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Below the checkboxes are two links: "Select all" and "Unselect all".

- Workout Duration: Choose how long you want the workout to be (in Minutes). The system will then add exercises to the Workout until the user has completed the minimum duration you have set.

A horizontal slider control titled "Workout duration". The slider has a blue handle and a track with numerical markers at 10, 20, 30, 40, and 50. The handle is currently positioned at 20.

- Number of Iterations for each exercise: Choose how many times each exercise will be assigned in the workout.

A horizontal slider control titled "Number of iterations for each exercise". The slider has a blue handle and a track with numerical markers at 1, 2, 3, 4, and 5. The handle is currently positioned at 1.

If the patient email is defined in the "User Information" tab of the patient file, the patient will receive an automatic reminder email at the days you have chosen to access his/her workout easily.

If the patient does not have a valid email registered, no reminder will be sent.

Click the "Save" button to save your settings.

**✓ Save**

When the patient will log in, he/she will see a button to access his/her Workout and will automatically be guided through the exercises for the amount of time chosen.

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The exercises will be automatically chosen among the available exercises and each exercise will be played at the user's current level.

## Key Steps:

- Click on the "Users" tab
- Click on a patient
- Click on the "Workouts" tab
- Turn on the "Generate Workouts"
- Choose the appropriate settings
- Click "Submit"

## 7. Training Manual

*To go further into the use and functionalities of HAPPYneuron Pro, please download and read our Training Manual available at:*

[http://www.happyneuron-pro.com/rsc/hn\\_pro/docs/en/HAPPYneuronPro-Training\\_manual.pdf](http://www.happyneuron-pro.com/rsc/hn_pro/docs/en/HAPPYneuronPro-Training_manual.pdf)

*You can also contact our support team by email at [support@happyneuron-pro.com](mailto:support@happyneuron-pro.com).*

## 8. Anything else, contact the support team!

*If you experience any problem or if you have specific questions, don't hesitate to contact the HAPPYneuron Pro support team. We will be glad to help!*

[support@happyneuron-pro.com](mailto:support@happyneuron-pro.com)