

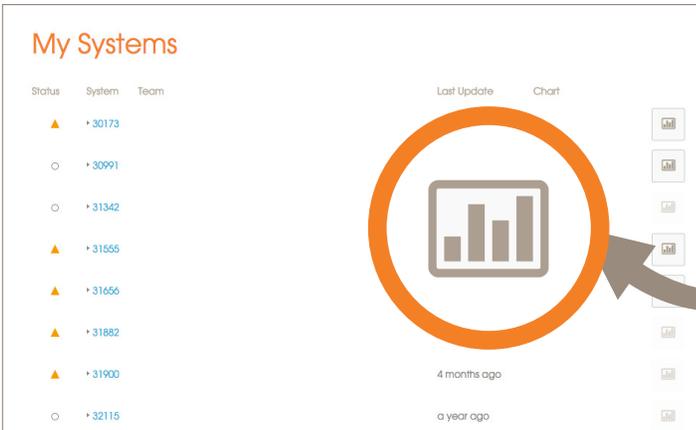
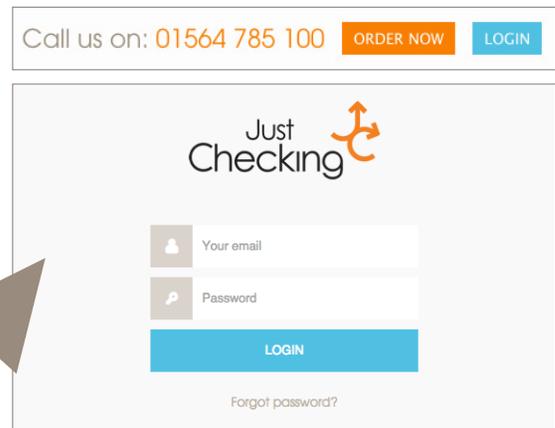
Just Checking how-to guide

Reading the charts



Logging in

To view the activity charts, please sign in using the login box located in the top right corner at www.justchecking.co.uk



Reviewing the data

Once you have logged in you will be taken to the My Systems page. Click the chart icon to view the charts.

You should try and log in and view the charts at least twice a week.

Zooming in and out

Movements are shown in blue, doors in orange. On the 24 hour chart, each single bar represents a four minute period.

Click a time to zoom in.

On zoomed view, the time line becomes a two-hour bracket and each single bar represents 20 seconds.

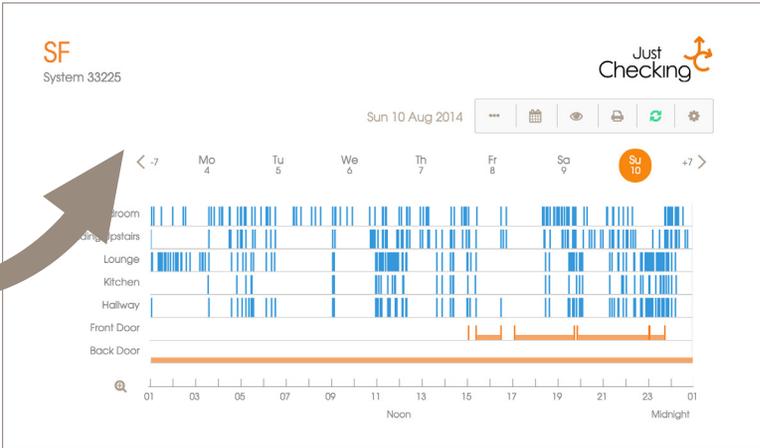
Click on this icon to zoom out.



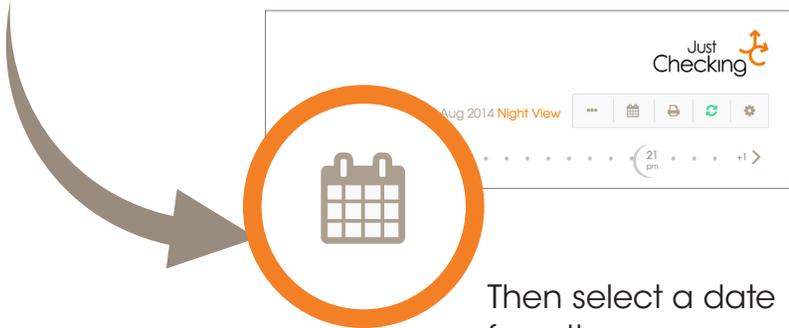
Selecting dates

Use the arrows to move forward and backwards one week at a time.

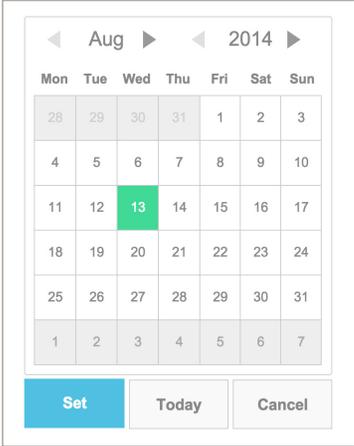
In zoomed view, this changes to -1 and +1 and will move forwards and backwards one day at a time.



Click this icon to open the calendar



Then select a date from the pop-up calendar to view that day's charts.



Non-occupancy

Non-occupancy is a calculation from the door and movement sensors.

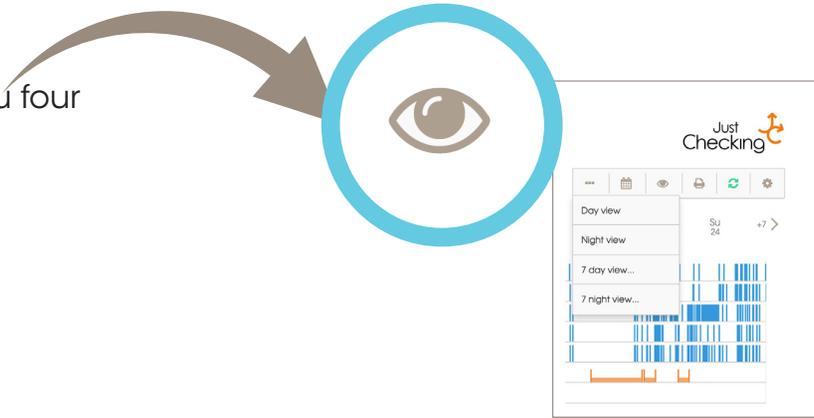
If a door is used, then there is no movement in the house, 'non-occupancy' is indicated as a grey block on the chart.



Different views

Click the 'eye' icon. This will give you four options:

- Day view
- Night view
- 7 day view
- 7 night view



Night view

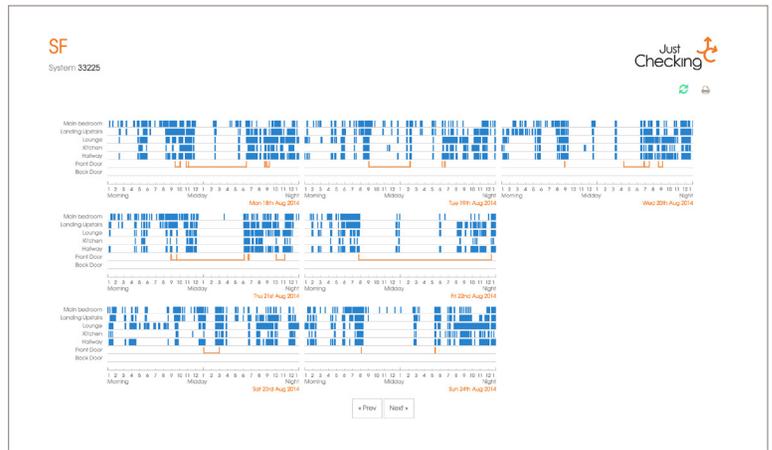
Night view shows a 24 hour period from 1pm - 1pm (overnight).

You can tell when you are in night view because of the moon icon.



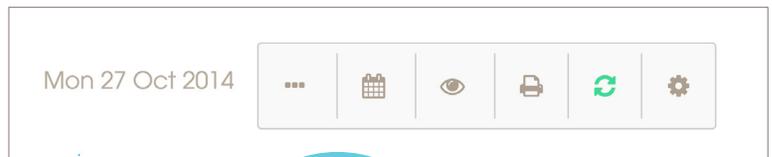
7 day view

If you click 7 day view, a new window will open with a view of the previous 7 days. This can help you to spot patterns more easily.



Printing

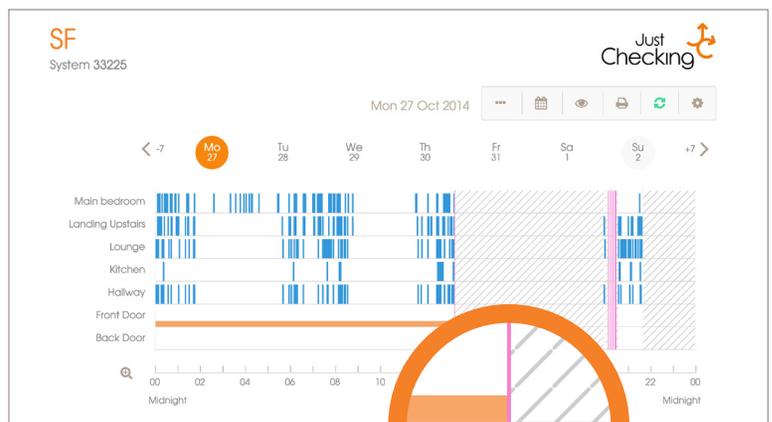
Click this icon to download a PDF of the current chart view to print off.



No data and power off

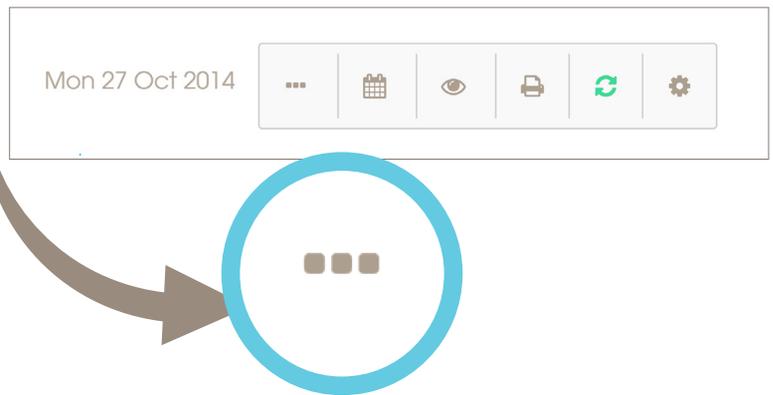
A pink line indicates that the system power has been turned off. This is usually because the controller has been unplugged or switched off at the socket.

Grey diagonal lines show that no data is being received. This could be temporary if it is network related rather than a power off.



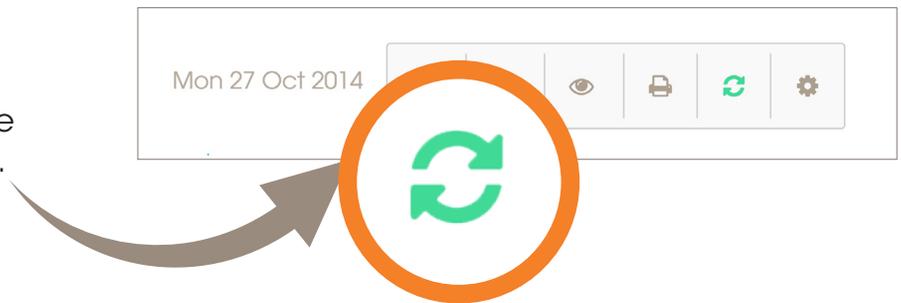
View logins

Sometimes it is helpful to see who has logged in to view the charts and when. To access this information, click on this icon.



Refresh data

To refresh the charts and see the latest data, click this green icon.



Settings menu

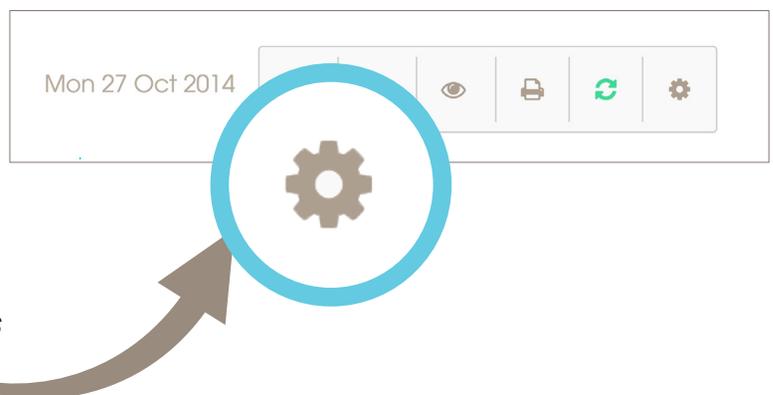
The cog icon takes you to the settings menu. Here you can choose from two options:

Add a new user

Give someone else access to the charts

Manage installations

Takes you to a list of all the installations you have access to



Contact us

If you'd like further help and advice, please contact our friendly customer support team.



01564 785100 (8am - 6pm, weekdays)



support@justchecking.co.uk

We are always happy to support with installations and chart reading, and we can arrange a consultation with our Occupational Therapist to advise on complex cases.

