# SeizureTrack®

## USER GUIDE

A quick guide to recording, organizing, reviewing, and exporting your epilepsy-related information.

| PRIVACY-FOCUSED | NO LOGIN | LOCAL-ONLY STORAGE |
|---|---|---|

**Important**
SeizureTrack® is an informational wellness tool, not a medical device. It does not diagnose, treat, prevent, cure, or predict medical conditions and does not replace professional medical care.

**Developed by The Defeating Epilepsy Foundation®**

## 1 What Is SeizureTrack®?

SeizureTrack® is a free, privacy-focused health and wellness tool for recording and organizing epilepsy-related information. You can track:

- Seizures, including type, duration, severity, possible triggers, and notes
- Medications and dose adherence
- Possible seizure triggers
- Tests and scans such as EEG, MRI, CT, and blood work
- Mood, stress, and anxiety
- GAD-7 and PHQ-9 self-assessments
- Reports that can be shared with your healthcare provider

> **Remember**
> SeizureTrack® helps you organize information. It does not replace professional medical care.

## 2 How Your Data Is Stored

SeizureTrack® is a **local-only, no-login application.** Your information is stored in your browser on your device.

- No account or password is required.
- Your health information is not uploaded to cloud storage.
- The Defeating Epilepsy Foundation® does not ordinarily receive or view your records.
- Data does not automatically sync between devices or browsers.
- The app can function offline once loaded.

> **Protect your records**
> There is no automatic backup. Clearing browser data, switching browsers or devices, using private browsing, or resetting your device may permanently erase your information. Export PDF or CSV reports regularly and save them somewhere secure.

## 3 Getting Started

The first time you open SeizureTrack®, you will see a Privacy Notice Acknowledgment explaining how your information is stored and the app's limitations.

| | |
|---|---|
| 1 | Read the privacy notice. |
| 2 | Review the Privacy Policy if desired. |
| 3 | Check the acknowledgment box. |
| 4 | Select **"Acknowledge and Continue."** |

Your acknowledgment is saved on your device. You can review or reset it later through Privacy Settings.

## 4 Dashboard

The Dashboard provides an at-a-glance overview of your recorded information.

- Days since your last recorded seizure
- Number of seizures in the last 30 days
- Weekly seizure average
- Number of active medications
- Charts for seizure frequency, seizure dates, commonly recorded triggers, and medication adherence

The Dashboard updates automatically as you add information.

## 5 Logging a Seizure

Select **"Log Seizure"** and enter information about the event:

- Seizure type, date and time, duration, severity, and awareness
- Possible triggers
- Notes and location
- Whether emergency care or rescue medication was used

**Finish the entry**
Review the information and select Save. The event will appear in your seizure history and relevant Dashboard charts. Previous entries can be viewed, edited, or deleted.

## 6 Medications

Use the Medications section to record medications and track dose adherence.

| Add a medication | Log a dose |
| --- | --- |
| Enter the name, dosage, schedule, frequency, and status such as active or rescue. | Use **"Log Dose"** to record whether a dose was Taken, Missed, or Late. These entries contribute to Dashboard adherence information. |

## 7 Tracking Triggers

SeizureTrack® allows you to record possible seizure triggers, including sleep deprivation, stress, missed medication, flashing lights, illness or fever, alcohol, and menstrual cycle. You can also create custom triggers.

> **Important distinction**
> Recorded triggers show factors you log alongside seizures. These are possible associations and do not establish that a factor caused a seizure.

## 8 Tests & Scans

Keep epilepsy-related testing organized in one place. You can record EEGs, MRIs, CT scans, blood tests, video EEGs, PET scans, neuropsychological evaluations, and other tests.

- Enter the date, location, physician, status, results, and next steps.
- Test information can also be included in exported reports.

## 9 Mental Health Check-Ins

The Mental Health section allows you to record **mood, stress, anxiety,** and optional notes. You can submit one check-in per day. After several entries, SeizureTrack® displays a recent mood summary.

## 10 GAD-7 & PHQ-9 Screenings

| GAD-7 | PHQ-9 |
|---|---|
| Seven-item anxiety self-assessment | Nine-item depression self-assessment |

Choose a screening, answer based on your experiences during the previous two weeks, and SeizureTrack® will calculate and save the score.

> **Screening, not diagnosis**
> These questionnaires are self-assessment tools, not diagnostic tests. Results should not be interpreted as a diagnosis or substitute for evaluation by a healthcare professional. SeizureTrack® is not monitored and does not automatically contact healthcare professionals or emergency services based on responses.

## 11 Reports

Choose a period from **7 to 365 days** and export information for your own records or to share with your healthcare provider.

| PDF Full Report | CSV Files |
|---|---|
| Seizure statistics and detailed logs<br>Seizure types and possible triggers<br>Current medications and adherence<br>Tests and scans<br>Mental-health information | Seizure logs<br>Medication logs<br>Mental-health logs |

Once a report is downloaded, emailed, printed, uploaded, or shared, SeizureTrack® can no longer control how that copy is stored or used. Always verify the recipient before sharing health information.

## 12 Correlations

The Correlations section displays seizure events alongside recorded mood and stress information. These visualizations may help you notice patterns in your own records.

> **Use with care**
> Correlations show only associations within the information you entered. They do not establish cause and effect, predict seizures, or provide medical advice. Discuss concerning or meaningful patterns with your healthcare provider.

## 13 Settings & Accessibility

- Enable Large Text Mode
- Access the Privacy Policy
- Open Privacy Settings
- Review medical disclaimers and support information

Your preferences are stored on your device.

## 14 Privacy & Deleting Your Data

Privacy Settings allow you to review the Privacy Policy and permanently delete information stored by SeizureTrack® on your device. Selecting **"Delete All Data From This Device"** removes seizure logs, medications, tests, custom triggers, mental-health records, screenings, settings, and your privacy acknowledgment.

> **Permanent action**
> This action cannot be undone. Previously downloaded, emailed, printed, uploaded, or shared reports are not deleted because those copies exist outside SeizureTrack®.

## 15 Dark Mode

Use the sun/moon icon to switch between light and dark modes. The app may also follow your device's system setting, and your preference is saved locally.

## 16 Using SeizureTrack® on Mobile

SeizureTrack® works on phones and desktop computers. On mobile, use the bottom navigation bar for frequently used features and the menu for Reports, Mental Health, Settings, Privacy, and other sections.

| iPhone | Android |
|---|---|
| Safari → Share → Add to Home Screen | Chrome → Menu → Add to Home Screen |

Remember: information stored on one device/browser will not automatically appear on another.

## 17 Important Limitations

**Your data is not automatically backed up.**
Clearing browser data or changing devices/browsers may permanently erase your records. Export important information regularly.

**There is no cross-device syncing.**
Each browser and device maintains its own information.

**SeizureTrack® is not a medical device.**
It does not diagnose, treat, cure, prevent, or predict medical conditions. Do not change medications, treatment, or emergency plans based solely on information from the app.

**SeizureTrack® is not monitored.**
The Foundation does not review entries in real time, and the app does not automatically contact healthcare providers, emergency contacts, or emergency services.

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**For medical decisions, consult a qualified healthcare professional.**

SeizureTrack® | The Defeating Epilepsy Foundation®