

MEMOplanner

Reference manual

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Software version 4.2 or later



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1 Introduction

1.1 About MEMOplanner

MEMOplanner is a digital calendar that provides cognitive support in day-to-day life. MEMOplanner has been developed for people who require specific support with time, planning and graphic clarity.

MEMOplanner provides you with:

- Easy-to-understand overview of the day, week, and month •
- Help to keep track of the time of day
- Time presented in a simple manner
- Clear and personal reminders



A WARNING: Do not use the product as the only support for medication, medical treatment, or other important activities.

To a large degree, MEMOplanner can be adapted to the user's needs and abilities. You can use your own images, or the images included in MEMOplanner. You can select which functions the user will have access to.

In addition, the user can install the app MEMOplanner Go on his/her smartphone or tablet to get complementary time and planning support when MEMOplanner is not at hand.

Via the myAbilia web service, support persons can update the information in MEMOplanner remotely.

This reference manual describes the MEMOplanner G4 application, which is included in several MEMOplanner models. Functionality that is model-specific is described in each model's User manual, rather than in this document.

1.2 myAbilia

myAbilia is a web service for MEMOplanner and other products from Abilia.

By using myAbilia, you can:

- Manage the calendar, checklists, and image archive from a web browser on any smartphone, tablet or computer.
- Invite support persons who can update MEMOplanner via Internet.

You must have a user account on myAbilia to use MEMOplanner. However, you are not required to use the actual web service, or to have your device connected to Internet (except during log in).

1.3 Image Archive

Approximately 300 images are included in the starter set. Via myAbilia you can customise the image archive. For example, you can add your own photos or add more images from the image archive in myAbilia.

1.4 Speech Support

MEMOplanner has built-in speech support. This means that a speech synthesis reads out a function when you tap on it for about 1 second. For example, you can tap on the clock and have the time read to you, or you can tap an activity and find out its name and when it begins.

You can choose whether to use the speech support, as well as which speech synthesis voice to use. This is managed in Settings, see Speech Support on page 55.

1.5 Activity types

There are different types of activities in MEMOplanner, with different characteristics:

Timed activities	Timed activities always have a start time but may also have an end time. Having an end time, the activity will have a "length" on the time pillar, which provides visual time support. The list view shows the start and end time in clear text.
Timed activities on left or right side	The activities can be categorised so that they are shown on either the left or right side of the calendar. In this way, activities for different purposes can be more clearly distinguished.
Timed activities with reminder	Timed activities can receive reminders (pre-warnings) at one or more points before they start. The list view shows the reminder time in clear text.
Timed activities with alarm	When timed activities begin or end, an alarm with sound and/or vibration (if the device has vibration) will usually sound. You can select whether the alarm should be silent, or whether there should be no alarm at all. It is also possible to record spoken messages that will play when the activity starts and/or ends.
All day activities	All day activities have no start time and are shown at the top of the calendar. They are used for special events like birthdays, or anything that you wish to view easily in the month calendar.
Checkable activities	If you want to see clearly in the calendar if an activity is completed or not, you should make it checkable. Then a checkmark will show when you have set the activity as done. You will also be reminded about the activity if it is uncompleted when the time has passed.
Activities with extra information	You can connect extra information to an activity, either a checklist or a note. A checklist can be used to divide an activity into several steps or tasks, e.g., morning routines or to-do lists. The checklist is created directly in the activity. You can also choose from checklist templates created in <i>myAbilia</i> .
Timers	A timer is an "activity" that starts directly when you add it and sets an alarm for the end time.
Recurring activities	Activities can be added to be repeated every week (one or more weekdays), every second week, monthly (one or more dates), and yearly.
Activity templates	Activity templates are predefined activities that can be used to make it easier and faster to add new activities. In the activity template, you can set a name, image, checklist, reminder, etc.
Timer templates	Timer templates are predefined timers that can be used to make it easier and faster to start a timer. A timer template has a duration, name, and image (optional).

1.6 The Quarter Hour Watch Principle

The "Quarter Hour Watch Principle" refers to the **Quarter Hour Watch** time assistive device, which was launched 1993 and now is the foundation of Abilia's cognitive products.

The function of the *Quarter Hour Watch* is to countdown to the start of a specific event with dots, and alert when the time is up.



- Visual countdown to an event
- Fixed, countable, steps
- The dots disappear from top to bottom
- 1 dot = 15 minutes = "A quarter of an hour"
- More than 8 dots = "A long time"

With the Quarter Hour Watch principle, the "invisible" time becomes visible.

- Displays time as a quantity.
- Everyone can understand what is more and less, and when a dot "disappears" it is easy to understand that this means less remaining time than before.
- The term "dot" can be used in everyday speech.
- No need of terms like hours and minutes.
- The comprehensible term "dot" helps to build a sense of time.





2 Calendar and views

The calendar is central in MEMOplanner. It provides an overview of the day, week, and month and helps to see what time of day it is. The user will receive a reminder when something is about to start or end. In addition, the user gets help to remember to do tasks, reminders when they have to be done and more.



A WARNING: Do not use the product as the only support for medication, medical treatment, or other important activities.

In all calendar views and from the toolbar at the bottom of the screen, a new activity can be added, a timer can be started and it is possible to switch between different calendar views, day, week and month. The Menu button is also located here, which leads to other functions.



To enlarge an activity in the calendar view, tap it and the Activity View will show, see Activity View on page 12.

To enlarge a timer in the calendar view, tap it and the Timer View will show, see Timer View on page 14.

2.1 Day calendar

The day calendar shows the day's activities, either along one time pillar, two time pillars or in a list.

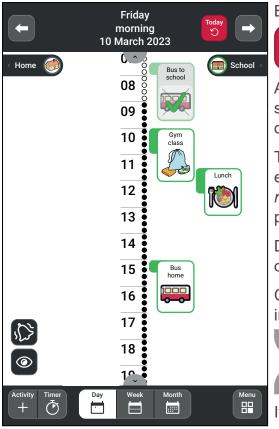


By tapping the "eye" button, you can quickly change the appearance of the day calendar, see Display menu on page 10.

For more ways to adjust the day calendar view, see Day calendar on page 41.

2.1.1 Day calendar with time pillar

Information about day and time is displayed at the very top.



By tapping the arrows, you can browse between the days. To guickly return to the current day in the calendar, Today tap the Today button. C

Activities and timers are shown along the time pillar. Their size corresponds to how long they last, i.e. the number of dots.

The activities can be categorised so that they are shown on either the left or right side of the time pillar, see Left and right side on page 10. If categories are not used, the time pillar is positioned to the left.

Days, activities, and timers that have passed are crossed out, see image.

Completed checkable activities have a check mark, see image.

If the entire time pillar is too long to fit the screen, the arrow symbols will be displayed, allowing swiping up/down.

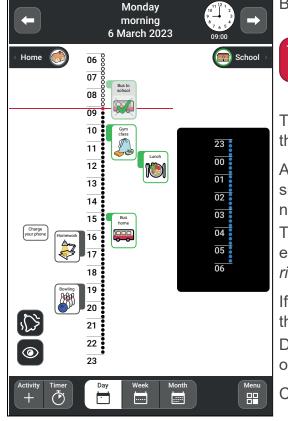
If all activities and timers do not fit on the screen, you can swipe left/right to see all activities and timers.

2.1.2 Day calendar with two time pillars

Information about day and time is displayed at the very top.

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By tapping the arrows, you can browse between the days.

To quickly return to the current day in the calendar, Today tap Today button.

The time pillar is shown in two parts, the day to the left and the night to the right.

Activities and timers are shown along the time pillars. Their size corresponds to how long they last, as seen by the number of dots.

The activities can be categorised so that they are shown on either the left or right side of the time pillars, see Left and right side on page 10.

If categories are not used, the time pillars are positioned to the left.

Days, activities, and timers that have passed are crossed out.

Completed activities have a check mark.

2.1.3 Day calendar with list view



Information about day and time is displayed at the very top. By tapping the arrows, you can browse between the days.

To quickly return to the current day in the calendar, Today tap the Today button.

Activities and timers are shown in a list, with the next activity shown first. The activities can be categorised so that they are shown on either the left or right side, see Left and right side on page 10.

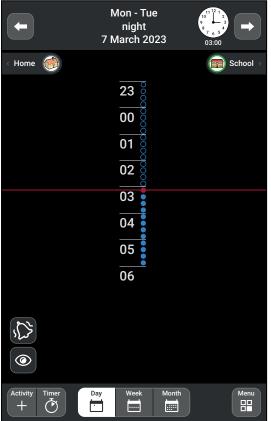
Days, activities, and timers that have passed are crossed out.

Completed checkable activities have a check mark.

Each activity is also indicated with its alarm type, any reminder, any connected information, and its visibility to support persons.

> If there are too many activities/timers to fit the screen, the arrow symbols will be displayed, allowing swiping up/down.

2.1.4 Night calendar



At night, the screen is dark.

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Information about the night, date and time is displayed at the very top.

Only the night's activities will show, but if you browse to the next day, the activities for the upcoming morning will show.

If you also want to see the day's activities during the night, you can choose the setting Day and night in the Display menu, see Display on page 42.

2.1.5 All day field

Activities without start or end time ("all day activities") are shown under the date and time.



If there are too many all day activities to fit the screen, a number sign will be shown in the field. If you tap the sign, a list of the day's all day activities will show.

If you want to enlarge the activity, tap it and the Activity View will show, see *Activity View on page 12*.

2.1.6 Left and right side

The activities can be categorised so that they are shown on the left or right side of the time pillar and in the list. In this way, the activities can be more clearly distinguished, for example activities related to school can be shown on the right while activities related to home are shown on the left.



Then icons for the categories are shown at the top of the time pillar or list.

It is possible to set explanatory names and symbols for the categories, see *Categories on page 40*.

2.1.7 Display menu



By tapping the "eye" button, you can change the appearance of the day calendar.



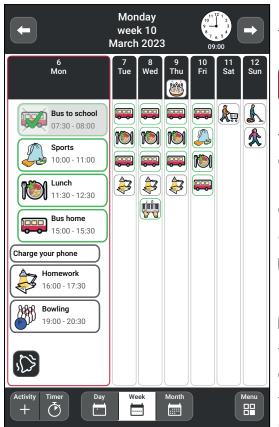
Choose to make settings for:

- View mode
- Day interval
- Timeline zoom
- Activity duration

See Display on page 42 for a more detailed description.

2.2 Week calendar

The week calendar shows the week's activities, focusing on today.



Information about the week is displayed at the very top. By tapping the arrows, you can browse between the weeks.

Today To quickly return to the current day in the calendar, tap the *Today* button.

The activities are shown in a list, in the same way as in the day calendar.

Days, activities, and timers that have passed are crossed out.

Completed checkable activities have a check mark.

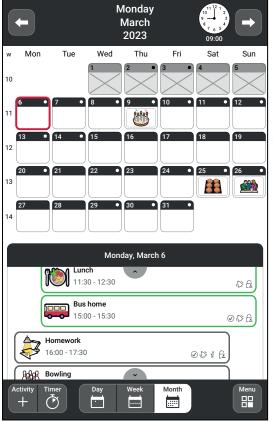
If there are too many activities/timers to fit the screen, the arrow symbols will be displayed, allowing swiping up/down.

To view a particular day, tap at the top of the column. Tap once again to view the day in the Day calendar instead.

You can adjust the appearance to some extent, see *Week* calendar on page 44.

2.3 Month calendar

The month calendar provides an overview of the month's activities.



Information about the month is displayed at the very top. By tapping the arrows, you can browse between the months.

Today To quickly return to the current day in the calendar, tap the *Today* button.

All day activities are shown for each day.

Tap on a particular day to see its activities, which are then displayed in a list view below the calendar. Swipe up/down to see all activities in the list.

Days that have passed are crossed out in the month calendar, as well as the current day's activities and timers that have passed are crossed out in the list below.

If not all activities/timers are visible in the list, the arrow symbols will appear, allowing to swipe up/down.

You can adjust the appearance to some extent, see *Month* calendar on page 45.

2.4 Activity View

The Activity View provides more information about an activity. The appearance of the Activity View depends on whether the activity has an image, text, checklist or note connected to it.



At the top, information about the date and time of the activity is displayed.

If the activity has a **spoken message**, it will have *Play* buttons beside the start and end times. Tap the buttons to listen to the message.

The **Quarter Hour** dots shows how much time remains until the activity starts or ends.

If the activity has a **checklist**, you can check off the activities as they are completed.

If the activity instead has a note, the note is displayed.

If the activity is checkable, there will be a **Check button** that you can use to mark the activity as completed.

At the very bottom there are buttons used to undo checking of the activity, change the activity's alarm, remove the activity and edit the activity.

You can set what should be shown in the Activity View, see *Activity View on page 12*.

2.4.1 Undo check



Press *Undo* if the activity has been checked by mistake, and the activity will be reset. The Undo button appears only when you have checked an activity.

2.4.2 Change the activity's alarm



Tap the *Alarm* button to change how the alarm should sound when the activity starts or ends. To change the alarm signal or the alarm time, see *Alarm settings on page 50*.

2.4.3 Delete the activity



Tap Delete to delete an activity, see Delete activity on page 29.

2.4.4 Edit the activity



Tap *Edit* to open the activity in the Edit View, see *Edit activity on page 29*.

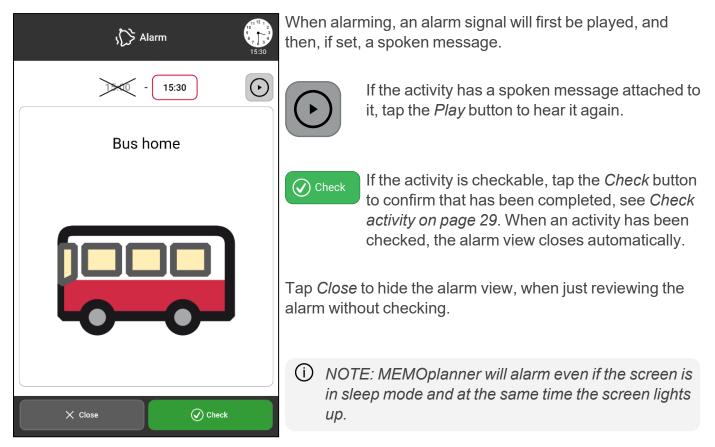
2.4.5 Close the activity view



Tap *Close* to hide the activity view.

2.5 Alarm View

The *Alarm View* is prompted when an activity is set to either start or end. If reminders are enabled, the view is also displayed before the activity starts or if a completed activity has not been checked.



2.5.1 Disable alarms



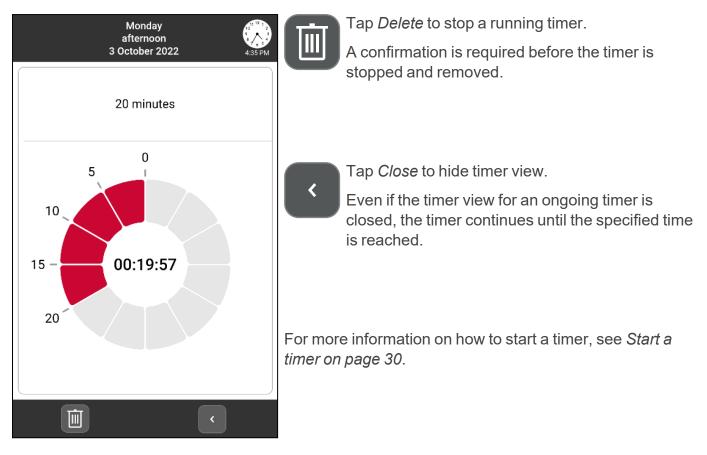
It's possible to disable all alarms on the device by activating and using the *Disable alarms* function displayed at the bottom left of all main screens. When the function is activated, all alarms on the device will be disabled until 23:59 the same day. To activate and display the Disable alarms button, see *Alarm settings on page 50*.



If *Disable alarms* is activated, the button turns red.

2.6 Timer View

In the *Timer View*, an ongoing timer is displayed.



2.7 Edit View

The view for adding and editing an activity is called the *Edit View* in MEMOplanner. Via Edit View, you specify the properties of an activity.

The Edit View is used both when creating new activities or changing activities. The only difference is the heading "New activity" or "Edit activity". How to add an activity, see "Activities" on the facing page. For an already added activity, the Edit View is accessed by clicking the Edit button in the Activity view, see "Edit activity" on page 29.

The Edit View has four tabs:

<i>Name</i> tab	<i>Alarm</i> tab	Recurrence tab	<i>Extra</i> tab
Edit activity Auro Records Second Second Second Second Second Second	Alarm + vibration	+ Edit activity	Heit activity Aur Records
Time Al day () 15:00-15:30 Category Left Category Category	torech Q _a Speech at Start time > Q _a Speech at End time > X Cancel X Cancel X Save	X Cancel V Save	X Cancel J Save

To get more information about each tab and its settings, see Add an activity on page 16.

3 Activities



To add an activity, tap the Activity button in the toolbar at the bottom of the main screen.

There are two different methods of adding an activity:

- Add an activity through Edit View
- Add an activity Step-by-step

MEMOplanner is pre-set to add activities via the Edit View. In *Settings* you choose the desired method and how it should work, see *Add activity on page 46*. You also choose which functions should be selectable in each method.

If you choose Step-by-step as the method, the recommendation is to customise your own step-bystep-guide, so it contains as few steps as possible, in order to quickly add a new activity.

The chapter *Add an activity on page 16* describes how to enter a new activity regardless of method and where all functions are selectable and therefore described.

The instruction is divided according to the four tabs that appear at the top when you add an activity, *Name*, *Alarm*, *Recurrence* and *Extra*.

INOTE: The following chapter describes what it looks like when all functions are activated. If the settings in your MEMOplanner have been changed, some functions may be hidden.

3.1 Add an activity

Regardless of which method you choose when creating a new activity, you start by choosing between *New activity* or *From template*.

	+	Add a	activity		
New activity					>
From template					>
		imes Ca	ncel		

	From template
***	Wake up
Þ	Go to the bathroom
Ø	Shower
1	Lunch
8	Tea break
Å.	Shopping
IJ	Charge
_	< Previous

Select *New Activity* if you want to enter all available properties yourself.

Select From template if there is a suitable template to use.

When you select *From template*, the activity has certain information pre-set, for example *Image* and *Name*.

Select the desired template for an activity from the list of predefined templates.

You create your own templates in *myAbilia* or directly in MEMOplanner, see *Create an activity template on page* 36.

TIP: It is convenient to create templates for frequently used activities.



When the choice between *New activity* and *From template* is made, the Edit View opens where you enter the properties of the activity. The properties are divided into four tabs, *Name*, *Alarm*, *Recurrence* and *Extra*.

3.1.1 Name tab, overview

Image*	Tap to select an image.						
Name*	Tap to name the activity.						
Date*	Tap to select a date in the date picker.						
All day*	Enable if the activity should not be timed but apply throughout the day.						
Time*	Tap to enter start time and end time (optionally).						
Category	Tap left or right which refers to the activity's position on the time pillar.						
Checkable	Enable whether the activity should be marked as checked when it is completed.						
Delete at the end of the day	Enable whether the activity should be deleted automatically at the end of the day.						
Available for	Tap to select to whom the activity should be visible for.						
	(i) NOTE: Settings for "Available for" are only shown if there are support persons connected to the logged-in account. Support persons are added via myAbilia.						
	Name* Date* All day* Time* Category Checkable Delete at the end of the day						

 NOTE: Data marked with * must be filled in. Select either an image or name <u>and</u> either time or all day when a new activity is added. The rest of the information is optional and can be added later, see "Edit activity" on page 29.

3.1.1.1 Enter name

	🖍 Enter name for activity																	
Name																		
		>	< c	anc	el									~	ок			
G		U			61	F			Ê			\$;					Ŷ
Q	W	2	Е	3	R	4	Т	5	Y	6	U	7	I	8	0	9	Ρ	×
А		s		D		F		G		н		J		к		L		~
+	z		х		С		٧		в		Ν		М		!		?	+
?123	,		۲					EN	۰DA	۰sv					٢			?123

Tap *Name* and a keyboard view opens where you enter the name of the activity.

3.1.1.2 Select image

Select image	
Image Archive	>
My photos	>
Take new photo	>



Select image source:

- Image Archive
- My photos
- Take new photo

You can set which sources should be available, see *Image picker on page 53*.

Image Archive



Select Image Archive

Select image

Confirm the selection

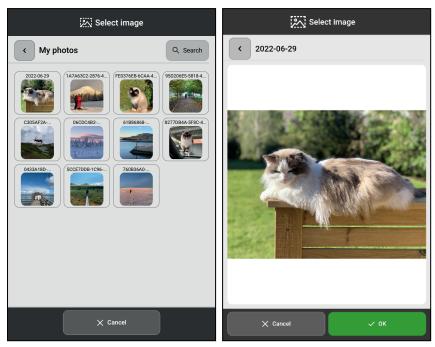
Swipe down/up in an image archive to see more images than will fit on the page.

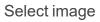
TIP: In the search box in the upper right corner, a keyword can be entered to search for images in the Image Archive.

My photos

In My photos, the photos taken with the camera or synchronised via myAbilia are shown.

By swiping down/up, you can see more images than fit on the screen. For more information, see *My photos on page 33*.



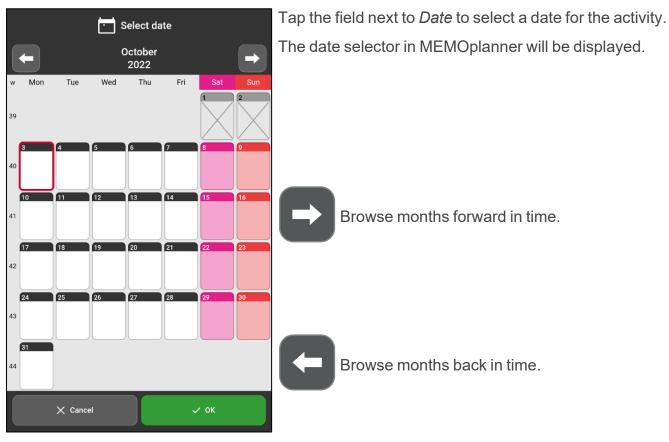


Confirm the selection

Take new photo

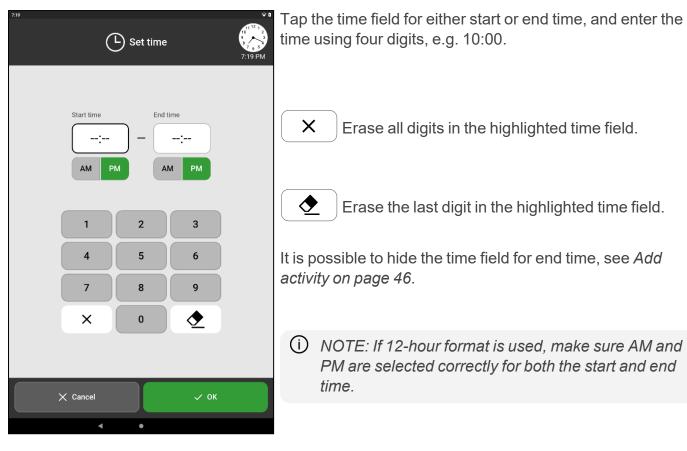
Take a new photo using the MEMOplanner camera. The new picture is automatically saved in the image archive in the folder Mobile pictures. For more information, see *Camera on page 33*.

3.1.1.3 Select date



3.1.1.4 Select time

Set the activity's start time and end time (optional).



3.1.1.5 Select all day

Enable if the activity should be an "all-day activity", i.e. not have a specific start time and be displayed under day and time information.

Disable if the activity should have a specified start time and/or end time.

INOTE: If All day is activated, no alarm can be set for the activity, and the alarm tab is not displayed.

3.1.1.6 Select category

Select *Left* or *Right* depending on which side the activity should be displayed on, both in terms of the time pillar or in the list view.

3.1.1.7 Select checkable

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Here you specify whether the activity should be checked off as soon as it is completed.

Disable if there is no need for the activity to be checked.

A checkable activity provides extra support, as you will receive reminders if the activity has not been performed when it should be, and you can clearly see on the calendar when it is done.

3.1.1.8 Select Delete at the end of the day

Enable if the activity should be deleted automatically the day after it has occurred.

Disable if the activity should remain in the calendar even if the day of the activity has passed.

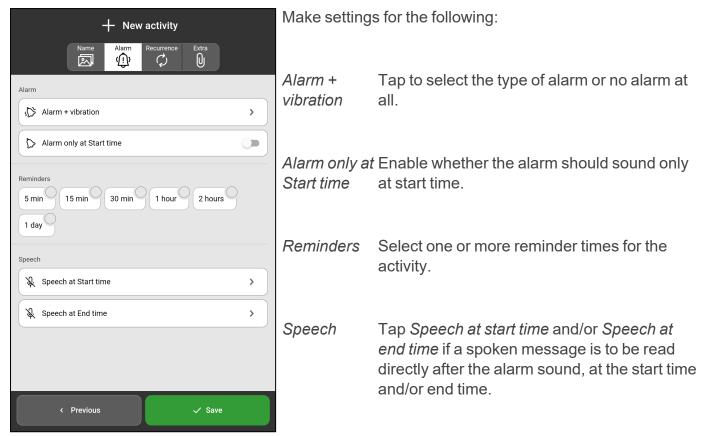
TIP: It is advisable to enable this function for "unimportant" activities. Then it will be easier to find the important activities when you look back at the calendar.

- 3.1.1.9 Select Available for
 - () NOTE: Settings for "Available for" are only shown if there are support persons connected to the logged-in account. Support persons are added via myAbilia.

Choose who the activity should be visible to when you use myAbilia web service.

⁷²² ♀∎ Available for	Sele	ect one of th	iree options:
Only me	\bigcirc	Only me	The activity is not visible to others.
All my support persons	6	All my support persons	The activity is visible to all support persons in myAbilia.
S Stella Coll M Monica Loowit Jessica Parki	[-	Selected support persons	The activity is only visible to selected support persons in myAbilia. Enable desired support persons from the list of available support persons.
Cancel ✓ OK	6	support per a padlock calendar w the suppo	<i>me</i> setting is selected and there are ersons connected to the logged-in account, icon will appear on the activity in the various views, as an indication that it is hidden from rt persons. The padlock icon appears in both nner and myAbilia.

3.1.2 Alarm tab, overview



3.1.2.1 Select Alarm

To set type of alarm tap *Alarm* + vibration (see image in previous chapter).

Alarm + vibration Vibration (if available) Alarm + Sound signal, a potential spoken vibration vibration (if the device has vibration)	•
Vibration Vibration only (if the device has v (if available)	vibration).
Silent Silent alarm is displayed on the se	creen.
<i>No alarm</i> Alarm off.	
 Cancel ✓ OK OK NOTE: If no active selection is made, the option will be used, see Alarm settings 	

3.1.2.2 Select Reminder

+ New activity								
Name Alarm Recurrence Extra								
Alarm								
↓ Alarm + vibration								
> Alarm only at Start time								
Reminders 5 min 15 min 30 min 1 hour 2 hours 1 day								
Speech at Start time								
& Speech at End time								
< Previous -> Save								

Select one or more reminder times to receive reminders (pre-warnings) before the activity starts.

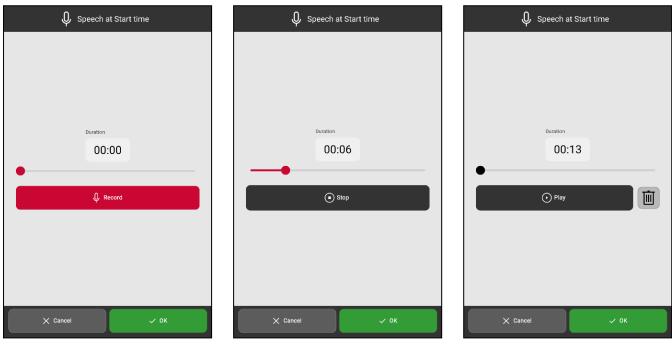
Choose from the following times:

- 5 minutes
- 15 minutes
- 30 minutes
- 1 hour
- 2 hours
 - 1 day

•

3.1.2.3 Select Speech

The alarm can be reinforced with a recorded spoken message.



Tap *Record*, speak the message.

Tap *Stop* once you are done.

Tap *Play* to listen to the recorded message.

Tap *Delete* to discard the message if it needs to be re-recorded.

(i) NOTE: The recorded spoken message can be a maximum of 30 seconds long.

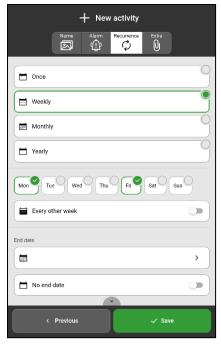
3.1.3 Recurrence tab, overview

Under the *Recurrence* tab, it is specified whether the activity is recurring and how often it should be repeated.

+ New activity	Select one of four options:						
Name Alarm Recurrence Extra							
Once	Once	The activity should only occur once.					
Weekly							
Monthly	Weekly	The activity should occur on certain days every week.					
Yearly		WEEK.					
	Monthly	The activity should occur on certain days every month.					
	Yearly	The activity should occur on the selected date every year.					
< Previous <p>Save</p>							

Depending on the choice made, a view for week, month, or year will be displayed.

Weekly



For Weekly, you can select several days, for example every Tuesday and Thursday. Select Every other week if the activity occurs on certain days every second week.

Monthly

+ New activity
Name Alarm Recurrence Extra
U Weekly
Monthly
Yearly
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
End date
• · · ·
No end date
< Previous V Save

You can select several days for For the Yearly option, the the Monthly option, for example activity will be added annually the 1st and 15th.

Yearly					
		+ New	/ activity		
	Name	Alarm	Recurrence	Extra	
🗖 Once					0
Weekly					
Monthly					9
Yearly					
•	Previous			🗸 Save	

and perpetually on the selected date.

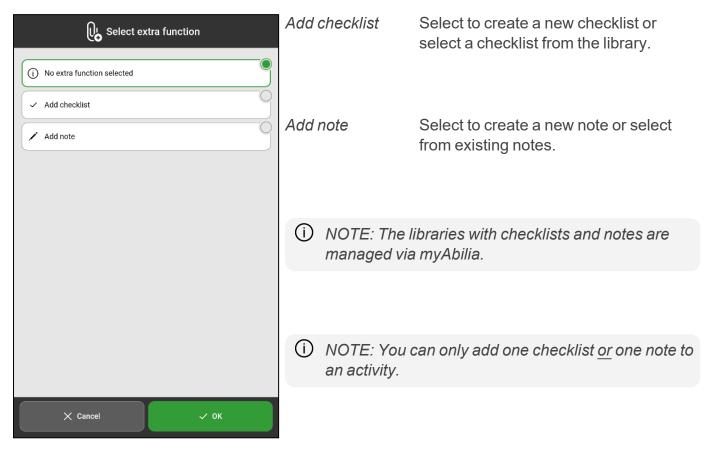
() NOTE: When No end date is disabled an end date must be set in the End date field. When No end date is enabled, the activity will be added "for ever".

3.1.4 Extra tab, overview

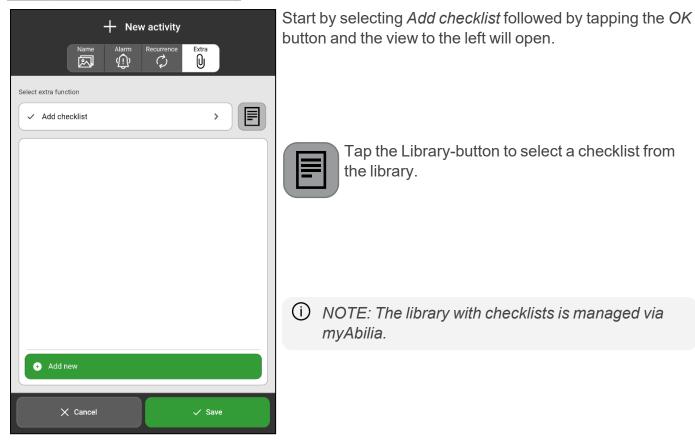


Select the *Extra* tab to connect additional functions to the activity.

Tap No extra function selected (see image) to add one of the following functions:



3.1.4.1 Choose checklist from library

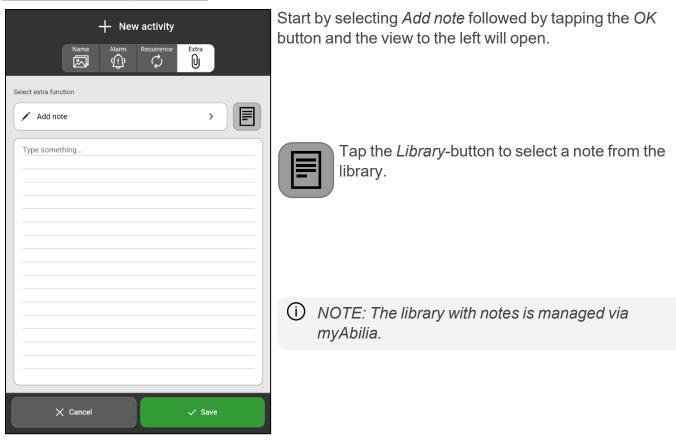


3.1.4.2 Create new checklist

H New activity	Start by selecting <i>Add checklist</i> followed by tapping the <i>OK</i> button and a view where to add a checklist will open.
Select extra function Add checklist Maths page 24-25 Plano page 16	 How to create a new checklist: 1. Tap the green <i>Add new</i> button to add a task. 2. Tap the <i>Image</i>-field to select an image. 3. Tap the <i>Name</i>-field to name the task. 4. Tap <i>OK</i> to add the task to the list. 5. Tap <i>Add new</i> to add more tasks in the same checklist. Tap a task in the checklist to edit:
Read 5 pages in my book	Tap to place higher up in the list.
	Tap to delete the task.
	Tap to edit the task.
X Cancel ✓ Save	Tap to place further down the list.

27

3.1.4.3 Choose note from library



3.1.4.4 Write a new note

Cancel \checkmark OK \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc								/	E	nte	er te	ext								
G B or D ¢ ··· * q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +																				
G B === B + == + q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +=																				
G B === B + == + q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +=																				
G B === B + == + q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +=																				
G B ar B C & q'w'e'r't'y'u'i'o'p'C a s d f g h j k l e																				
G B ar B C & q'w'e'r't'y'u'i'o'p'C a s d f g h j k l e																				
G B === B + == + q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +=																				
q'w'e'r't'y'u'i'o'p'@ a s d f g h j k l +			×	< 0	anc	el									~	ок				
asdfghjkle	G		9			51	F						0	:						Ŷ
	q]	w	2	e	3	r	4	t	5	у	6	u	1	i	8	0	9	p		\bigotimes
	a		s		d		f		g		h		j		k		1	J	÷	
		z		х		с		۷		b		n		m		ļ		?		û
2123 , B EN·SV S - 2123	?123	,							E	١٠s	v					0		•	J	?123

Start by selecting *Add note* followed by tapping the *OK* button.

Tap in the notes area to write a new note.

3.2 Edit activity



To edit an activity, enter Activity View and tap the *Edit* button and the Edit View will appear.

If the activity is recurring, you need to choose for which days the activity should be changed:

Only this day This day and forward Only the specific activity on the selected day will be changed. All recurring activities starting from the selected day will be changed.

3.3 Delete activity



To delete an activity, enter Activity View and tap the *Delete* button. Before the activity is deleted, you must confirm that you really wish to delete it.

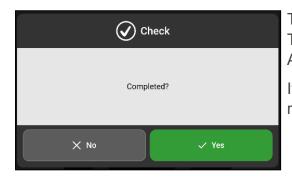
If the activity is recurring, you need to choose for which days it should be removed:

Only this day	Only the activity on the selected day will be deleted.
All days	All existing activities are deleted, both backwards and forwards in time.
This day and forward	All activities starting from the selected day will be deleted.

3.4 Check activity

A checkable activity provides extra support, as you will receive reminders if the activity has not been performed when it should be, and you can clearly see on the calendar when it is done.

Activities are checked from the Alarm View or from the Activity View.



Tap Yes to confirm that the activity has been completed. The activity will now be marked with a green tick in the Activity View and all calendar views.

If you forget to check off an activity, or you tap Cancel, a reminder will show up every 15 minutes for two hours.



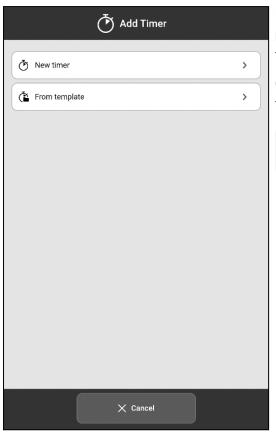
If you have checked an activity by mistake, you can tap the *Undo* button in the Activity View.

OTE: If you confirm an activity on one device, the activity will be acknowledged on all other devices connected to the same user account.

4 Start a timer



To start a timer, tap the *Timer* button in the toolbar at the bottom of the main screens.



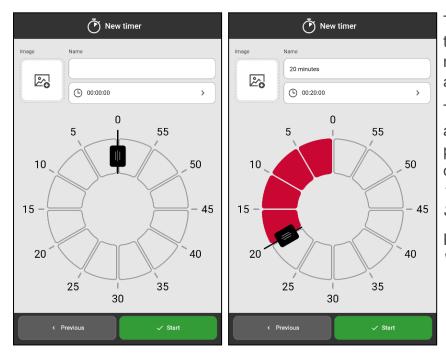
Using the timer can make it easier to keep track of how much time can be spent on completing a task or how much time is left until a task needs to be started.

Choose to either start a new timer or a timer from a template.

 NOTE: Timers will not be synchronised with other MEMOplanner devices or with myAbilia.

4.1 Start a new timer

Choose *New timer* and set the timer duration by dragging the clock pointer counter clockwise and placing it at the desired time. Another way is to set the timer time manually by tapping the time field and enter the time in minutes.



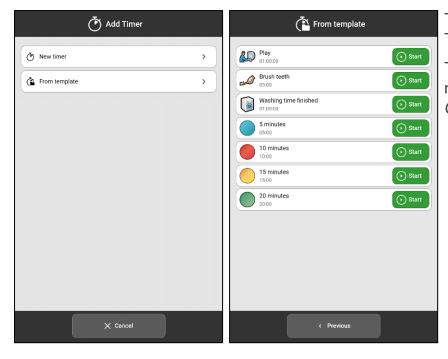
The timer's name will be set to the time length that you have chosen. To rename the timer, tap the name field and enter the desired name.

To add an image, tap the image field and select an image via the image picker. The image picker is described in *Select image on page 18*. The timer starts when you tap *Start*.

For more information, see *Timer View on page 14*.

4.2 Start a timer from template

To start a new timer from a template, press *From template* and select the appropriate timer template from the list.

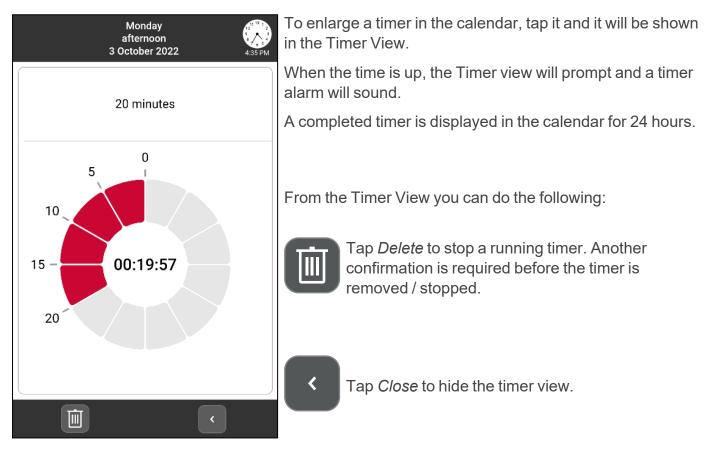


The timer starts immediately and the Timer View appears.

Timer templates are created via myAbilia or in Templates, see *Create a timer template on page 36*.

4.3 Timer View

In the calendar view, ongoing timers are shown in the same way as an activity, i.e. it is displayed with a name and image.



5 Menu



Tap the Menu button in the toolbar to see a menu with additional MEMOplanner functions.

The following functions are show in the menu:

	Monday morning 17 October 2022	11 ¹² 1 7 6 5 09:52
Camera	My photos	Photo calendar
Quick settings	Templates	Settings
		ů

Camera	To start the camera.
My photos	To open My photos.
Photo calendar	To open Photo calendar.
Quick settings	To access basic settings.
Templates	To manage the library of activity and timer templates.
Settings	To open the settings menu, see "Settings" on page 37.
-	

To change which functions should be displayed when you press the Menu button, see Menu on page 53.

(j) About About MEMOplanner Version: 4.2.0 (2423) License number: 5762-7785-6091 License valid date: 2025-06-28 Logged in user account: About the device Serial number: 6002803 Device name: KA107 Android version: 10

Month

week

Day •

 $\overline{(}$

mp4-demo

Producer

Menu

ů

Abilia AB Råsundavägen 6, 169 67 Solna 📿 -den × Close

Tap the Info icon to open the view with information about the MEMOplanner license and the device, for more information see About on page 56.

5.1 Camera



Use the camera to take your own pictures. The pictures are shown in *My photos*. See the *User manual* how the camera works on your MEMOplanner device.

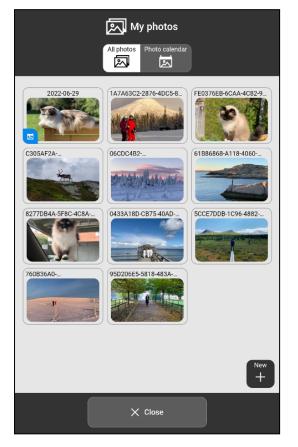
5.2 My photos



In *My photos*, you can view the pictures taken with the camera, or other images that are synchronised with the device via myAbilia.

In My Photos, pictures are shown on two different tabs, *All photos* and *Photo calendar*. Tap a photo to view it in full screen.

All photos



₩₩ +

🔊 My photos

罓

Photo calendar

In *All photos* are all photos added to the device displayed. The photos are shown in chronological order, starting with the most recent picture. From here you can add photos to the photo calendar. In the *Photo calendar* are all photos added from the tab All photos displayed.

(i) NOTE: On myAbilia photos are shown in the My photos folder in the Image Archive.

Photo calendar

5.2.1 Add and remove a photo in the photo calendar



Add a photo to the photo calendar by first selecting it in *All photos* and then tap the *Add* button.



A blue icon will appear in the lower left corner of the photo as an indication that the photo is also in the photo calendar.

Remove

Remove a photo from the photo calendar by tapping it so that it is shown in full screen and then tap the *Remove* button.

5.2.2 Delete a photo



Delete a photo by selecting it in *All photos* so that it is shown in full screen, and then tap the *Delete* button.

() NOTE: This function deletes the photo completely from MEMOplanner.

5.3 Photo calendar



The Photo calendar is used as a "screensaver" if you do not wish to have the calendar on display constantly.



The photos that have been added to the Photo Calendar from My Photos are shown here. If there are several images, they will automatically swap every five minutes. You can tap quickly twice to change images manually.

A default image is displayed if you have chosen not to add any images to the Photo calendar.

The photo calendar can be used to display images that are positive and motivating for the user.

Tap the button to the right of the clock to go back to selected home screen.

For more information about home screen, see *Home screen on page 52*.

5.4 Quick settings

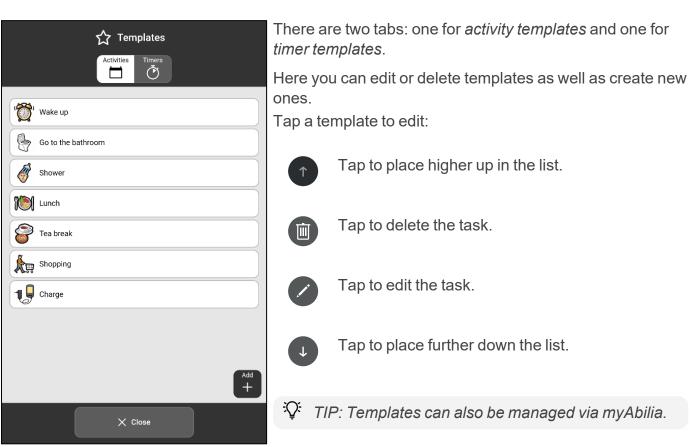


From *Quick settings*, you can set basic settings for the device like Wi-Fi connection, sound and volume, and screen settings. See the *User manual* for more information.

5.5 Templates



In *Templates*, predefined activities and timers are managed.



5.5.1 Create an activity template



New activity template Extra Ś Ŀ∕₀ Time 🕚 All day ७ > Category Home Home 📻 School Checkable Delete at the end of the day \times Cancel 🗸 Save

A view with three tabs, *Name*, *Alarm*, *Extra*, opens.

Select the Activities tab and press the Add button to create a new activity template.

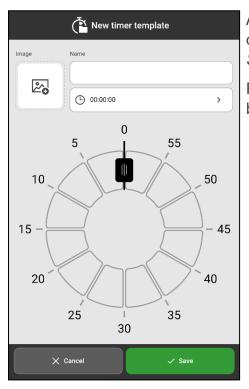
Add the properties of the new activity template by tapping each tab and entering the necessary information, in the same way as when you add a new activity, see *Add an activity on page 16*.

Finish by clicking the *Save* button and the new template will now be listed in the library among the other activity templates.

5.5.2 Create a timer template



Select the *Timer* tab and press the *Add* button to create a new timer template.



Add the properties of the new timer template (name, image, and duration), in the same way as when you add a new timer, see *Start a new timer on page 30*.

Finish by clicking the *Save* button and the new template will now be listed in the library among the other timer templates.

6 Settings

Via Settings, you can customise MEMOplanner to suit the user's needs and abilities.

This chapter describes the settings in the same order and structure as they are found in MEMOplanner.

Settings Calendar	Calendar	Settings related to clock, calendar appearance, how to add an activity and alarm settings.
₩ Functions		
Image picker	Functions	Settings related to toolbar, home screen, and timeout.
H Menu >	,	
System >	Image picker	Which image sources should be selectable in Image picker.
	Menu	Which functions should be visible in the menu.
< Previous	System	Settings related to code protection, voice support, Android settings, device and license.

() NOTE: Settings can be hidden, or code protected for the user, see Code protect on page 54.

6.1 Calendar

Settings related to the calendar and its appearance.

General	>	General	Settings that affect the clock, how the day is divided, whether the calendar days should have different colours and whether categories should be used.
🛅 Day Calendar	>	Day	Settings for how the day calendar should be displayed.
Week Calendar	>	Calendar	
Month Calendar	>	Week Calendar	Settings for how the week calendar should be displayed.
Activity View	>]	Month Calendar Activity View	displayed.
Add activity	>		Settings for how the month calendar should be displayed.
Alarm settings	>		Settings for how the activity view should be displayed.
		Add activity	Settings for which method should be used when a new activity is added, and which options should be available.
< Previous		Alarm settings	Default sound settings for alarms.

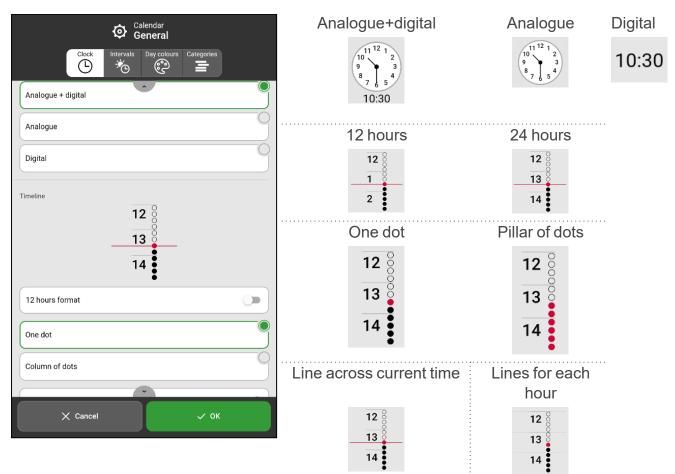
6.1.1 General



The settings are divided into four tabs *Clock*, *Intervals*, *Day colours*, and *Categories*.

6.1.1.1 Clock

Setting for how the clock is displayed in the top bar in the different calendar views and menu.



6.1.1.2 Intervals



Settings for how the day is divided into morning, day, evening and night.

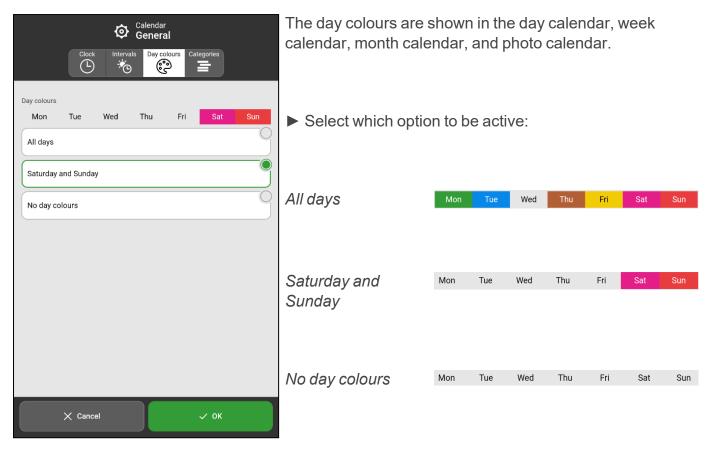
The division of the day impacts what is displayed in the top field in the day calendar, week calendar, month calendar and menu.

It also impacts the interval display for the time pillar, see *Display menu on page 10*.

To change the start time, press the arrows, backwards or forwards.

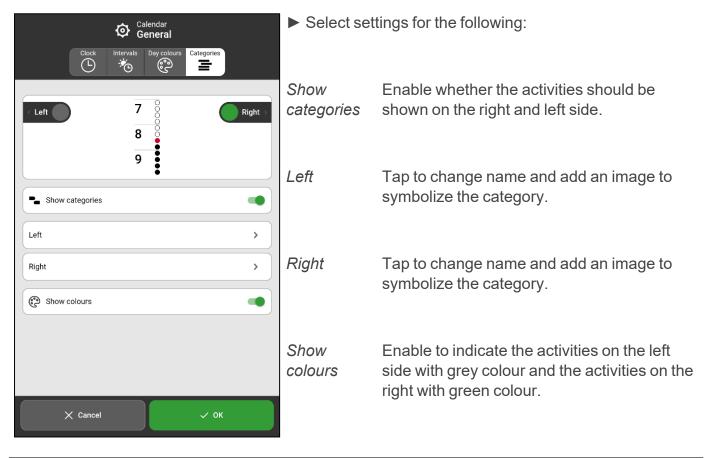
6.1.1.3 Day colours

Settings for if and how day colours should be used.



6.1.1.4 Categories

Settings for whether activities should be categorized and thus displayed on the right or left side of the day calendar.

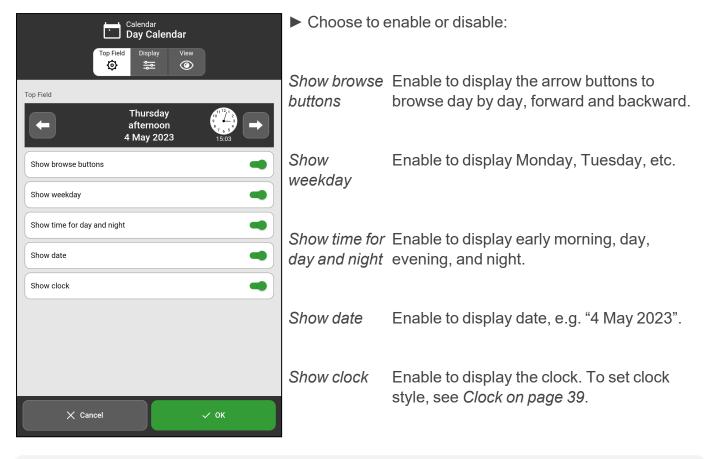


6.1.2 Day calendar

Settings for the day calendar are divided into three tabs, Top Field, Display and View.

6.1.2.1 Top Field

Settings for what should be displayed in the top field of the day calendar.



OTE: If all options in the day calendar's top field are disabled, the top bar will be hidden in both the day calendar and in the menu.

6.1.2.2 Display

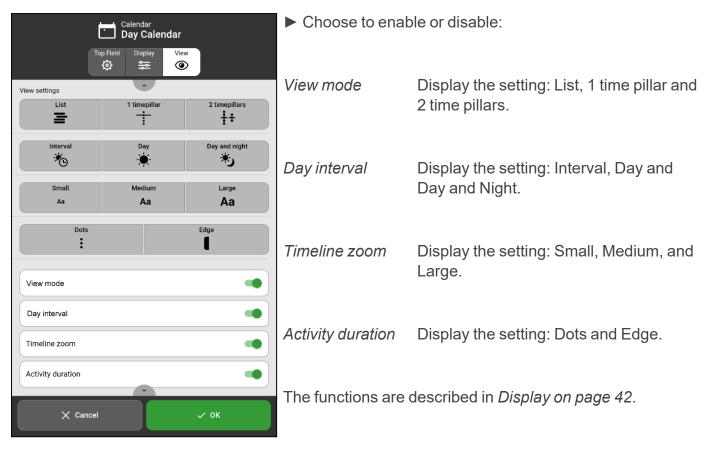
Default settings for the day calendar. The default setting is most important for those who should not have access to the display menu.

Calendar Day Calendar	► Select	settings for t	he following:
Top Field Display View	View mode		Activities are shown in a list. 1 time pillar where activities are
View mode List 1 timepiliar 2 timepiliars			anchored to the time in which they take place.
Day interval		2 time pillar	As 1 time pillar with the addition of a separate time column for the night period next to it.
Timeline zoom	Day interval	Interval	Early morning, day, evening, and night are separated.
Aa Aa Aa Aa Aa Aa		Day	The time pillar displays the morning, the day, and the evening. The night
Dots Edge		Day and night	is shown separately. The time pillar shows the entire 24- hour day.
	Timeline	•	Set size of the time pillar. If it doesn't
	zoom	Medium	fit on the same page, you can swipe up/down to see everything.
X Cancel V OK	Activity	Large Dots	Shows the activity duration as dots
	duration	Edge	or a solid edge.

Day interval and Timeline zoom are only applicable for 1 time pillar. Activity duration is only applicable for 1 time pillar and 2 time pillars.

6.1.2.3 View

Settings for functions shown in the display menu, see *Display menu* on page 10.





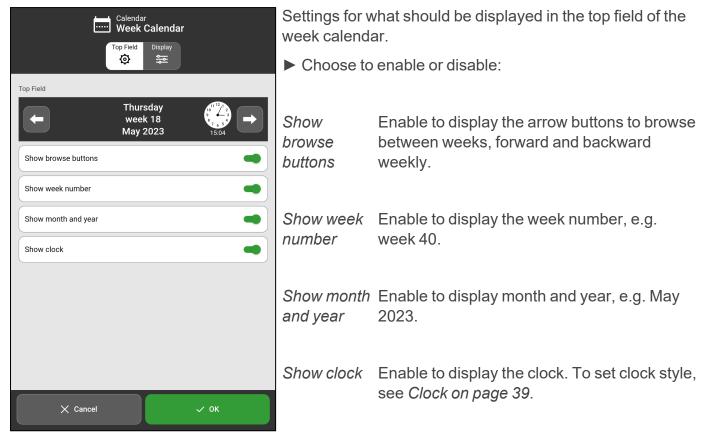
(i)

NOTE: If all functions are disabled, the display menu is hidden, and the "eye" button is no longer visible.

6.1.3 Week calendar

Settings for the appearance of the week calendar are divided into two tabs, Top Field and Display.

6.1.3.1 Top Field



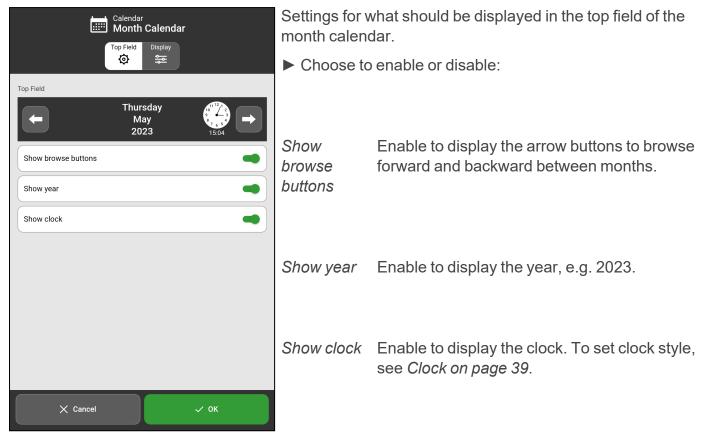
6.1.3.2 Display

Calendar Month Calendar Top Field Display	ě –	the week calendar looks and is coloured ected day colours.
₩	 Select one of 	two options:
Display	Every day (7)	If all 7 days of the week are to be visible,
		Monday – Sunday.
	Weekdays (5)	If only the 5 weekdays are to be visible, Monday – Friday.
Captions	Select one of	two options:
Columns	Captions	If each day of the week is to be coloured with the selected day colour only in the upper part where the date is shown.
	Columns	If each day of the week is to be coloured completely in the selected day colour.
X Cancel V OK		
	Settings for day page 40.	colours are described in <i>Day colours on</i>

6.1.4 Month calendar

Settings for the appearance of the month calendar are divided into two tabs, Top Field and Display.

6.1.4.1 Top Field

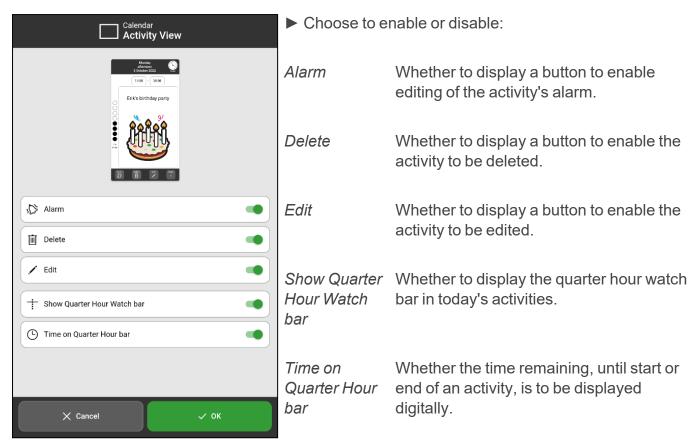


6.1.4.2 Display

Calendar Month Calendar Top Field Isplay	coloured accord	the month calendar should look and be ing to selected day colours. he day colours should be displayed in the
Display	Captions	If each day of the month is to be coloured with the selected day colour only in the upper part where the date is shown.
Columns		
	Columns	If each day of the month is to be coloured completely in the selected day colour.
X Cancel V OK	Settings for day page 40.	colours are described in <i>Day colours on</i>

6.1.5 Activity View

Settings for the appearance of the activity view.

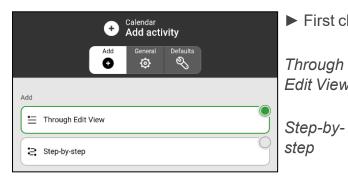


6.1.6 Add activity

The settings for how an activity should be added are divided into three tabs.

6.1.6.1 Add

Settings for how the display should look when you enter a new activity.



First choose which method to use:

ThroughWith this method, you start from the Edit ViewEdit Viewand make all the desired choices without
guidance.

 With this method you are guided through all available choices. When method is selected, specify which properties should be available and visible when a new activity is added/edited.

Calendar	► Choose to e	nable or disable:
Add activity Add General Defaults General Offaults	Show templates	Whether templates should be visible and selectable.
Show templates	Select name	Whether it should be optional to enter a name (If disabled, Image must be enabled).
As Select name	Select image	Whether it should be optional to select an image. (If disabled, Name must be
Select date	Select date	enabled). Whether it should be optional to enter a
Select all day		date.
Select checkable	Select all day	Whether the option "All day" should be visible when adding/editing an activity.
Delete at the end of the day	Select checkable Delete at the end of the day Select available for	Whether it should be optional that the
Select available for		activity is checkable.
Select alarm		Whether the option should be visible when adding/editing an activity.
Select reminder		Whether it should be optional to specify for whom the activity should be visible.
Cancel		 NOTE: Settings for "Available for" are only shown if there are support persons connected to the logged-in account. Support persons are added via myAbilia.
	Select alarm	Whether alarm settings should be visible when adding/editing an activity.
	Select reminder Select checklist Select note	Whether reminder should be visible when adding/editing an activity. Whether checklist should be visible when adding/editing an activity. Whether note should be visible when adding/editing an activity.

() NOTE: If both Name and Image are disabled, only templates will be selectable when an activity is added.

For instructions on how to add an activity, see Activities on page 15.

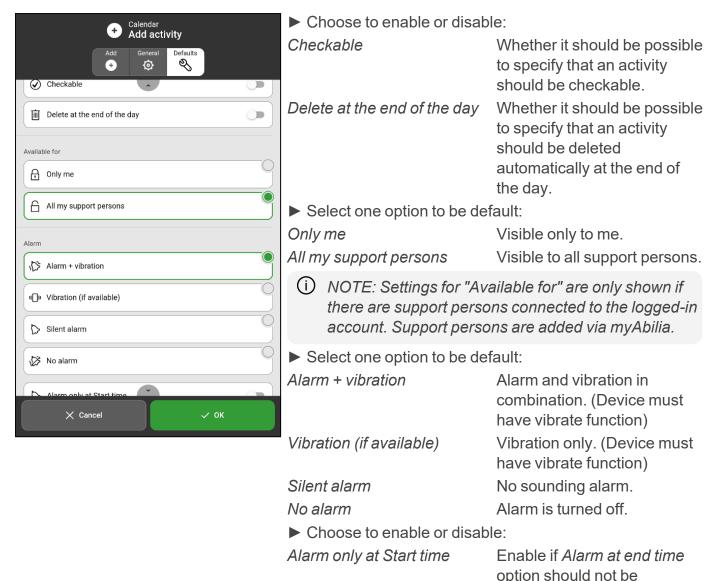
6.1.6.2 General

Add General Defaults ↔
C Allow passed start time
Show end time
Alarm
↓ Show alarm
In Show vibration
Show silent alarm
Show no alarm
Show alarm only at start time
Q Show speech at alarm
Recurring
Add recurring activity
X Cancel V OK

Choose to enable or disable: Allow passed Whether it should be possible to add an activity at a time that has passed, for start time example earlier the same day or yesterday. Show end Whether it should be possible to set end time time. Whether alarm with sound should be optional Show alarm when selecting alarm. Show Whether vibration should be optional when vibration selecting alarm. Show silent Whether silent alarm should be optional alarm when selecting alarm. Show no Whether no alarm should be optional when alarm selecting alarm. Show alarm Whether it should be possible to set alarm only at start only at start time. time Show speech Whether it should be possible to record a at alarm spoken message. Add recurring Whether it should be possible to add activity activities that are repeated weekly, monthly, or yearly.

6.1.6.3 Defaults

Settings for which options should be default when an activity is added.



selectable.

6.1.7 Alarm settings

Settings to specify which alarm sound should be default for activities, reminders and timers.

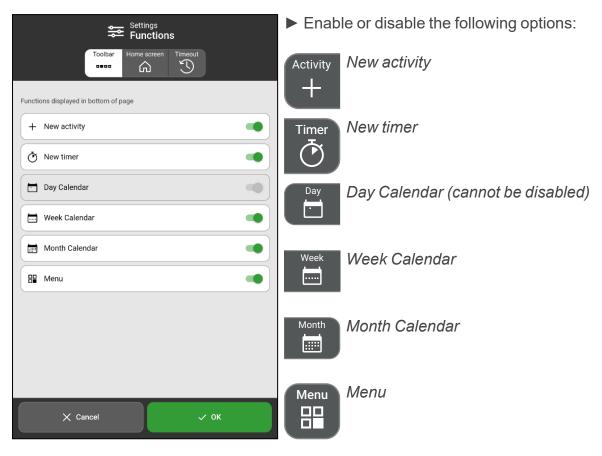
Alarm settings	► Following	g alarm settings can be set:
Non checkable activities Default >	Non checkable activities	Tap to select a desired default alarm sound for activities that don't require confirmation.
Checkable activities Default	Checkable activities	Tap to select a desired default alarm sound for activities that require confirmation.
Reminders Default > Timer >	Reminders	Tap to select a desired default alarm sound for reminders.
Alarm time	Timer	Tap to select desired default alarm sound for the timer.
30 seconds	Alarm time	Tap to select how long an alarm will sound if it is not actively turned off.
Show ongoing activity in full screen	Show ongoing	Whether the alarm view should close automatically when the time has expired. If
Show Disable alarms	activity in full screen	several activities exist at the same time, they are shown as thumbnails at the bottom.
X Cancel V OK	Show Disable alarms	Whether <i>Disable alarms</i> function should be displayed on all main screens, see <i>Disable alarms on page 13</i> .

6.2 Functions

The Functions settings view is divided into three tabs, Toolbar, Home screen, and Timeout.

6.2.1 Toolbar

Settings for which functions should appear in the toolbar at the bottom of the main screen.



INOTE: When Menu is not displayed, Menu is accessed by pressing left - right - left under the category symbols in the day calendar. If you have chosen to hide the category icons, tap the corresponding surface.

6.2.2 Home screen

💝 ^{Sett} Fui	ings nctions
	Screen Timeout
View displayed when the home button is p	pressed
Day Calendar	
Week Calendar	0
Month Calendar	9
📲 Menu	9
Photo calendar	
X Cancel	√ ок

Settings for which view should be the start page.

The home screen is the view that is displayed when MEMOplanner is started, or when you tap the *Home* button.

• Choose one of the following options as home screen:

- Day calendar
- Week calendar
- Month calendar
- Menu
 - Photo calendar

6.2.3 Timeout

Settings Functions		
Returns to the home screen after a period of inactivity		
No timeout		
10 minutes		
5 minutes		
1 minute		
Activate Screensaver		
Only activate screensaver during night		
X Cancel V OK		

Settings for whether MEMOplanner should return automatically to the home screen after a certain period of inactivity.

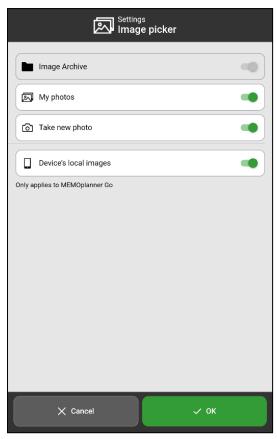
- Select one of the following options:
- No timeout
- 10 minutes
- 5 minutes
- 1 minute

When a timeout time is set, it is possible to enable the screensaver function, *Activate Screensaver*.

If Activate Screensaver is enabled and MEMOplanner is not used for at least the set timeout time, the screen turns black and the clock together with today's date is shown. When you press the screen, the screensaver mode ends and MEMOplanner can be used as usual.

When you do not want to have a screensaver during the day, you can enable *Only activate screensaver during the night*. Then MEMOplanner always shows the regular display during the day, even if MEMOplanner is not used for a longer time and the screensaver will be shown only during the night.

6.3 Image picker

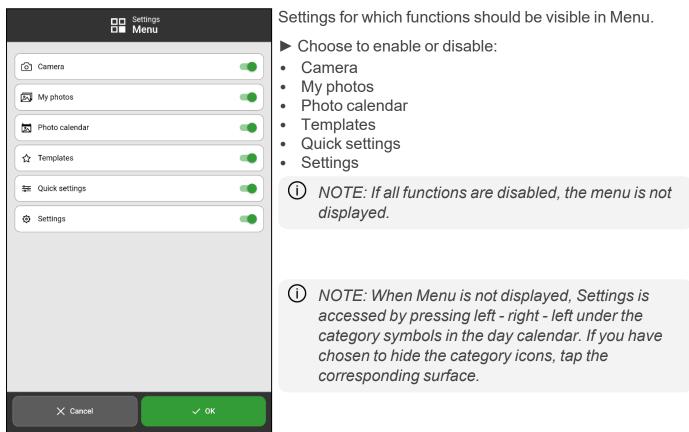


Settings for which image sources should be selectable when selecting an image for an activity, timer or category.

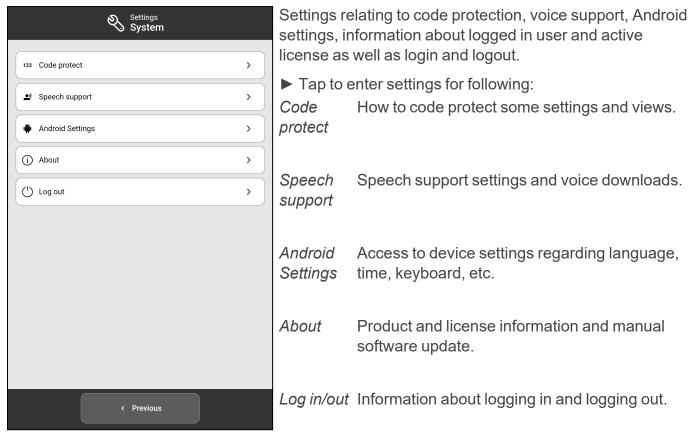
- ► Following image sources can be enabled or disabled:
- Image Archive (cannot be disabled)
- My photos
- Take new photo
- Device's local images (only applies to MEMOplanner Go)

The functionality of the image picker is described in *Select image on page 18*.

6.4 Menu



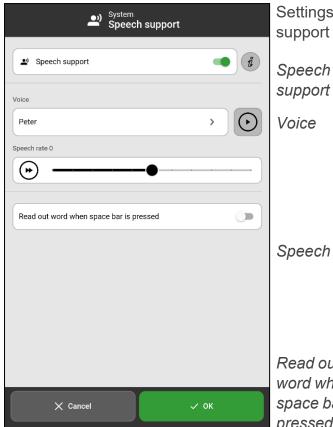
6.5 System



6.5.1 Code protect

123 System Code protect	The purpose of the code protection is to prevent users from changing the settings so that the product no longer functions as intended.
0353 >	 Enter a code for code protection: Code Tap to enter your own code instead of the default one, 0353.
Code protect this view	Enable what to code protect:
	<i>Code protect</i> Whether <i>Settings</i> should be code protected. <i>settings</i>
	Code protectWhether this view is to be code protected.this viewRecommendation is that this choice should be activated, especially if Settings is not code protected.
X Cancel V OK	Code protectWhether Android settings should be codeAndroidprotected.Settings

6.5.2 Speech Support



Settings for speech support. To find out how speech support works, see "Speech Support" on page 4.

> Whether speech support should be switched on. If enabled, more features will appear below.

Select which voice should be active. Installed voices are shown in a list. Each voice has a personal name, e.g. "Elin".



Tap Play to listen to the voice.

Speech rate Drag the slider to set how fast the voice will speak.



Tap Play to listen to the selected voice's speaking rate.

Read out word when pressed

Whether words should be read out automatically without pressing the Speech space bar is support button in the text input view.

6.5.2.1 Download voices

Speech support Voices	 NOTE: Internet connection is required to download voices.
Peter: 141MB Rachel: 88MB	Tap displayed name to download voices, see previous picture.
	Available voices are shown in a list.
	Tap the <i>Download</i> button next to the desired voices and the download will start.
~ ок	Tap <i>Delete</i> button, to delete a downloaded voice that you are not using (e.g. to save device memory).

6.5.3 Android settings

Provides access to Android system settings. Useful settings for MEMOplanner are described in *User manual*.

6.5.4 About

Displays information about MEMOplanner such as:

- MEMOplanner version
- License key and expiration date
- Logged in user account
- Device serial number

You can also search for update to install. For more information and how to search and update MEMOplanner, see the *User manual*.

6.5.5 Logging in and logging out

Information about logging in and out from MEMOplanner depending on current status.

6.5.5.1 Log in

MEMO planer Use your myAbilia account to Log in	
Username (phone number or email)	
Password	
Log in	
Don't have a myAbilia account yet?	
Create Account	
ABILIA	i Q

(i) NOTE: Internet connection is required to log in.

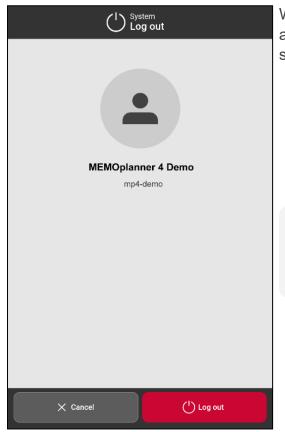
Create a new user account or log in with an existing one.

When you log in to a **new user account**, you are offered to add a starter set with images, activity templates and timer templates .

When you log in to an **existing user account**, activities, images, etc. are downloaded from myAbilia.

Pressing the *Info* button in the bottom right corner provides information about the device, see also *Menu on page 32*.

6.5.5.2 Log out



When you log out, MEMOplanner is cleared of all user data: activities, activity templates, timer templates, images, and settings.

NOTE: If the device has been used offline or the license has expired, user data is only saved locally on the device and will therefore not be recoverable after logging out.

7 Default settings in MEMOplanner

When MEMOplanner is started for the first time, it will be set up according to a default setting. This occurs to allow a reasonable start mode for the individual adjustments that should always be performed. Below is a description of what the default setting entails.

MEMOplan	ner			Status
Calendar	General	Clock	Analogue+digital	
			Analogue	0
			Digital	0
		Timeline 12/24	12 hours	
		Timeline dots	One dot	
			Column of dots	0
		Timeline	Line across current time	
			Lines for each hour	
		Intervals	Early morning	06:00
			Day	10:00
			Evening	18:00
			Night	23:00
		Day colours	All days	
			Saturday and Sunday	0
			No day colours	0
		Categories	Show categories	
			Left name	Left
			Right name	Right
			Show colours	
	Day Calendar	Top Field	Show browse buttons	~
			Show weekday	~
			Show time for day and night	
			Show date	
			Show clock	
		Display - View mode	List	0
			1 time pillar	

		2 time pillar	0
	Display - <i>Day interval</i>	Interval	0
		Day	
		Day and night	0
	Display - <i>Timeline zoom</i>	Small	0
		Medium	
		Large	0
	Display - Activity duration	Dots	0
		Edge	
	View	View mode	~
		Day interval	~
		Timeline zoom	~
		Activity duration	~
Week Calendar	Top Field	Show browse buttons	~
		Show week number	~
		Show month and year	~
		Show clock	~
	Display	Every day (7)	
		Weekdays (5)	0
	Display day colours	Captions	0
		Columns	
Month Calendar	Top Field	Show browse buttons	~
		Show year	~
		Show clock	~
	Display	Captions	0
		Columns	
Activity View	Toolbar	Alarm	~
		Delete	~

		Edit	
	Quarter Hour Watch	Show Quarter Hour Watch bar	
		Time on Quarter Hour bar	
Add activity	Add	Through Edit View	
		Step-by-step	0
		Show templates	
		Select name	
		Select image	
		Select date	
		Select all day	
		Select checkable	
		Delete at the end of the day	
		Select available for ¹	
		Select alarm	~
		Select reminder	
		Select checklist	
		Select note	
	General - <i>Time</i>	Allow passed start time	
		Show end time	
	General - Alarm	Show alarm	
		Show vibration	
		Show silent alarm	
		Show no alarm	
		Show alarm only at start time	
		Show speech at alarm	
	General - Recurring	Add recurring activity	
	Defaults	Checkable	
		Delete at the end of day	

			Only me	
		Defaults – Available for ¹	All my support persons	
		Defaults – Alarm	Alarm + vibration	
			Vibration (if available)	0
			Silent alarm	0
			No alarm	0
			Alarm only at Start time	
	Alarm settings	Sound	Non checkable activities	Default
			Checkable activities	Default
			Reminders	Default
			Timer	Default
		Alarm time	Alert	0
			15 seconds	0
			30 seconds	
			1 minute	0
			2 minutes	0
			5 minutes	0
			Show ongoing activity in full screen	
			Show Disable alarms	
Functions		Toolbar	New activity	
			New timer	
			Day Calendar ²	
			Week Calendar	
			Month Calendar	
			Menu	
		Home screen	Day Calendar	
			Week Calendar	0
			Month Calendar	0
			Menu	0
			Photo calendar	Ο

	Timeout	No timeout	
		10 minutes	0
		5 minutes	0
		1 minute	0
		Activate Screensaver ³	
		Only activate screensaver during night ⁴	
lmage picker		Image Archive ²	>
		My photos	>
		Take new photo	~
		Device's local images	>
Menu		Camera	>
		My photos	>
		Photo calendar	>
		Templates	>
		Quick settings	>
		Settings	>
System	Code protect	Code (default)	0353
		Code protect settings	
		Code protect this view	
		Code protect Android Settings	
	Speech support	Use speech support	
		Speech rate	0
		Read out word when space bar is pressed	

¹Settings for "Available for" are only shown if there are support persons connected to the logged-in account.

²Setting cannot be changed.

³Can only be set if a timeout time has been specified.

⁴Can only be set if Activate Screensaver is on.

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