



Scheduler

Overview

The Adaptive Resilience scheduler will schedule reminder messages pop up on your phone, reminding you to run your program.

The following programs have the scheduler function:

- Autonomic Health Assessment
- Engagement Training
- Attentiveness Training
- Relaxation Training

The following parameters are available to edit for each of the above programs:

- | | | |
|------------------------|---|---|
| Schedule date | - | Start date of emails |
| Schedule time | - | Time of day to run program |
| How frequently | - | How often the program needs to be run
Twice daily, daily, every other day and weekly |
| Schedule time advance- | | email arrival time before program schedule time
10, 30, 60 and 120 minutes. |

You will receive pop up messages at a user selectable time in advance of the program due to be run.