Marivel

Full guide

Every feature explained, step by step,
with a picture of each screen.

For Android and iPhone — the differences are clearly marked.

Save or print this guide, or pass it on to whoever helps you.

Welcome

Marivel is an app that helps you take your medication on time. The app reminds you at the right moments, keeps track of how much stock you have left, and can — if you choose to — notify a contact person when you don't confirm a dose.

This guide assumes you have little or no experience with smartphones. Every step shows a real screenshot of the app, so you know exactly what to look for and where to tap.

Android or iPhone — why it matters

Marivel exists as two separate apps: one for Android phones (such as Samsung) and one for the iPhone. Both do the same thing, but a few screens look different or work slightly differently — mostly around permissions and notifications. Wherever that's the case, this guide has a separate box: **On Android** in green, **On iPhone** in blue. No box means the screen is the same on both devices.

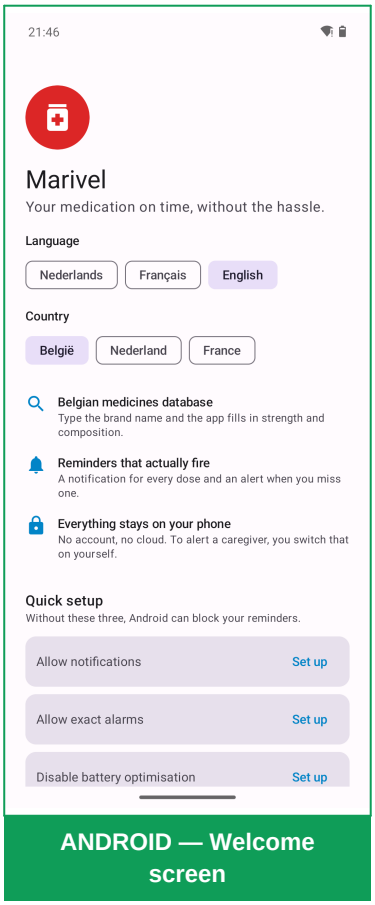
What you need

• An Android phone or an iPhone, with the Marivel app already installed.
• Internet access once (wifi or mobile data), to be able to search the medication list when adding a medication. After that, the app also works without internet.
• No account, no password, no e-mail address. By default, everything stays on your own device.

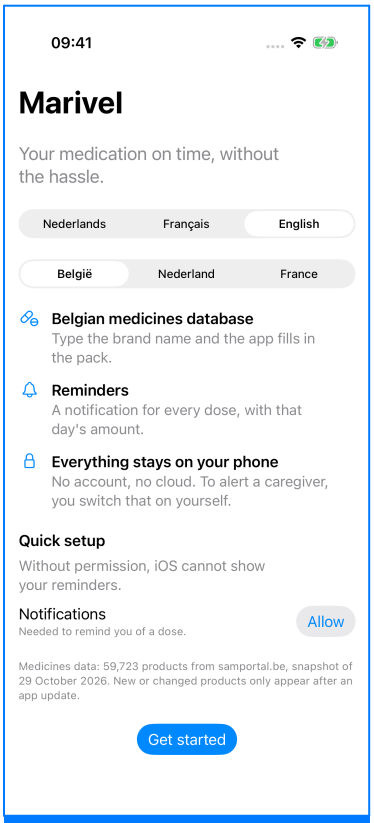
1 Opening the app: language and country

The very first time you open the app, you see this welcome screen. At the top, choose your language (Dutch, French or English), and below it the country whose medication list will be used. If you live in Belgium, choose **Belgium**; this determines which medications the app recognises when you search for one later.

Below the language and country choice, the app briefly explains what it does: the medication database, the reminders, and that everything stays on your own device.



ANDROID — Welcome screen



IPHONE — Welcome screen

This screen looks almost identical on Android and iPhone. You can always change your language and country choice later, on the *Overview* tab.

2 Granting permissions

At the bottom of the welcome screen, the app asks for a few permissions. Without them, the phone itself can block your reminders — so it's important to grant all of them. This is also the biggest difference between Android and iPhone.

ON ANDROID — three permissions

Android asks for **three** separate permissions, each with its own "Settings" button:

1. **Allow notifications** — without this, the phone shows no reminders at all.
2. **Allow exact alarms** — otherwise a reminder can go off too late.
3. **Disable battery management** — otherwise Android can "put the app to sleep" overnight and miss a reminder.

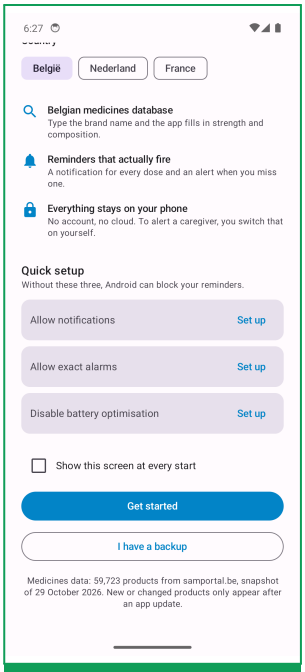
Tap each "Settings" button, allow it in the window that appears, and return to the app. For battery management, Android opens the optimisation list: choose "All apps" at the top, find Marivel, tap it and choose "Don't optimise". A green checkmark confirms it worked.

ON IPHONE — one permission

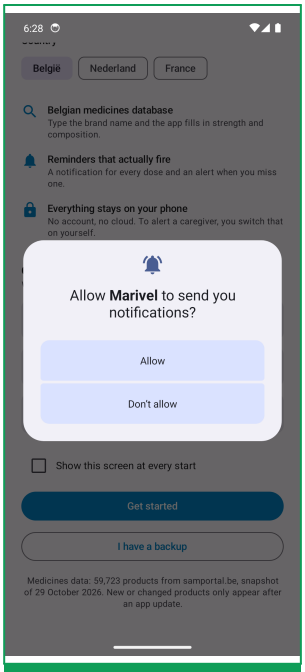
The iPhone asks for only **one** permission: **Notifications**. Tap "Allow" — the iPhone then shows its own system window ("Marivel Would Like to Send You Notifications"), where you tap "Allow" again.

Exact alarms and battery management don't exist as separate concepts on the iPhone — the operating system handles that itself, as soon as Notifications is turned on.

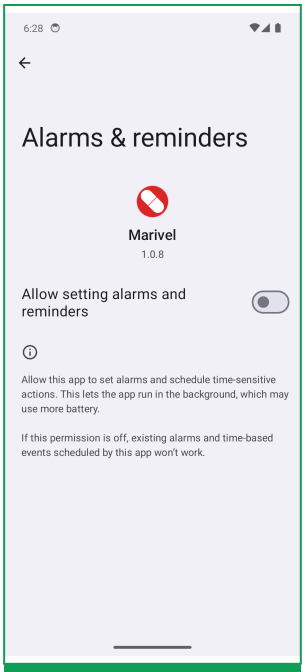
Screenshots — Android



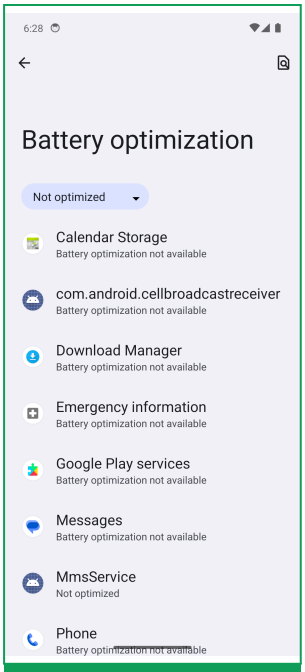
The three permissions



System window: Notifications



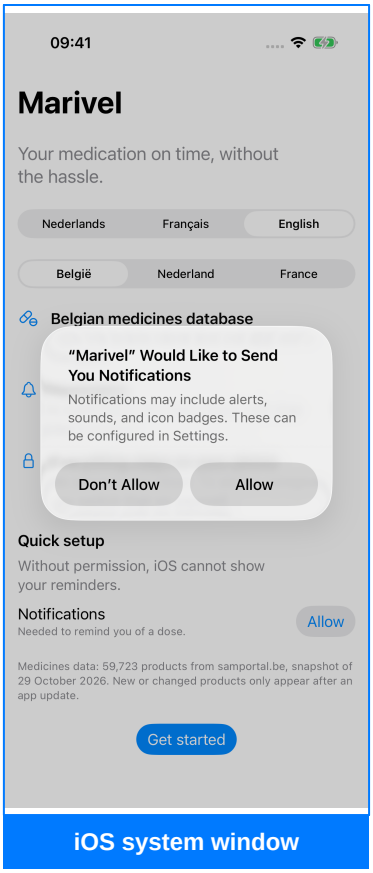
System screen: Alarms



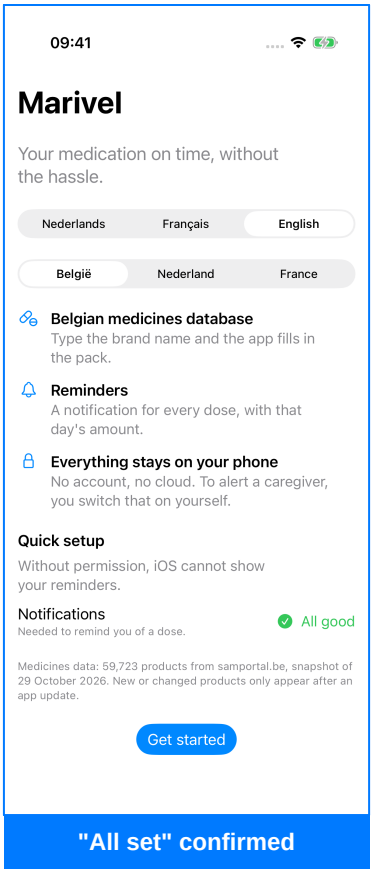
System screen: Battery

These three system windows are in Android's own system language, as on your phone: set the phone to English to see them like this.

Screenshot — iPhone



iOS system window

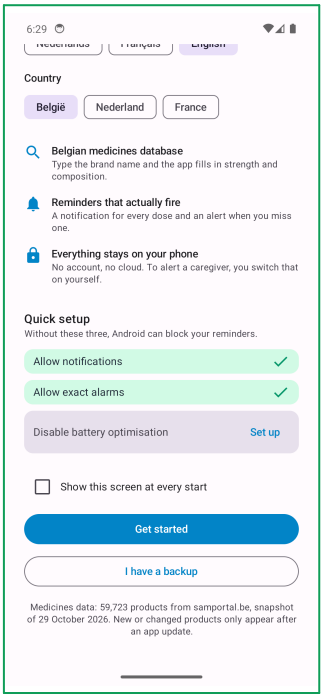


"All set" confirmed

Turning off battery optimisation — step by step

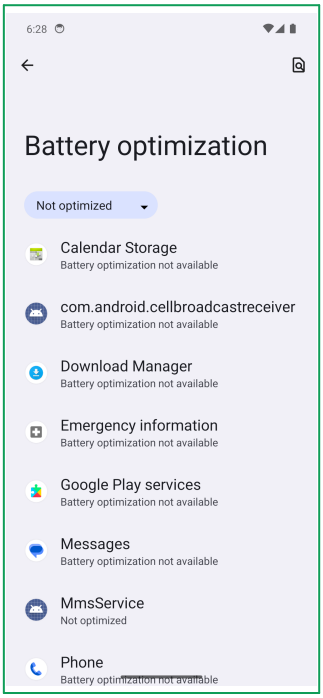
Android saves battery by putting rarely used apps "to sleep". If it does that to Marivel, a reminder can arrive late or not at all. So you turn this off **once** for Marivel. It takes about a minute. On some phones the screens are named a little differently; look for the same word.

Step 1



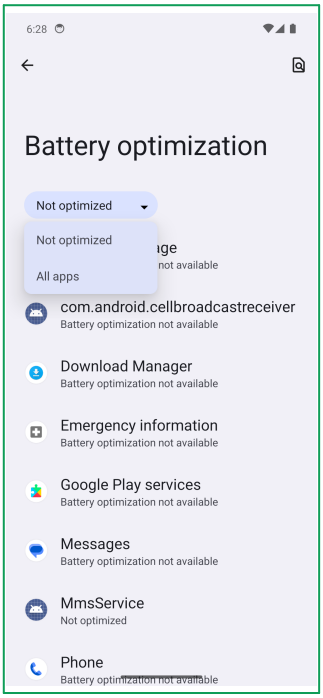
In Marivel: tap **Set up** next to "Disable battery optimisation".

Step 2



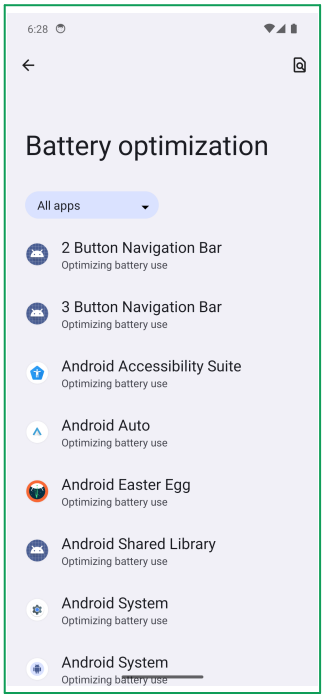
The **Battery optimization** screen opens. Tap **Not optimized** at the top (the exact wording can vary by phone).

Step 3

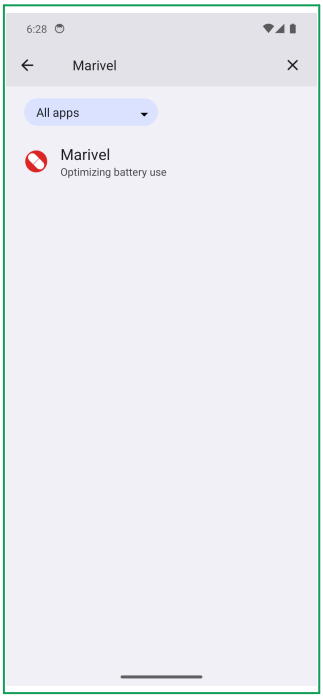
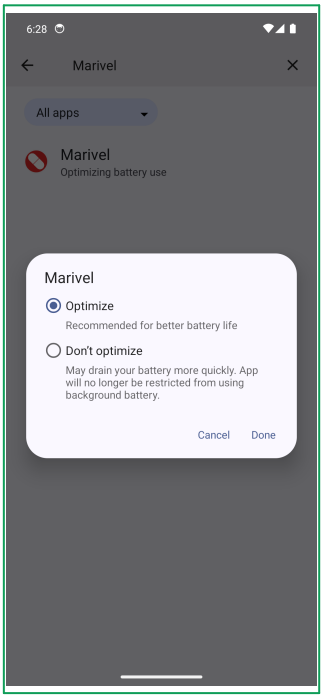
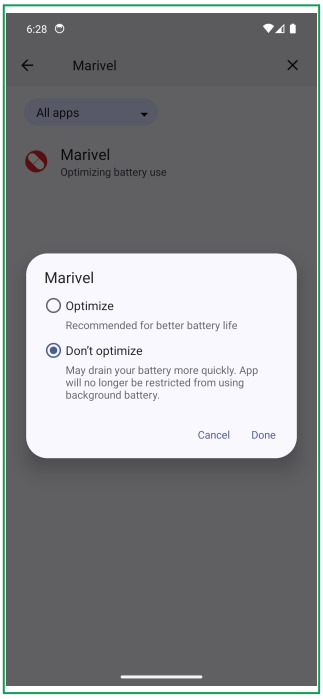
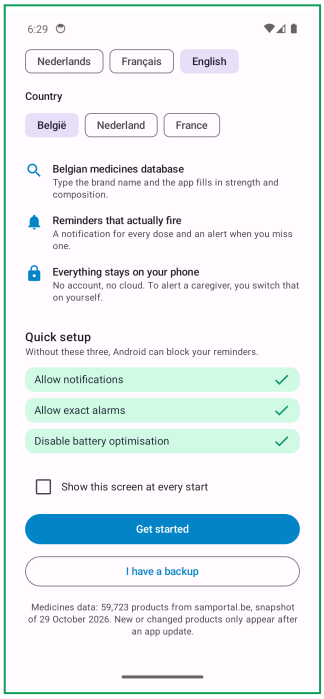


A small menu opens. Choose **All apps**.

Step 4



Now every app on the phone is in the list. Don't scroll: tap the **magnifying glass** at the top right and type the word **Marivel**.

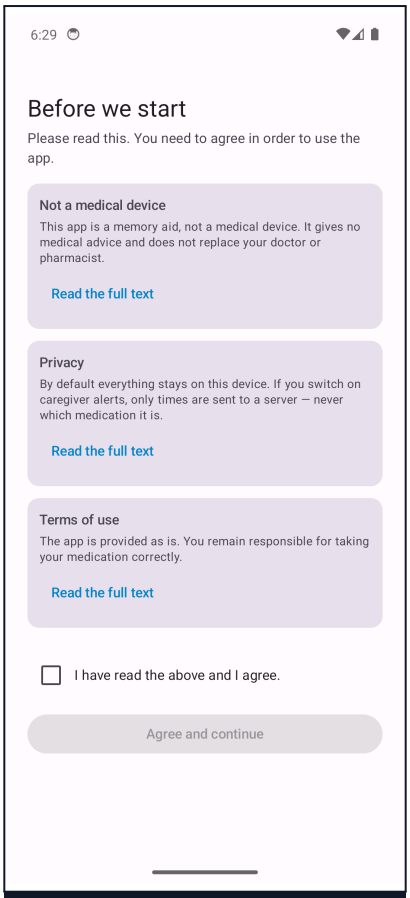
Step 5	Step 6	Step 7	Step 8
			
One app is left. Tap **Marivel** in the list.	A window appears. Tap **Don’t optimize**.	Tap **Done** at the bottom right. Under Marivel it now says "Not optimized".	Go back to Marivel (back arrow at the top left, a few times). Next to "Disable battery optimisation" there is now a **green checkmark**. Done!

Doesn't work? Names differ by brand (Samsung: "Battery" and "Unrestricted"; Xiaomi: "Battery saver" and "No restrictions"). Search your phone's settings for "battery", then for Marivel.

3 Agreeing to the terms

After the welcome screen, the app shows three short cards: that Marivel **is not a medical device** (it doesn't replace your doctor or pharmacist), how the app handles your **privacy**, and the **terms of use**. On each card you can tap "Read the full text" for more detail.

At the bottom, tick "I have read the above and agree", then tap "Agree and continue". You can't use the app without doing this.



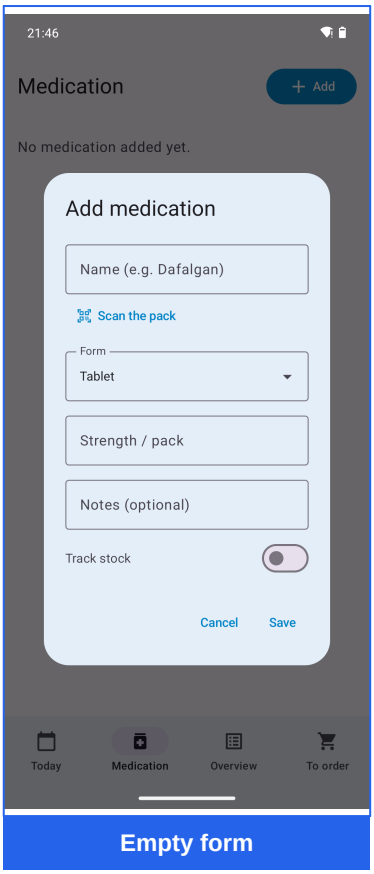
Before we begin

This screen is identical on Android and iPhone, and shows in the app's own language.

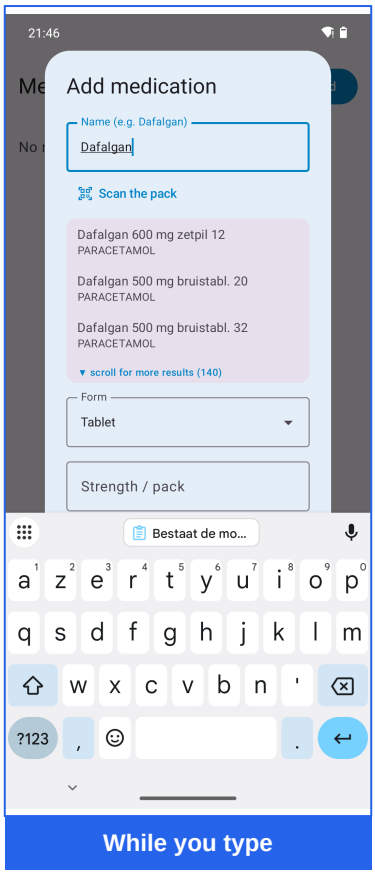
4 Adding a medication

Go to the **Medication** tab at the bottom, and tap "Add". Type the name of your medication (for example "Dafalgan") in the name field. As you type, the app immediately shows a list of products from the official medication database of the chosen country. Tap the right product: the app automatically fills in the strength, packaging and composition.

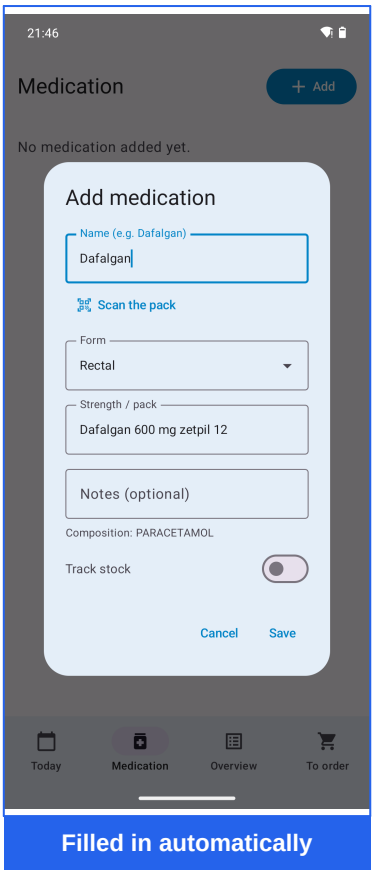
If nothing matches what you're looking for, you can also just fill in every field yourself, by hand.



Empty form



While you type



Filled in automatically

Scanning the packaging (Belgium and France only)

For these two countries you can also tap "Scan the pack" and point the camera at the barcode area (the small square with dots) on the box. The app then looks up the name itself. In the Netherlands this button doesn't exist: that medication source has no barcode link.

After saving, your medication appears as a card in the list, with two follow-up steps: *keeping stock up to date* and *adding a schedule*.



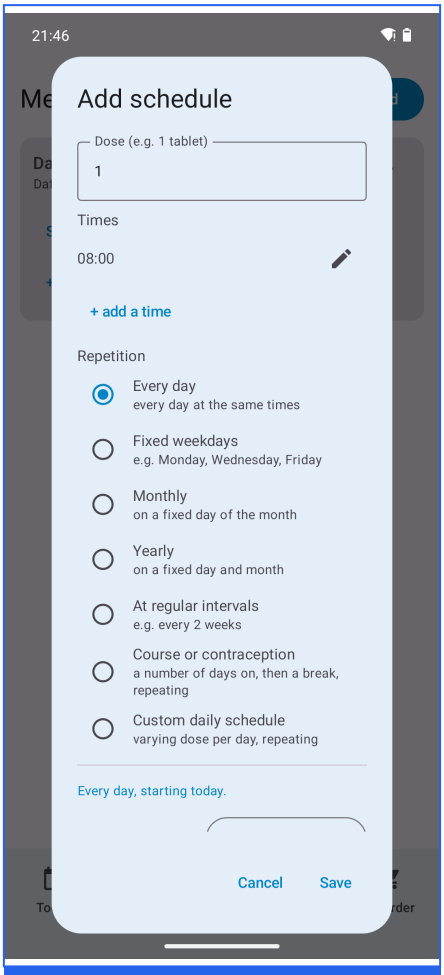
This whole screen — including searching and scanning — works identically on Android and iPhone.

5 Setting a dosing schedule

Tap "+ Add schedule" next to your medication. Fill in the dose (for example "1 tablet") and the time — tap the pencil icon next to the time to change it. With "+ add a time" you can also set several moments per day.

Then choose how often the dose repeats:

- **Every day** — at the same times
- **Fixed weekdays** — for example only Monday, Wednesday, Friday
- **Monthly** or **Yearly** — on a fixed date
- **Every so often** — for example every 2 weeks
- **Course or contraception** — take for a number of days, then a break, repeating
- **Custom day schedule** — a dose that varies per day, and keeps repeating

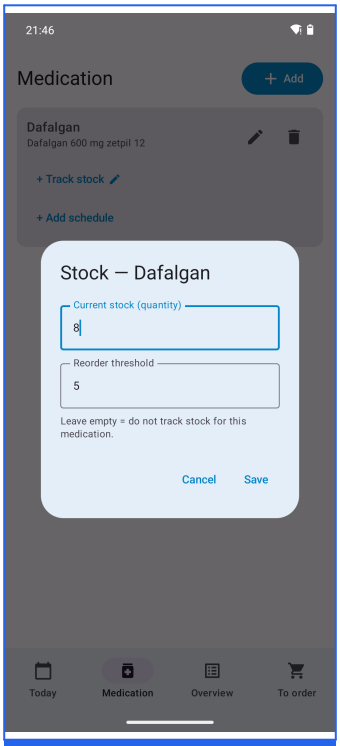


All repeat options

This screen too is identical on Android and iPhone.

6 Keeping stock up to date

Tap "+ Track stock" next to your medication to fill in how many units you have left, and from what number you want to be warned to reorder (the "reorder threshold", 5 by default). Every time you confirm a dose, the app automatically counts down one unit.



Setting up stock

As soon as the stock reaches or drops below that threshold, the app automatically sends you a notification — even if you don't have the app open. You'll then also find that medication on the "To order" tab (step 8, further on). If you top the stock back up above the threshold yourself, the notification only reappears at the next dip.

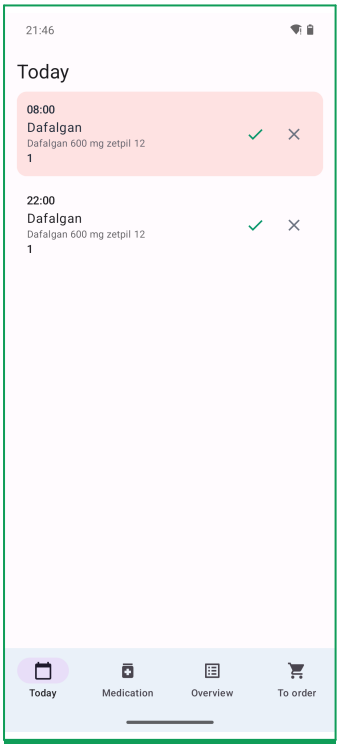
This stock notification, and keeping stock up to date itself, work identically on Android and iPhone.

7 Confirming a dose

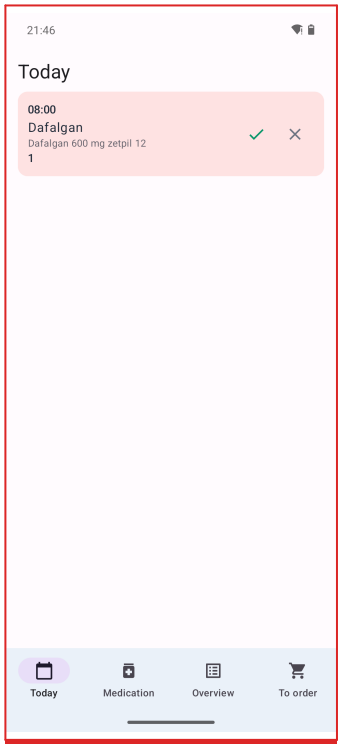
The **Today** tab shows everything that needs to be taken today, in order of time. When the moment arrives, the phone sends a notification. You can confirm a dose in three places: directly from the notification, or in the app itself by tapping the checkmark (taken) or the cross (skipped).

If you don't respond within a quarter of an hour of the scheduled time, the app itself marks that dose as "Missed" — this keeps your overview accurate, and lets any contact person know something went wrong.

As long as a dose hasn't come up yet ("pending"), two buttons appear in the app itself next to the row: a green checkmark to mark it as taken, a cross to skip it. If the time has already passed without a response, those same buttons stay visible — but the row turns light yellow as a warning — until the quarter-hour limit mentioned above passes and the dose flips to "Missed".



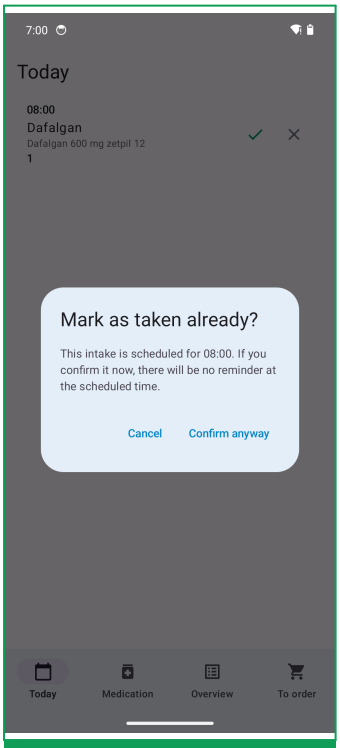
Pending — buttons visible



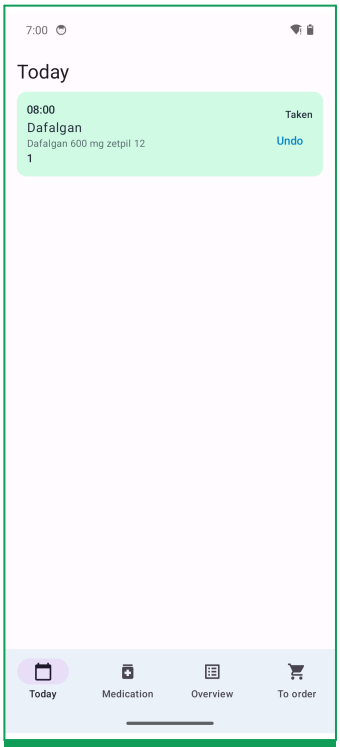
After a quarter hour: Missed

Too early. If you tap the check mark on a dose that is more than 30 minutes away, the app asks first. If you confirm such a dose now, there will be no reminder at the scheduled time, and any caregiver will think everything is done. Choose "Confirm anyway" to continue, or "Cancel" if it was a mistake.

Ticked by mistake? When a dose is marked as taken or skipped, the **Undo** button appears on the right. It puts the dose back to open: the stock is restored, the reminder is restored, and the caregiver server also learns that the dose is open again.



Too early: the app asks first



Ticked by mistake: Undo

ON ANDROID — buttons visible right away

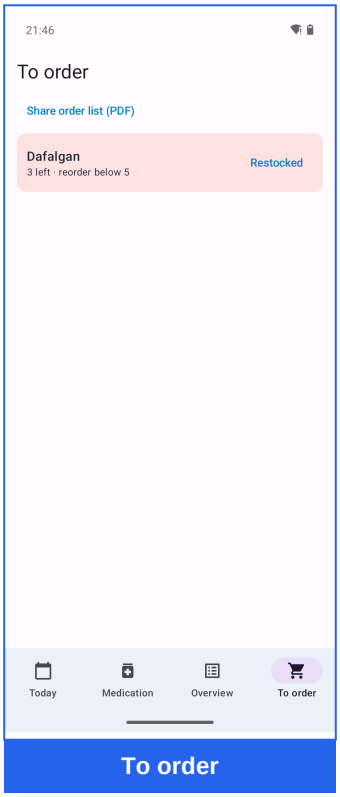
The notification itself immediately shows **three buttons** under the text: **Taken**, **Skip** and **Snooze 15 min**. You tap them directly, without having to open the app.

ON IPHONE — swipe or press and hold

On the iPhone, you first need to **swipe the notification to the left** or **press and hold** it for a moment — the same three buttons then appear: Taken, Skip, Snooze 15 min. A plain, short tap on the notification itself opens the app with a small window where you can make the same choice.

8 To order tab

This tab shows only the medications whose stock is at or below the reorder threshold — exactly the things you'll soon need to top up. If there's nothing to order, it simply says so. At the top, you can forward the list with "Share order list (PDF)", for example to whoever does your shopping.



Identical on Android and iPhone.

9 Overview tab

This tab gathers everything you only need now and then: explanation, adherence, backup, the medication overview for your doctor, the contact-person server, and your language and country choice.

Adherence

At the top you immediately see what percentage of your doses over the past week and month happened on time — for example "18 of 21 doses on time · 86%". So you don't have to scroll through a long list of checkmarks yourself to know how things stand. If no dose has come up yet in the chosen period, the app simply says so honestly, instead of showing a misleading number.

Making and restoring a backup

Under "Data", "Export backup" writes out all your medications, schedules and dose history to a single file — for example to keep when switching to a new phone. The app then asks you to choose a **password**: this encrypts the file, since it might end up on an SD card, USB stick or in the cloud, and that's no place for medical data in plain, readable text. **Remember this password well** — without it, the backup cannot be restored, and there's no way to recover it afterwards.

"Restore backup" does the opposite: choose the saved file, type in the password, and all current data is replaced with what's in the backup.

Sharing a backup between Android and iPhone

A backup made on Android can in principle be restored on an iPhone, and vice versa — for example when switching phone brands. The password stays the same.

Sharing the medication overview

Creates a clear sheet with all your medications and schedules, in alphabetical order — handy to give to your doctor, pharmacist or home care nurse. If you fill in a name, it appears on the sheet; leave it blank, and nothing links the sheet back to you.

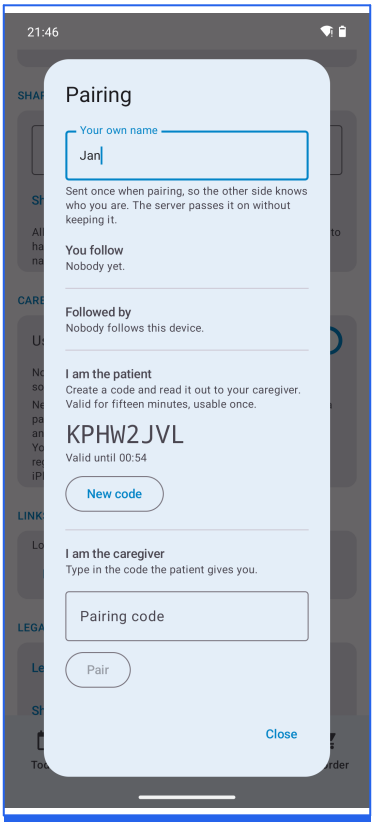
Contact-person server

This lets a contact person (for example a child or carer) be notified when a dose isn't confirmed — even if your phone is switched off at that moment. No medication names or doses are ever sent, only the times something was expected and whether it was confirmed.

IMPORTANT — this only concerns the missed-dose alert

The "Use the caregiver server" switch is **off** by default. As long as it's off, the app does keep track of your schedule, and your ordinary reminders to take a medication — the notification at the scheduled time, with Taken/Skip/Snooze — **keep working as normal**, on this device. What doesn't happen: **no one is separately notified** — not even you — when such a reminder goes unanswered. If you want your own contact person (or yourself, as the caregiver of your own device) to receive that separate alert for a missed dose, this switch must be on AND the pairing below must be completed. This applies to both sides of the pairing.

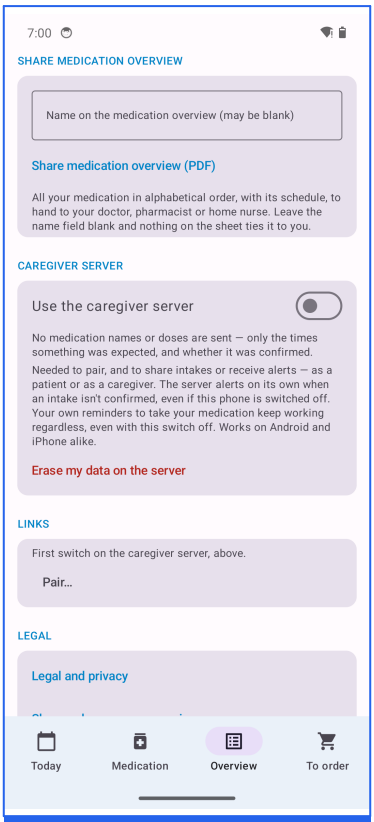
Turn on the switch, then tap "Pair…" to pair the two devices with each other using a code. One side chooses "I am the patient" and taps "Create a code" — that code is valid for fifteen minutes and can be used only once. The other side chooses "I am the caregiver", types that code into the "Pairing code" field, and taps "Pair". This works between two Android devices, two iPhones, or a mix of both.



Pairing: creating a code

Erase your data on the server

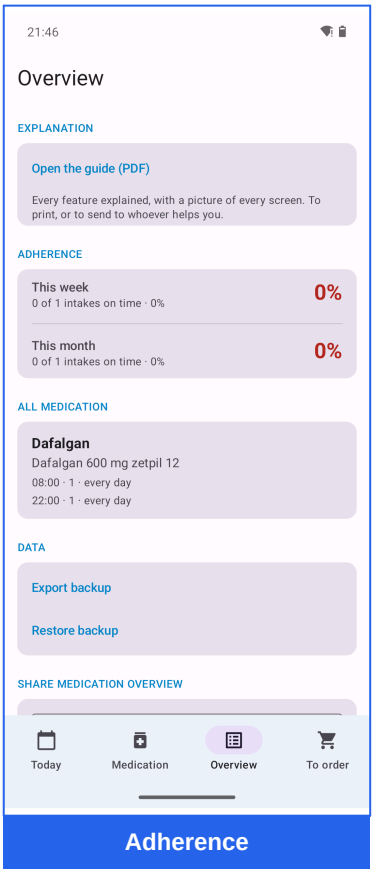
Below the switch is the red button **Erase my data on the server**. After you confirm, it removes this device's ID, your pairings and all planned times and confirmations from this device from the server, and switches the server off. Your medication and reminders on the phone stay; a caregiver will no longer receive alerts. This also works when the server is switched off. If it fails, for example without internet, the app says so: try again later.



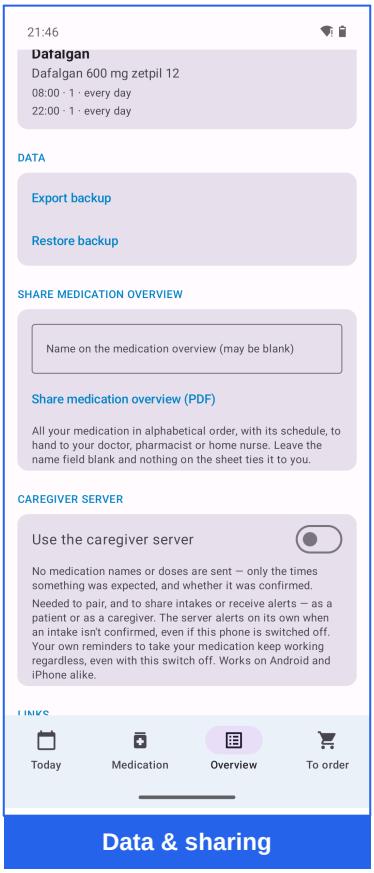
The red button in the Caregiver server block

Changing language and country

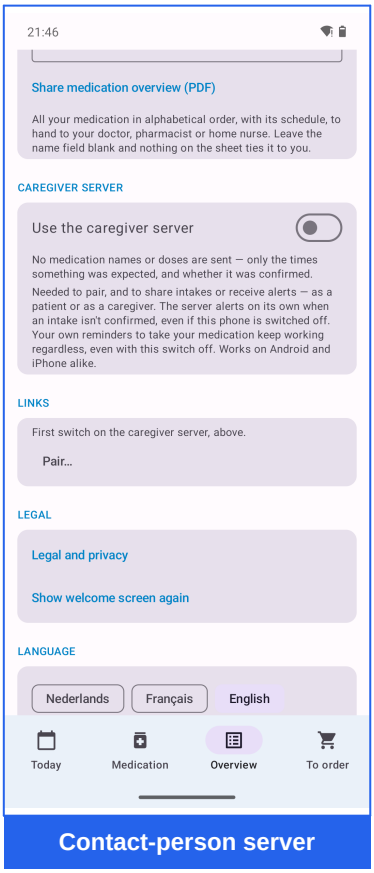
At the bottom, you can choose your language and country again at any time — this only changes which medication list is used when searching. Your medications and schedules stay exactly as they were.



Adherence



Data & sharing



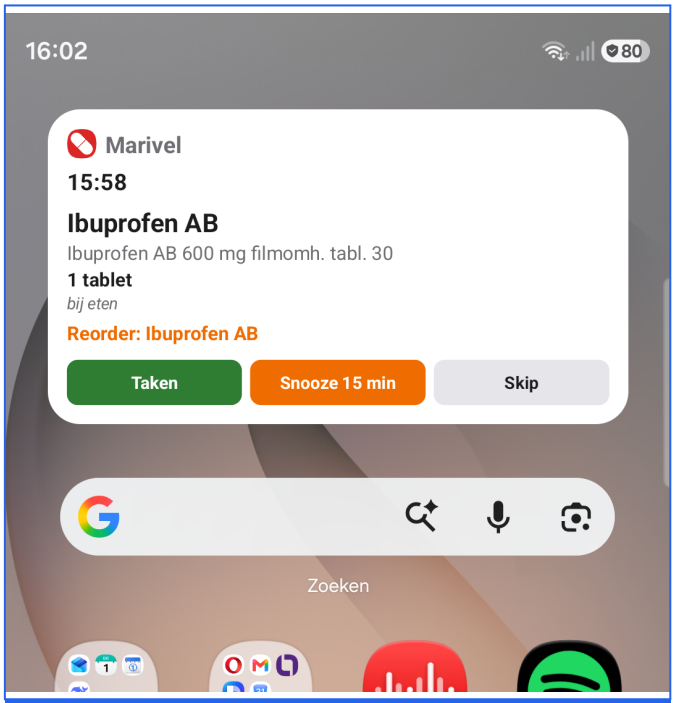
Contact-person server

This entire tab — including adherence and the encrypted backup — works and looks identical on Android and iPhone.

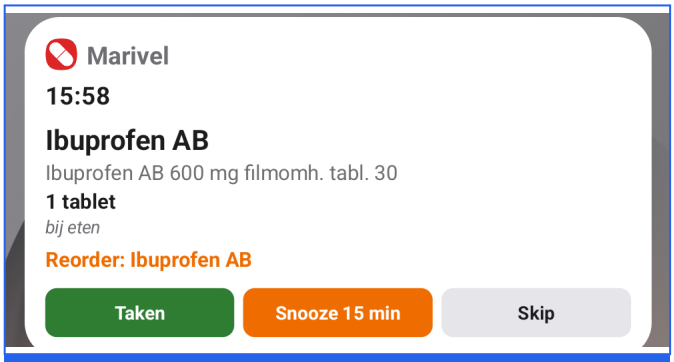
10 The home screen widget

Besides the notification at the scheduled time, Marivel also offers a widget: a small panel you place on your own home screen, which always shows your next dose — without opening the app. It shows the time, the medication name, the strength and amount (for example "500 mg · 1 tablet"), and any notes you've added to that medication. If stock is at or below the reorder threshold, the widget shows that too. From the widget itself you can tap "Taken", "Snooze" or "Skip" directly, just like the notification. The buttons only appear thirty minutes before the scheduled time; before that, the widget only shows the dose, so you don't tick off an evening pill in the morning by mistake.

The widget doesn't appear on its own — you add it to your home screen once yourself, the same way as any other widget on your device.



This is what the widget looks like, among your other apps on the home screen



Close up: time, name, strength, amount, notes and the three buttons

ON ANDROID — adding the widget

1. Press and hold an empty spot on your home screen until a menu appears.
2. Tap "Widgets".
3. Find **Marivel** in the list and press and hold the widget.
4. Drag it to an empty spot on your home screen and release.

Once placed, you can drag the corners to make the widget wider or taller, just like any other widget. On some devices and launchers the system doesn't allow every height — that's a limitation of the device, not of the app.

ON IPHONE — adding the widget

1. Press and hold an empty spot on your home screen until the icons start to "jiggle".
2. Tap the **+** sign in the top-left corner.
3. Find **Marivel** in the list of widgets.
4. Swipe left or right to choose a size (small or medium) and tap "Add Widget".
5. Drag the widget to the spot you want and tap "Done".

How often does the widget refresh?

The widget refreshes itself whenever something changes — a dose you confirm, a new medication, a changed stock level — and also automatically whenever a new next dose comes up. You never need to refresh it by hand.

Overview: differences between Android and iPhone

On almost every screen, Marivel does exactly the same thing on Android and iPhone. These are the points where it's still a little different.

Feature	Android	iPhone
Permissions at startup	Three: notifications, exact alarms, battery management	One: notifications
Buttons in the notification	Visible right away, under the notification	Appear after swiping or press-and-hold
Scanning the packaging	Belgium or France only	Belgium or France only
Choosing the backup file location	Android file picker	iOS Files app
All other screens	Identical	Identical

Need help?

Can't quite figure it out? You can always view this welcome screen again via Overview → "Show welcome screen again", and this guide itself is also in the app, under Overview → "Open the guide (PDF)".

Marivel is a memory aid, not a medical device. It gives no medical advice and does not replace your doctor or pharmacist. If in doubt about your medication, always consult a doctor or pharmacist.