

SafetyBuddy.info

Your voice. Your records. Your safety.

Quick Start Guide & Full User Manual

SafetyBuddy, Inc. · Nonprofit · EIN 42-2921535 · §501(c)(3) pending

Version 1.0 · June 2026 · **Free to every patient, always**

Mission: Every patient deserves documentation, voice, and community before they need a lawyer. SafetyBuddy.info is a free, nonprofit patient safety platform — built by one aerospace engineer, orchestrating multiple AI agentic systems, in honor of **Zander Cameron Smith** (2003–2023).

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1. Get Familiar — The Screen You See First

Before you do anything, take thirty seconds to learn where the controls live. SafetyBuddy has four zones on every page. Once you know them, every page will feel like home.

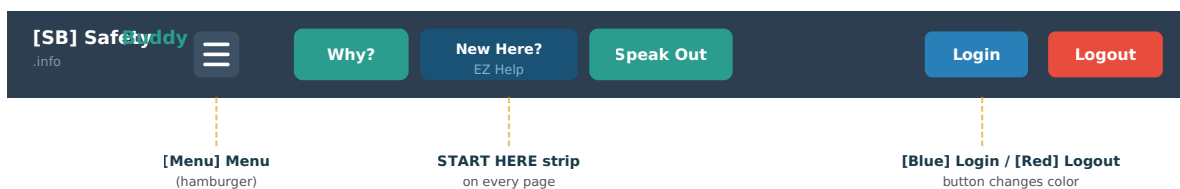


Figure 0-A — The SafetyBuddy header. These same controls appear on every page of the site.

The Hamburger Menu [Menu]

The three horizontal lines in the top-left corner are called a **hamburger menu** — a universal web symbol meaning "tap here to see the full navigation." Tap it and a sidebar slides in from the left with links to every page on the site. Tap anywhere outside it or tap the X to close it.

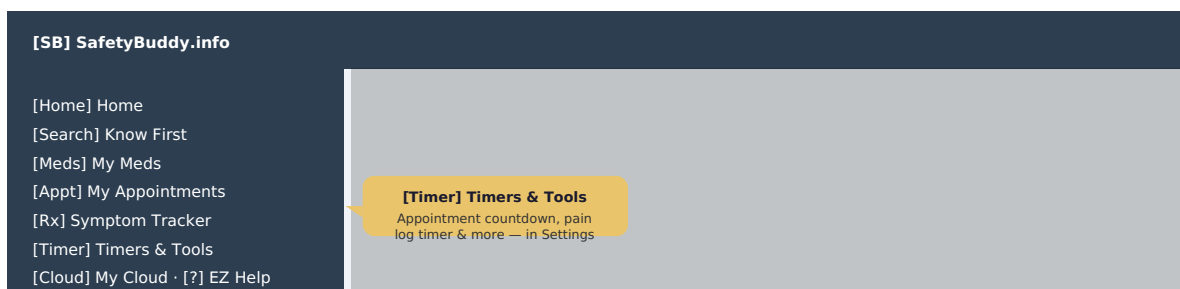


Figure 0-B — The open sidebar. All navigation is here. Tap anywhere in the grey area to close.

The Login / Logout Button

The button in the top-right corner of every page tells you your sign-in status at a glance:

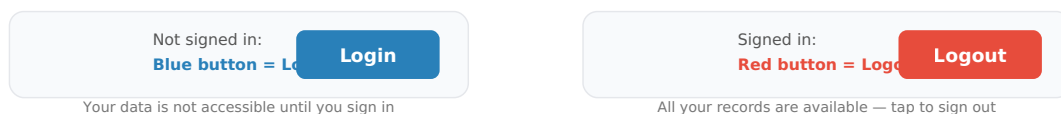


Figure 0-C — Blue means you are not signed in. Red means you are signed in and your data is loaded. The button text changes too: "Login" → "Logout."

[i] On desktop, your email flashes briefly

When you sign in on a desktop or laptop, your email address appears next to the button for 3 seconds to confirm who is logged in, then quietly disappears. This does not happen on mobile to keep the header clean.

The Listen Button [Listen]

Many pages have a **[Listen] Listen** button. Tap it and SafetyBuddy reads the page aloud to you — hands-free, eyes-free. This is especially useful when you are stressed, tired, or need to hear something explained while you are driving or in a waiting room.

The Listen player is **sticky and floating** — it stays on screen as you scroll so you never lose your place. It starts near the top of the page but **you can drag it anywhere** — move it to a corner, the bottom of the screen, wherever it's out of your way. It remembers where it is until you close the page.

- **[Play] Play** — starts reading from the current section
- **[Pause] Pause** — stops; tap Play to resume exactly where you stopped
- **< -5s / +5s** — jump backward or forward a few seconds
- **Scroll to any section** — the player follows along and offers to read from wherever you land
- **Drag the grip bar** — labeled "Move me or scroll there to Listen" — relocate the player anywhere on screen
- **Deep-link** — share a URL with a section hash (e.g. `why.html#why-rcca`) and the player starts at that exact section

The Talk / Speak Button [Mic] and Auto-Fill

Anywhere you see a **[Mic] microphone symbol** next to a text field, you can tap it and speak instead of type. SafetyBuddy listens, converts your speech to text, and drops it into the field automatically — **auto-fill by voice**.

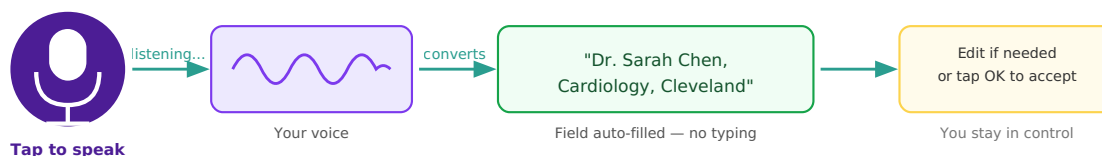


Figure 0-D — Tap the microphone, speak, and the field fills itself. You can always edit what was heard before saving.

[Timer] Timers & Tools

Open the hamburger menu and scroll to **[Timer] Timers & Tools**. This section of Settings holds patient-centered utilities: appointment countdown timers, symptom check-in reminders, pain log prompts, and other tools designed to keep you ready before a care team visit — without requiring you to remember everything yourself.

[Tip] Quick summary — the four zones on every page

Top bar (header) — logo, hamburger menu [Menu], START HERE strip, Login/Logout button.

Sidebar (opens from [Menu]) — navigation to every page, including Timers & Tools.

Main content area — the page you are on, with [bolt] bolts, [Mic] mic buttons, and [Listen] Listen where available.

Footer / bottom bar — version info, EZ Help link, and legal notes.

2. Quick Start — Up and Running in 5 Minutes

SafetyBuddy is free. No app to install. Open a browser on any device and go to **safetybuddy.info**.

- 1 Create a free account.** Tap *Sign In* in the top bar. Two-factor authentication keeps your records private — no one else can see your data.
- 2 Tap EZ Help / START HERE.** The top bar has three buttons: *Why?* · *EZ Help / START HERE* · *[*] Patients Say*. EZ Help walks you through every feature with audio guidance — tap the speaker icon and listen while you explore.
- 3 Add your first provider.** Open *Know First* from the menu. Tap *Add NEW Provider*. Type a name, or snap a business card photo with the [bolt] camera bolt. Save. Your provider list is private to you.
- 4 Tell your story.** Open *Patients Say*. Choose *Satisfied* or *Dissatisfied* first — then drag the Zander Scale to show how much. Write what happened in your own words. Add a photo if you want. Submit. It appears on *Provider Ratings* for all to read.
- 5 Use your phone for pictures.** Phone cameras are sharper than desktop webcams. Snap any image on your phone — it shows up automatically the next time you open a camera-enabled page on any device. No transfer needed.

[Phone] Tip — Phone + Desktop together

You can start a task on your phone at the doctor's office and finish it on your laptop at home. Your account and your last photo travel with you automatically.

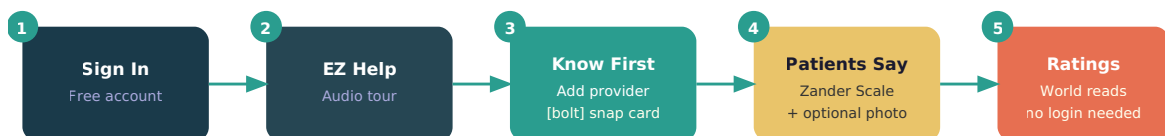


Figure 1 — The 5-step Quick Start path from new visitor to published patient voice.

2. The Platform at a Glance

SafetyBuddy is built as a set of specialized tools — each one focused on a different part of your healthcare journey. All data is **yours**. SafetyBuddy never sells it, never mines it, never shares it without your explicit action.

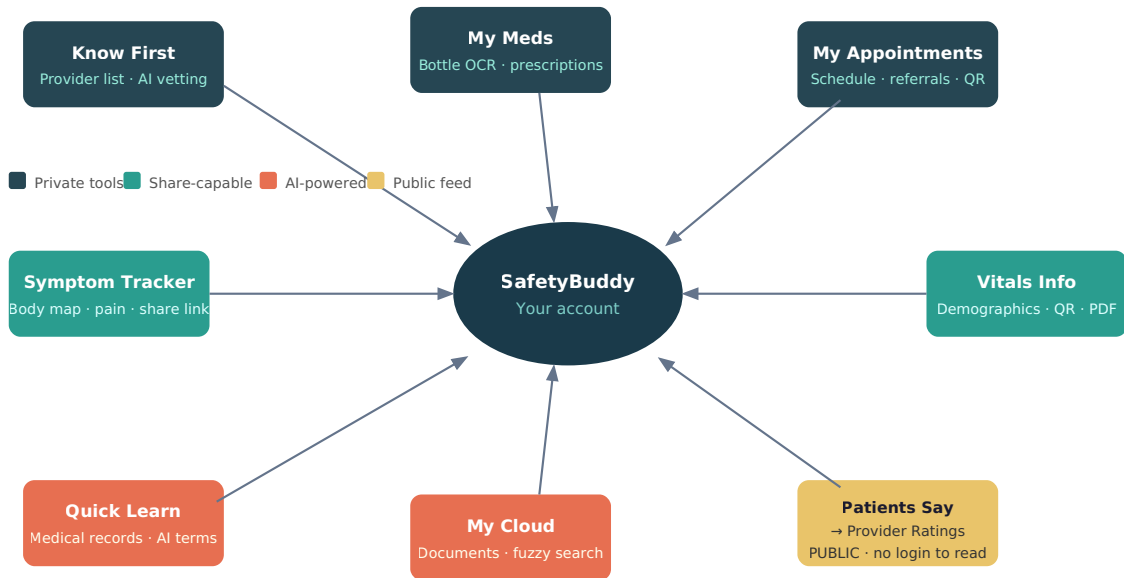


Figure 2 — All SafetyBuddy tools connect through your single account. Data flows on your terms only.

Page	What it does	Who can see it
Know First	Build your provider list; AI analyzes each provider privately	You only
My Meds	Log medications by typing, voice, camera, or rotating a bottle in front of the camera	You only
My Appointments	Track scheduling, referrals, follow-ups; share via QR code	You + anyone you share with
Symptom Tracker	Mark pain on a body map; track over time; share a timed link with your care team	You + care team via secure link
Vitals Info		

	Store demographics, conditions, emergency contacts; generate a QR card for providers	You + QR recipients
Quick Learn	Upload medical records; AI explains every term in plain language, in context	You only (share optional)
My Cloud	Store any document; AI adds searchable keywords so you find it later under pressure	You only
Patients Say	Write your experience; rate with the Zander Scale; add a photo	Submitted: public on ratings.html
Provider Ratings	Read what patients say about any provider — no login required	Everyone

3. Seven Ways to Enter Your Information

SafetyBuddy was designed for people under stress — the last thing you should worry about is *how* to get information in. Every tool that takes text gives you seven options. Use whichever works in the moment.

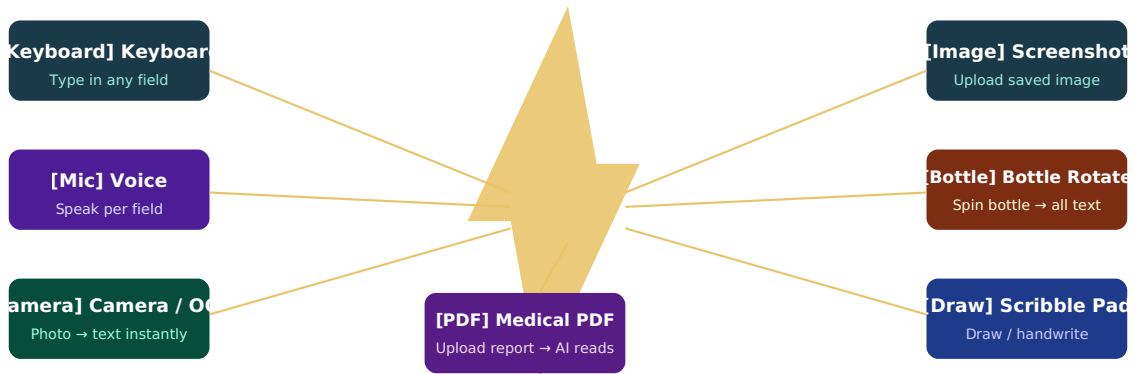


Figure 3 — Every [bolt] bolt on a form opens the BuddyBuilder overlay with all 7 input methods. Use whichever is easiest right now.

[i] The Bottle Rotate feature (My Meds)

Hold your medicine bottle in front of your phone camera and slowly rotate it. SafetyBuddy reads the label as it turns — drug name, dosage, prescriber, directions — and fills your medication form automatically. No typing required.

4. Cross-Device Camera — Phone to Desktop

Phone cameras take sharper pictures than most desktop or laptop webcams. SafetyBuddy remembers your last photo across all your devices automatically.

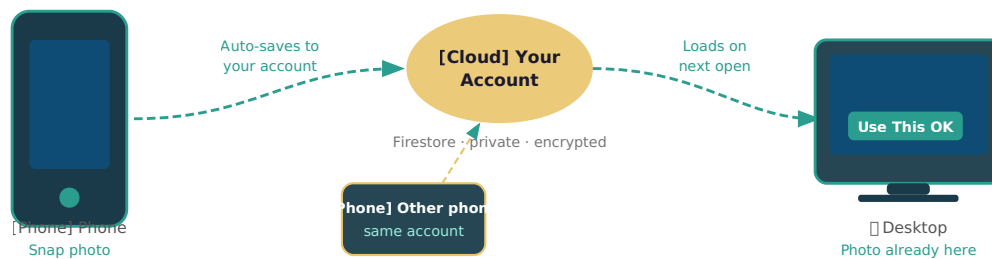


Figure 4 — Take a photo on your phone. It appears automatically on every other device on your account — phone, tablet, laptop.

☐ Your photo stays private

Photos are stored in your personal account only (`users/{your-id}/cam/last`). No one else can see them. They are never shared unless you specifically submit a post to Patients Say with a photo attached.

5. Patients Say — Your Voice

FEEDBACK.HTML · V8.9.8 · LOGIN REQUIRED TO POST

This is where your experience becomes part of the public record. A post to Patients Say appears on **Provider Ratings** for anyone to read — no account needed to view it.

The Zander Scale — A Better Way to Rate

Standard 5-star ratings hide harm. A doctor who avoids risk gets 3 stars; a doctor who harmed someone might get 3 stars too — the scale cannot tell them apart. The Zander Scale fixes this with two separate decisions:

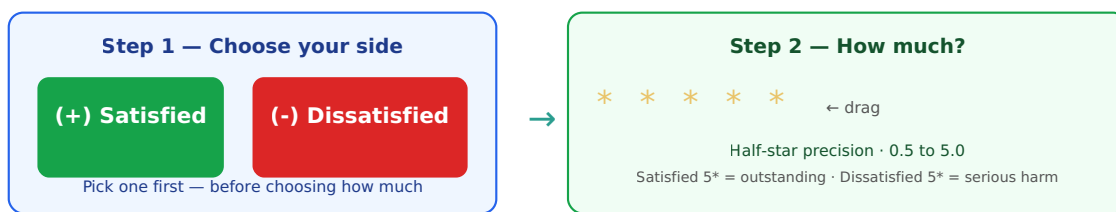


Figure 5 — The Zander Scale. Polarity first (Satisfied/Dissatisfied), then magnitude. No hiding harm in the middle of a 5-star curve.

Adding a Photo to Your Post

[Camera] Optional photo

Vision safety scan

Public after approval

After choosing your tab (Satisfied / Dissatisfied), you will see an optional **Add a picture** block. You can:

- **Take picture** — opens the camera directly
- **Use last shot** — loads your most recent photo from any device

Every photo is automatically scanned by Google Vision Safe Search before it saves. If it fails the safety check, you are asked to take a different picture — no penalty, just a retake. If a photo passes but is later found inappropriate, one admin action removes it permanently and the account loses photo posting rights immediately (*one strike*).

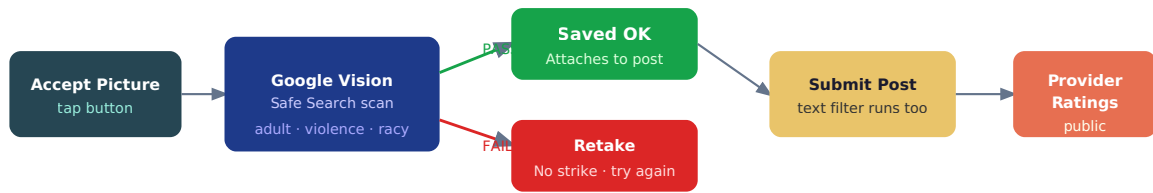


Figure 6 — Every photo goes through Google Vision Safe Search before it saves. Fail = retake, not punishment. Only your words + approved photo reach the public feed.

6. Provider Ratings — What the World Sees

RATINGS.HTML · V1.13 · NO LOGIN REQUIRED TO READ

Provider Ratings is fully public. Any person — patient, family member, journalist, care team member, researcher — can open it with no account and read every approved post. This is the accountability layer.

- Search by provider name
- See Zander Scale stars, post title, story, and optional photo thumbnail
- Tap any post's **Share your experience about this provider** link → goes to Patients Say with the provider pre-filled
- Care teams: no login needed to read what their patients posted

[!] What is NOT on Provider Ratings

The AI Know First analysis of a provider never appears here. The AI report stays in your private account. Only your words — what you chose to write and submit — become public.

7. Know First — Your Providers

PROVIDERS.HTML · LOGIN REQUIRED · PRIVATE

[Camera] Camera / OCR

[Mic] Voice

[AI] AI Analysis

▢ Guided steps

Know First is your private provider intelligence file. Before a visit — or right after meeting a new specialist — you build a card for that provider. SafetyBuddy's AI then gives you a private analysis to help you ask the right questions.

[!] Know First does not rate providers

The word *rate* carries a different meaning here. Know First uses familiarity — what is already publicly known about this provider's training, affiliations, and specialty — as a foundation for your own informed judgment. It is not a rating system. It is preparation. Your rating, if you choose to share one, belongs on **Patients Say** — in your own words, from your own experience.

How to add a provider

1. Tap **Add NEW Provider**
2. Type the name — or tap the [bolt] bolt and photograph a business card. OCR extracts name, specialty, and phone automatically.
3. Fill remaining fields (or voice-dictate them). Phone must be ≥ 10 digits or enter UNKNOWN.
4. Tap **Save Provider**
5. Tap **AI Know First** — the AI evaluates the provider from public sources and gives you a private report in 4 sections.

[Phone] Phone tip for Know First

In the waiting room, snap the doctor's business card or office door plaque on your phone. Your last photo will be waiting when you open Know First on your desktop later to complete the form.

What the AI report covers (private – never published)

Section	What you learn
1. Background	Training, board certifications, hospital affiliations
2. Clinical context	What this specialty typically handles; questions to ask
3. Communication style	How to prepare for this type of appointment
4. Red flags & green flags	What to watch for; what a good experience looks like

8. My Meds – Medications

MEDICATIONS.HTML · LOGIN REQUIRED · PRIVATE

[Camera] Camera / OCR

[Mic] Voice

[Bottle] Bottle rotate

[Listen] Listen

Your complete medication list — prescriptions, supplements, over-the-counter drugs — in one place, always current, always yours.

The Bottle Rotate feature

Hold any pill bottle in front of your phone camera. Slowly rotate it. SafetyBuddy reads the label as it turns and fills the form: drug name, dosage, prescriber, directions, refill information. This works on curved labels that a flat scan would miss.

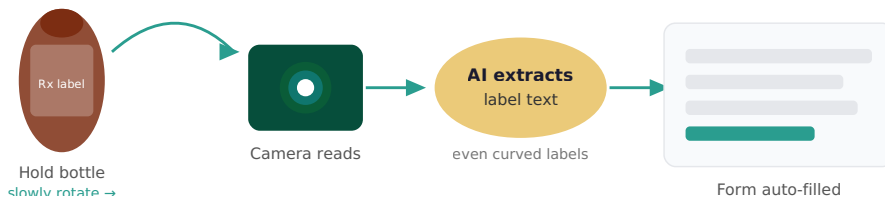


Figure 7 — Bottle Rotate. Hold and turn a medicine bottle in front of your camera. AI reads the curved label and fills all medication fields for you.

9. My Appointments

APPOINTMENTS.HTML · LOGIN REQUIRED · SHARE VIA QR

[bolt] BuddyBuilder bolt

[Mic] Voice

[Phone] QR share

▢ Guided steps

Track every appointment — scheduled, completed, upcoming. Log the provider, location, referral source, purpose, and outcome. Share your appointment record with a care team member via QR code — they scan it on any phone with no SafetyBuddy account needed.

10. Symptom Tracker

MY-SYMPTOMS.HTML · V3.6.1 · LOGIN REQUIRED · SHARE LINK / PRINT

[bolt] Camera bolt

[Mic] Voice

[AI] AI summary

Timed share link

Print

The Symptom Tracker is a clinical documentation tool, not a public rating. Tap where it hurts on the body map, set a pain level, add notes. The system builds a time-stamped history of every entry.

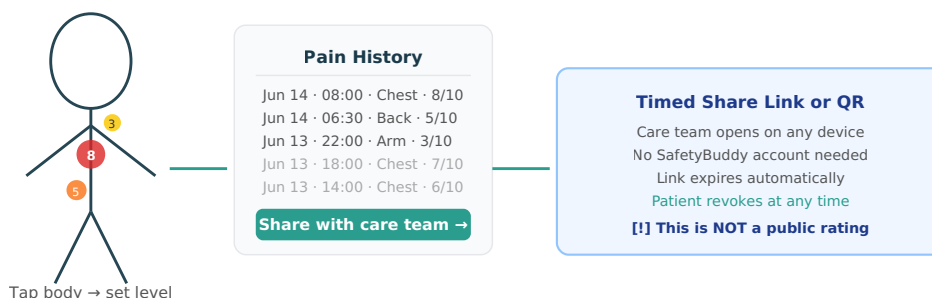


Figure 8 — Symptom Tracker. Tap the body map to mark pain location and level. History builds automatically. Share a timed link with your care team — they read it without an account.

11. Quick Learn — Medical Records

RECORDS.HTML · V5.12 · LOGIN REQUIRED · AI-POWERED

[AI] AI term definitions

[PDF] PDF share

[Phone] QR

[Listen] Listen

Upload any medical record — lab report, imaging summary, discharge paperwork, clinical note. The AI reads it and defines every medical term *in context* — not a dictionary definition, but what that term means for this specific document. The result is a card-by-card guided learning experience that prepares you to understand your own care.

How it works

1. Add a new record — paste text, upload a PDF, or photograph a document with the [bolt] bolt
2. Tap **Quick Learn** — AI processes the record and returns a term-by-term explanation
3. Each term appears as a card with a plain-English definition for your specific document
4. Similar definitions are flagged — "*These two terms may overlap — confirm with your care team*"
5. Share the explained record via PDF or QR code for a second opinion or second set of eyes

[Tip] Why context matters

"Lesion" in a dermatology report means something very different than "lesion" in a neurology report. SafetyBuddy's AI defines the term as it is being used in *your* document — not the average of all uses.

12. Vitals Info

MEDICAL-INFO.HTML · LOGIN REQUIRED · QR / PDF SHARE

[bolt] Camera bolt

[Mic] Voice

[Phone] QR card

[PDF] PDF

A structured health profile — name, date of birth, known conditions, allergies, current medications summary, emergency contacts, blood type, insurance. Store it once; share it in seconds at any point of care.

The QR code encodes your vitals as a compressed bundle in the URL hash — it never touches SafetyBuddy's servers in transit. The doctor's phone decodes it locally in under one second. **What they see on screen is identical to what you print.**

13. My Cloud – Documents

DOCUMENTS.HTML · LOGIN REQUIRED · AI-POWERED FUZZY SEARCH

[AI] AI keyword tagging

[Mic] Voice

[Listen] Listen

My Cloud is your personal document vault — test results, insurance cards, referral letters, imaging reports, anything you need in your healthcare life. The problem it solves is universal: *"I know I saved it — but what did I name it?"*

How the AI search works

1. Upload a file and give it a nickname you'll remember
2. The AI reads the document and adds both **clinical terms** and **lay terms** as searchable keywords — the words a patient would use, not just the medical jargon
3. Your hints and the AI's keywords are stored together alongside the document
4. Search later using any word — clinical, plain-language, or partial — and fuzzy matching finds your file even if your memory is imperfect

[Tip] Example

You upload a cardiology report. You might search "heart test" or "echo" or "EKG" — all find it, even though the filename was "Dr Chen 03-14 results.pdf". The AI added "echocardiogram," "cardiac," "left ventricle," "heart ultrasound" and more as searchable terms.

14. Privacy, Security & Your Data



Figure 9 — SafetyBuddy's six security pillars. Your data belongs to you and travels only when you say so.

Principle	How it works
You own your data	Every record lives under your account ID. SafetyBuddy cannot read it without your authorization.
Two-factor authentication	Sign-in requires a second verification step so no one else can access your account.
Disclaimer gates	Every health-data module (medications, records, vitals) requires you to acknowledge it is not a substitute for professional medical advice before you can enter data.
No ads, no selling	SafetyBuddy is a nonprofit. Your data is never sold, rented, or used for advertising.
Share is always your choice	Nothing leaves your account unless you explicitly tap Share, Submit, or Generate QR.
QR data never hits the server	Your health data encoded in a QR code travels as light — phone camera to doctor's phone — never through SafetyBuddy's infrastructure.

15. In Memory of Zander

Zander Cameron Smith · 2003 - 2023

Zander was twenty years old — joyful, kind, and full of a future — when medical harm took him. He had faced fourteen surgeries since birth, each one meant to give him a longer and fuller life. His father stood beside him in ICUs, in waiting rooms, and in doctors' offices for twenty years.

SafetyBuddy was built in Zander's memory so that other families are not left speaking alone in a system that was not designed to hear them. **Every feature on this platform exists to give patients the documentation, voice, and community they deserve — before they need a lawyer.**

SafetyBuddy, Inc. is a nonprofit. No grants. No investors. One aerospace engineer, one mission, one name to honor. Free to every patient, always. Donations and a paid pro version will be accepted after §501(c)(3) approval — every dollar used to expand this free service to more families in need, as far as the reach can be imagined.

Zero Harm Worldwide is the mission, in Zander's name.

For Zander — Zero Harm.