

HOW TO USE MOLEWATCHER

To use MoleWatcher you (obviously) need your phone. But you also need:

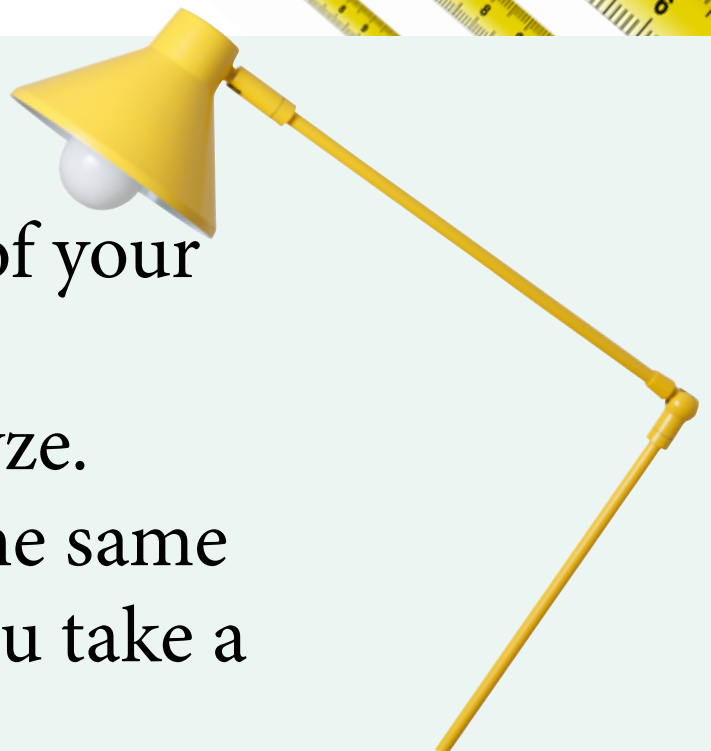
USE A PEN AND A RULER

...to draw lines around your mole to assist MoleWatcher in tracking changes. Use the ruler to measure the distance between the lines.



LIGHT

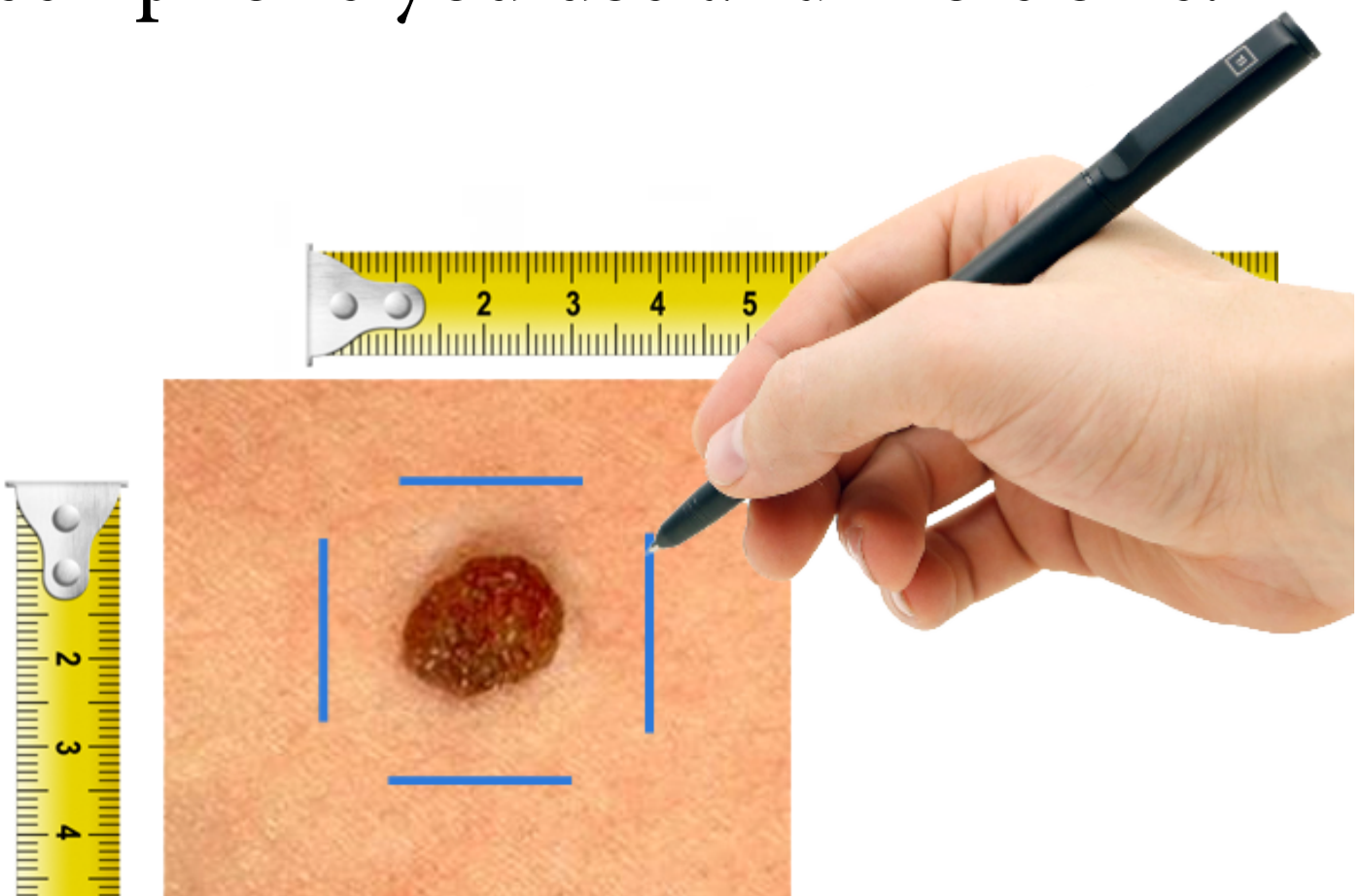
To take good photos of your mole that are easy for MoleWatcher to analyze. For best result - use the same lighting every time you take a photo of your mole.



LETS GET STARTED

1. DRAW MARKERS AROUND YOUR MOLE

Use a pen to mark reference lines. The distance between the lines should be about 20-50 mm (equally) depending on what type of cell phone you use and mole size.



2. START THE MOLEWATCHER APP

3. CLICK "MY MOLES"

...and then "Add mole". Name the mole so you easily can find it the next time.

4. TAKE A PHOTO

...or upload a photo from your picture library.

5. ADJUST THE PHOTO

Adjust the distance between the reference lines according to your choice (20-50 mm).

6. MATCH LINES

Adjust the image so the reference lines match. Use zoom + and - and move the image with touch.

7. CENTER MOLE

Move the mole so the cross is placed in the center of it. Then click "Finish".

WHAT NOW?

- Add new photos (with reference lines) in selected intervals (like; take a new photo once a month).

- Compare photos of your moles in the MoleWatcher app and see if there are changes in your mole.
- If you detect suspicious differences in the mole or typical clinical signs - please contact your doctor for further examination.