

Lincus FAQs

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What is Lincus?

Lincus is an easy to use software tool to help people monitor and improve their health, wellbeing and performance. Lincus can be accessed online at www.lincus.eu or downloaded on iOS and Android app stores.

Lincus has been developed by the technologies company [Rescon](#), with clinicians and researchers with many decades of experience in medical, human performance, academic and elite athlete coaching fields. Lincus is a CE Marked Class 1 Medical device that carries CE marking and evaluation of Lincus trials has been published by [NICE](#).

How does Lincus work?

Lincus can be used [online](#) (www.lincus.rescontechologies.com) or through the Lincus Companion or Lincus Performance apps. Lincus can be used on an ongoing basis to track measures relating to health, wellbeing and performance. There are features for tracking wellbeing, and logging nutrition, activity and measurements. Lincus also shares information with devices such as Fitbit, Google Fit and Apple Health.

How can Lincus help me?

Health and Wellbeing

Lincus has been designed with you in mind, whether you are fit and healthy, or have complex health needs. Lincus helps you track your health and wellbeing and learn what works for you (and what doesn't). Track your wellbeing, record events that happen, log activity, nutrition, measurements and more.

Diabetes

Lincus can help you to better monitor and manage your diabetes and take more control of your overall health and wellbeing. Take a diabetes management survey and record HbA1c, weight, cholesterol and blood pressure. Lincus helps you track your health and diabetes and learn what works for you (and what doesn't).

Performance

If you are a brainiac, executive, athlete, assassin or otherwise high performing individual, Lincus can help you track and improve your performance. Lincus Performance helps you to learn what improves your performance (and what doesn't) in an easy to use app. Track your performance, record events that happen, log activity, nutrition, measurements and more.

For Organisations

If you are part of an organisation, Lincus can be used to track and improve the health, wellbeing and performance of service users and staff. Lincus can be used as a stand-alone evaluation tool, or full care management system. Lincus provides real-time data, automated email reports, self and shared care support, and promotes positive behavioural change.

Lincus has been used in many organisations including health and social care services, charities and local government.

If you would like more information about using Lincus within your organisation, please contact us at info@lincus.eu

Where has Lincus been used?

Lincus continues to be used by many people of to track and improve their health, wellbeing and performance. Lincus is completely free to people who wish to use it independently.

Lincus is also being used by a number of health and social care organisations, supporting people with learning disabilities, long term conditions including diabetes and high blood pressure, and multiple and complex needs. Lincus is also being used by elite sports teams and schools.

Lincus has been associated improved health and wellbeing, identification of previously undiagnosed health conditions, better engagement and communication between service users and providers, improved self-management, positive behavioural change and increased staff satisfaction.

How can I use Lincus?

Health and Wellbeing

Lincus is available [online](#) and through the Lincus Companion app on [Google Play](#) and the [App Store](#) for Android and iOS devices.

Diabetes

Lincus is available [online](#) and through the Lincus Companion app on [Google Play](#) and the [App Store](#) for Android and iOS devices.

Performance

Lincus Performance is available [online](#) and through the Lincus Performance app on [Google Play](#) and the [App Store](#) for Android and iOS devices.

Can I use Lincus online and also through the app?

Yes, you can use Lincus online and through the Lincus Companion/Lincus Performance apps. You can log in using online and on the app using your email address (or username) and password.

Lincus has more features available online, especially if you have an activation code to unlock them.

What languages is Lincus available in?

Currently Lincus is available in English and Spanish. Spanish is only available [online](#). To access the Spanish version, go to your profile and change your country to 'Spain'.

Lincus is highly accessible and easy to use, with icons and simple phrases, so it can be used by those who do not speak English.

How can I use Lincus in my organisation?

Lincus can be used as a stand-alone evaluation tool or full care management system. It can also be used to manage team or employee performance. Lincus provides real-time data, automated email reports, self and shared care support, and promotes positive behavioural change. If you would like more information about using Lincus within your organisation, please contact us at info@lincus.eu

What happens to my data if I delete the app or stop using Lincus?

In accordance with the General Data Protection Regulation (GDPR), data you submit will be stored by Rescon. Your data will be protected by National and International Laws and used for your best interests. Your data may be shared with health and social care systems and services or used for research in the public interest. Unless we are obliged or permitted by law to do so, your data will not be disclosed to third parties.

For more information please view the full Lincus [Terms and Conditions](#).

How do you protect my data?

Data security is of great importance to Rescon and we have put in place suitable physical, electronic and managerial procedures to safeguard and secure data collected on Lincus.

All data is stored securely in accordance with the principles of the General Data Protection Regulation (GDPR) and Data Protection Act 1998. All data is encrypted both during storage and in transit with high performance encryption methodology. This encryption remains in place throughout the handling process from data generation through to delivery. All data remains in the EU. Only users who are directly responsible for your care are authorised to view your personal data.

Rescon have NHS Digital Information Governance Level 2 accreditation as a Commercial Third Party. Rescon are also certified with the IASME Consortium and CyberEssentials (UK Cabinet Office) for meeting best practice in Corporate Information Governance. We regularly review guidance published by the Information Commissioners Office (ICO).

How do we use your data?

In accordance with the General Data Protection Regulation (GDPR), your data will be used for your best interests. Your data may also be shared with health and social care systems and services or used for research in the public interest.

Unless we are obliged or permitted by law to do so, your data will not be disclosed to third parties. Anonymised (grouped) data may be used by Rescon or our affiliates to provide you with a better service and experience. Data may be used by us for internal record keeping, or service improvement.

Who can I contact if I have a query about my data?

If you have any questions about your data, including Information Governance and Data Processing please contact Rescon's Data Protection Officer at dpo@lincus.eu

How do I report an issue?

To report an issue, click the feedback button in the bottom right hand corner of the page when using Lincus.

How can I give my feedback?

To give us feedback, click the feedback button in the bottom right hand corner of the page when using Lincus.

Lincus Web

Lincus is available [online](#) where it can be used on computers, laptops, and mobile devices with an internet connection.

We recommend using the following internet browsers for the best Lincus experience: Google Chrome, Mozilla Firefox, Safari or Microsoft Edge.

Getting started

To get started on Lincus, go <https://lincus.rescontechologies.com/> and click register to create an account. Once you have registered, you will be sent a confirmation email.

To log in, enter your email address (or username) and password. Click the wellbeing icon to take a survey of your choice. You can also log events that happen, the food you eat, activity you do, and measurements such as your weight and blood pressure. You can also view and edit your profile with information about yourself, or connect your Fitbit in the devices section. Over time, Lincus will capture your health and wellbeing and how it changes over time, you can view this by clicking the results icon

Forgotten password

If you have forgotten your password, go to the [Lincus website](#) and click 'Forgotten Password' on the homepage. It will ask you to enter your email address or username. It will then send you an email to your email address to reset your password.

How do I change my password?

To change your password, log into Lincus and click the Profile icon. Enter a new password and confirm it in the box below. Then click save in the top right hand corner.

Support User

If you are a support user, log in to Lincus, click Myself, then click the Profile icon. Enter a new password and confirm it in the box below. Then click save in the top right hand corner.

Admin User

If you are an admin user, log in to Lincus, click My Lincus, then click the Profile icon. Enter a new password and confirm it in the box below. Then click save in the top right hand corner.

Troubleshooting

We recommend using the following internet browsers for the best Lincus experience: Google Chrome, Mozilla Firefox, Safari or Microsoft Edge.

If you are having trouble accessing Lincus, we recommend refreshing your browser and deleting your cache (clear browsing data > delete cached images and files).

If you continue to experience an issue, please use the feedback button on Lincus or email feedback@lincus.eu

How do I connect my Fitbit?

To connect your Fitbit to your Lincus account, log in to Lincus and click the Device icon, then click Add/Edit Devices and click connect next to the Fitbit logo. You will be taken to the Fitbit website to complete the connection. Lincus will then ask you which measurements you would like to sync.

How do I connect to Google Fit?

To connect your Google Fit account to Lincus, log in to Lincus and click the Device icon, then click Add/Edit devices and click connect next to Google Fit. You will be taken to the Google Fit website to complete the connection. Lincus will then ask you which measurements you would like to sync.

Fitbit data is not syncing

If you are having trouble syncing your Fitbit data, we recommend disconnecting and reconnecting your Fitbit. To do this, log in to your Lincus account and click the Device icon, then click Add/Edit devices and click reconnect. After it has connected, click Sync.

If you continue to experience an issue, please use the feedback button on Lincus or email feedback@lincus.eu

Google Fit is not syncing

If you are having trouble syncing with Google Fit, we recommend disconnecting and reconnecting google Fit. To do this, log in to your Lincus account and click the Device icon, then click Add/Edit devices and click reconnect. After it has connected, click Sync.

If you continue to experience an issue, please use the feedback button on Lincus or email feedback@lincus.eu

How do I stop sharing data with Fitbit or Google Fit?

To disconnect your Lincus account from Fitbit or Google Fit, log in to Lincus and click the Device icon, then click Add/Edit devices and click disconnect next to the device.

Where do I enter an activation code?

There are two ways you can enter an activation code: 1. During registration, 2. After registration by clicking on your profile and clicking 'Join an Organisation or Group'.

How do I take a survey?

To take a survey, log in to Lincus and click the Wellbeing icon. You will then need to select the surveys you want to take. To do this, click Change My Surveys. Tick the surveys you wish to take a click Save (you only need to do this once). Once you have done this, click the survey icon you wish to take (i.e. Wellbeing). Report how you are feeling by using the sliders. You can add notes at the end of the survey. To store the survey click Submit.

How do I change the surveys I can take?

To change the surveys you can take, log in to Lincus and click the Wellbeing icon. Then click Change My Surveys. Tick the surveys you wish to take and untick the ones you want to remove, then click Save. You can change the surveys at any time.

How do I add an event?

To add an event, log in to Lincus and click the Event icon. Click the Add Event icon, select an event category and event group (you may also need to select an event type). Log the effect it has had on your wellbeing and enter a note. Then click Submit. All of the events you add will appear on the Events page.

How do I record nutrition?

To record nutrition, log in to Lincus and click the Nutrition icon. Select the meal or food type, estimate its size and healthiness using the sliders. Enter any notes and click Store Meal Details to save.

How do I record activity?

To record activity, click the Activity icon. Select the activity or combination of activities, record the activity intensity using the slider and enter the duration of the activity in minutes. Enter any notes and click Store Activity Details to save.

How do I record measurements?

To record measurements, log in to Lincus and click the Measurements icon. Click add measurement, enter the measurement(s) you wish to record. Enter any notes and click Store Measurement Details to save.

How do I set measurement goals?

To set measurement goals, log in to Lincus and click the Measurements icon. Click Set Goals, enter the goals you wish to achieve and then click Set Goals. You can change your goals at any time.

How do I view my data?

To view your data, log in to Lincus and click the Results icon. Click on the icons at the top of the page to expand the results.

How do I fill in my profile?

To complete your profile, log in to Lincus and click the Profile icon. Navigate through your profile using the tabs and remember to click Save Changes in the top right hand corner after making any changes. You can change your profile at any time.

How do I take the diabetes management survey?

To take the diabetes management survey, log into Lincus and click the Wellbeing icon. Click Change My Surveys and select the diabetes survey (you only need to do this once). Then click the diabetes survey icon. Complete the survey using the sliders, add any notes and click Submit.

Lincus Companion

Getting started

To get started on Lincus Companion download the app from [Google Play](#) or the [App Store](#). Once you are on the app, click register to create an account. Once you have registered, you will be sent a confirmation email.

When you first log in to Lincus Companion with Apple Health or Google Fit, you will be asked if you want to share your data. After this you will need to click the wellbeing icon to take a wellbeing survey. Once you have completed a survey you will unlock extras including events, nutrition, activity and measurements. Over time, use Lincus to capture your health and wellbeing and how it changes over time, you can view your data by clicking the Results button.

Forgotten password

If you have forgotten your password, go to the Lincus Companion app and click log in, then click Forgotten Password. It will then take you to the Lincus website and ask you for your email address to send a password reset email.

How do I connect to Google Fit/Apple Health?

When you first log in to Lincus Companion, it will ask if you want to share your data with Google Fit or Apple Health. Click yes to connect. Alternatively, click Settings and click enable Google Fit/Apple Health integration.

How do I stop sharing data with Google Fit/Apple Health?

To stop sharing data between Lincus and Google Fit/Apple Health, click Settings and click disable Google Fit/Apple Health integration.

Google Fit/Apple Health data is not syncing

If you are having trouble syncing with Google Fit/Apple Health, we recommend disconnecting and reconnecting. To do this, click Settings, then disable Google Fit/Apple Health integration, then click enable Google Fit/Apple Health integration.

If you continue to experience an issue, please use the feedback button on Lincus or email feedback@lincus.eu

How do I change the survey mode?

There are two survey modes available on Lincus Companion, to change survey mode click settings and select the survey type you wish to use – survey mode 1 (5 surveys taken throughout the day) or survey mode 2 (1 survey taken and submitted). You can change this at any time.

How do I complete a wellbeing survey?

Click the Wellbeing icon and record how you are feeling using the sliders. Add any notes by using the Add Note button. Depending on the survey mode, click Next or Submit. Repeat this process until you have completed the survey.

How do I add events?

Once you have completed a wellbeing survey, you will unlock the events feature. To add an event, click the Events button and click Add Event. Select the event, enter any notes and report how it made you feel. Then click Submit.

How do I record nutrition?

Once you have completed a wellbeing survey, you will unlock the nutrition feature. To record nutrition, click Extras, then click Nutrition. Select the food type, and then estimate the quantity and healthiness using the sliders. Enter any notes using the Add Note button. Then click Submit.

How do I record activity?

Once you have completed a wellbeing survey, you will unlock the activity feature. To record activity, click Extras, then click Activity. Select the activity type, then estimate the intensity and record the activity time. Enter any notes using the Add Note button. Then click Submit.

How do I record measurements?

Once you have completed a wellbeing survey, you will unlock the measurements feature. To record a measurement, click Extras, then click Measurement. Enter any measurements you wish to record. Enter any notes using the Add Note button, then click Submit.

How do I set measurement goals?

Once you have completed a wellbeing survey, you will unlock the measurements feature. To set measurement goals, click Extras, then click Measurement. Click the Goal tab at the top, enter any measurement goals you wish to record. Enter any notes using the Add Note button, then click Submit.

How do I take the diabetes survey?

Once you have completed a wellbeing survey, you will unlock the diabetes survey. To take the survey, click Extras, then click Diabetes. Select which condition you have (you only need to do this once), then complete the survey using the sliders. Click Next to continue through the survey. At the end of the survey enter any notes using the Add Note button and click Submit.

How do I view my data?

To view your data, click Results. You can interact with the graph by selecting the different question sets (physical, mental, social) and specific questions within them. You can also view lifestyle, measurements and diabetes management data. You can also select the date range you want to view (day, week, month, year) and click on the event icons to see more information.

Data explorer

The data explorer feature lets you delve deeper into your health and wellbeing data. Click Results and then click Data Explorer. Select from suggested groupings or choose your own measures to explore.

How do I export my data?

You can export your data and send it via email by clicking Results and then clicking the Export button. You can share your data with health professionals such as your doctor.

Lincus Performance

Getting started

To get started on Lincus Performance download the app from Google Play or the App Store. Once you are on the app, click register to create an account. Once you have registered, you will be sent a confirmation email.

When you first log in to Lincus Performance from a mobile device with Apple Health or Google Fit, you will be asked if you want to share your data. After this you will need to click the performance icon to take a performance survey. Once you have completed a survey you will unlock extras including events, nutrition, activity and measurements. Use Lincus to capture your performance and how it changes over time, you can view your data by clicking the results button.

Forgotten password

If you have forgotten your password, go to the Lincus Performance app and click log in, then click Forgotten Password. It will then take you to the Lincus website and ask you for your email address to send a password reset email.

How do I connect to Google Fit/Apple Health?

When you first log in to Lincus Performance, it will ask if you want to share your data with Google Fit or Apple Health. Click yes to connect. Alternatively, click Settings and click enable Google Fit/Apple Health integration.

How do I stop sharing data with Google Fit/Apple Health?

To stop sharing data between Lincus and Google Fit/Apple Health, click Settings and click disable Google Fit/Apple Health integration.

Google Fit/Apple Health data is not syncing

If you are having trouble syncing with Google Fit/Apple Health, we recommend disconnecting and reconnecting. To do this, click Settings, then disable Google Fit/Apple Health integration, then click enable Google Fit/Apple Health integration.

If you continue to experience an issue, please use the feedback button on Lincus or email feedback@lincus.eu

How do I change the survey mode?

There are two survey modes available on Lincus Performance, to change survey mode click settings and select the survey type you wish to use – survey mode 1 (5 surveys taken throughout the day) or survey mode 2 (1 survey taken and submitted).

How do I complete a performance survey?

Click the Performance icon and record how you are feeling using the sliders. Add any notes by using the Add Note button. Click Next to continue through the survey. At the end of the survey, click Submit.

How do I add events?

Once you have completed a performance survey, you will unlock the events feature. To add an event, click the Events button and click Add Event. Select the event, enter any notes and report how it made you feel. Then click Submit.

How do I record nutrition?

Once you have completed a performance survey, you will unlock the nutrition feature. To record nutrition, click Extras, then click Nutrition. Select the food type, and then estimate the quantity and healthiness using the sliders. Enter any notes using the Add Note button. Then click Submit.

How do I record activity?

Once you have completed a performance survey, you will unlock the activity feature. To record activity, click Extras, then click Activity. Select the activity type, then estimate the intensity and record the activity time. Enter any notes using the Add Note button. Then click Submit.

How do I record measurements?

Once you have completed a performance survey, you will unlock the measurements feature. To record a measurement, click Extras, then click Measurement. Enter any measurements you wish to record. Enter any notes using the Add Note button, then click Submit.

How do I set measurement goals?

Once you have completed a performance survey, you will unlock the measurements feature. To set measurement goals, click Extras, then click Measurement. Click the Goal tab at the top, enter any measurement goals you wish to record. Enter any notes using the Add Note button, then click Submit.

[How do I take the performance support survey?](#)

Once you have completed a performance survey, you will unlock the performance support survey which we recommend is completed weekly. To take the performance support survey, click Extras, then click Performance Support. Complete the survey using the sliders, and click next to continue through the survey. At the end of the survey enter any notes using the Add Note button and click Submit.

[How do I view my data?](#)

To view your data, click Results. You can interact with the graph by selecting the different question sets (physical, mental, general) and specific questions within them. You can also view lifestyle, measurements and performance support data. You can also select the date range you want to view (day, week, month, year) and click on the event icons to see more information.

[Data explorer](#)

The data explorer feature lets you delve deeper into your performance data. Click Results and then click Data Explorer. Select from suggested groupings or choose your own measures to explore.

[How do I export my data?](#)

You can export your data and send it via email by clicking Results and then clicking the Export button. You can share your data with performance professionals such as your coach.

[For Organisations](#)

[Support Users](#)

[How do I use Lincus to support an end user?](#)

Log in to Lincus, click My Users (this will display all of the end users you have been assigned to). Click Act on Behalf of User next to the relevant user. It will say the name of the end user that you are acting on behalf of at the top of the page. To go back to the overview page, click the keyhole icon at any time.

[How do I complete a Health Equalities Framework \(HEF\)?](#)

To complete a HEF on behalf of the person you support, log in to Lincus and click My Users. Click Act on Behalf of User next to the user you wish to complete a HEF for, then click the HEF icon and click HEF Survey. To complete a survey, click on the numbers to see the descriptors. Use the slider to record which descriptor best fits the person situation. Click the evidence box to enter evidence relating to the determinant. Click the action box to enter an action relating to the determinant. Repeat this process and click the next arrow at the bottom of the page to continue through the survey. At the end of the survey add any notes and click Submit.

You can save a draft by clicking the Save Draft button. A draft will also be saved once a minute. To go back to a draft, act on behalf of the user and click the HEF icon. It will then ask you if you would like to continue with the draft.

How do I complete an observation?

To complete an observation, log in to Lincus and click My Users. Click Act on Behalf of User next to the user you wish to complete an observation for. Click the Observation icon and click Observation Surveys, then select the survey you want to complete. Use the sliders to report your observation about the person you support. Enter any notes and then click Submit.

How do I view observation results?

To view observation results for all of the end users you support, log in to Lincus and click My Users, then click the Observations tab.

To view observation results for one end user, log in to Lincus and click My Users. Click Act on Behalf of User next to the user you want to view observation results for. Click the Observation icon and select Observation Results.

What is the difference between a wellbeing survey and an observation?

A wellbeing survey is completed by or with the end user, where the end user reports their own health and wellbeing.

An observation is completed by a support user about the end user (with no direct input from the end user). It is the support users observation about the end user.

How do I view end user data?

To view wellbeing data for all of the end users you support, log in to Lincus and click My Users, then click the tabs at the top of the page (Wellbeing, Observations, Steps, Weight, Live Monitor).

To view data for one end user, log in to Lincus and click My Users, then click Act on Behalf of User to view the user's data. Click the Results icon to view their data.

Administrators

How do I set up my organisation?

The organisation can only be set up by the Organisation Manager.

First, you will need to add the centres to your organisation. Log in to Lincus and click Centre Administration. Click the Add Centre tab in the top right corner. Enter the details for the centre and click save. Repeat this step for all centres.

Next, add users to the centres that you have created. To do this, click Add New User. You must complete all of the highlighted fields. Make sure you select the correct user type and centre that they belong to. Repeat this step for all users.

If you have added any regional users, you will next need to click on Regional Associations to select which centres they belong to. To do this, click the Change button next to the user, tick the relevant centres and then click Done. Repeat this step for all regional users.

After you have added users, you will need to link support users to end users so they can support them on Lincus. To do this, click support associations. Use the plus icon to link the end user with the support users that support them. Repeat this step for all support users. To remove an association at any time, click the red X icon.

How do I add more end users or support users?

Any administrative user can add these user types. Log in to Lincus and click Add New User. You must complete the highlighted fields. Make sure you select the correct user type (end user or support). Once you have completed this, click Save, then accept the Terms of Use Agreement by clicking Yes. The new user will then be added. They will be able to log into Lincus using the email (or username) and password that you created for them. They must change their password when they first log in to Lincus.

How do I add an administrative user?

To add an administrative user, click Add New User. You must complete the highlighted fields. Make sure you select the correct user type. Once you have completed this, click Save, then accept the Terms of Use Agreement by clicking Yes. The new user will then be added. They will be able to log into Lincus using the email (or username) and password that you created for them. They must change their password when they first log in to Lincus.

How do I change a user to another user type?

To change a user to another user type, log in to Lincus and go to User Administration. Use the dropdown menu to select the user type, then click save. You will only be able to change user type for users below your level.

End users cannot be changed to any other user type by administrative users in your organisation. If an end user needs changing to another user type, we must receive authorisation from the end user's registered email address sent to info@lincus.eu

How do I add an administrator of my level or above?

Administrative users can only add administrative users of lower level. Please ask the organisation manager to add administrative users that you are unable to add.

How do I create another organisation manager account?

Organisation manager accounts can only be created by Lincus administrators. We must receive authorisation from the organisation manager/contract holder to do this. Requests can be sent to info@lincus.eu

What if a staff member leaves the organisation?

If a member of staff leaves the organisation, we recommend that you remove all associations with service users on Lincus. To do this, go to Support Association, search for the member of staff, then remove the associations by clicking the red X buttons next to the service users.

If you have any queries please email info@lincus.eu

How do I set up email reports for my organisation?

Lincus Use Reports can be sent to users via email. This can only be set up by the Organisation Manager. To set up email reports, log in to Lincus and click Reports Administration. Select the report types and frequency that you would like them to be sent, then click save.

How do I add a new centre?

New centres can only be added by the Organisation Manager. To do this, log in to Lincus and click Centre Administration. Click the Add Centre tab in the top right corner. Enter the details for the new centre, then click save. The new centre will then be added.

How can I view data?

Overview summaries

Administrative users can view data by clicking the overviews for their centre and organisation, and using the tabs in the top right hand corner to navigate through the user summary, survey use summary and events summary.

Data overview

Administrative users can view aggregated user data by clicking Data Overview – Survey or HEF. Select the relevant search parameters and then click Search Data. Once the search is complete, click the View Statistics and View Plots tabs in the top right hand corner.

You can also compare data by clicking the Compare Data tab in the top right hand corner. Select whether you want to compare different date ranges or different demographics over the same date range. Select the relevant search parameters and then click Compare Data. Click the View Statistics and View Plots tabs in the top right hand corner.

Use Reports

Administrative users can oversee Lincus usage. Log into Lincus and click Lincus Use Report, then select the relevant search options and click Preview. To generate a PDF of the report, scroll to the bottom and click Print PDF.

User Data/Status

Depending on the permissions of your user, you may be able to view User Status, User Data (can view user data but unable to change it) or Act for End User (can view user data and act for an end user as a support user can).

How do I contact Lincus support?

You can contact us at info@lincus.eu or by using the feedback button on Lincus.

What are the terms and conditions?

Lincus Terms and Conditions can be found [here](#).