adler *for parents*

A GUIDE FOR FAMILIES

How Adler for parents works.

Mummy says she's fine. Now you'll know.

Adler checks on your parents in your WhatsApp chat with them, keeps every prescription, report and reading they send as one health record, follows up on what's due, and keeps you posted. This guide explains, step by step, how it works in the private beta.



hireadler.in · support@hireadler.in

IN SHORT

Someone who checks on your parents every day — and remembers everything.

From far away, "I'm fine" is all you get. Adler gets the rest: what they took, what they measured, what the doctor wrote, and how they actually sound — and tells you what needs you.

1

Nothing new for your parents

They keep texting **you** on WhatsApp, the way they already do: photos of prescriptions, lab PDFs, readings, voice notes.

2

One record that remembers

Adler reads that chat and turns it into a structured health record: medicines, readings, reports, visits, symptoms — each linked to the original.

3

You always know

Gentle check-ins at times you choose, an evening brief, a Sunday card, and an instant alert when something needs you.

Who it's for

Adult children who look after a parent from another city or country — especially when a parent has diabetes, BP, thyroid or heart conditions, takes several medicines, or sees more than one doctor.

What you need

WHO	WHAT
You	An iPhone (Adler talks to you on iMessage) and WhatsApp, which you link to Adler once.
Your parents	WhatsApp on any phone. No app to install, nothing to learn, and they agree to it themselves.
Cost	Free during the private beta. If paid plans come later, you'll be told first.

GETTING STARTED

How it starts

We're onboarding a small group of families by hand. From joining to the first check-in usually takes a few days.

1

Join the waitlist YOU

Tap "Join the waitlist" on hireadler.in — it opens iMessage with a message to Adler. Tell us in one line where your parents live and what would help most.

2

Get approved, agree, and fill a short form YOU · 2 MINUTES

When your spot opens, Adler texts you. You read how it works and reply AGREE, then fill a form: what you call each parent, their WhatsApp number, the language they prefer (Hindi or English), their doctors and conditions as you know them, and the times for check-ins (for example 9 am and 8 pm).

3

A short onboarding call YOU + THE ADLER TEAM

We talk through your parents' routine, what worries you, and how you'd like to be updated. Nothing is sent to your parents before this call.

4

Link your WhatsApp YOU · 1 MINUTE

Text "link whatsapp" to Adler and type the code it gives you into WhatsApp → Linked devices. Adler joins as a linked device on your number. It can't see your other chats — only the chat with your parents, and only after they say yes.

5

Your parent says yes YOUR PARENT

Adler sends one introduction in your chat with them, marked as Adler's: who it is, what it will do, that it never gives medical advice, and that they can say STOP any time. When they reply "yes" or "haan", it begins — and you get a message saying so.

Introduce Adler yourself first. A quick call — "Papa, Adler will message you on our chat to help with your medicines and reports" — makes all the difference. Elderly parents are rightly wary of unknown messages.

WHAT IT LOOKS LIKE

A week with Papa

Mon 9:00

The morning check-in

Adler asks the three things you would: the tablet, the reading, the sleep. Papa answers in his own words — or in a voice note.

Tue 6:40 pm

A photo becomes memory

Mummy forwards Dr Mehta's new prescription. Adler reads it and sends you the changes. Nothing changes on the medicine list until you reply YES.

Wed 8:30 pm

Your evening brief

Check-ins answered, readings, what came in, what they said — only on days something happened.

Thu 9:15

A report, filed

A Thyrocare PDF arrives. Every value is filed with the lab's own range; a test the doctor advised "in 3 months" becomes a reminder for you.

Fri 7:30 pm

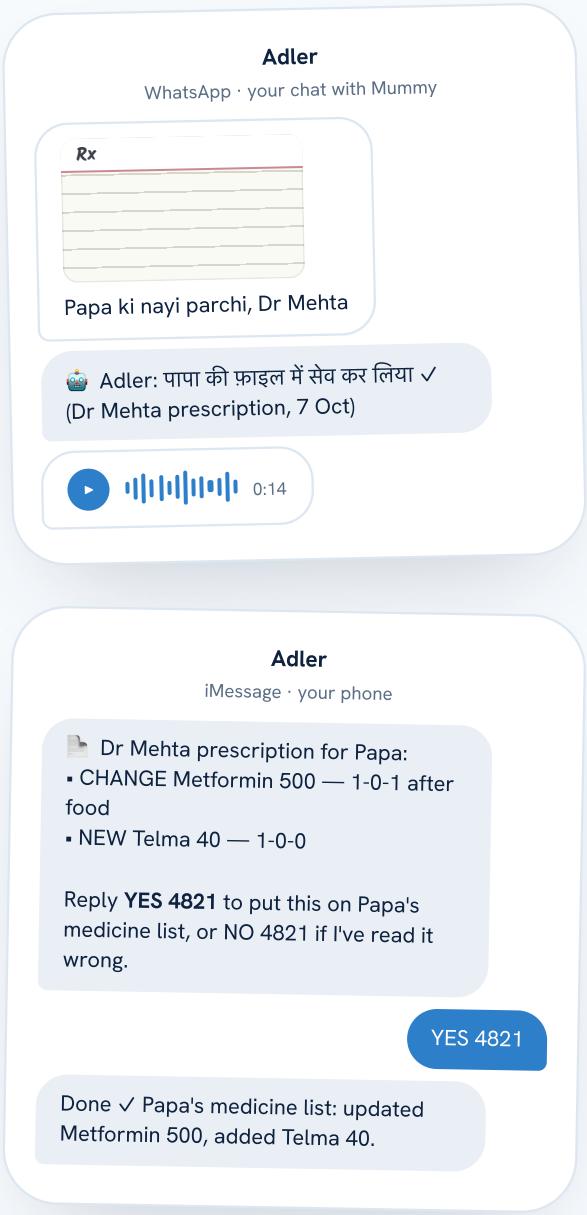
Something that needs you

A very high sugar reading, or "seene mein dard" — Adler tells Papa to call his doctor or 112, and alerts you at once.

Sun 7:00 pm

The Sunday card

The whole week on one page: readings, medicines and refills, reports, what they said, what's coming up.



THE HEALTH RECORD

Everything they send, in one place

Adler reads each message, photo, PDF and voice note once, and files what it says. It never interprets: the record holds what the document or your parent said, with the exact words it came from.

WHAT ARRIVES	WHAT ADLER KEEPS
Prescription photo	Each medicine: name and strength, dose exactly as written (e.g. 1-0-1 after food), how many times a day, for how long — and when it will run out. **Changes wait for your YES.**
Lab report (PDF or photo)	Every value with its unit, the lab's printed range and H/L flag, and the date. Values in other units are converted (mmol/L → mg/dL).
Monitor photo or a typed reading	BP, sugar (fasting / after a meal), pulse, oxygen, weight, temperature. If it's unclear whether a sugar was fasting, Adler asks once.
Voice note	Transcribed (Hindi, English or a mix), then filed like a message: how they feel, what they took, what the doctor said.
Discharge summary, doctor's note	Visits, diagnoses exactly as the doctor wrote them, tests advised and follow-up dates.
Bills and insurance papers	Amount and claim details, so they're findable later.
Family chat, good-morning forwards	Nothing. Messages that aren't about health are discarded after a quick check.

How Adler checks its own reading

AI reads the document; then code checks it. A value that can't be real (a BP of 1280/82 from a smudged photo) is never filed — Adler tells you instead. The same report forwarded twice is filed once. If the name on a report isn't clearly your parent's — common when both parents share a surname — Adler asks you whose it is.

Every fact links to the original photo or PDF, which you can open any time from your page at hireadler.in/me/care. Password-locked lab PDFs: Adler asks you for an unlocked copy. Word files and videos aren't read yet; photos, PDFs, voice notes and text are.

KEEPING YOU POSTED

How you stay updated

⚠️ Right away, when something needs you

A worrying symptom (chest pain, a fall, breathlessness, fainting, confusion), a very low or very high reading, two days without hearing from them, or a new prescription to confirm.

🌙 An evening brief

Around 8:30 pm, only on days something happened: check-ins answered, readings, what arrived, what they said.

🗒️ The Sunday card

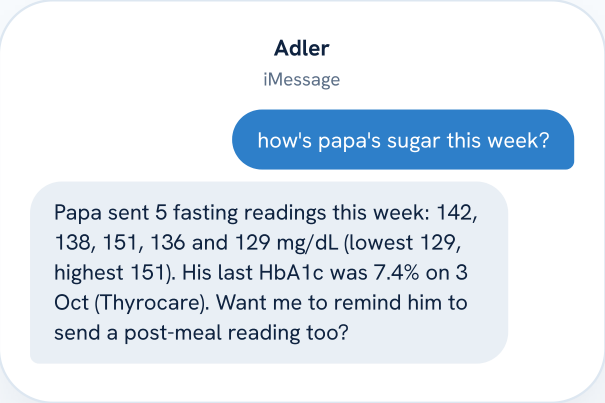
Every Sunday at 7 pm, one page for the week: readings by day, the medicine list with refill dates, reports with links, what they said, what's coming up.

💊 Before medicines run out

Five days before a refill is due (worked out from the prescription). Say "order Papa's Metformin" and Adler sets it up as a to-do.

Ask anything, any time

Text Adler a question about your parents and it answers from the record — never from guesswork. If the record doesn't have it, it says so.



It never plays doctor. Adler won't say whether a value is good or bad, won't suggest changing a medicine, and won't diagnose. It tells you what was recorded and what the lab printed — and offers to book or ask the doctor.

Every answer is checked before it's sent: a number that isn't in the record, or anything that reads as medical advice, is blocked and you get the record itself instead.

BUILT FOR TRUST

Safety and privacy

Your parents decide

Adler reads nothing in a chat until your parent replies yes to its introduction — in that chat, on their own phone. Their yes is recorded as their consent. They can reply STOP any time, and Adler stops reading and messaging at once and tells you.

Only that chat

Adler is a linked device on your WhatsApp, but it reads only your chat with each parent who said yes. Your other chats, groups and history are never read. Your own messages in that chat are used only so Adler doesn't interrupt you, and aren't kept.

Polite by design

Every message Adler sends starts with "🤖 Adler:", so it's never mistaken for you. At most 4 messages a day per chat, none between 9:30 pm and 7 am, and Adler stays quiet while you're chatting with them yourself.

Encrypted, and yours

Your parents' health record is encrypted under a key that belongs to your account alone; nobody at Adler browses it. AI services read it under contract to do the work, and never train on it. It's never sold or used for advertising.

Urgent is urgent

If a parent mentions chest pain, a fall, breathlessness, fainting or stroke signs, Adler replies with a fixed message — call your doctor, or 112 in an emergency — and alerts you immediately. Adler is not an emergency service and is not monitored by people in real time.

Delete means delete

Stop care for a parent any time. Delete your account and the key is destroyed, which makes everything stored permanently unreadable. We follow India's DPDP Act 2023: access, correction, erasure and withdrawing consent.

A note on WhatsApp. Linking uses WhatsApp's Linked devices in a way WhatsApp doesn't officially support; rarely, WhatsApp may limit a number that does this. Adler keeps its messages few and human-paced to keep that risk small, and you can unlink any time.

YOU'RE IN CONTROL

Things you can text Adler

TEXT	WHAT HAPPENS
YES 4821 / NO 4821	Confirm (or reject) a medicine change Adler read from a prescription.
4821 2	Answer "whose report is this?" — the number of the parent.
Any question	"What did Mummy's last report say?", "did Papa take his medicines today?" — answered from the record.
book it for Papa	Turn a test advised, a follow-up or a refill into a to-do Adler works on (with your OK before it contacts anyone).
pause care / resume care	Pause check-ins and reading (a "stop" from your parent still works), and start again.
stop care	Stop completely (or "stop care for Mummy" for one parent). Your parent is told politely.
care setup	A fresh link to update parents' details, check-in times or how often you hear from Adler.
Your parent: STOP	Adler stops reading and messaging that chat at once, and tells you.

Coming next

Calls, in your voice ROLLING OUT

A short daily call to your parent in your own (cloned, disclosed) voice, with the conversation transcribed into the record.

Wearables and devices LATER

Apple Watch, BP monitors and glucometers syncing readings directly. Today, a photo of the monitor's screen does the job.

Doctor-visit concierge LOCAL PILOT

Someone who goes with your parent, briefed with your questions, with the visit summarised into the record.

Sharing with siblings LATER

Brothers and sisters seeing the same record and updates.

QUESTIONS

Frequently asked

Does my parent need a smartphone?

They need WhatsApp. If they can send you a photo or a voice note today, they can use Adler — there's nothing new to learn.

What if Adler reads something wrong?

Medicine changes always wait for your YES, every fact links to its original, and you can correct anything by texting Adler ("it's 250 mg, not 500").

Does it work in Hindi?

Yes. Check-ins and replies go out in Hindi or English, and Adler understands Hindi, English and Hinglish messages and voice notes.

Will it message my parents at night?

No. Nothing goes out between 9:30 pm and 7 am, except the fixed safety reply if they report something urgent.

Is Adler a doctor or a medical service?

No. It keeps the record, checks in and keeps you posted. It never gives medical advice; for anything that worries you, ask their doctor.

Can Adler book tests and refills?

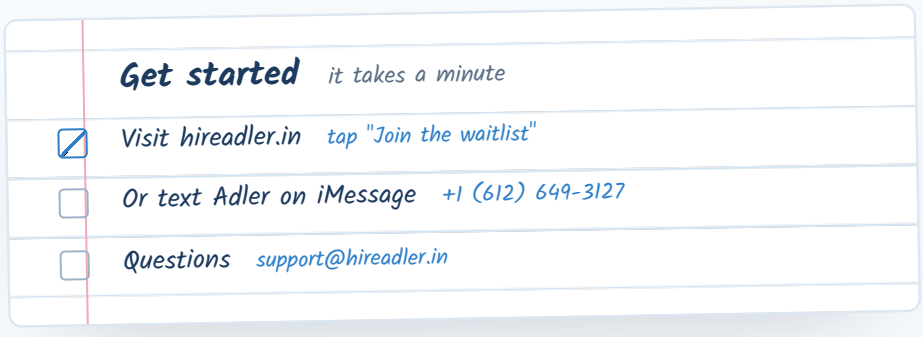
Yes, as a to-do: Adler researches, prepares and follows up, and asks your OK before it contacts anyone. Phone calls are rolling out.

What does it cost?

Nothing during the private beta. If paid plans come later, you'll be told before anything changes.

What happens to the data if we stop?

Stopping ends all reading and messaging. Deleting your account destroys the encryption key, making the record permanently unreadable.



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