



KINSELO

User Guide

How to use each section, why it matters, and
how often to update it.

BEFORE YOU START

About this guide

Kinselo is a tracking tool: it keeps a record of your pet's vaccines, medications, symptoms, vet visits, documents, and costs, all in your own browser. It doesn't manage your pet's health for you, and it isn't meant to be opened every day. Most sections only need attention when something actually happens, like a vet visit, a new medication, or a vaccine coming due.

This guide goes through every menu, in the order it appears in the app, and explains what it's for, how to use it, and how often you'd realistically update it.

ABOUT BUDDY'S PROFILE

Why is there already a dog named Buddy?

When you open Kinselo for the first time, you'll notice a dog named Buddy already in the app.

Buddy is a demo profile designed to help you discover Kinselo's features. It includes sample vaccinations, medications, vet visits, expenses, and other records so you can see what a fully populated profile looks like before adding your own pet.

Buddy's profile works exactly like any other pet profile. You can browse its information, edit it, delete records, or simply use it as an example while exploring the app.

When you're ready, tap + Add Pet to create your own pet's profile. It will be created separately, and Buddy's information will never be mixed with your own.

You can keep Buddy as a demo profile or delete it at any time if you no longer need it.

GUIDE

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HOW TO USE IT

This is the first screen you see when you open Kinselo. A large card at the top shows your pet's photo, name, and current status. Below it, four summary cards give you the situation for Vaccinations, Medications, Vet Visits, and Expenses, each with a headline and what's coming next.

Further down, under “Details”:

- “Upcoming Care” lists anything overdue or due soon, across vaccines, medications, and vet visits. If nothing needs action, it simply says so.
- “Medications” lists every treatment currently active, when there's at least one.
- “Weight”, “Latest journal”, and “Health insight” are compact summaries; click any of them for the full picture.
- “Recent activity” is a timeline of what you've logged recently, across every section.

WHY IT MATTERS

It's the one screen that tells you, in a few seconds, whether anything needs your attention today, without having to check every section one by one.

HOW OFTEN TO UPDATE IT

You don't update anything here directly, it updates itself automatically from what you log elsewhere in the app. Just glance at it whenever you open Kinselo.

Good to know

“Upcoming Care” is the only place that flags something as urgent. Everything else on this page (the summary cards, the mini-cards) is there to inform you, not to alarm you.

Weight shows your pet's current weight, the trend since the last entry, and the average over the tracking period. Tap it to open the weight tracker, where you can choose between Weekly (7 days) and Quarterly (90 days) tracking modes, set a start date, and log weights.

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Pet Profile

HOW TO USE IT

Basic, mostly static information about your pet: name, species, breed, sex, birthdate, weight, and any permanent conditions or treatments (allergies, chronic conditions, ongoing supplements).

WHY IT MATTERS

It's the reference sheet for your pet, the kind of information a new vet, a pet sitter, or a boarding facility would ask for on day one.

HOW OFTEN TO UPDATE IT

Rarely. Fill it in once when you add your pet, then only touch it again if something changes permanently (a new diagnosis, a change in weight target).

Good to know

Weight here is the weight you enter when you first register your pet. It's not the same as the weight history on the Home page, which tracks what your pet actually weighs over time.

03



Vaccines

HOW TO USE IT

Every vaccine your pet has had, with the date it was given and when the next one is due. Each entry shows a status: Current (green), Due soon (amber), or Overdue (red).

WHY IT MATTERS

It's the one place you can check before a boarding stay, a grooming appointment, or a vet visit, instead of digging through paperwork or trying to remember the last date.

HOW OFTEN TO UPDATE IT

Only when a vaccine is actually given, at a vet visit. There's nothing to check or update in between appointments; the status badges (Due soon, Overdue) update themselves based on the dates you've already entered.

Good to know

To add a new vaccine, use the form at the bottom of the page.

When a vaccine is renewed, use “Log next dose” on that same entry rather than creating a new one, it updates the record and moves the due date forward automatically.

Use Edit only to correct a mistake in an existing entry (wrong date, wrong vet), not to log a booster.

04 Medications

HOW TO USE IT

Anything your pet is currently taking: preventive treatments (flea, tick, heartworm), prescriptions, or supplements. Each entry has a frequency (Daily, Weekly, Monthly, or As needed).

WHY IT MATTERS

It keeps active and finished treatments separate, so the current list only shows what your pet is actually taking right now, while still keeping a full history you can look back on.

HOW OFTEN TO UPDATE IT

Add a medication when it's prescribed, and mark it as stopped when the course ends. There's nothing to log day by day in between.

Good to know

“Past medications” is collapsed by default under the active list. Open it if you need to check something your pet used to take.

Every active medication appears on the Home page, under “Medications”, regardless of its frequency, there's no separate list for daily-only treatments.

Each entry shows a progress bar if it has a fixed end date, so you can see at a glance how far through a course (like an antibiotic) your pet is.

When a medication ends (a course of antibiotics finishes, for example), mark it as stopped, it moves to “Past medications” rather than being deleted.

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Symptom Tracker

HOW TO USE IT

A log of anything unusual you've noticed: a specific symptom, when it happened, and any notes. Below the log, an insights panel looks for patterns.

WHY IT MATTERS

A single odd symptom is rarely worth a vet visit on its own. Logging it means that if it happens again, you (and the app) can actually see the pattern instead of relying on memory.

HOW OFTEN TO UPDATE IT

Only when you notice something worth writing down, there's no expectation to log anything on a normal day.

Good to know

That panel only looks at the past 14 days. Anything older doesn't factor into the pattern it shows you.

A symptom logged 3 or more times in that window is flagged for you to consider calling the vet about.

A symptom logged once or twice just gets a quiet note, not a warning.

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Pet Journal

HOW TO USE IT

A free-form space for short notes on mood, appetite, energy, stool, or vomiting, anything that doesn't quite qualify as a “symptom” but that you might want to remember later. Each entry shows the date and mood at a glance; open one to see the full detail.

WHY IT MATTERS

Small changes are easy to miss day by day and easy to forget by the time you're at the vet. A few short notes over time give you, and your vet, the full picture.

HOW OFTEN TO UPDATE IT

Whenever something's worth a quick note, this isn't meant to be filled in every day, and Kinselo doesn't treat it as a daily habit.

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Vet Visits

HOW TO USE IT

A record of every visit: the date, the reason, what the vet found, what was prescribed, and what it cost. You can also set a follow-up date if one was recommended.

WHY IT MATTERS

It's the full history a new vet would want to see, and it's also what feeds the “last visit” figure and any reminders on the Home page.

HOW OFTEN TO UPDATE IT

After every visit, ideally the same day, while the details are still fresh. Add an upcoming appointment as soon as it's scheduled.

Good to know

You can log a visit for a future date too, if you already have an upcoming appointment. Kinselo shows it as “Upcoming” in the list and reminds you on the Home page with how many days are left.

“Follow-up date” is different: use it only when the vet from a past visit asked you to come back, it's tied to that specific visit.

When a follow-up date has passed, a “Log follow-up visit” button appears on that entry. Tap it to open a pre-filled form for the follow-up visit, adjust the date if needed before saving.

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Documents

HOW TO USE IT

A place to store scanned or photographed documents: prescriptions, lab results, x-rays, invoices, anything you'd otherwise have as loose paperwork or scattered email attachments.

WHY IT MATTERS

Having it all in one place means you're not digging through a drawer or an inbox to find one specific document, especially in an emergency or when switching vets.

HOW OFTEN TO UPDATE IT

Whenever you receive a document worth keeping. There's no set schedule, it's purely as things come in.

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Photos

HOW TO USE IT

A place to keep photos over time, useful for tracking something visual: a skin condition, a healing wound, weight or coat changes that are easier to show than to describe. To add one, select a photo, choose a category, add a date and notes, then tap “Save photo”. Tap any photo in the gallery to see its details.

WHY IT MATTERS

Some changes are much clearer in a photo than in words, and a vet can often tell more from a picture taken a week ago than from a description alone.

HOW OFTEN TO UPDATE IT

Only when there's something worth tracking visually, not a general photo album.

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Expense Tracker

HOW TO USE IT

Every expense related to your pet, with the amount, and how much (if any) was reimbursed by insurance. It shows totals for the year, what's been claimed, and what's left out of pocket.

WHY IT MATTERS

It's the clearest way to know what pet care actually costs you over a year, and to catch insurance reimbursements you might otherwise lose track of.

HOW OFTEN TO UPDATE IT

After each expense, ideally right when you pay it or when a reimbursement comes through.

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Calculators

HOW TO USE IT

A set of tools to estimate expenses before they happen, for example, working out what you'd owe out of pocket for a given vet bill based on your insurance deductible and reimbursement rate.

WHY IT MATTERS

It turns a plan's fine print (deductible, reimbursement rate, annual limit) into an actual number, so you know roughly what to expect before a bill arrives, not after.

HOW OFTEN TO UPDATE IT

As needed, before a procedure or when comparing insurance options. Not something to revisit routinely.

**HOW TO USE IT**

Reference pages built into Kinselo covering vaccines, medications, vet visits, insurance, expenses, and emergencies: vaccine schedules, what preventive medications do, what to ask at a vet visit, how pet insurance terms work, and what to do in common emergencies.

WHY IT MATTERS

They're there so you don't have to leave the app or search elsewhere to understand what you're looking at.

HOW OFTEN TO UPDATE IT

Never, they're static reference content. Open them whenever you want to look something up.

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Backup & Restore

HOW TO USE IT

Kinselo keeps all data in your own browser, nothing is sent to or stored on a server. This page lets you export a full backup as a file, and restore it later, on the same device or a new one.

WHY IT MATTERS

Because nothing is stored anywhere except your browser, a backup file is the only way to move your data to a new device, or to recover it if your browser data is ever cleared.

HOW OFTEN TO UPDATE IT

Every so often, and always before switching devices, clearing your browser, or updating the app. There's a reminder built into the app if it's been a while since your last backup.

Good to know

“Save my data” downloads a backup file (.json) with everything you've logged.

“Restore my data” loads a previously saved backup, this replaces whatever is currently in the app.

“Pre-update backup” is a safety copy to take before installing a newer version of Kinselo.

You can subscribe to Kinselo updates directly from this page to be notified whenever a new version is released.

BEFORE YOU GO

A few things worth remembering

- Kinselo doesn't require daily attention. Vaccines, vet visits, and most medications are occasional events, not daily ones, so most sections only need updating when something actually happens.
- Your data lives on your device only. Back it up regularly, especially before switching computers or browsers.
- The Home page is the fastest way to check if anything needs attention, start there each time you open Kinselo.

That's everything. Keep this guide handy, or come back to it whenever a section feels unclear.