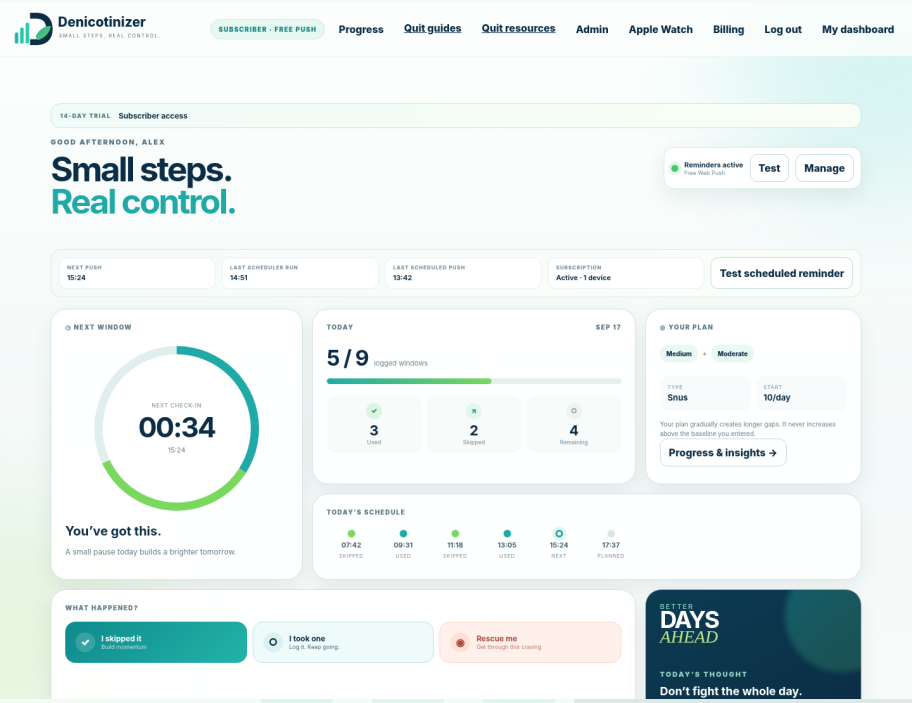
DENICOTINIZER / COMPLETE USER MANUAL

Small steps.
Real control.

A complete step-by-step guide to the Denicotinizer program - account activation, reduction planning, reminders, progress analytics, Apple Watch logging, billing and troubleshooting.



Version 0.8.17 | denicotinizer.com/manual

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What this manual covers

01 Quick start

02 Trial & account

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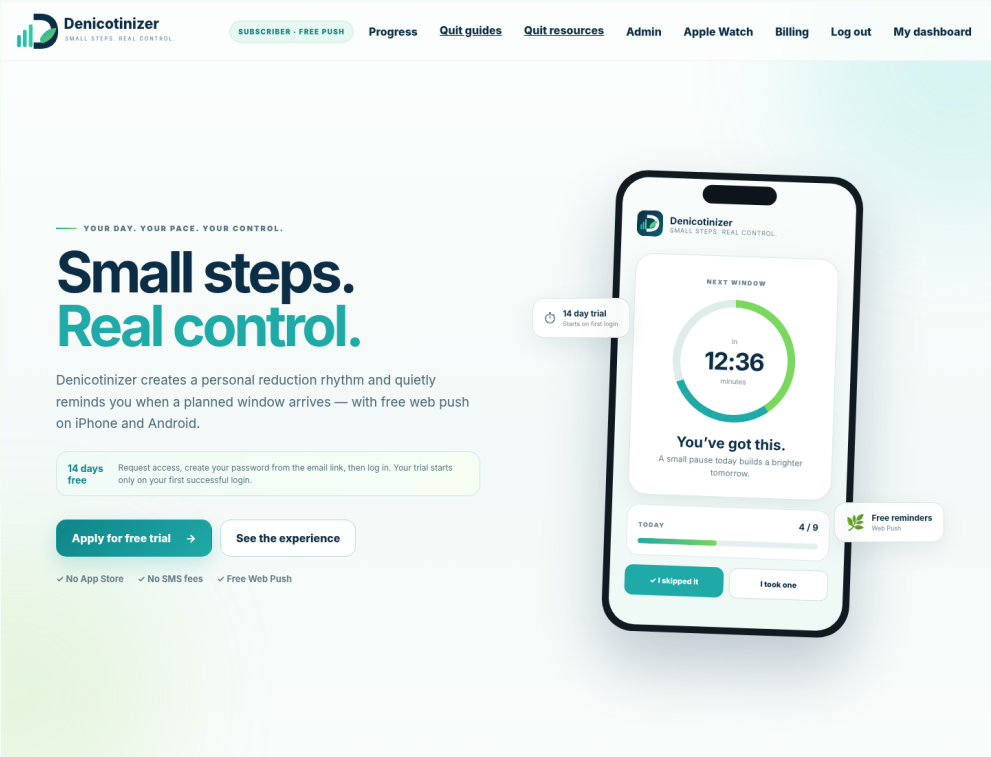
Important: Denicotinizer is a behavioral planning and encouragement tool. It is not medical advice, a diagnostic service, or a medical dosing tool.

01 QUICK START

From zero to your first reduction day.

Denicotinizer turns a current nicotine-use baseline into a gradual daily rhythm. You can use it with cigarettes, snus, nicotine pouches or vaping.

1. Apply for the free 14-day trial.
2. Open the secure activation email and create your password.
3. Log in. The 14-day trial starts on the first successful login.
4. Create your personal reduction plan.
5. Install Denicotinizer on your device and enable reminders once.
6. Use the dashboard each day and log what actually happened.

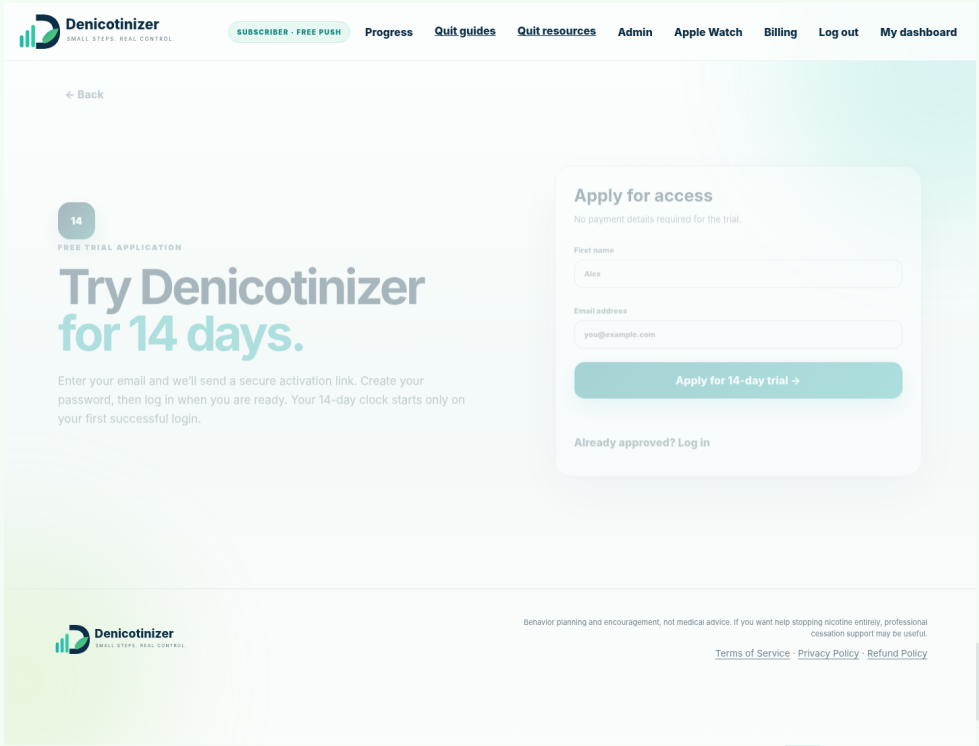


The public Denicotinizer landing page.

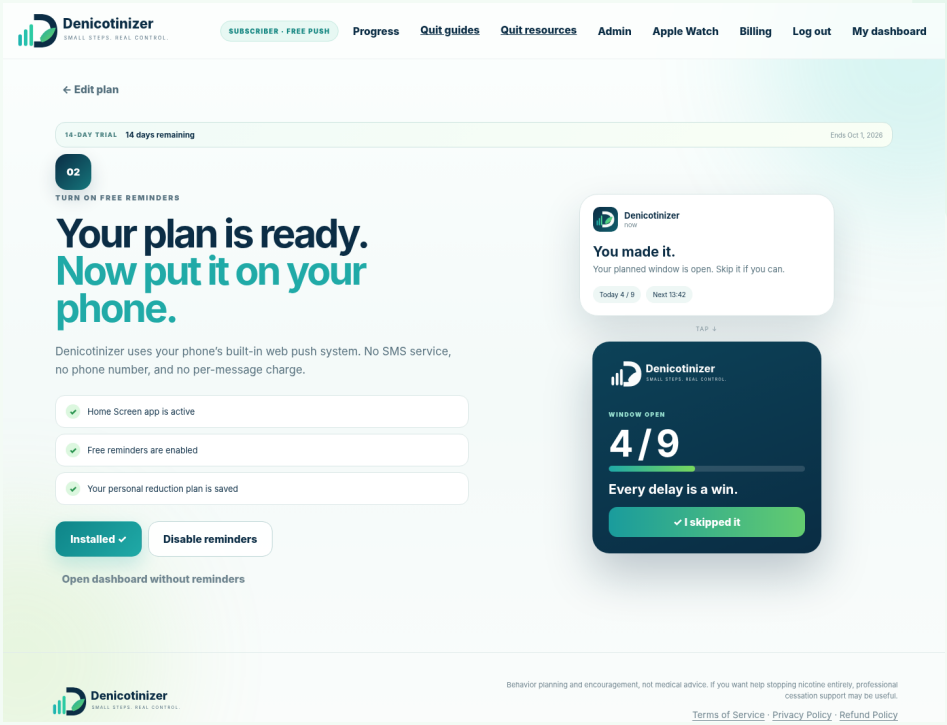
02 TRIAL & ACCOUNT

Create and activate your account.

1. Select **Apply for free trial**.
2. Enter your name and email address.
3. Open the activation email sent by Denicotinizer.
4. Follow the secure link and create a password.
5. Log in. Your trial begins at this point.



Actual trial application screen.



Actual account activation screen.

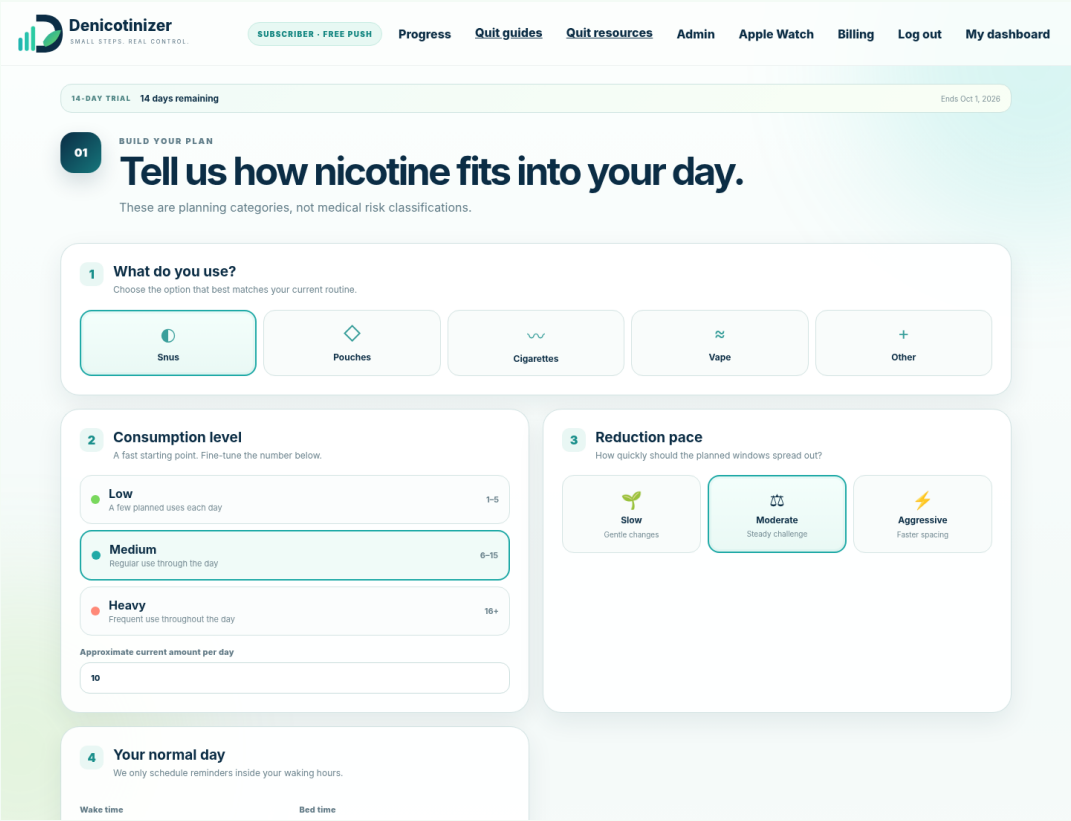
03 YOUR REDUCTION PLAN

Tell Denicotinizer where you are starting.

The baseline is your current typical daily use. Denicotinizer never plans above the baseline you enter.

1. Choose the nicotine product type.
2. Enter your normal daily baseline.
3. Choose the planning level and reduction pace that feels realistic.
4. Review the plan preview.
5. Save the plan when the schedule looks right.

Planning labels: Low / Medium / Heavy are planning categories only; they are not medical risk classifications.



Actual Denicotinizer plan setup screen.

04 MY DASHBOARD

Your day at a glance.

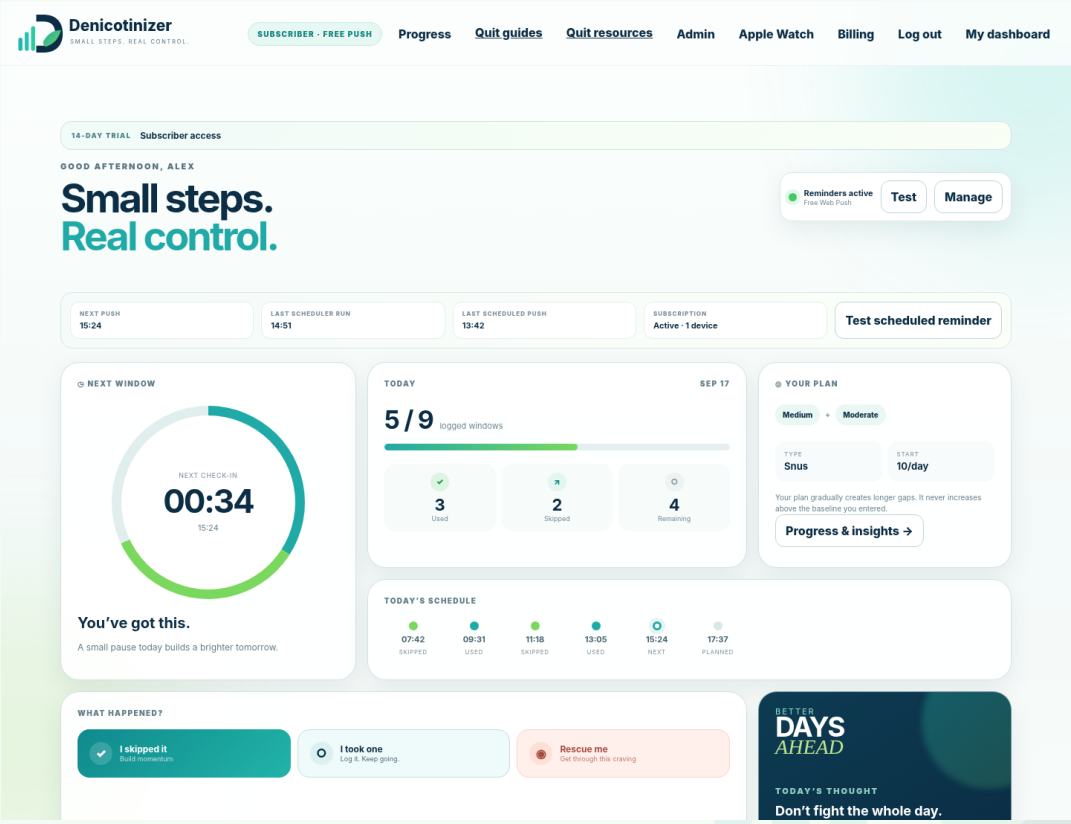
The dashboard combines today's planned maximum, logged choices, next planned window, countdown and schedule timeline.

Today: logged choices versus today's planned maximum.

Next window: the next planned time plus a countdown.

Schedule: each planned window changes state after a choice is logged.

Your plan: product type, starting baseline, level and pace.



Actual Denicotinizer dashboard.

05 LOGGING

Record what happened - without judgement.

I skipped it records a planned window you passed without nicotine.

I took one records nicotine use. It does not punish or reset the plan.

Rescue me records a difficult moment and gives a short supportive intervention.

Best practice: log honestly. Analytics are useful only when the record reflects what really happened.

06 WEB PUSH REMINDERS

Turn reminders on once.

Push reminders are designed to survive normal Denicotinizer deployments and service-worker updates.

1. On iPhone/iPad, add Denicotinizer to the Home Screen first and open it from the installed icon.
2. Open the reminder activation screen.
3. Select **Enable reminders** and allow notifications when the operating system asks.
4. Send a test reminder to verify the device.

New in v0.8.14: Denicotinizer stores your reminder preference separately and automatically reconnects the current browser push subscription after a normal app/service-worker update. Deploying a new Denicotinizer version should no longer require existing users to enable notifications again.

A user may still need to re-enable reminders after manually disabling browser/OS permission, uninstalling the PWA, clearing all site data, or if the operating system invalidates the underlying subscription.

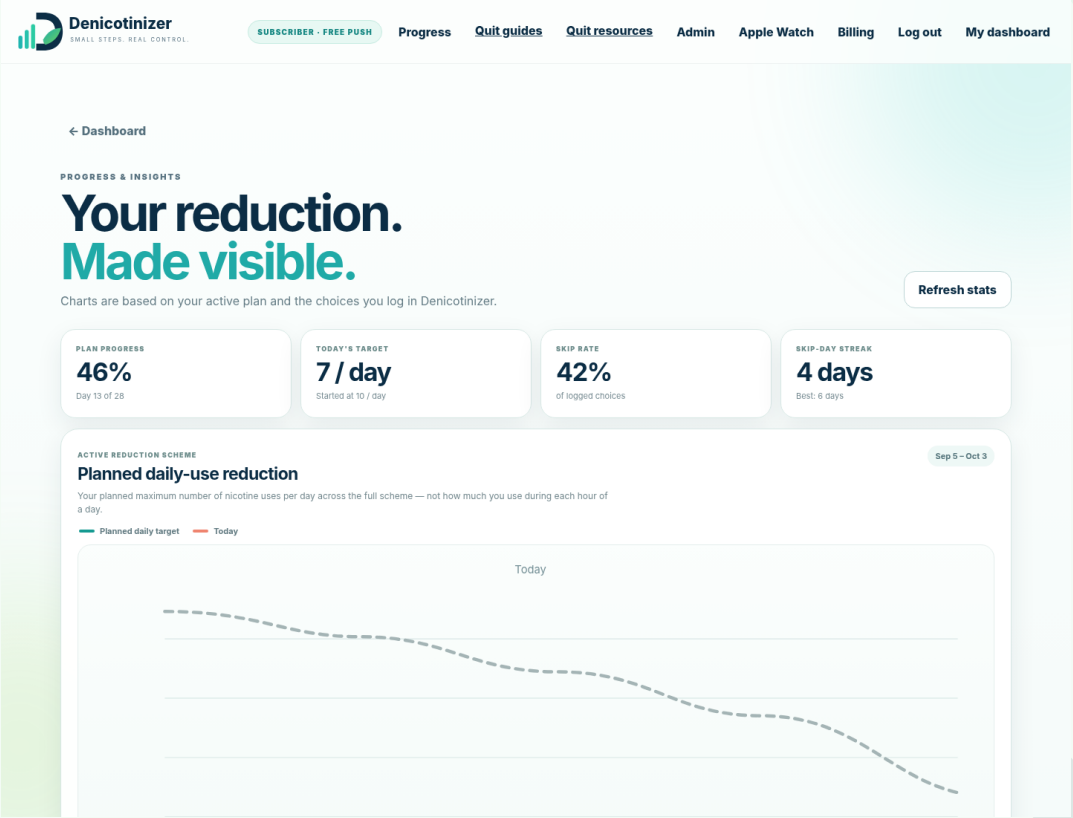
07 PROGRESS & INSIGHTS

See the trend, not just one day.

Planned daily-use reduction shows the program-level planned maximum across the full reduction period.

Logged uses by hour shows when actual nicotine uses tend to occur during the day.

The page also includes 25/50/75/100% milestones, skipped vs used, rescue count, streaks and plan history.



Actual Progress & Insights page.

08 PLAN HISTORY

Change direction without losing your history.

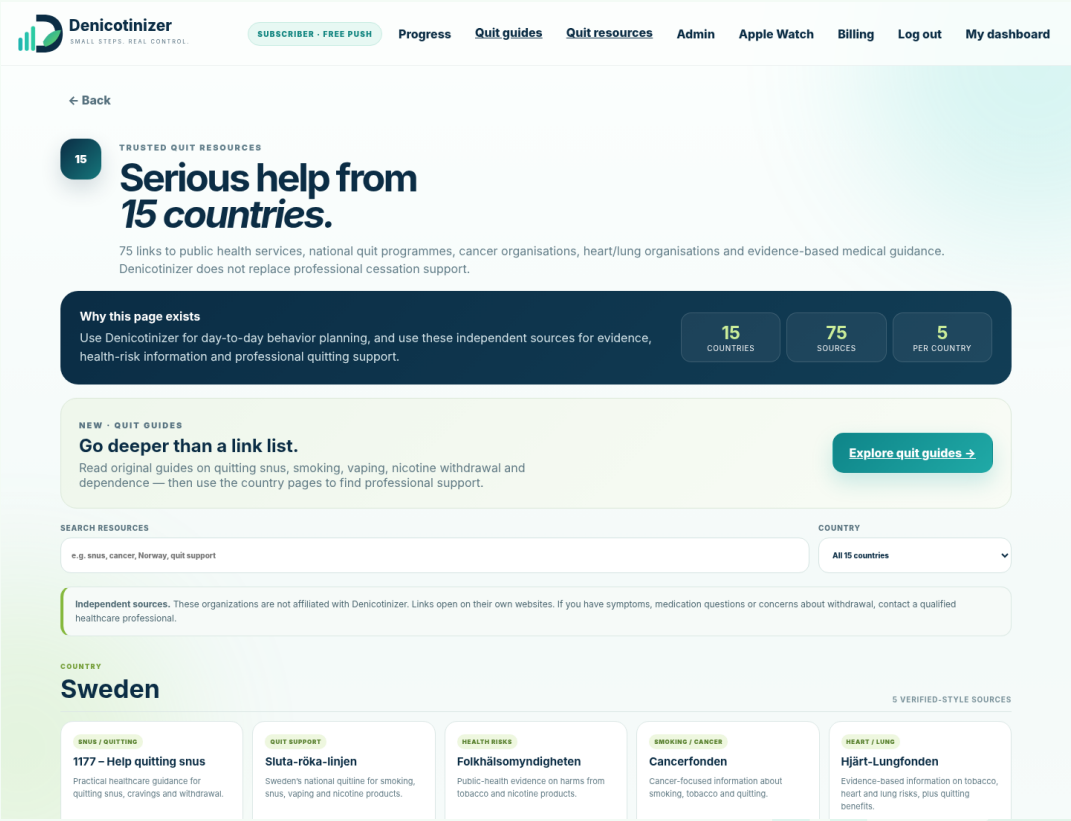
1. Open **Progress**.
2. Review the active plan and its statistics.
3. Stop/archive the current plan if you want to rebuild it.
4. Create the replacement plan.
5. Previous plan history and logs remain available.

09 SUPPORT

Serious external support, one tap away.

Support brings Denicotinizer guides and curated external public-health and cessation resources together under one clear navigation heading.

1. Open Support from the website navigation.
2. Choose Quit guides for Denicotinizer's explanatory articles.
3. Choose Quit resources for external help, then filter by country or topic.

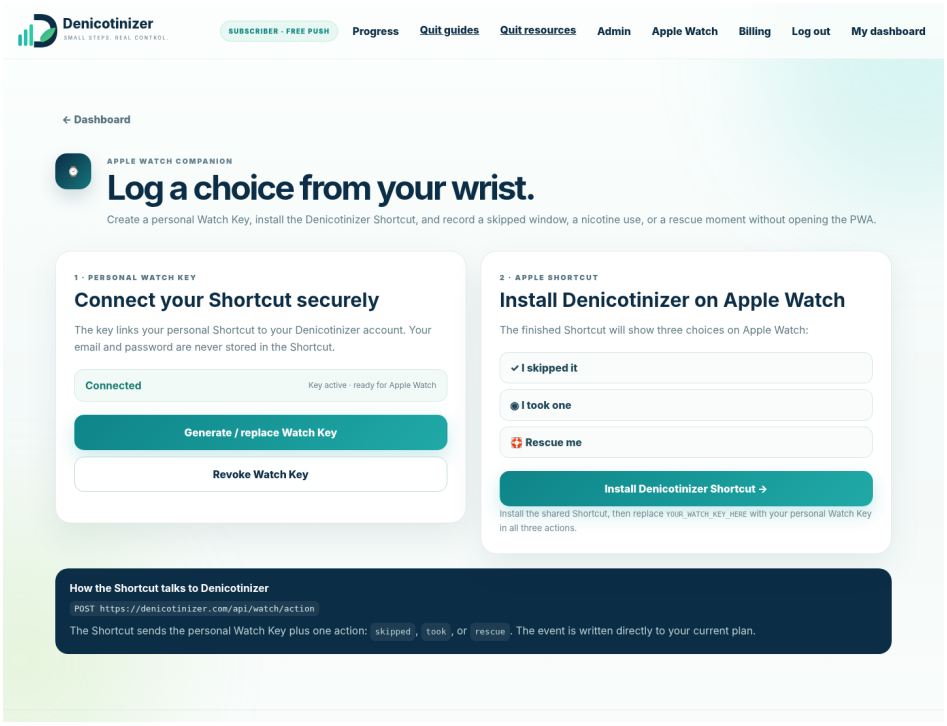


Support links to the public Quit Resources directory.

10 APPLE WATCH COMPANION

Tap. Choose. Logged.

The Shortcut is designed as a fast Apple Watch companion: set it up once, add it as a watch-face complication, then log a choice directly from your wrist.



Actual Denicotinizer Apple Watch setup page.

The recommended everyday flow

1

Tap the complication

Open Denicotinizer Watch from your watch face.

2

Choose an action

I skipped it, I took one, or Rescue me.

3

Logged immediately

The Shortcut sends the action to your active Denicotinizer plan.

Important: The Shortcut is not automatically triggered by a Denicotinizer Web Push notification. It is launched from the complication (or Siri).

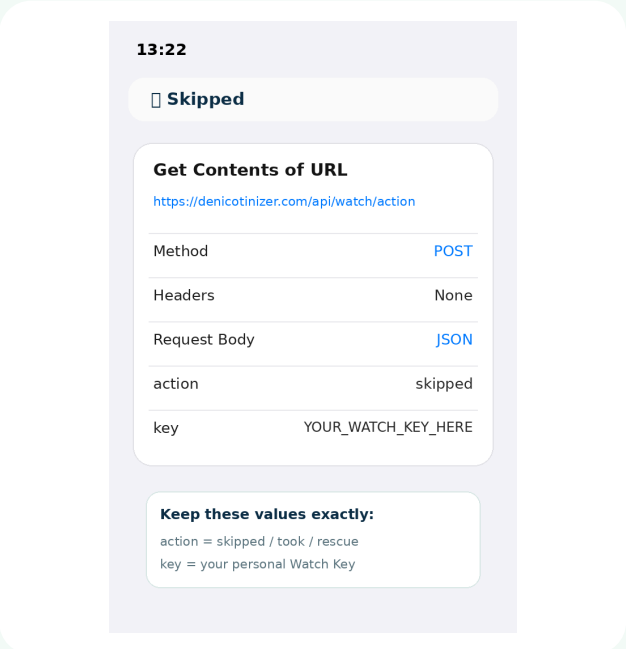
10A APPLE WATCH

Install and connect the Shortcut.

Complete these steps on your iPhone before adding the Shortcut to the watch face.

1. **Generate your Watch Key**
   In Denicotinizer, open Apple Watch and select Generate / replace Watch Key. Copy the key immediately.
2. **Install the shared Shortcut**
   Tap Install Denicotinizer Shortcut and add Denicotinizer Watch to the Apple Shortcuts app.
3. **Replace all three placeholders**
   Open the Shortcut for editing. In each of the three Get Contents of URL actions, replace YOUR_WATCH_KEY_HERE with your personal Watch Key.
4. **Keep the request structure unchanged**
   Do not change the endpoint, POST method, JSON field names, or action values skipped / took / rescue.

English request reference



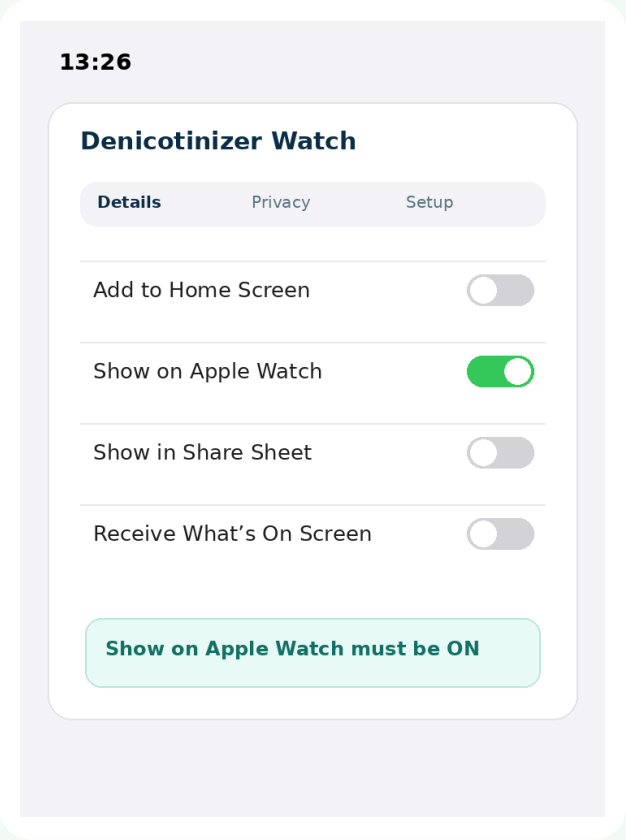
English reference - the Shortcut still uses the same API fields.

10B APPLE WATCH

Run once. Allow access. Enable the Watch

This one-time permission step prevents the Shortcut from repeatedly stopping to ask for access during normal use.

1. **Run Denicotinizer Watch once**
   Run the Shortcut once on iPhone or Apple Watch after adding your personal Watch Key.
2. **Approve website access**
   When iOS asks whether the Shortcut may access denicotinizer.com, approve it. If Always Allow is offered, choose it.
3. **Enable Show on Apple Watch**
   Open the Shortcut details and make sure Show on Apple Watch is switched on.
4. **Test one action**
   Choose a test action and confirm it appears in Denicotinizer. This verifies the key and connection.



English reference - Show on Apple Watch enabled.

10C APPLE WATCH

Add Denicotinizer Watch as a complication

The complication is the normal launch point. Once configured, you do not need to browse through the Shortcuts app each time.

1. **Edit the watch face**
   On Apple Watch, touch and hold the watch face, then tap Edit.
2. **Choose a complication position**
   Move to the complications screen and tap the position where you want Denicotinizer.
3. **Select Shortcuts**
   Choose the Shortcuts complication from the complication list.
4. **Choose Denicotinizer Watch**
   Select Denicotinizer Watch as the Shortcut used by that complication.
5. **Return to the watch face**
   The Denicotinizer Shortcut is now one tap away.



Complication setup reference: watch face → Shortcuts → Denicotinizer Watch.

10D APPLE WATCH

Use it from your wrist.

After the one-time setup, this is the complete daily process.

1 → **Tap complication**

2 → **Choose action**

3 **Logged**

The three choices

✓ **I skipped it**	Records that you passed the planned window without nicotine.
■ **I took one**	Records nicotine use without resetting or punishing the plan.
■ **Rescue me**	Records a difficult moment and keeps it visible in your progress data.

Also useful: Siri

You can also run Denicotinizer Watch with Siri. The complication remains the fastest predictable manual launch method on Apple Watch.

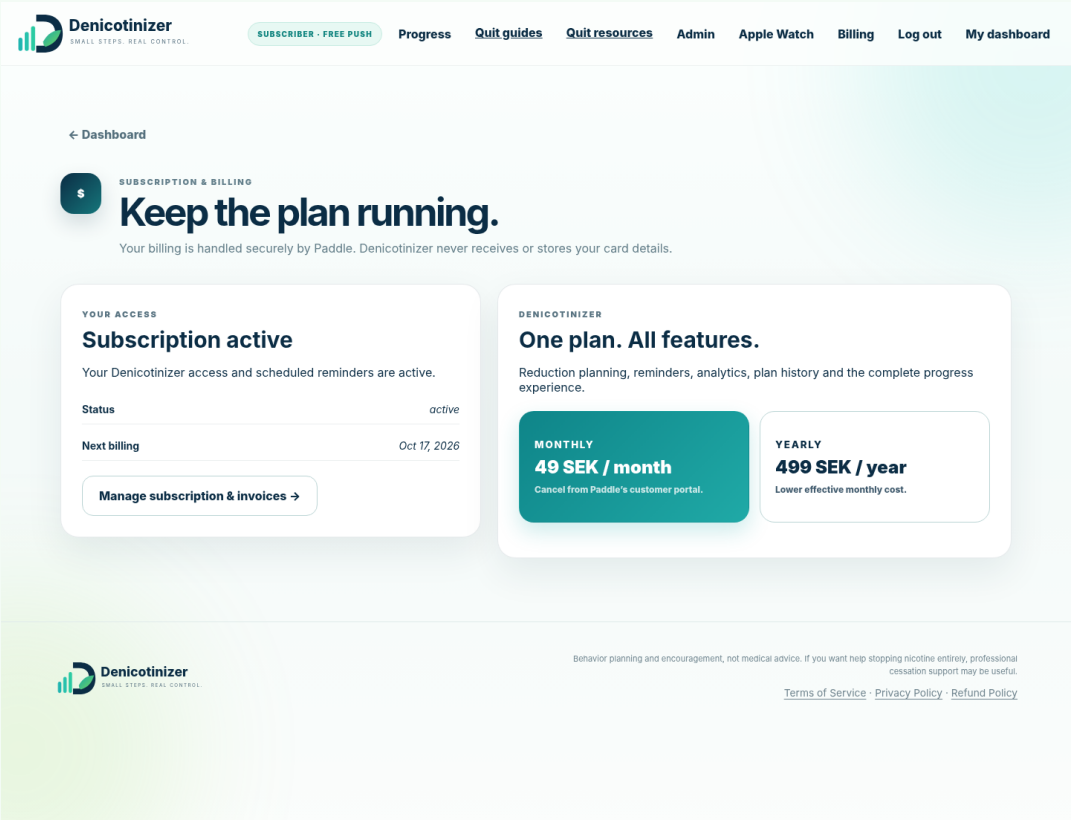
Security: Never share your personal Watch Key. If it is exposed, generate a replacement from the Denicotinizer Apple Watch page.

11 SUBSCRIPTION & BILLING

Continue after the trial.

Paddle handles checkout, payment details and subscription management. Denicotinizer does not receive or store your card details.

1. Open **Billing**.
2. Choose monthly or yearly.
3. Complete the Paddle checkout.
4. Denicotinizer detects active paid access automatically.
5. Use **Manage subscription & invoices** for payment method, invoices and cancellation.



Actual Denicotinizer Billing page.

12 INSTALL AS AN APP

Use Denicotinizer like a native app.

iPhone / iPad: open the site in Safari, tap Share, choose Add to Home Screen, then launch Denicotinizer from the new icon before enabling Web Push reminders.

Desktop / Android: use your browser’s Install app / Add to Home Screen command when available.

13 TROUBLESHOOTING

Fast checks when something does not look right.

No notifications

Check OS/browser permission first. Then confirm Denicotinizer shows Reminders active. If the PWA or all site data was removed, enable reminders again.

Old version still visible

Reload. The service worker uses network-first fetch behavior and deletes old caches when a new worker activates.

Watch says invalid key

Generate a new Watch Key and replace the placeholder in all three requests.

Watch says OK but dashboard looks unchanged

Refresh the dashboard and confirm the action value is exactly skipped, took, or rescue.

Checkout fails

Confirm the Paddle checkout domain is approved and retry.

Activation link fails

A newly generated activation link invalidates older ones. Use the newest link or ask the administrator to resend.

14 PRIVACY, LEGAL & HEALTH

Know what Denicotinizer is - and is not.

Denicotinizer is a behavioral planning and encouragement service, not medical advice or a medical dosing system.

Public legal pages are available at **/terms**, **/privacy** and **/refund-policy**.

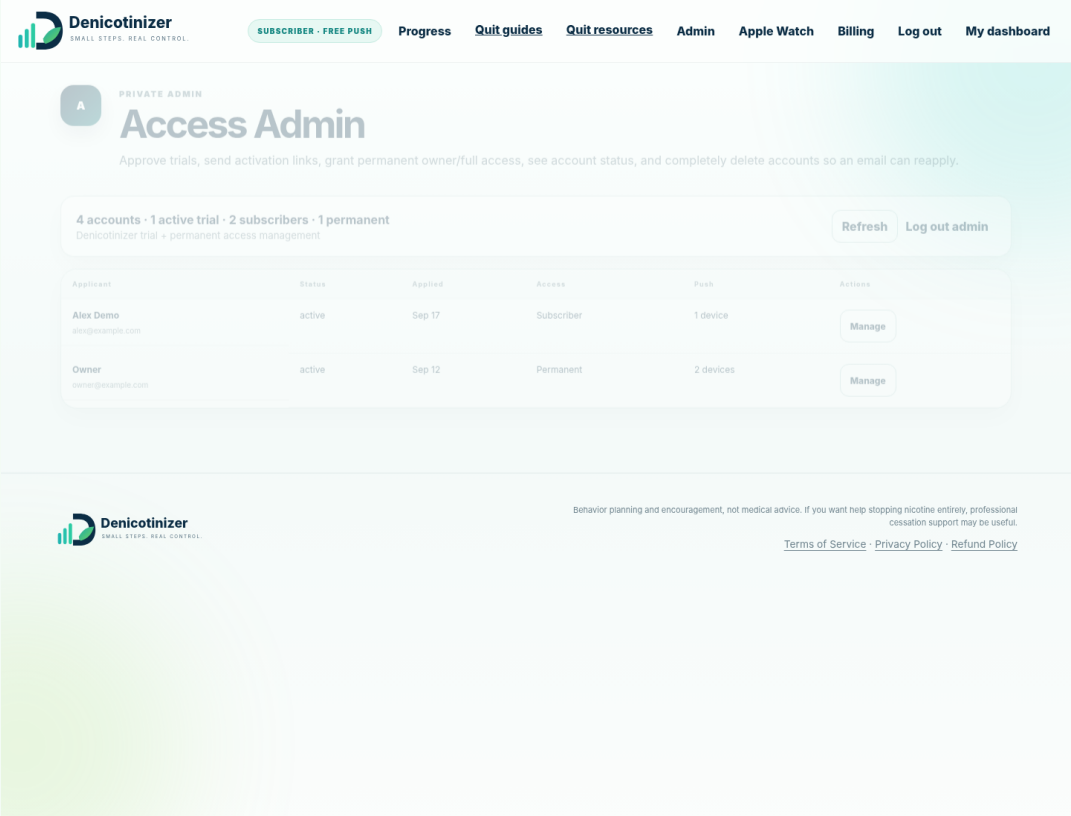
For medical questions, severe withdrawal symptoms, pregnancy, medication interactions, or help stopping nicotine entirely, use qualified healthcare or cessation support.

15 OWNER / ADMIN APPENDIX

Account administration.

The private Admin area is for the Denicotinizer owner/administrator. Standard users do not need this section.

Admin can review accounts, resend activation emails, generate fresh activation links, grant permanent access, inspect push counts and delete accounts when necessary.



Actual owner-only Admin screen.

Security: never publish the admin password, Paddle API secret, webhook secret, VAPID private key or Resend API key.

FINISH

Keep the next choice small.

The purpose of Denicotinizer is not a perfect streak. Use the plan, record honestly, review the trend, and change the plan when reality changes.

Manual online: https://denicotinizer.com/manual
Apple Watch Shortcut: https://www.icloud.com/shortcuts/7e08a5b3c13a440d8121b139b1ff2bbd