Betsy Button Buddy Guide

Google Gemini

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Welcome, Betsy Button Buddy! You're taking on an incredibly important role in ensuring the well-being of someone you care about. This guide is designed to help you confidently introduce the Betsy Button to its user, understand its signals, and know exactly what steps to take based on what the button tells you. You'll be the expert, so let's get you prepared!

Part 1: Introducing the Betsy Button to the User

Your first step is to gently and clearly introduce the Betsy Button to the person who will be pressing it. The goal is to make them feel comfortable and empowered, not monitored or stressed.

1. Explain the "Why" (Simply and Positively)

Start by focusing on the benefit to them and the connection it provides.

Positive Framing
"This little button is a simple way for us to stay connected and for me to know you're doing okay without bothering you with calls all the time."

Focus on Them
"It's a way for *you* to let me know you've checked in for the day, easily and quickly."

Avoid "Monitoring" Language
Instead of "I'll be monitoring you," say "It helps *us* stay in sync" or "It gives me peace of mind."

2. Show Them How to Use It (Hands-On!)

Make it as easy as possible. Let them try it themselves.

Plug it in
Show them where to plug in the USB-C cable. "It just needs power, like a phone charger."

Demonstrate a Press
Press the button yourself first. "See? When I press it, it sends a little signal, and the light changes."

Let Them Try
"Now you try! Just give it a gentle press." Confirm with them that the light changed.

Regular Use
"The idea is to press it once a day, maybe when you wake up, or after breakfast, or when you get home. Whatever time works best for you!" Suggest placing it in a high-traffic area, like by the coffee maker or refrigerator.

3. Explain the Lights (The Basics Only)

Keep it focused on the main two states they'll see most often.

"Green means Go!"
"When you press it, the light will turn green and gently pulse. That means your check-in worked perfectly! It'll stay green for 24 hours."

"Red means Time to Press!"
"If the light turns red and blinks, it just means it's been more than 24 hours since the last press. No worries! It's just a friendly reminder for you (or anyone else in the group) to press the button."

Avoid Overwhelming
Don't get into all the other technical lights (cyan, yellow, dim white) initially. Save those for troubleshooting *you* might do.

4. Reassure Them

No Pressure
"There's no 'wrong' way to press it. You can press it as many times as you like. If you forget, it's totally fine – it's just a signal, not a judgment!"

Privacy
"It doesn't track where you are or what you're doing. It just tells me if the button itself has been pressed."

Part 2: Understanding the LED Colors (For *You*, the Buddy)

As the buddy, you need to understand all the potential states of the Betsy Button, as these are your primary indicators of its status and the user's check-in.

Pulsing Green
Excellent! A recent check-in has been recorded within the last 24 hours. The button is online and communicating.

Flashing Red (with short black breaks)
Action May Be Needed. No check-in has occurred for over 24 hours. This is your primary alert that it's time to check in on the user.

Flashing Cyan (light blue, with short black breaks)
Connectivity Issue. The button is trying to connect to its Wi-Fi network. This can happen on power-up or if the connection is lost. If it stays this way, the button isn't communicating check-ins.

Quick Green flashes followed by Cyan (after a press)
Check-in Attempt. The button user just pressed it, and it's trying to send the check-in signal to the server. This is normal.

Flashing Yellow and Black (when first plugged in)
Starting Up. The button is booting and loading its configuration. This is normal during startup. If it stays this way, it has lost its configuration.

Cycling through Red, Yellow, Cyan, and Blue
Communication Error. The button is experiencing an issue communicating with the server. This could be a Wi-Fi problem that isn't just "connecting," or a server issue.

Dim White (very subtle light)
System Offline/Programming Mode. The button's main program has stopped running, and it's in a low-level state (MicroPython REPL). It's not communicating check-

ins. This usually requires a restart or reprogramming.

Button doesn't light up at all
No Power/Major Issue. The button is either not receiving power or has a significant internal fault. It cannot communicate.

Part 3: What to Do When the Button is Red (or Other Alert States)

This is where your role as a buddy becomes active. Your goal is to ascertain the well-being of the user.

When the Button is Flashing Red:

This is the most common scenario where you'll need to take action.

1. Give it a Little Time (Optional, but recommended): If you've just noticed it's red, wait an hour or two (if your routine allows) to see if the user or another buddy presses it. Life happens, and they might just be busy.

2. Make a Phone Call:

   - Keep it Casual: When you call, don't immediately lead with "Why didn't you press the button?" Instead, start with a friendly "Hey, just checking in!" or "Was thinking of you, how's your day going?"

   - Gently Inquire (if needed): If the conversation doesn't naturally lead to it, you can lightly prompt: "Oh, by the way, did you get a chance to press the Betsy Button today? Just wanted to make sure it's working for you."

   - Troubleshoot Remotely (if applicable): If they say they forgot, or the light isn't green, gently remind them to press it and confirm if the light turns green.

3. Conduct a Well Check (If Phone Call Unsuccessful or Concerns Remain):

   - If you can't reach them by phone, or if something in the conversation raises concerns, it's time for a personal visit or to activate your pre-arranged emergency contact plan.

   - Always Prioritize Safety: This button is a *tool* to prompt action, not a definitive safety guarantee. Trust your instincts.

When the Button is Flashing Cyan, Flashing Yellow/Black, Cycling Colors, Dim White, or Off:

These indicate a technical issue with the button itself. The check-in system is not operational.

1. Phone Call First: Call the user. Explain that the button seems to be having a technical hiccup.

2. Remote Troubleshooting (if possible with user's comfort/ability):

   - For "Dim White" or "Off": Suggest they unplug the button from power, wait 5 seconds, and plug it back in. Ask them what color it turns on.

   - For "Flashing Cyan" or "Cycling Colors": Explain that it's having trouble connecting to the internet. Reassure them it's not their fault.

3. Arrange for Physical Inspection/Reprogramming: If remote troubleshooting doesn't work, you'll likely need to physically access the button to diagnose and potentially reprogram it using the Betsy Button Programmer web application. This usually involves:

- Verifying power and cable.
- Checking Wi-Fi network settings.
- Re-uploading the firmware or configuration.

Part 4: Answering Common Questions

Be prepared for these questions from the user:

"What if I forget to press it?"
"No problem at all! The light will just turn red, which is *our* signal to give you a quick call to say hi and make sure everything's okay. It's just a gentle reminder, nothing more."

"What if the light is off?"
"That usually means it's not plugged in. Can you check the cable? If it's plugged in and still off, then it might need a quick restart by unplugging it for 5 seconds and plugging it back in." (If this doesn't work, explain you'll need to check it.)

"Is this tracking me?"
"Absolutely not. This button has no idea where you are. It only knows if *it* has been pressed. It's just a simple digital signal, like turning on a light switch."

"What if I press it too much?"
"You can't! Press it as many times as you like. It will just keep the light green for another 24 hours each time."

"What if my power goes out?"
"If there's no power, the button can't work. The light will be off. As soon as power comes back, it should reconnect automatically. If the light is still off after power returns, give it a quick restart by unplugging and re-plugging."

Part 5: Important Note for Buddys

Remember, the Betsy Button is a valuable tool for maintaining connection and providing a simple check-in system. However, it is not a substitute for regular human interaction, personal visits, or emergency services.

Trust Your Gut
If you have any concerns about the user's well-being, regardless of the button's status, always act on those concerns.

Maintain Communication
Continue to talk with and visit the user regularly. The button complements, rather than replaces, your relationship.

Emergency Plan
Ensure you have a clear emergency contact plan in place that is understood by all relevant parties.

By using the Betsy Button thoughtfully and staying prepared, you can enhance the sense of security and connection for everyone involved. Thank you for taking on this important role!