

Welcome to Email For Help

Introduction

Email For Help is a small program package that runs in the background on your computer and monitors inactivity. If you haven't used your computer in a defined period of time, Email For Help will send an email message that you have defined, to one or more recipients.

In the following pages you will learn how to configure and use Email For Help so you can gain a little more peace of mind that if something happens to you, help will be called for.

Please familiarize yourself with the Warranty and Program Requirements before going any further. Email For Help has been designed to serve a wide range of users but is just another tool in your well-being toolbox, not a single solution; and may not be suitable for all users.

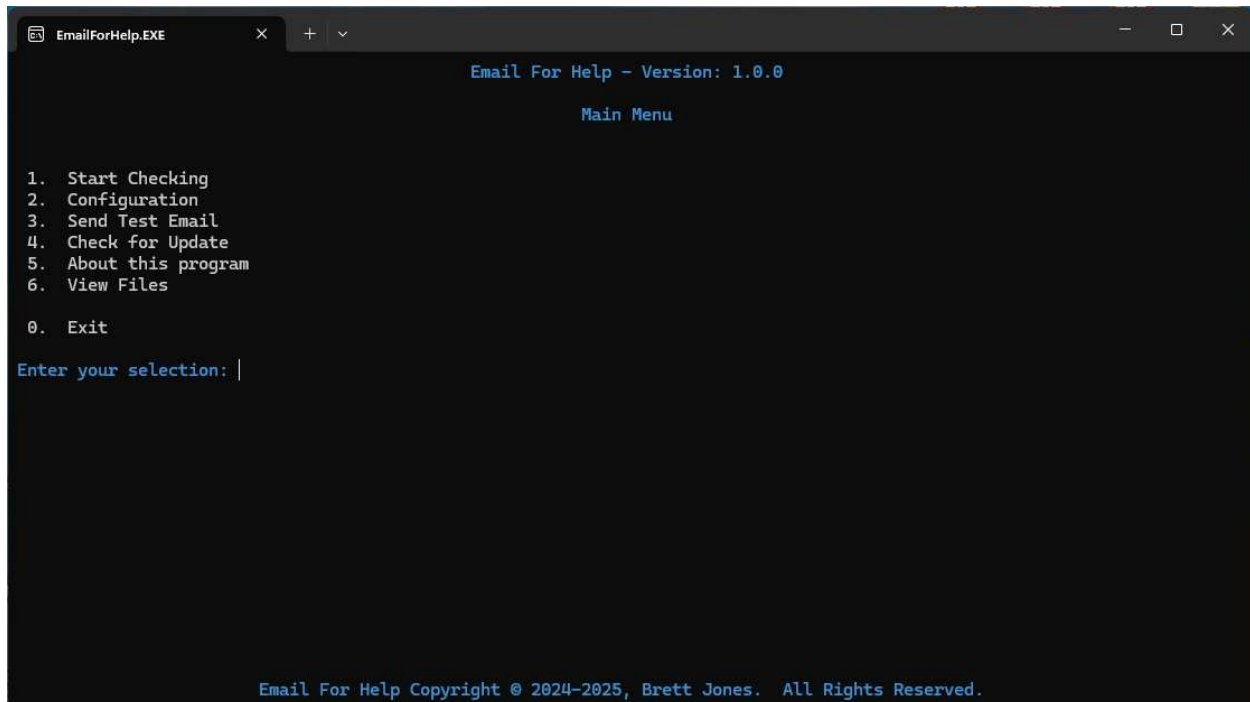
Please refer to the Installation manual for details on how to install Email For Help on your computer.

Thank you for your purchase!

Main Menu

Email For Help is a small non-graphical program. I decided to trade ‘pretty’ for speed and size. While Email For Help may look like a relic from the MS-DOS days, it does the job quickly and without slowing down your computer or taking up a lot of disk space.

When you first run Email For Help, you’ll see the main menu.

A screenshot of a terminal window titled "EmailForHelp.EXE". The window displays the "Main Menu" for "Email For Help - Version: 1.0.0". The menu items are: 1. Start Checking, 2. Configuration, 3. Send Test Email, 4. Check for Update, 5. About this program, 6. View Files, and 0. Exit. Below the menu is a prompt "Enter your selection: |". At the bottom of the window, there is a copyright notice: "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved.".

```
EmailForHelp.EXE x + v - □ x
Email For Help - Version: 1.0.0
Main Menu

1. Start Checking
2. Configuration
3. Send Test Email
4. Check for Update
5. About this program
6. View Files

0. Exit

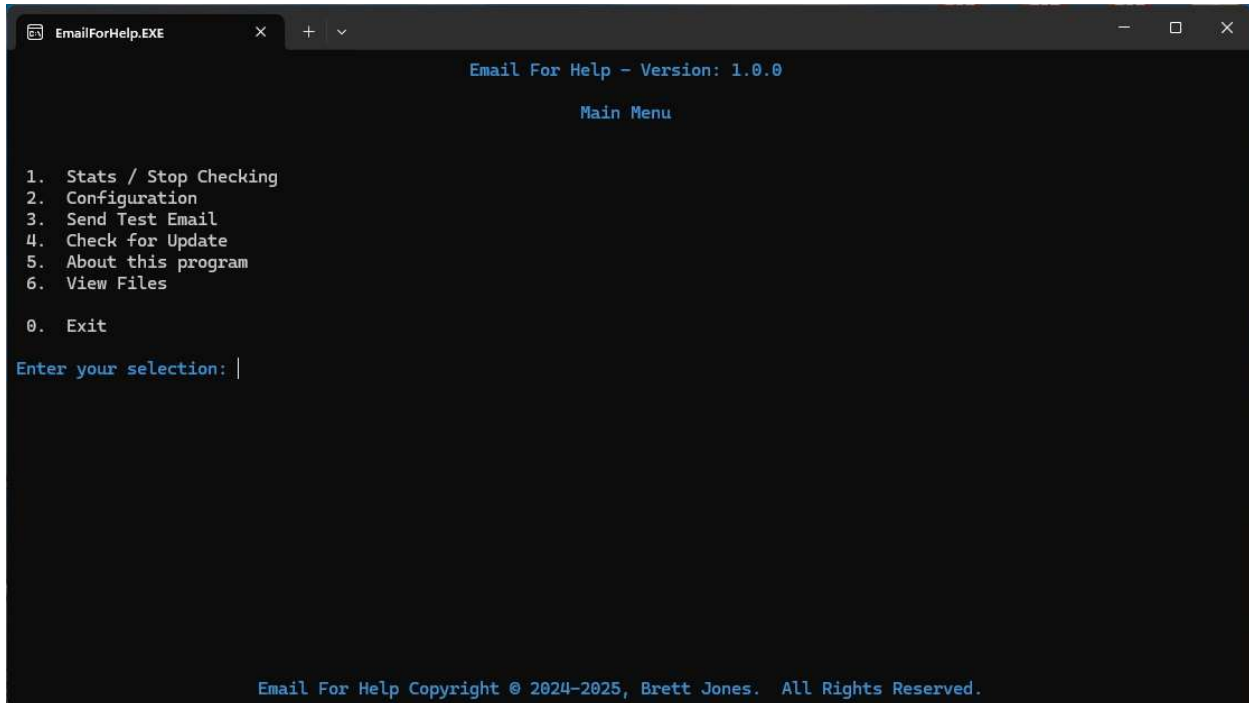
Enter your selection: |

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Let’s look at the menu options.

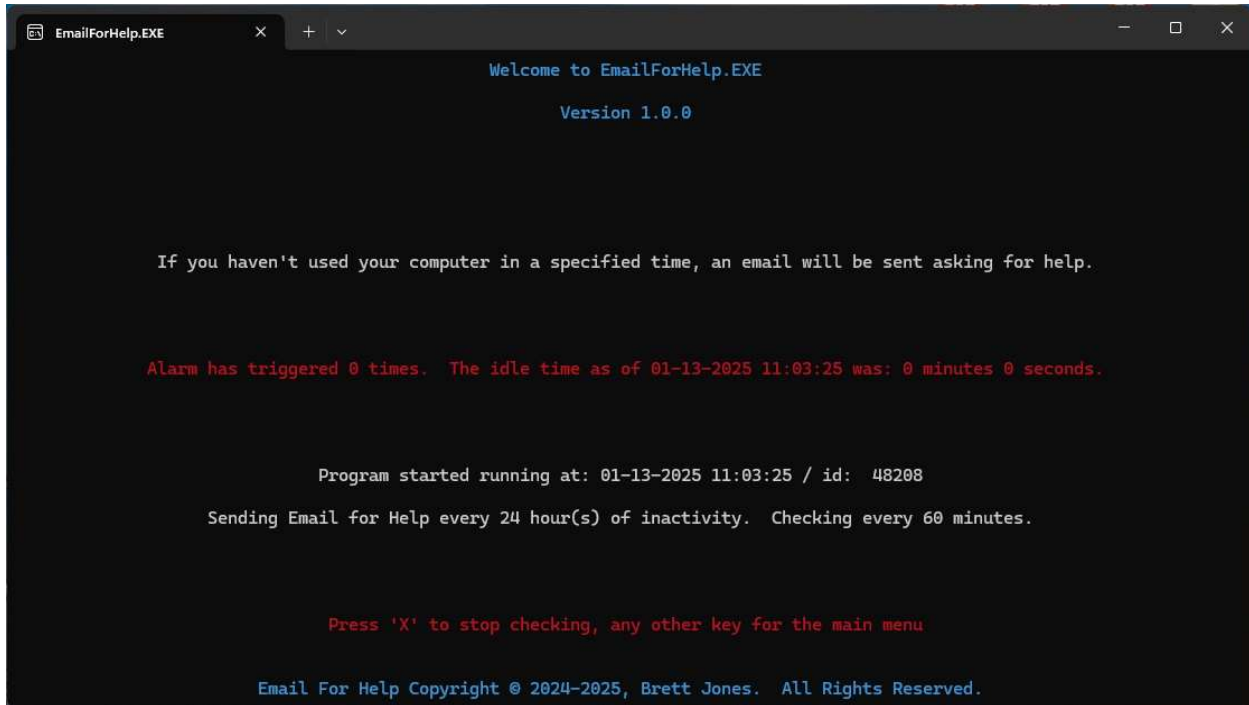
1. Start Checking

If you have just run the program, option 1 will say ‘Start Checking’. By entering a ‘1’ and pressing your enter key, you will start the program checking for inactivity. If you have not gone through the configuration steps you won’t be able to start the program checking for inactivity.

A screenshot of a Windows application window titled "EmailForHelp.EXE". The window content displays "Email For Help - Version: 1.0.0" and "Main Menu". Below this is a numbered list of options: 1. Stats / Stop Checking, 2. Configuration, 3. Send Test Email, 4. Check for Update, 5. About this program, 6. View Files, and 0. Exit. A prompt "Enter your selection: |" is visible at the bottom left. At the bottom right, there is a copyright notice: "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved." The window has standard Windows window controls (minimize, maximize, close) in the top right corner.

Once you have started checking for inactivity, option 1 will say ‘Stats / Stop Checking’. Select this option if you want to see the status screen, or if you want to end the inactivity check.

After starting the program checking for inactivity, you can safely exit the program by choosing option ‘0’. Exiting the program while Email For Help is still checking for inactivity does not stop the checking process. It will continue to run, in the background, until you select option one a second time and enter an ‘X’ to end the checking process.



```

Welcome to EmailForHelp.EXE
Version 1.0.0

If you haven't used your computer in a specified time, an email will be sent asking for help.

Alarm has triggered 0 times. The idle time as of 01-13-2025 11:03:25 was: 0 minutes 0 seconds.

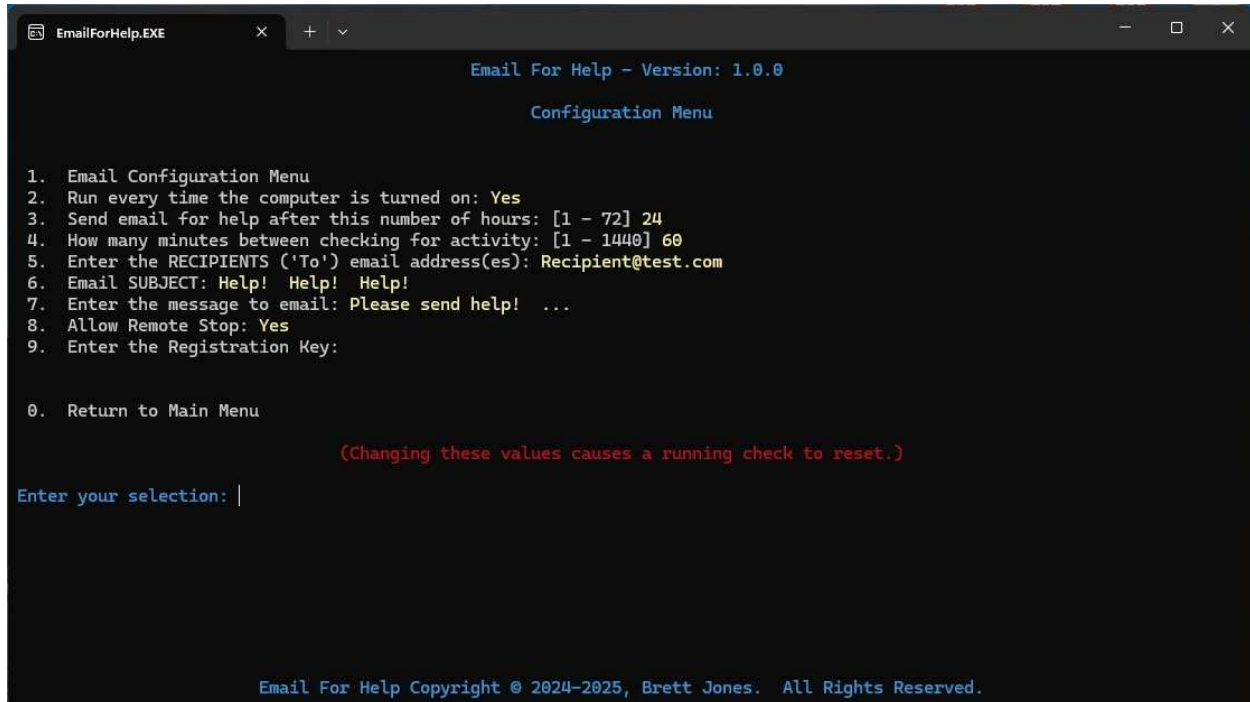
Program started running at: 01-13-2025 11:03:25 / id: 48208
Sending Email for Help every 24 hour(s) of inactivity. Checking every 60 minutes.

Press 'X' to stop checking, any other key for the main menu

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When at the status screen, you can press the 'X' key to stop the inactivity checking, or press any other key to return to the main menu.

Configuration Menu

A screenshot of a terminal window titled "EmailForHelp.EXE" showing the "Configuration Menu" for "Email For Help - Version: 1.0.0". The menu lists 10 options: 1. Email Configuration Menu, 2. Run every time the computer is turned on: Yes, 3. Send email for help after this number of hours: [1 - 72] 24, 4. How many minutes between checking for activity: [1 - 1440] 60, 5. Enter the RECIPIENTS ('To') email address(es): Recipient@test.com, 6. Email SUBJECT: Help! Help! Help!, 7. Enter the message to email: Please send help! ..., 8. Allow Remote Stop: Yes, 9. Enter the Registration Key:, and 0. Return to Main Menu. A red note states "(Changing these values causes a running check to reset.)". The prompt "Enter your selection: |" is at the bottom. Copyright information "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved." is at the very bottom.

2. Configuration Menu

This is the area where you will tell Email For Help the things it needs to know in order to do its job. All of the entries are required in order for the program to function properly. Later you'll be able to send a test email to make sure that Email For Help is configured properly – This is a vital step that you should not skip!

1. Email Configuration Menu

This takes you to the Email Configuration Menu where you will tell Email For Help how you will be sending your email. There are two basic ways that Email For Help can send an email.

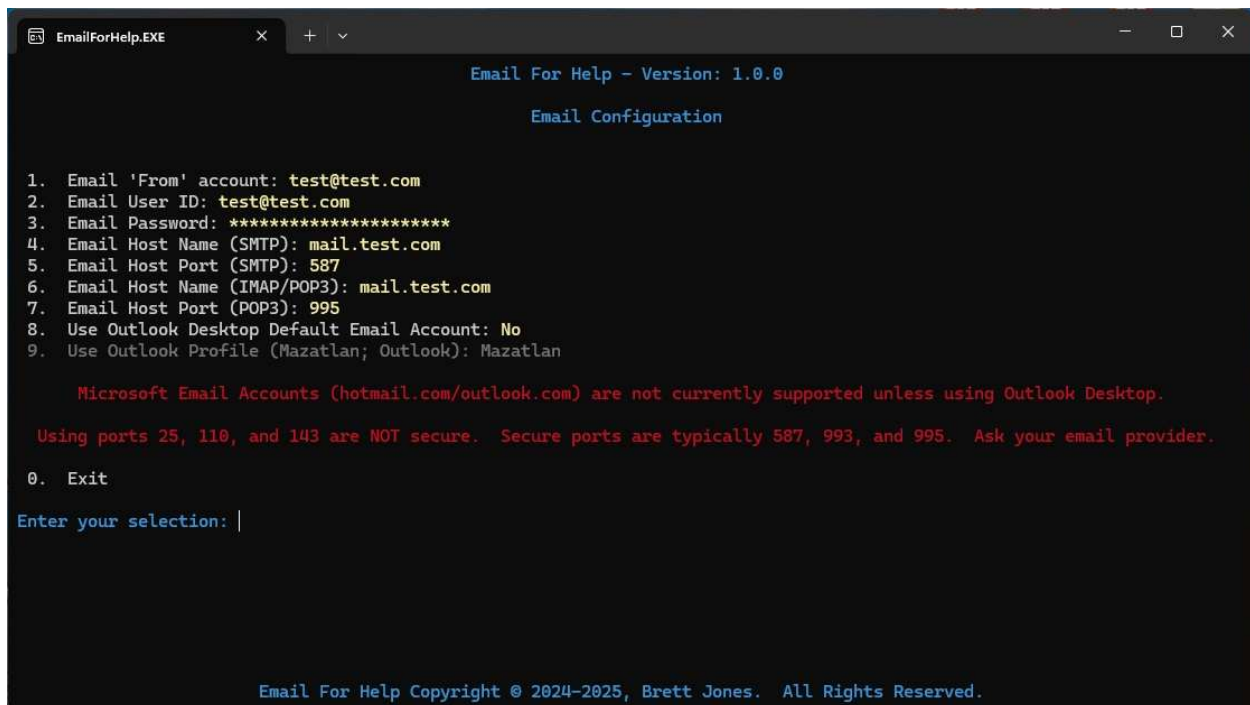
First, if you have an Office 365 subscription and have downloaded Outlook on your computer, or you have purchased an Office bundle that includes Outlook – you can use that to send your emails. The default email account will be used to send, and if you have multiple Outlook profiles, you will be asked which one you would like to use. Note that this method requires the purchased version of Outlook, not the freeware one that Microsoft has replaced its 'mail' program with.

The second way of sending an email requires that you enter your email address, password and mail server information. If you don't have this information, please contact your email provider (or do a google search to find the information).

Specifically, you will need to know the following:

- Your email address
- Your Account or User Id (often your email address)
- Your Password (will be encoded and shown as asterisks)
- Your providers 'Mail Host' name for both SMTP and IMAP/POP3 (something like 'mail.host.com' or 'smtp.host.com')
- Your providers SMTP port (typically this will be 587)
- Your providers POP3 port (typically this will be 995) [Note that this field is enabled / required only if you have enabled the configuration option to allow a remote stop.

Email Configuration Menu



```
Email For Help - Version: 1.0.0
Email Configuration
1. Email 'From' account: test@test.com
2. Email User ID: test@test.com
3. Email Password: *****
4. Email Host Name (SMTP): mail.test.com
5. Email Host Port (SMTP): 587
6. Email Host Name (IMAP/POP3): mail.test.com
7. Email Host Port (POP3): 995
8. Use Outlook Desktop Default Email Account: No
9. Use Outlook Profile (Mazatlan; Outlook): Mazatlan

Microsoft Email Accounts (hotmail.com/outlook.com) are not currently supported unless using Outlook Desktop.
Using ports 25, 110, and 143 are NOT secure. Secure ports are typically 587, 993, and 995. Ask your email provider.
0. Exit
Enter your selection: |

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As noted on the screen, ports 25, 110, and 143 are NOT secure email ports. Your password will be sent across the internet as plain text. Please use the secure ports that your email provider details (usually 587, 993, and 995).

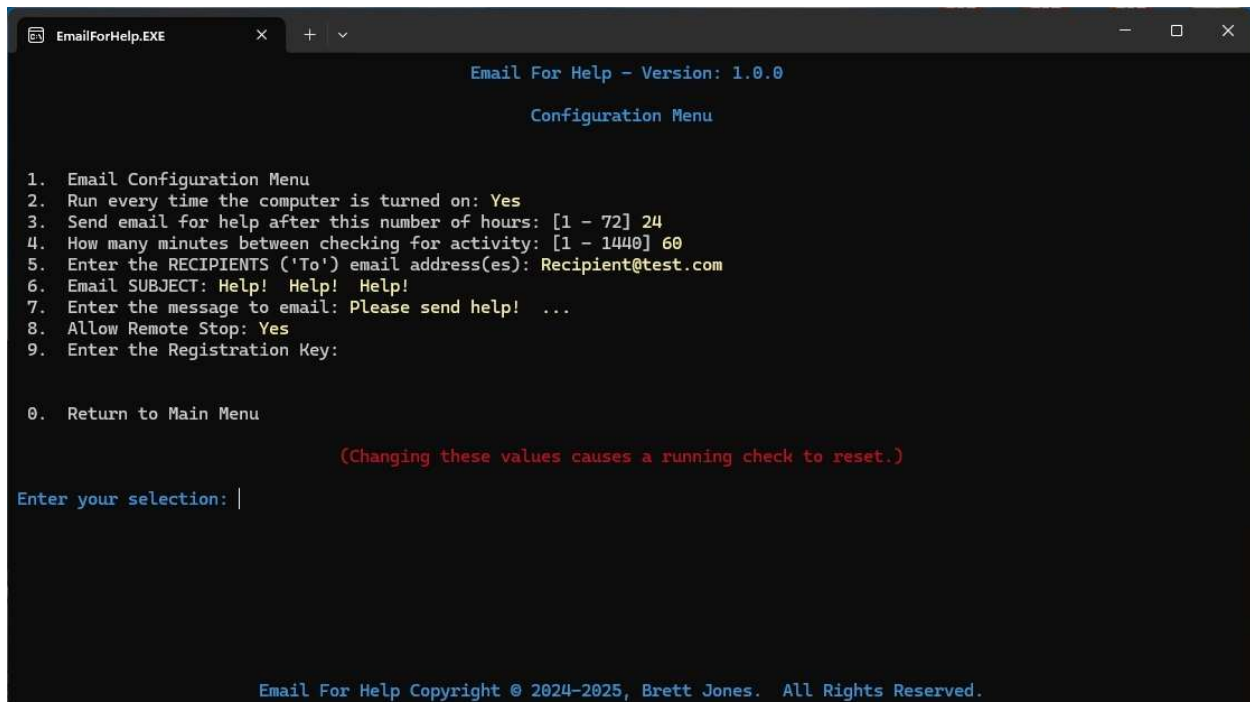
Options 1 through 7 allow you to enter the above information. Options 8 and 9 are the ones you will use to enable using a local copy of Microsoft Outlook on your computer. If you are sending from a Microsoft mail account (someone@hotmail.com or someone@outlook.com) or some Corporate Google accounts, then you will need to send using Outlook. Microsoft uses a security implementation that I haven't included in this program.

Your email password will never be shown on a screen, and it is stored in your computers registry securely encoded. Even if someone takes possession of your computer, they will not be able to obtain your email password.

Selecting option 8 will allow you to also enter your Outlook profile via option 9.

Note that if you enter/change these configuration items while Email For Help is checking for inactivity, checking will restart when you exit the configuration menu.

Ok. Back to the configuration menu

A screenshot of a terminal window titled "Email For Help - Version: 1.0.0" with a subtitle "Configuration Menu". The window shows a list of configuration options: 1. Email Configuration Menu, 2. Run every time the computer is turned on: Yes, 3. Send email for help after this number of hours: [1 - 72] 24, 4. How many minutes between checking for activity: [1 - 1440] 60, 5. Enter the RECIPIENTS ('To') email address(es): Recipient@test.com, 6. Email SUBJECT: Help! Help! Help!, 7. Enter the message to email: Please send help! ..., 8. Allow Remote Stop: Yes, 9. Enter the Registration Key:, and 0. Return to Main Menu. A red note states "(Changing these values causes a running check to reset.)". The prompt "Enter your selection: |" is at the bottom. The footer reads "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved.".

```
EmailForHelp.EXE x + v
Email For Help - Version: 1.0.0
Configuration Menu

1. Email Configuration Menu
2. Run every time the computer is turned on: Yes
3. Send email for help after this number of hours: [1 - 72] 24
4. How many minutes between checking for activity: [1 - 1440] 60
5. Enter the RECIPIENTS ('To') email address(es): Recipient@test.com
6. Email SUBJECT: Help! Help! Help!
7. Enter the message to email: Please send help! ...
8. Allow Remote Stop: Yes
9. Enter the Registration Key:

0. Return to Main Menu

(Changing these values causes a running check to reset.)

Enter your selection: |

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2. Run every time the computer is turned on
This is a toggle. Entering a '2' and pressing enter will flip this from 'Yes' to 'No' and back. If you select 'Yes', then Email For Help will be added to the programs that

are run automatically whenever your computer is turned on. If you follow the recommendation to always leave your computer turned on, then this will start Email For Help in case you've had a power outage. In order to do this, you must set your computers BIOS option to turn the computer on after power is restored – each computer has a slightly different way of doing this, so please refer to your computer manual or perform a google search to learn how to set this.

3. Send email for help after this number of hours [1 – 72]

This is the number of hours of inactivity to wait for before sending the Email For Help. Set this to something reasonably long – I have mine set at 24. That I always check my email at least once a day – going 24 hours without checking would be very unusual. Valid choices should be from 1 to 72 hours. Note that for now fractions of an hour can be entered as decimals. For example, 15 minutes would be .25. I use this to ensure that the program is functioning as expected – you can do the same.

4. How many minutes between checking for activity [1 – 1440]

This tells Email For Help how often to see if the time you specified in option 3 has occurred. I have mine set to 60 (an hour), but you may want to check more or less often. Note that checking more often will wake the program up and may slightly impact on the performance of your computer. It's likely that you won't even notice when a check occurs, but if you do you may want to make this a bigger number.

5. Enter the recipients ('To') email address(es)

Enter the email addresses for the people you want to receive your Email For Help. Separate multiple email addresses with a semi-colon (;). I suggest that you include your own email address here so you get a copy of the email if one is sent out. If you've forgotten to end the inactivity check before going on a long absence, and have enabled the remote stop option, then you can take action and let everyone know you're ok – and stop future emails from being sent!

6. Email Subject

This is the subject of the email that will be sent if you have been inactive for the period you specified. Something catchy would be good!

7. Enter the message to email

This is the body of the email that will be sent. When you select this option, Notepad will be run and you will be able to enter the message. Save it (don't

rename it!) and close Notepad – Email For Help will then grab it and store it. If you want to include the time you’ve set the program to wait (24 hours in this example) you can enter ‘[WaitHours]’ in the body of the email and Email For Help will replace it with the current value. This is so you can tell your email recipient(s) ‘I’ve been away from my computer for [WaitHours] hours!’.

8. Allow Remote Stop

Remote stop is a safety net for the times you don’t remember to stop the inactivity check before leaving your computer unattended. Setting this to ‘Yes’ also enables option 6 on the Email Configuration menu [Email Host Port (POP3)].

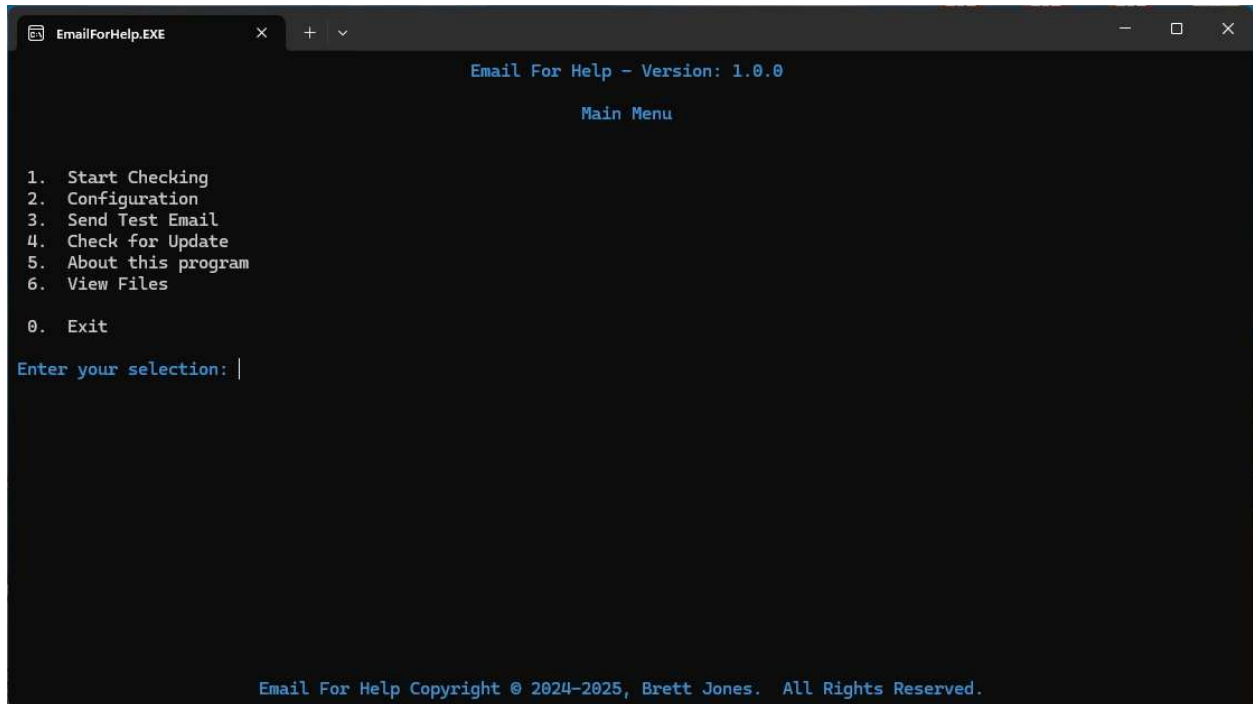
In order to use the remote stop option, send an email from the email account you entered in option 1 of the Email Configuration menu (Email ‘from’ account) TO the same email address. Put the word ‘Stop’ in the subject of the email. With this version of Email For Help, you need to send the email AFTER an alarm has been triggered. This may change in future versions, but I didn’t want an old email sitting in your inbox to stop the program from sending an email for help. I have also implemented a reset function, where the inactivity counter will be reset to 0. If you want to reset the counter, follow the steps for a ‘STOP’, but enter ‘RESET’ in the subject line.

9. Enter the Registration Key

If you did not enter a registration key during installation, or if you were using a temporary key, you can enter or update it here.

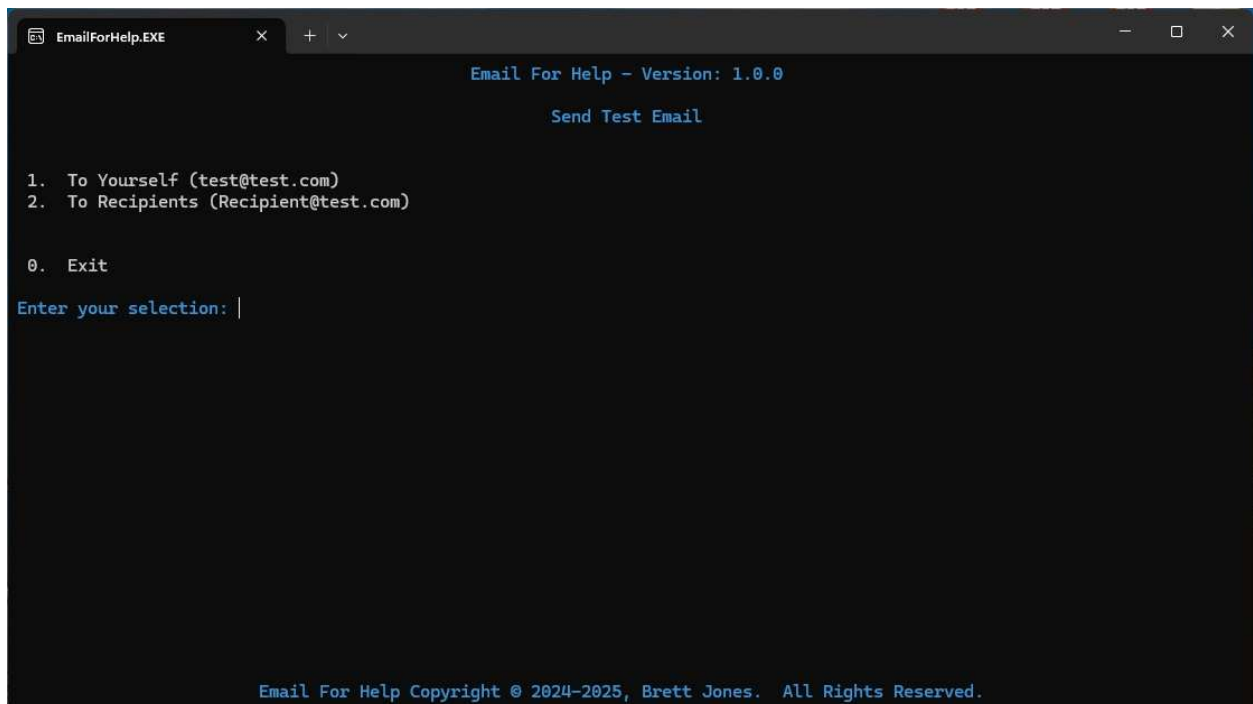
0. This will return you to the main menu.

Main Menu, option 3 – Send Test Email



Selecting option 3 will bring you to the 'Send Test Email' screen.

Send Test Email



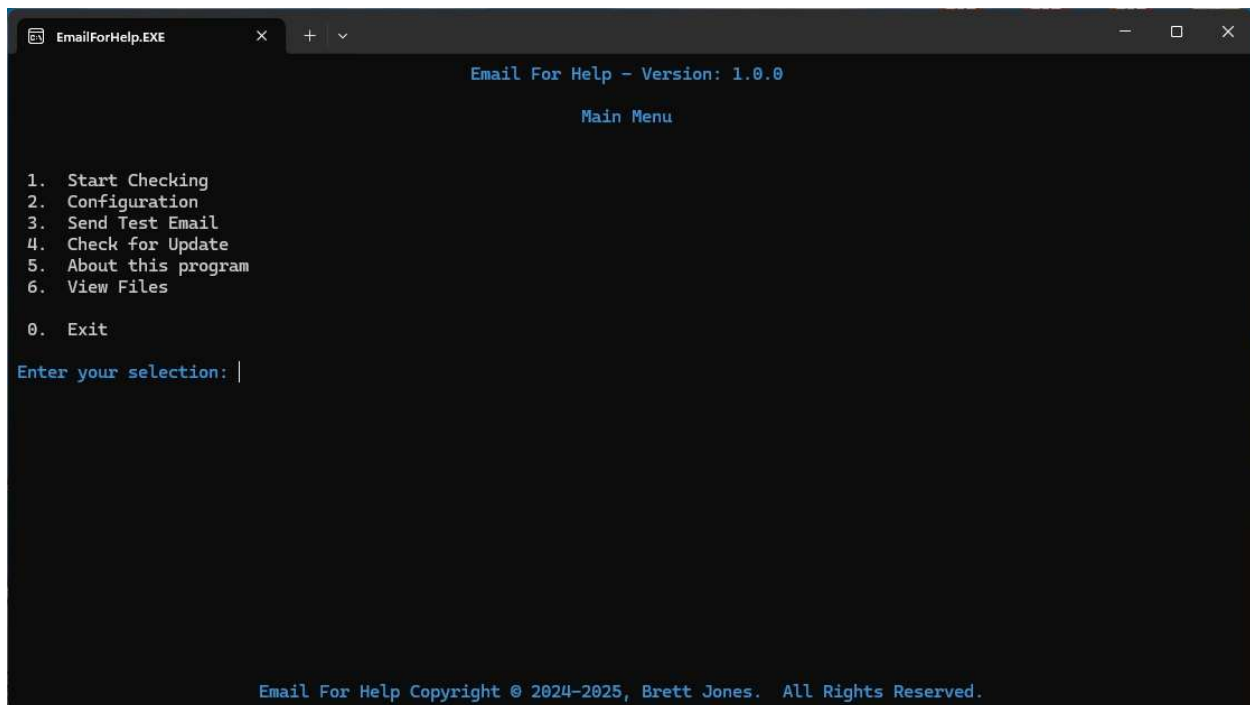
1. Send a test email to yourself

This will send an email for help – to the email address you defined as yours. You should use this option to make sure you have entered the configuration items correctly. If you receive an error message (or one appears in the log), then please correct the problem and send another message. Don't stop until you get the email!

2. To Recipients

This sends the email for help to the email addresses you defined in the configuration. You will want to contact them and let them know you're sending a test email so they know what it will look like when they get a real one.

0. Zero – back to the Main Menu!



```
EmailForHelp.EXE x + v - □ x
Email For Help - Version: 1.0.0
Main Menu

1. Start Checking
2. Configuration
3. Send Test Email
4. Check for Update
5. About this program
6. View Files

0. Exit

Enter your selection: |

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```

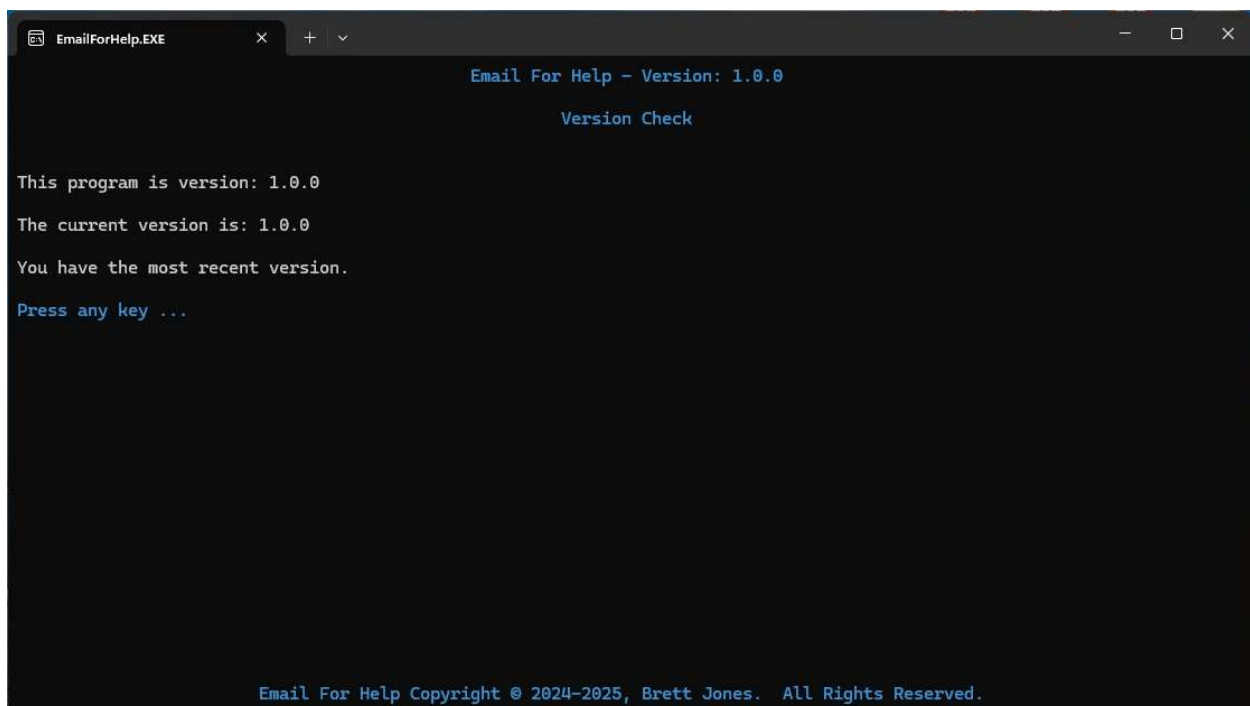
4. Check for update

Selecting this option will reach out to my server and check to see if you have the current version of Email For Help. If there is an update available, you will be prompted to download it. Once downloaded, Email For Help will stop any ongoing check for inactivity and will exit. You can then run the update installer to update Email For Help, then restart the program and start the check going again.

The version check also happens every time you run Email For Help, with the exception of when Email For Help is started automatically when the computer is powered on.

The request for version information, and a request to download the update is the ONLY time your computer will contact my server, and none of your personal information is ever transmitted to my server in any form. Your copy of Email For Help will still continue to run even if it can't contact the update server.

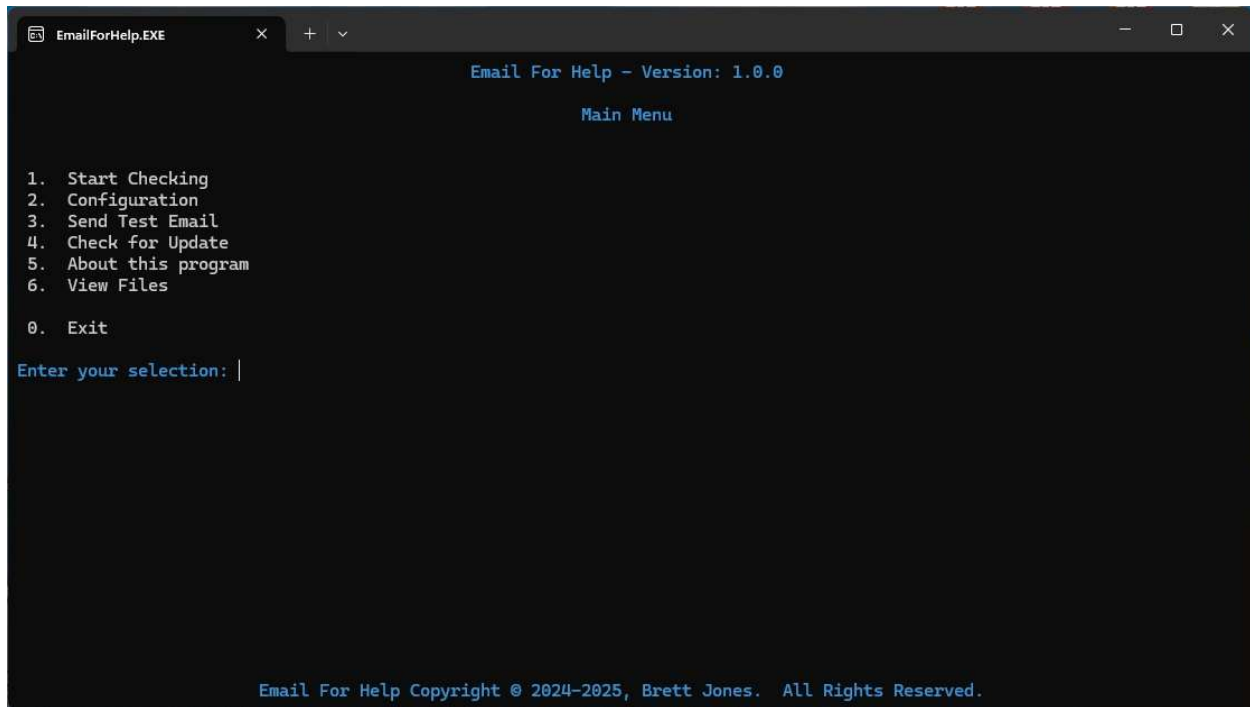
Version Check



```
EmailForHelp.EXE x + v - □ x
Email For Help - Version: 1.0.0
Version Check

This program is version: 1.0.0
The current version is: 1.0.0
You have the most recent version.
Press any key ...

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```

A screenshot of a Windows application window titled "EmailForHelp.EXE". The window content displays "Email For Help - Version: 1.0.0" and "Main Menu". Below this is a numbered list of options: 1. Start Checking, 2. Configuration, 3. Send Test Email, 4. Check for Update, 5. About this program, 6. View Files, and 0. Exit. A prompt "Enter your selection: |" is visible at the bottom left. At the bottom right, there is a copyright notice: "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved." The window has standard Windows window controls (minimize, maximize, close) in the top right corner.

5. About this program

This displays a screen giving a little information about the program. If you've read this far in the manual, you are already familiar with the information presented!

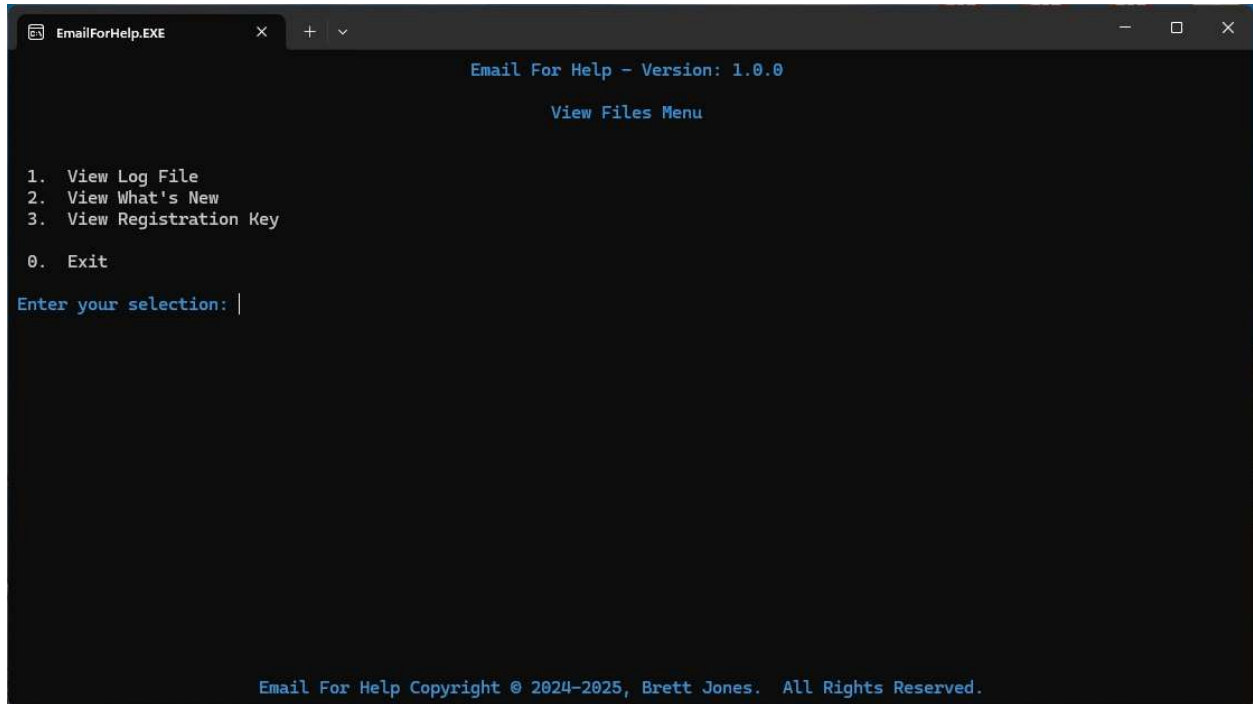
6. View Files

There are two files you can view. The Log File, which contains information about the steps and possible problems that Email For Help has encountered while running. Email For Help will reset this log file every time it reaches a certain size, so don't worry about it getting out of hand. If something goes wrong, I will need you to send me this log file in order to provide support.

The other file is the 'What's New' file that is updated with each new version. You can look at it to see if a change or a fix has been made.

You also have the option to view the registration key you entered when you purchased the program. You will need to send this to me for support as well, as I only support customers who have purchased a copy of the program. I'm not out to make a ton of money – but I'm not giving my time away either!

View Files Menu

A screenshot of a Windows application window titled "EmailForHelp.EXE". The window content displays "Email For Help - Version: 1.0.0" and "View Files Menu". Below this, a list of menu options is shown: "1. View Log File", "2. View What's New", "3. View Registration Key", and "0. Exit". A prompt "Enter your selection: |" is visible at the bottom of the list. At the very bottom of the window, a copyright notice reads "Email For Help Copyright © 2024-2025, Brett Jones. All Rights Reserved.".

```
EmailForHelp.EXE x + v - □ x
Email For Help - Version: 1.0.0
View Files Menu

1. View Log File
2. View What's New
3. View Registration Key
0. Exit

Enter your selection: |

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```

0. Exit

Again, option zero will return you to the main menu.

Thank you for your purchase! I hope you find this program useful, and hope you never have to have it send an ... Email For Help.