

1. Important information

To log into the portal, use the following credentials:

User ID: _____ Password: _____

If needed, you can contact the following person:

Name: _____ Tel: _____

2. How it works

- The questions are related to a moment of the day. It is important to respond based on that moment.
Example: We ask for your weigh at 8h00 AM « Before breakfast ». You should execute this activity before breakfast even if it is 9h00 AM.
- It is a good practice to memorize or write down your results. This way you will become more self-aware of your health condition which will help you to better manage your health even after the program's completion.
- The Web portal will not alert you when it is time to do your activities. Make a habit of looking at your follow-up plan (Protocol) to find out what activities are planned for you.

If you leave for a few days, tell the Telehomecare nurse. There are several options.

3. Main menu

When all activities are up to date, a window will indicate when you should do the next one. When you're waiting for the next activity, you can use the following options:

1. « Messages »

Send and receive messages from the Telehomecare team.

2. « Shared Files »

Your personal documentation.

3. « Health Library »

Specific teaching material based on your health condition and your knowledge level.

4. « Protocol Review »

See all your planned activities.

The screenshot shows the WAVE patient portal interface. The left sidebar menu is highlighted with a red box, showing options: Messages, Shared Files, Health Library, Protocol Review, Do my Activities, My results, and Trends. The main content area displays 'Protocols History' with a table of activity entries, including 'PT initiated - Self-assessment of the baseline pulmonary and baseline general' and 'PC lunch - Self-assessment of the baseline pulmonary and baseline general'. The interface includes a top navigation bar with 'Welcome Bob WAVE', 'Français', and 'Logout' buttons, and a Bell logo.

5. « Do my Activities »

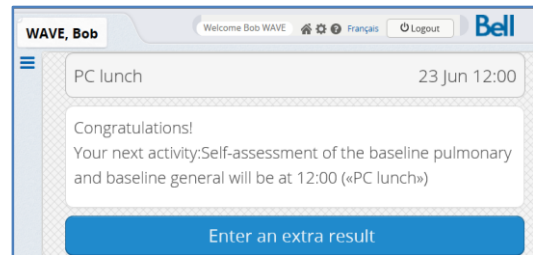
When all activities are up to date, a window will indicate when you should do the next one. You can also use the button « Enter an extra results » to initiate additional activities.

6. « My results »

See all your results in a table.

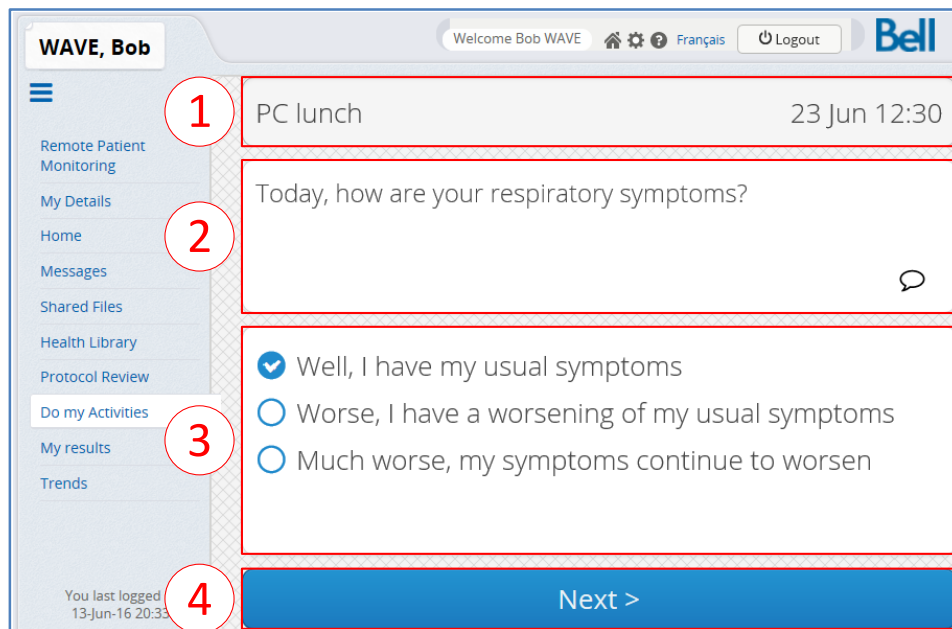
7. « Trends »

See all your results in a graph.



4. How to execute your activities


Take time to read; the instructions should be clear. The screen is divided into the four following sections:



1. The « **Moment** » section indicates when the activity should be performed.

2. The « **Question** » section indicates the activity to do.

The  icon allows you to add a comment.

The  icon can give you additional information.

3. The « **Response** » section to indicate your results.

Select an answer from a list of choices. Sometimes there are information capsules. In those cases, you do not need to give an answer.

4. The « **Action button** » section allows you to go to the next step.

In almost all situations, select the « Next » button to move to the next step of the activity.