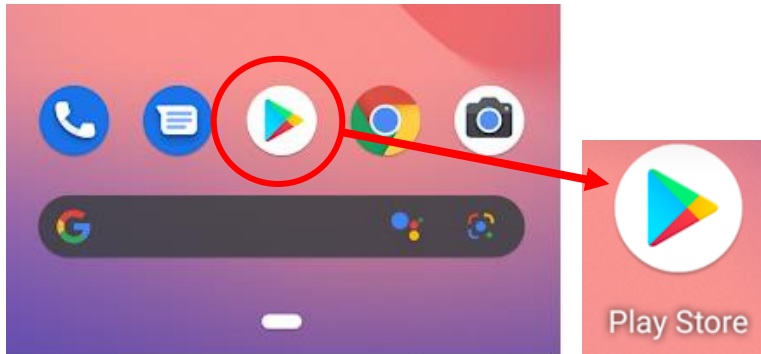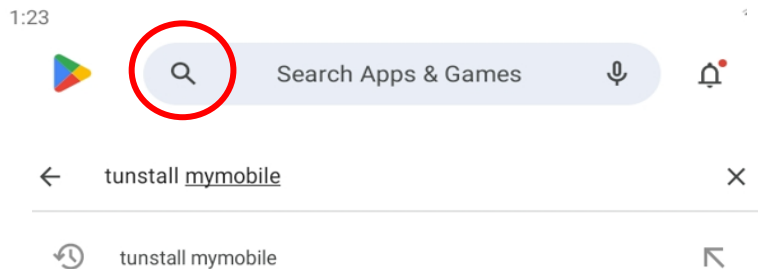# myMobile User Guide
Android Application Version

Download and Open the myMobile App
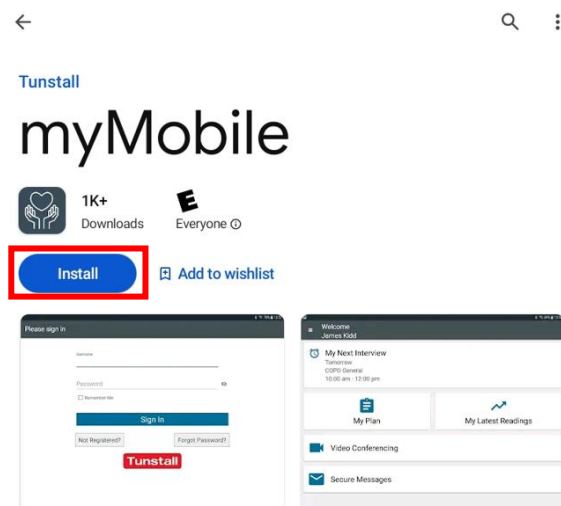
1. Open the Play Store

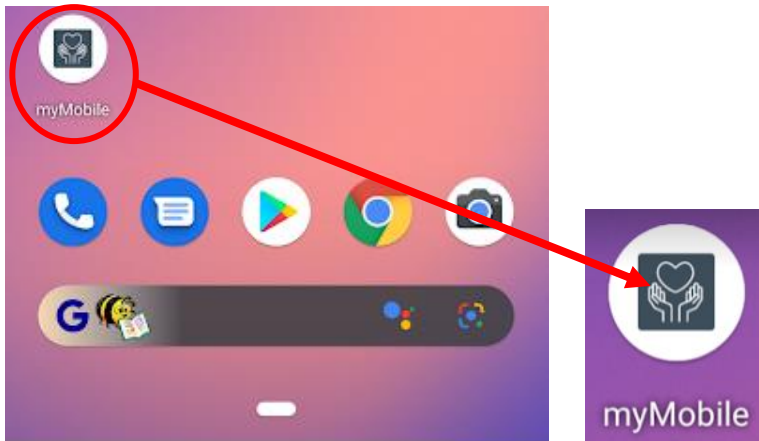2. In the search bar, type **Tunstall myMobile**

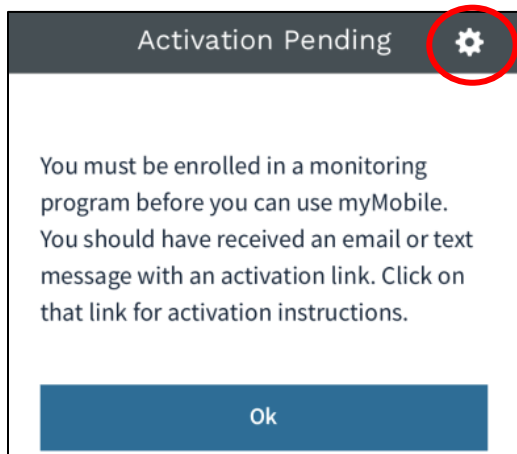3. Download the myMobile app (it's free!)

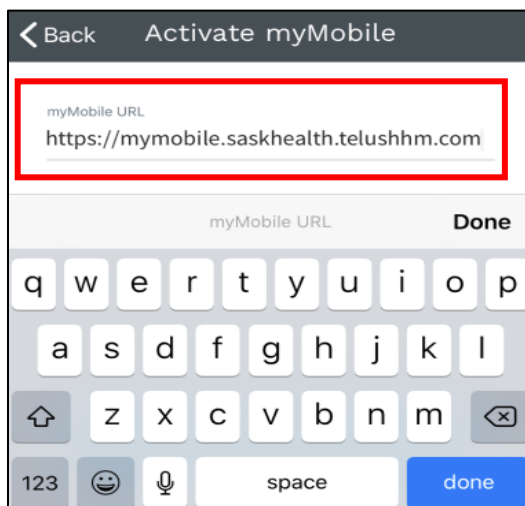- *You may need to sign into your google account before downloading.*

4. Open the myMobile app

5. Click on the **gear icon** in the top right corner

6. Type **https://mymobile.saskhealth.telushhm.com** in the URL bar, then click Done.
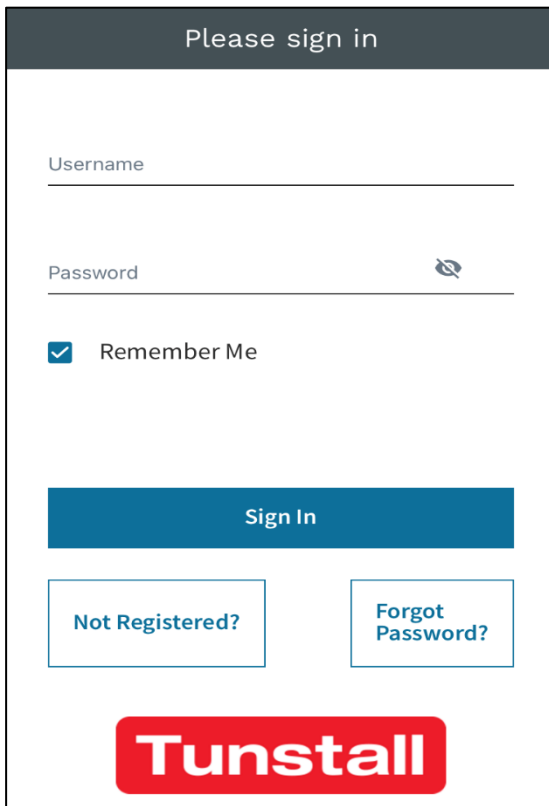
Saskatchewan Health Authority

7. The app should say it is activated, then click OK.
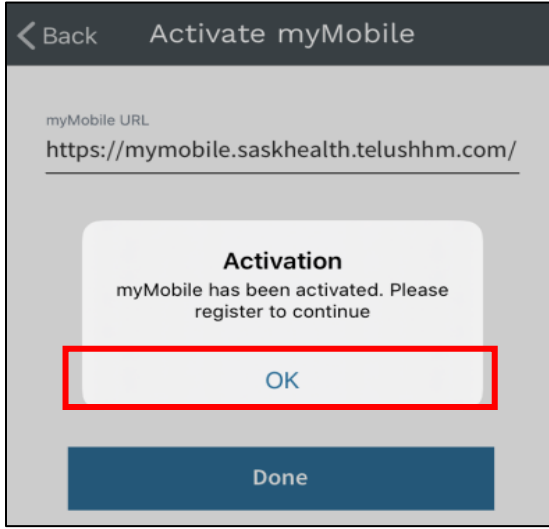
8. Sign into your myMobile account

- *Not registered yet? Click **Not Registered** and use your unique PIN to create one.*
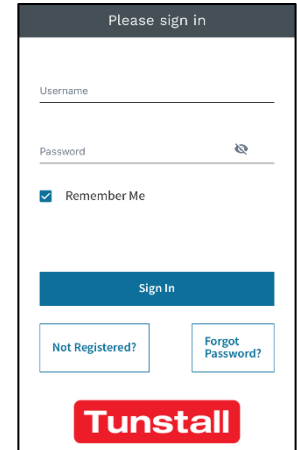
Signing In

1. Enter your Username and Password.
   - *Click the 'Remember Me' box, and it will save your username and password for easy login.*
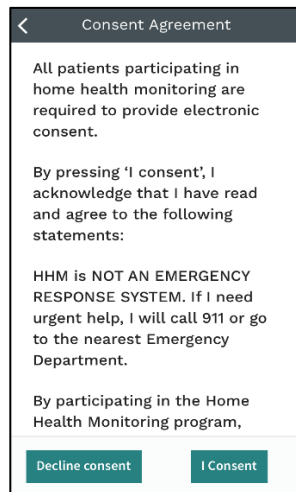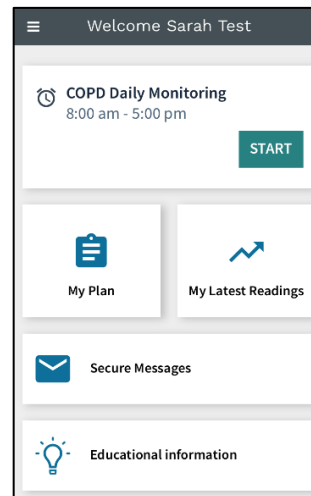
2. Click '**Sign In**'.

***If you forget your username and/or password**, please call the TELUS HHM Support Line (1-855-252-2512).*

myMobile Home Page

After logging in, the consent agreement will show. You must give consent to access the home page.
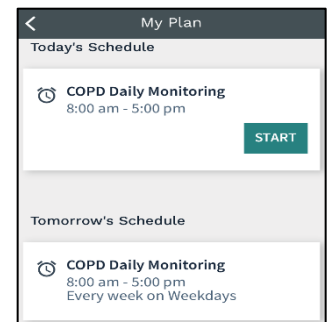
Interviews

The '**Start**' button at the top of the screen opens a scheduled interview.
   - If there is no '**Start**' button, then no interview is due. Instead, you will see when your next interview will open.

My Plan

My plan will show you the scheduled interviews for today and tomorrow.

   - If you need to do an interview outside of the normal schedule, click the interview under the **'Unscheduled Interviews'** heading.

My Latest Readings

This section shows you the last set of readings you sent to your monitoring team.

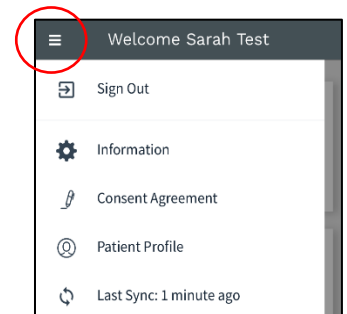- The history of each reading can be viewed in graphs by **clicking on the reading.**
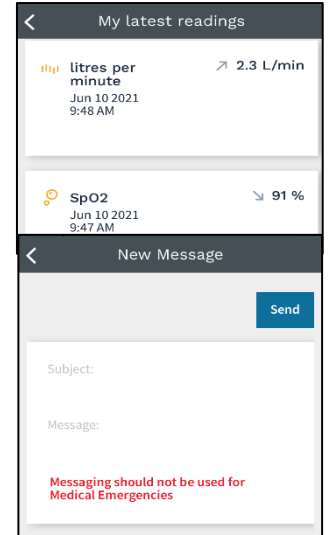
Secure Messaging

You can send and receive secure messages to and from your monitoring team.

- Messaging is **not** for Medical Emergencies.
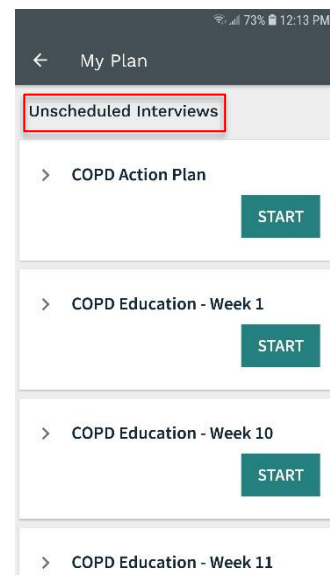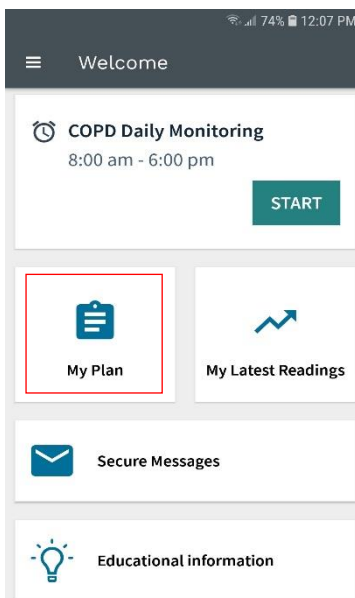
Home Menu

Click the **home menu button** in the top left corner. Here you will find the sign out button, the consent agreement, and your patient profile.
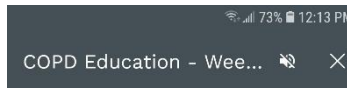
Accessing Education Material using App version

Click on My Plan

Scroll down to "Unscheduled Interviews"
Click **start** on the Education module you wish to view

![Saskatchewan Health Authority logo]

Press "Continue"
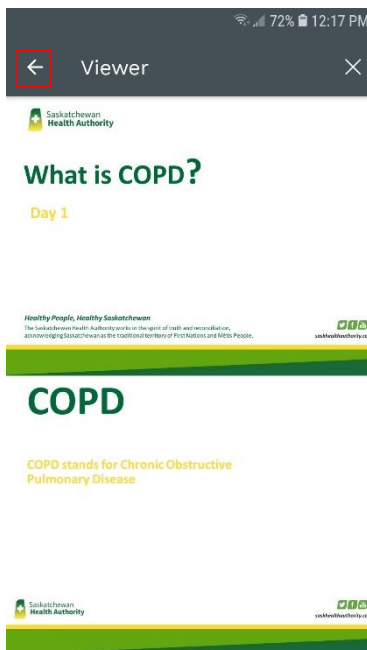
Education module will open, choose presentation

Self-management includes the day to day tasks needed for someone to live well with one or more chronic conditions.
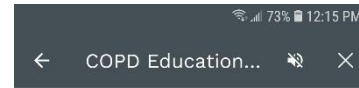
These daily modules aim to support your COPD self-management journey by giving you the tools and education you need to improve your health and well-being.
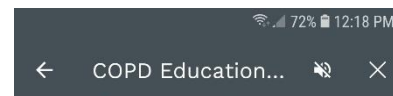
Explore this week's self-management topic by clicking the links below.

You can review the information as many times as you want.

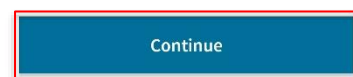When you are done, click the continue button.

- What is COPD - 1
- What is COPD - 2
- What is COPD - 3

Education presentation will open in your browser
Once you have completed viewing the presentation
Press the **back arrow at the top**.
You will then be taken back to the previous menu
to choose another presentation if you desire.

Once you are done viewing education material, press "Continue".

What is COPD?
Day 1

COPD

COPD stands for Chronic Obstructive Pulmonary Disease

- What is COPD - 1
- What is COPD - 2
- What is COPD - 3
- What is COPD - 4

Continue

This screen will now appear, press "Continue again and you will be taken back to the home screen.

Need Tech Help?
TELUS HHM Support Line
Phone: 1-855-252-2512
Email: saskhhm@telus.com