

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

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	۹)	Search Apps & Games	Ŷ	Ů,
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- 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.

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myMobile URL https://mymobile.saskhealth.telushhm.com				
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7. The app should say it is activated, then click OK.

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myM http	obile URL ps://mymobile.saskhealth.telushhm.com/
	Activation myMobile has been activated. Please register to continue
	ОК
	Done

- 8. Sign into your myMobile account
 - Not registered yet? Click **Not Registered** and use your unique PIN to create one.

Please sign	in			
Username				
Password	Ø			
🗹 Remember Me				
Sign In				
Not Registered?	Forgot Password?			
Tunstall				



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).

Please si	gn in			
Username				
Password	24			
Remember Me				
Sign II	n			
Not Registered?	Forgot Password?			
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myMobile Home Page

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

Consent Agreement	≡	Welcome S
ients participating in nealth monitoring are rd to provide electronic	Ċ	COPD Daily Mo 8:00 am - 5:00 p
essing 'I consent', I wledge that I have read	_	
gree to the following nents:		Ê
I EMERGENCY ITEM. If I need vill call 911 or go	-	My Plan
n the Home		Secure Messa
ing program,	-7	

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 <u>not</u> 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.



Click on My Plan



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









Press "Continue"

Self-management includes the day to day tasks needed for someone to live well with one or more chronic conditions. These daily modules aim	
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.	
Continue	

Education module will open, choose presentation

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.Q.	What is CO	PD - 2	
٠ġ	What is CO	PD - 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".

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Saskatchewan Health Authority	
What is COPD?	
Day 1	
Healthy People, Healthy Saskatchewan The Saskathewan Itaulti-Sutharity works in the gaint all truth and reconcilent astrownedging Saskatchewanas the traditional territory of Piso Nations and Mi	or, DOOD Els Fessie, sudteathusteriyae
COPD	
COPD stands for Chronic Obstructiv Pulmonary Disease	e
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This screen will now appear, press "Continue again and you will be taken back to the home screen.

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You have finished the "What is COPD" module. If you have any questions, please let your COPD clinician know.

Press continue.

Continue

Need Tech Help?

TELUS HHM Support Line

Phone: 1-855-252-2512

Email: saskhhm@telus.com