

myMobile User Guide

Web Version

Register your myMobile Account

Go to the **myMobile website**: <https://mymobile.saskhealth.telushhm.com/myMobile.html>

Then click on “**Not Registered?**”



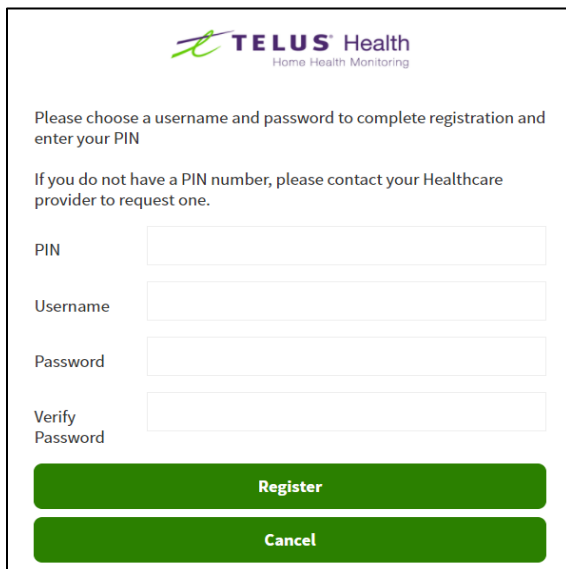
Use the **PIN number from the TELUS welcome email**, or phone the TELUS HHM Support Line to get your PIN.

Create a unique username and password.

Your **username** must be at least 5 characters long.

Your **password** must be least 8 characters long and have at least 3 of the following:

- Upper case letters: A-Z (English)
- Lower case letters: a-z (English)
- Digits: 0-9
- Special characters: `~!@#\$%^&*()_+ -= { } | \ : " ; ' < > ? , . /] [



Need Help?

TELUS HHM Support Line

Phone: 1-855-252-2512

Email: saskhbm@telus.com

Signing In

Go to the myMobile website: <https://mymobile.saskhealth.telushhm.com/myMobile.html>

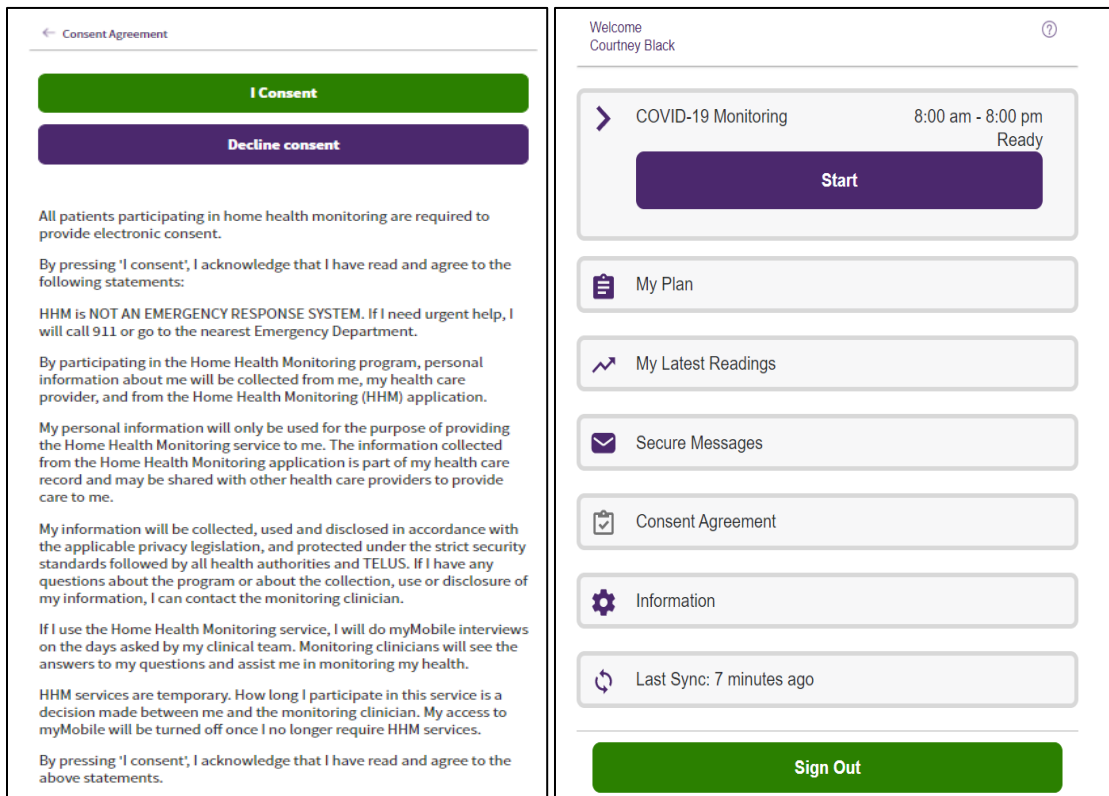
Enter your Username and Password and then press sign in.



If you forgot your username and/or password, please call the TELUS HHM Support Line to get a new PIN number (1-855-252-2512).

myMobile Home Page

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



Interviews

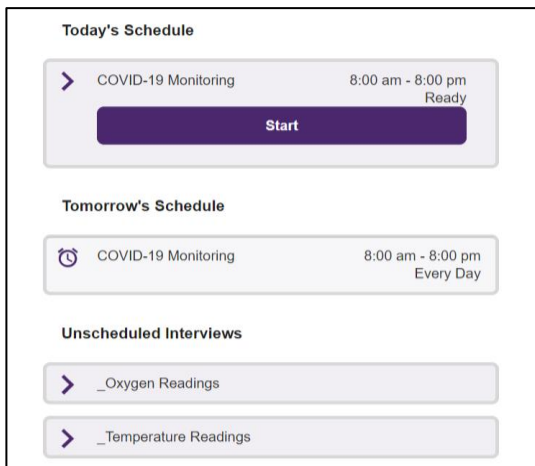
The **'Start'** button at the top of the screen begins an interview if one is scheduled.

If the **'Start'** button does not show up, no interview is due. Instead, you will see when your next interview needs to be completed.

My Plan

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

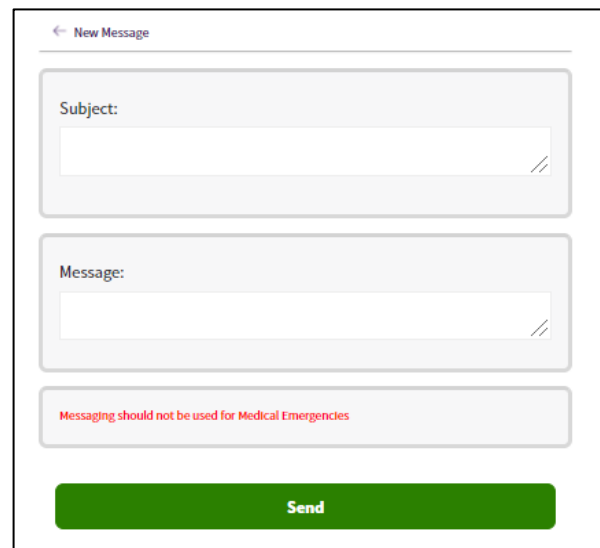
- If you need to start an interview outside of the normal schedule, then click the interview under the **'Unscheduled Interviews'** section.



Secure Messaging

You can send a secure message to your monitoring team.

- Messaging **is not** be used for Medical Emergencies.

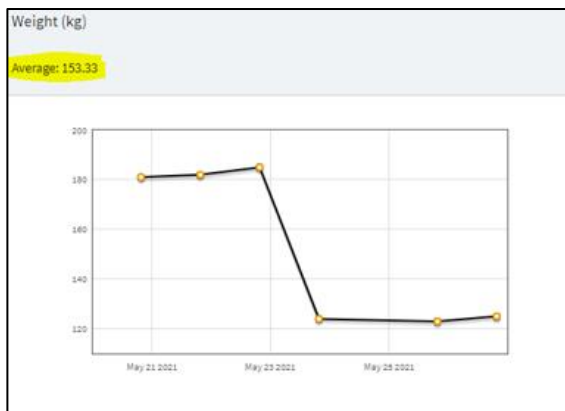


The screenshot shows a 'New Message' form with the following elements:

- A 'Subject:' text input field.
- A 'Message:' text input field.
- A red warning message: 'Messaging should not be used for Medical Emergencies'.
- A large green 'Send' button at the bottom.

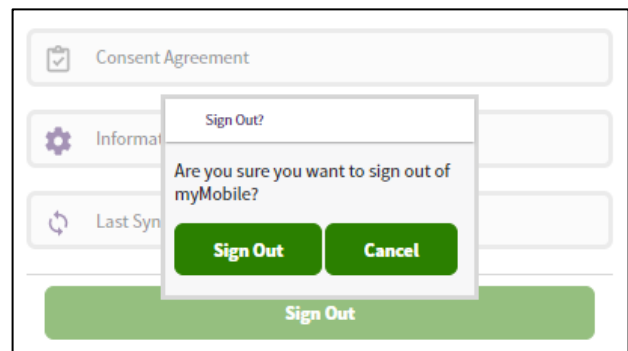
My Latest Readings

This section allows you to view the last set of readings sent to your monitoring Clinician.



Signing Out

When you have finished your daily interview, click on the "sign out" button at the bottom.

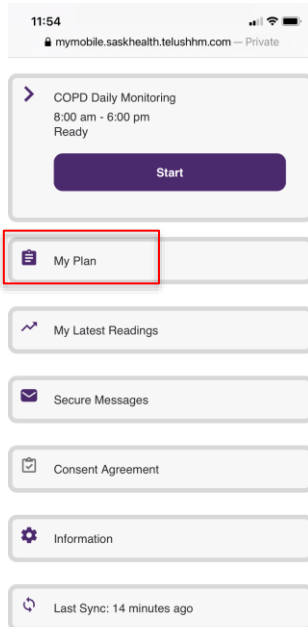


The screenshot shows a 'Sign Out?' dialog box with the text: 'Are you sure you want to sign out of myMobile?'. It features two buttons: 'Sign Out' (green) and 'Cancel' (green). Below the dialog, a large green 'Sign Out' button is visible on the main screen.

Accessing Education Material using Web version

Log in to mymobile using your username and password

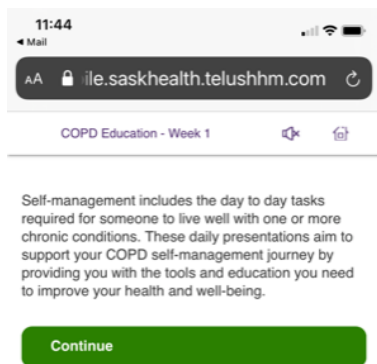
Click on My Plan



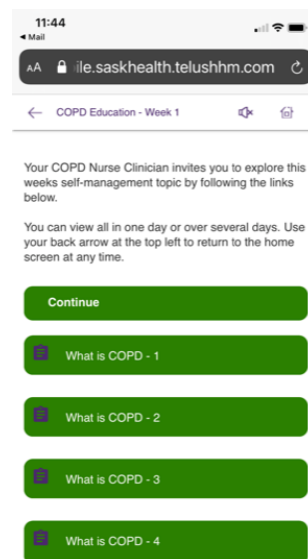
Scroll down to “Unscheduled Interviews”
Click on the Education module you wish to view



Press “Continue”

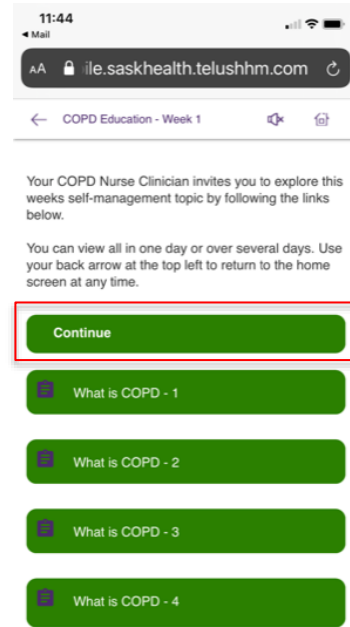
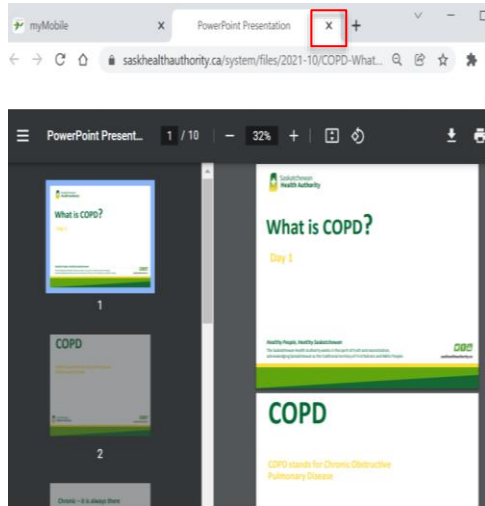


Education module will open, choose presentation



Education presentation will open in a new tab in your browser.
Once you have completed viewing the presentation, press the **X 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”



The below screen will now appear, press “Continue” again and you will be taken back to the home screen.

