
Your guide to getting started on the HT&Me website

Hello!

Welcome to the HT&Me website. This is a short guide to help you use the website, where you can find information on the following topics:

- How to open the HT&Me website
- How to log into the HT&Me website
- What to do if you forget your login details

The screenshots (pictures) in this guide are taken from someone using the HT&Me website on Google Chrome on a computer or laptop. The layout of the website may look slightly different to these screenshots if you are using a different device (e.g., iPad/tablet or mobile phone), or a different web-browser (e.g., Internet Explorer, Safari). However, the guidance and instructions should be similar.

If you have any trouble, please contact the research team (see details below).

How do I contact the research team for help?

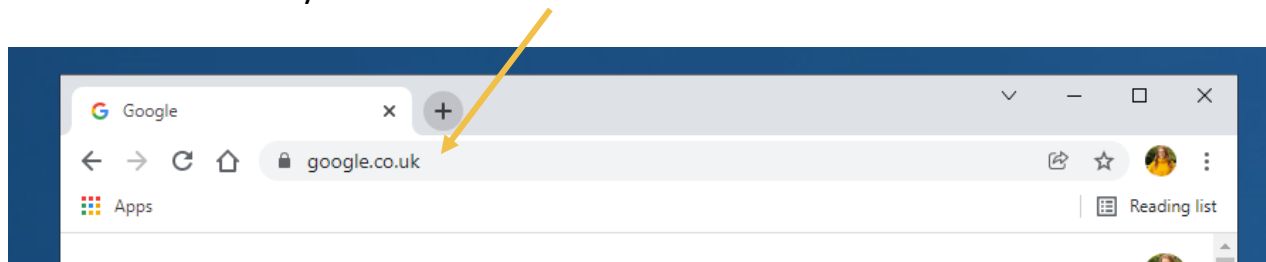
If you have any difficulty in logging into, or using, the HT&Me website, please contact the research team. You can email the team at htandme@brookes.ac.uk or you call or text the team on 07737 747393 or 07548 558660.



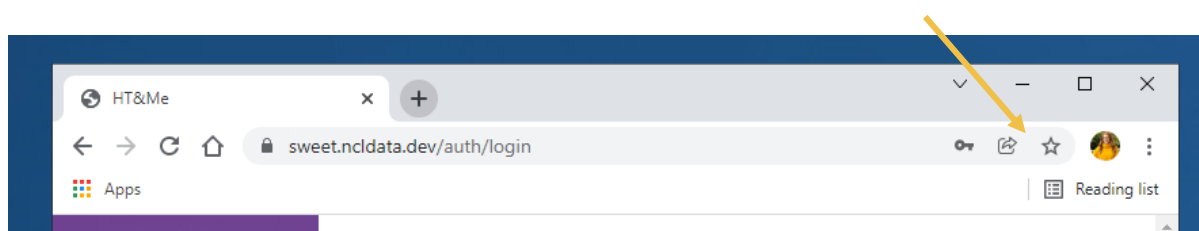
SWEET
SUPPORTING WOMEN WITH ADHERENCE TO ADJUVANT
ENDOCRINE THERAPY FOLLOWING BREAST CANCER

How do I open the HT&Me website?

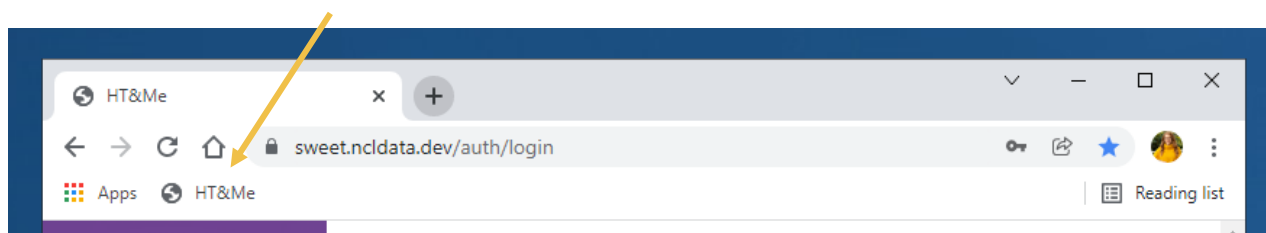
A member of the research team will email you a web link to the HT&Me website which will allow you to get started. You can either click on that link, which should open the HT&Me website for you, or you can type the web link address direct into your browser address bar.



You may want to add the HT&Me website as a 'favourite' on your device to make it easier to access on future occasions. You can do this by clicking on the star button, and then clicking 'Add Bookmark'.



This will make it appear in your 'bookmarks' bar. To access it again in the future, you can click on the HT&Me button which will take you straight to the HT&Me website.





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How do I log into the HT&Me website?

A member of the research team will have set you up with an account for the HT&Me website – this means you do not need to register for an account.

To log in, type the log in details provided to you by the research team into the boxes shown below. Then click the purple 'Login' button.

The image shows the HT & Me website interface. On the left is a purple vertical banner with the text 'Login' and 'Use this page to login to HT&Me or register for access.' To the right, under the 'HT & Me' heading, are two white boxes. The 'Log in' box contains fields for 'Email Address' (with 'Email' as a placeholder) and 'Password', both with yellow arrows pointing to them. Below these is a purple 'Login' button circled in yellow, and a link: 'Forgotten your password? [Click here to reset.](#)'. The 'Register' box contains fields for 'Registration Code' (with 'provided by the HT&Me team' as a placeholder), 'First Name', 'Last Name', 'Email Address' (with 'Email' as a placeholder), and 'Mobile Phone Number' (with 'Mobile Phone' as a placeholder).

What do I do if I forget my login details?

In the event you forget your password to access the HT&Me website, you can reset this by clicking on the link below and following the instructions.

This is a close-up of the bottom part of the login form. It shows a 'Password' field with 'Password' as a placeholder. Below it is a purple 'Login' button. Under the button is the text 'Forgotten your password?' followed by a blue link: '[Click here to reset.](#)'. A yellow arrow points from the top right towards the link, and the link itself is circled in yellow.

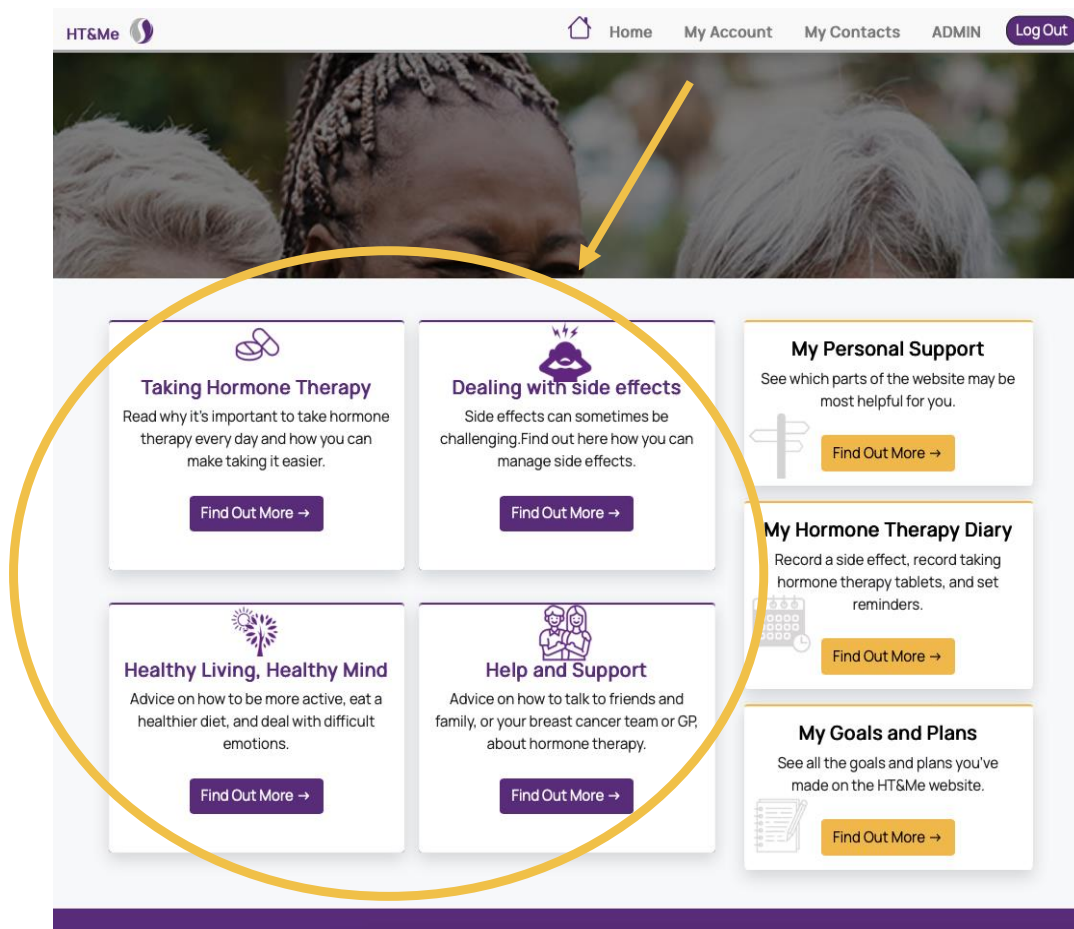
Your guide to using the HT&Me website

This is a short guide to help you to use the website where you can find information on the following topics:

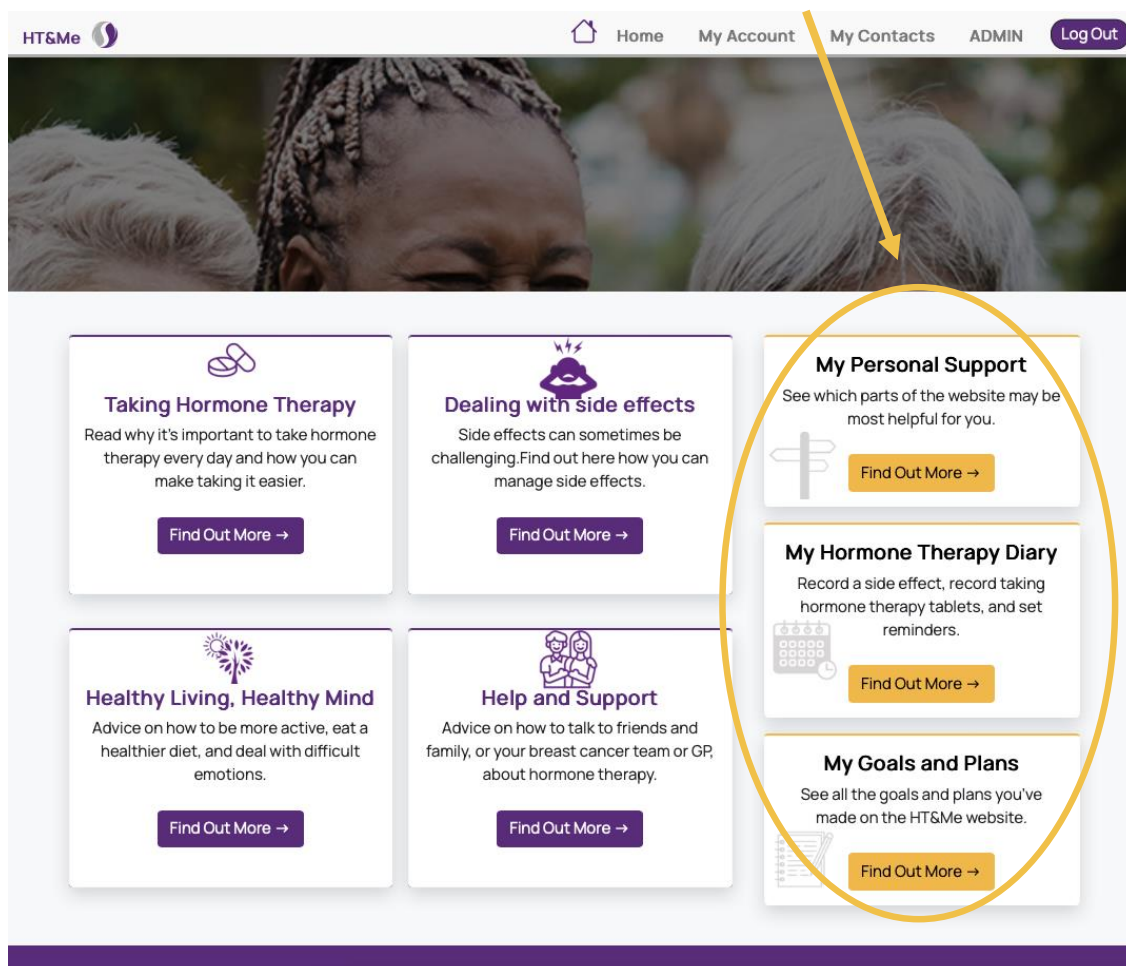
- What to do first in the HT&Me website
- Your guide to using the HT&Me website
- How to get back to the HT&Me website after clicking an external weblink

The HT&Me website has been designed to provide you with information, advice and support with taking your hormone therapy (e.g., Tamoxifen, Arimidex, Letrozole, Exemestane).

The HT&Me website is divided into different sections. There are four information and support sections which include hints and tips, videos and experiences from other women with breast cancer.



There are also three interactive sections which you can use to log your own experiences and challenges with taking your hormone therapy. This can help you to get the most out of the HT&Me website, by tailoring it to your needs.



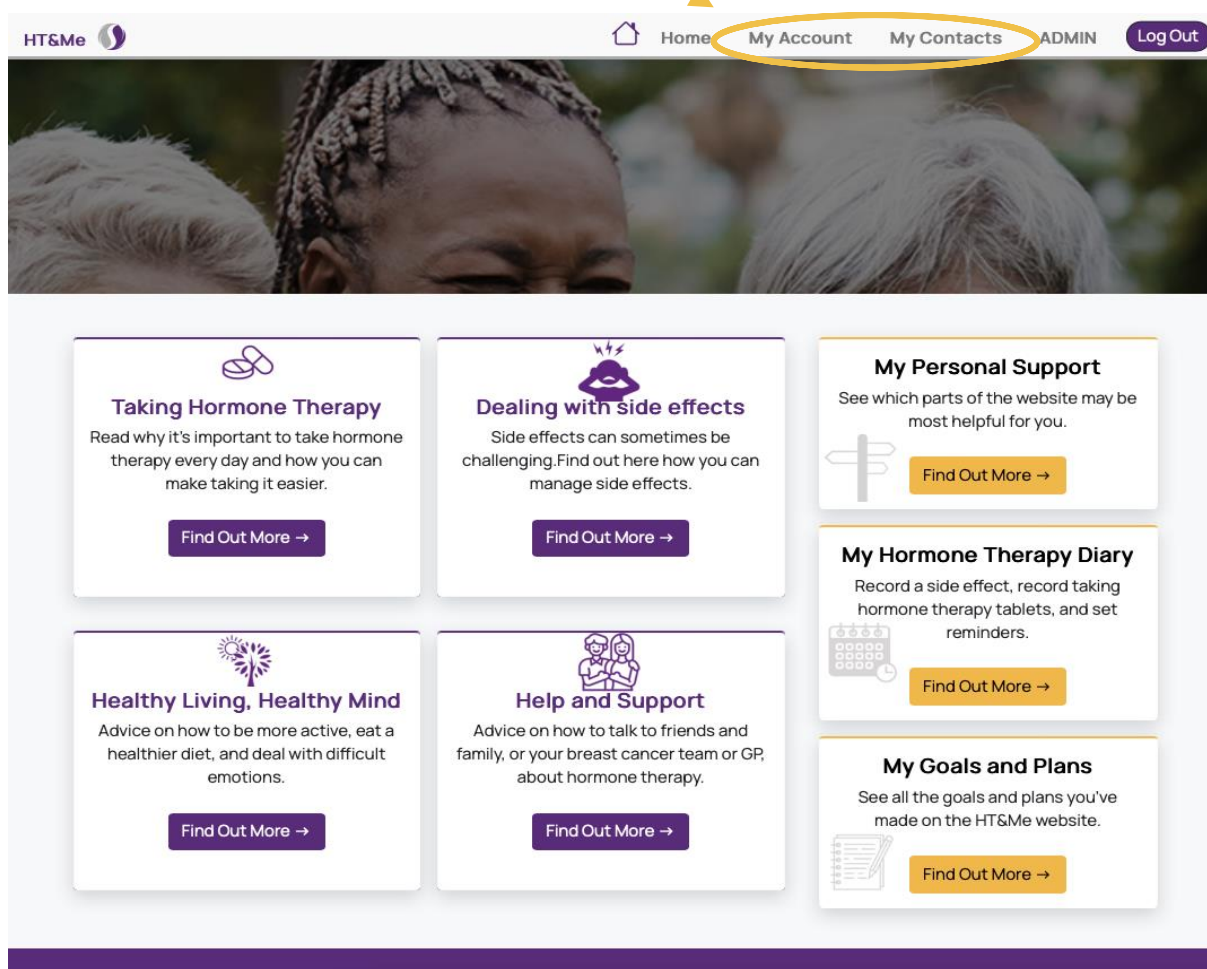
The screenshot shows the HT&Me website interface. At the top, there is a navigation bar with the HT&Me logo, a home icon, and links for Home, My Account, My Contacts, ADMIN, and a Log Out button. Below the navigation bar is a large banner image featuring three women's faces. A yellow arrow points from the top right towards the highlighted sections. A yellow circle highlights three interactive sections on the right side of the page:

- My Personal Support**: See which parts of the website may be most helpful for you. Includes a 'Find Out More →' button.
- My Hormone Therapy Diary**: Record a side effect, record taking hormone therapy tablets, and set reminders. Includes a 'Find Out More →' button.
- My Goals and Plans**: See all the goals and plans you've made on the HT&Me website. Includes a 'Find Out More →' button.

On the left side of the page, there are four other sections, each with a 'Find Out More →' button:

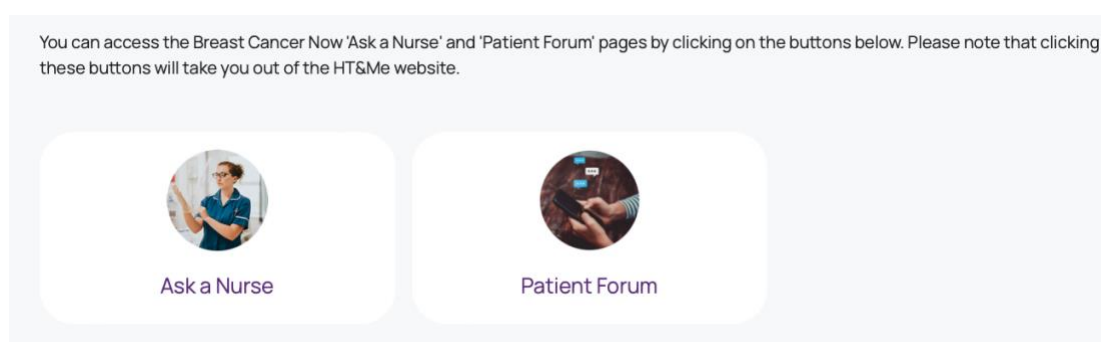
- Taking Hormone Therapy**: Read why it's important to take hormone therapy every day and how you can make taking it easier.
- Dealing with side effects**: Side effects can sometimes be challenging. Find out here how you can manage side effects.
- Healthy Living, Healthy Mind**: Advice on how to be more active, eat a healthier diet, and deal with difficult emotions.
- Help and Support**: Advice on how to talk to friends and family, or your breast cancer team or GP, about hormone therapy.

To change your password, and update your log in details, click **'My Account'**. To add contact details for your breast care team and anyone else involved in your care click **'My Contacts'**.

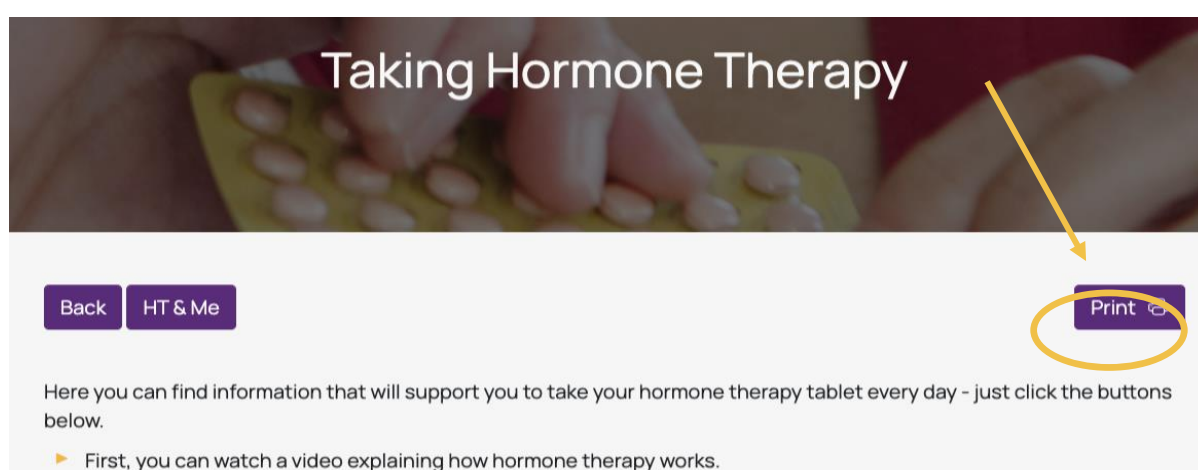


You can also access the Breast Cancer Now **'Ask a Nurse'** service and their **'Patient Forum'** from buttons on the **Managing side-effects** homepage and **Help and Support** homepage. Clicking these links will take you outside of the HT&Me website. For help on how to get back to the HT&Me website after clicking on an external link – see the last section in this 'How to Guide' – How do I get back to the HT&Me website after clicking an external weblink?

They look like this:



Each section of the HT&Me website is also available for you to download. This means that you can save these documents to your files to keep or print them out if you would prefer to have paper copies of the information on this website. You can do this by clicking on the print button.



If you are having difficulties, you may need to ask a friend or a relative for help with printing from your device.

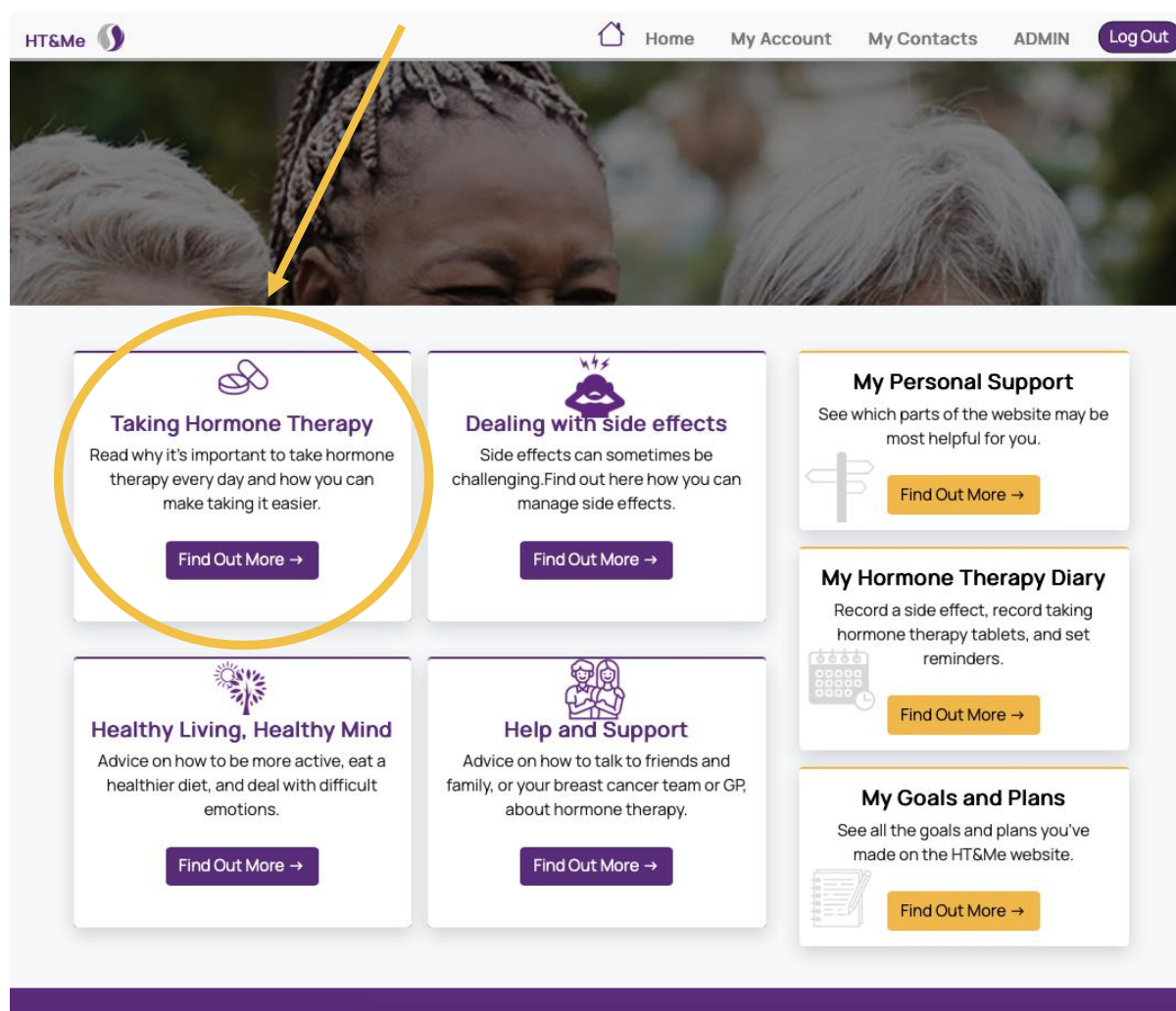


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What should I do first in the HT&Me website?

The HT&Me website has been designed for you to use throughout your hormone therapy journey.

If you have recently started with hormone therapy, you may find it helpful to have a look at the **'Taking Hormone Therapy'** section first. Here you can watch an animation about hormone therapy and find out more about how it works and why it is important to take it, or keep taking it, as recommended. You can also make a plan to help you take hormone therapy every day.



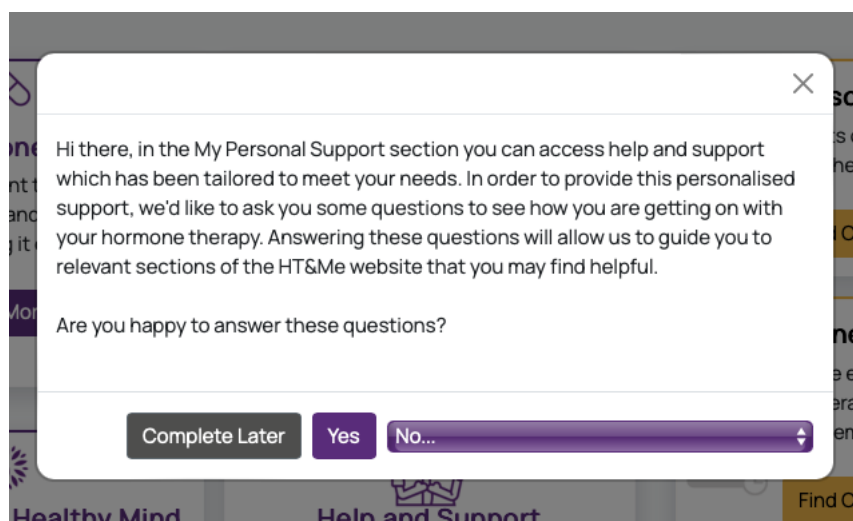
Instead of going through all the information and support sections at once (**Dealing with side effects, Healthy Living Healthy Minds, Help and Support**), you may find it more helpful to dip in and out. For example, you may

want to come back if you experience a new side effect, if you want to refresh your memory or to share the information with friends and family.

You can visit the **‘My Hormone Therapy Diary’** any time you wish to record a side-effect, record taking your hormone therapy and set a reminder.

You may be prompted to complete some questions as part of **‘My Personal Support’**. This will help the website to guide you to content which is most relevant for you.

This prompt will appear as a pop-up like this:

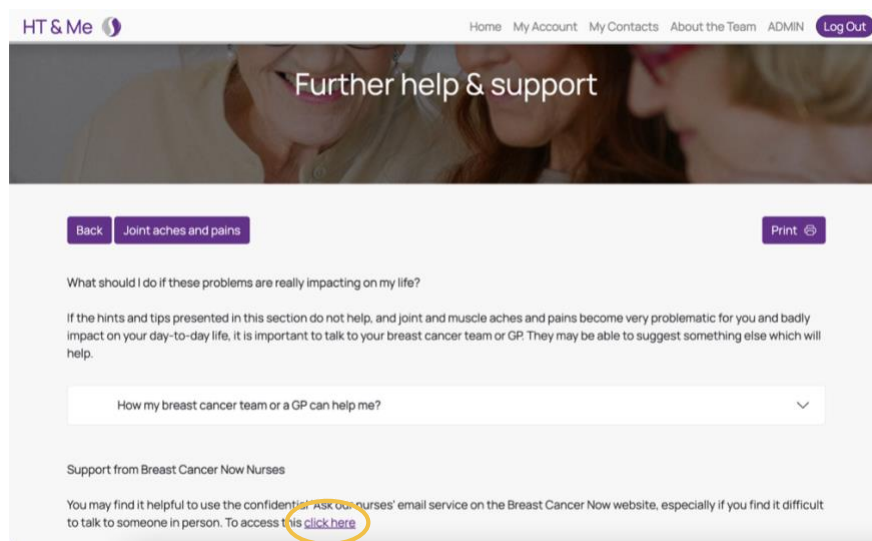


As you use the HT&Me website, your experiences and thoughts about taking hormone therapy may change. You may find it helpful to come back to **‘My Personal Support’** again in the future so that the HT&Me website can help you find information and support specifically for you and your needs.

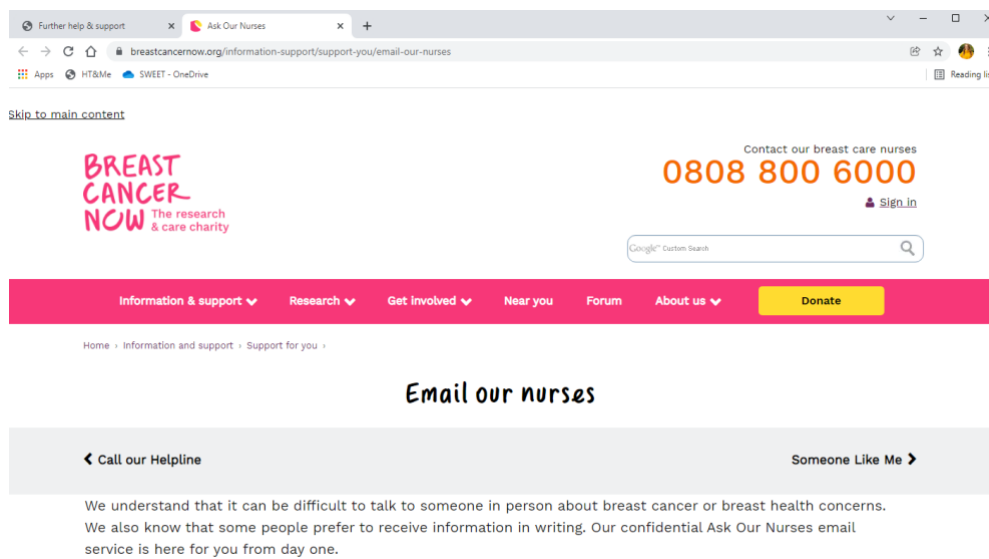
To complete these questions again, or to see your previous responses, you can click on **‘My Personal Support’** from the HT&Me homepage

How do I get back to the HT&Me website after clicking an external weblink?

Some links within the HT&Me website will take you to another website (such as Breast Cancer Now) when you click on them. If you have difficulty finding your way back to the HT&Me website afterwards, the following instructions may help. The links that take you outside of the HT&Me website are purple and look like this:

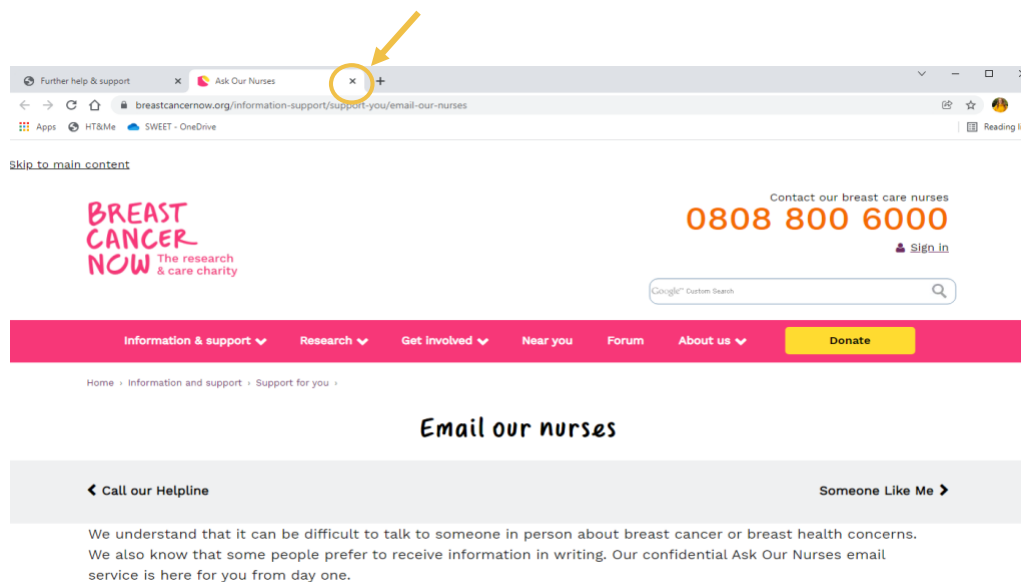


Clicking on this link will take you to Breast Cancer Now's 'Ask our nurses' feature. This will open this website up in a new tab, and will look like this:



You can get back to the HT&Me website in two different ways:

- 1) If you have finished looking at this website and no longer need it open, click the 'x' button for the Breast Cancer Now tab. This will close the Breast Cancer Now tab and will take you back to the HT&Me website.



- 2) If you wish to keep this website open to finish reading later, you can return to the HT&Me website without closing the website by clicking on the HT&Me tab. You can then switch between these tabs whenever you like by clicking on the tab for the website you wish to view. Make sure that you don't click on the 'x' for each of these tabs (as described above) because this will close the tab. If you do find you close the HT&Me tab by accident, you can log in again by following the link to the website.

