

CARDIOPREVENT PROGRAM

VIRTUAL PLATFORM

EMPOWERING PATIENTS TO PROACTIVELY MANAGE THEIR HEART HEALTH



How It Works



1. Inform us that you want to participate
2. Send the one time fee of \$75 to coordinator@imcare.ca
3. Your coach at IMCare will send you an invitation request by email.

Features

You will be eligible to access the virtual platform and the following features:

- 6 month virtual rehab & wellness program
- Educational Materials
- Personal Fitness Trackers
- Goals as set by your care team
- Virtual Visits
- Monitoring your medical results
- Personalized education

Contact

To find out more or to register:



www.imcare.ca



coordinator@imcare.ca

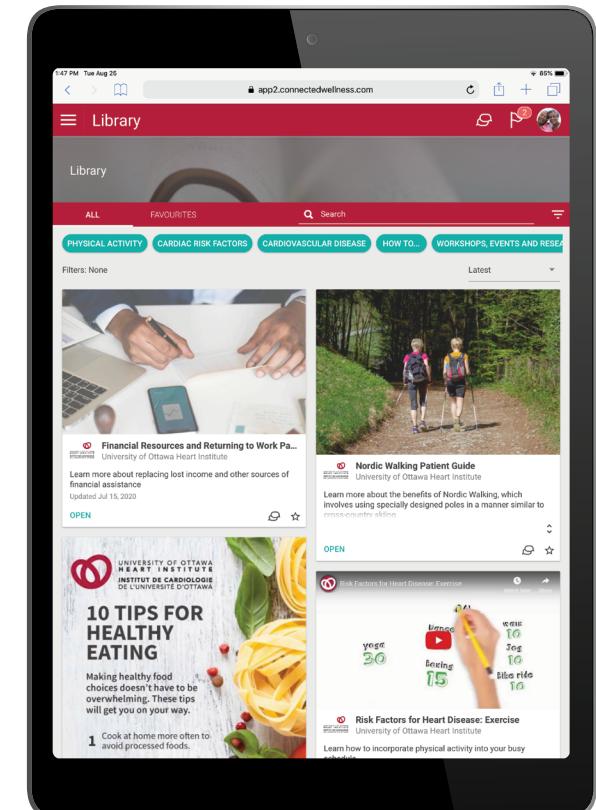
At a Glance

With hectic schedules and life's constant demands, individuals need fast and convenient services, reliable and trusted health information and care in near-real time.

PACE180

IMCare has partnered with the University of Ottawa Heart Institute to help you learn about, track, and manage your own heart health through an easy-to-use online tool called the CardioPrevent Program Virtual Platform.

Ever at your fingertips, this virtual platform can help you improve your heart health and well-being from the comfort of home.



PROGRAM FEATURES

- 1 **PROFILE** allows participants to personalize their account and add their goal.
- 2 **CONVERSATION** allows participants to communicate with their circle of care.
- 3 **ALERTS AND NOTIFICATIONS** allows participants to receive reminders that can help in establishing habits.
- 4 **HEALTH SUMMARY** provides an accurate and consolidated view of a participant's health history and current health status.
- 5 **CARE PLANS** allows participants to build a plan and fill in necessary information to establish personalized care.
- 6 **TRACKERS** allows participants to manage their risk through goal setting and regular monitoring of their risk factors and health behaviours.
- 7 **HEALTH LIBRARY** houses up-to-date resources to help participants learn more about heart health.
- 8 **SCHEDULE** helps participants track and manage all their health appointments from a single location.
- 9 **CIRCLE OF CARE** allows participants to invite those in their circle to view their health information and progress.
- 10 **FORUMS** encourages information exchange among peers with similar health priorities.

The screenshot displays the CARDIOPREVENT dashboard with various features highlighted by numbered circles:

- 1** Profile: Shows a circular profile picture of a smiling couple and the user's name, John Smith (Johnny), Male, 73 yr.
- 2** Conversation: Indicated by a speech bubble icon with the number 2.
- 3** Circle of Care: Indicated by a circular icon with the number 3.
- 4** Health Summary: Shows the user has 6,194 points and wants to exercise for 30 minutes five times each week and eat at least seven fruits and vegetables every day.
- 5** Care Plans: Shows a section for 'To Do Today' with tasks like Nutrition (Due Aug 12, 2020), Smoking (Due Aug 13, 2020), Physical Activity (Due Aug 14, 2020), and Stress, Anxiety and Depression (Due Aug 15, 2020).
- 6** Trackers: Shows Aerobic Exercise (58 minutes of physical activity (1h ago)), Blood Pressure (SYS 120, DIA 80), Steps (0 steps today), and Weight (42 kg).
- 7** Health Library: Shows a section titled 'Financial Resources and Return...' from the University of Ottawa Heart Institute.
- 8** Schedule: Shows a section for 'To Do Today' with tasks like Nutrition (Due Aug 12, 2020), Smoking (Due Aug 13, 2020), Physical Activity (Due Aug 14, 2020), and Stress, Anxiety and Depression (Due Aug 15, 2020).
- 9** Conversations: Indicated by a speech bubble icon with the number 2.
- 10** Forums: Indicated by a circular icon with the number 3.