Cardiac Rehab Cardiologica Progressive Web App/ Online Exercise Tracking Tool

Thank you for trialing this new technology with us!

During this initial phase, the app will reside on the web. From the weblink provided to you by your therapist, the web app can be saved on your mobile device home screen or computer desktop to mimic the experience of using a traditional app.

You can enter your exercise right after you complete it on your mobile device! The app communicates securely with your exercise therapist. The information you enter will be integrated into your patient profile and will be viewable by your therapist. This eliminates the need for you to complete weekly exercise diaries.

Currently, the web app does not have the capability to communicate with other applications on your phone to automatically track your activity. We are working on adding this feature in the future and will let you know once this becomes available.

Loading the App:

You will receive an email which contains the weblink to access the app. A second email will contain your unique code, needed to sign into the app.

To explore the app and learn how to navigate its features, please click the following link, which mimics how the app will function:
https://cardiologica.org/7/?i=cr&section=ptn&sub=2&guide=cer

Thank you again for agreeing to be a part of this unique opportunity. We appreciate and encourage any feedback regarding your experience utilizing the app. Please pass along your feedback to your exercise therapist.
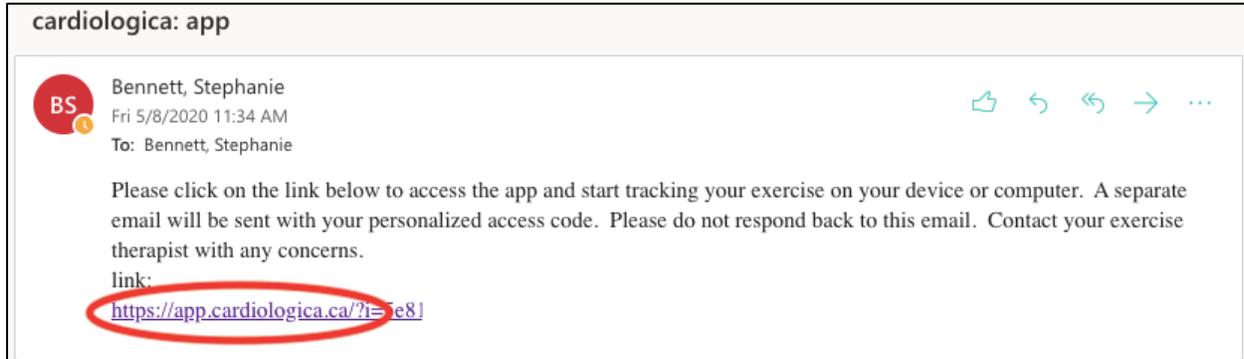
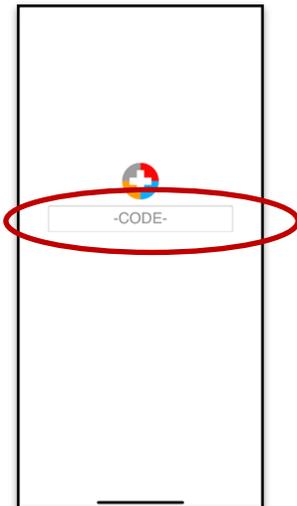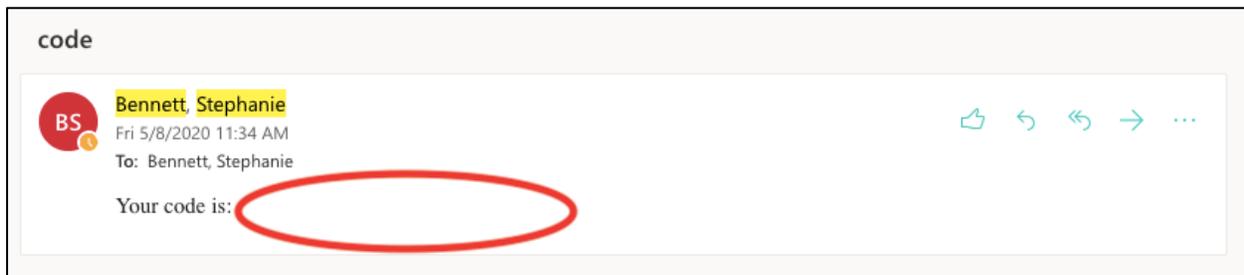Table of Contents

Instructions adding weblink to IPhone

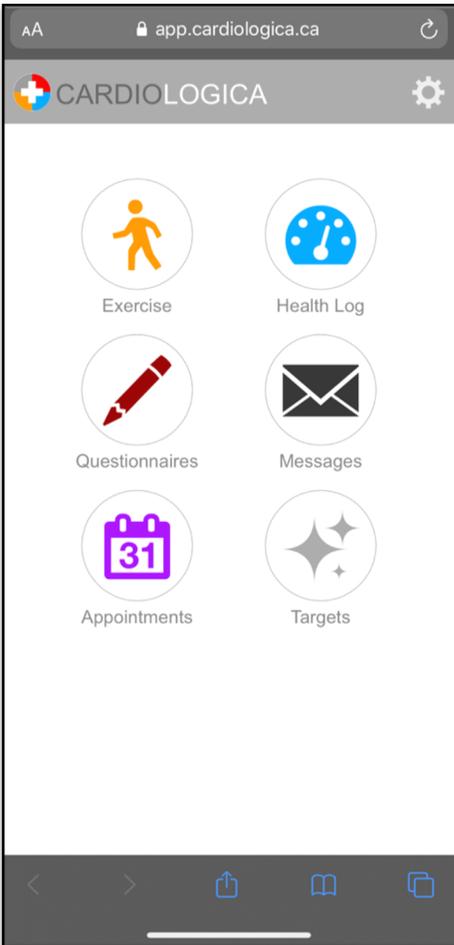1. Press on link from exercise therapist email.

2. Copy code sent in the second email and paste/ type into code section.
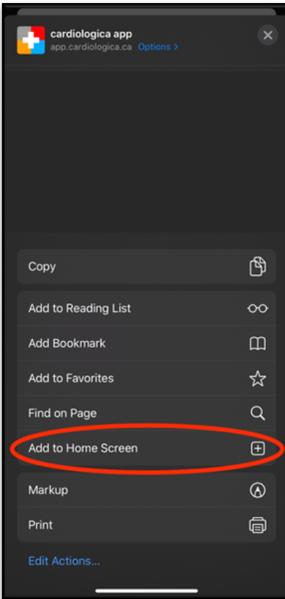

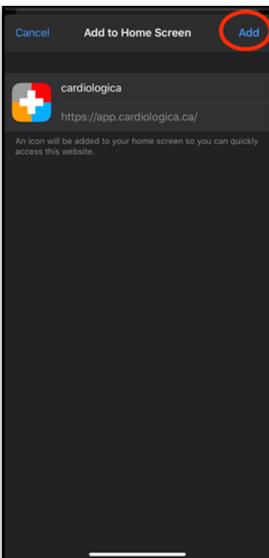3. Once code is entered, press return/ enter.

4. Pressing the symbol of the upward arrow at bottom of screen (seen below). This will add the app to your home screen. It may be located at the top of your screen depending on your version.

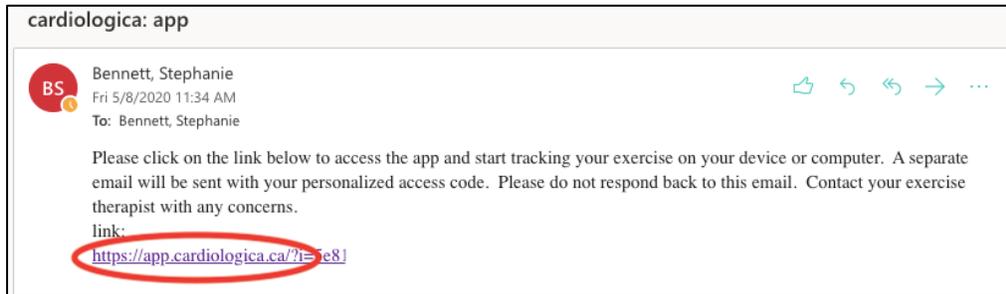5. Press " Add to home screen".

6. Press "Add".

7. Go to your home screen and you will see this logo on your device

8. You will need to enter the code one more time
9. Then you are ready to start adding your exercise
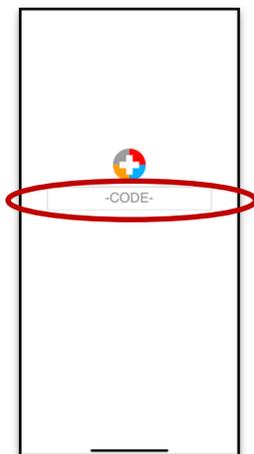
Instructions adding weblink to Android

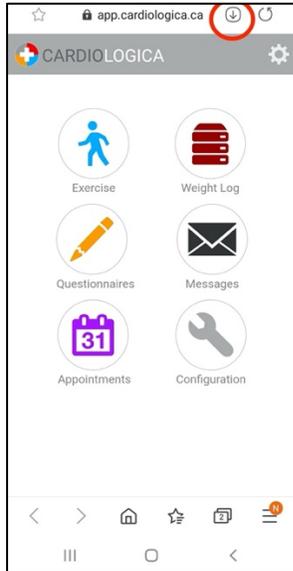1. Press on link from exercise therapist email.

cardiologica: app

Bennett, Stephanie
Fri 5/8/2020 11:34 AM
To: Bennett, Stephanie

Please click on the link below to access the app and start tracking your exercise on your device or computer. A separate email will be sent with your personalized access code. Please do not respond back to this email. Contact your exercise therapist with any concerns.

link:
https://app.cardiologica.ca/?i=5e81

2. Copy code sent in the second email and paste/ type into code section.

code

Bennett, Stephanie
Fri 5/8/2020 11:34 AM
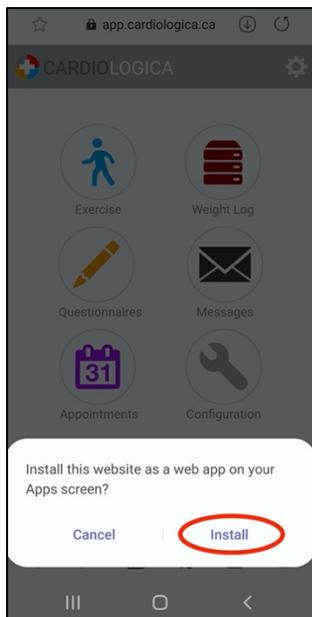**To:** Bennett, Stephanie

Your code is:

3. Enter code into the web browser.

-CODE-

4. Press the downward arrow to save the weblink as an app on your device.

5. Press "Install"

6. Go to your home screen to find the app symbol below.

7. Then you are ready to start adding your exercise.