Central East Cardiovascular Rehabilitation
Cardiologica Cardiac Rehab Web App Setup Guide

Please ensure that the Cardiac Rehab Team has your correct email address.

Click the following link on your smartphone/tablet/computer: https://app.cardiologica.ca

1. Save the link.
    a. If using a smartphone/tablet: save this link to your home screen. See steps below for how to do so (Apple: 2a, Android: 2b). Once complete, proceed to Step 3.
    b. If using a computer: bookmark this page as a "favourite" and proceed to Step 4.

2. Save the link on a smartphone/tablet.
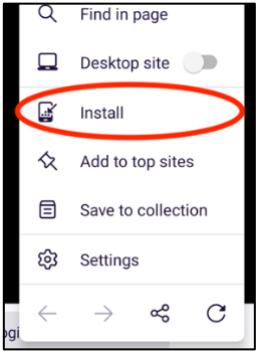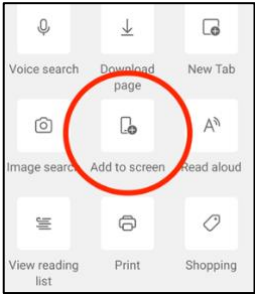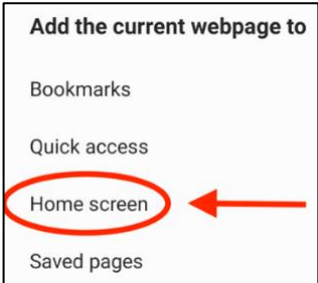
    a. Apple:
        i. Press this symbol ⬆️ (located at the bottom of the screen). Press "add to home screen". Follow the prompts to add to home screen.

    b. Android:
        i. Depending on which internet browser you are using, the symbol you press will be different. Below are some examples of different internet browsers:

Chrome	Press the three dots (located at the top right of the screen). Press "add to home screen". Follow the prompts to add to home screen.

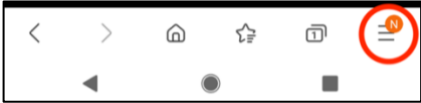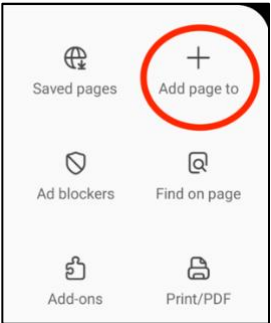|	
Firefox	Press the three dots. Press "install". Follow the prompts to add to home screen.
Edge	Press the three dots. Press "add to screen". Follow the prompts to add to home screen.
Samsung Health	Press the 3 horizontal lines. Press "add page to". Press "home screen".

3. If using a smartphone/tablet: Go to your home screen. Press this symbol " ".

4. This screen will appear (see below). Press on this symbol " " 3 times.
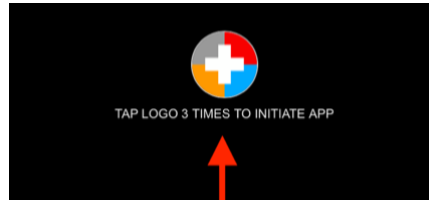
5. Select your site as "Central East Regional".
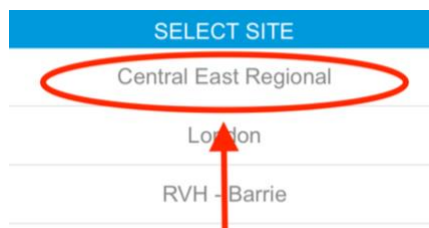
6. Click the box labelled "email address".

    a. If using a smartphone or tablet: your keyboard will appear. After typing in your email, press "done", or "return", or the symbol of a right-pointing arrow.
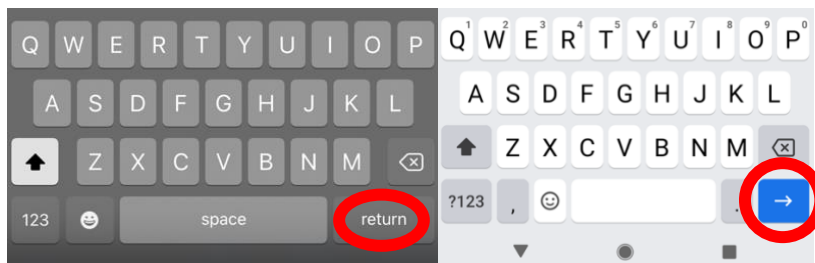
    b. If using a computer: press "enter/return" on your keyboard.

**Please note: Ensure the email you enter is the same as the one you provided to your Exercise Therapist.

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7. Open your email. Open the email from sender: "cardiologica" and subject: "app confirmation".

8. Copy the code located beside the text "your code is:".

**Please note: If you do not receive this email, please check your junk folder. Please contact your Exercise Therapist if you do not receive this email.

9. Return to the Cardiologica Cardiac Rehab Web App Link.
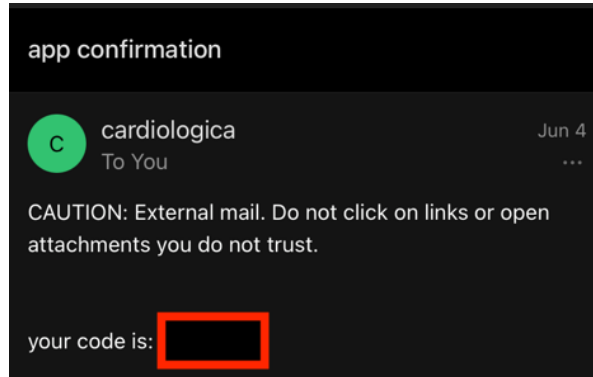   a. If using a smartphone/tablet: return to the home screen. Press this symbol " ".
    b. If using a computer: return to your web browser.

10. Enter your code into the box labelled "code".
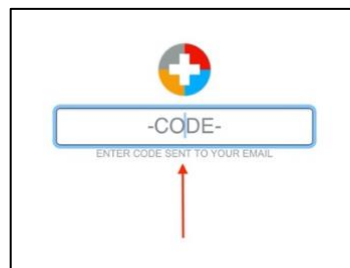
    a. If using a smartphone/tablet: after typing in your code, press "done", or "return", or the symbol of a right-pointing arrow.

    b. If using a computer: after typing in your code, press "enter/return" on your keyboard.

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11. You will see the home screen for the Cardiologica Cardiac Rehab Web App (see below). You have now successfully setup the Cardiologica Cardiac Rehab Web App!
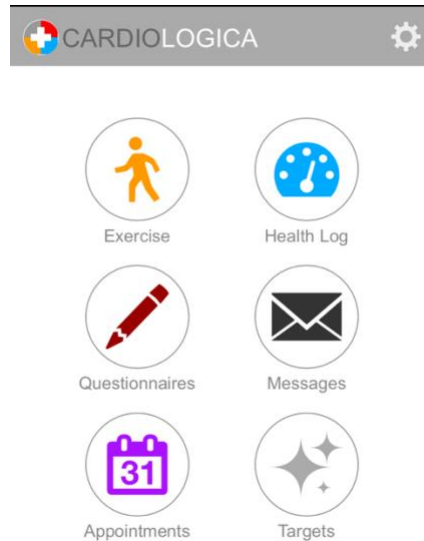
12. You can complete the program forms, by clicking on "Questionnaires". Please complete the following forms: DASI, PHQ4, consent. You may enter in your exercise if you have been cleared to begin your exercise program.

Here is a video explaining how to complete the program forms and enter your exercise information: CLICK HERE

Troubleshooting

I am using a smartphone/tablet and am unable to save the link to my home screen. What should I do?

- If you are opening the link on a Gmail app on your phone, try copying and pasting the link into a web browser such as Firefox, Chrome, or Safari.
  - If this does not fix the problem, try using your computer rather than your smartphone/tablet.
    - If this does not fix the problem, contact your Exercise Therapist for further assistance.

I did not receive an email with my code. What should I do?

- Please contact your Exercise Therapist to confirm your email address.

After entering my code, I received an "attempt failed" message? What should I do?

- Ensure that the code you entered is in all lowercase characters, and that you have entered the correct email address in step 6.
- If you confirmed you used the email in the cardiac rehab system type "reset" in the code box to restart the set-up process and go to step 1

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