

Central East Cardiovascular Rehabilitation Cardiologica Cardiac Rehab Web App Setup Guide


Please note: Once you begin the setup process you will have one hour to complete it.
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 (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. Note: clicking the link from an email will not allow you to save the link to your home screen





a. Apple:



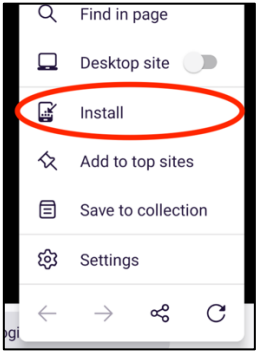


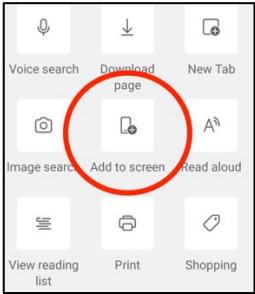

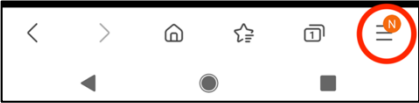
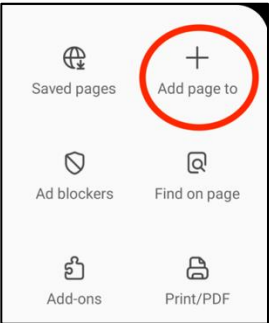
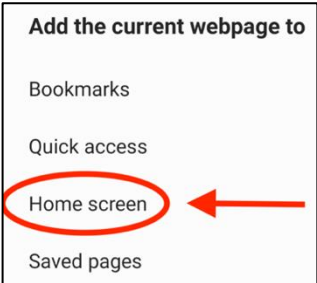
- i. Press this symbol  (located at the bottom of the screen). Press “add to home screen”. Follow the prompts to add to home screen.





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:

 <p>Chrome</p>	<p>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.</p> 
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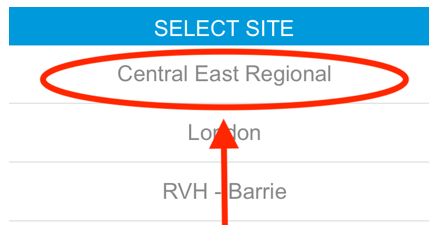
 <p>Firefox</p>	<p>Press the three dots. Press “install”. Follow the prompts to add to home screen.</p>  
 <p>Edge</p>	<p>Press the three dots. Press “add to screen”. Follow the prompts to add to home screen.</p>  
 <p>Samsung Health</p>	<p>Press the 3 horizontal lines. Press “add page to”. Press “home screen”.</p>   

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.



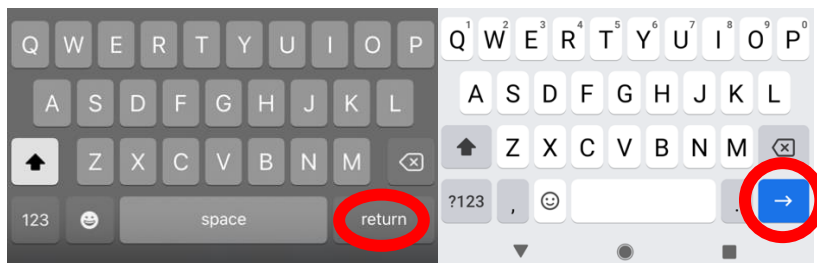
5. Select your site as “Central East Regional”.



6. Click the box labelled “email address”. Double check no space at the end.



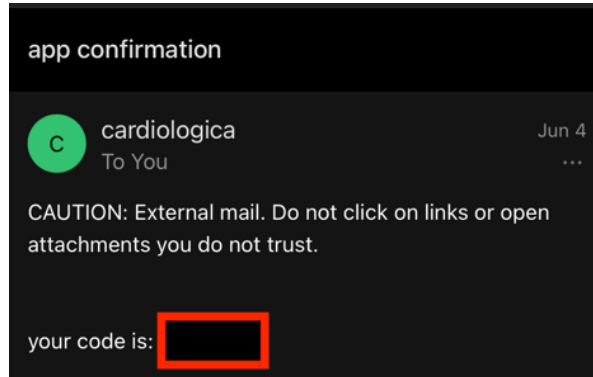
a. If using a smartphone or tablet: your keyboard will appear. After typing in your email, press “done”, or “return”, or the symbol of a right-pointing arrow.




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.**

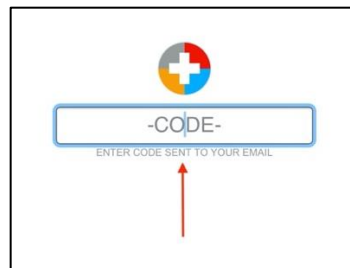
7. Open your email. Open the email from sender: “cardiologica” and subject: “app confirmation”.
8. Copy the code located beside the text “your code is:”.



****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.**

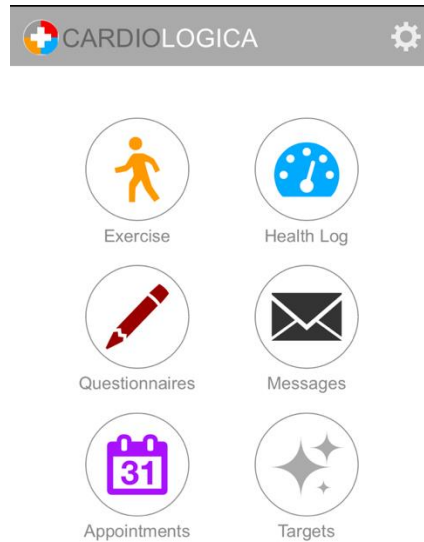
9. Return to the Cardiologica Cardiac Rehab Web App Link.
 - a. If using a smartphone/tablet: return to the home screen. Press this symbol  “ ”.
 - b. If using a computer: return to your web browser.

10. Enter your code into the box labelled “code”. Note: this is a one-time code, you do not need to remember it.



- 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.

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! You can start entering your exercise in.



If having issues with any steps please go to the last page to review Troubleshooting tips, or please contact your Exercise Therapist.

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 mail app on your phone, try typing the link provided above into your internet screen.

I open the link and the screen is white or blank?

- If using a smartphone/tablet check your web browser settings that “block cookies” is turn off or not selected
- Refresh your web browser and see if now the app symbol appears to tap the logo 3 times
- If that does not work. Please contact your exercise therapist.

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

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

I enter the code but it takes me back to the tap the logo 3 times screen?

- Sometimes home internet providers block the website. If you are using a computer see if you can turn off your VPN or on a cellphone using the phones data to login to the app.

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