

## **Mobile Application Training Template**

[patient-engaged, CR staff-administered]

*This template can be used to create training materials to conduct task-based mobile app training.*

[insert pictures and logos that are culturally tailored for your population, links to training videos]

### **Invite patient to use Application**

As part of the Cardiac Rehab program, we are offering a mobile application. This is a mobile application that you can download onto your smartphone that can help you keep track of your exercise, vital signs, and medications. It also has education materials you can view and a way to send messages back and forth with the Cardiac Rehab Staff. It is your choice whether you want to use the mobile app or not. We can still do Cardiac Rehab without it, but some patients find it interesting or helpful to use the app. Would you like to use the app?

### **Install Application (Patient)**

[include step-by-step instructions and screenshots for how the patient downloads and installs the application]

### **Orientation to Application**

*Now I am going to show some of the main features of the application.*

[Tour main features of the application, including home screen, menus, and major functions]

### **Task 1 – Enter blood pressure**

*Now I want YOU to practice using some of the main features of the app. First, I want you to enter a blood pressure.* [patient should be interacting with app]

[include step-by-step instructions and screenshots for how the patient enters a blood pressure]

### **Task 2 – Enter a physical activity session**

*Next, I want you to enter a physical activity session.*

[include step-by-step instructions and screenshots for how the patient enters a physical activity session]

### **Task 3 – View and education module**

*Next, I want you to view an education module.*

[include step-by-step instructions and screenshots for how the patient views an education module]

### **Task 4 – Send a chat message to CR staff**

*Next, I want you to send a chat message to the CR staff.*

[include step-by-step instructions and screenshots for how the patient sends a chat message]

*We look at these messages Monday to Friday 9-5. These messages are for non-urgent questions. For example – if you would like to send a message about something you want to learn about or talk about at our next session. These messages are not for urgent symptoms like chest pain – remember – if you are having new symptoms or symptoms that you are concerned about, you should follow your safety plan.*

### **Task 5 - Medication Reminders**

*Would you like to set up medication reminders with the app? The app can remind you to take your medications at certain times of the day.*

[include step-by-step instructions and screenshots for how the patient sets reminders]

### **Conclusion**

*Do you have any other questions about using the app?*