VIRTUAL CARDIAC REHAB

QUICK START GUIDE

(Android version)

This StartKit belongs to:

_____

Questions? Contact:

(443) 652-7806

Welcome to Corrie Cardiac Rehab!

First, our Johns Hopkins Cardiac team wants to congratulate you for taking steps to promote and maintain your heart health. We believe that our **virtual cardiac rehab program with Corrie** is the perfect way for you to continue following guideline-directed therapy while being safe at home.

In this guide, you will find **written instructions** on how to get started.

We hope this guide helps you get started with Corrie and your virtual cardiac rehab journey. If you have any questions, please contact:

Corrie Health team
(443) 652-7806

Sincerely,

Johns Hopkins Corrie Health team

CREATING AN ACCOUNT

DOWNLOADING CORRIE

1. On your smartphone, open your Welcome Email.

2. Click on the first link **STEP 1: Download Corrie** to download

3. Click "Open" to be taken to the Corrie App in Google Play

4. Click "Install" and "Continue" once download is complete

CREATING YOUR ACCOUNT

1. Once the app is downloaded, you will be asked to read the Terms of Use. After reviewing, scroll to the end and click **CLICK TO AGREE AND GET STARTED**

2. Click "Sign Up".

3. Go back to the Welcome email and note the **Sign Up code**, which is listed below the Download Corrie button. Enter the Sign Up code into the Corrie App.

4. Confirm the hospital and program match the photo included. Then click "Continue".

5. You will then be prompted to complete the Sign Up. Enter your email address and create a password for the account.

6. Write down your information here for

safekeeping:

Email address: _____

Corrie password: _____

7. Click on " Start Setup".

8. Enable permissions such as notifications to receive reminders

9. Click on the icon to add a picture

10. Complete biographic information

TIP: Charge your Android every night and make sure

it is connected to the Internet

FITBIT Versa

STARTING YOUR FITBIT

1. Download Fitbit app from Google Play

2. Create a Fitbit Account by tapping **Join Fitbit**.

3. Tap **Versa 2** watch when asked "What Are You Setting Up?"

4. On the page entitled "Fitbit Versa," tap **Set Up**

5. Input an email and password. <u>Please record your password in a secure location</u>.

6. Select ☑I agree to the Fitbit Terms of Service.

   Deselect ❏ Keep me updated about Fitbit products, news and promotions Tap **Next.**

7. Open the email that you used to make your Fitbit account and locate the verification email. Tap **Verify Your Email**

8. Return to the Fitbit app on your Android phone. Tap **Next**

9. On the page entitled "Your Privacy Is Important," tap **I Agree**

10. Provide your personal information, including name, birthday, height, weight, and gender. Tap **Create an Account.**

Pairing Fitbit with Android

1. On the page entitled "Nearby Permission Required to Pair," tap the following in succession: **Nearby Permission for Pairing and Syncing → Allow → Set up**

2. On the page entitled "Privacy & Your Fitbit Device," scroll down and tap **Accept**

3. Place your Fitbit watch on the charger and tap **Next.**

4. Tap the following: **Location Permission Tap to Fix → While Using the App**. Then tap: **Background Location Permission Tap to Fix: Change to Allow All the Time → Allow All the Time**. Tap the arrow on the top left of the screen and press **Done** once you see 3 green checks on the Android.

5. A 4-digit code will appear on your Fitbit watch. Enter the code on your Android phone.

6. On the page entitled "Bluetooth Pairing and Linking," tap **Pair & Connect**. Then, when asked "Pair with Versa 2?" select **Pair**.

7. A popup will appear saying "Allow Fitbit to Manage Your Versa 2." Select **Allow**. Another popup will appear saying "Allow Notification Access for Fitbit." Select **Allow**.

8. On the page entitled "Connect to Wi-Fi," tap **Next**. Tap **Skip Wi-Fi Setup** and then **Continue Without Wi-Fi.**

9. On the page entitled "Update Versa 2 to the Latest," tap **Next** and allow the download to complete. This may take some time, so keep your phone close to the watch.

10. Once the download completes, the top of the page will say "Versa 2 is Updated." Tap **Continue.**

PAIRING FITBIT WITH CORRIE APP

1. Go to the Corrie app . Tap on the settings icon in the top right corner of the page

2. Tap the following in succession: **Integrations → Fitbit → Authorize**.

3. Tap **Allow All**, followed by **Allow.**

4. Tap the Corrie icon on the top of the screen.

FITBIT FEATURES

1. Your Fitbit can track steps taken, distance covered, calories burned, flights of stairs taken, and heart rate. To toggle between these features, press the button on the side of your Fitbit

2. Your Fitbit can also track heart rate during workouts. Hold down the button until it vibrates at the beginning and end of your workout.

3. Review your heart rate data on your Fitbit app.

OMRON Blood Pressure Monitor

STARTING YOUR Omron Monitor

1. Make sure to attach the blood pressure measuring cuff to the Omron monitor and put batteries in before starting.

2. Enable your phone's Bluetooth.

PAIRING OMRON MONITOR WITH CORRIE APP

1. Click on Settings icon located at right upper corner.

2. Click on "Integrations" → "Omron Devices"

3. A message will pop up—click "Add Omron Device"

4. Press and hold the Bluetooth button ✳ on the Omron monitor until you see the flashing '**P**'. Wait for the Bluetooth link to be completed.

5. Click on the new "BLEsmart" device that has now appeared on the phone screen.

6. Message will flash asking "Would you like to register the device?" Click **Ok**.

7. Once the Omron BP monitor is registered you will see the OK sign on the Omron device screen. Your Omron device is now registered with the Corrie app.

8. To measure Blood pressure – Wrap the arm cuff around the upper arm 1-2cm (1/2 inch) above your elbow. Center the air tube down the inside of your arm.

9. Sit quietly for 5 minutes. Press the '**START | STOP**' button. Do not move or talk.

10. After measuring the Blood pressure, go to the vitals tab and Click blood pressure option. Then Click on the Registered Omron Device. This will initiate data sync between the Omron BP monitor and the Corrie app.

11. The Blood pressure will now be updated in the Corrie app.

TAKING BLOOD PRESSURE

Here are some tips to help you get an accurate blood pressure reading.

WEARING THE CUFF

1. Place the cuff above your elbow bend

2. Do not place cuff over clothing. If your top has long sleeves, roll them up!

3. The artery mark should be over your elbow crease

4. Cuff should be snug, but not tight.

POSITIONING + OTHER TIPS

1. Rest in a chair about 5 minutes before taking measurement

2. Place your arm on a flat surface at heart level

3. Keep your feet flat, legs uncrossed, back supported

4. Unusual reading? Wait 5 minutes and try again.

ADDING MEDICATIONS

1. Look for the "Task" tab at the bottom left corner of the app screen.
   In the Tasks tab, press the blue circle with 3 dots found at the bottom right corner.
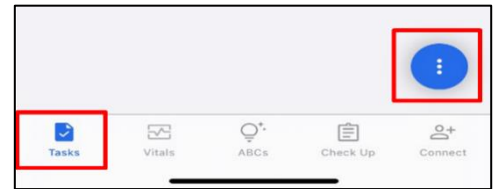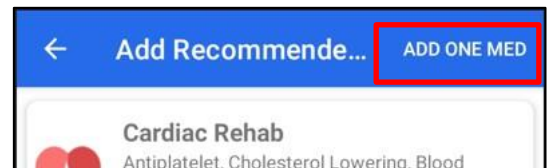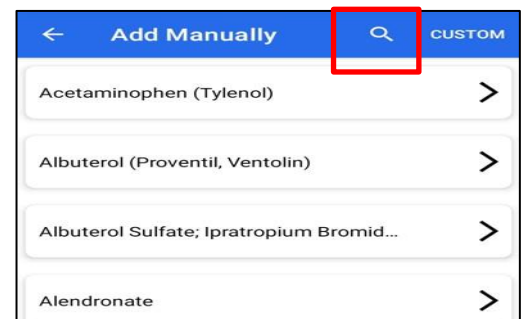
2. Press on the option that says "Edit Tasks"

3. Press on the blue plus sign. Located at the bottom right corner of the screen.
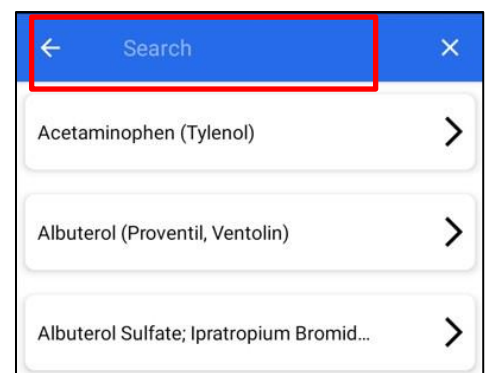
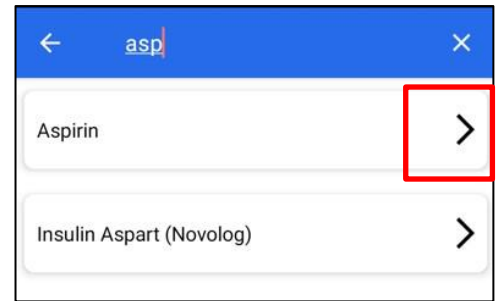4. Click on 'Add One Med' located in the upper right corner of the screen.

5. Now press on the magnifying glass symbol located on the blue top bar on the screen.

6. Now in the search bar type the name of the medication you'd like to add into the app.

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7. Once you find your desired medication click on the right arrow located at the right of the medication.

8. You can now adjust the number of pills, Correct dosage and dose frequencies. Corrie will now send you a reminder for Every dose of this medication. Reminder times can be adjusted by changing "Dosage Times to Receive Reminder".
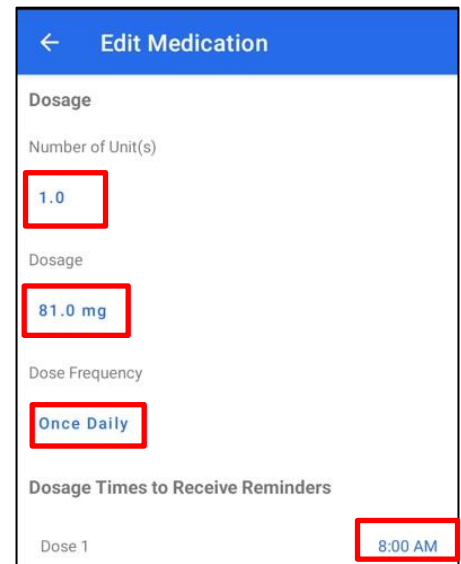
9. After completing all the desired changes, press on the white 'Check' mark with a blue circle located at the bottom right corner of the screen.

10. Final Step, press on the white "Check" with a blue circle located at the bottom right corner of the screen again.
Important:
It is crucial to press check at this step, failure to do so will not register your medication in the app.
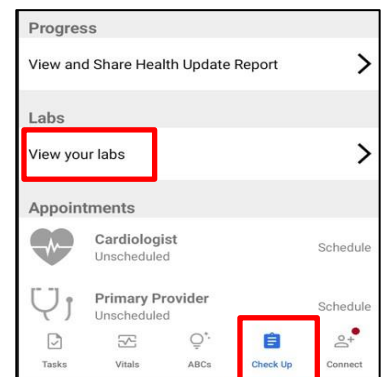
- To delete a medication, go to "Edit Task" (step 2) → Click on the medication you wish to delete → Scroll to the end → Press

Delete Medication

ADDING LDL LEVEL

1. Press on the "Check Up" tab in your Corrie app. You will find this option in the bottom right corner of the app screen.
And then press on "View your Labs" which can be found on the Check Up tab.

   Progress
   View and Share Health Update Report >

   Labs
   View your labs >

   Appointments
   Cardiologist
   Unscheduled   Schedule

   Primary Provider
   Unscheduled   Schedule

   Tasks Vitals ABCs Check Up Connect

2. Press on "Enter value".

   LDL Cholesterol
   Lab Data

   Enter Lab Data

   70 mg/dL

   ENTER VALUE

3. Press on the blank space to enter your Bad cholesterol which is your LDL value. and then press on the blue check mark located at the bottom right corner of the screen ✓

   Please enter your LDL Cholesterol.

   _____ mg/dL
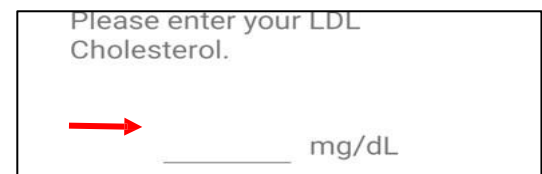
TRACKING VITAL SIGNS

With Corrie, it is easy to track your vital signs like heart rate, blood pressure, weight, and mood. Let's learn how to input your vitals manually if your devices don't sync automatically.

LOGGING IN TODAY'S VITALS

- Touch [Vitals] to get today's vital signs

- Vitals should be taken daily at the same time of day.

- Click on **weight**, enter your weight, and hit save.

- Monitor your **blood pressure using Omron device** and **heart rate using Fitbit**. Hit save.

- You can also record your **mood** on a scale of 1 to 10.
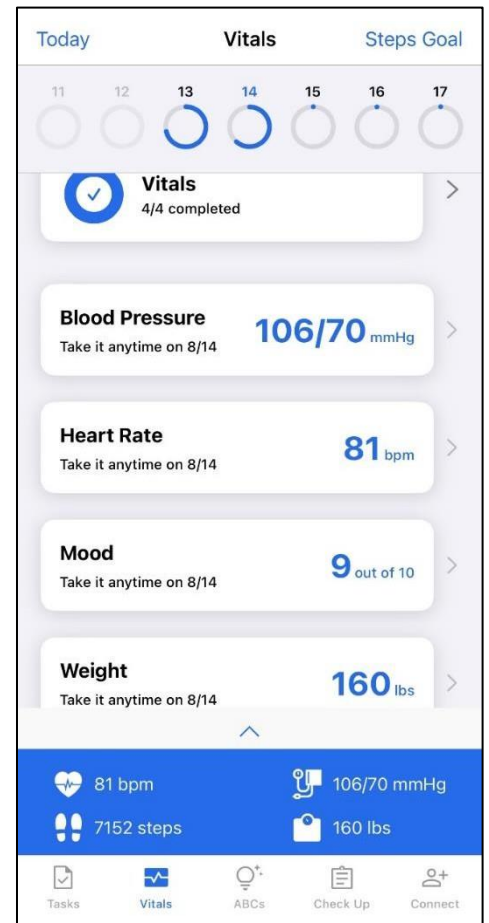
TIP: Try clicking on past days on the calendar at the top to view your previous vitals entries!
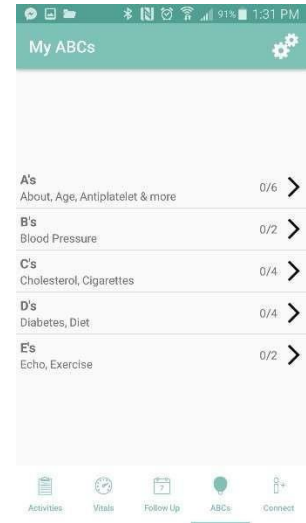
EDUCATION

BUILDING YOUR GOLDEN HEART

Your Corrie app has built-in articles and videos for you to learn about heart health in the **My ABCs tab**. To access them:

Touch [icon] to see your library of topics

Click on any of the topics to access videos or articles:

Articles are denoted by [icon]

Videos are denoted by [icon]

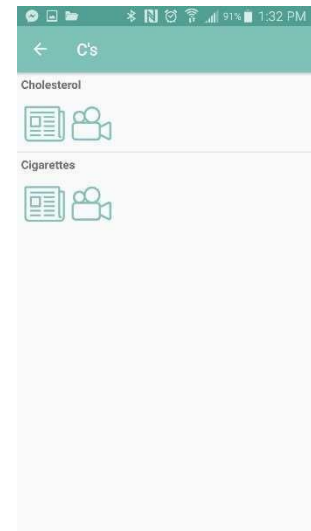Touch either the article or video to get started

TRACKING YOUR LEARNING

When you are finished reading your article, touch at the bottom FINISH ARTICLE

When you go back, you will see [icon] showing that you've finished reading!

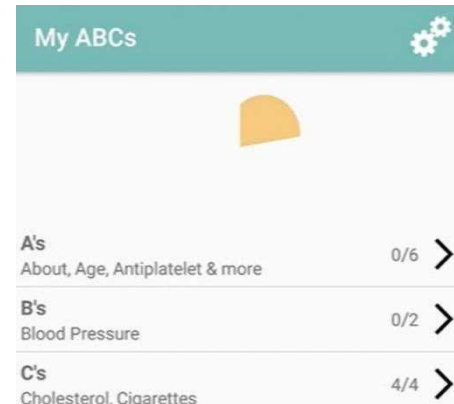When you finish watching your video *until the very end*, you will also see [icon]

TIP: Watch the videos with your family and learn together!

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With every letter of the ABCs you complete, you earn **golden piece** that will show up at the top of your screen. Complete all the letters and reveal your **golden heart**!
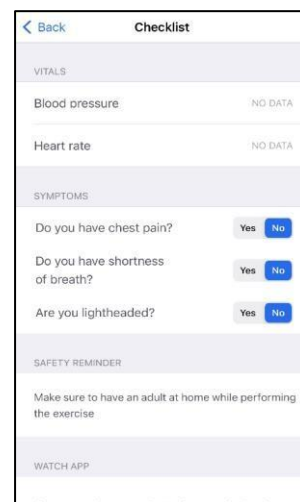

EXERCISES

BUILDING YOUR GOLDEN HEART

After you have been cleared to exercise by participating in 2 In-Center Cardiac Rehab appointments, you will be able to begin home-exercise using Corrie. The American Heart Association recommends 150 minutes per week of moderate-intensity aerobic activity (i.e., brisk walking, slower biking) or 75 minutes of vigorous aerobic activity (i.e., running, swimming laps, faster biking).

ADDING EXERCISES

1. On the **Tasks** page, click **My Tasks** in the top right corner

2. Click exercises on the top bar

3. Click the + button in the top right

4. Toggle on the exercises you wish to participate in. To modify, click on the icon to bring up a page where you can adjust exercise duration and days of the week.

5. Once you have selected and adjusted the activities, click **Finish** in the top right corner; these exercises will now appear on your main **Tasks** page on the days you have scheduled them.

INITIATING EXERCISES

1. When you are ready to complete an exercise activity, select the desired activity on the **Tasks** page

2. This will bring up a **Checklist** page

   a. Enter your Blood Pressure and Heart Rate

   b. Answer the Symptoms questions

   c. *Make sure you have an adult at home*

3. Once completed, select **Begin Exercise** at the bottom

4. This will bring up an exercise dashboard with a timer

5. Once you have completed your exercise, you will be prompted to complete a follow-up checklist including Blood Pressure, Heart Rate, Symptoms, and **Level of Effort**

6. Drag the cursor to the appropriate zone based on the target described (see picture)

7. Click **Finish** to complete exercise
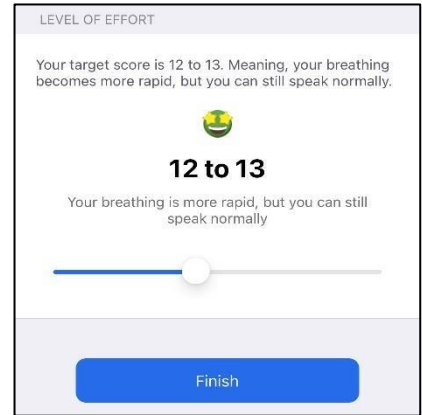
CHECK UP

TRACK PROGRESS, VIEW APPOINTMENTS

You can use the **Check Up** tab to see your overall medication, vitals tracking, lessons, and appointments scheduled adherence.

To record your scheduled appointments, click **Appointments** in the top right corner

Click "View and Share Health Update Report" to view a summary of your progress including tracked Blood Pressure, Heart Rate, Steps, and Weight
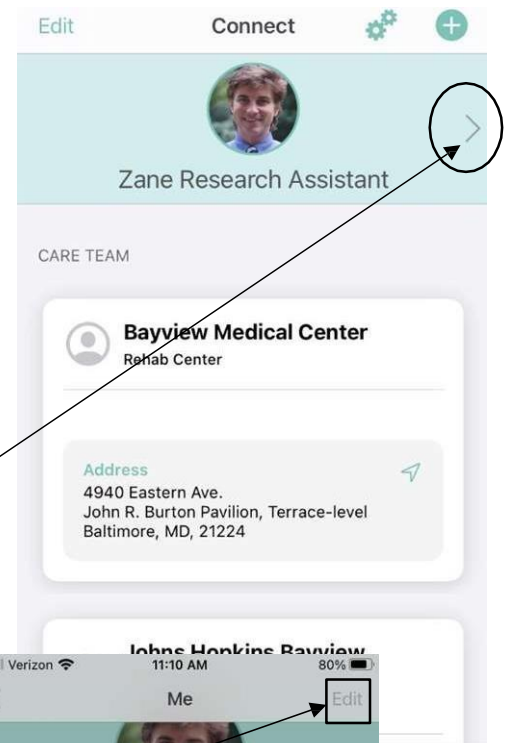
- You can share this page with family members or others using the ⬆ icon in the top right corner

CONNECT

ADD YOUR CARE TEAM

Use the **+** in the top right corner to find and add Johns Hopkins doctors and Bayview Cardiac Rehab Center or use **Custom** in the top right corner to add a Family Member, Friend, Social Worker, or other Doctor / Care Team member.

ADJUST YOUR PROFILE + ADD PICTURE

1. To adjust your profile, click the right arrow
2. Touch **Edit** in the top right corner to modify your information
3. Touch the head to add a photo of yourself
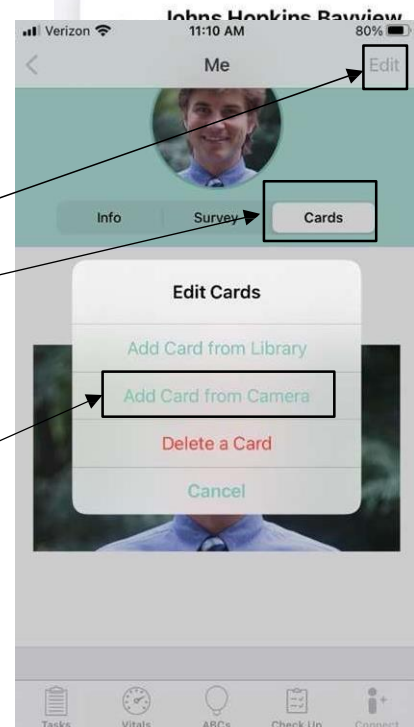
ADD CARDS

1. In your profile, select the **Cards** page
2. Touch **Edit** in the top right corner to add a card
3. *Choose "Add Card from Camera" to take a picture of your Insurance Card and/or Stent Card*