corrie

VIRTUAL CARDIAC REHAB

QUICK START GUIDE

(iOS 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 the App Store

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

CREATING YOUR ACCOUNT

1. Once the app is downloaded, open the 'Corrie App'

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 matches the photo included. Then click "Continue."

5. Review the Terms and Conditions and then click "Agree". There will be a pop-up, read through this and then click "Agree" again

6. You will then be prompted to create a new account, Write down

   your information here for safekeeping:

   Email address: _____

   Corrie password: _____

7. You will then be asked to read the Terms of Use. After reviewing,

   click **CLICK TO AGREE AND GET STARTED**

8. Enable permissions such as notifications to receive reminders, and also Enable HealthKit (Very Important).

9. Click on the icon to add a picture

10. Complete biographic information

11. Answer a few survey questions about your health

12. You can add medications later. For now, click "Skip"

APPLE WATCH

SETTING UP YOUR APPLE WATCH

1 Turn on your Apple Watch and put it on

To turn on your Apple Watch, press and hold the side button until you see the Apple logo. This may take a few minutes.

Get help if your Apple Watch won't turn on or if you're asked to enter a passcode and forgot it.

2 Hold your Apple Watch close to your iPhone

Wait for the "Use your iPhone to set up this Apple Watch" message to appear on your iPhone, then tap Continue. If you don't see this message, open the Watch app on your iPhone, tap All Watches, then tap Pair New Watch.

If this is your Apple Watch, tap Set Up for Myself. Or tap Set Up for a Family Member, then follow the steps to set up the watch for someone in your family.

Keep your Apple Watch and iPhone close together until you complete these steps.

3 Hold your iPhone over the animation

Center the watch face in the viewfinder on your iPhone. Wait for a message to say that your Apple Watch is paired.

If you can't use the camera, or you don't see the pairing animation or your iPhone can't read it, tap Pair Apple Watch Manually, then follow the steps that appear. Learn what to do if you don't see the "i" icon.

Follow these steps on your iPhone to complete the setup

- Select Set Up as New Apple Watch, select your wrist preference (left or right), then tap Continue Agree to Terms and Conditions
- If prompted, enter your Apple ID and password
- Increase text size if prompted
- Click "Don't Add Passcode"
- Click "Not Now" for Cellular Setup
- Click "Choose Later" to Install Available Apps

APPLE WATCH FEATURES

1. Click on 'Watch' app   on your iPhone
2. Go to Available Apps and click Corrie.
3. Under Watch Face options, select Infographic Modular

a. Under Top Left of Complications, click Corrie

b. Other recommended features are Heart Rate, Activity, Workout, and Breathe

c. Click Set as Current Watch Face

PAIRING APPLE WATCH WITH CORRIE APP

1. Press the crown button on the side of the Apple Watch to go to your watch app screen.

2. Click on the Heart Rate icon (Red colored heart contour) on your watch app screen to measure your current heart rate (This HR will be automatically uploaded to the Corrie app!)

3. You may receive notifications on your Apple Watch when it is time to take your medications. After you have taken your medication(s), you can open the Corrie app on your phone, and under the "Tasks" tab, click on the circle to mark the medication(s) as taken

SETTING UP OMRON BP MONITOR

STARTING YOUR OMRON MONITOR

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

2. Enable your phone's Bluetooth:

    a. Click Settings

    b. Click Bluetooth ✷

    c. Toggle it to On

PAIRING OMRON MONITOR WITH CORRIE APP

1. See instructions below for getting ready to measure blood pressure sitting down; go to the Corrie App and click on the Vitals tab

2. Click on Blood Pressure to add a new measurement

3. A message will pop up—click "**Use Omron Cuff**"

4. You will be asked "Does your device have a Bluetooth button?" Click "Yes" and locate the Bluetooth button on Omron monitor ✷

5. After putting the batteries in the monitor. Press the **START | STOP** button to turn off the Omron monitor.

6. Press and hold the Bluetooth button ✷ until you see the flashing '**P**'.

7. Pair the device using the alert on your device phone when asked. Your device will be paired when you see the ⬚OK sign on the Omron device screen.

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

9. Sit quietly for 5 minutes.

10. Press the '**START | STOP**' button. Do not move or talk.

11. After the Omron monitor is finished taking the blood pressure, it will be displayed on your Corrie app.

12. Note – You also have the option to enter blood pressure manually.

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 with dots found at the bottom right corner.

2. Press on the option that says "Edit Tasks"

3. Press on the blue plus sign. Located either at the center or in the top right corner of the screen.

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

5. Once you find your desired medication click on the right arrow located at the right of the medication.
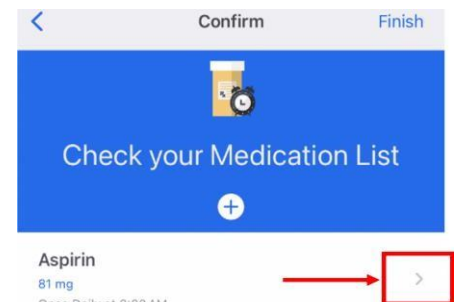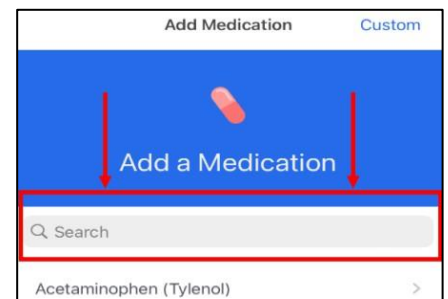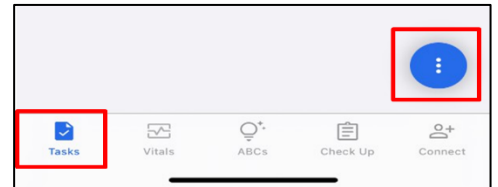
6. You can now adjust the number of pills, Correct dosage and dose frequencies. Corrie will now send you a reminder for Every dose of this medication. Reminder times can be adjusted by changing "Dosage Times to Receive Reminder".
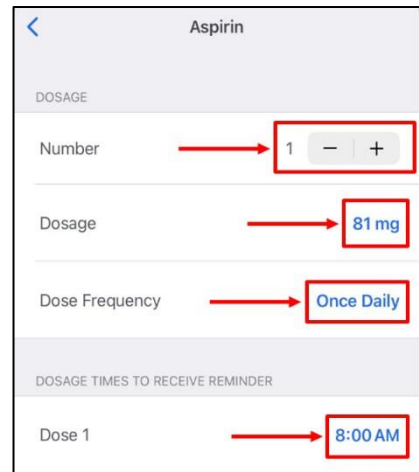
7. After completing all the desired changes, press on the blue arrow located in the top left corner of the screen.

8. Final Step, press on "Finish" located at the upper right corner of the screen.
Important:
It is crucial to press Finish at this step, failure to do so will not register your medication in the app.
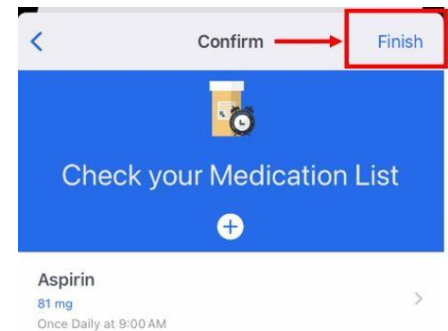
9. To delete a medication, go to "Edit Task" (step 2) → Click on the medication you wish to delete → Scroll to the end → Press Delete Medication

VIRTUAL CARDIAC REHAB

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 "My Labs" which can be found in the Check Up tab.
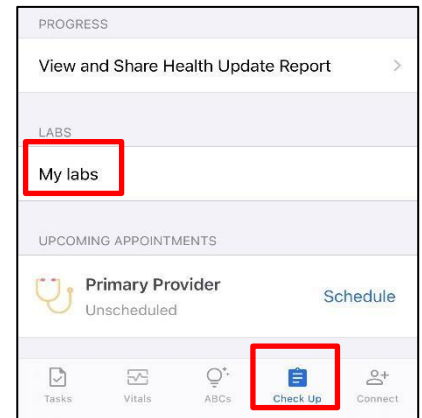
2. Press on "Enter new value".
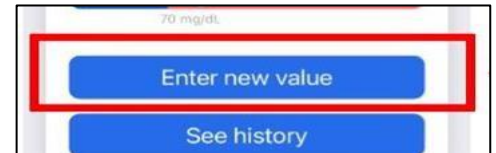
3. Press on the blank box to enter bad cholesterol which is your LDL value.

4. After you have entered in your LDL value, Click "Save".
Important:
It is crucial to select "Save" after adding your LDL value, failing to do so the app will not save the value.

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 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

- Enter your **blood pressure using the Omron monitor** and **heart rate using the Apple Watch**.

- You can also record your **mood** on a scale of 1 to 10.
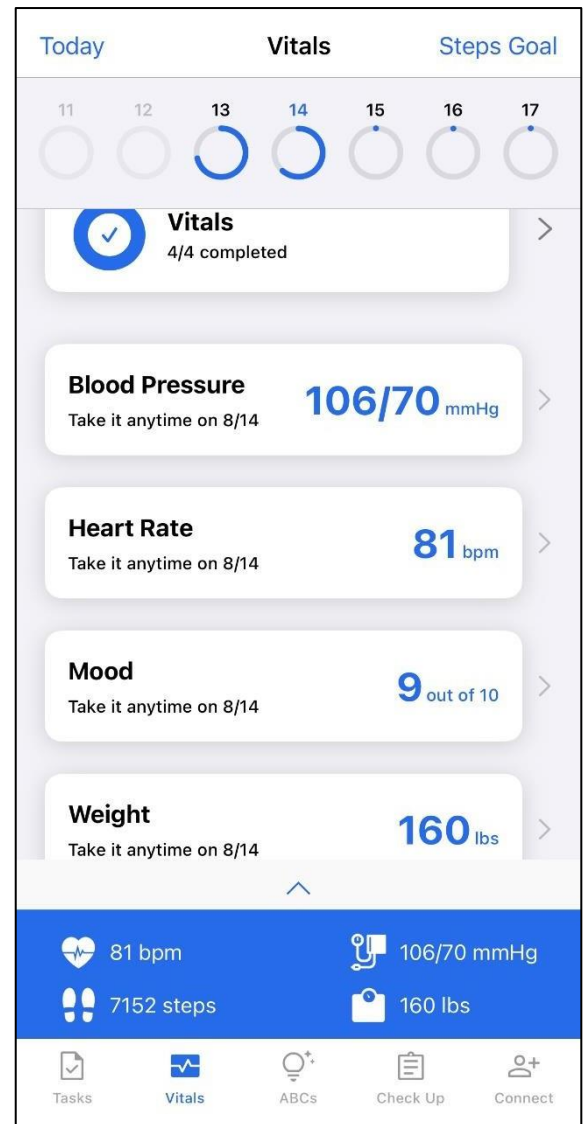
TIP: To see a log of your vitals, check the summary at the bottom of the screen!

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EDUCATION
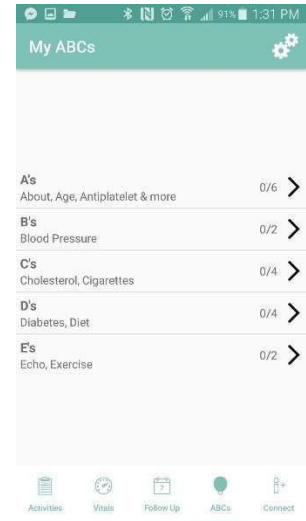
BUILDING YOUR GOLDEN HEART

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 to see your library of topics

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

Articles are denoted by

Videos are denoted by

Touch either the article or video to get started
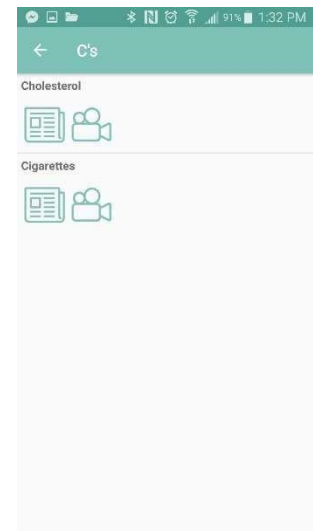
TRACKING YOUR LEARNING

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

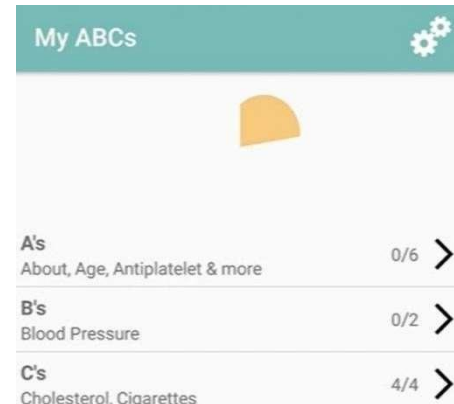When you go back, you will see showing that you've finished reading!

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

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

With every letter of the ABCs you complete, you earn a **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 TO CORRIE APP

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 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
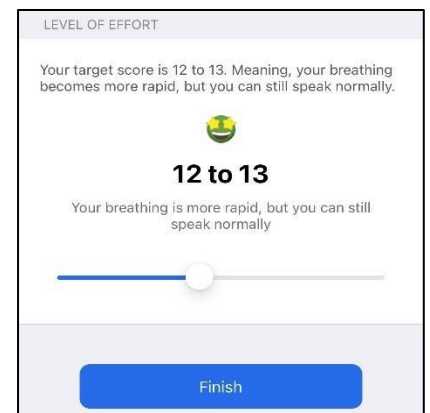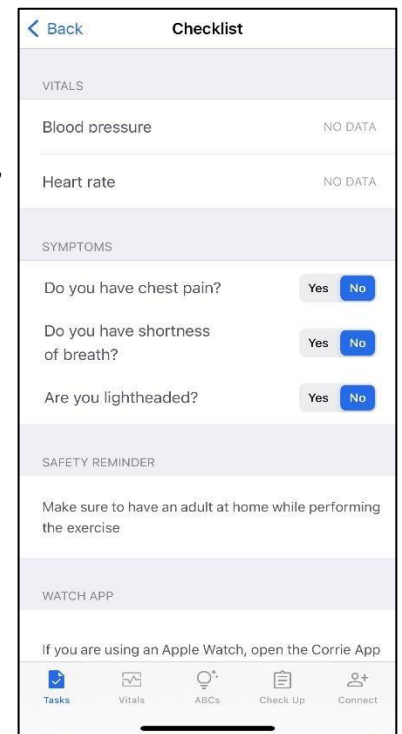
CHECK UP

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
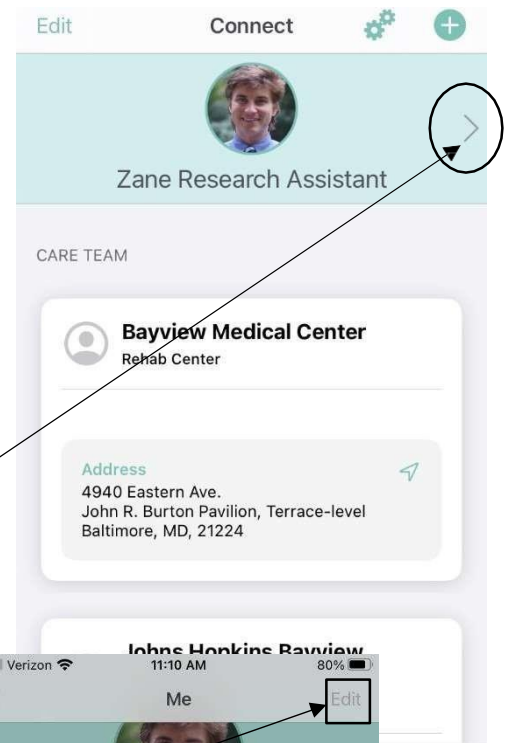
- You can share this page with family members or others using the ⬆ icon in the top right corner

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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
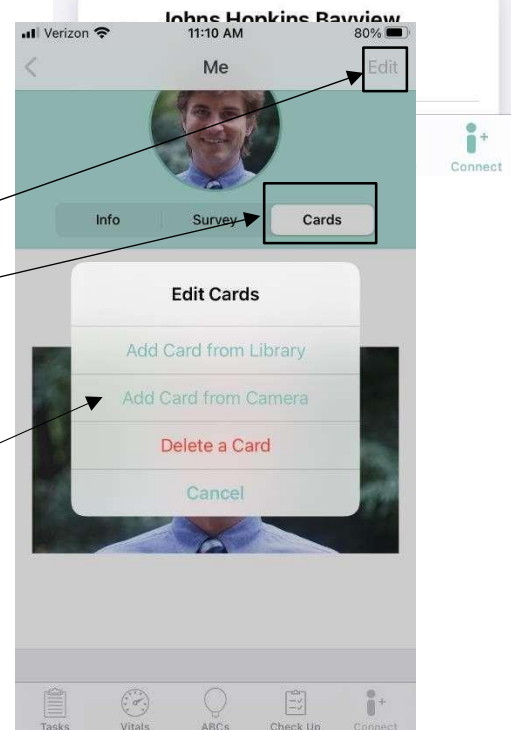
ADD CARDS

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*