USER INSTRUCTIONAL PAMPHLET

SPINEHealthie

UW Medicine
HARBORVIEW
MEDICAL CENTER

The healthcare team ask that you be patient whenever you encounter a technical glitch or issue and trust that we will provide support whenever needed. Disclaimer: The SPINEHealthie app is meant to record the recovery process after your endoscopic surgery. For other types of care, refer to page 16 for appropriate the contact information.

Compiled by Natalie Yap from UW Medicine Harborview Medical Center.

Appendix

Download the app

Option 1

Search for 'SpineHealthie' on your respective application store on your phone. If you use an iPhone, use the App Store. If you use an Android phone, use the Google Play Store.

Option 2

Scan the respective QR codes below using your phone's camera.
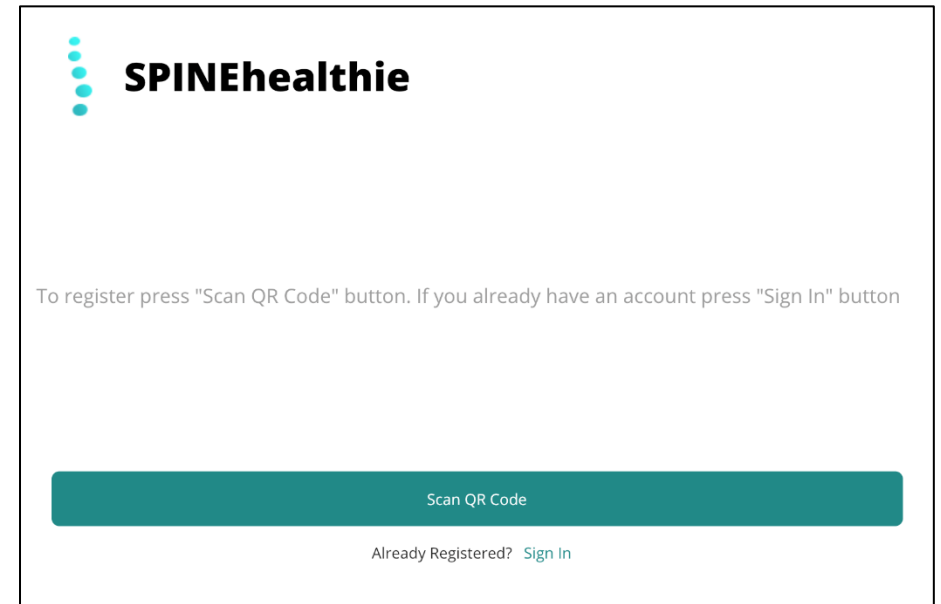
iPhone	Android

Signing-in to the app

To sign-in, your healthcare provider should provide you with a QR code during your visit to the clinic.

The Sign in function is currently **inactive** so you will require a **QR code** to sign-in to your profile.

If you were not aided in accessing your profile, contact the on-site clinical research coordinator to help you.

Note: The above-mentioned QR code is different from the QR code shown in the previous section.

Logged-out of your profile?

If you were automatically locked out of your profile after a period of inactivity, please contact the on-site clinical research coordinator (page 16).

Please note that once you have been given the QR code, you will need to scan it as soon as possible as the activated code **only lasts for 1 hour.**

Setting up your profile

Please read and agree to the consent agreement after signing in.

You will be asked if you would like to receive notifications

automatically after the consent agreement has been read and agreed to.

Click 'allow' to receive notifications for future outcome surveys from the SPINEHealthie app.

You are done!

Getting acquainted with your profile

Notice that there are 2-3 incomplete surveys in your Today tab. Click on 'begin' to complete them.

Please complete the pre-surgery surveys before your scheduled surgery.

Welcome

PATIENT NAME

You're on your way to recovering from your operation. Keep tracking your progress with surveys.

TODAY	UPCOMING

EQ5
EQ5   BEGIN

ODI
ODI   BEGIN

VAS
Visual Analog Scale   BEGIN

Once you have completed the surveys, your 'Today' and 'Upcoming' page will remain empty until after your surgery date. You will receive notifications for the new surveys.

Your healthcare provider will be able to see your inputs real time when you complete your surveys.

Welcome

PATIENT NAME

You're on your way to recovering from your operation. Keep tracking your progress with surveys.

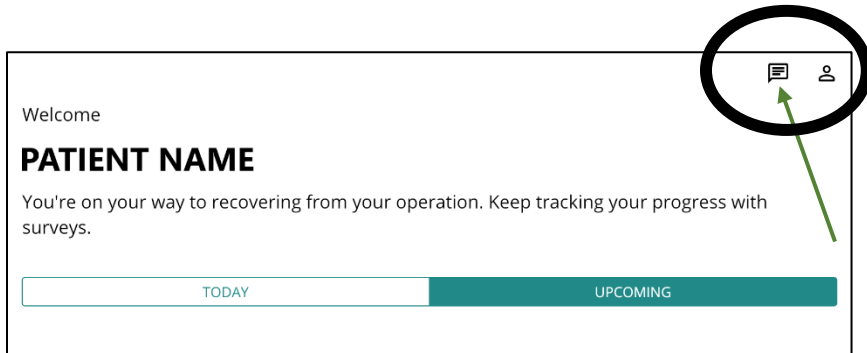| TODAY	UPCOMING

No upcoming surveys
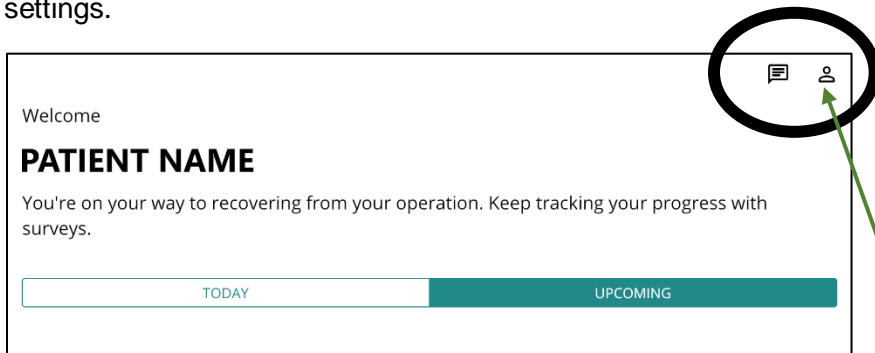
Reload

Accessing the chat feature and settings

Click on the chat icon situated at the top right to communicate with your healthcare providers.

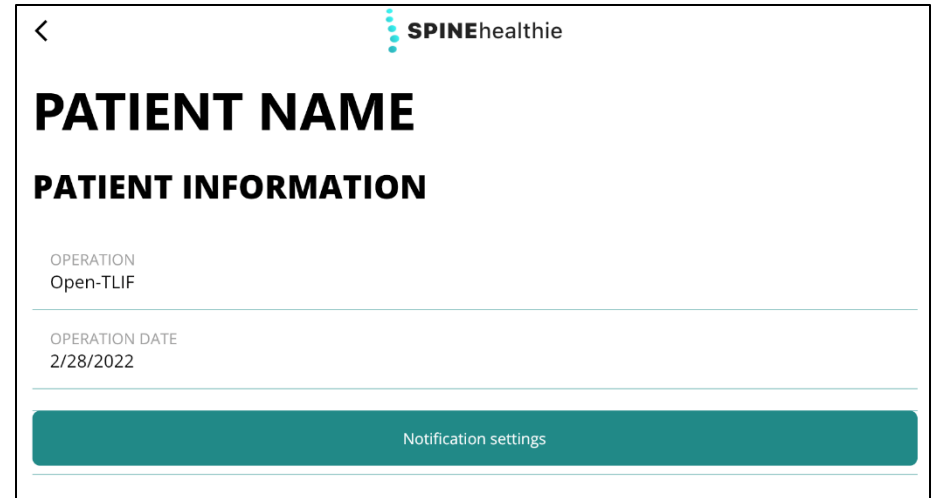After 3 months, your chat feature will go inactive.

You can only send five messages at a time when you begin the conversation and only after the provider has responded. So, compile the questions you want to ask before sending the message.

Welcome

PATIENT NAME

You're on your way to recovering from your operation. Keep tracking your progress with surveys.

| TODAY | UPCOMING |

Click on the profile icon situated at the top far right to access your settings.

Welcome

PATIENT NAME

You're on your way to recovering from your operation. Keep tracking your progress with surveys.

| TODAY | UPCOMING |

You can access your surgery date and surgical procedure in your settings.

SPINEhealthie

PATIENT NAME

PATIENT INFORMATION

OPERATION
Open-TLIF

OPERATION DATE
2/28/2022

Notification settings

You can also change your notification time in your profile by clicking on the 'Notification Settings' button. Remember to save your settings after changing it.

Notification settings

Select time of the day you want receive notifications

⏱ 09:00

Please avoid signing out of the app. If you do sign out, refer to page # for instructions.

What do these surveys track?

    I.   EuroQol-5 Dimension (EQ-5D)

It evaluates a patient's current generic quality of life.

    II.   Visual Analog Scale (VAS) for back, right arm, left arm, right leg, left leg

It is a scale used to help patients rate the intensity of certain sensations and feelings, such as pain.

    III.   Neck Disability Index (NDI) & Oswestry Low Back Disability Index (ODI)

Depending on the region of the spine where the patient was operated on, they either receive an NDI or ODI survey to complete.

The NDI evaluates how much the patient's neck pain has affected their ability to manage their everyday activities.

The ODI evaluates how much the patient's lower back pain has affected their ability to manage their everyday activities.

It's crucial that the user answers every question and choose only one option. Please pick the option you most identify with.

    IV.   DOI (Daily Opioid Intake)

Tracks a patient's daily opioid intake after surgery.

    V.   2-week Follow-up

Contains a separate set of questions regarding the surgical wound.

The user will need to provide a picture of the surgical wound at that time point.

Your surgeon will inform you on the status of your recovery progress via the chat room.

Software updates

Please update the app by following the instructions below according to the type of smartphone you are using.

iPhone

Option 1

How to **manually** update apps on your iPhone or iPad?

1. Open the App Store.

2. Tap your profile icon at the top of the screen.

3. Scroll to see pending updates and release notes. Tap Update next to an app to update only that app, or tap Update All.

Option 2

How to turn on or turn off **automatic** updates on your iPhone or iPad?

1. Go to Settings.
2. Tap App Store.
3. Turn on or turn off App Updates.

Android

Option 1

How to update an Android app <u>manually</u>?

1. Open the Google Play Store app ▶.

2. At the top right, tap the profile icon.

3. Tap Manage apps & device. Apps with an update available are labeled "Update available."

4. Tap Update.

Option 2

How to update individual Android apps <u>automatically</u>?

1. Open the Google Play Store app ▶.

2. At the top right, tap the profile icon.

3. Tap Manage apps & device.

4. Tap Manage, then find the app you want to update automatically.

5. To open the app's "Details" page, tap the app.

6. On the app's "Details" page, tap More ⋮ .

7. Turn on Enable auto update.

When updates are available, the app updates automatically. To turn off automatic updates, turn off Enable auto update.

After you've updated the app, you might be signed out of the app. Refer to page # for instructions.

Turn on notifications to receive pings about your surveys

iPhone
1. Go to Settings and tap Notifications.
2. Find the SpineHealthie app under Notification Style.
3. Click on the button (should be come green) next to allow notifications.
4. Click on Immediate Delivery instead of Scheduled Summary under Notification Delivery.
5. Under Alerts, choose the alert style that you want.

Android

1. Open your phone's Settings app.

2. Tap Notifications ⟩ App settings.

3. Under "Most recent," find apps that recently sent you notifications.

   - To find more apps, in the dropdown menu, tap All apps.

4. Tap the app.

5. Turn the app's notifications on or off.

   - You can turn off all notifications for a listed app.

   - To pick specific categories of notifications, tap the app's name.

Tip: If you don't see "Recently sent," you're using an older Android version. Instead, tap App notifications and tap an app. You can turn notifications, notification dots, and notification categories on or off. If an app has categories, you can tap a category for more options.

Reload app

If you find the app unresponsive, follow these instructions to quit and reopen the app on the:

iPhone
1. To quit the app, open the App Switcher, swipe right to find the app, then swipe up on the app.
2. To open App Switcher: swipe up from the bottom edge and pause in the center of the screen. If your iPhone has a Home button, double-click the Home button.
3. To open the app, go to the Home Screen, then tap the app.

Android
1. To quit the app, swipe up from the bottom edge and pause in the center of the screen, swipe right to find the app, then swipe up on the app.

Contact information

University of Washington (Please change it according to the site.)

- For emergencies, call 911.
- For immediate medical concerns, call the Neurological Surgery Clinic at 206-744-9300, press option 2 and then option 2 during operational hours (Monday – Friday, 8am-4pm). Call 206-744-2500 after hours, on weekends and during holidays.
- Your UW Medicine mychart profile is another alternative to get in touch with us. Visit uwmedicine.org/ecare to log-in.
- To schedule an in-person appointment, call 206-744-0430.
- Clinical Research Coordinator, email: nyky@uw.edu