

CARDIOPREVENT PROGRAM VIRTUAL PLATFORM

EMPOWERING PATIENTS TO PROACTIVELY MANAGE THEIR HEART HEALTH



How It Works



1. **Inform us that you want to participate**



2. **Send the one time fee of \$75 to coordinator@imcare.ca**

3. **Your coach at IMCare will send you an invitation request by email.**

Features

You will be eligible to access the virtual platform and the following features:

- 6 month virtual rehab & wellness program
- Educational Materials
- Personal Fitness Trackers
- Goals as set by your care team
- Virtual Visits
- Monitoring your medical results
- Personalized education

Contact

To find out more or to register:



www.imcare.ca



coordinator@imcare.ca

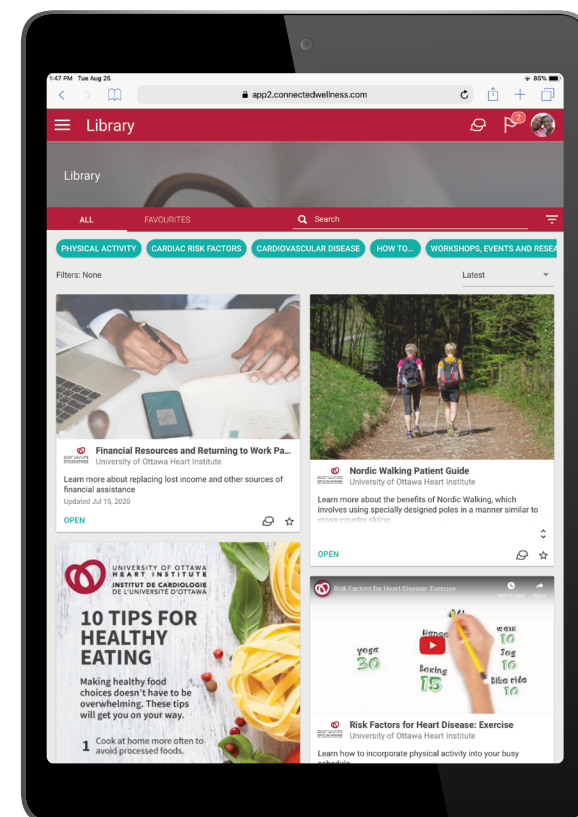
At a Glance

With hectic schedules and life's constant demands, individuals need fast and convenient services, reliable and trusted health information and care in near-real time.

PACE180

IMCare has partnered with the University of Ottawa Heart Institute to help you learn about, track, and manage your own heart health through an easy-to-use online tool called the CardioPrevent Program Virtual Platform.

Ever at your fingertips, this virtual platform can help you improve your heart health and well-being from the comfort of home.



PROGRAM FEATURES

- 1 PROFILE** allows participants to personalize their account and add their goal.
- 2 CONVERSATION** allows participants to communicate with their circle of care.
- 3 ALERTS AND NOTIFICATIONS** allows participants to receive reminders that can help in establishing habits.
- 4 HEALTH SUMMARY** provides an accurate and consolidated view of a participant's health history and current health status.
- 5 CARE PLANS** allows participants to build a plan and fill in necessary information to establish personalized care.
- 6 TRACKERS** allows participants to manage their risk through goal setting and regular monitoring of their risk factors and health behaviours.
- 7 HEALTH LIBRARY** houses up-to-date resources to help participants learn more about heart health.
- 8 SCHEDULE** helps participants track and manage all their health appointments from a single location.
- 9 CIRCLE OF CARE** allows participants to invite those in their circle to view their health information and progress.
- 10 FORUMS** encourages information exchange among peers with similar health priorities.



POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE



John Smith
Male, 73 yr

Dashboard

Health Summary **4**

Care Plans **5**

Wellness Trackers

Schedule **8**

Conversations

Circle of Care **9**

Health Library

Forums **10**



1

John Smith (Johnny)
Male, 73 yr

6,194 points
I want to exercise for 30 minutes five times each week and eat at least seven fruits and vegetables every day.

2   **2** 

3

6 Trackers

7 Health Library

To Do Today

25 Tuesday, August 25, 2020

-  Nutrition
Due Aug 12, 2020
-  Smoking
Due Aug 13, 2020
-  Physical Activity
Due Aug 14, 2020
-  Stress, Anxiety and Depression
Due Aug 15, 2020

 Aerobic Exercise
58 minutes of physical activity (1h ago)

 Steps
0 steps today

  42

 **Financial Resources and Return...**
University of Ottawa Heart Institute

Learn more about replacing lost income and other sources of financial assistance

Updated Jul 15, 2020

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