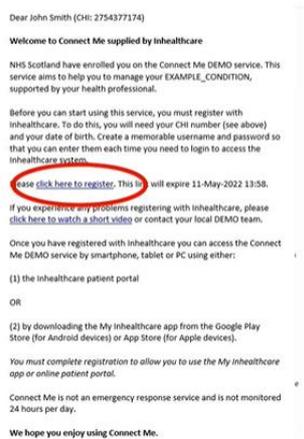


You will have had a consultation with, or contact from, your GP, nurse, or other healthcare specialist before you receive an email asking you to register on the Inhealthcare platform. This guidance provides information on how to register and create your login details on the Inhealthcare platform.

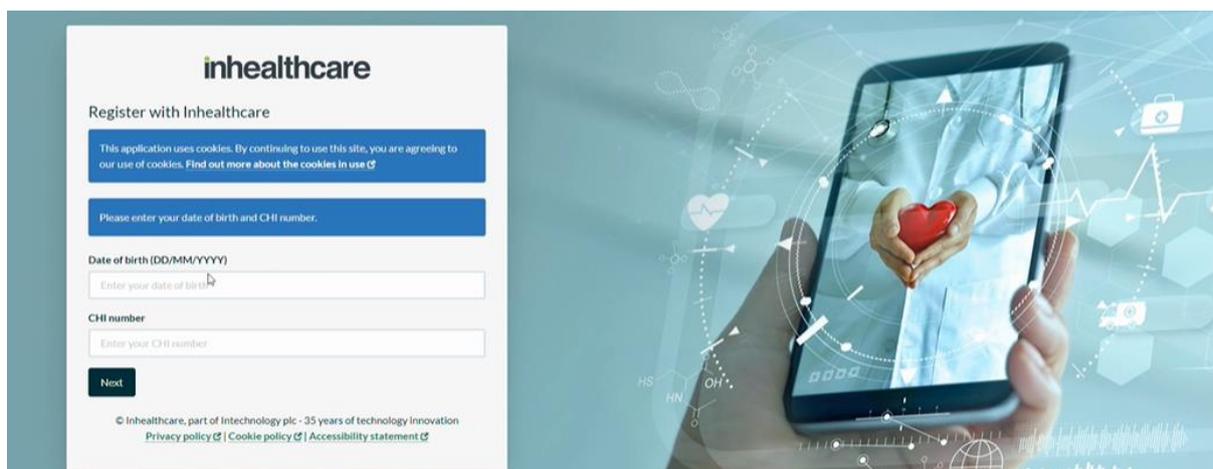
How to Register on the Inhealthcare Platform

After your healthcare specialist has added you and your details to the Inhealthcare system, you will receive a welcome email from the system. This email will be addressed to you and include your CHI number.

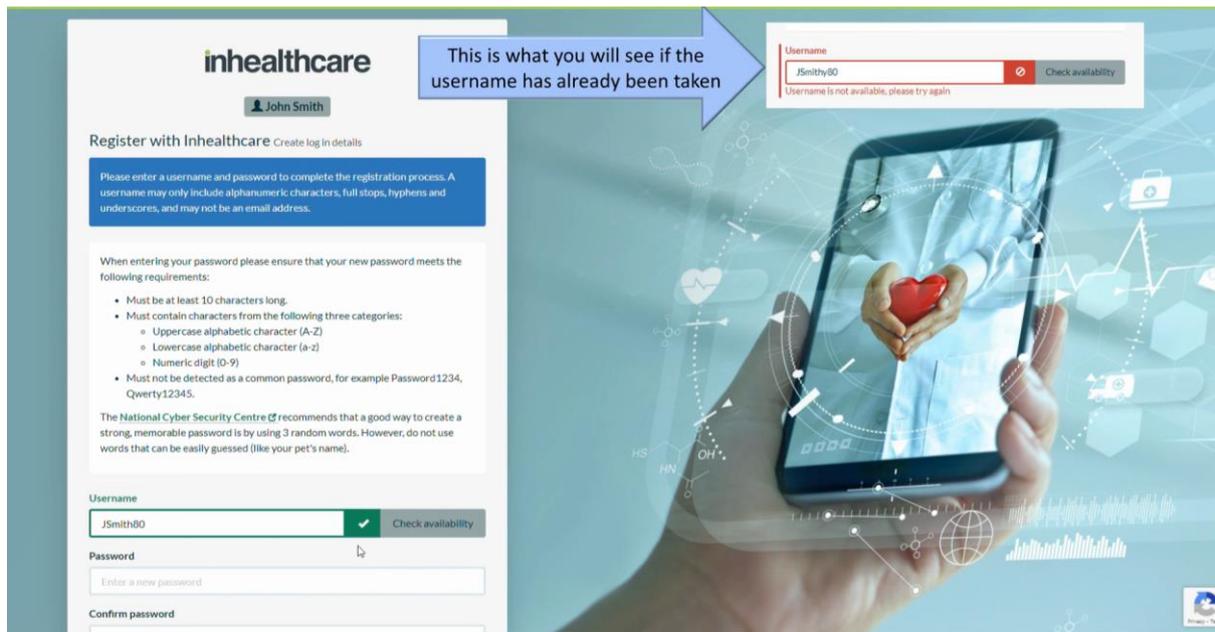
The email will contain a link for you to click which will take you to the Inhealthcare registration page. Please note that this link will be active for 7 days from receipt of the email. If this time has expired, please contact the health professional you had your consultation with, so that a new link can be provided.



On the registration screen, you will be asked to enter your date of birth (in the format of DD/MM/YYYY) and CHI number.



You will then be taken to a screen where you are asked to create a **username** and **password**. When creating a username, enter your choice in the box and click on 'Check Availability'. Should a green tick appear beside your username, this means that the username you have selected is available. If a red icon is displayed next to the username, this means your choice is not available. You will need to select a new username, or make your previous choice more unique, to continue.



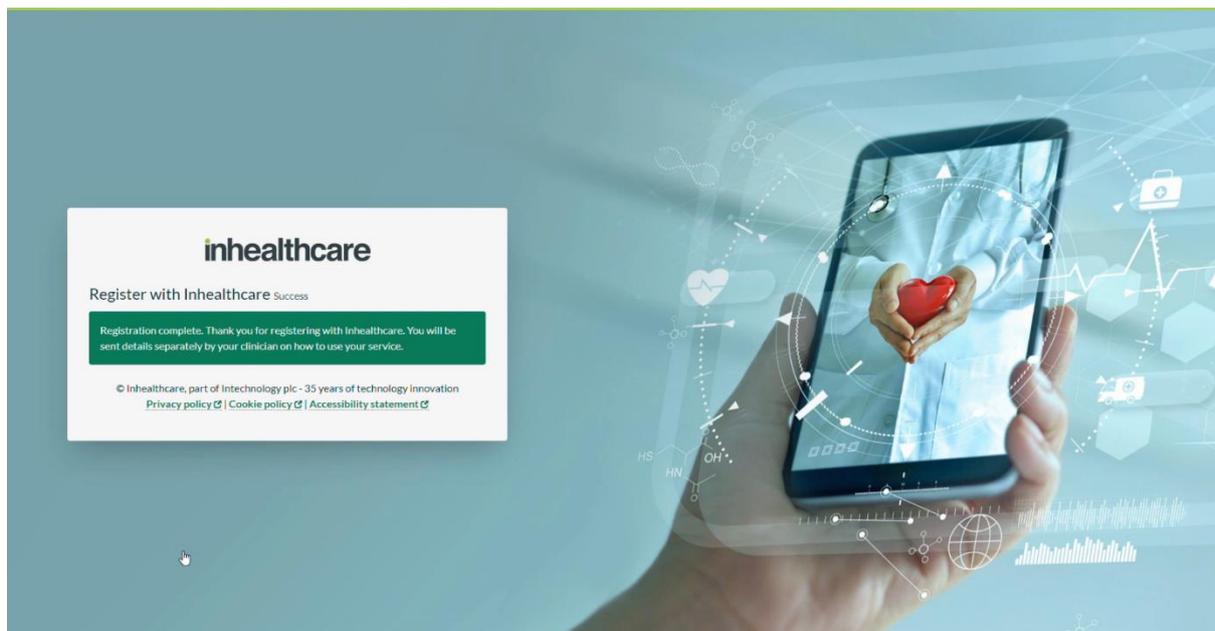
You will then be asked to create a password. Make sure to choose something you will remember.

Your password must:

- be at least 10 characters long
- contain uppercase alphabetic character(s) (A-Z)
- contain lowercase alphabetic character(s) (a-z)
- contain a numeric digit (0-9)

It must not be detected as a common password, for example: Password1234, Qwerty12345

Once you have entered a suitable password, click on 'Complete Registration'. You should then see the following screen indicating that your registration is complete.



You will now receive emails at the scheduled times when your clinician wants you to take and submit your BP readings, this might be daily, twice a week or one day a month. You can click on the link in

these emails which will take you to the Inhealthcare login screen where you will have to type in your username and password before you can submit your BP readings.

If you would prefer to use the service through your smartphone, the 'My Inhealthcare' app is available to download.

Downloading the 'My Inhealthcare' app

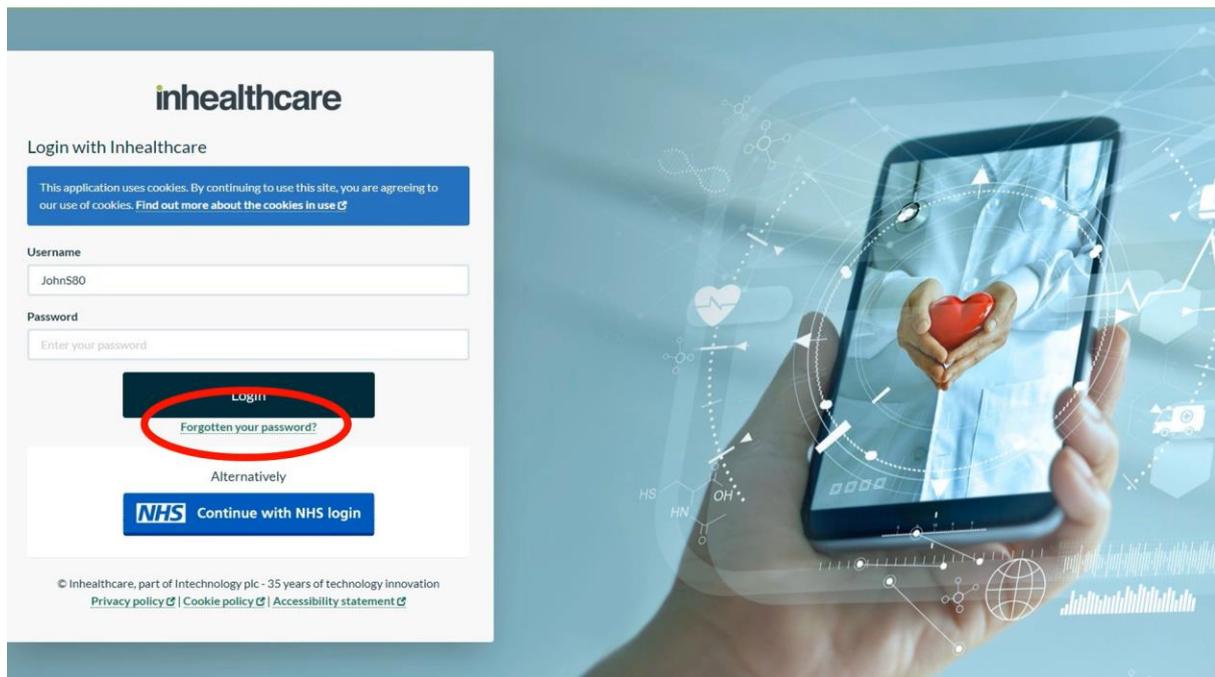
The 'My Inhealthcare' app can be downloaded on both Apple and Android devices.

- For Apple devices, the app can be downloaded from the [Apple Store by clicking here](#)
- For Android devices, the app can be downloaded from the [Google Play Store by clicking here](#)

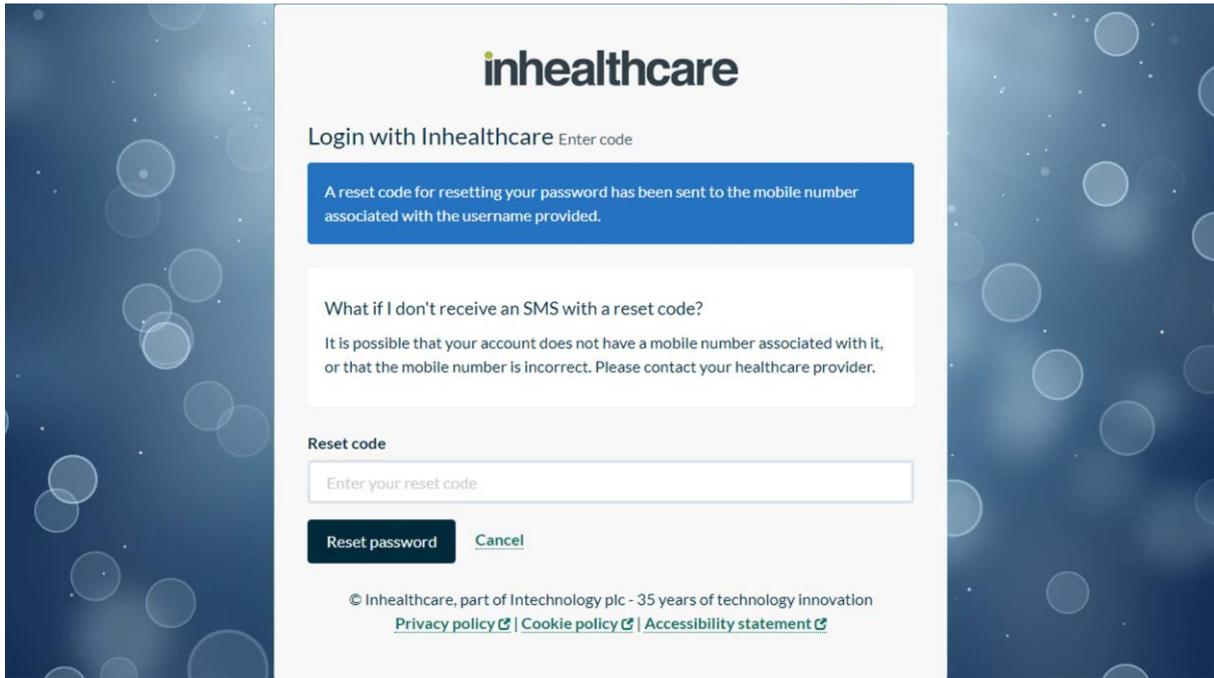
Once the app has fully downloaded and installed, upon opening the app you will be asked to enter your username and password. These are the same details as created above.

Forgotten your password?

At any point, if you have forgotten your password, you can reset this via the Inhealthcare login screen. By clicking on the 'Forgotten your password' option, you will be asked to enter your username before clicking on 'Request Reset Code'.



You will then be sent a text with a code to enter on the following screen. If you do not receive a SMS message with a reset code, it may be that your account does not have a mobile number associated with it, or that the mobile number is incorrect. Please contact your health professional.

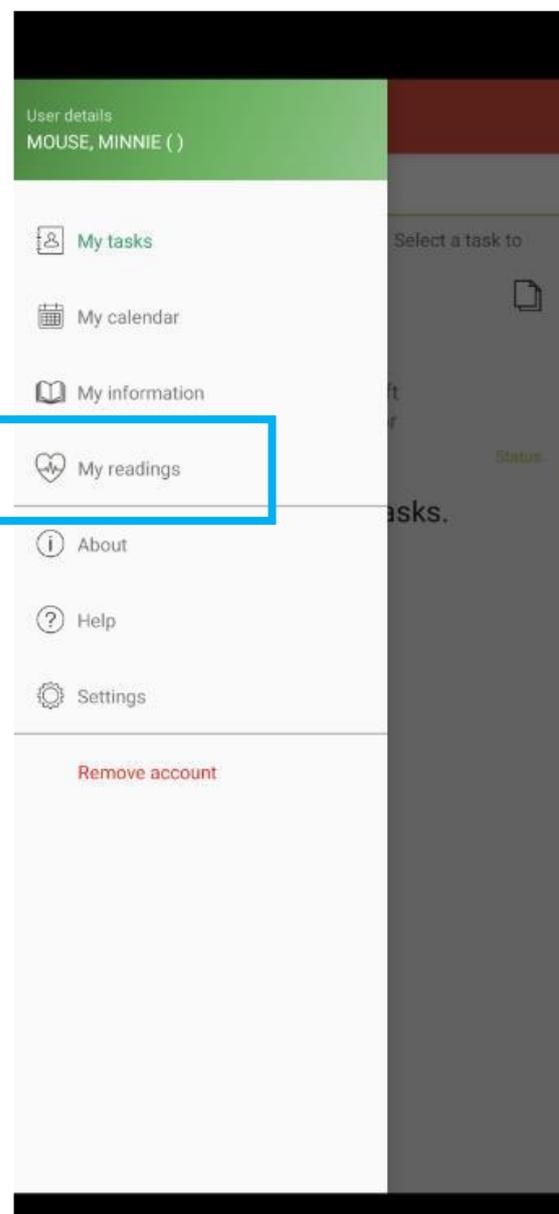
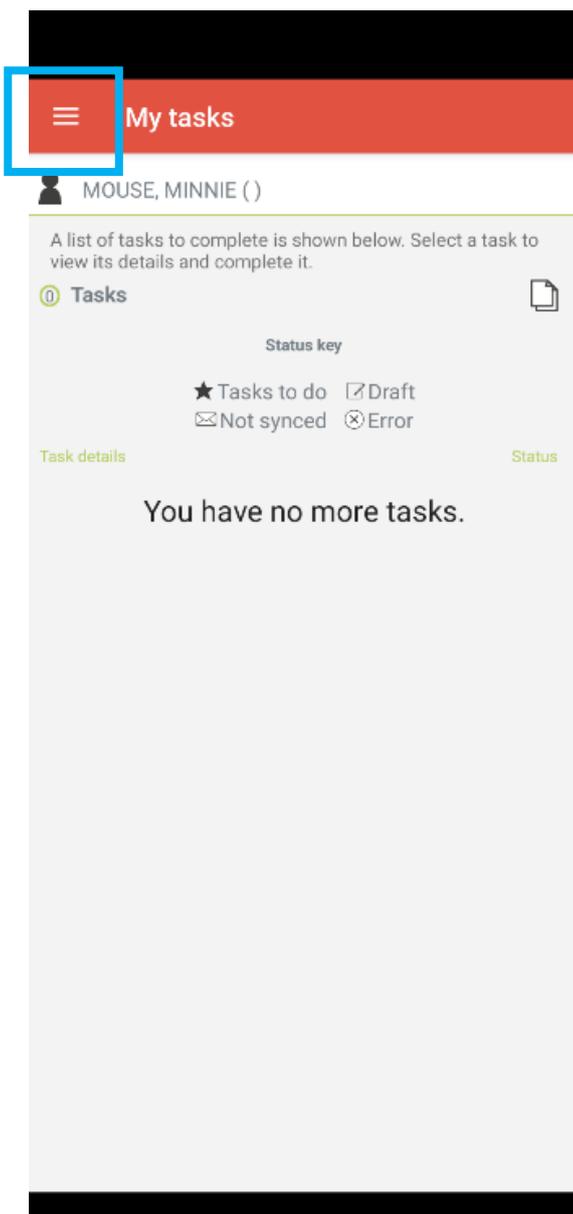


If you receive the reset code, enter the code and select 'Reset Password'. You will then be prompted to set a new password, using the same criteria as noted above.

Accessing Your Previous Readings via the 'My Inhealthcare' app

Once you have downloaded and successfully logged into the app, you are now able to submit your blood pressure readings from within the app. You will be requested to submit your readings on the days/times that were chosen when signing up for the remote monitoring service. These prompts will appear in the app under the 'Task Details' heading.

A key benefit of the app is the ability to review the previous readings that you have submitted. To do this, you should tap on the three lines menu button at the top left of the screen. From the menu, select 'My Readings'. You can then select whether you want to view your overall blood pressure readings, or either the diastolic or systolic readings on their own.





For more information, and video guides on how to register and download the app, please visit the following page on the TEC Scotland website: <https://tec.scot/usingconnectme>