

myMobile User Guide

Web Version

Register your myMobile Account

Go to the **myMobile website**: <https://mymobile.saskhealth.telushhm.com/myMobile.html>

Then click on “**Not Registered?**”



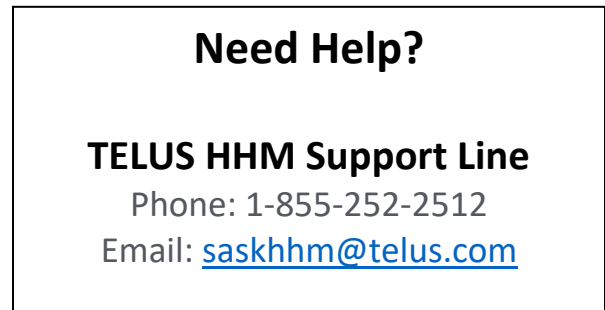
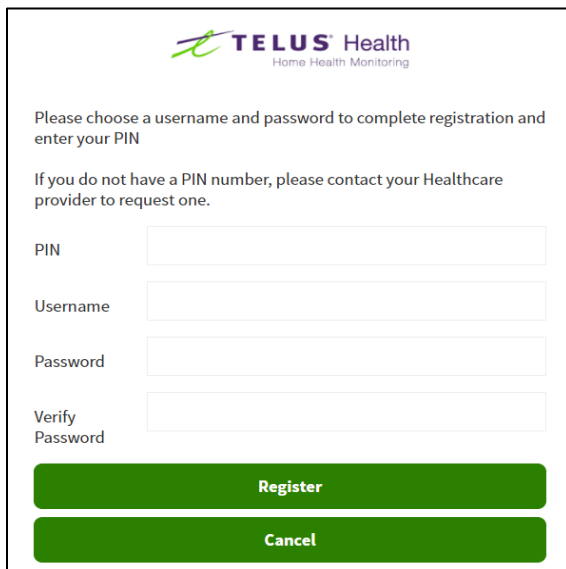
Use the **PIN number from the TELUS welcome email**, or phone the TELUS HHM Support Line to get your PIN.

Create a unique username and password.

Your **username** must be at least 5 characters long.

Your **password** must be least 8 characters long and have at least 3 of the following:

- Upper case letters: A-Z (English)
- Lower case letters: a-z (English)
- Digits: 0-9
- Special characters: `~!@#\$%^&*()_+-={}| \: "; '<>? , . /] [



Signing In

Go to the myMobile website: <https://mymobile.saskhealth.telushhm.com/myMobile.html>

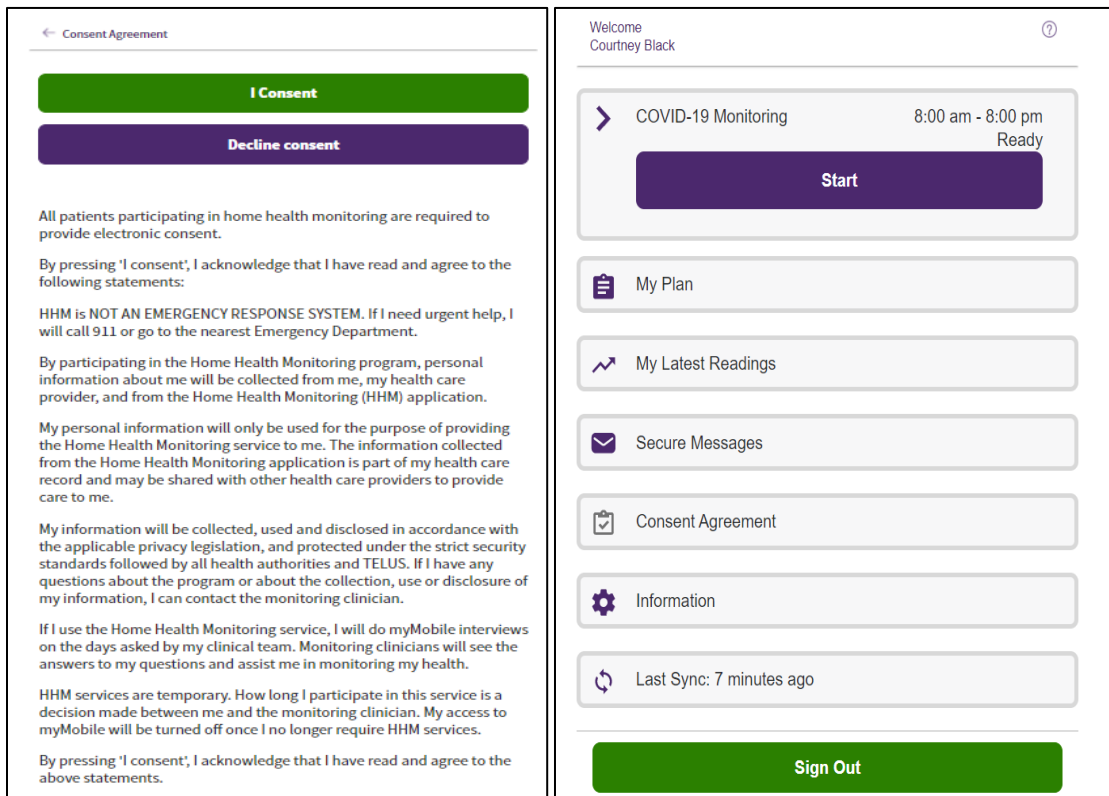
Enter your Username and Password and then press sign in.



If you forgot your username and/or password, please call the TELUS HHM Support Line to get a new PIN number (1-855-252-2512).

myMobile Home Page

After logging in, the consent agreement will show. You must provide consent in order to access the home page.



Interviews

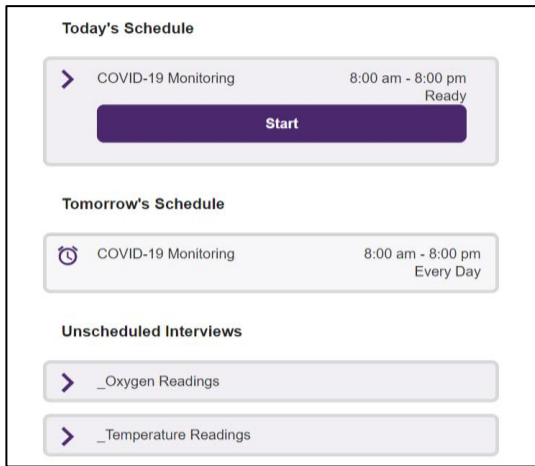
The **'Start'** button at the top of the screen begins an interview if one is scheduled.

If the **'Start'** button does not show up, no interview is due. Instead, you will see when your next interview needs to be completed.

My Plan

My plan will show you the schedule of interviews for today and tomorrow.

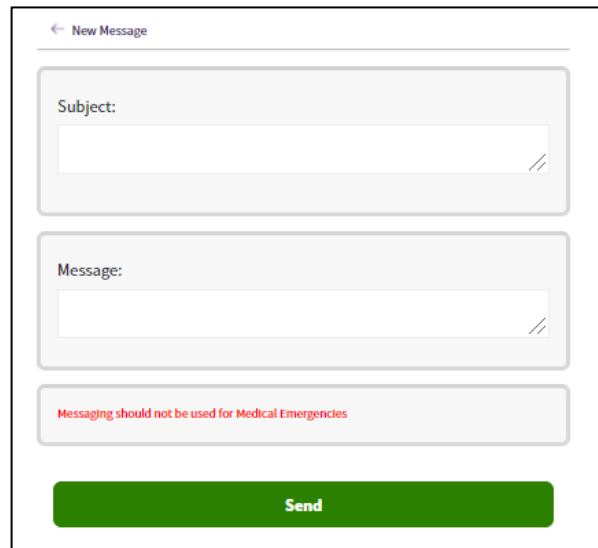
- If you need to start an interview outside of the normal schedule, then click the interview under the **'Unscheduled Interviews'** section.



Secure Messaging

You can send a secure message to your monitoring team.

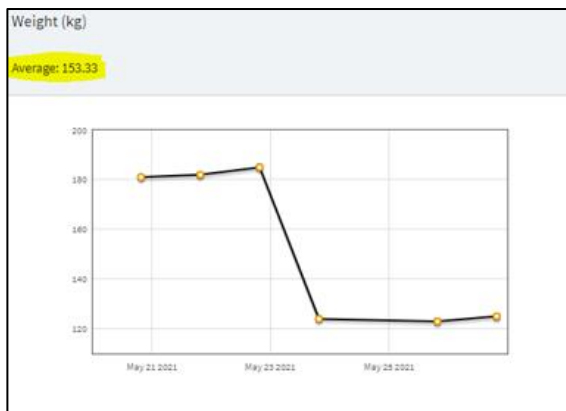
- Messaging **is not** be used for Medical Emergencies.



The screenshot shows a 'New Message' form with fields for 'Subject:' and 'Message:'. Below the message field is a red warning: 'Messaging should not be used for Medical Emergencies'. A green 'Send' button is at the bottom.

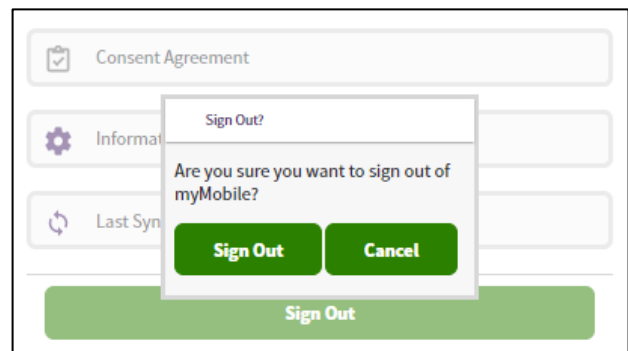
My Latest Readings

This section allows you to view the last set of readings sent to your monitoring Clinician.



Signing Out

When you have finished your daily interview, click on the "sign out" button at the bottom.



The screenshot shows a 'Sign Out?' dialog box with the text 'Are you sure you want to sign out of myMobile?'. It has 'Sign Out' and 'Cancel' buttons. Below the dialog is a green 'Sign Out' button.