



## Checking in with you between visits, via our mobile app

Your doctor has recommended a powerful new program for you. It is a special care management tool we can use to regularly check in with you: the **Rutgers Premier Mobile App, CAREMINDr**.

Our app provides you with **one-click access** to our appointment desk, 24-hour help line, your health records portal, medical information and many other resources you might find very useful. It's also a way for our office to check in with you on a regular basis, in a **convenient, simple way** that will not interfere with your everyday schedule.

**The Rutgers Premier mobile app is part of our commitment to use the best technology available to help you remain as healthy as possible.**

The office will help you load the app onto your phone and show you how it works. It's very simple. Once it is started, you will receive one **Short Message** each day for the first five days, to orient you to the program and make sure you are confident in using our app. You will see short videos and simple reply forms for you to fill out.

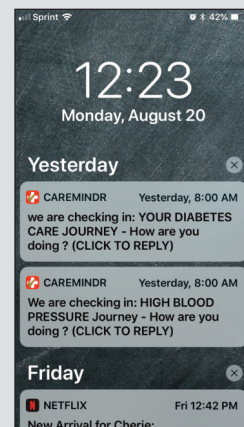
In about a week, the **Care-Related Messages** and **Reply Forms** will start; most are on a once-a-week schedule. Your replies will provide our office with information about how you are doing and if anything is happening where we may be able to help.

**You are in complete control!** You can always choose to discontinue receiving the messages and reply forms if this program is not right for you. But please give it a try!

**If you have any problem, please call us directly; there is even a special button right in the app that will directly dial our number.**

## Easy Way to Let Us Know about Your Progress!

You will receive reminder notifications on your phone that you have a "Journey" to complete. Click on the App icon to open the CAREMINDr app on your phone, or click on the message to open your journey.

A screenshot of the CAREMINDr app interface showing a survey. The survey has three questions. The first question is 'What is your blood pressure reading TODAY - the HIGH number?' with radio button options for '<120', '120-', '>140', and 'n/a'. The second question is 'What is your blood pressure reading TODAY - the LOW number?' with radio button options for '<80', '80-', '>91', and 'n/a'. The third question is 'How is your health today? 5=GOOD, 3=OK, 1=SICK' with radio button options for '5', '4', '3', '2', and '1'. At the bottom, there is a 'SUBMIT' button and a home button icon.

Answer each of the questions, then click **SUBMIT** to send your responses directly to our office.