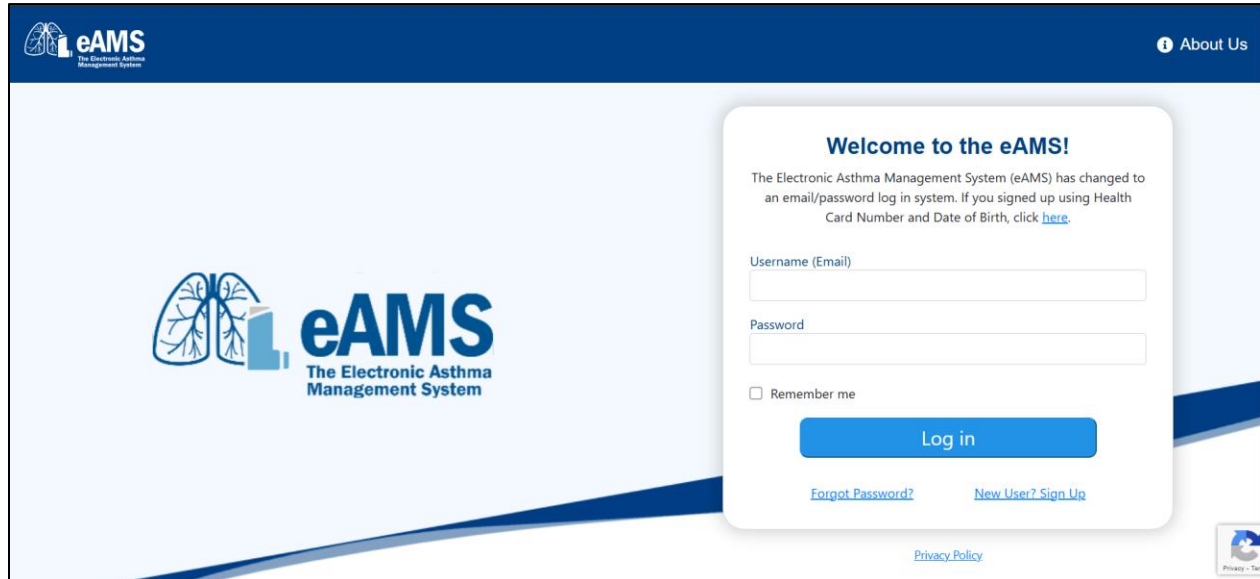


1. Enter the eAMS Patient Portal (<https://portal.easthma.ca>) if you are registering from a computer (please use Chrome, Firefox, Safari or Edge) or open the eAMS app if you are registering via your device (phone or tablet).



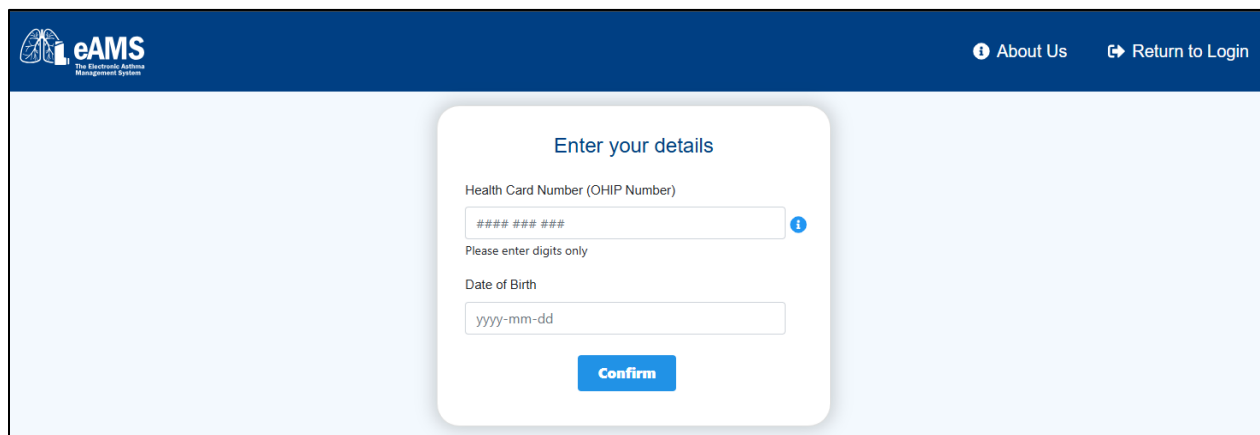
You can download the free eAMS app from the Google Play Store or App Store by searching “eAMS asthma” or by scanning this QR code with the camera on your device:

When you access the eAMS Patient Portal or eAMS app, the following screen will appear:



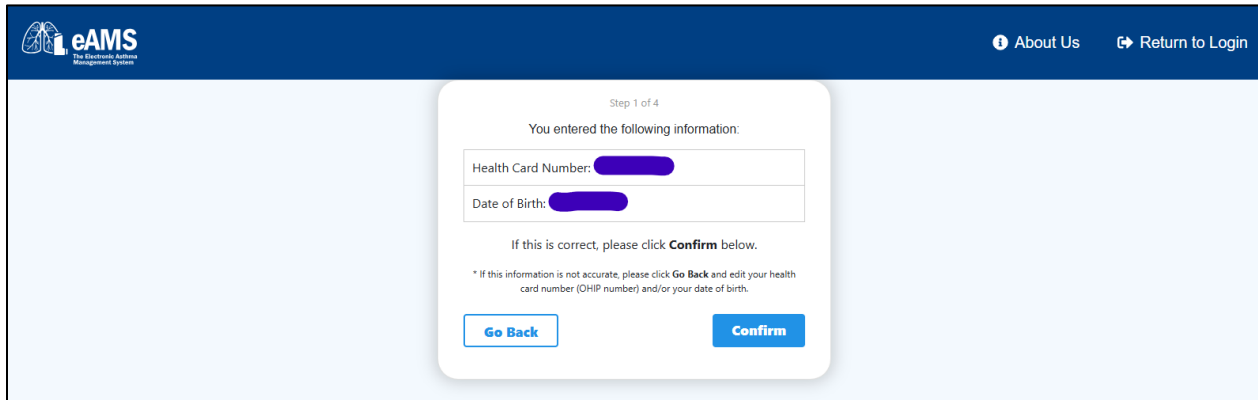
The screenshot shows the eAMS Patient Portal login interface. The header includes the eAMS logo and an 'About Us' link. The main content area features a large eAMS logo on the left and a login form on the right. The form is titled 'Welcome to the eAMS!' and contains a message about the system's transition to an email/password login system. Below the message are input fields for 'Username (Email)' and 'Password', a 'Remember me' checkbox, and a 'Log in' button. There are also links for 'Forgot Password?' and 'New User? Sign Up', and a 'Privacy Policy' link at the bottom.

2. Click on “**New User? Sign Up**” to start the registration process.
3. Next you will see the following page. Enter your Health Card Number (OHIP) (only the 10 digits – no letters) and Date of Birth. Then click on “**Confirm**”.



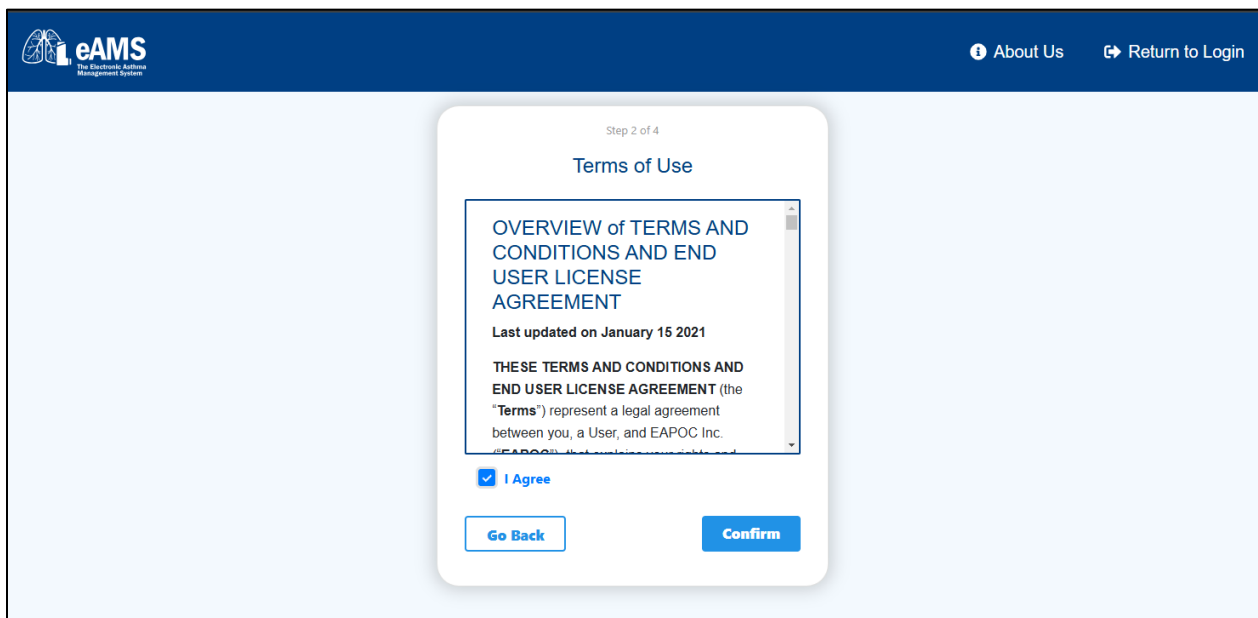
The screenshot shows the eAMS Patient Portal registration interface. The header includes the eAMS logo, an 'About Us' link, and a 'Return to Login' link. The main content area features a registration form titled 'Enter your details'. The form has two input fields: 'Health Card Number (OHIP Number)' with a placeholder '#### ## #' and a note 'Please enter digits only', and 'Date of Birth' with a placeholder 'yyyy-mm-dd'. A 'Confirm' button is located below the form.

4. Review that your information is correct, then click on “Confirm”. If you made a mistake, click on “Go Back”, and repeat step 3.



The screenshot shows the eAMS interface at Step 1 of 4. The header includes the eAMS logo and navigation links for 'About Us' and 'Return to Login'. The main content area displays a confirmation box with the following text: 'Step 1 of 4', 'You entered the following information:', 'Health Card Number: [redacted]', 'Date of Birth: [redacted]', 'If this is correct, please click **Confirm** below.', and a disclaimer: '* If this information is not accurate, please click **Go Back** and edit your health card number (OHIP number) and/or your date of birth.' At the bottom of the box are two buttons: 'Go Back' and 'Confirm'.

5. Review the Terms of Use, and if you accept these terms click on the tick box next to “I Agree” and then the “Confirm” button to continue.



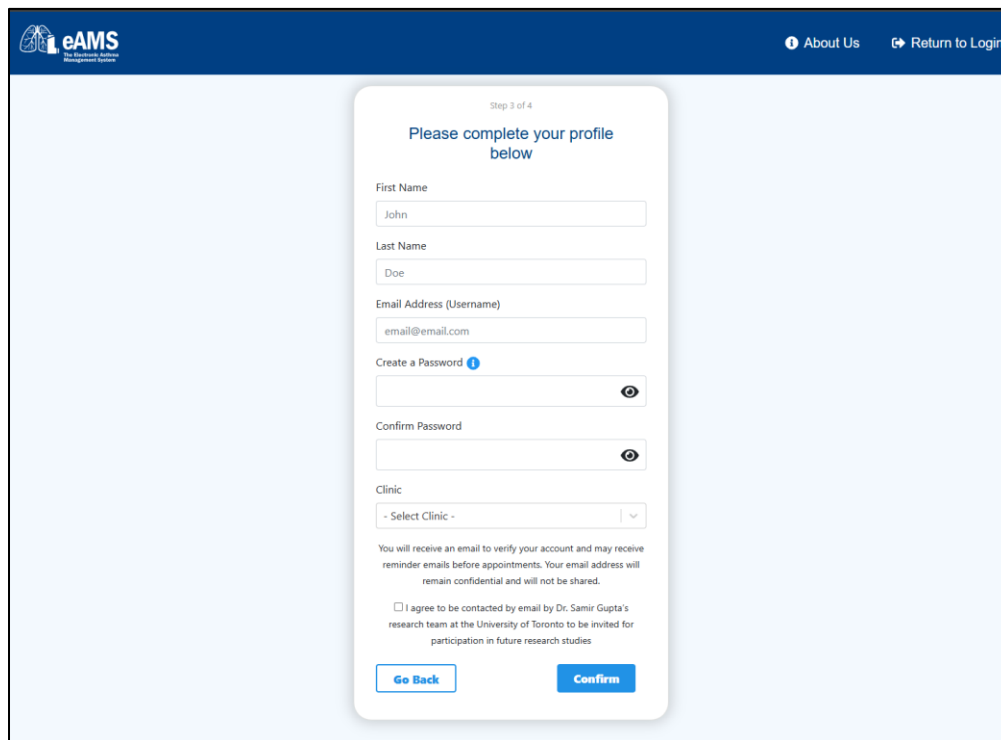
The screenshot shows the eAMS interface at Step 2 of 4. The header includes the eAMS logo and navigation links for 'About Us' and 'Return to Login'. The main content area displays a 'Terms of Use' box with the following text: 'Step 2 of 4', 'Terms of Use', 'OVERVIEW of TERMS AND CONDITIONS AND END USER LICENSE AGREEMENT', 'Last updated on January 15 2021', and 'THESE TERMS AND CONDITIONS AND END USER LICENSE AGREEMENT (the “Terms”) represent a legal agreement between you, a User, and EAPOC Inc. (EAPOC)'. Below the text is a checked checkbox labeled 'I Agree' and two buttons: 'Go Back' and 'Confirm'.

- Enter your first name, last name, email address, and a password of your choice. The password must be between 8-64 characters.

Next, select your clinic from the drop-down menu (in case you don't recognize your clinic's name, look for the address that matches your clinic's address).

Finally, if you agree to be contacted for research, click on the tick box that says "I agree to be contacted by email..."

Please make sure that all your entered information is accurate. Then click on "Confirm".



Step 3 of 4

Please complete your profile below

First Name
John

Last Name
Doe

Email Address (Username)
email@email.com

Create a Password ⓘ

Confirm Password ⓘ

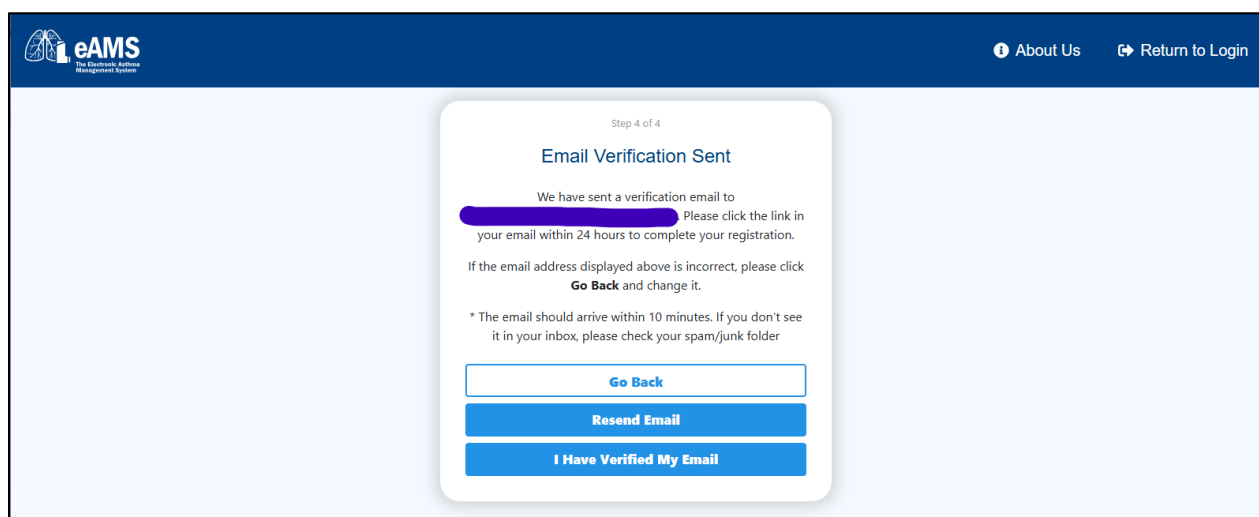
Clinic
- Select Clinic -

You will receive an email to verify your account and may receive reminder emails before appointments. Your email address will remain confidential and will not be shared.

I agree to be contacted by email by Dr. Samir Gupta's research team at the University of Toronto to be invited for participation in future research studies

[Go Back](#) [Confirm](#)

- The following screen will appear. A verification email will have been sent to the email address you entered. Leave this screen open, and access your email inbox.



Step 4 of 4

Email Verification Sent

We have sent a verification email to [redacted]. Please click the link in your email within 24 hours to complete your registration.

If the email address displayed above is incorrect, please click **Go Back** and change it.

* The email should arrive within 10 minutes. If you don't see it in your inbox, please check your spam/junk folder

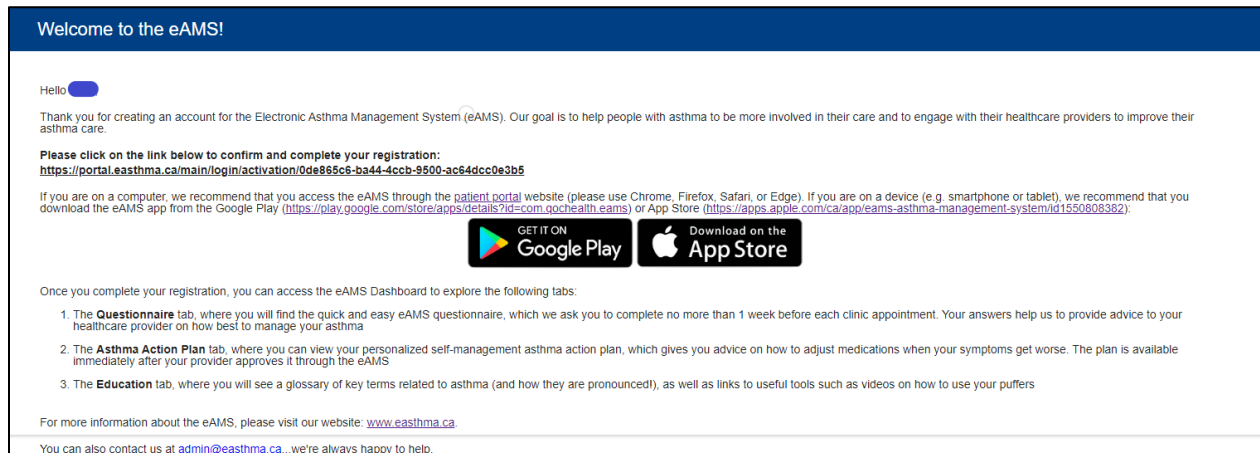
[Go Back](#)

[Resend Email](#)

[I Have Verified My Email](#)

8. From your email inbox, open the email from admin@easthma.ca with the subject line: “eAMS: Please Complete Your Registration.” If you don’t see it in your inbox, please check your junk folder. The email should look similar to the screenshot below. If you don’t receive an email within 5-10 minutes, you can click on “Resend Email” from the screen in step 7 (also make sure that your email address is correct as displayed, or click on “Go Back” to correct it if it is not).

Within the email, click on the link under the bolded line “Please click on the link below to confirm and complete your registration:”



Welcome to the eAMS!

Hello [redacted]

Thank you for creating an account for the Electronic Asthma Management System (eAMS). Our goal is to help people with asthma to be more involved in their care and to engage with their healthcare providers to improve their asthma care.

Please click on the link below to confirm and complete your registration:
<https://portal.easthma.ca/main/login/activation/0de865c6-ba44-4ccb-9500-ac64d4cc0e3b5>

If you are on a computer, we recommend that you access the eAMS through the [patient portal](#) website (please use Chrome, Firefox, Safari, or Edge). If you are on a device (e.g. smartphone or tablet), we recommend that you download the eAMS app from the Google Play (<https://play.google.com/store/apps/details?id=com.rochehealth.eams>) or App Store (<https://apps.apple.com/ca/app/eams-asthma-management-system/id1530608392>).

GET IT ON Google Play | Download on the App Store

Once you complete your registration, you can access the eAMS Dashboard to explore the following tabs:

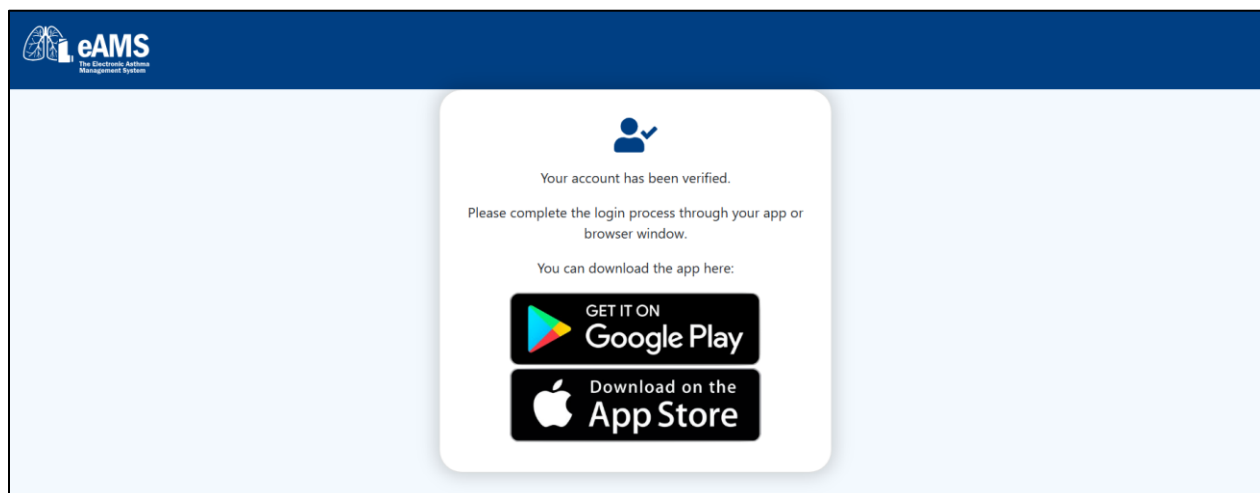
1. The **Questionnaire** tab, where you will find the quick and easy eAMS questionnaire, which we ask you to complete no more than 1 week before each clinic appointment. Your answers help us to provide advice to your healthcare provider on how best to manage your asthma
2. The **Asthma Action Plan** tab, where you can view your personalized self-management asthma action plan, which gives you advice on how to adjust medications when your symptoms get worse. The plan is available immediately after your provider approves it through the eAMS
3. The **Education** tab, where you will see a glossary of key terms related to asthma (and how they are pronounced!), as well as links to useful tools such as videos on how to use your puffers


For more information about the eAMS, please visit our website: www.easthma.ca.


You can also contact us at admin@easthma.ca...we're always happy to help.

9. Clicking that link in your email will bring you to a confirmation screen (shown below).

If you are on a device and prefer to use the eAMS app instead of a browser, if you have not already downloaded it, you can click on the “Google Play” or “App Store” button here to download the app and then login via the app directly. In this case, once you have logged in through the app, if you had started the registration process on a browser, you will not need to return to the window you had left open in step 7.



 **eAMS**
The Electronic Asthma Management System



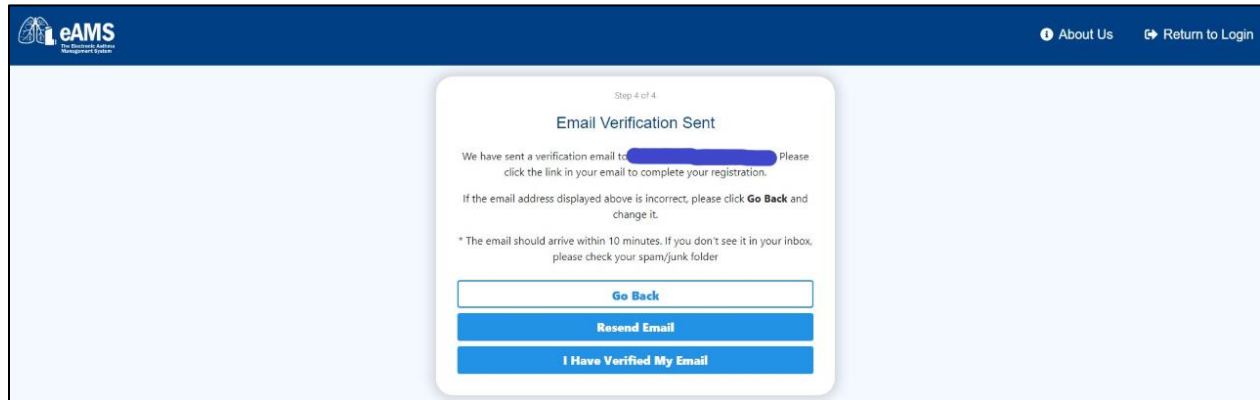
Your account has been verified.

Please complete the login process through your app or browser window.

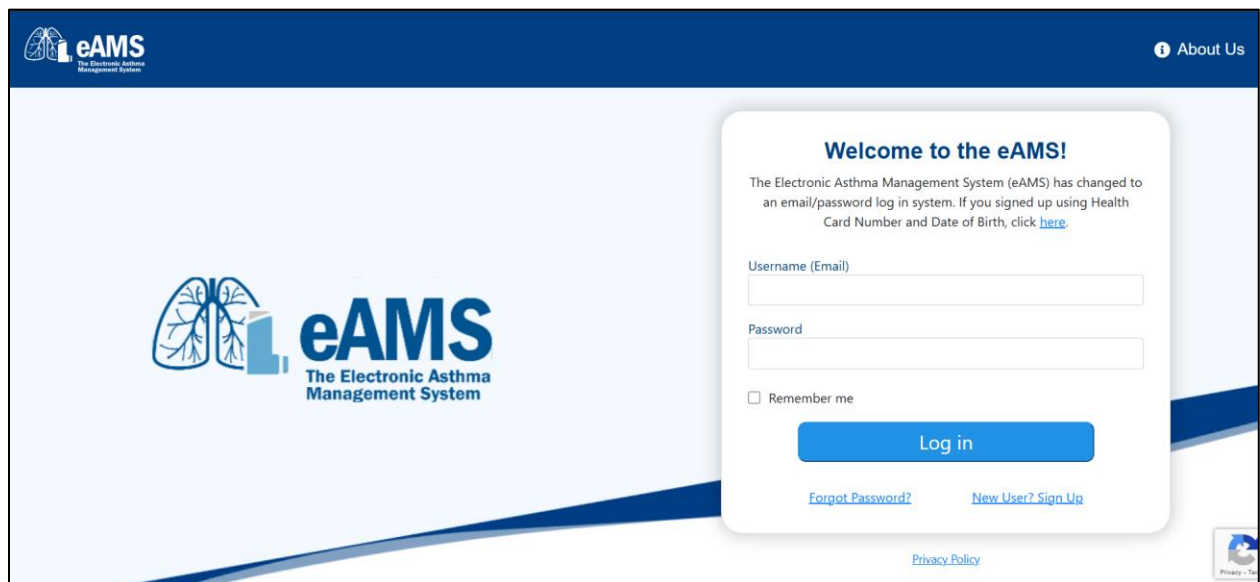
You can download the app here:

GET IT ON Google Play | Download on the App Store

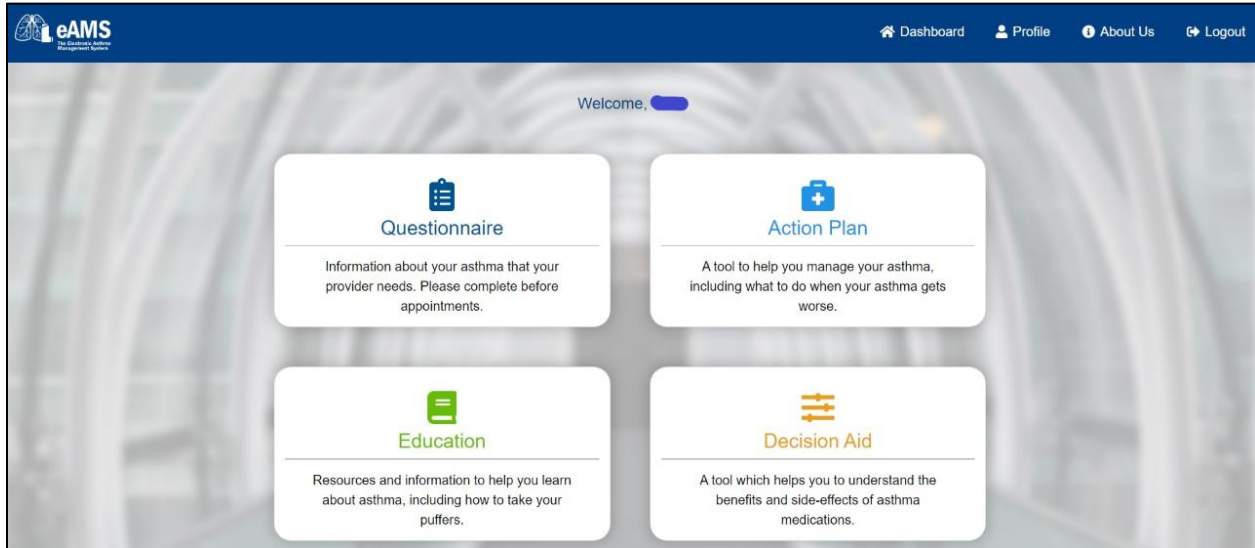
10. Finally, if you chose not to log in through the app, go back to your browser (which you had left open after step 7). Click on “I Have Verified My Email.”



11. You will be redirected to the first screen you started on. Please enter your email and password and click “Log in”



12. Once logged in, you will see the eAMS dashboard, which looks like this:



If you encounter any issues along the way, please send us an email at admin@easthma.ca and let us know which step you encountered the problem on. If you encounter an error message, please send us a screenshot. **Please do not include any personal information in the email or screenshots.**