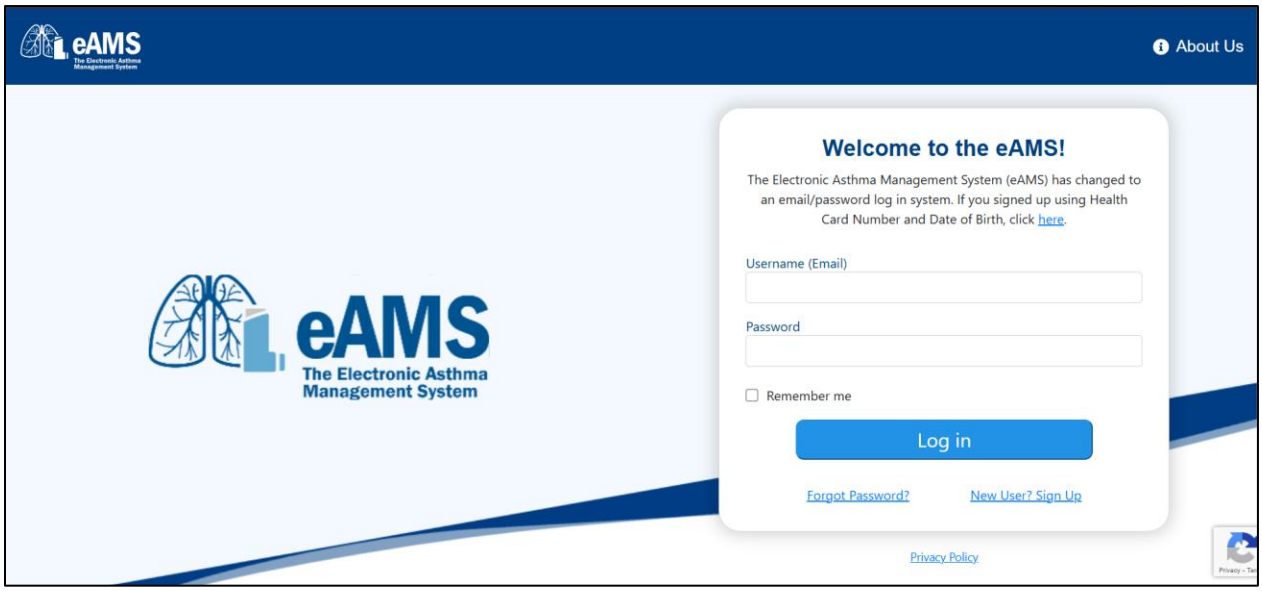
1. Enter the eAMS Patient Portal (https://portal.easthma.ca) if you are registering from a computer (please use Chrome, Firefox, Safari or Edge) or open the eAMS app if you are registering via your device (phone or tablet).

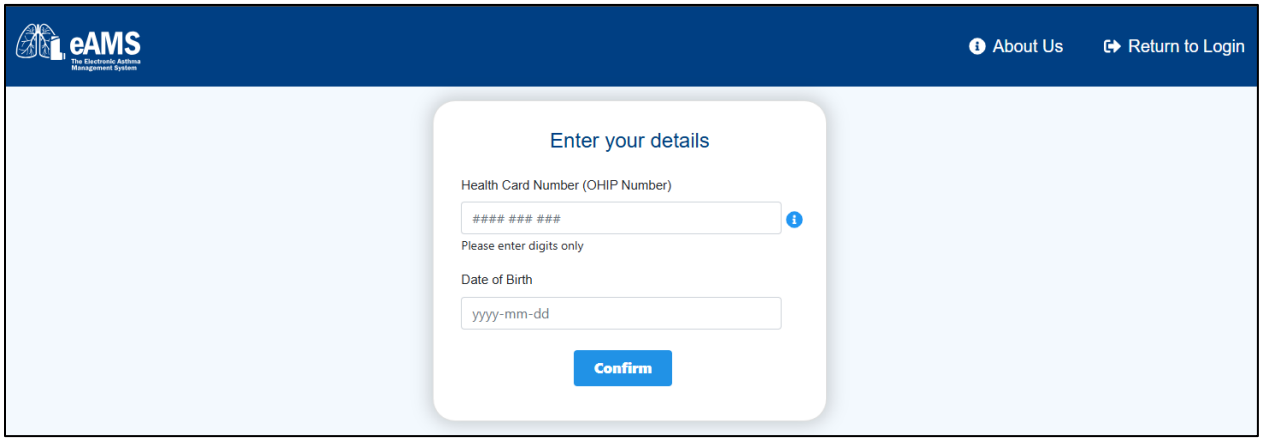
   You can download the free eAMS app from the Google Play Store or App Store by searching "eAMS asthma" or by scanning this QR code with the camera on your device:

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

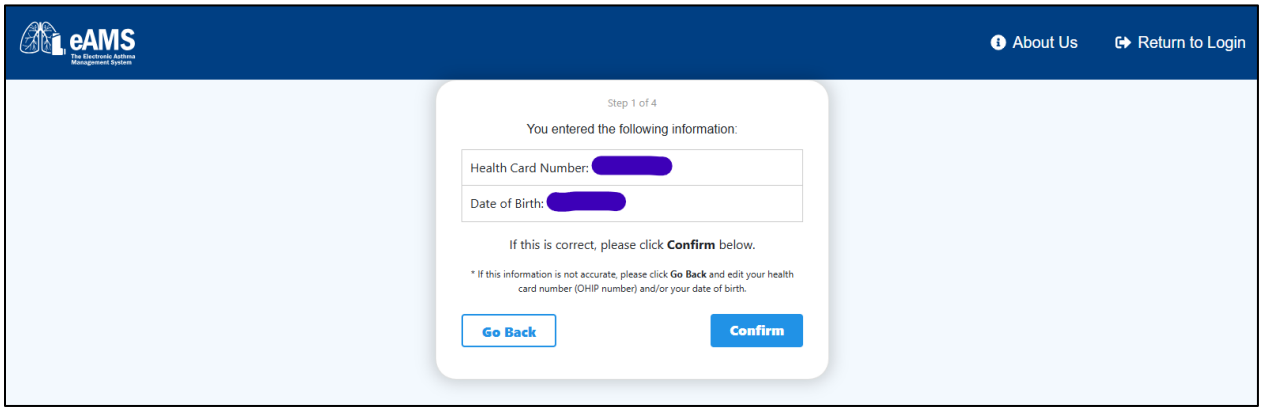


2. Click on "**New User? Sign Up"** to start the registration process.

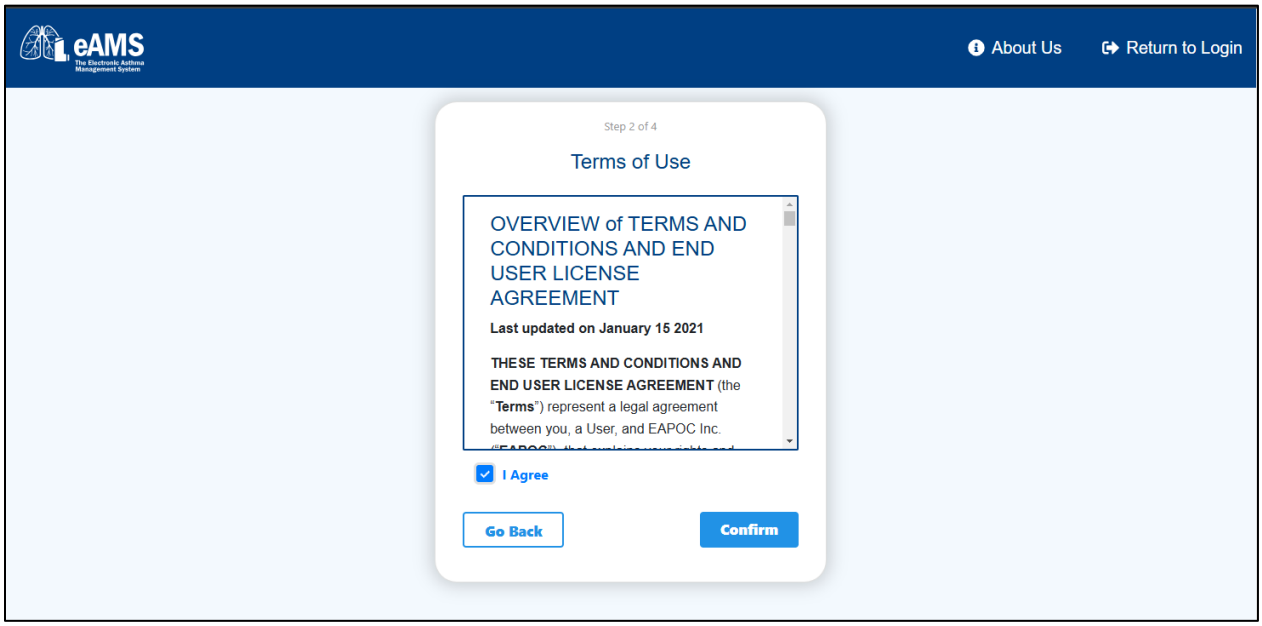
3. Next you will see the following page. Enter your Health Card Number (OHIP) (only the 10 digits – no letters) and Date of Birth. Then click on "Confirm".



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



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.

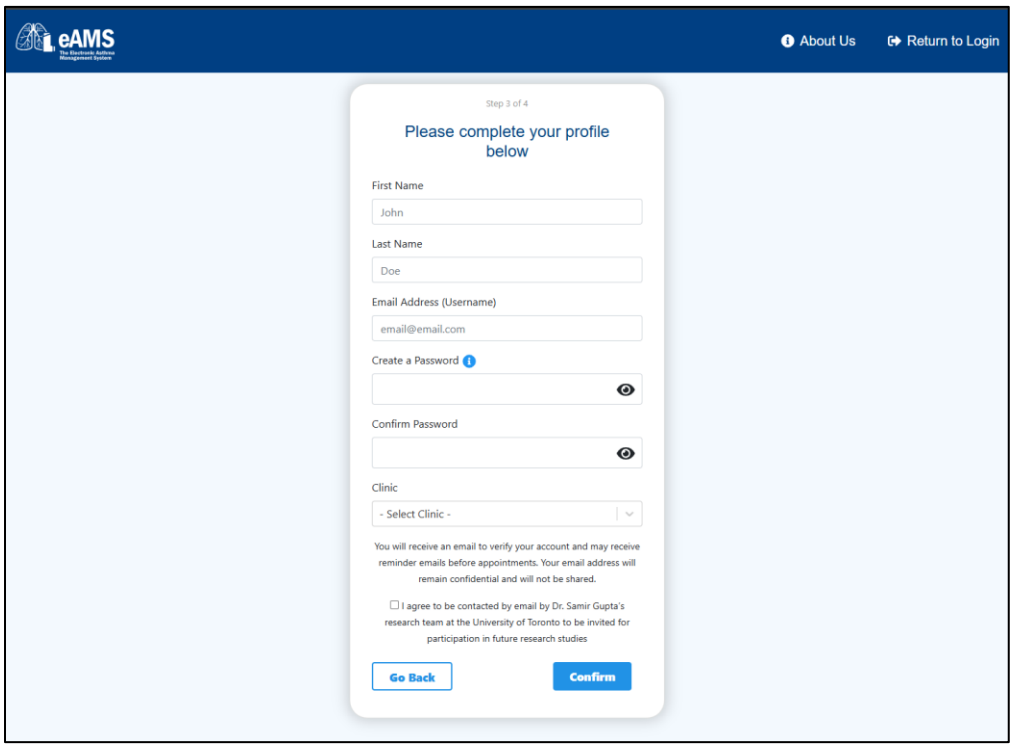


6. Enter your first name, last name, email address, and a password of your choice. The password must be between 8-64 characters.

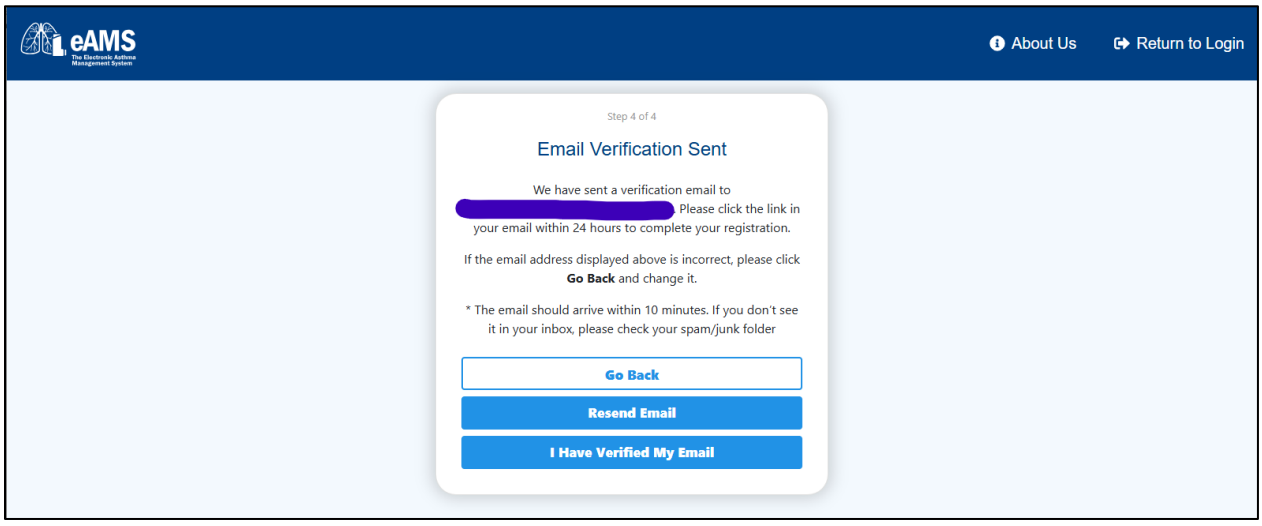
   Next, select your clinic from the drop-down menu (in case you don't recognize your clinic's name, look for the address that matches your clinic's address).

   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".

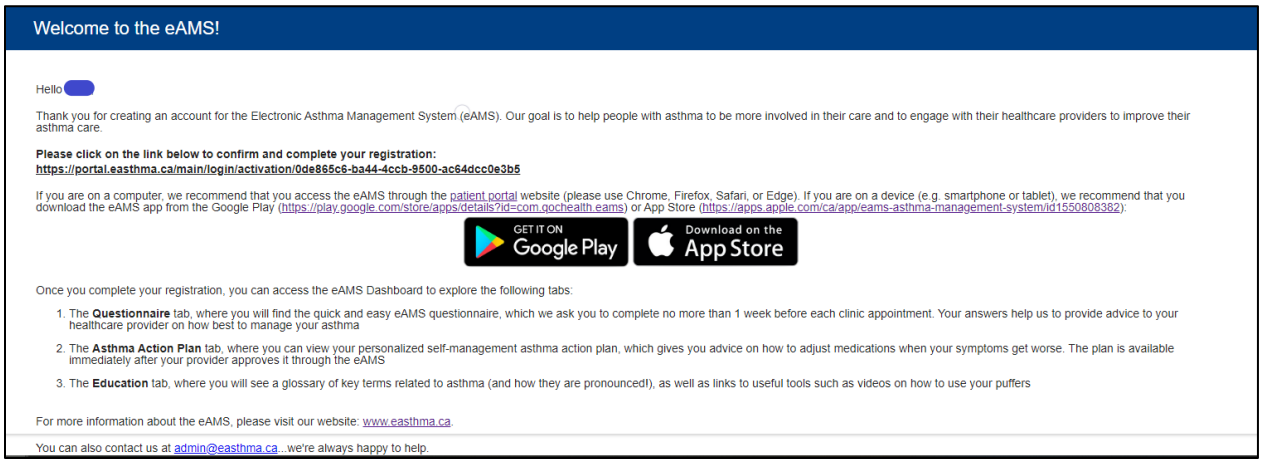


7. The following screen will appear. A verification email will have been sent to the email address you entered. Leave this screen open, and access your email inbox.



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-ac64dcc0e3b5

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.qochealth.eams) or App Store (https://apps.apple.com/ca/app/eams-asthma-management-system/id1550808382):

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:

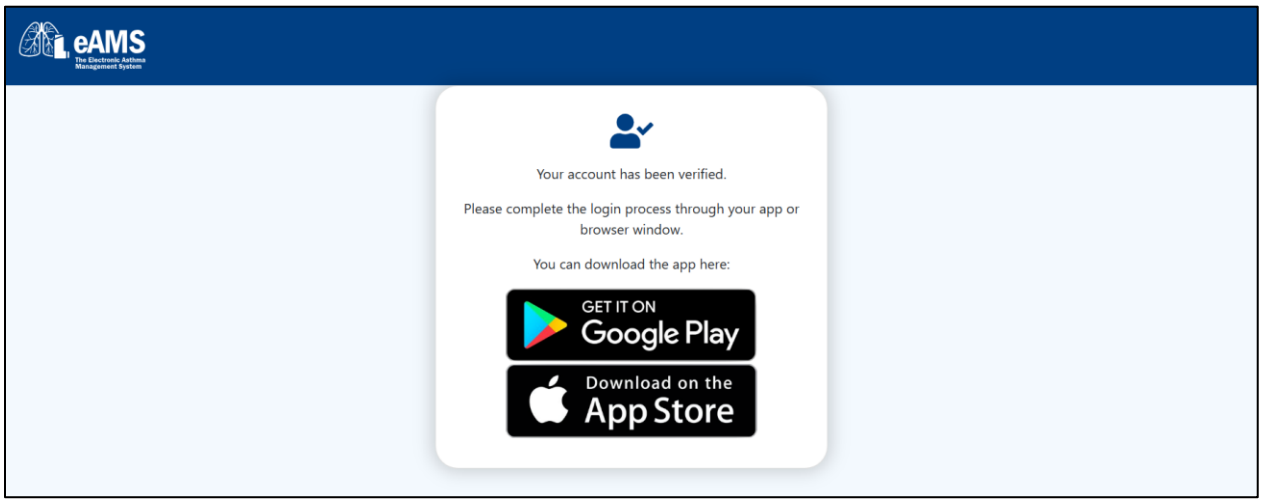
1. The **Questionnaire** tab, where you will find the quick and easy eAMS questionnaire, which we ask you to complete no more than 1 week before each clinic appointment. Your answers help us to provide advice to your healthcare provider on how best to manage your asthma
2. The **Asthma Action Plan** 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.

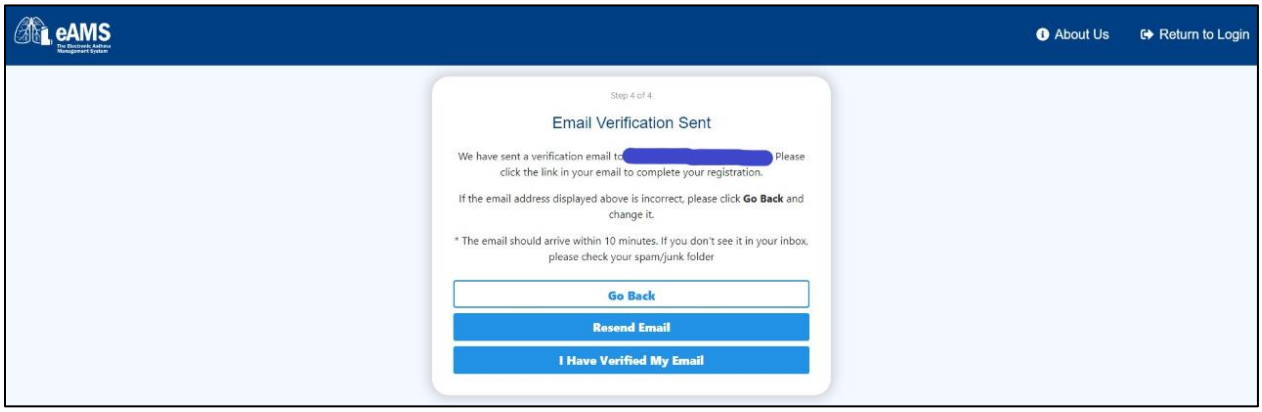
You can also contact us at admin@easthma.ca...we're always happy to help.

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

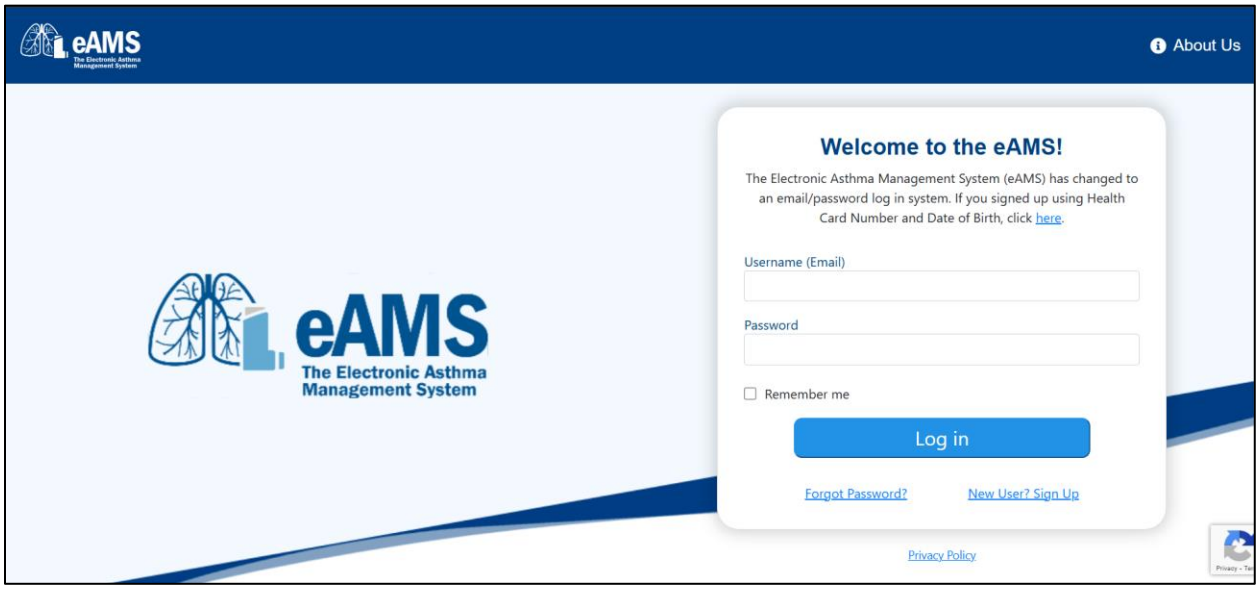
   If you are on a device and prefer to use the eAMS app instead of a browser, if you have not already downloaded it, you can click on the “Google Play” or “App Store” button here to download the app and then login via the app directly. In this case, once you have logged in through the app, if you had started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



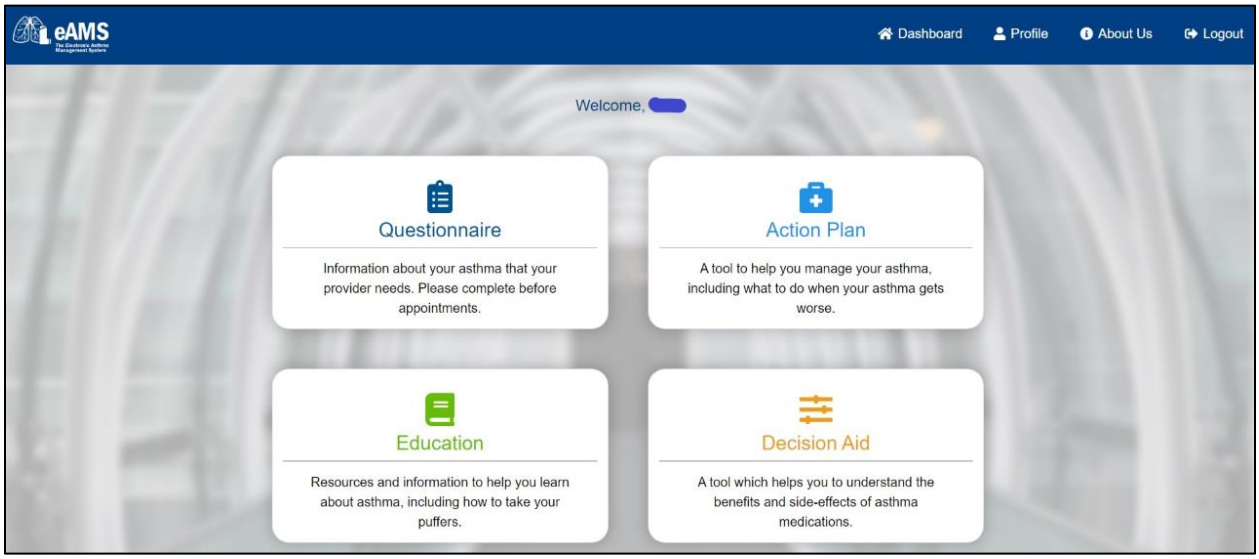
10. Finally, if you chose not to log in through the app, go back to your browser (which you had left open after step 7). Click on “I Have Verified My Email.”



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.**