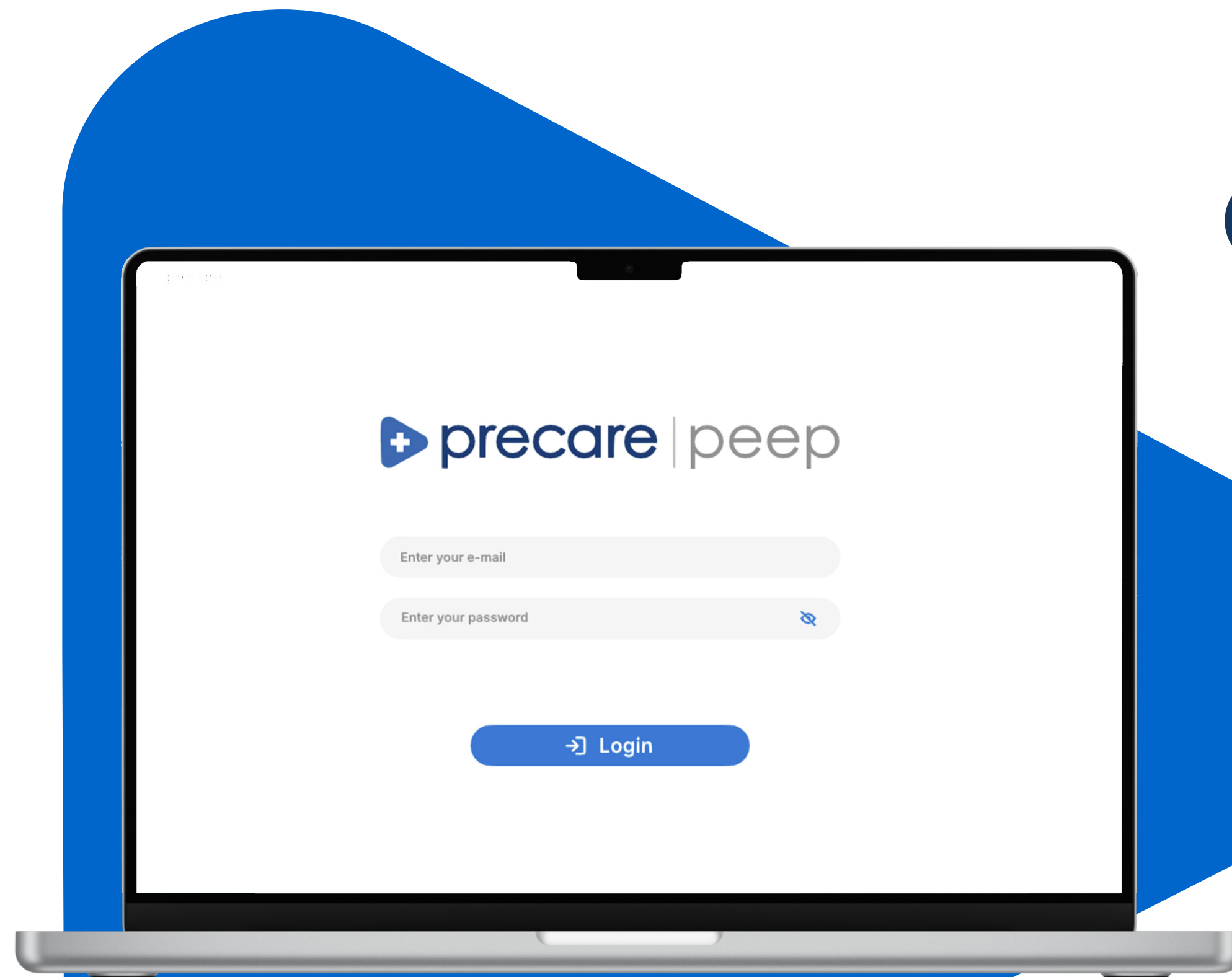




 precare | peep

Patient Tutorial



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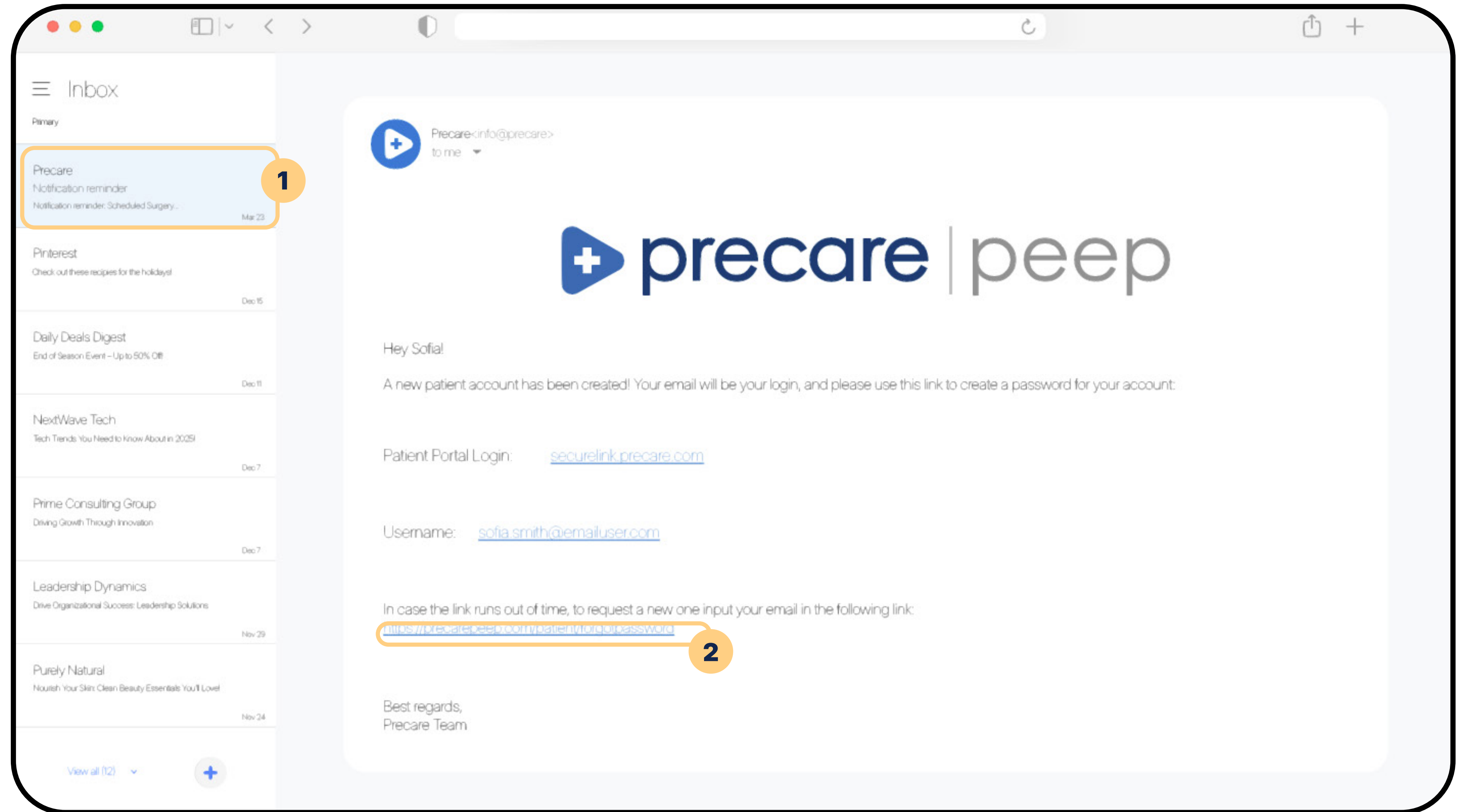


First Login



First Login

- 1 Welcome! Here's how to set up your PEEP login in just a few easy steps. First, check your inbox for an email from us.
- 2 Click the link inside to get started.





First Login

- 3 Next, you'll be prompted to create a secure password for your account — make sure it's something strong and easy to remember. If you ever forget your password, just click the 'Forgot Password' link to reset it.
- 4 Then, log in as usual — you'll be taken straight to your personal dashboard and you are all set!

EN

 **precare** | peep

3 Enter your password 

Confirm password 

4  Set password



First Login



5 And then, agree to the consent form.

The screenshot shows a web browser window with the Precare/Peep logo and a login form. A modal window titled "CONSENT FORM" is displayed over the login fields. The form contains a scrollable list of four numbered items, a user and date field, three checkboxes for consent, and a "SUBMIT" button. A blue button labeled "Set password" is positioned below the modal.

EN

CONSENT FORM

1. Our Privacy Policy provides information about how we may use or disclose protected health information.
2. This notice contains a Health Care User Rights section describing your rights under the law, based on data collected by the facility using PEEP™ - Patient Education and Engagement Portal - Precare™.
3. You confirm by your acceptance that you have reviewed our notice before consenting.
4. The terms of this notice may change; if this is the case, you will be informed during your next visit to update your consent.

User: Sofia Smith Date: 2025-02-25

☐ I have read, understood and agree to the information provided above regarding Precare™, although I have read the Privacy Policies and Security Policies (click here to access).

☐ I have read the Privacy Policies and Security Policies (click here to access).

☐ I have read, understood and configured the Privacy Settings (click here to access).

5 SUBMIT

→ Set password



Dashboard



Dashboard

- 1 In the center, you'll see the Guides section, where you'll find videos and digital booklets tailored to your condition and treatment.
- 2 On the right, you'll find your To-Do List — a personalized checklist of tasks from your care team. Each task is designed to guide you through your care journey — whether it's watching a video, downloading a guide, filling out a survey, or completing a preparation step.

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Chapter #1

Knee Surgery Introduction

1

WATCH ALL VIDEOS

2

TO-DO LIST

All Active Completed

Watch Educational Guide Series

Access and download the Knee Surgery e-Book

Access and download the Knee Surgery Nutrition Guide

Fill Out Pre-Surgery Health Survey

Complete Pre-Surgery Preparation Checklist

Your next surgery is scheduled for Monday, March 31st, at 9:00am

PREVIOUS VIDEO

NEXT VIDEO



Dashboard

3 By default, your list shows the Active filter, highlighting all the tasks you still need to complete. Click on each active task to get started. The platform will automatically take you to the right screen — whether it's a video, a form, or a downloadable resource. As you finish each task, it will automatically move to your Completed tab, so you can easily track your progress.

The screenshot shows the precare dashboard in a web browser. The browser's address bar shows the precare logo and a user profile icon with a language dropdown set to 'EN'. The dashboard has a dark blue sidebar with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled 'Welcome' and features a large video player for 'Chapter #1: Knee Surgery Introduction'. The video player has a play button icon with a white cross. Below the video player are three buttons: 'PREVIOUS VIDEO', 'WATCH ALL VIDEOS', and 'NEXT VIDEO'. On the right side of the dashboard, there is a dark blue box with a calendar icon and the text 'Your next surgery is scheduled for Monday, March 31st, at 9:00am'. Below this is a 'TO-DO LIST' section with three tabs: 'All', 'Active' (highlighted with an orange circle and the number 3), and 'Completed'. The 'Active' tab lists five tasks: 'Watch Educational Guide Series', 'Access and download the Knee Surgery e-Book', 'Access and download the Knee Surgery Nutrition Guide', 'Fill Out Pre-Surgery Health Survey', and 'Complete Pre-Surgery Preparation Checklist'.



Dashboard

4 And just above your To-Do List, you'll see a Reminder section, showing key upcoming events — like your scheduled surgery date and time. Everything here is designed to help you stay informed and on track.

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Welcome

Chapter #1

Knee Surgery Introduction

Your next surgery is scheduled for Monday, March 31st, at 9:00am

TO-DO LIST

All Active Completed

Watch Educational Guide Series

Access and download the Knee Surgery e-Book

Access and download the Knee Surgery Nutrition Guide

Fill Out Pre-Surgery Health Survey

Complete Pre-Surgery Preparation Checklist

PREVIOUS VIDEO WATCH ALL VIDEOS NEXT VIDEO



Guides



Guides

1 To access your educational videos and booklets, click on the **'Guides' tab** on the left-side menu. This section is where you'll find **Digital booklets and Digital Video guides**, all tailored to your condition and treatment plan.

The screenshot shows a web browser window with the precare logo in the top left. The left sidebar menu includes: Dashboard, Guides (highlighted with a yellow circle and the number 1), Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled 'Guides' and features a large video player for 'Chapter #1: Knee Surgery Introduction'. The video player has a blue play button icon with a white cross. Below the video player, the text reads: 'Introduction', 'Knee Surgery', and 'An introduction to Knee Surgery'. On the right side of the main content area, there is a vertical list of chapters: 'Chapter 1: Introduction' (highlighted in light blue), 'Chapter 2: Preparing for Your Knee Surgery', 'Chapter 3: Exercises Before Surgery', 'Chapter 4: Day Before Surgery and Day of Surgery', 'Chapter 5: First Few Days of Recovery', 'Chapter 6: At Home - Activities of Daily Living', 'Chapter 7: Expected Knee Function', 'Chapter 8: Post-Surgical Exercises', and 'Chapter 9: Return to Active Life'.



Guides

2 On the **left side**, you'll see the featured video for the current chapter you're viewing or digital booklets.

3 On the **right side**, you'll see a full list of available chapters. Each chapter covers a different part of your care journey.

The screenshot shows the 'precare' web application interface. On the left is a dark blue sidebar with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled 'Guides' and features a large video player for 'Chapter #1: Knee Surgery Introduction'. The video player has a play button icon and a subtitle 'Introduction Knee Surgery An introduction to Knee Surgery'. To the right of the video player is a list of chapters, numbered 1 through 9, each with a title. The list is titled 'Chapter 1: Introduction' and includes chapters such as 'Preparing for Your Knee Surgery', 'Exercises Before Surgery', 'Day Before Surgery and Day of Surgery', 'First Few Days of Recovery', 'At Home - Activities of Daily Living', 'Expected Knee Function', 'Post-Surgical Exercises', and 'Return to Active Life'.

2 On the left side, you'll see the featured video for the current chapter you're viewing or digital booklets.

3 On the right side, you'll see a full list of available chapters. Each chapter covers a different part of your care journey.



Guides



4 Below each video, you'll find a **short description** giving you an overview of what that chapter covers.

5 Once you finish a chapter, simply click on the next one to continue. You can revisit any chapter at any time.

The screenshot shows the 'precare' web application interface. On the left is a dark blue sidebar with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled 'Guides' and features a large video player for 'Chapter #1: Knee Surgery Introduction'. The video player has a play button icon and a description box below it that reads 'Introduction Knee Surgery An introduction to Knee Surgery', with a small orange circle containing the number '4' next to it. To the right of the video player is a list of chapters, with 'Chapter 2: Preparing for Your Knee Surgery' highlighted in orange and marked with a small orange circle containing the number '5'. The other chapters in the list are: Chapter 1: Introduction, Chapter 3: Exercises Before Surgery, Chapter 4: Day Before Surgery and Day of Surgery, Chapter 5: First Few Days of Recovery, Chapter 6: At Home - Activities of Daily Living, Chapter 7: Expected Knee Function, Chapter 8: Post-Surgical Exercises, and Chapter 9: Return to Active Life. The top of the browser window shows standard navigation icons and a user profile icon with a language dropdown set to 'EN'.



Resources



Resources



1 On the left-hand menu, you'll find the **Resources module** — a dedicated space for extra educational materials chosen by your care team.

2 At the top of the page, you'll see a **search bar**, where you can type in keywords to quickly find specific resources.

precarepeep.ca/resources

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Resources

Below, you will find resources related to your surgery provided by your doctor.

Search by name

Name	Format	Description
Knee Surgery e-book	PDF	A digital guide covering surgery prep, recovery, and... Details
Knee Surgery Information Website	WEB	An online hub with trusted facts, FAQs, and recovery... Details
Knee Surgery Nutrition Guide	PDF	Key foods to aid healing, reduce inflammation, and boost... Details
Knee Surgery Pain Management Tips	WEB	Simple strategies for managing pain with meds, therapy, and... Details
Knee Surgery Recovery Handbook	PDF	A digital guide covering surgery prep, recovery, and expert... Details



Resources

- 3 In the main area, you'll see a **list of available resources**, all organized in a simple table format.
- On the left side of the table is the **Name column**, showing the title of each resource.
 - Next to that, the **Format column** shows how each resource is delivered.
 - Some are downloadable **PDFs**, others are links to **trusted websites**.

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Resources

Below, you will find resources related to your surgery provided by your doctor.

Name	Format	Description
Knee Surgery e-book	PDF	A digital guide covering surgery prep, recovery, and... Details
Knee Surgery Information Website	WEB	An online hub with trusted facts, FAQs, and recovery... Details
Knee Surgery Nutrition Guide	PDF	Key foods to aid healing, reduce inflammation, and boost... Details
Knee Surgery Pain Management Tips	WEB	Simple strategies for managing pain with meds, therapy, and... Details
Knee Surgery Recovery Handbook	PDF	A digital guide covering surgery prep, recovery, and expert... Details



Resources

- 4** To the right, you'll find the **Description column**, giving you a quick overview of what each resource covers — whether it's surgery prep, recovery tips, nutrition advice, or pain management strategies.
- 5** If you want more details, just click on the **Details link** next to any item. This will take you to a dedicated page where you can **view more information** or **download the resource**.

The screenshot shows a web browser at the URL `precarepeep.ca/resources`. The page has a dark blue sidebar with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled "Resources" and includes a search bar labeled "Search by name". Below the search bar, a message states: "Below, you will find resources related to your surgery provided by your doctor." A table with three columns is displayed: "Name", "Format", and "Description". The table contains six rows of resources related to knee surgery. Callout 4 points to the "Description" column, and callout 5 points to the "Details" link in the final column of the table.

Name	Format	Description	
Knee Surgery e-book	PDF	A digital guide covering surgery prep, recovery, and...	Details
Knee Surgery Information Website	WEB	An online hub with trusted facts, FAQs, and recovery...	Details
Knee Surgery Nutrition Guide	PDF	Key foods to aid healing, reduce inflammation, and boost...	Details
Knee Surgery Pain Management Tips	WEB	Simple strategies for managing pain with meds, therapy, and...	Details
Knee Surgery Recovery Handbook	PDF	A digital guide covering surgery prep, recovery, and expert...	Details



FAQ



FAQ

- 1 To access the FAQ Module, click on **'FAQ'** from the left-side menu. Here, you'll find a list of **frequently asked questions** related to your procedure and care.
- 2 Each question appears as a clickable blue bar.
- 3 To view the answer for any question, simply click on the question and the answer will expand directly below the question, giving you a clear and concise explanation.
- 4 If you're looking for something specific, use the **search bar at the top right corner**.

The screenshot shows a web browser window with the URL `precarepeep.ca/faq`. The page features a dark blue sidebar on the left with the 'precare' logo at the top. The sidebar contains a list of navigation items: Dashboard, Guides, Resources, FAQ (highlighted with a yellow box and a '1' callout), Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled 'FAQ' and contains a list of five questions, each in a blue bar with a downward arrow (highlighted with a yellow box and a '2' callout). The questions are: 'What should I do to prepare for my knee surgery?', 'What medications should I avoid before surgery?', 'Will I need to stop eating or drinking before surgery?', 'How long will the surgery take?', and 'How long does recovery take after knee surgery?'. The last question is expanded, showing its answer (highlighted with a yellow box and a '3' callout). The answer text is: '• Recovery time varies, but most patients see improvement within 6–12 weeks. Full recovery can take several months, depending on the type of surgery and rehab progress. Following your doctor's advice and physical therapy plan will help speed up healing.' A search bar is located at the top right of the main content area, labeled 'Search by name' (highlighted with a yellow box and a '4' callout).



Surveys



Surveys



- 1 To complete important health questionnaires from your care team, click on the 'Surveys' tab in the left-side menu.
- 2 In this section, you'll find surveys that help your provider gather information about your health, symptoms, or preparation progress. Completing these surveys is an important part of your care process. Each survey presents one question at a time.

precarepeep.ca/survey

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2 Survey : Pre-Surgery Health

2 - To what extent have you felt weakness in your knee when standing or walking?

Select an answer

Quite a bit

Moderately

Somewhat

Not at all

Not present

Previous Question

Next Question

1

2

3

4

5



Surveys



- 3 Simply select your answer, then click 'Next Question' to move forward.
- 4 If you need to review or change a previous answer, use the 'Previous Question' button at the bottom.
- 5 On the right side of the screen, you'll see a progress tracker showing how many questions are left. Once you finish the survey, your responses are sent directly to your care team for review."

The screenshot displays a web browser window with the URL `precarepeep.ca/survey`. The interface features a dark blue sidebar on the left with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is titled "Survey : Pre-Surgery Health" and contains a question: "2 - To what extent have you felt weakness in your knee when standing or walking?". Below the question, there are five radio button options: "Quite a bit", "Moderately", "Somewhat", "Not at all", and "Not present". The "Not present" option is selected. At the bottom of the survey area, there are two buttons: "Previous Question" (labeled with a 4) and "Next Question" (labeled with a 3). On the right side of the screen, there is a vertical progress tracker (labeled with a 5) showing five numbered steps. The first step is highlighted in blue, and the others are in white. The "Next Question" button is also highlighted with a 3.



Calendar



Calendar

1 To check your upcoming appointments, click on the 'Calendar' tab in the left-side menu.

2 Here, you'll see a monthly calendar view with all your scheduled care-related events. You can scroll through different months using the arrow buttons at the top to check past or future dates.

The screenshot shows a web browser window with the URL `precarepeep.ca/calendar`. The application has a dark blue sidebar on the left with the following menu items: Dashboard, Guides, Resources, FAQ, Surveys, **Calendar** (highlighted with an orange box and a '1' in a yellow circle), Forms, Messages, and Profile. The main content area is titled 'Calendar' and features a monthly calendar for March. At the top of the calendar, there is a navigation bar with left and right arrow buttons and the text 'March', which is highlighted with an orange box and a '2' in a yellow circle. The calendar grid shows dates from 1 to 31. Blue bell icons, representing scheduled appointments, are visible on the following dates: March 12, 17, 25, and 31. A mouse cursor is hovering over the date 14.

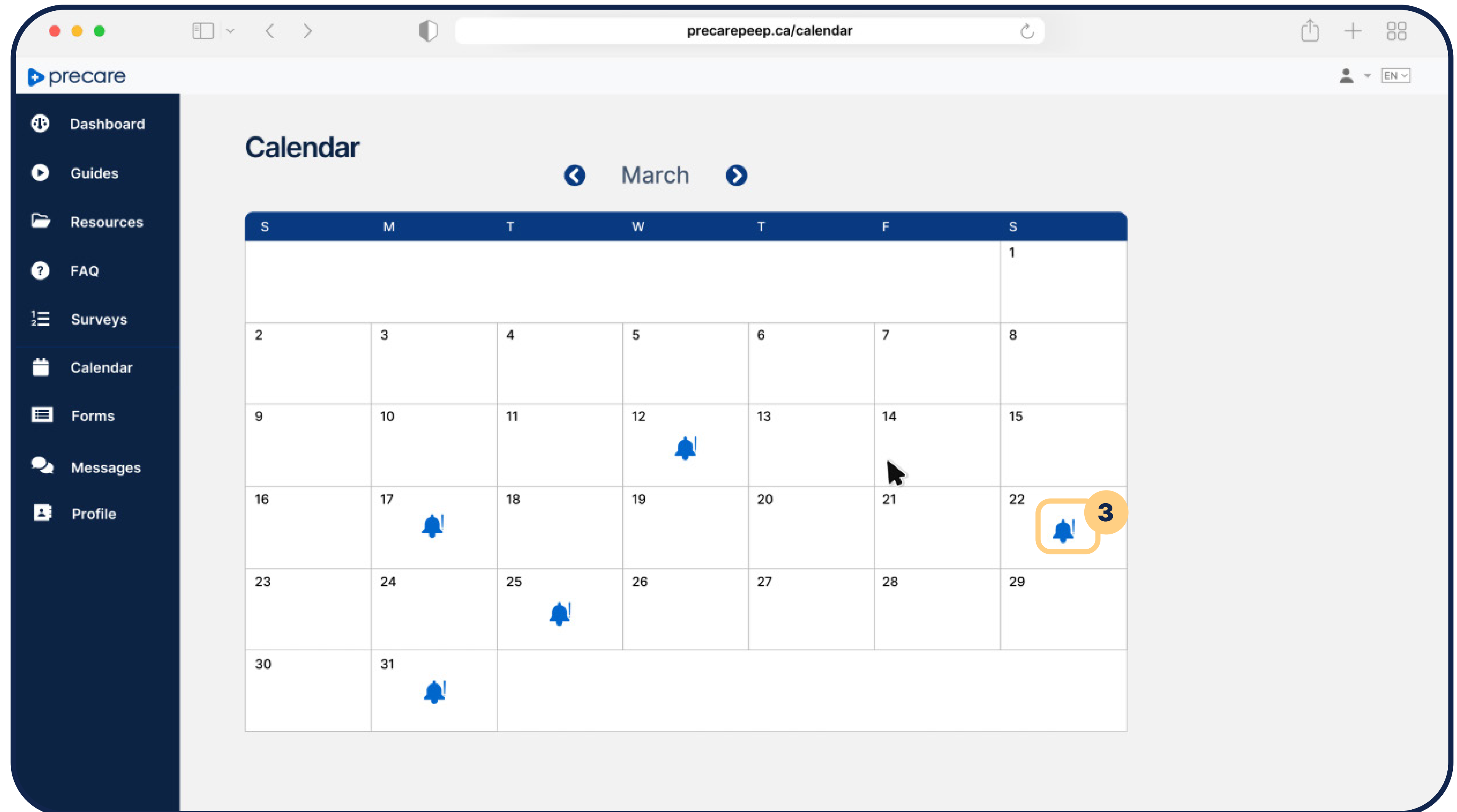
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Calendar

- 3** Blue bell icons mark important dates that you need to stay on top of to keep your care on track. To see the details for any event, click on the bell icon for that day. A pop-up will appear showing key information, including:
- The title of the appointment
 - The date and time
 - The location
 - And any special notes or instructions from your care team

The Calendar is here to help you stay organized and never miss an important step in your care plan.





Forms



Forms



1 To complete important forms required by your care team, click on the **'Forms' tab** on the left-side menu. This is where you'll find any documents that need your **answers**; **uploads**; or **signature** before your treatment continues.

precarepeep.ca/forms

precare

- Dashboard
- Guides
- Resources
- FAQ
- Surveys
- Calendar
- Forms** 1
- Messages
- Profile

Forms 1 - Pre-Surgery Preparation

Knee Surgery Preoperative Assessment Form

Please complete the information below to help your care team understand your current condition and prepare for your knee surgery.

1. Which daily activities are most affected by your knee problem?

2. On a scale from 0 to 10, how limited is your knee mobility today?

3. What types of knee pain do you feel the most?

Select an answer

- Sharp pain
- Dull ache
- Stiffness
- Swelling



Forms

- 2 When you open a form, you'll see a **series of questions**. These may include:
- **Open-ended questions**, where you'll type your response into a text box.
 - **Rating scales**, like sliders where you'll choose a number that reflects your experience — such as rating your level of pain or mobility.
 - **Multiple choice questions**, where you select one or more answers from a list.
 - **Checkbox questions**, where you can select multiple answers that apply to you.

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Forms 1 - Pre-Surgery Preparation

Knee Surgery Preoperative Assessment Form

Please complete the information below to help your care team understand your current condition and prepare for your knee surgery.

1. Which daily activities are most affected by your knee problem?

2. On a scale from 0 to 10, how limited is your knee mobility today?

3. What types of knee pain do you feel the most?

Select an answer

Sharp pain

Dull ache

Stiffness

Swelling



Forms



3 Some forms will also ask you to **upload files**, such as medical reports, images, or exam results like X-rays, MRIs, or CT scans. To do this, simply **click inside the upload box**, or **drag and drop your files** into the space provided.

4 At the end of the form, you'll find a **signature box**. Use your mouse, trackpad, or touchscreen to **sign your name electronically**.

The screenshot shows a web browser window with the URL `precarepeep.ca/forms`. The page has a dark blue sidebar with the 'precare' logo and a menu with items: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is light gray and contains two form sections. The first section, labeled with a yellow circle '3', is titled '6. Have you had any knee imaging exams (X-ray, MRI, CT scan)? If yes, please upload the reports below.' It features a large dashed box with a file upload icon and the text 'Upload Your Files' and 'Click to Browse / Drag and drop your files here'. The second section, labeled with a yellow circle '4', is titled '7. Please confirm that the information provided above is accurate and will be used to help prepare your care plan. Sign below to confirm.' It contains a signature box with the text 'Sign Here' and a sample signature. A dark blue 'SUBMIT' button is located at the bottom right of the form.



Forms



5 Once everything is filled out and signed, follow the on-screen instructions to **submit the form**. Your answers and documents will be securely sent to your care team for review. Your care team may post new forms here at different stages of your care. **Check this section and your To-Do List in your Dashboard regularly**, to see if a new task has appeared.

The screenshot shows a web browser window with the URL `precarepeep.ca/forms`. The page has a dark blue sidebar on the left with the following menu items: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is light gray and contains two sections. Section 6 asks: "6. Have you had any knee imaging exams (X-ray, MRI, CT scan)? If yes, please upload the reports below." Below this is a dashed box with an upload icon and the text "Upload Your Files" and "Click to Browse / Drag and drop your files here". Section 7 asks: "7. Please confirm that the information provided above is accurate and will be used to help prepare your care plan. Sign below to confirm." Below this is a signature line with the text "Sign Here" and a stylized signature. At the bottom right of the form is a blue button with a yellow border, labeled "5" and "SUBMIT".



Messages

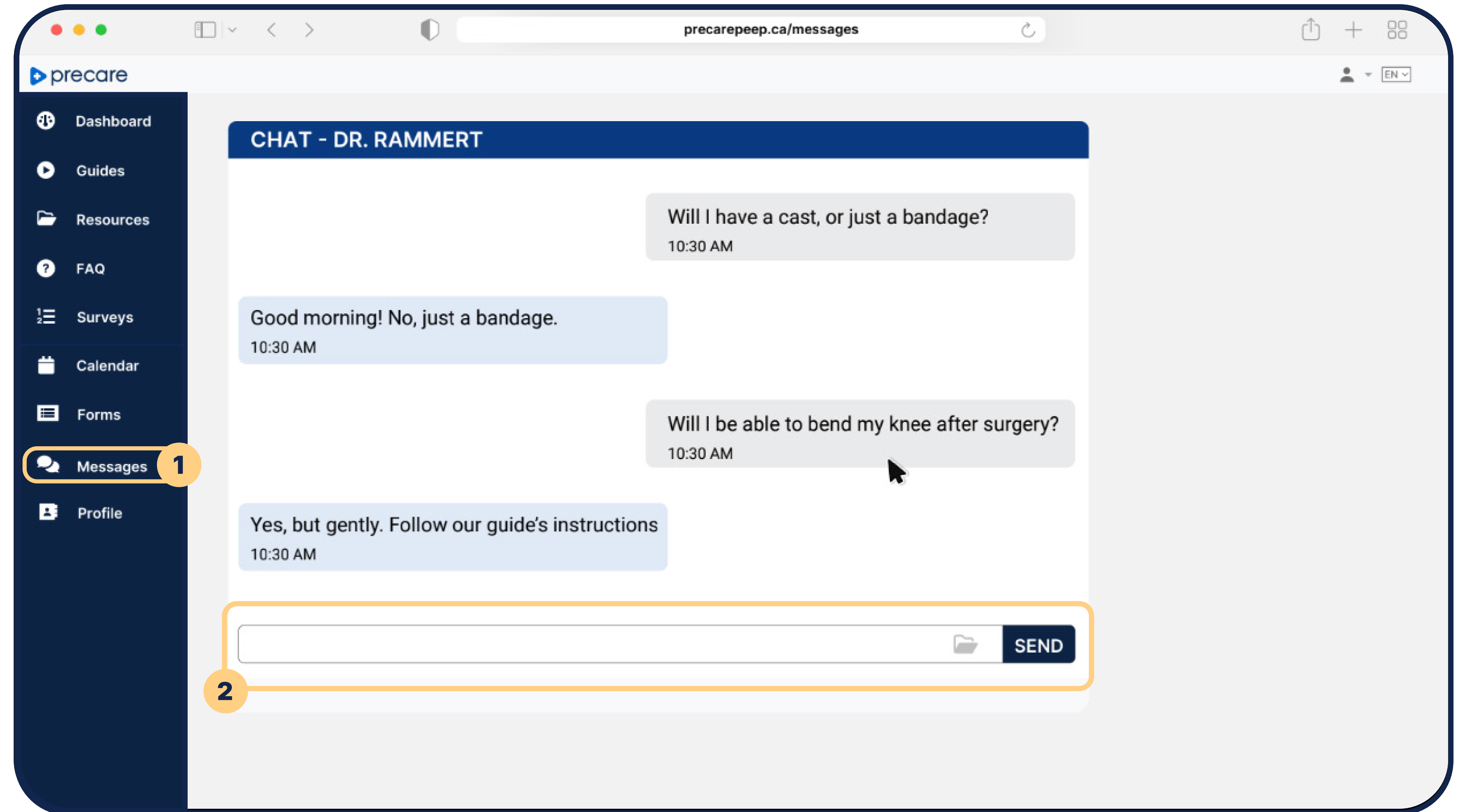


Messages



1 To send a direct message to your healthcare provider, click on the **'Messages' tab** in the left-side menu. This section works as a secure chat between you and your care team.

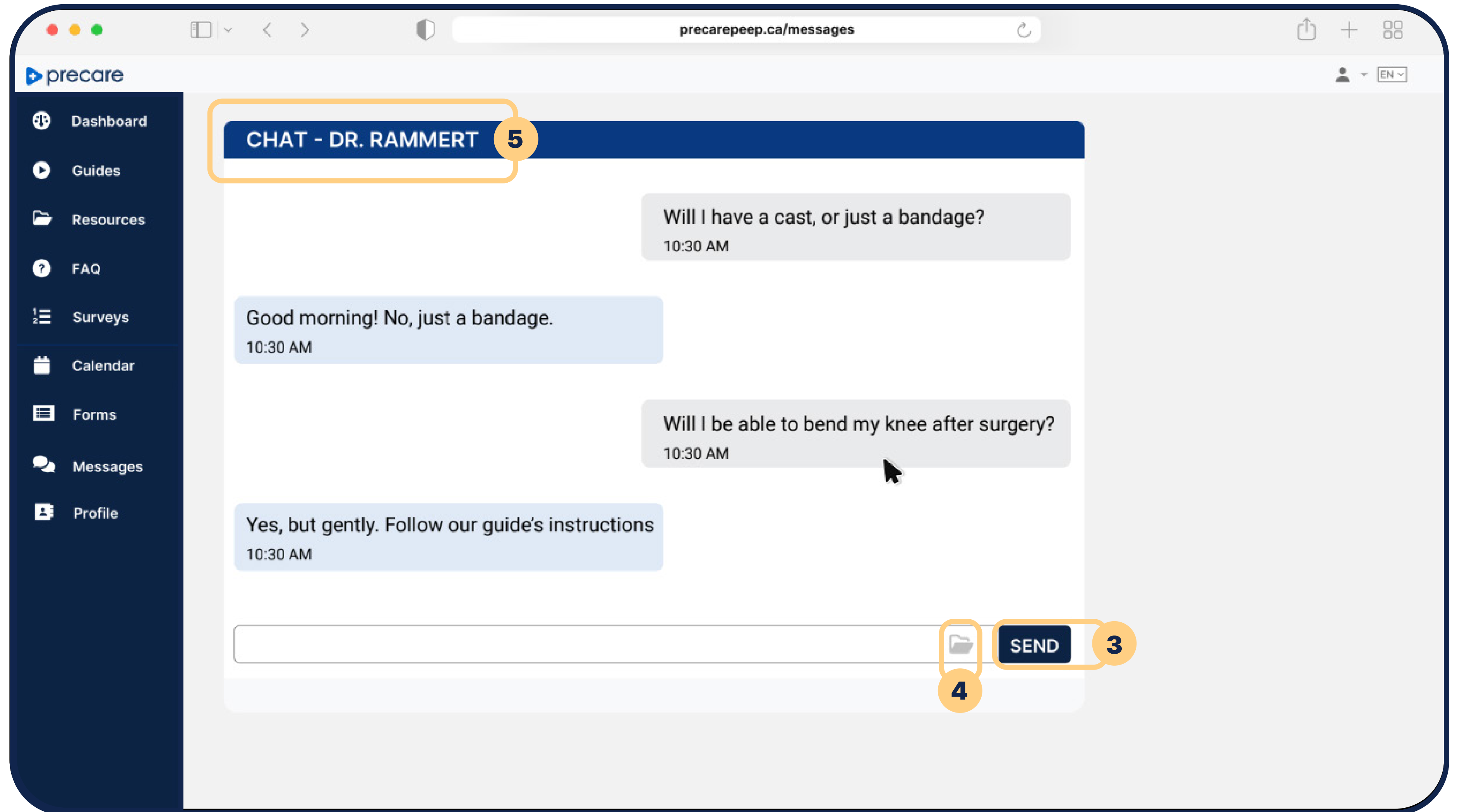
2 At the bottom of the screen, you'll see a **text box** where you can **type your message**.





Messages

- 3 Once your message is ready, click **'Send'**.
- 4 If you need to **share images, documents, or other files**, click the **folder icon next to the text box** to upload them.
- 5 Your conversation will appear in the chat window, and when your care team replies, their message will show up here as well. You can ask questions, share updates, or clarify instructions — right inside this module. This is the fastest and easiest way to **stay connected with your provider without leaving the platform.**





Profile



Profile

1 To update your personal information, click on the **'Profile' tab** in the left-side menu. This section shows your basic account details and gives you control over what's saved in your profile.

2 On the **left side**, you'll see your **name and profile image**. If you haven't uploaded a photo yet, a placeholder image will be shown. To **change your profile picture**, click the **pencil icon** in the top-right corner of the image box.

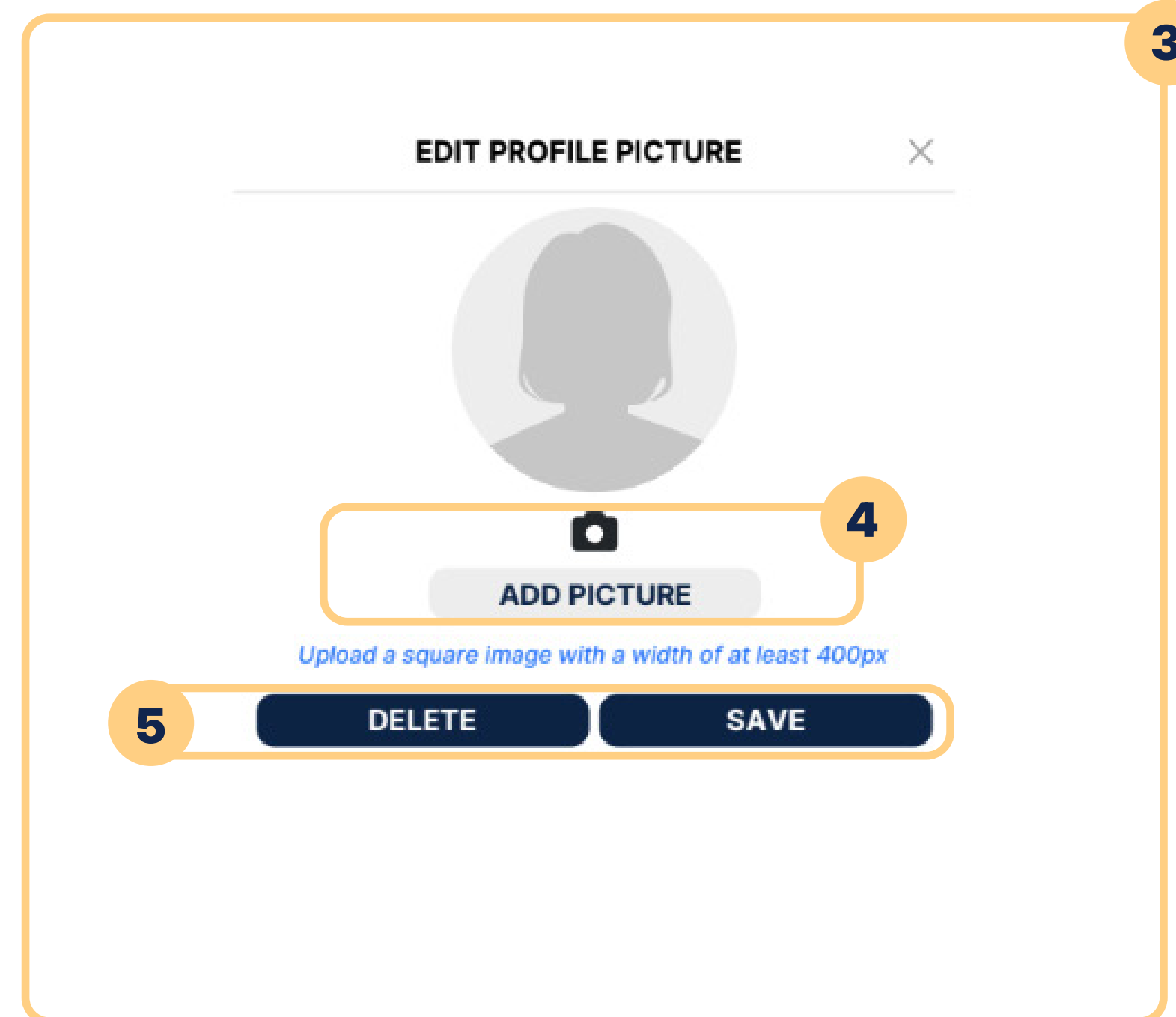
The screenshot shows a web browser window with the URL `precarepeep.ca/profile`. The page has a dark blue sidebar on the left with the 'precare' logo at the top. The sidebar contains a list of menu items: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The 'Profile' item is highlighted with an orange box and a callout '1'. The main content area is light gray and contains a profile section for 'Sofia Smith'. This section includes a placeholder profile picture with a pencil icon in its top-right corner, highlighted by an orange box and callout '2'. To the right of the image are three form panels: 'PROFILE INFORMATION' (with fields for Name: Sofia Smith and E-mail: sofia.smith@emailuser.com), 'LOGIN PREFERENCE' (with fields for E-mail: sofia.smith@emailuser.com and Password: ***** with a 'Change' button), and 'ADDITIONAL INFORMATION' (with fields for Address: Ocean Drive 7878, City: Seattle, State/Province: WA, ZIP/Postal Code: 98115, Phone: +1 123-555-1234, and Preferred Language: English). Each form panel has a pencil icon in its top-right corner.



Profile



- 3 A pop-up window will appear allowing you to upload a new image.
- 4 Click **'Add Picture'**, then select a **square image** from your device. For best results, the image should be at least **400 pixels wide**.
- 5 Once uploaded, click **'Save'** to update your photo, or **'Delete'** to remove it.



Profile

- 6** In the **center and right**, your information is organized into three sections:
- **Profile Information**
This displays your full name and email address.
 - **Login Preference**
This is where you can manage your login credentials. Click the **'Change' button** next to your password to update it securely.
 - **Additional Information**
This section may include fields such as address, city, province, postal code, phone number, and preferred language.
- 7** To edit any of these sections, click the **pencil icon** in the top-right corner of the respective box. Keeping this information accurate ensures that your care team can reach you, send reminders, and communicate important updates during your care journey.

The screenshot shows a web browser window with the URL `precarepeep.ca/profile`. The page has a dark blue sidebar with navigation links: Dashboard, Guides, Resources, FAQ, Surveys, Calendar, Forms, Messages, and Profile. The main content area is light gray and contains three sections:

- Profile Information** (Callout 6): A box containing a profile picture placeholder and the name "Sofia Smith". A pencil icon in the top-right corner is highlighted with callout 7.
- LOGIN PREFERENCE** (Callout 6): A box containing the email "sofia.smith@emailuser.com" and a password field with masked characters. A "Change" button is at the bottom right. A pencil icon in the top-right corner is highlighted with callout 7.
- ADDITIONAL INFORMATION** (Callout 6): A box containing fields for Address, City, State/Province, ZIP/Postal Code, Phone, and Preferred Language. A pencil icon in the top-right corner is highlighted with callout 7.



 www.precare.ca

 info@precare.ca