

How to do the first patient consultation?

Version November 2025



Note

- This presentation will be a practical guide on how to conduct your first case nurse consultation using the Tool Suite (V2)
 - It will not include all technical details on how to use the CoroPrevention Tool Suite, but it will guide you through some examples
- This presentation does not include:
 - Completing the EDC system
 - Completing the questionnaires in the ePRO application (on the tablet)

Patient description – Miss Carolyn Prevett

- 67-year old female
- History
 - NSTEMI
 - For which PCI was performed on 19/01/2022
- Risk factors:
 - LDL 67 mg/dL (1.7 mmol/L)
 - Average BP 148/67 mm Hg
 - Smoker
 - Low physical activity (average 4500 steps / day, 6MWT 378m)
 - Current medication: bisoprolol 5 mg/d, atorvastatin 40 mg/d
 - No second vascular event in the last two years
 - Low medication adherence
 - Has a healthy diet based on the Mediterranean diet
 - Higher stress levels since the cardiac event
- HbA1c 5,7% (no diabetes)



An example of “Visit 2”

- The patient comes into the consultation room
- Let patient sit down, ask if everything went well with completing the questionnaires
- If the patient was not able to complete all questionnaires, complete the questionnaires together on the tablet.

Explain today's visit

- Ask what the patient recalls about the aim and procedure of the intervention. Follow up with:
“Would you like me to tell a bit more into detail about ...?”
- Correct or confirm
“This intervention is intended to support you in making healthier lifestyle choices to the extent that you wish to do so.”
- Determine the agenda for today in consent with the patient
“If that is okay for you, today we can take a look together at how you are doing regarding those health behaviours that are related to your heart. And maybe also talk about possible changes you would like to make that we can support you in.”

- Now open the caregiver dashboard.
- Go to the caregiver dashboard page, and look up the patient's record using the subject ID.
- Then it is time for the following steps: Opening the patient record, inserting vital signs, 6MWT results, clinical assessment and medication DSS related information



<https://dashboard-uat.coroprevention.eu/login>

All patients

🔍 Search patient



Subject ID ↓	Gender	Year of birth	Start date	
coro-001001-500	Female	1958	01-10-2025	🔍
coro-001001-499	Female	1980	01-08-2025	🔍
coro-001001-498	Female	1973	01-08-2025	🔍
coro-001001-497	Male	1955	01-08-2025	🔍
coro-001001-496	Male	1986	01-08-2025	🔍
coro-001001-495	Male	1959	01-08-2025	🔍
coro-001001-493	Male	1963	01-08-2025	🔍
coro-001001-492	Male	1965	01-08-2025	🔍
coro-001001-491	Female	1965	01-08-2025	🔍
coro-001001-489	Male	1970	01-08-2025	🔍

Rows per page: 10 1-10 of 183



Showing page 1 of 19

< 1 2 3 ... 17 18 19 >

Patient

Open medication decision support to edit the prescription

View patient record

Start visit 2



coro-001001-500 (1958)

General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

https://tablet-qa.coroprevention.eu/session/start/dnjQ5r_6StAxWu4Yt[Print QR code for ePRO application](#)[Print a new QR password code for the mobile app](#)[Logout mobile app](#)

Patient dropped out

Load scenario

Consultations during the study



Parameters

Blood pressure 148/67 mm Hg

Weight 71 kg

BMI 27.4 kg/m²

LDL cholesterol 67 mg/dL

HbA1c - (Glucose) 5.7 %

Behavioural goals

Medication adherence	Low	Inactive
Start moving	Low	Inactive
Healthy nutrition	Very High	Inactive
Smoke-free living	Active smoker (high dependence)	Inactive
Stress relief	High	Inactive
Knowledge level	Beginner	

Most recent alerts

Red: 0 Orange: 0 Yellow: 1

Filter

Open: 0 Handled: 1

Date

Time

Type

Module

Message

Action

Patient

Open medication decision support to edit the prescription

View patient record

Start visit 2

coro-001001-500 (1958)

General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

https://tablet-qa.coroprevention.eu/session/start/dnjQ5r_6StAxWu4Yr Print QR code for ePRO application Print a new QR password code for the mobile app Logout mobile app

Patient dropped out

Load scenario

Most recent alerts

Date

Time

Type

Module

Message

Action

Filter

Red: 0 Orange: 0 Yellow: 1

Open: 0 Handled: 1

Please enter patient's subject ID to start visit 2.

Subject ID

Cancel

Start visit 2

Behavioural goals

Medication adherence	Low	Inactive
Start moving	Low	Inactive
Healthy nutrition	Very High	Inactive
Smoke-free living	Active smoker (high dependence)	Inactive
Stress relief	High	Inactive
Knowledge level	Beginner	



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67

5.7

Low

Low

Very High

Active smoker (high dependence)

High

Beginner

X

Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

Body weight kgBlood pressure Systolic mmHg Diastolic mmHgPulse Rate bpm

Next ▶



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 5.7 Low Very High Active smoker (high dependence) High Beginner



Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

Body weight 71 kg

Blood pressure Systolic 148 mmHg Diastolic 67 mmHg

Pulse Rate 63 bpm

Next 

 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67  5.7  Low  Low  Very High  Active smoker (high dependence)  High  Beginner

Start an encounter

[Vital Signs](#)[6 Minute Walking Test](#)[Clinical Assessment](#)[Medication DSS Information](#)

Was the 6 Minute Walking Test performed?

 Yes No

 coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67

5.7

Low

Low

Very High

Active smoker (high dependence)

High

Beginner



Start an encounter

[Vital Signs](#)[6 Minute Walking Test](#)[Clinical Assessment](#)[Medication DSS Information](#)Was the 6 Minute Walking Test performed? Yes No

Distance walked

378 m

Borg dyspnea

15 - Hard (heavy)

[◀ Previous](#)[Next ▶](#)

 coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67

5.7

Low

Low

Very High

Active smoker (high dependence)

High

Beginner



Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

New following diagnosis since last visit

Diabetes mellitus type 1 

Yes No



Diabetes mellitus type 2 

Yes No

Chronic kidney disease 

Yes No

Hypertension 

Yes No

Stroke

Yes No

TIA

Yes No

Carotid endarterectomy

Yes No

Peripheral artery disease 

Yes No

Thromboembolism

Yes No

New diagnosis of HF?

Yes No

◀ Previous  Next ▶

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 5.7 Low Low Very High Active smoker (high dependence) High Beginner



Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

New following diagnosis since last visit

Diabetes mellitus type 1 Yes No

Diabetes mellitus type 2 Yes No

Chronic kidney disease Yes No

Hypertension Yes No

Stroke Yes No

TIA Yes No

Carotid endarterectomy Yes No

Peripheral artery disease Yes No

Thromboembolism Yes No

New diagnosis of HF? Yes No

◀ Previous

Next ▶





Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

Myocardial infarction in the last 12 months?

Yes No

Did the patient have a second vascular event within 2 years while on maximally tolerated statin?

Yes



No

Is patient on high-dose statin?

Yes No

ACE-inhibitor intolerance?

Yes No

Patient has aspirin intolerance?

Yes No

Is the patient statin intolerant?

Yes No

◀ Previous

Start consultation

 coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67

5.7

Low

Low

Very High

Active smoker (high dependence)

High

Beginner



Start an encounter

Vital Signs → 6 Minute Walking Test → Clinical Assessment → Medication DSS Information

Myocardial infarction in the last 12 months? Yes No

Did the patient have a second vascular event within 2 years while on maximally tolerated statin? Yes No

Is patient on high-dose statin? Yes No

ACE-inhibitor intolerance? Yes No

Patient has aspirin intolerance? Yes No

Is the patient statin intolerant? Yes No

 Previous

Start consultation



Questionnaires

- Check if the questionnaires have been completed. If not, you can help the patient with completing the questionnaires.

 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner

 End encounter

 **Patient**

 coro-001001-500 (1958)








General

Subject ID coro-001001-500
 Gender Female
 Year of birth 1958
 Start date 01-10-2025

URL and code to view the ePro for visit 2
<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> 

 Print QR code for ePRO application

 Print a new QR password code for the mobile app  Logout mobile app

 Patient dropped out

Load scenario

Consultations during the study



 1  2  3  4  5  6  7

Parameters

 Blood pressure	148/67 mm Hg
 Weight	71 kg
 BMI	27.4 kg/m ²
 LDL cholesterol	67 mg/dL
 HbA1c - (Glucose)	5.7 %

Behavioural goals

 Medication adherence	Low	Inactive
 Start moving	Low	Inactive
 Healthy nutrition	Very High	Inactive
 Smoke-free living	Active smoker (high dependence)	Inactive
 Stress relief	Low	Inactive
 Knowledge level	Beginner	

Most recent alerts

CoroPrevention logo
 PERSONALISED PREVENTION FOR
 CORONARY HEART DISEASE

 Red: 0  Orange: 0  Yellow: 1
 Open: 0  Handled: 1

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Patient

coro-001001-500 (1958)

General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

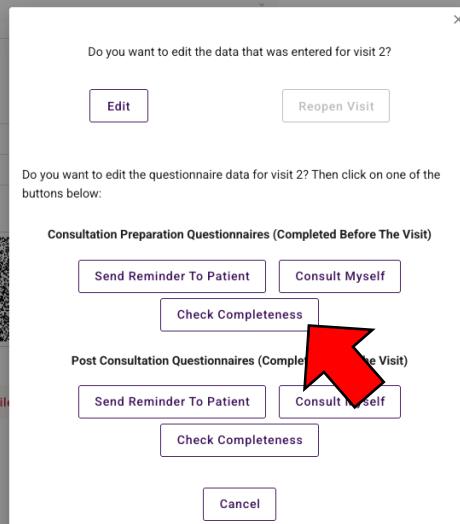
<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> Print a new QR password code for the mobile app Logout mobile Patient dropped out

Load scenario



Most recent alerts

Open medication decision support to edit the prescription



148/67 mm Hg	6	7
71 kg		
27.39 kg/m ²		
67 mg/dL		
5.7 %		
Low		Inactive
Low		Inactive
Very High		Inactive
Active smoker (high dependence)		Inactive
Stress relief	Low	Inactive
Knowledge level	Beginner	

Red: 0 Orange: 0 Yellow: 1
Open: 0 Handled: 1

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

67 mg/dL

Patient

coro-001001-500 (1958)

General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmde>

Print QR code for ePRO application

Print a new QR password code for the mobile app

Patient dropped out

Load scenario

Most recent alerts

Visit 2

Consultation preparation questionnaires (completed before the visit)

- Ad hoc questionnaire for health behavior change (status) – medication adherence
- Ad hoc questionnaire for health behavior change (status) – start moving
- Ad hoc questionnaire for health behavior change (status) – healthy nutrition
- Ad hoc questionnaire for health behavior change (status) – smoke-free living – smoking behaviour
- Ad hoc questionnaire for health behavior change (status) – smoke-free living – MTSS
- Ad hoc questionnaire for health behavior change (status) – stress relief – stress level
- Ad hoc questionnaire for health behavior change (status) – stress relief – coping measures
- Ad hoc questionnaire for health behavior change (motivation)
- Current smoking behaviour
- FND
- Physical complaints
- Sports preferences when I was a kid
- Current sports preferences
- Healthy nutrition challenges
- Past quit attempts
- Stressors
- Stress relief techniques
- Educational material (e.g. videos, articles)
- Stress relief goals
- BCSS
- Decisional Conflict Scale
- Medication prescription

Close

Open medication decision support to edit the prescription

6

7

148/67 mm Hg

71 kg

27.4 kg/m²

67 mg/dL

5.7 %

Inactive

Inactive

Inactive

(high dependence)

Inactive

Inactive

Red: 0 Orange: 0 Yellow: 1

Filter

Open: 0

Handled: 1

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Patient

coro-001001-500 (1958)

General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

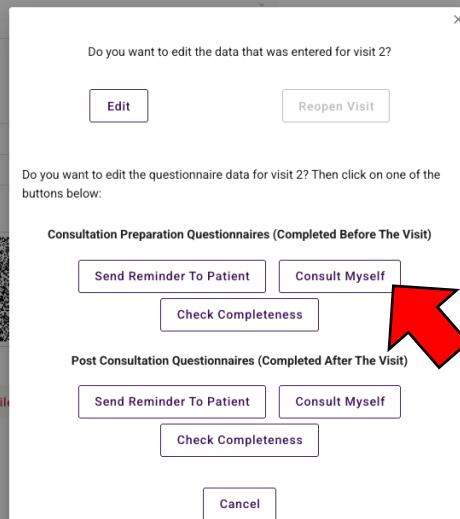
<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> Print a new QR password code for the mobile app Logout mobile Patient dropped out

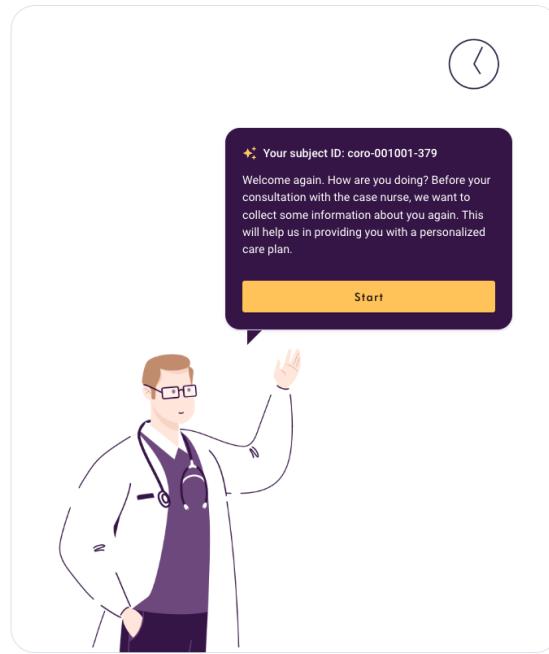
Load scenario



Most recent alerts

Open medication decision support to edit the prescription





Main part of the patient consultation

- From this moment on, the screen will be shared with the patient, and the patient is invited to follow everything you will do on the screen.

Shall we take a look
together at where you are
at now?

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m² LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

 End encounter


Patient

Open medication decision support to edit the prescription


 coro-001001-500 (1958)


General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

Start date 01-10-2025

URL and code to view the ePro for visit 2

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 Logout mobile app

 Patient dropped out

Load scenario



Most recent alerts

 Red: 0
  Orange: 0
  Yellow: 1

Filter

 Open: 0
  Handled: 1

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

 End encounter

 Patient

 coro-001001-500 (1958)


General

Subject ID coro-001001-500

Gender Female

Year of birth 1958

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 Patient dropped out

Load scenario

 dropdown menu

Most recent alerts

Open medication decision support to edit the prescription

Consultations during the study



Parameters

Blood pressure	148/67 mm Hg
Weight	71 kg
BMI	27.4 kg/m ²
LDL cholesterol	67 mg/dL
HbA1c - (Glucose)	5.7 %

Behavioural goals

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Start moving	Low	Inactive
Healthy nutrition	Very High	Inactive
Smoke-free living	Active smoker (high dependence)	Inactive
Stress relief	Low	Inactive
Knowledge level	Beginner	

Red: 0 Orange: 0 Yellow: 1

Filter

Open: 0 Handled: 1

coro-001001-500

120/80 mm Hg

80 kg

30.86 kg/m²

LDL: 70 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low !

Beginner

End encounter

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Patient

Open medication decision support to edit the prescription



coro-001001-500 (1958)



General

Subject ID: coro-001001-500

Gender: Female

Year of birth: 1958

Start date: 01-10-2025

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBw>[Print QR code for ePRO application](#)[Print a new QR password code for the mobile app](#)[Logout mobile app](#)

Patient dropped out

Load scenario



Most recent alerts

Red: 0 Orange: 0 Yellow: 1

Filter

Open: 0

Handled: 1

Consultations during the study



Parameters

Blood pressure	148/67 mm Hg
Weight	71 kg
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coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

 End encounter

Your journey to a healthy lifestyle

 Status  Goal setting JOURNEY  PARAMETERS Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

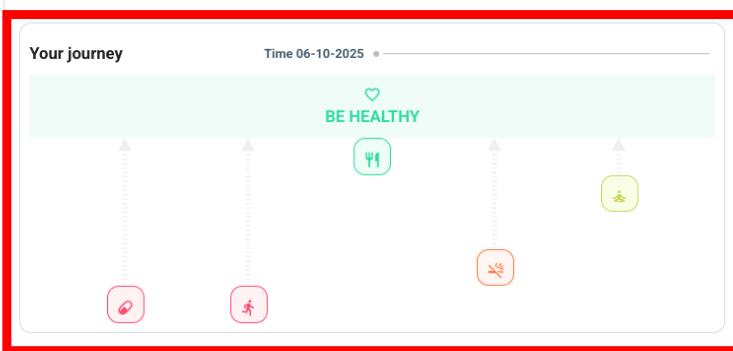
Active smoker (high dependence)

Low

Beginner

 End encounter

Your journey to a healthy lifestyle

 Status  Goal setting JOURNEY  PARAMETERS Next step >

coro-001001-500

148/67 mm Hg

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Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Your journey to a healthy lifestyle

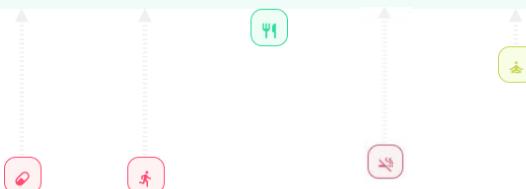
Status → Goal setting

JOURNEY PARAMETERS

Your journey

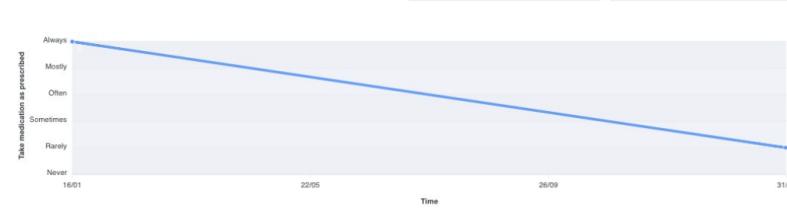
Time 06-10-2025

BE HEALTHY



Your medication adherence over time

From 16.01.2024 Until 31.01.2025



Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Your journey to a healthy lifestyle

Status → Goal setting

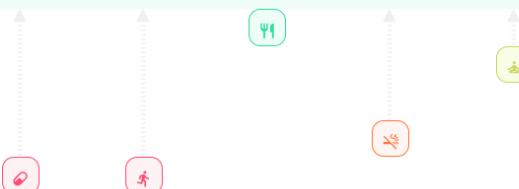
JOURNEY

PARAMETER

Your journey

Time 06-10-2025

BE HEALTHY



Your medication adherence over time

From 16.01.2024 Until 31.01.2025



Next step >

coro-001001-500

148/67 mm Hg

71 kg

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LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS

Status

Motivation

Decision

Inactive

Start action

Monitored action

Maintained behavior

	Medication adherence	Low	High
	Start moving	Low	Moderate
	Healthy nutrition	Very High	Moderate
	Smoke-free living	Active smoker (high dependence)	Low
	Stress relief	Low	Moderate

	Medication adherence
	Start moving
	Healthy nutrition
	Smoke-free living
	Stress relief

< Previous step

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

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5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS



Medication adherence

Status

Low

Motivation

High



Start moving

Low

Moderate



Healthy nutrition

Very High

Moderate



Smoke-free living

Active smoker (high dependence)

Low



Stress relief

Low

Moderate

Decision

Inactive

Medication adherence

Start action

Start moving

Monitored action

Healthy nutrition

Maintained behavior

Smoke-free living

Stress relief

◀ Previous step

coro-001001-500

148/67 mm Hg

71 kg

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End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS

Status

Motivation

	Medication adherence	Low	High
	Start moving	Low	Moderate
	Healthy nutrition	Very High	Moderate
	Smoke-free living	Active smoker (high dependence)	Low
	Stress relief	Low	Moderate

Decision

Inactive

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief

Start action

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief

Monitored action

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief

Maintained behavior

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief

◀ Previous step

Module by module

- For each module you will look at the overview and decide together with the patient if he/she wants to change the behaviour. If so, you can do detailed goal-setting per goal.

Medication adherence



Medication adherence

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS

Status

Motivation

	Medication adherence	Low	High
	Start moving	Low	Moderate
	Healthy nutrition	Very High	Moderate
	Smoke-free living	Active smoker (high dependence)	Low
	Stress relief	Low	Moderate

Decision

Inactive

Start action

Monitored action

Maintained behavior

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief



< Previous step

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS

OUTCOME GOALS



Medication adherence

Status

Low

Motivation

High



Start moving

Status

Low

Motivation

Moderate



Healthy nutrition

Status

Very High

Motivation

Moderate



Smoke-free living

Status

Active smoker (high dependence)

Motivation

Low



Stress relief

Status

Low

Motivation

Moderate

Decision

Inactive

Medication adherence

Start action



Monitored action



Maintained behavior

Start moving



Healthy nutrition



Smoke-free living



Stress relief



◀ Previous step

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Medication adherence

1 2



Status → Prescription



Low

I rarely take my medication as prescribed

Reported on 07/10/2025

1 2

31
Score

Medication adherence barriers

Reported on 07/10/2025

No barrier

Anxious mood Know how to take Physically able Worry about unwanted effects Life gets in the way Depressed mood

A small barrier

Remember to take Feels a burden

A big barrier

Getting hold of medication Confidence in managing Coping with changes Social worries

< Go to journey

Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Medication adherence

1 2

Status

Prescription

Low

I rarely take my medication as prescribed

Reported on 07/10/2025



Low

Medication adherence barriers

Reported on 07/10/2025

No barrier

Anxious mood Know how to take Physically able Worry about unwanted effects Life gets in the way Depressed mood

31

Score

A small barrier

Remember to take Feels a burden

A big barrier

Getting hold of medication Confidence in managing Coping with changes Social worries

< Go to journey

Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Medication adherence

(1) (2)



Status

Prescription



Print for patient

Print for general practitioner

Open medication decision support to edit the prescription



Current prescription

Atorvastatin (+)

40 mg

Medication class(es)
Statins

Daily

MORNING

NOON

AFTERNOON

EVENING/NIGHT

1

Bisoprolol (+)

5 mg

Medication class(es)
Beta blockers

Daily

MORNING

NOON

AFTERNOON

EVENING/NIGHT

1

Tap the drug to view more information about the drug.

< Previous step

Go to journey >



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Medication adherence

1 2



Status

Prescription



Print for patient

Print for general practitioner

Open medication decision support to edit the prescription



Current prescription

Atorvastatin (+)

40 mg

Medication class(es)
Statins

Daily

MORNING

NOON

AFTERNOON

EVENING/NIGHT

1



Bisoprolol (+)

5 mg

Medication class(es)
Beta blockers

Daily

MORNING

NOON

AFTERNOON

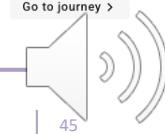
EVENING/NIGHT

1

Tap the drug to view more information about the drug.

< Previous step

Go to journey >



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner



Medication decision support system

Close

Print for general practitioner

Print for patient

Refresh Algorithm

Cardiac medication → Other medication → Allergies → Titration schemes → Algorithm input

⚠ The patient age for the algorithm can be up to 1 year older than the EDC reported value.

⚠ Warning: Systolic BP targets (e.g. <140 mmHg) should be considered among patients meeting the following criteria: * pre-treatment, symptomatic, orthostatic hypotension * and/or age ≥85 years * clinically significant, moderate to severe frailty at any age * and/or limited predicted lifespan (<3 years).

⚠ WARNING: REPLACE EXISTING PRESCRIPTION OF ANTIHYPERTENSIVES

⚠ Warning: Beta-blockers are recommended to be combined with any of the other major BP-lowering drug classes when there are other compelling indications for their use, e.g. angina, post-myocardial infarction, heart failure with reduced ejection fraction, or for heart rate control.

⚠ Warning: Medications are recommended to be taken at the most convenient time of day for the patient to establish a habitual pattern of medication taking to improve adherence.

Current prescription

Add drug

	Bisoprolol	5	mg	Beta-blockers	
Daily		Morning	Noon	Afternoon	Evening/night
		1	0	0	0
No notes added					
Change history					

	Atorvastatin	40	mg	Statins	
		Morning	Noon	Afternoon	Evening/night

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status

→ Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS

	Status	Motivation	
	Medication adherence	Low	High
	Start moving	Low	Moderate
	Healthy nutrition	Very High	Moderate
	Smoke-free living	Active smoker (high dependence)	Low
	Stress relief	Low	Moderate

< Previous step

Decision	Inactive	Start action	Monitored action	Maintained behavior
	Medication adherence			
	Start moving			
	Healthy nutrition			
	Smoke-free living			
	Stress relief			



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Your journey to a healthy lifestyle

Status → Goal setting

BEHAVIOURAL GOALS OUTCOME GOALS

Status Motivation

 Medication adherence	Low	High
 Start moving	Low	Moderate
 Healthy nutrition	Very High	Moderate
 Smoke-free living	Active smoker (high dependence)	Low
 Stress relief	Low	Moderate

Decision

Inactive

Start action

Monitored action

Maintained behavior

 Medication adherence

< Previous step

Start moving



Start moving

 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner



 **Patient**

 coro-001001-500 (1958)

 **General**

Subject ID	coro-001001-500
Gender	Female
Year of birth	1958
Start date	01-10-2025

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> 

 Print QR code for ePRO application

 Print a new QR password code for the mobile app  Logout mobile app

 Patient dropped out

Load scenario



Most recent alerts

 PERSONALISED PREVENTION FOR CORONARY HEART DISEASE

 Open medication decision support to edit the prescription

Consultations during the study

1 2 3 4 5 6 7

Parameters

 Blood pressure	148/67 mm Hg
 Weight	71 kg
 BMI	27.4 kg/m ²
 LDL cholesterol	67 mg/dL
 HbA1c - (Glucose)	5.7 %

Behavioural goals

 Medication adherence	Low	Inactive
 Start moving	Low	Inactive
 Healthy nutrition	Very High	Inactive
 Smoke-free living	Active smoker (high dependence)	Inactive
 Stress relief	Low	Inactive
 Knowledge level	Beginner	

Filter

 Red: 0  Orange: 0  Yellow: 1

 Open: 0  Handled: 1


coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

 End encounter

Start moving

 1  2  3

Status

→ Goal setting



STATUS PROGRESS



Current physical activity



1 day(s) with a total of 30 minutes or more of at least moderate physical activity

Reported on 07/10/2025



Reported on 07/10/2025



Under-active



Did not perform strength exercises



Fulfilled flexibility exercises

 Go to journeyNext step 

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

 End encounter

Start moving

Status

→ Goal setting



STATUS PROGRESS



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Fulfilled flexibility exercises

 Go to journeyNext step 

 coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner End encounter

Start moving

1 2 3

Status  Goal setting

STATUS PROGRESS



13/10/2025 - 19/10/2025



Daily activity (steps)



Weekly sports (kcal)

No activities

 Go to journeyNext step 

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

 End encounter

Start moving

Status

→ Goal setting



STATUS PROGRESS



Current physical activity



1 day(s) with a total of 30 minutes or more of at least moderate physical activity

Reported on 07/10/2025



Reported on 07/10/2025



Under-active



Did not perform strength exercises



Fulfilled flexibility exercises

 Go to journeyNext step 

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter

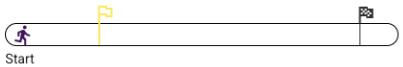
1 2 3

Start moving

Status → Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)



 Edit sports goal

Start

Min - 0

Finish - 0

 intensity

 sessions

 minutes

 sessions

Physical complaints

Chest pain

Neck pain

Favourite activities

 Walking

 Cycling

Favourite activities from childhood

 Dancing

 Handball

< Previous step

Go to journey >

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter



Start moving



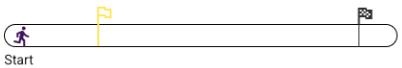
Status

Goal setting



WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)

[Edit sports goal](#)

Start

Min - 0

Finish - 0



Physical complaints

Chest pain

Neck pain



sessions



minutes



sessions

Favourite activities

Walking

Cycling

Favourite activities from childhood

Dancing

Handball

[Previous step](#)[Go to journey](#)

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter



Start moving



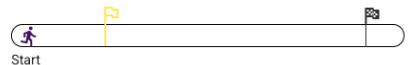
Status → Goal setting



WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL



Weekly sports goal (kcal)



 Edit sports goal



Intensity

Sessions

Minutes

Sessions

Physical complaints

Chest pain

Neck pain

Favourite activities

 Walking

 Cycling

Favourite activities from childhood

 Dancing

 Handball

< Previous step

Go to journey >

CoroPrevention Alpha 001001 / BE1 coro-001001-500 (1958) Ruben Pauwels

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter

Start moving

Status Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)

Start Min - 0 Finish - 0

intensity sessions

Physical complaints

Chest pain Neck pain

Favourite activities

Walking Cycling Handball

Please enter the patient's subject ID to edit sports goal.

Subject ID: Edit sports goal Cancel

Go to journey >

 coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner Female, 67 years 63 bpm 378 m

EXPERT tool

 Save and close Close Print → 

Primary indication

Select primary indication:



Key risk factor

Select risk factors:  

Exercise modifier

Select exercise modifiers:



Anomalies

Select anomalies occurred during exercise testing:



Medication

Select medication that affects exercise prescription:  

Recommendation

 Moderate  Daily  30-60  >12 weeks  Yes  • isometric handgrip exercise training
 • >900 kcal/week of energy expenditure should be achieved

♂ coro-001001-500 ♂ 148/67 mm Hg ♂ 71 kg ♂ 27.39 kg/m² ♂ LDL: 67 mg/dL ♂ 5.7% ♂ Low ♂ Low ♂ Very High ♂ Active smoker (high dependence) ♂ Low ♂ Beginner

♀ Female, 67 years ⚪ 63 bpm ⚪ 378 m



EXPERT tool

 Save and close

 Close

 Print

 → 

Primary indication

Select primary indication:



Key risk factor

Select risk factors:  

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription:  

Recommendation

      • isometric handgrip exercise training
• >900 kcal/week of energy expenditure should be achieved



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication:

<input type="checkbox"/> CAD, PCI, CABG, and minimally invasive CABG	Moderate	3-5	20-45	>6-8 weeks	Yes
<input type="checkbox"/> Heart failure (with lowered LVEF) and CMP	Moderate or High Intensity Interval	2-5	30-60	>12 weeks	Yes
<input type="checkbox"/> CRT, pacemaker, ICD	Low (Dependent on underlying heart disease, Dependent on device settings)	3-5	Dependent on underlying heart disease	>6-8 weeks	(Dependent on underlying heart disease)
<input type="checkbox"/> Pulmonary arterial hypertension	Moderate-High or High Intensity Interval	3-5	>45	>12 weeks	(Unknown)
<input type="checkbox"/> Peripheral artery disease	On pain threshold	3-5	30-60	>12 weeks	Yes
<input type="checkbox"/> Left ventricular assist devices	Moderate	3-5	45-60	>8-10 weeks	Yes
<input type="checkbox"/> Cardiac transplantation	Low-Moderate	3	30-40	>20 weeks	Yes
<input type="checkbox"/> Valve disease/surgery (without CABG)	Moderate	3	>30	>6-8 weeks	Yes
<input type="checkbox"/> Congenital heart disease	Moderate-High	3	30-60	>8 weeks	Yes
<input type="checkbox"/> In-hospital phase (early mobilisation)	Low	Daily	Individualised	Dependent on hospitalisation duration	Yes
<input type="checkbox"/> Chronic coronary syndrome	Moderate	3-5	30-60	>12 weeks	Yes
<input type="checkbox"/> TIA or stroke in subacute phase	Moderate	3-5	20-60	>12 weeks	Yes



Key risk factor

Select risk factors: Dislipidemia Hypertension



 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner

 Female, 67 years  63 bpm  378 m

EXPERT tool
 Save and close

 Close

 Print

 Weekly sports goal

 Safety precautions

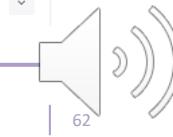
Primary indication

 Select primary indication: **CAD, PCI, CABG, and minimally invasive CABG**

<input checked="" type="checkbox"/> CAD, PCI, CABG, and minimally invasive CABG	 Moderate	 3-5  20-45	 >6-8 weeks	 Yes
<input type="checkbox"/> Heart failure (with lowered LVEF) and CMP	 Moderate or High Intensity Interval	 2-5  30-60	 >12 weeks	 Yes
<input type="checkbox"/> CRT, pacemaker, ICD	 Low (Dependent on underlying heart disease, Dependent on device settings)	 3-5  Dependent on underlying heart disease	 >6-8 weeks	 (Dependent on underlying heart disease)
<input type="checkbox"/> Pulmonary arterial hypertension	 Moderate-High or High Intensity Interval	 3-5  >45	 >12 weeks	 (Unknown)
<input type="checkbox"/> Peripheral artery disease	 On pain threshold	 3-5  30-60	 >12 weeks	 Yes
<input type="checkbox"/> Left ventricular assist devices	 Moderate	 3-5  45-60	 >8-10 weeks	 Yes
<input type="checkbox"/> Cardiac transplantation	 Low-Moderate	 3  30-40	 >20 weeks	 Yes
<input type="checkbox"/> Valve disease/surgery (without CABG)	 Moderate	 3  >30	 >6-8 weeks	 Yes
<input type="checkbox"/> Congenital heart disease	 Moderate-High	 3  30-60	 >8 weeks	 Yes
<input type="checkbox"/> In-hospital phase (early mobilisation)	 Low	 Daily  Individualised	 Dependent on hospitalisation duration	 Yes
<input type="checkbox"/> Chronic coronary syndrome	 Moderate	 3-5  30-60	 >12 weeks	 Yes
<input type="checkbox"/> TIA or stroke in subacute phase	 Moderate	 3-5  20-60	 >12 weeks	 Yes

 The changes that you make now are currently not visible to the patient, since the patient is not at guidance level 2 for "start moving".

Key risk factor

 Select risk factors:  Dislipidemia  Hypertension


coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

<input checked="" type="checkbox"/> CAD, PCI, CABG, and minimally invasive CABG		Moderate		3-5		20-45		>6-8 weeks		Yes
<input type="checkbox"/> Heart failure (with lowered LVEF) and CMP		Moderate or High Intensity Interval		2-5		30-60		>12 weeks		Yes
<input type="checkbox"/> CRT, pacemaker, ICD		Low (Dependent on underlying heart disease, Dependent on device settings)		3-5		Dependent on underlying heart disease		>6-8 weeks		(Dependent on underlying heart disease)
<input type="checkbox"/> Pulmonary arterial hypertension		Moderate-High or High Intensity Interval		3-5		>45		>12 weeks		(Unknown)
<input type="checkbox"/> Peripheral artery disease		On pain threshold		3-5		30-60		>12 weeks		Yes
<input type="checkbox"/> Left ventricular assist devices		Moderate		3-5		45-60		>8-10 weeks		Yes
<input type="checkbox"/> Cardiac transplantation		Low-Moderate		3		30-40		>20 weeks		Yes
<input type="checkbox"/> Valve disease/surgery (without CABG)		Moderate		3		>30		>6-8 weeks		Yes
<input type="checkbox"/> Congenital heart disease		Moderate-High		3		30-60		>8 weeks		Yes
<input type="checkbox"/> In-hospital phase (early mobilisation)		Low		Daily		Individualised		Dependent on hospitalisation duration		Yes
<input type="checkbox"/> Chronic coronary syndrome		Moderate		3-5		30-60		>12 weeks		Yes
<input type="checkbox"/> TIA or stroke in subacute phase		Moderate		3-5		20-60		>12 weeks		Yes

The changes that you make now are currently not visible to the patient, since the patient is not at guidance level 2 for "start moving".

Key risk factor

Select risk factors: Dislipidemia Hypertension



EXPERT tool

Save and close

Close

Print

Weekly sports goal → Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia Hypertension

<input type="checkbox"/> Obesity	 Moderate	<input type="checkbox"/> 3-5	<input type="checkbox"/> >60	<input type="checkbox"/> >24 weeks	<input type="checkbox"/> No
<input type="checkbox"/> Type 1 Diabetes	 Moderate	<input type="checkbox"/> 3	<input type="checkbox"/> >30	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes
<input type="checkbox"/> Type 2 Diabetes	 Moderate	<input type="checkbox"/> 5	<input type="checkbox"/> >30	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes
<input checked="" type="checkbox"/> Hypertension	 Moderate-High	<input type="checkbox"/> Daily	<input type="checkbox"/> 30-60	<input type="checkbox"/> >6 weeks	<input type="checkbox"/> Yes
<input checked="" type="checkbox"/> Dislipidemia	 Moderate	<input type="checkbox"/> 3-5	<input type="checkbox"/> >45	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker Statin

Recommendation

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- isometric handgrip exercise training

EXPERT tool

Save and close

Close

Print

Weekly sports goal → Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia Hypertension

<input type="checkbox"/> Obesity	 Moderate	<input type="checkbox"/> 3-5	<input type="checkbox"/> >60	<input type="checkbox"/> >24 weeks	<input type="checkbox"/> No
<input type="checkbox"/> Type 1 Diabetes	 Moderate	<input type="checkbox"/> 3	<input type="checkbox"/> >30	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes
<input type="checkbox"/> Type 2 Diabetes	 Moderate	<input type="checkbox"/> 5	<input type="checkbox"/> >30	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes
<input checked="" type="checkbox"/> Hypertension	 Moderate-High	<input type="checkbox"/> Daily	<input type="checkbox"/> 30-60	<input type="checkbox"/> >6 weeks	<input type="checkbox"/> Yes
<input checked="" type="checkbox"/> Dislipidemia	 Moderate	<input type="checkbox"/> 3-5	<input type="checkbox"/> >45	<input type="checkbox"/> >12 weeks	<input type="checkbox"/> Yes

Exercise modifier

Select exercise modifiers:



Anomalies

Select anomalies occurred during exercise test:

Medication

Select medication that affects exercise prescription: Beta Blocker Statin

Recommendation

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- isometric handgrip exercise training

EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia, Hypertension

Exercise modifier

Select exercise modifiers:

<input type="checkbox"/> CRT, pacemaker, ICD	 Low (Dependent on underlying heart disease, Dependent on device settings)	 3-5	 Dependent on underlying heart disease	 >6 weeks	 (Dependent on underlying heart disease)
<input type="checkbox"/> Sarcopenia/frailty	 Low-Moderate	 3	 40-60	 >12 weeks	 Yes
<input type="checkbox"/> COPD	 Moderate or High Intensity Interval	 2-5	 20-60	 >12 weeks	 Yes
<input type="checkbox"/> Renal Failure	 Moderate	 3	 30-45	 >12 weeks	 Yes

Anomalies

Select anomalies occurred during exercise testing:



Medication

Select medication that affects exercise prescription: Beta Blocker, Statin

Recommendation

 Moderate  Daily  20-60  >12 weeks  Yes

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved



EXPERT tool

 Save and close Close Print

Weekly sports goal → Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG



Key risk factor

Select risk factors: Dislipidemia Hypertension



Exercise modifier

Select exercise modifiers:



Anomalies

Select anomalies occurred during exercise testing:

 ICD threshold

Heart rate bpm

 Ventricular tachycardia

Heart rate bpm

 Atrial fibrillation, provoked during exercise testing Myocardial ischemic threshold

Heart rate bpm



Medication

Select medication that affects exercise prescription: Beta Blocker Statin

Recommendation

 Moderate Daily 20-60 >12 weeks Yes

- 
- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
 - isometric handgrip exercise training
 - >900 kcal/week of energy expenditure should be achieved
 - Strength training exercises:

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG



Key risk factor

Select risk factors: Dislipidemia Hypertension



Exercise modifier

Select exercise modifiers:



Anomalies

Select anomalies occurred during exercise testing:



Medication

Select medication that affects exercise prescription: Beta Blocker Statin

 Beta Blocker Statin Insulin Meglitinide Sulfonylurea

Recommendation

IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)

 Moderate Daily 20-60 >12 weeks Yes

>900 kcal/week of energy expenditure should be achieved

- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia Hypertension

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker Statin

 Beta Blocker Statin Insulin Meglitinide Sulfonylurea

Recommendation

Moderate Daily 20-60 >12 weeks Yes >900 kcal/week of energy expenditure should be achieved

- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- isometric handgrip exercise training
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions



Primary indication

Select primary indication: CAD, BCG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia Hypertension

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker Statin

- Beta Blocker
- Statin
- Insulin
- Meglitinide
- Sulfonylurea

Recommendation

IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)

 Moderate Daily 20-60 >12 weeks Yes

- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:

2 days/week, 40-80% of 1RM, 12-15 reps/set



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m



EXPERT tool

Save and close

Close

Print

Weekly sports goal → Safety precautions

Beta Blocker

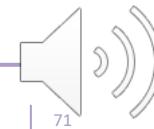


Statin

CAD, PCI, CABG, and minimally invasive CABG

Dislipidemia

Hypertension



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

Female, 67 years

63 bpm

378 m



EXPERT tool

 Save and close Close Print

Weekly sports goal

Safety precautions

Beta Blocker

- Calculated heart rate zone is not valid anymore when beta blocker therapy is changed.

Statin

CAD, PCI, CABG, and minimally invasive CABG

Dislipidemia

Hypertension

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m

EXPERT tool

Save and close Close Print

Weekly sports goal → Safety precautions



Primary indication

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Key risk factor

Select risk factors: Dislipidemia, Hypertension

Exercise modifier

Select exercise modifiers:

Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker, Statin

Saved prescription

 Moderate Daily 20-60 >12 weeks Yes

IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)

isometric handgrip exercise training

>900 kcal/week of energy expenditure should be achieved

Strength training exercises:

2 days/week, 40-80% of 1RM, 12-15 reps/set

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

Female, 67 years 63 bpm 378 m

PERT tool

Weekly sports goal → Safety precautions

Save and close

Close

Print

Select primary indication: CAD, PCI, CABG, and minimally invasive CABG

Select risk factors: Dislipidemia, Hypertension

Select exercise modifiers:

Select anomalies occurred during exercise testing:

Select medication that affects exercise prescription: Beta Blocker, Statin

 Moderate Daily 20-60 >12 weeks Yes

Did you verify that the recommended prescription is ok for this patient?

Confirm

Close



- IMT after CABG surgery (from 30 up to 60 of Pimax, 20-30 min/session, 3-5 days/week)
- isometric handgrip exercise training
- >900 kcal/week of energy expenditure should be achieved
- Strength training exercises:
2 days/week, 40-80% of 1RM, 12-15 reps/set



EXPERT tool

- It should be noted that the EXPERT tool can already be completed before the consultation.

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Start moving

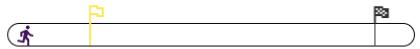


Status → Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)

Edit sports goal



Start

Min - 695

Finish - 3131

Moderate intensity

Daily sessions

20-60 minutes

2 sessions

Physical complaints

Chest pain

Neck pain

Favourite activities

Walking

Cycling

Favourite activities from childhood

Dancing

Handball

< Previous step

Go to journey >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Start moving

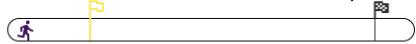
1 2 3

Status → Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL



Weekly sports goal (kcal)



Start

Min - 695

Finish - 3131

Edit sports goal

Moderate intensity

Daily sessions

20-60 minutes

2 sessions

Physical complaints

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Neck pain

Favourite activities

Walking

Cycling

Favourite activities from childhood

Dancing

Handball

< Previous step

Go to journey >



 coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner End encounter

Start moving

Goal setting

[WEEKLY SPORTS GOAL](#) [DAILY ACTIVITY GOAL](#)

Daily activity goal (steps)



Level

Inactive (<2500 steps)



Proposed No sport

2500



No sport

2500



Sport

If you report sports, your daily activity goal will be automatically lowered

Previous step

Go to journey

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Start moving

1 2 3



Status

→ Goal setting

WEEKLY SPORTS GOAL

DAILY ACTIVITY GOAL

Daily activity goal (steps)

Level

Inactive (<2500 steps)



Proposed



No sport

2500

No sport

(-) 2500 (+)

Sport

If you report sports, your daily activity goal will be automatically lowered

< Previous step

Go to journey >

 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner

 End encounter



Start moving



Status

→ Goal setting

1 2 3

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Daily activity goal (steps)

Level

Inactive (<2500 steps) 

Proposed  No sport

2500

 No sport

 2800 

 Save

 Sport

If you report sports, your daily activity goal will be automatically lowered

 Previous step

Go to journey 

 coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner End encounter

Start moving

  Status  Goal settingWEEKLY SPORTS GOAL  DAILY ACTIVITY GOAL

Daily activity goal (steps)

Level

Inactive (<2500 steps) Proposed  No sport

2500

 No sport 2800 

Save

 Sport

Save

If you report sports, your daily activity goal will automatically lowered

 Previous stepGo to journey 

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

1 2 3

Start moving

Status → Goal setting

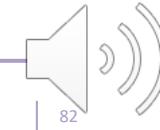
WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Daily activity goal (steps)

Level Inactive (<2500 steps) Proposed  No sport 2500 No sport (−) 2800 (+) Sport If you report sports, your daily activity goal will be automatically lowered

< Previous step

Go to journey >

 The changes that you make now are currently not visible to the patient, since the patient is not at guidance level 2 for "Start moving".

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

Your journey to a healthy lifestyle

Status → Goal setting

BEHAVIOURAL GOALS OUTCOME GOALS

Status Motivation

 Medication adherence	Low	High
 Start moving	Low	Moderate
 Healthy nutrition	Very High	Moderate
 Smoke-free living	Active smoker (high dependence)	Low
 Stress relief	Low	Moderate

Decision

Inactive Start action Monitored action Maintained behavior

 Medication adherence
 Start moving
 Healthy nutrition
 Smoke-free living
 Stress relief



< Previous step

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

End encounter

Your journey to a healthy lifestyle

Status → Goal setting

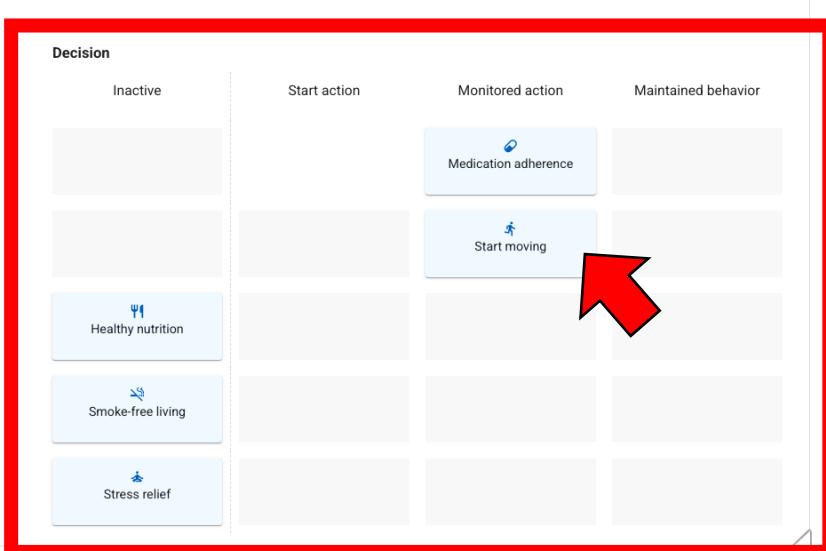
BEHAVIOURAL GOALS OUTCOME GOALS

	Status	Motivation
Medication adherence	Low	High
Start moving	Low	Moderate
Healthy nutrition	Very High	Moderate
Smoke-free living	Active smoker (high dependence)	Low
Stress relief	Low	Moderate

Decision

Decision	Inactive	Start action	Monitored action	Maintained behavior
Medication adherence				
Start moving				
Healthy nutrition				
Smoke-free living				
Stress relief				

← Previous step



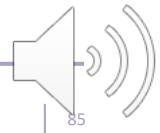
Healthy nutrition



Healthy nutrition



CoroPrevention
PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE



 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner

 End encounter

 **Patient**

 coro-001001-500 (1958)

 **General**

Subject ID: coro-001001-500
Gender: Female
Year of birth: 1958
Start date: 01-10-2025

URL and code to view the ePro for visit 2
<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> 

 Print QR code for ePRO application

 Print a new QR password code for the mobile app  Logout mobile app

 Patient dropped out

Load scenario

Most recent alerts

 PERSONALISED PREVENTION FOR CORONARY HEART DISEASE

 Open medication decision support to edit the prescription

Consultations during the study

1 2 3 4 5 6 7

Parameters

 Blood pressure: 148/67 mm Hg
 Weight: 71 kg
 BMI: 27.4 kg/m²
 LDL cholesterol: 67 mg/dL
 HbA1c - (Glucose): 5.7 %

Behavioural goals

 Medication adherence	Low	Inactive
 Start moving	Low	Inactive
 Healthy nutrition	Very High	Inactive
 Smoke-free living	Active smoker (high dependence)	Inactive
 Stress relief	Low	Inactive
 Knowledge level	Beginner	

Filter

 Red: 0  Orange: 0  Yellow: 1

 Open: 0  Handled: 1


86



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter



Healthy nutrition

1 2 3

Status → Goal setting

GENERAL WEEKLY GOALS

My overall diet is very good.

Reported on 07/10/2025

Nutrition-score: 92%

Reported on 07/10/2025

Healthy nutrition challenges

- Time constraints

Reported on 07/10/2025

Go to journey

Next step >



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Healthy nutrition

1 2 3

Status → Goal setting



GENERAL WEEKLY GOALS

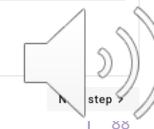


13/10/2025 - 19/10/2025



Goal	Reported amount	Recommended amount	Selected as goal
Eat wholegrain food items		≥32 (servings per week)	Not in level of guidance 2
Eat a healthy amount of potatoes		4 (servings per week)	Not in level of guidance 2
Eat more fruit		≥22 (servings per week)	Not in level of guidance 2
Eat more vegetables		≥33 (servings per week)	Not in level of guidance 2
Eat more legumes		≥7 (servings per week)	Not in level of guidance 2
Eat more fish and healthy protein		≥7 (servings per week)	Not in level of guidance 2
Eat less meat and change to heart-healthy protein		≤1 (servings per week)	Not in level of guidance 2
Eat a healthy amount of poultry		≤3 (servings per week)	Not in level of guidance 2
Eat healthy dairy		≤10 (servings per week)	Not in level of guidance 2
Use healthy fats		≥6 (times used)	Not in level of guidance 2
Create a healthy alcohol-drinking habit		<300 (mL / consumptions per day)	Not in level of guidance 2
Eat tasty food without added salt		<5 (grams per week)	Not in level of guidance 2
Eat tasty food while limiting sugar		<24 (grams per week)	Not in level of guidance 2

Go to journey

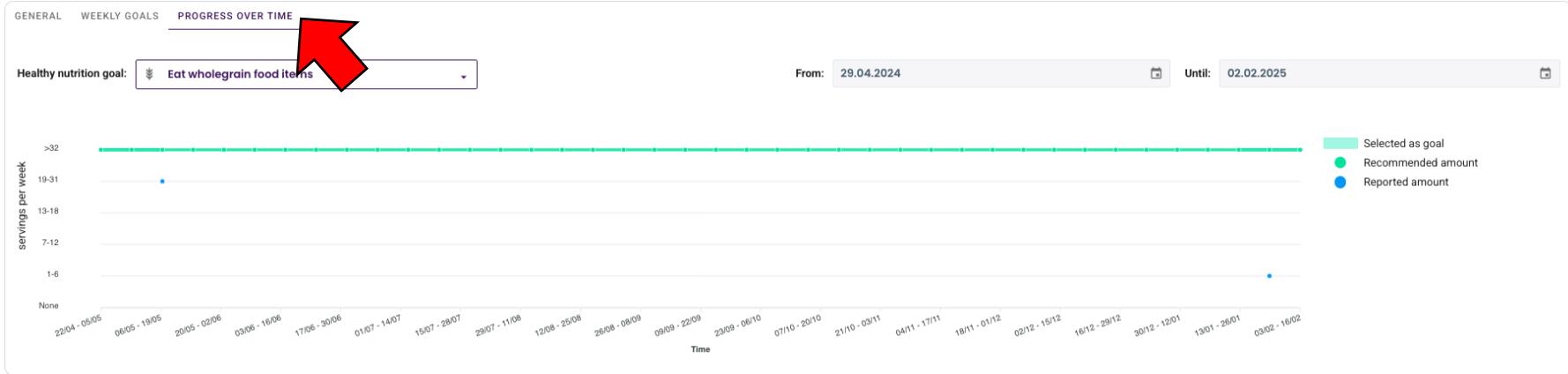




20/01/2025 - 26/01/2025



Goal	Reported amount	Recommended amount	Selected as goal
Eat wholegrain food items	7-12 (servings per week)	≥32 (servings per week)	Yes
Eat a healthy amount of potatoes	4 (servings per week)	4 (servings per week)	No
Eat more fruit	1-4 (servings per week)	≥22 (servings per week)	No
Eat more vegetables	21-32 (servings per week)	≥33 (servings per week)	No
Eat more legumes	<1 (servings per week)	≥7 (servings per week)	No
Eat more fish and healthy protein	5-6 (servings per week)	≥7 (servings per week)	No
Eat less meat and change to heart-healthy protein	4-5 (servings per week)	≤1 (servings per week)	No
Eat a healthy amount of poultry	4-5 (servings per week)	≤3 (servings per week)	No
Eat healthy dairy	11-15 (servings per week)	≤10 (servings per week)	No
Use healthy fats	3-5 (times used)	≥6 (times used)	No
Create a healthy alcohol-drinking habit	300 (mL / consumptions per day)	<300 (mL / consumptions per day)	No
Eat tasty food without added salt	5-6 (grams per week)	<5 (grams per week)	No
Eat tasty food while limiting sugar	56-71 (grams per week)	<24 (grams per week)	No



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter



Healthy nutrition

1 2 3

Status → Goal setting



GENERAL WEEKLY GOALS



My overall diet is very good.

Reported on 07/10/2025

Nutrition-score: 92%

Reported on 07/10/2025

Healthy nutrition challenges

- Time constraints

Reported on 07/10/2025

< Go to journey

Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7%

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter

1 2 3

Healthy nutrition

Status → Goal setting

You have decided to change to more healthy eating habits – great! However, it is not always easy to find out what is healthy and what is not. The Mediterranean diet is not such a strict or restrictive diet, but it is a tasty eating pattern which is healthy for everyone and is also recommended by the European Society of Cardiology for cardiac patients, because it has been proved to reduce the risk of heart disease. Below, we will guide you through the basics of the Mediterranean diet. The Nutrition-score that is used in the application is based on the widely used "MedDietScore".

Name	Information
Eat wholegrain food items	Try to eat whole-grain food items at least twice every day (eg. whole-grain cereal for breakfast and whole-grain bread at noon).
Eat a healthy amount of potatoes	Try to eat cooked potatoes three to four times a week. Try to vary with whole-grain cereals (whole grain bread, whole grain pasta, brown rice).
Eat more fruit	Aim for a minimum of 2-3 servings of fruit per day (1 serving = 1 medium piece of fruit (e.g. apple, orange), 2 small pieces of fruit (e.g. plums, kiwis)). Note: fruit contains some sugar, so people with diabetes be careful not to eat too much at once.
Eat more vegetables	Aim for a minimum of 4 servings of vegetables per day (1 serving = ½ cup of cooked vegetables, a bowl of salad).
Eat more legumes	Beans, peas, lentils or tofu can provide complete protein sources without the saturated fat levels.
Eat more fish and healthy protein	Pick heart-healthy proteins found in fish, shellfish, skinless poultry and lean meat products. Beans, peas, lentils or tofu can also provide complete protein sources without the saturated fat levels. Healthy, low-fat dairy can also serve as a protein source.
Eat less meat and change to heart-healthy protein	Try to eat red meat as little as possible, ideally this is once every week at a maximum.
Eat a healthy amount of poultry	Poultry is lower in fat (when prepared correctly) and can be consumed two to three times per week.
Eat healthy dairy	Try to limit your full-fat dairy consumption to maximum 2 serving per day.
Use healthy fats	Healthy fats are found in olive oil, in fatty fish and also nuts and seeds. Canola oil, vegetable and nut oil (except coconut oil) can also be used. Try using olive oil in the kitchen instead of butter as a first step! Daily usage of olive oil or other healthy fats for cooking is recommended.
Create a healthy alcohol-drinking habit	Try to limit your alcohol intake to, at a maximum, 2 glasses per day for men and 1 glass per day for women. In alcohol consumption, lower is always better. Aim for at least two alcohol-free days in the week.
Eat tasty food without added salt	Try to replace salt with healthier alternatives such as fresh and dried herbs, spices, black pepper, chilli and lemon. Remove the salt cellar from the table. Choose fresh food items instead of processed and canned food items.
Eat tasty food while limiting sugar	Try reducing your sugar intake to near zero.



coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7% Low Low Very High Active smoker (high dependence) Low Beginner

End encounter

Your journey to a healthy lifestyle

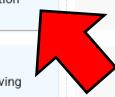
Status → Goal setting

BEHAVIOURAL GOALS **OUTCOME GOALS**

	Status	Motivation
Medication adherence	Low	High
Start moving	Low	Moderate
Healthy nutrition	Very High	Moderate
Smoke-free living	Active smoker (high dependence)	Low
Stress relief	Low	Moderate

Decision

Decision	Inactive	Start action	Monitored action	Maintained behavior
Medication adherence			Medication adherence	
Start moving			Start moving	
Healthy nutrition				
Smoke-free living				
Stress relief				



◀ Previous step

 coro-001001-500

 148/67 mm Hg

 71 kg

 27.39 kg/m²
 LDL: 67 mg/dL

 5.7 %

 Low

 Low

 Very High

 Active smoker (high dependence)

 Low

 Beginner




Your journey to a healthy lifestyle


[Status](#) → [Goal setting](#)

[BEHAVIOURAL GOALS](#) [OUTCOME GOALS](#)


Status

Motivation



Medication adherence

Low

High



Start moving

Low

Moderate



Healthy nutrition

Very High

Moderate



Smoke-free living

Active smoker (high dependence)

Low



Stress relief

Low

Moderate

[< Previous step](#)

Decision

Inactive

Start action

Monitored action

Maintained behavior

 Medication adherence

 Start moving

 Healthy nutrition


Smoke-free living



Smoke-free living



CoroPrevention
PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE



95

👤 coro-001001-500 ⌚ 148/67 mm Hg 👤 71 kg BMI 27.39 kg/m² LDL: 67 mg/dL ⌚ 5.7 % ⌚ Low ⌚ Low ⚠ Very High ⚠ Active smoker (high dependence) ⌚ Low ⌚ Beginner
⌚ End encounter

在家里 心 笔记 个人 分享 打印

Patient

coro-001001-500 (1958)

General

Subject ID: coro-001001-500
Gender: Female
Year of birth: 1958
Start date: 01-10-2025

URL and code to view the ePro for visit 2
<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ>

🖨️ Print QR code for ePRO application

🖨️ Print a new QR password code for the mobile app

Logout mobile app

Patient dropped out

Consultations during the study

1 2 3 4 5 6 7

Parameters

⌚ Blood pressure	148/67 mm Hg
👤 Weight	71 kg
BMI	27.4 kg/m ²
LDL cholesterol	67 mg/dL
⌚ HbA1c - (Glucose)	5.7 %

Behavioural goals

⌚ Medication adherence	Low	Inactive
🏃 Start moving	Low	Inactive
🍴 Healthy nutrition	Very High	Inactive
🚬 Smoke-free living	Active smoker (high dependence)	Inactive
💆 Stress relief	Low	Inactive
🧠 Knowledge level	Beginner	

Open medication decision support to edit the prescription
Filter

Red: 0 Orange: 0 Yellow: 1
⌚ Open: 0 ⌚ Handled: 1



Most recent alerts

 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner End encounter

Smoke-free living

 1  2  Status  

Smoking behaviour

Reported on 07/10/2025

Number of cigarettes: 28 cigarettes daily
Fagerstrom score: 9 High dependence

Motivation to stop smoking

Reported on 07/10/2025

I REALLY want to stop smoking and intend to in the next 3 months

Quit attempts before the study

Reported on 07/10/2025

Number of quit attempts: 2
Most recent quit attempt: 1 January 2025
Options used to quit smoking:

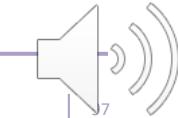
- E-cigarettes
- Telephone counselling

Most recent quit attempt during the study

No data

 Go to journey

Next step >



 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner End encounter

Smoke-free living

 1  2  Status Goal setting

Smoking behaviour

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Quit attempts before the study

Reported on 07/10/2025

Number of quit attempts: 2
Most recent quit attempt: 1 January 2025
Options used to quit smoking:

- E-cigarettes
- Telephone counselling

Most recent quit attempt during the study

No data

 Go to journey

Next step >

coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Smoke-free living

1 2 3

Status → Goal setting



How to give up smoking

1. Decide to quit

Recognize and commit to the decision to stop smoking for health and personal reasons.

2. Set a quit date

Choose a specific day to start your smoke-free journey, providing a clear target to prepare for.

3. Ways to quit smoking

Explore various methods to quit, such as nicotine replacement therapy, medications, or behavioral strategies.

4. Involve others

Seek support from friends, family, or support groups to stay motivated and accountable.

5. Set the stage

Prepare your environment by removing smoking triggers and creating a smoke-free space.

6. Challenges

Anticipate and plan for potential difficulties like cravings, withdrawal symptoms, and social pressures.

7. Benefits and rewards

Focus on the health benefits and personal achievements as motivation to stay smoke-free.

8. Coping plans

Develop strategies to manage stress and cravings, such as exercise, hobbies, or relaxation techniques.

9. Keep a diary

Maintain a record of your quitting journey to track progress, identify triggers, and reflect on successes.

◀ Previous step



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status → Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS



Status

Motivation



Medication adherence

Low

High



Start moving

Low

Moderate



Healthy nutrition

Very High

Moderate



Smoke-free living

Active smoker (high dependence)

Low



Stress relief

Low

Moderate

< Previous step

Decision

Inactive

Start action

Monitored action

Maintained behavior

Smoke-free living

Stress relief

Medication adherence

Start moving

Healthy nutrition



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Your journey to a healthy lifestyle



Status → Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS

Status

Motivation

	Medication adherence	Low	High
	Start moving	Low	Moderate
	Healthy nutrition	Very High	Moderate
	Smoke-free living	Active smoker (high dependence)	Low
	Stress relief	Low	Moderate

< Previous step

Decision

Inactive

Start action

Monitored action

Maintained behavior

	Medication adherence		
	Start moving		
	Healthy nutrition		
	Smoke-free living		
	Stress relief		

Stress relief



 coro-001001-500  148/67 mm Hg  71 kg  27.39 kg/m²  LDL: 67 mg/dL  5.7 %  Low  Low  Very High  Active smoker (high dependence)  Low  Beginner

 End encounter

 **Patient**

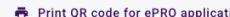
 coro-001001-500 (1958)

 **General**

Subject ID	coro-001001-500
Gender	Female
Year of birth	1958
Start date	01-10-2025

 **URL and code to view the ePro for visit 2**

<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ> 

 **Print QR code for ePRO application**

 **Print a new QR password code for the mobile app**  **Logout mobile app**

 **Patient dropped out**

 **Load scenario**

 **Most recent alerts**

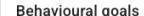
 Open medication decision support to edit the prescription

 **Consultations during the study**

1 2 3 4 5 6 7

 **Parameters**

 Blood pressure	148/67 mm Hg
 Weight	71 kg
 BMI	27.4 kg/m ²
 LDL cholesterol	67 mg/dL
 HbA1c - (Glucose)	5.7 %

 **Behavioural goals**

 Medication adherence	Low	Inactive
 Start moving	Low	Inactive
 Healthy nutrition	Very High	Inactive
 Smoke-free living	Active smoker (high dependence)	Inactive
 Stress relief	Low	Inactive
 Knowledge level	Beginner	

 Red: 0

 Orange: 0

 Yellow: 0

 Open: 0

 Handled: 1


coro-001001-500

148/67 mm Hg, 71 kg, 27.39 kg/m², LDL: 67 mg/dL, 5.7%, Low, Low, Very High, Active smoker (high dependence), Low, Beginner

End encounter



Stress relief

1 2 3

Status → Goal setting

Perceived stress

Reported on 07/10/2025

I feel stressed very much.

Current stressors

Reported on 07/10/2025

- Health concerns (other than your heart condition)

Current stress relief techniques

Reported on 07/10/2025

- Yoga

Depression

Reported on 07/10/2025

Score: 3 Minimal depression score

- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy

Anxiety

Reported on 07/10/2025

Score: 4 Minimal anxiety score

- Worrying too much about different things
- Trouble relaxing
- Being so restless that it's hard to sit still

Coping

Reported on 07/10/2025

I often manage to take good care of my mental health and stress levels.

Your stress relief over time

From: 07.10.2025

Until: 13.10.2025

Stress level

Not at all

Only a little

To some extent

Rather much

Very much

07/10/25 13/10/25

Time

Always

Often

Sometimes

Rarely

Never

07/10/25 13/10/25

Coping measurements

Time



coro-001001-500

148/67 mm Hg

71 kg

27.39 kg/m²

LDL: 67 mg/dL

5.7 %

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

End encounter



Stress relief

1 2 3

Status → Goal setting



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Reported on 07/10/2025

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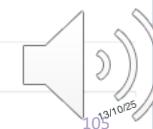
07/10/25

Time

13/10/25

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Stress relief

1 2 3

Status → Goal setting

Stress relief goals

Motivation

Reported on 07/10/2025

Reduce stress

Very motivated

Improve mental wellbeing

Not very motivated

Sleep better

Motivated

Feel less lonely

Neutral

< Previous step

Go to journey >



coro-001001-500

148/67 mm Hg

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End encounter



Your journey to a healthy lifestyle



Status → Goal setting



BEHAVIOURAL GOALS OUTCOME GOALS



Status

Motivation

Medication adherence

Low

High

Start moving

Low

Moderate

Healthy nutrition

Very High

Moderate

Smoke-free living

Active smoker (high dependence)

Low

Stress relief

Low

Moderate

Decision

Inactive

Start action

Monitored action

Maintained behavior

Medication adherence

Start moving

Healthy nutrition

Smoke-free living

Stress relief

Healthy nutrition



◀ Previous step

coro-001001-500

148/67 mm Hg

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Low

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Very High

Active smoker (high dependence)

Low

Beginner

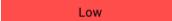
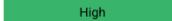
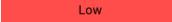
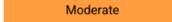
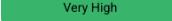
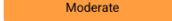
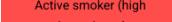
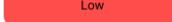
End encounter

Your journey to a healthy lifestyle

Status → Goal setting

BEHAVIOURAL GOALS OUTCOME GOALS

Status Motivation

	Medication adherence		
	Start moving		
	Healthy nutrition		
	Smoke-free living		
	Stress relief		

< Previous step

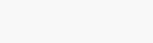
Decision

Inactive

Start action

Monitored action

Maintained behavior



Education – Increase your knowledge

 coro-001001-500
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  Low
  Low
  Very High
  Active smoker (high dependence)
  Low
  Beginner


 End encounter

 **Patient**

coro-001001-500 (1958)

 **General**

Subject ID	coro-001001-500
Gender	Female
Year of birth	1958
Start date	01-10-2025

URL and code to view the ePro for visit 2

<https://tablet-qa.coroprevention.eu/session/start/nXf4fjwmclJBwJ>



 Print QR code for ePRO application

 Print a new QR password code for the mobile app

 Logout mobile app

 Patient dropped out

Load scenario

 **Consultations during the study**

1 2 3 4 5 6 7

 **Parameters**

 Blood pressure	148/67 mm Hg
 Weight	71 kg
 BMI	27.4 kg/m ²
 LDL cholesterol	67 mg/dL
 HbA1c - (Glucose)	5.7 %

 **Behavioural goals**

 Medication adherence	Low	Inactive
 Start moving	Low	Inactive
 Healthy nutrition	Very High	Inactive
 Smoke-free living	Active smoker (high dependence)	Inactive
 Stress relief	Low	Inactive
 Knowledge level	Beginner	

Open medication decision support to edit the prescription

Filter

 Red: 0
  Orange: 0
  Yellow: 1

 Open: 0
  Handled: 1


🕒 coro-001001-500

⌚ 148/67 mm Hg

⌚ 71 kg

⌘ 27.39 kg/m²

⌚ LDL: 67 mg/dL

⌚ 5.7 %

⌚ Low

⌚ Low

⌚ Very High

⌚ Active smoker (high dependence)

⌚ Low

⌚ Beginner

⌚ End encounter



Increase your knowledge

Progress

Timeline

Selection

🔍 Search in education

Categories

- ⌚ Start moving
- ⌚ Medication adherence
- ⌚ Lowering blood pressure
- ⌚ Lowering cholesterol
- ⌚ Diabetes management
- ⌚ Healthy weight
- ⌚ Healthy nutrition
- ⌚ Smoke-free living
- ⌚ My heart
- ⌚ Stress relief
- ⌚ My social environment

⌚ Start moving

⌚ Chest press

⌚ Dumbbell row

⌚ Bicep curl

⌚ Tricep press

⌚ Abdominal crunches

⌚ Seated squat

⌚ Leg curl

⌚ Heel raise

⌚ Bridge

⌚ Four point kneeling

◀ Go to journey

Choice of

- ⌚ Patient
- ⌚ Caregivers

Title

Chest press

Content type

Video

Related questions answered wrong

0

Sent

0

Watched

0

⌚ Send to patient as a notification

◀ Go to journey



🕒 coro-001001-500 📈 148/67 mm Hg 📈 71 kg 📈 27.39 kg/m² 📈 LDL: 67 mg/dL 📈 5.7 % 📈 Low 📈 Low 📈 Very High 📈 Active smoker (high dependence) 📈 Low 📈 Beginner

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Increase your knowledge



Progress

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Go to journey



112

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner

End encounter

Increase your knowledge

Progress → Timeline → Selection

Search in education

- Diabetes management
- Healthy nutrition
- Healthy weight
- Lowering blood pressure
- Lowering cholesterol
- Medication adherence

Start moving

Chest press

Dumbbell row

Bicep curl

Tricep press

Abdominal crunches

Seated squat

Leg curl

Heel raise

Bridge

Four point kneeling

Go to journey

Go to journey

Choice of

Patient 1 Caregivers 1

Title

Chest press

Content type

Video

Related questions answered wrong

0

Sent

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Watched

0

Send to patient as a notification

coro-001001-500

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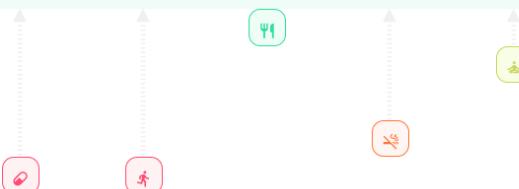
Your journey to a healthy lifestyle

 Status  Goal setting JOURNEY  PARAMETERS

Your journey

Time 06-10-2025

BE HEALTHY

 Next step >

 coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67 mg/dL 5.7 % Low Low Very High Active smoker (high dependence) Low Beginner End encounter 

Your journey to a healthy lifestyle

Status  Goal setting

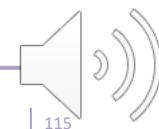
JOURNEY PARAMETERS



Your journey

Time 06-10-2025  BE HEALTHY

Next step >

CoroPrevention
PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE

CoroPrevention Alpha 001001 / BE1 coro-001001-500 (1958) Ruben Pauwels

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Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETERS

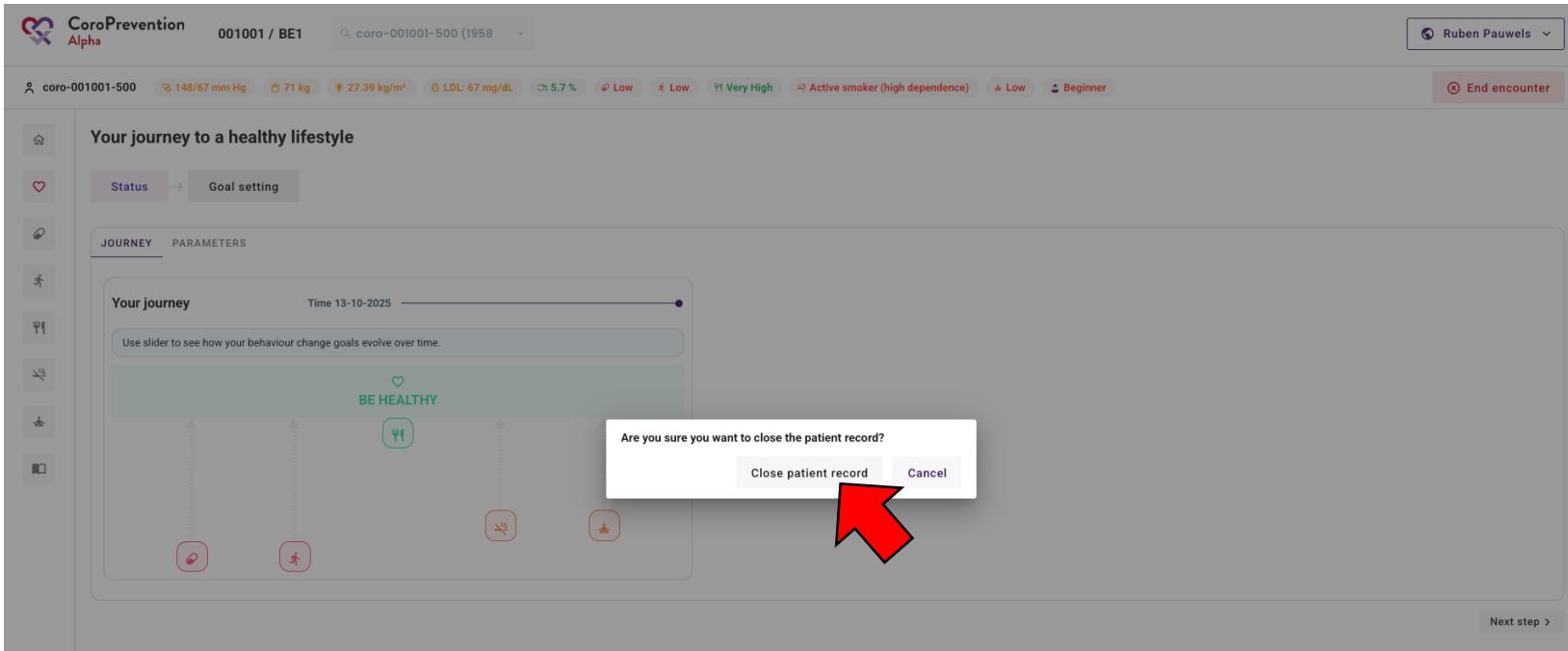
Your journey Time 13-10-2025 Use slider to see how your behaviour change goals evolve over time.

BE HEALTHY

Are you sure you want to close the patient record?

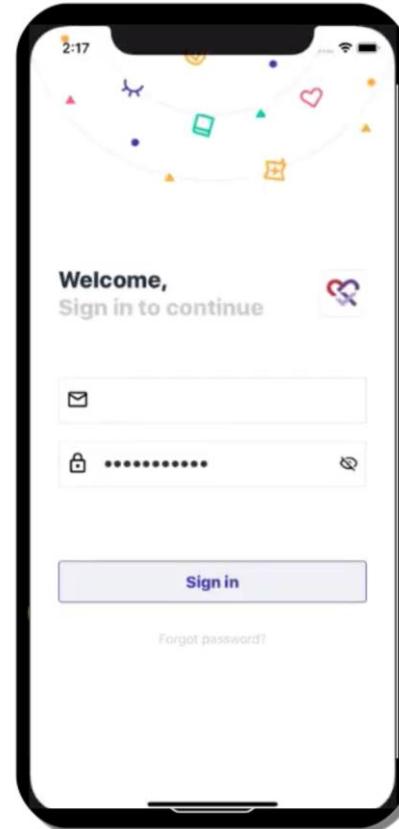
Close patient record Cancel

Next step >



At the end of Visit 2

- Make sure you save some time for assisting the patient in installing the application on the patient's smartphone.



End of visit 2 “checklist”

- Install the application on the patient's phone
- Print the QR code for the patient to login
- Do the setup together with the patient
- Refer to help sources: FAQ, CoroPrevention website and the general user manual
 - Patients can request a printed copy if they want.

Good luck!

