



CoroPrevention

PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE

How to do the first patient consultation?

Version November 2025

www.coroprevention.eu



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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>

coro-001001-500 (1958)

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

Q coro-001001-500 (1958)

X

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

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	High	Inactive
Knowledge level	Beginner	

Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 1

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)

X

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

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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/m²

Cholesterol 67 mg/dL

Glucose 5.7 %

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

Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 1

Open: 0 Handled: 1

Date

Time

Type

Module

Message

Action

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

Body weight kg

Blood pressure mmHg mmHg

Pulse Rate bpm

Next ▸

Q coro-001001-500 148/67 mmHg 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](#)

Body weight

71

kg

Blood pressure

Systolic
148

mmHg

Diastolic
67

mmHg

Pulse Rate

63

bpm

[Next ▸](#)



CoroPrevention
Alpha

001001 / BE1

Q coro-001001-500 (1958 X ▾)

Ruben Pauwels ▾

Q 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

◀ Previous

Next ▶



CoroPrevention
PERSONALISED PREVENTION FOR
CORONARY HEART DISEASE

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 m

Borg dyspnea ▾

◀ Previous Next ▶



Start an encounter

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

New following diagnosis since last visit

Diabetes melitus type 1 ☐ Yes ☐ No

Diabetes melitus 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

Q 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 melitus type 1 ☐ Yes ☒ No

Diabetes melitus 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

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

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

4 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

Open medication decision support to edit the prescription

Q 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



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

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

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>

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Logout mobile

Patient dropped out

Load scenario

Smoke-free living

Stress relief

Knowledge level

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

Inactive

Inactive

Inactive

Inactive

Inactive

Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 1

Open: 0 Handled: 1

Do you want to edit the data that was entered for visit 2?

Edit

Reopen Visit

Do you want to edit the questionnaire data for visit 2? Then click on one of the buttons below:

Consultation Preparation Questionnaires (Completed Before The Visit)

Send Reminder To Patient

Consult Myself

Check Completeness

Post Consultation Questionnaires (Completed After The Visit)

Send Reminder To Patient

Consult Myself

Check Completeness

Cancel

coro-001001-500 148/67 mm Hg 71 kg 27.39 kg/m² LDL: 67

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/nx14tjwmc>

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

148/67 mm Hg

71 kg

27.4 kg/m²

67 mg/dL

5.7 %

Inactive

Inactive

Inactive

Inactive

Inactive

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

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>

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Logout mobile

Patient dropped out

Load scenario

Smoke-free living

Stress relief

Knowledge level

Low

Low

Very High

Active smoker (high dependence)

Low

Beginner

Inactive

Inactive

Inactive

Inactive

Inactive

Most recent alerts

Red: 0 Orange: 0 Yellow: 1

Filter

Open: 0 Handled: 1

Do you want to edit the data that was entered for visit 2?

Edit

Reopen Visit

Do you want to edit the questionnaire data for visit 2? Then click on one of the buttons below:

Consultation Preparation Questionnaires (Completed Before The Visit)

Send Reminder To Patient

Consult Myself

Check Completeness

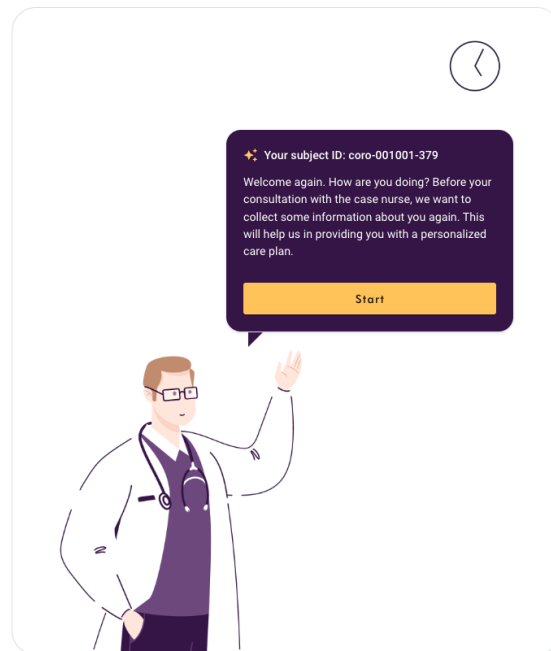
Post Consultation Questionnaires (Completed After The Visit)

Send Reminder To Patient

Consult Myself

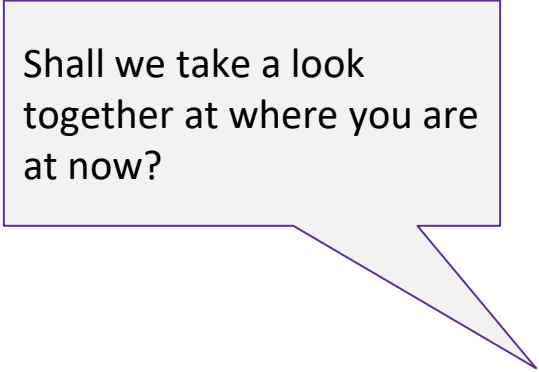
Check Completeness

Cancel














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](#)


Q 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






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	

Most recent alerts

Filter
  Red: 0
  Orange: 0
  Yellow: 1

 Open: 0
  Handled: 1

Q 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

Open medication decision support to edit the prescription

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Patient dropped out

Load scenario

Consultations during the study



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LDL cholesterol	67 mg/dL
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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	

Most recent alerts

Filter Red: 0 Orange: 0 Yellow: 1
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/nXf4fjwmclJBwJ>

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Load scenario

Consultations during the study



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Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 1

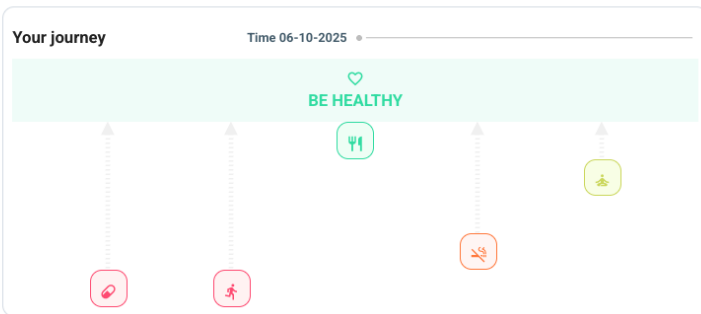
Open: 0 Handled: 1



Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETERS



Next step >





Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETERS

Your journey

Time 06-10-2025

BE HEALTHY





Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETERS

Your journey

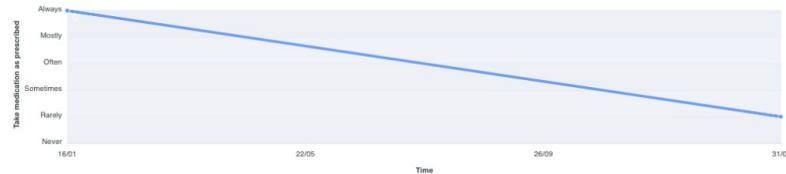
Time 06-10-2025

BE HEALTHY

Your medication adherence over time

From
16.01.2024

Until
31.01.2025



Next step >



Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETER

Your journey

Time 06-10-2025

BE HEALTHY

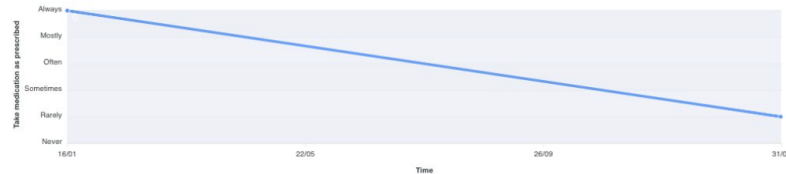
Your medication adherence over time

From

16.01.2024

Until

31.01.2025



Next step >



coro-001001-500

148/67 mm Hg

71 kg

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

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

Inactive

Start action

Monitored action

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

< 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

Decision

Inactive

Start action

Monitored action

Maintained behavior



Medication adherence

Low

High

Medication adherence



Start moving

Low

Moderate

Start moving



Healthy nutrition

Very High

Moderate

Healthy nutrition



Smoke-free living

Active smoker (high dependence)

Low

Smoke-free living



Stress relief

Low

Moderate

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

Medication adherence barriers

Reported on 07/10/2025

No barrier

31

Score

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

Medication adherence barriers

Reported on 07/10/2025

No barrier

31
Score

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 >





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 >



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

	Morning	Noon	Afternoon	Evening/night
Daily	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

< Previous step

Decision

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



Start moving



Start moving



Q 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

Q 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



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

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



Under-active



Did not perform strength exercises

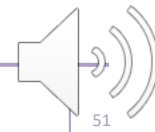


Fulfilled flexibility exercises

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



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



Under-active



Did not perform strength exercises



Fulfilled flexibility exercises

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



Start moving

1 2 3



Status

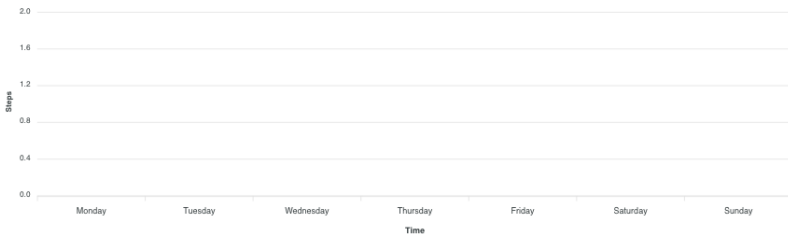
Goal setting



STATUS PROGRESS

13/10/2025 - 19/10/2025

Daily activity (steps)



Weekly sports (kcal)

No activities

< Go to 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



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



Under-active



Did not perform strength exercises



Fulfilled flexibility exercises

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



Start moving

1 2 3

Status

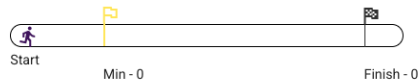
Goal setting

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





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)

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



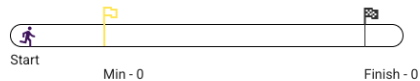
Start moving

1 2 3

Status → Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)



intensity

sessions

minutes

sessions

Edit sports goal

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

(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

123

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

Edit sports goal

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

Subject

Edit sports goal

Cancel

< Previous step

Go to journey >



Q 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:

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

Recommendation

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





Q 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:

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Anomalies

Select anomalies occurred during exercise testing:

Medication

Select medication that affects exercise prescription: Beta Blocker Statin

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

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

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

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	📅 >6-8 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:

<input type="checkbox"/>	ICD threshold	Heart rate	bpm
<input type="checkbox"/>	Ventricular tachycardia	Heart rate	bpm
<input type="checkbox"/>	Atrial fibrillation, provoked during exercise testing		
<input type="checkbox"/>	Myocardial ischemic threshold	Heart rate	bpm

Medication Select medication that affects exercise prescription: Beta Blocker Statin

Recommendation

Moderate Daily 20-60 >12 weeks Yes

- MMT and 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: Dyslipidemia 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

- 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

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

- 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

EXPERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

Primary indication

Select primary indication: CABG, 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

- 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

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/m³ 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

PERT tool

Save and close

Close

Print

Weekly sports goal

Safety precautions

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

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

Confirm

Close



Recommended 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

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

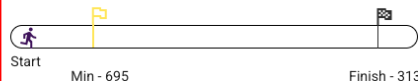
1 2 3

Status → Goal setting

WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Weekly sports goal (kcal)

Edit sports goal



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

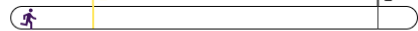
Status → Goal setting

WEEKLY SPORTS GOAL

DAILY ACTIVITY GOAL

Weekly sports goal (kcal)

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

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 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

- 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

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

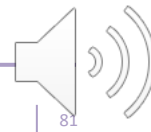
- 2800 + Save

Sport

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

< Previous step

Go to journey >



Start moving

Status → Goal setting


WEEKLY SPORTS GOAL DAILY ACTIVITY GOAL

Daily activity goal (steps)

Level Inactive (<2500 steps) 

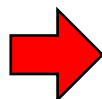
Proposed  No sport 2500

 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

< Previous step

Decision

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



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			

Healthy nutrition



Healthy nutrition

Q 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

Q 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



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	

Most recent alerts

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



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

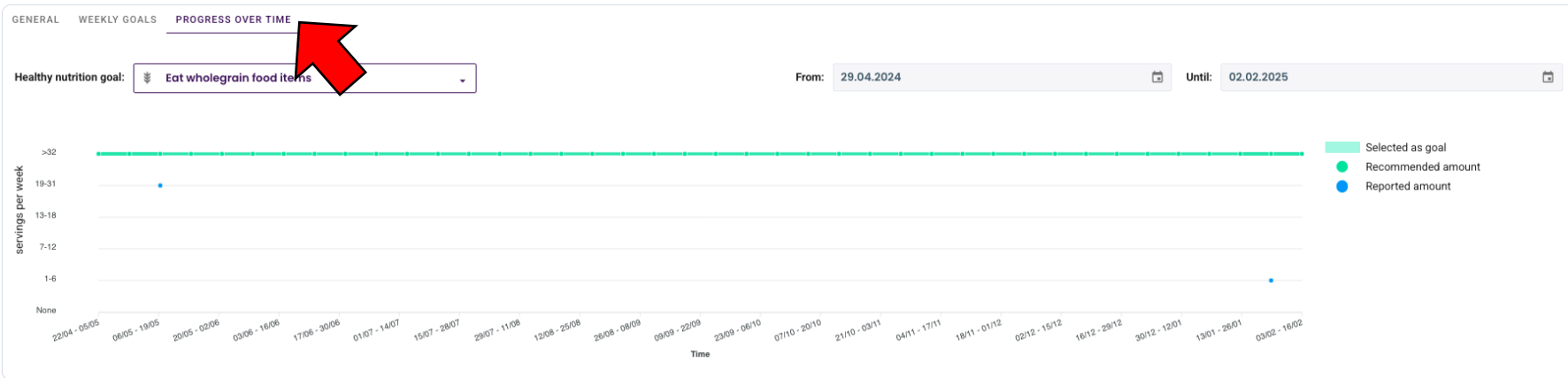




20/01/2025 - 26/01/2025



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 >



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🔍

📄

🔧

🔴

🔍

📄

📱

Healthy nutrition

123

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 out 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.



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			

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			

Smoke-free living



Smoke-free living



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

Q 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



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	

Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 1

Open: 0 Handled: 1



Smoke-free living

1 2 3

Status

Goal setting

Smoking behaviour

Reported on 07/10/2025

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

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

Motivation to stop smoking

Reported on 07/10/2025

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

Most recent quit attempt during the study

No data

< Go to journey

Next step >





Smoke-free living

1 2 3

Status

Goal setting

Smoking behaviour

Reported on 07/10/2025

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

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

Motivation to stop smoking

Reported on 07/10/2025

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

Most recent quit attempt during the study

No data

< Go to journey

Next step >





Smoke-free living

1 2 3

Status → Goal setting

How to give up smoking

- Decide to quit**
Recognize and commit to the decision to stop smoking for health and personal reasons.
- Set a quit date**
Choose a specific day to start your smoke-free journey, providing a clear target to prepare for.
- Ways to quit smoking**
Explore various methods to quit, such as nicotine replacement therapy, medications, or behavioral strategies.
- Involve others**
Seek support from friends, family, or support groups to stay motivated and accountable.
- Set the stage**
Prepare your environment by removing smoking triggers and creating a smoke-free space.
- Challenges**
Anticipate and plan for potential difficulties like cravings, withdrawal symptoms, and social pressures.
- Benefits and rewards**
Focus on the health benefits and personal achievements as motivation to stay smoke-free.
- Coping plans**
Develop strategies to manage stress and cravings, such as exercise, hobbies, or relaxation techniques.
- Keep a diary**
Maintain a record of your quitting journey to track progress, identify triggers, and reflect on successes.

< Previous step



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			

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



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

Open medication decision support to edit the prescription

Q 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



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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

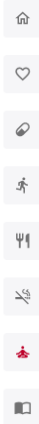
Medication adherence	Low	Inactive
Start moving	Low	Inactive
Healthy nutrition	Very High	Inactive
Smoke-free living	Active smoker (high dependence)	Inactive
Stress relief	Low	Inactive
Knowledge level	Beginner	

Most recent alerts

Filter

Red: 0 Orange: 0 Yellow: 0

Open: 0 Handled: 1



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.

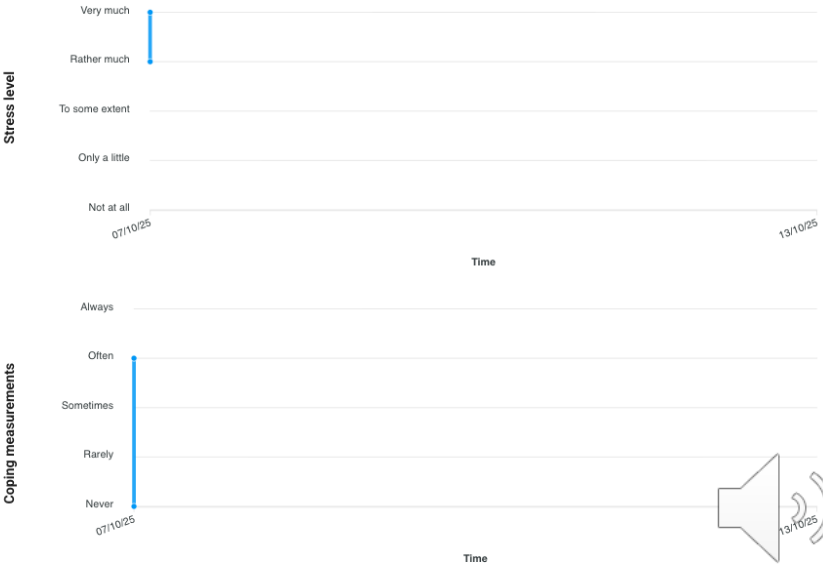
Your stress relief over time

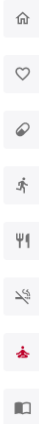
From: 07.10.2025

📅

Until: 13.10.2025

📅





Stress 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 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

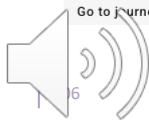
Motivated

Feel less lonely

Neutral

< Previous step

Go to journey >



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			

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	High

< Previous step

Decision

Inactive Start action Monitored action Maintained behavior

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

Education – Increase your knowledge

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

Q 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

Consultations during the study



Parameters

Blood pressure 148/67 mm Hg
Weight 71 kg
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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

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

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

Go to journey

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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



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

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Four point kneeling

Choice of

Patient

Caregivers

Title

Chest press

Content type

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Related questions answered wrong

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0

Send to patient as a notification

< Go to journey

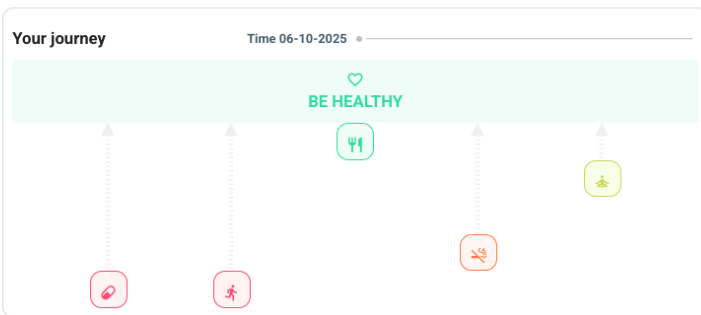
Go to journey >



Your journey to a healthy lifestyle

Status → Goal setting

JOURNEY PARAMETERS



Next step >

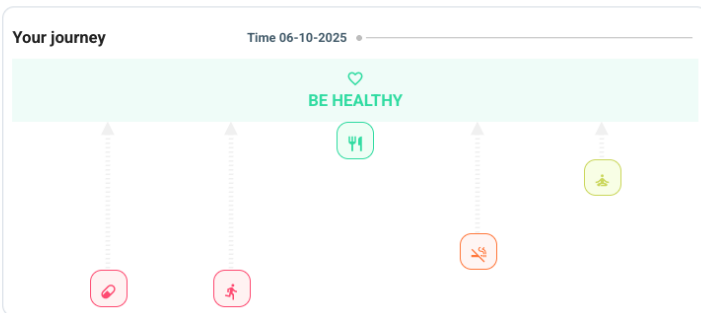




Your journey to a healthy lifestyle


Status → Goal setting

JOURNEY PARAMETERS





Next step >





 **CoroPrevention**
Alpha


001001 / BE1


 Ruben Pauwels


 coro-001001-500


 148/67 mm Hg


 71 kg


 27.39 kg/m²


 LDL: 67 mg/dL


 5.7 %


 Low

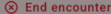
 Low


 **Very High**

 Active smoker (high dependence)

 Low

 Beginner

 End encounter

 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

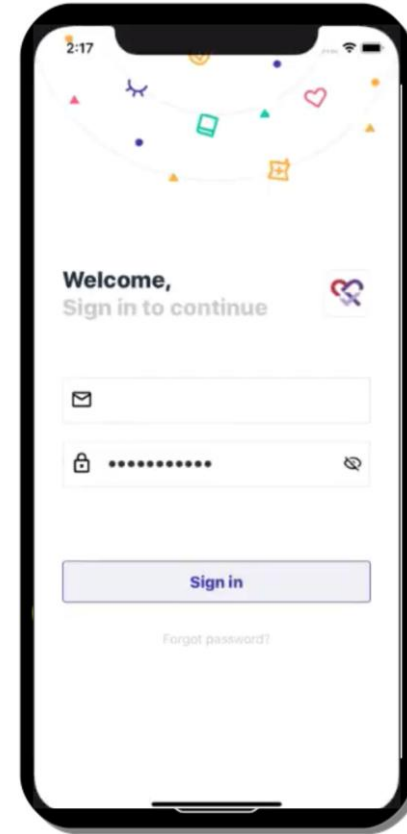
Cancel



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!

www.coroprevention.eu

