



# CoroPrevention

PERSONALISED PREVENTION FOR  
CORONARY HEART DISEASE

# Patient mobile app: module by module

Version December 2024

[www.coroprevention.eu](http://www.coroprevention.eu)



*This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 848056*

# Navigation in the app

### My day



#### Start moving

**14**  
Steps

**2800**  
No sport

#### Medication adherence

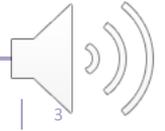
##### Evening/night medication

		1x Atorvastatin
		1x Bisoprolol

Did you take your evening/night medication?

#### Medication adherence

Today Week Me Journey Learn



07:21

📶 📶 100

### My day



#### 🚶 Start moving

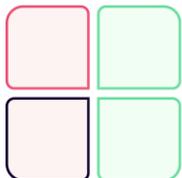


2800  
No sport



#### 💊 Medication adherence

##### Evening/night medication



1x Atorvastatin  
1x Bisoprolol

Did you take your evening/night medication?

#### 💊 Medication adherence

07:25

📶 📶 100



### My activity of today



**We all have a bad day every now and then. Don't give up on your goals**

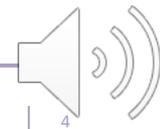
#### 📅 Daily activity goal (steps)



**2800 Steps**  
No sport

#### 📅 Weekly sports goal (kcal)

0 / 3528 Kcal



07:50



# My medication prescription

MEDICATION

EXERCISE

PDF My prescription PDF

PDF Coro-prescription PDF for GP

Cardiac medication

+ Add

Bisoprolol  
2.5 mg



Atorvastatin  
40 mg



Other medication

+ Add

Pantomed  
20 mg



07:53



# Weekly sports goal

MEDICATION

EXERCISE

- Intensity: Moderate
- Number of sessions per week: Daily
- Duration: 20-60 min.
- Strength training: Yes





# My medication prescription



MEDICATION

EXERCISE

PDF My prescription PDF

PDF Coro-prescription PDF for GP

♥ Cardiac medication

+ Add

**Bisoprolol**  
2.5 mg



**Atorvastatin**  
40 mg



📄 Other medication

+ Add

**Pantomed**  
20 mg



Today



Week



Me



Journey



Learn



# My medication prescription

MEDICATION

EXERCISE

PDF My prescription PDF

PDF Coro-prescription PDF for GP

Cardiac medication

+ Add

Bisoprolol  
2.5 mg



Atorvastatin  
40 mg



Other medication

+ Add

Pantomed  
20 mg



# Medication information

Delete

Edit

## Medication information

Type



Name

Bisoprolol

Administration



Dosage

2.5 mg

## Schedule

09:00 Amount: 1



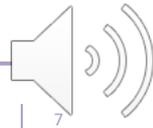
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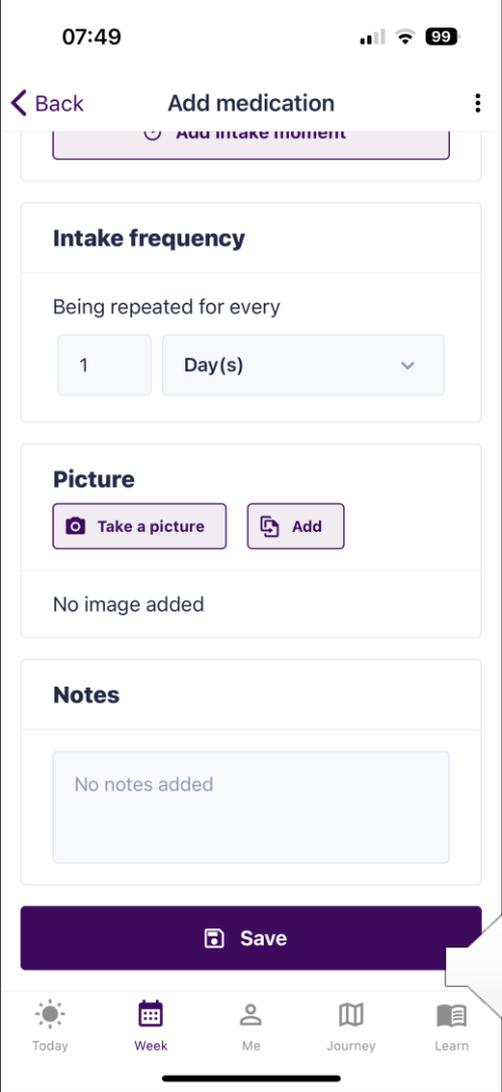
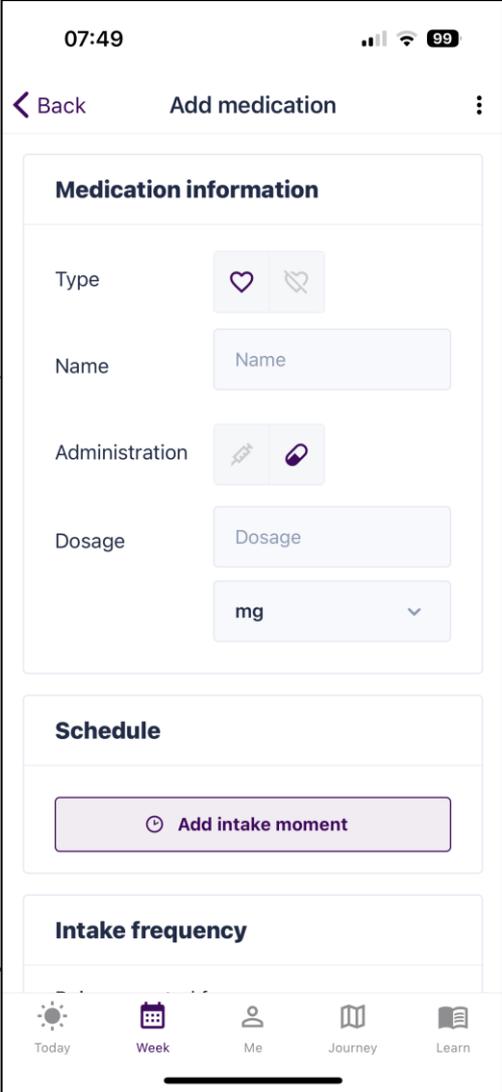
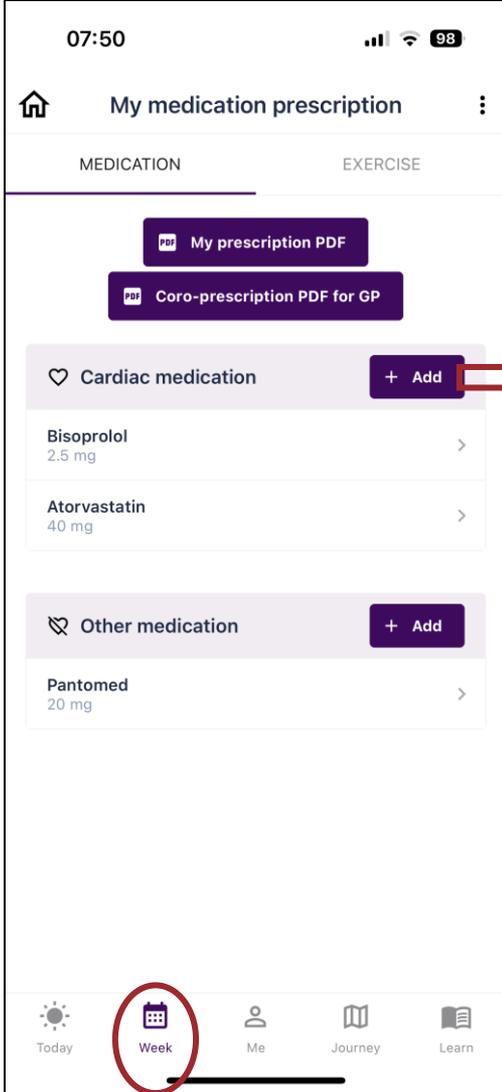


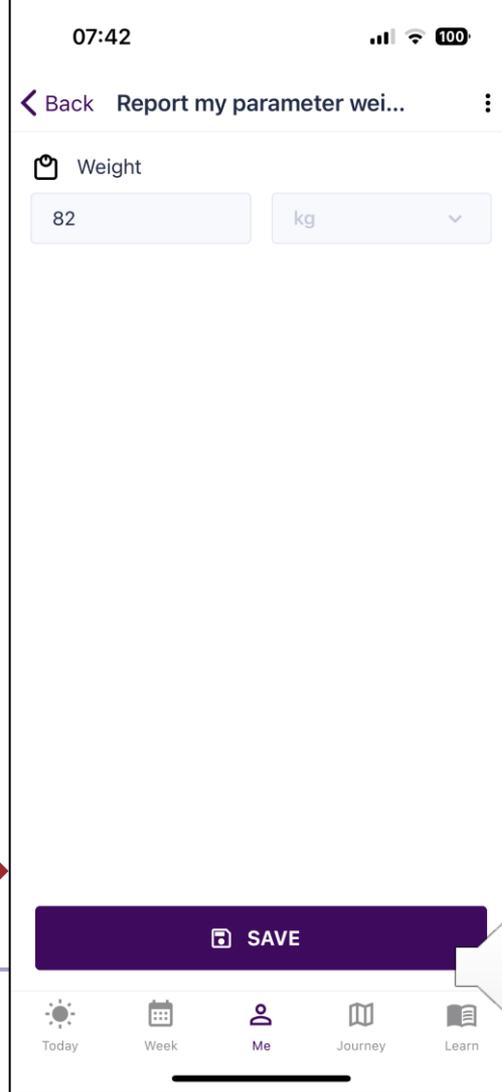
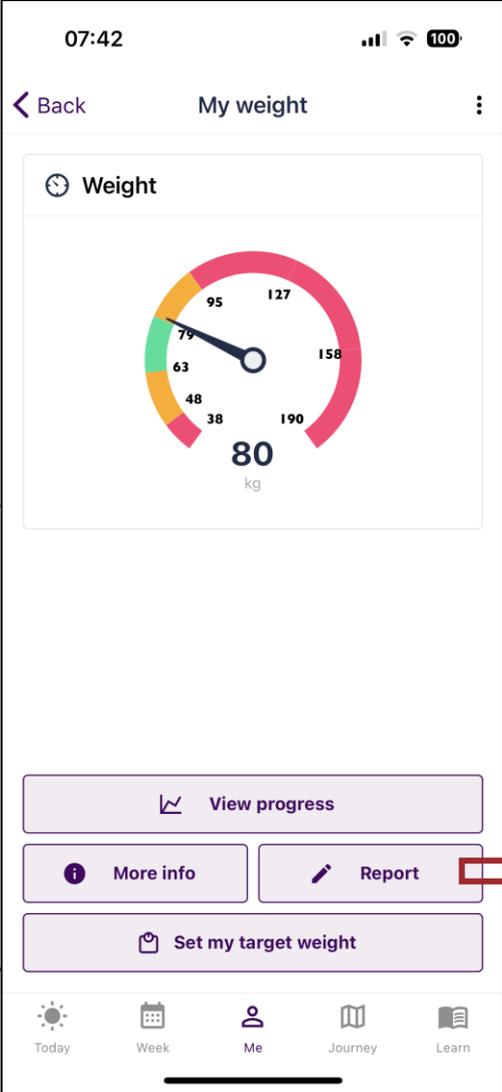
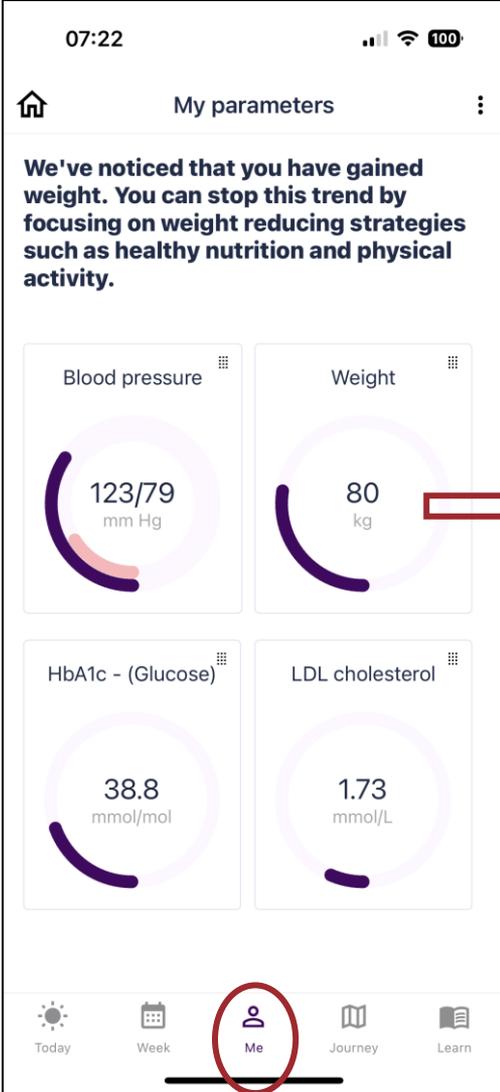
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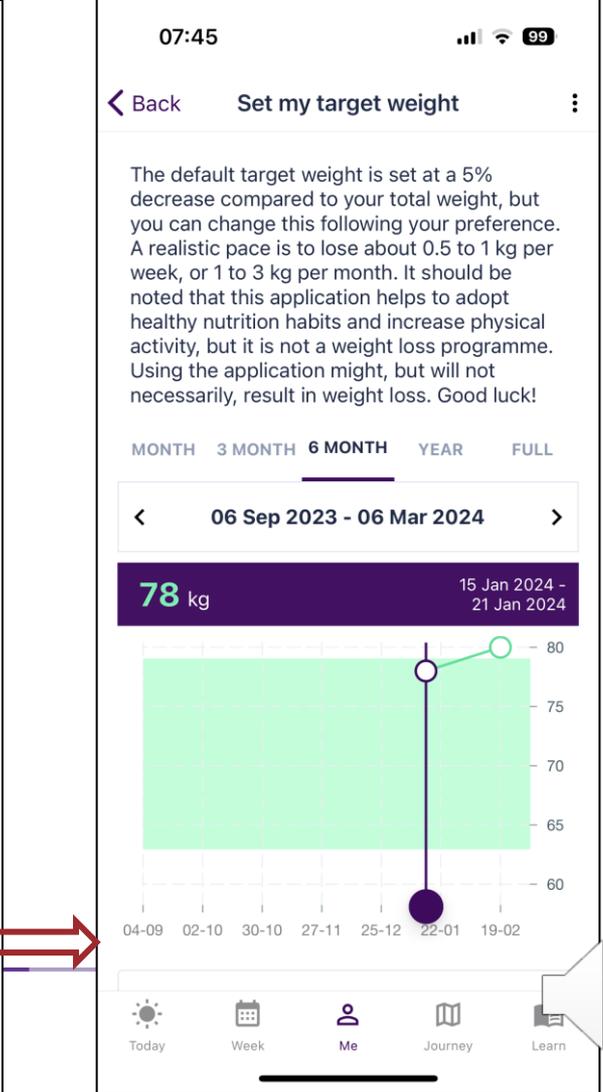
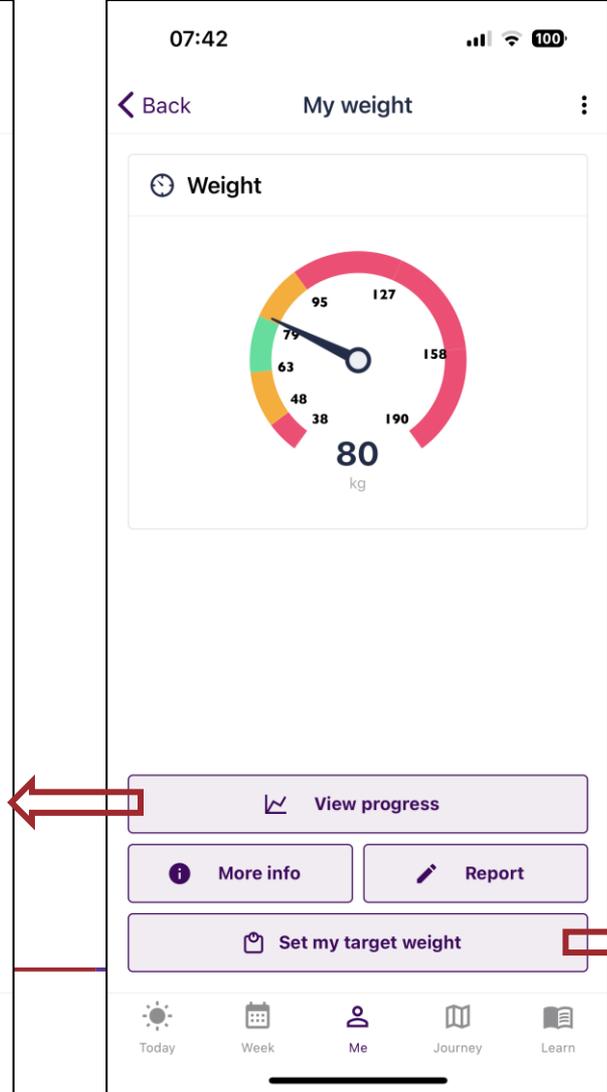
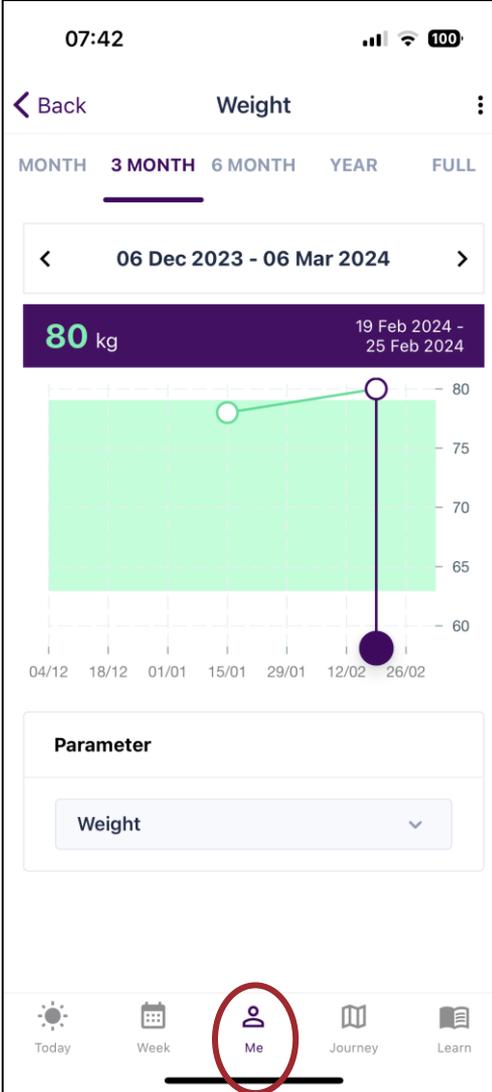
Daily

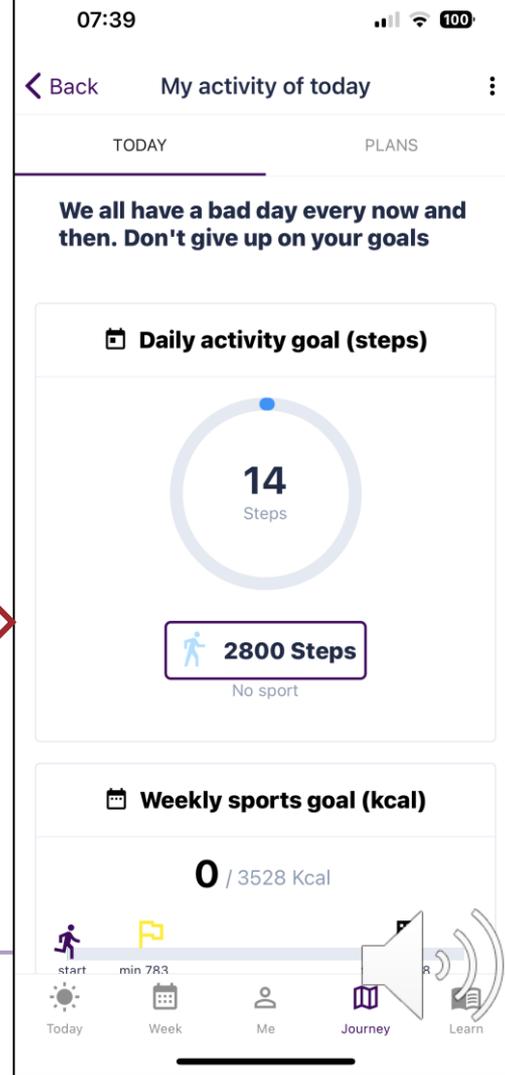
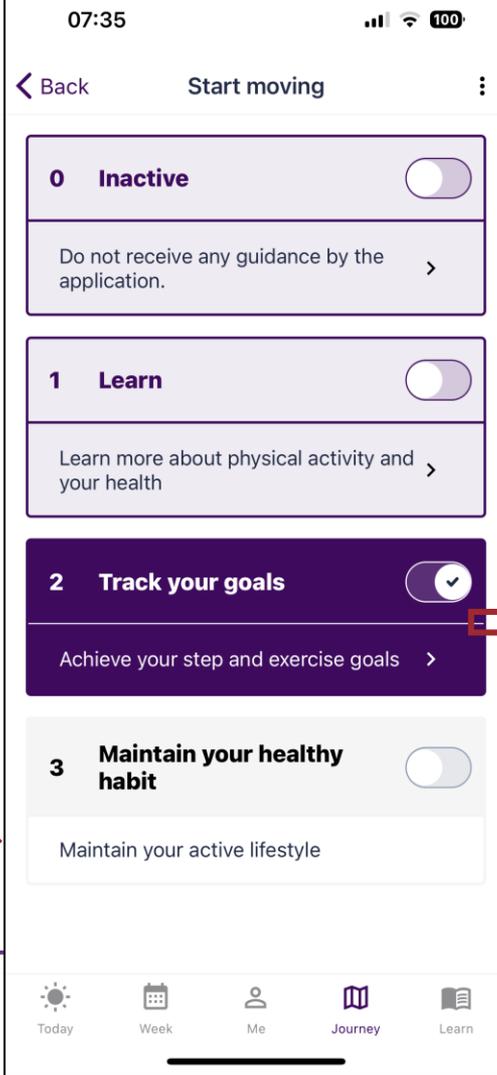
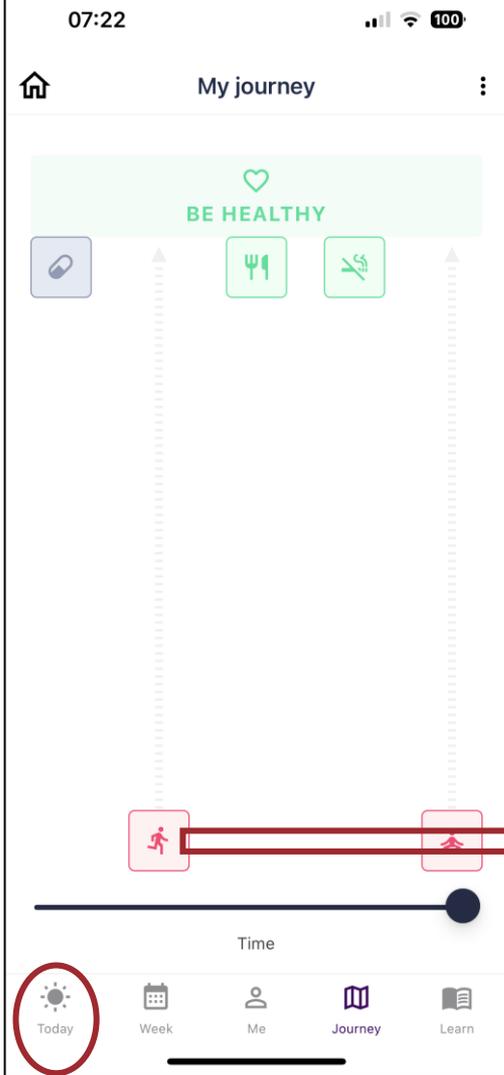
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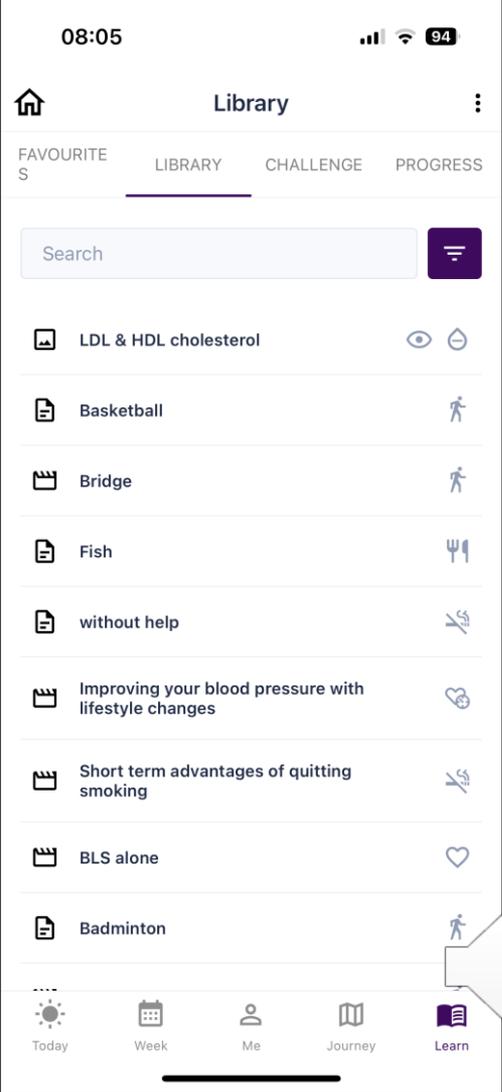
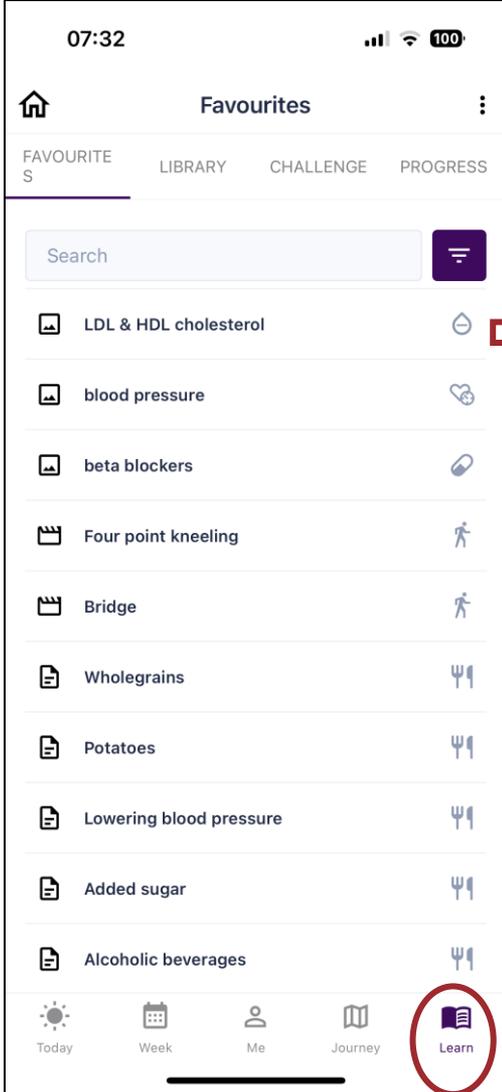












Take the test and improve your score!



Learn more about cardiovascular health by doing the test and improving your score!

START THE TEST

How many glasses of water should you drink in a day?

1-2

4-6

6-8

12-14

NEXT QUESTION

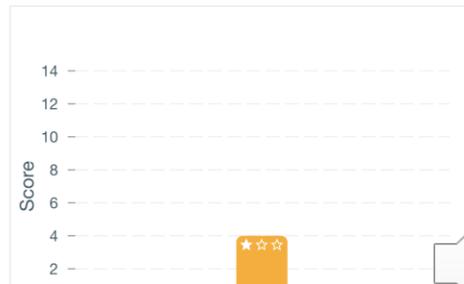
1/14



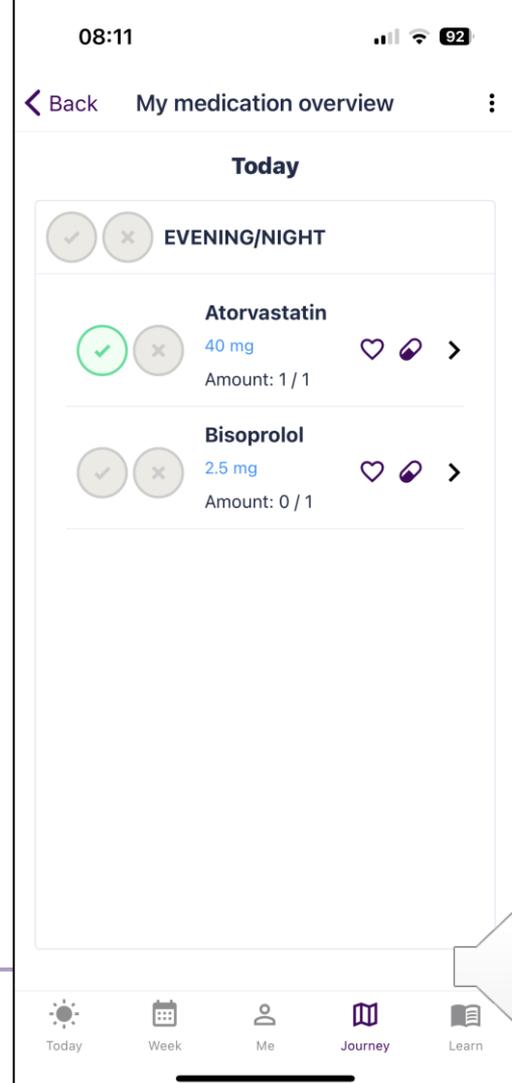
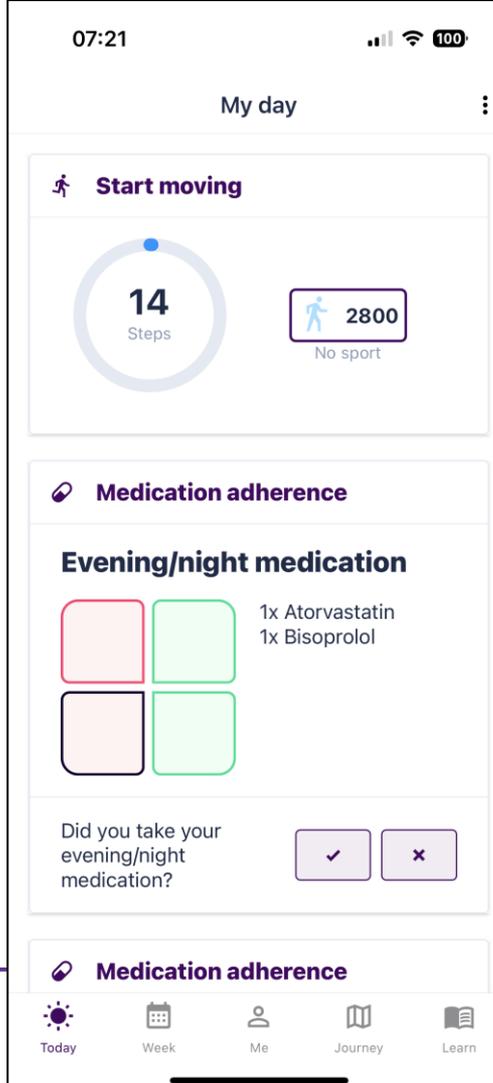
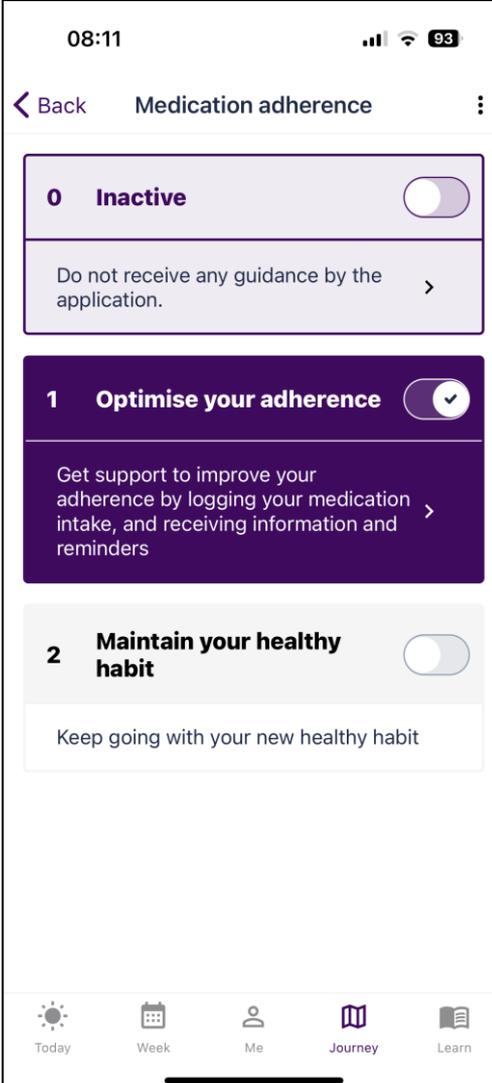
50% 50% 0%

0% 0% 0%

100%



# Medication adherence



07:21



### My day

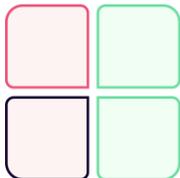
Start moving



2800  
No sport

### Medication adherence

#### Evening/night medication



1x Atorvastatin  
1x Bisoprolol

Did you take your evening/night medication?



### Medication adherence



08:11



### < Back My medication overview

#### Today

EVENING/NIGHT

**Atorvastatin**  
40 mg

Amount: 0 / 1

---

**Bisoprolol**  
2.5 mg

Amount: 0 / 1



08:11



### < Back My medication overview

#### Today

EVENING/NIGHT

**Atorvastatin**  
40 mg

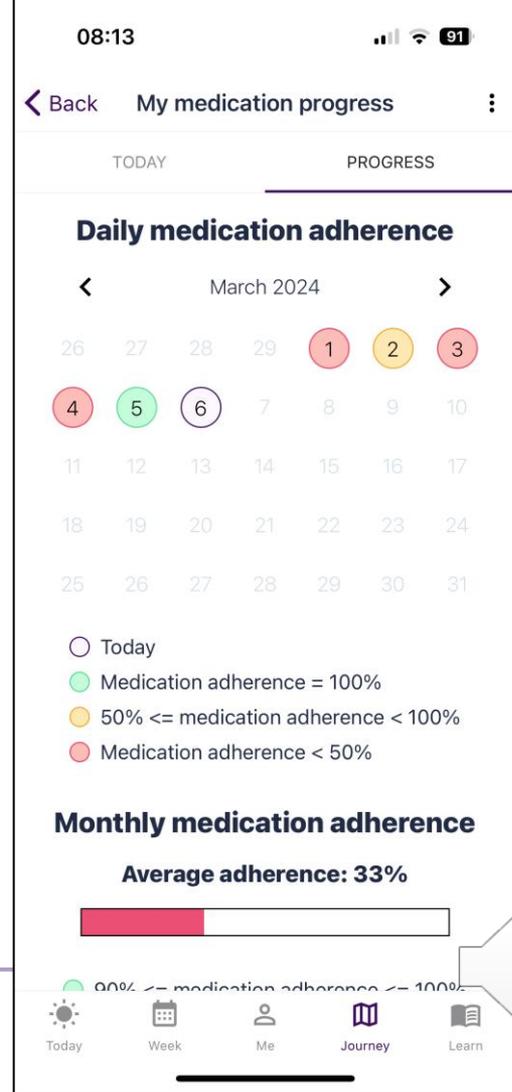
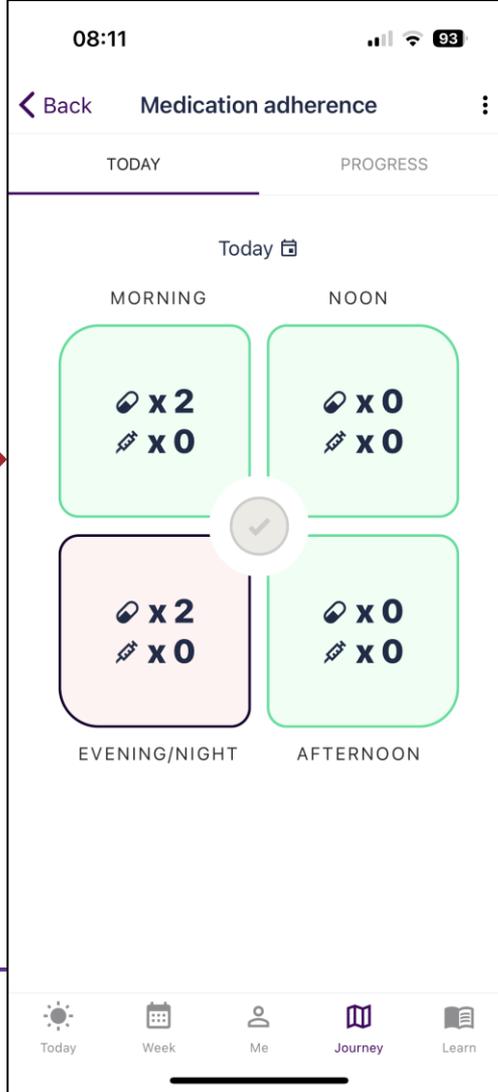
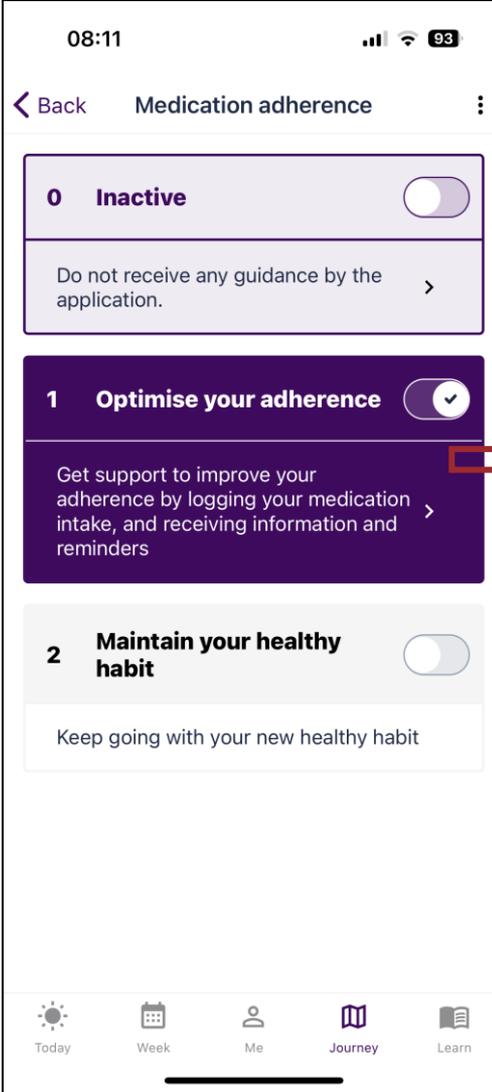
Amount: 1 / 1

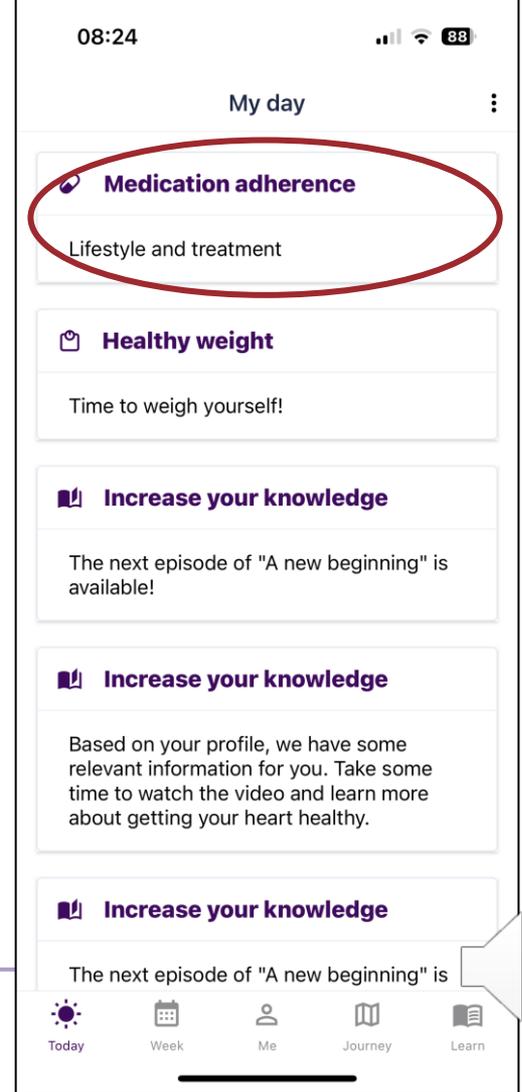
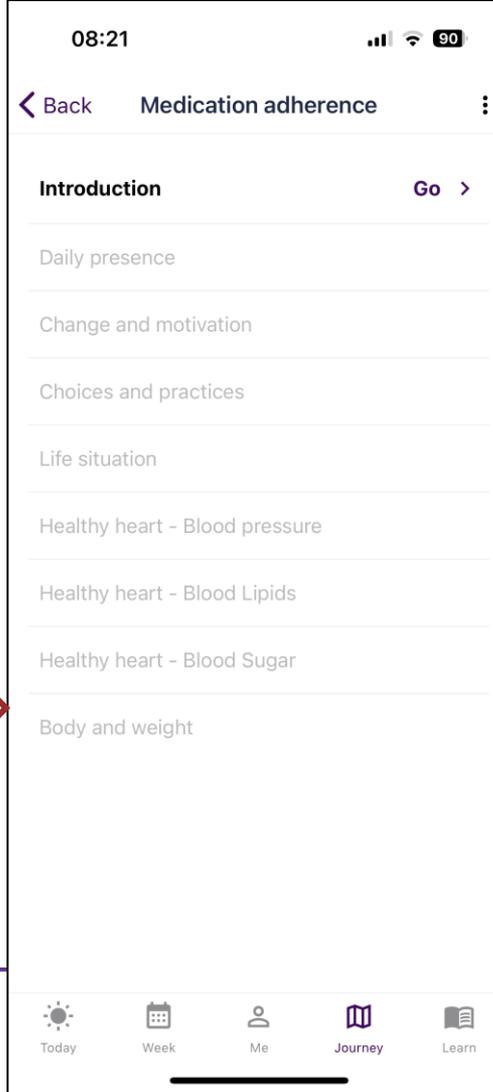
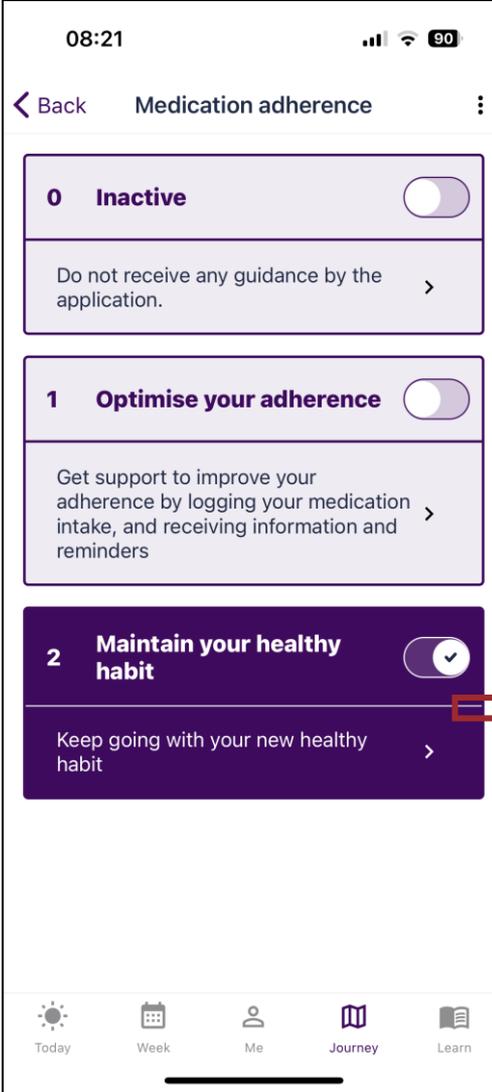
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**Bisoprolol**  
2.5 mg

Amount: 0 / 1







## Lifestyle and treatment

20 people have marked this as favourite

The treatment of coronary heart disease is based on the management of risk factors, a healthy lifestyle and medication. Think about how your daily medication and lifestyles are combined in your daily life.



Treatments are always implemented individually according to your own heart health and morbidities. Keep recognising the symptoms associated with your heart disease. Self-monitoring of symptoms helps assess the effectiveness of medication, the severity of heart disease and the need for changes in treatment. Look at your life occasionally to compare your current life situation with the previous period.



Today



Week



Me



Journey



Learn

## Today's Task

What still impairs your medication use in everyday life?

Choose the most critical option:

- A lack of interest
- Problems with self-monitoring
- Difficulty in taking several medications
- Problems with memory
- Side effects
- A lack of support
- Concern about the effectiveness of medication
- Nothing – things are fine
- Something else – what?

 SAVE & NEXT


Today



Week



Me



Journey



Learn

## Today's Task

How do you make sure you take your medications?  
Write down some examples.

0 / 300

 SAVE & NEXT


Today



Week



Me



Journey



Learn




 **Quiz**

Congrats! You have successfully received all content from this subcategory. You still have 7 subcategories left in this level of guidance. It is time to reflect on how you have managed to learn new things. Answer the following questions as best as you can.



Today



Week



Me



Journey



Learn



**Can redefining daily routines help you avoid missing your medication?**

YES 

NO

NEXT QUESTION

1/5



Today



Week



Me



Journey



Learn



Your score was 2/5



It seems that you could do better. Don't worry, It's ok. Maintaining new behavior may take some time!

Choose one:

- Daily presence
- Choices and practices
- Life situation

Keep going



Today



Week



Me



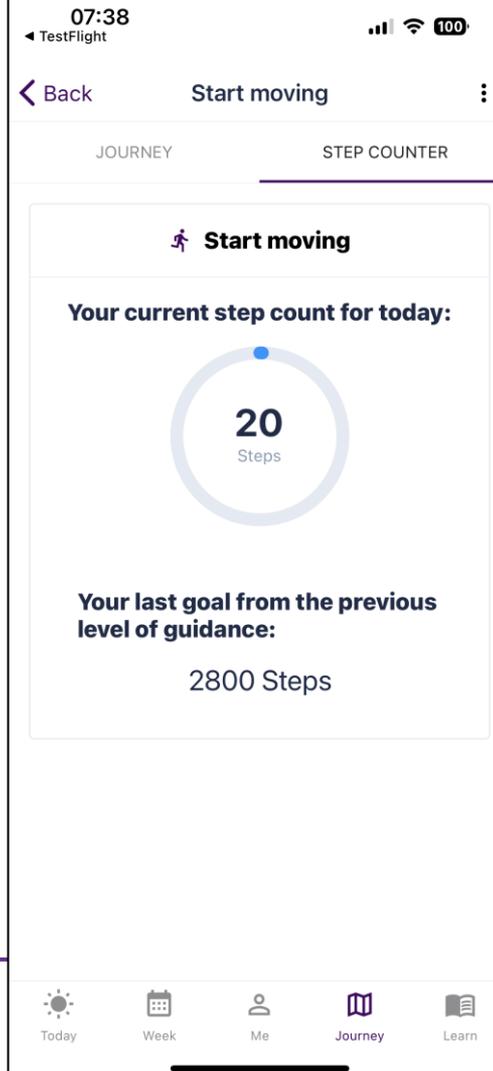
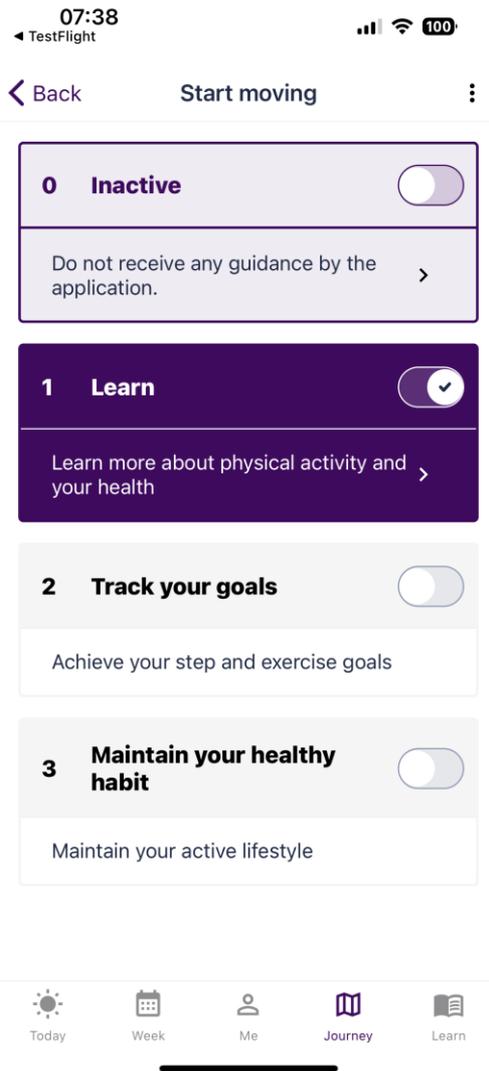
Journey

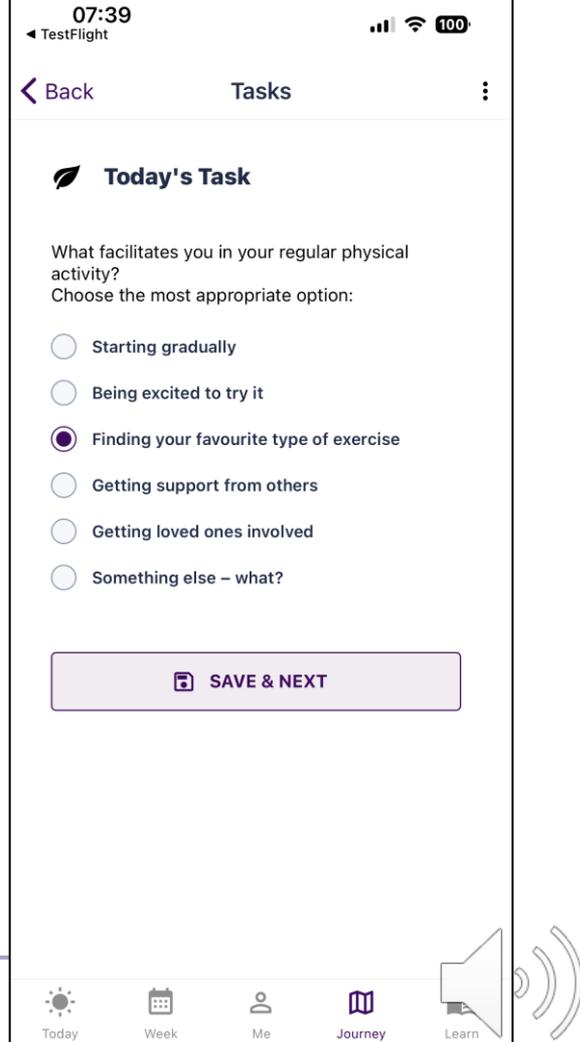
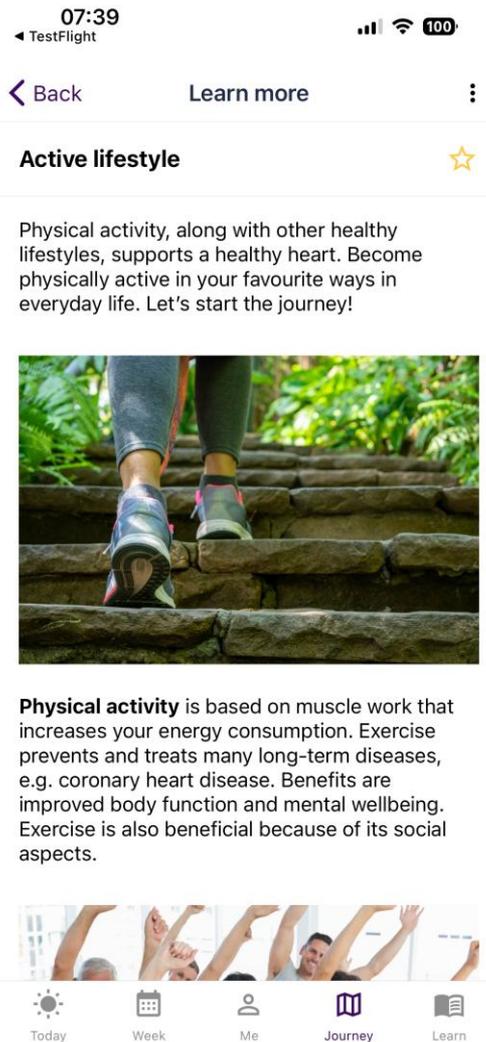
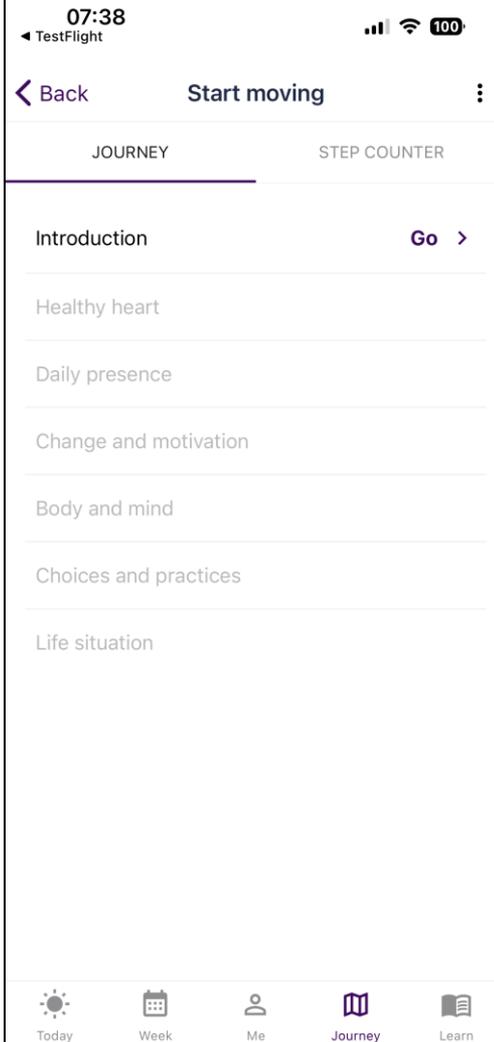


Learn



# Start moving





- 0 Inactive**   
Do not receive any guidance by the application. >
- 1 Learn**   
Learn more about physical activity and your health >
- 2 Track your goals**   
Achieve your step and exercise goals >
- 3 Maintain your healthy habit**   
Maintain your active lifestyle

**Start moving**

20 Steps

2800 No sport

2500 Sport

**Healthy nutrition**

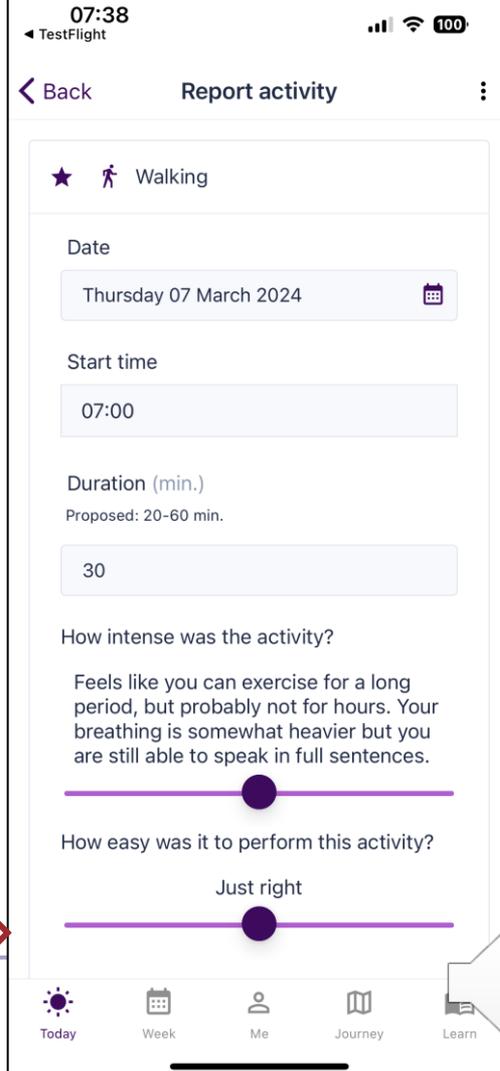
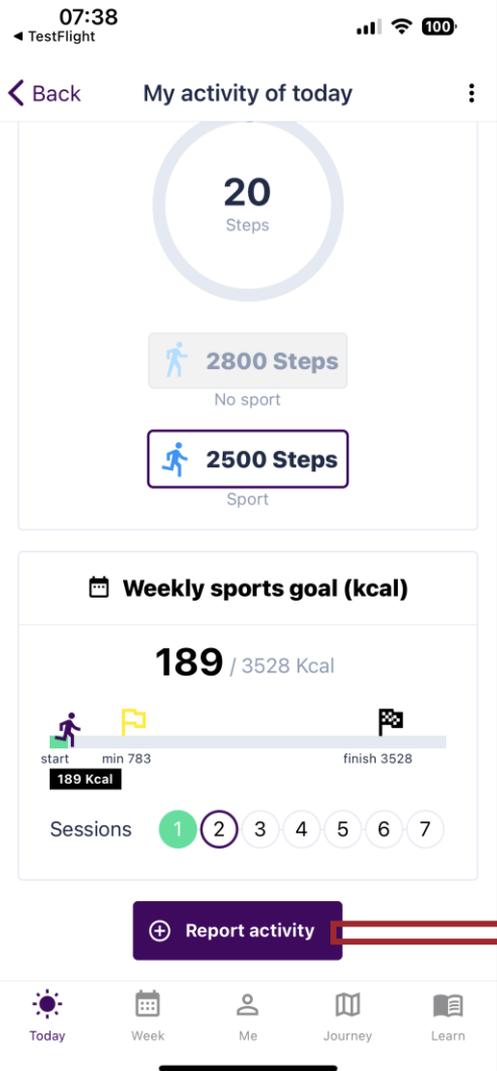
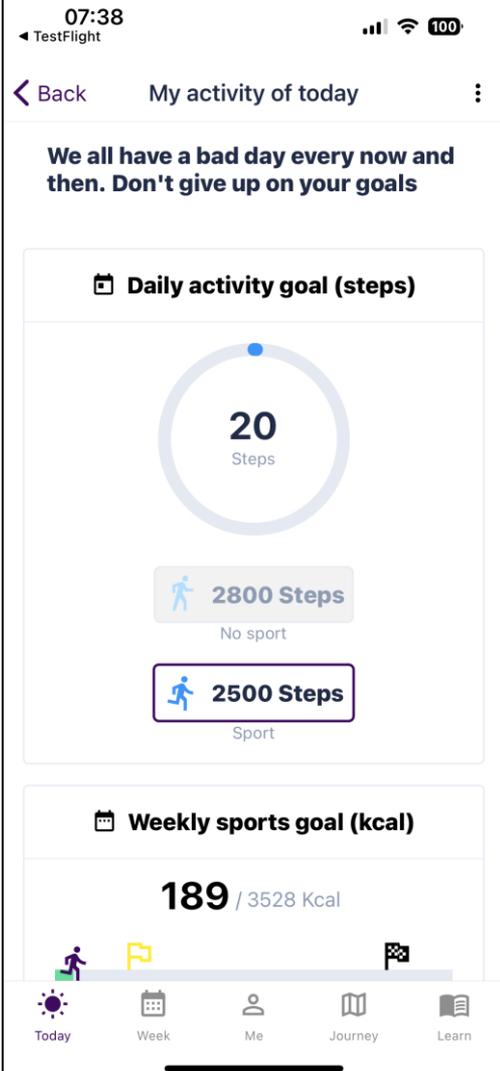
Check out what you can do today for your healthy nutrition

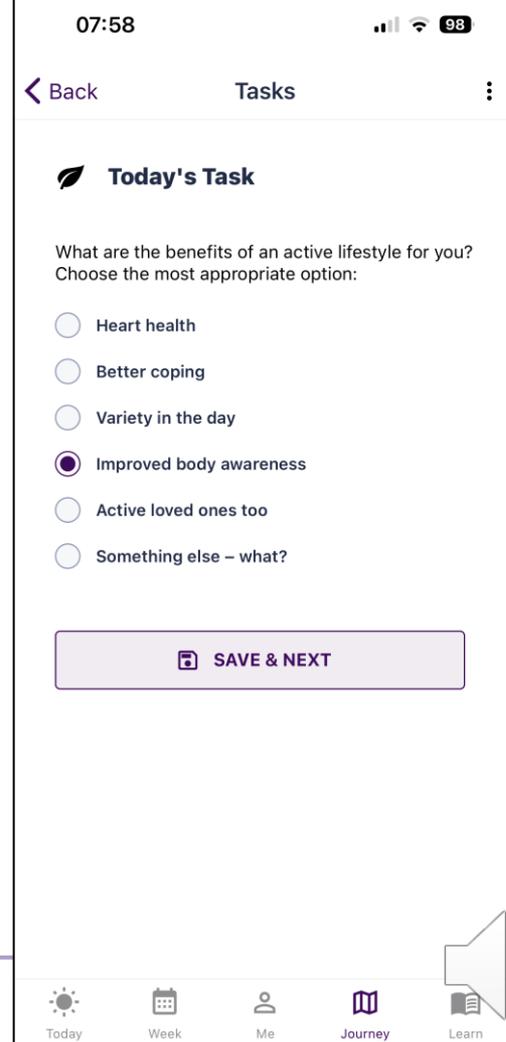
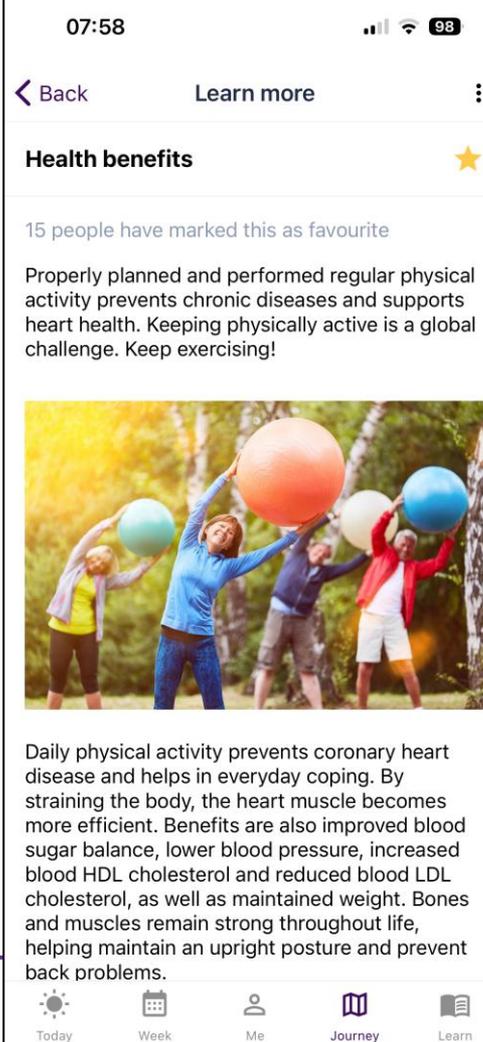
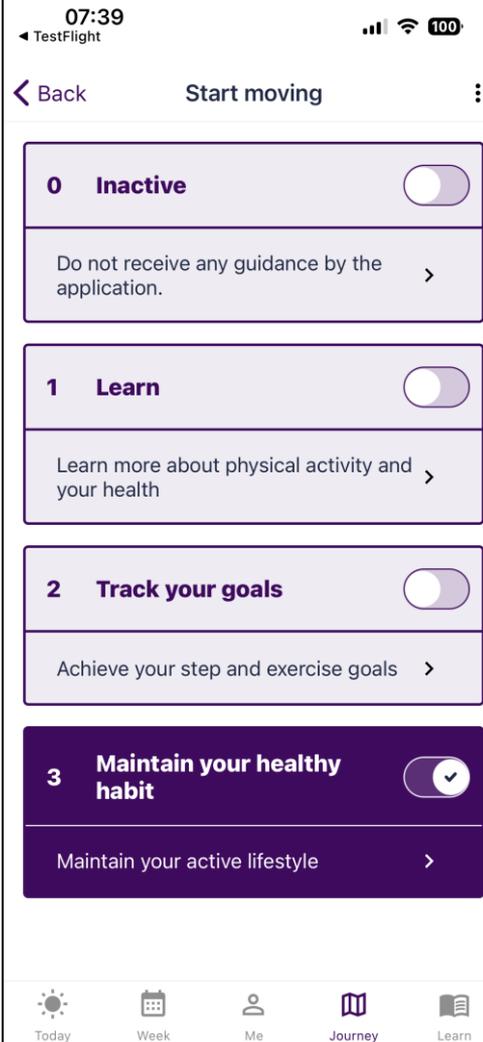
**Start moving**

Health benefits

**Increase your knowledge**

The next episode of "A new beginning" is available!





# Healthy nutrition

07:39  
◀ TestFlight

◀ Back Healthy nutrition ⋮

**0 Inactive**

Do not receive any guidance by the application. >

**1 Learn**

Learn about healthy nutrition. >

**2 Track your goals**

Set small goals and achieve them for a healthy dietary pattern. >

**3 Maintain your healthy habit**

Maintain your healthy nutrition. >

Today Week Me Journey Learn

07:39  
◀ TestFlight

◀ Back Learn more ⋮

**Healthy eating habits** ★

The healthy diet will support your journey towards the future, great! Keep making healthy food choices to maintain your healthier eating habits in the long term. Choose healthy foods according to your health situation and personal restrictions, e.g. based on your food allergies or doctor's instructions.



Self-monitoring helps you identify changes in your health status and the need for a change. Note, that setting long-term goals enables you to get results that are more permanent. You could perhaps benefit from keeping a food diary, keeping track of your physical activity or monitoring your weight if needed. Self-monitoring your motivation and emotions could also help. Keep inspiring your loved ones into healthy eating.

Today Week Me Journey Learn

07:40  
◀ TestFlight

◀ Back Tasks ⋮

**Today's Task**

What makes you happy with your dietary changes? Give 1 to 2 examples.

0 / 300

**SAVE & NEXT**

Today Week Me Journey Learn

- 0 Inactive**

Do not receive any guidance by the application. >
- 1 Learn**

Learn about healthy nutrition. >
- 2 Track your goals**

Set small goals and achieve them for a healthy dietary pattern. >
- 3 Maintain your healthy habit**

Maintain your healthy nutrition.

- Healthy nutrition**

Check out what you can do today for your healthy nutrition
- Healthy nutrition**

Time to review your week and set your healthy nutrition goals for this week!
- Start moving**

Health benefits
- Increase your knowledge**

The next episode of "A new beginning" is available!
- Healthy weight**

Time to weigh yourself!



**Wholegrains**

How many servings of wholegrains did you consume last week?

- None
- 1-6
- 7-12
- 13-18
- 19-31
- >32

Fill in how many servings of wholegrains (wholewheat bread, toasted nuts and wholegrains, wholemeal pasta, brown rice) you consumed this week. One serving is equivalent to 1 slice of bread (size of toast), 2 pieces of toast, 1 small nut, half a large nut, half a cup of rice or pasta.

**NEXT**


Today



Week



Me



Journey



Learn

Your Nutrition-score is 77%

**Wholegrains**

Reported servings per week: 13-18  
Recommended servings per week:  $\geq 32$

**Potatoes**

Reported servings per week: 4  
Recommended servings per week: 4

**Fruit**

Reported servings per week: 9-15  
Recommended servings per week:  $\geq 22$

**Vegetables**

Reported servings per week: 21-32  
Recommended servings per week:  $\geq 33$

**Legumes**

Reported servings per week: 3-4  
Recommended servings per week:  $\geq 7$

**Fish**

Reported servings per week:  $> 6$   
Recommended servings per week:  $\geq 7$

**Red meat**

Reported servings per week:  $< 2$   
Recommended servings per week:  $\leq 1$

**Poultry**


Today



Week



Me



Journey



Learn

Be careful not set too many goals at the same time.

My healthy nutrition goals



**Eat more fruit**  
At least 3 servings daily



**Eat healthy dairy**  
At most 10 servings of full fat dairy weekly



**Eat more fish and healthy protein**  
At least 7 servings weekly



**+ ADD GOAL**

**FINISH**


Today



Week



Me



Journey



Learn



< Back Set a healthy nutrition goal

By setting small, achievable goals you will progress to a better Nutrition-score. Choose a goal you feel you can achieve!

-  Eat wholegrain food items
-  Eat a healthy amount of potatoes
-  Eat more fruit
-  Eat more vegetables
-  Eat more legumes
-  Eat more fish and healthy protein
-  Eat less meat and change to heart-healthy protein
-  Eat a healthy amount of poultry
-  Eat healthy dairy
-  Use healthy fats
-  Create a healthy alcohol-drinking habit
-  Eat tasty food without added salt
-  Eat tasty food while limiting sugar

< Back Set a healthy nutrition goal

## Eat more fruit

### Information

When selecting this goal, we'll try to increase how much fruit (and berries) you eat. Fruit is a natural source of vitamins and dietary fibre. Together with vegetables it is an essential part of a healthy diet. 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)). Choose fruit as healthy snacks. Note: fruit contains some sugar, so people with diabetes be careful not to eat too much at once.



### Tips

- Fill up on fibre! Fibre reduces cholesterol and cardiovascular risk, but as a bonus, food items that are high in fibre can help you feel

< Back Set a healthy nutrition goal

items that are high in fibre can help you feel full on fewer calories, thereby supporting weight loss efforts! (e.g.. Oats, wheat, rye, whole-grain rice, fruits, vegetables, legumes).

- Choose fruit and raw vegetables as healthy snacks. This can be just as tasty as unhealthy snacks!
- If you're still hungry at the end of a meal fill up on extra servings of vegetables or fruit.
- Frozen fruit is a good alternative. When having difficulty getting fresh fruit at home, frozen fruit is a good alternative. These can be used in healthy juices or with an oatmeal breakfast.
- Not all fruit is healthy. Try to avoid: coconut, canned fruit packed in heavy syrup, frozen fruit with added sugar.

### Every small step counts to make a big change!

Set a daily goal

Recommended servings: At least 3

Goal servings:

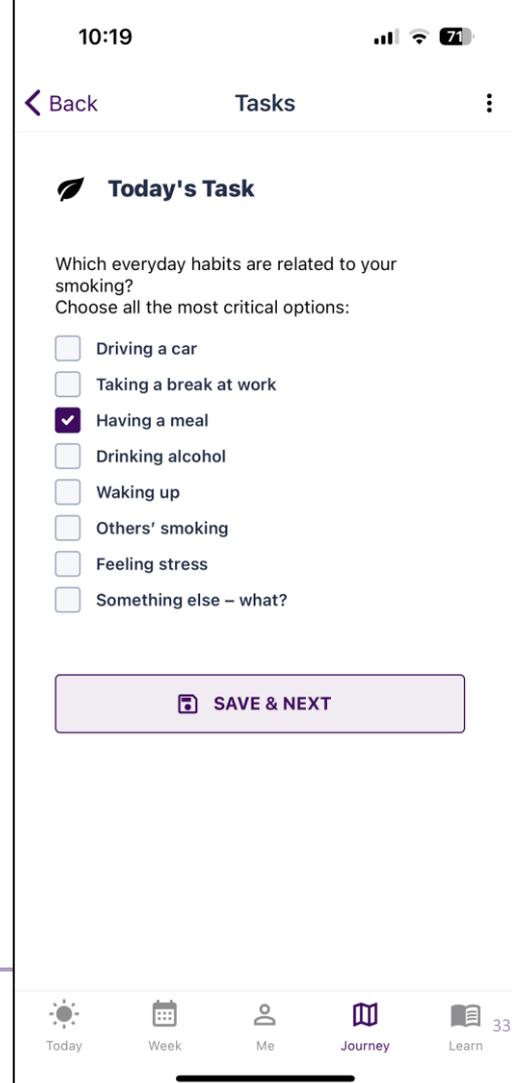
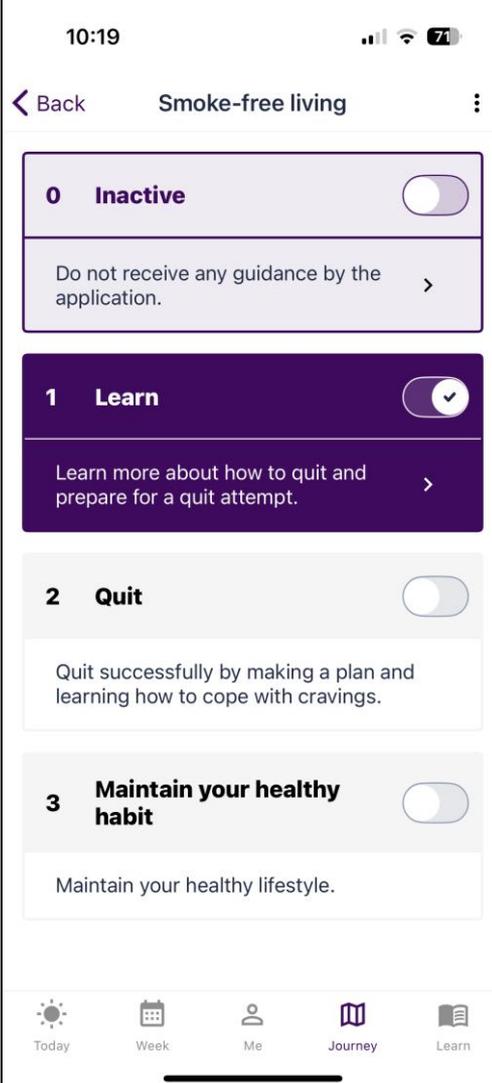
At least



3

 SAVE

# Smoke-free living



**0 Inactive**


Do not receive any guidance by the application. >

**1 Learn**


Learn more about how to quit and prepare for a quit attempt. >

**2 Quit**


Quit successfully by making a plan and learning how to cope with cravings. >

**3 Maintain your healthy habit**


Maintain your healthy lifestyle.



Today



Week



Me



Journey



Learn

 **Smoke-free living**

Congratulations! Deciding to quit is the first step towards a smoke-free life. We will support you in quitting. Start here by making a quit plan.



Today



Week



Me



Journey



Learn

Pick a date that seems good for you, this could be now, but also later after preparing. Make sure that the date is not too far away, for example, a date within two weeks. Also, define at what time of the day you will quit. Pick a moment that will be the easiest for you.

I will quit smoking on

22/09/2024



at

14:14

 **NEXT**


Today



Week



Me



Journey



Learn

There are many different ways to help you in successfully quitting smoking. It is important to select an option that fits your personal preferences and your smoking profile. You can choose to use one or multiple options.

- |                              |   |
|------------------------------|---|
| Smoking cessation medication | > |
| nicotine replacement therapy | > |
| e-cigarettes                 | > |
| telephone counselling        | > |
| individual therapy           | > |
| giving up smoking in a group | > |
| without help                 | > |

 NEXT

## Smoking cessation medication

4 views

When giving up smoking, using smoking cessation medication can greatly increase your chance of success. Two types of medication are used: bupropion and varenicline. They both have proven benefits and can reduce some of the inconveniences of stopping smoking. Bupropion, for example, may reduce the weight gain many smokers experience after giving up cigarettes. Talk to your GP or cardiologist for advice.

There are many things that can facilitate your quitting process. You can read more about it below.

- Involve others >
- Set the stage >
- Challenges >
- Benefits and rewards >
- Coping plans >
- Keep a diary >

✓ FINISH

### Involve others

4 views

Family and friends are a valuable source of support and motivation for a person who is trying to quit smoking. People who have already quit are an even greater source of comfort and can offer tips for success. Try to get the people surrounding you involved in helping you to quit smoking. This chapter contains advice for your family members and friends, you can share it with them and let them support you in your trajectory to a smoke-free life.

Helping someone who is quitting:

- Distraction can help! Do things together that distract the person from their urge to smoke such as taking a lunchtime walk or join in on a hobby.
- Giving up smoking might cause the person to be in a bad mood. This will pass but for the time being try to tolerate it and allow the person some time to find their balance.
- Provide a reward when he or she managed not to smoke for a certain time.
- Show you care and want to give support by asking what you can do to help.
- If you smoke, keep all the temptations away from the person who is trying to quit. So, don't smoke around the person and keep your cigarettes out of sight.
- If you have also given up smoking, share your positive experiences. Talk about possible

14:16



< Back

Quit today



Tap here if you want to quit now.

■ Quit now

I have not yet quit...



Today



Week



Me



Journey



Learn

10:28



My day



**Smoke-free living**

Quit **30** day(s)



Today



Week



Me



Journey



Learn

10:28



< Back

My smoke-free life



Quit **30** day(s)

Cigarettes not smoked 150

€ Money saved € 75,00

Time won back 750 min.

**My smoke-free life timeline**

View the timeline

I SMOKED



Today



Week



Me



Journey



Learn

37

Quit **30** day(s)

- Cigarettes not smoked 150
- Money saved € 75,00
- Time won back 750 min.

### My smoke-free life timeline

View the timeline

I SMOKED



Today



Week



Me



Journey



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### Smoke-free life - Timeline

13 views



Today



Week



Me



Journey



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You indicated that you need help. Do you want to immediately start a new quit attempt and set a new quit date? Or would you prefer to keep your quit date?

Set a new quit date

Keep my quit date

I no longer wish to quit



Today



Week



Me

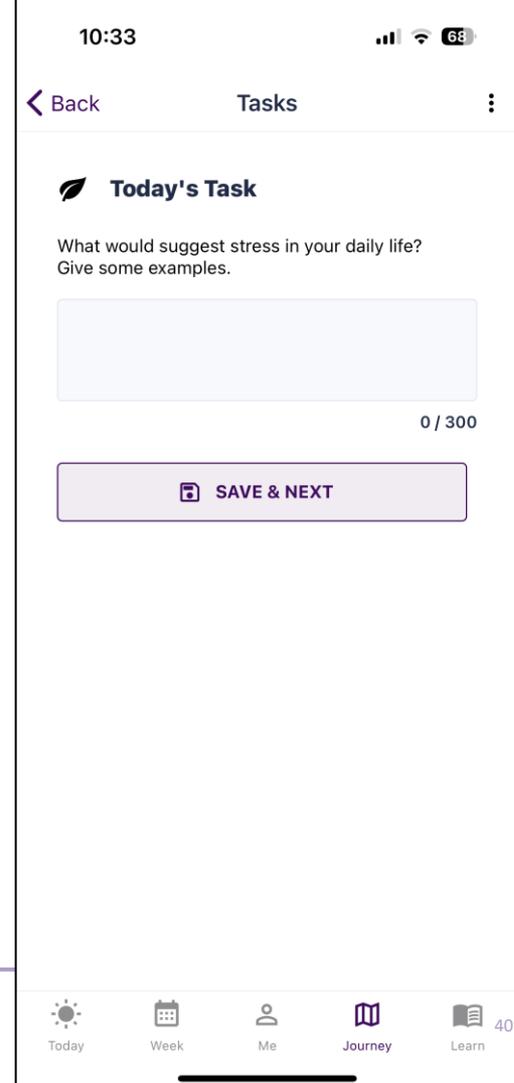
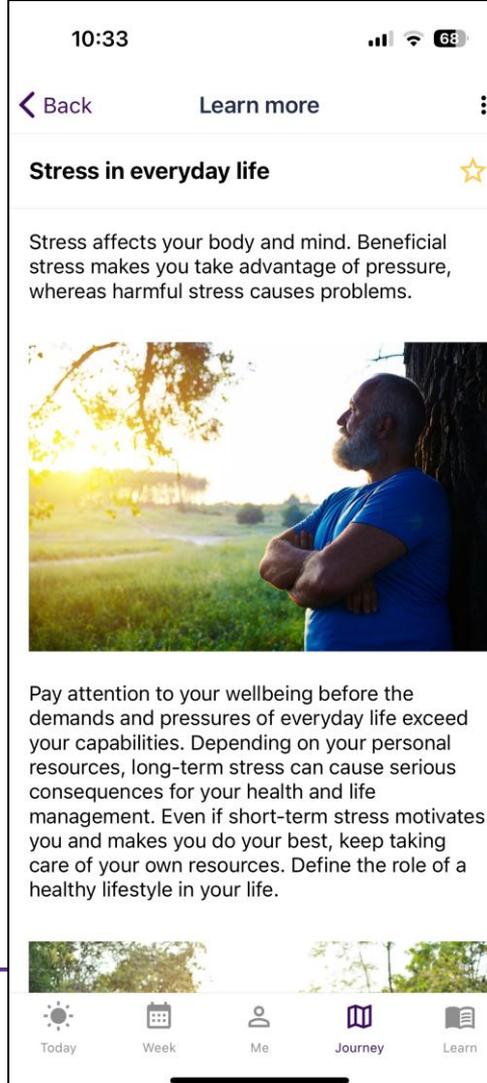
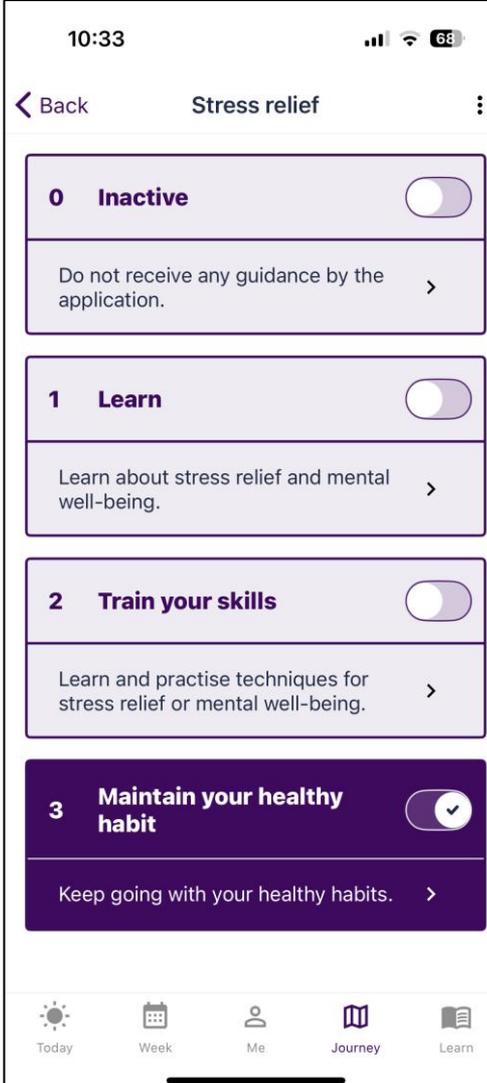


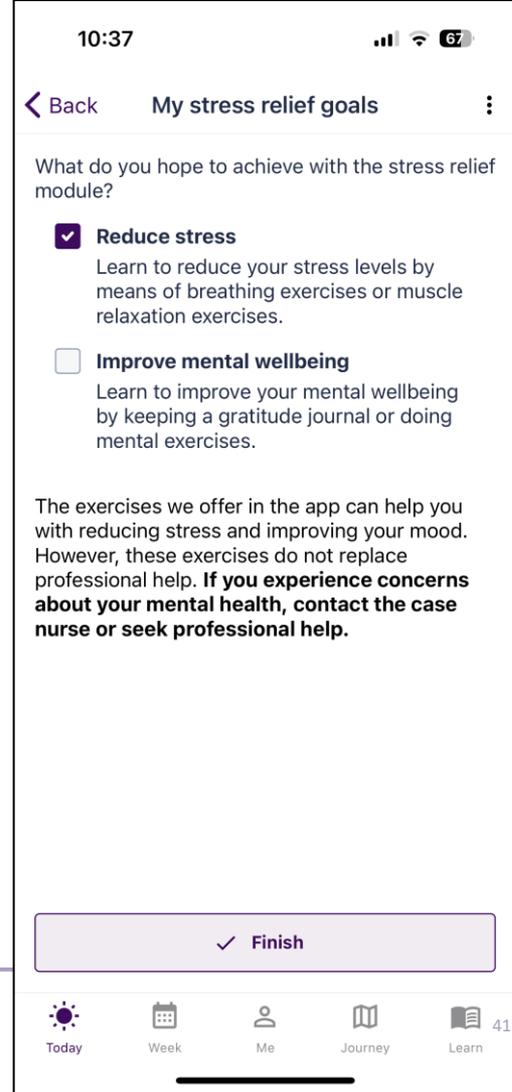
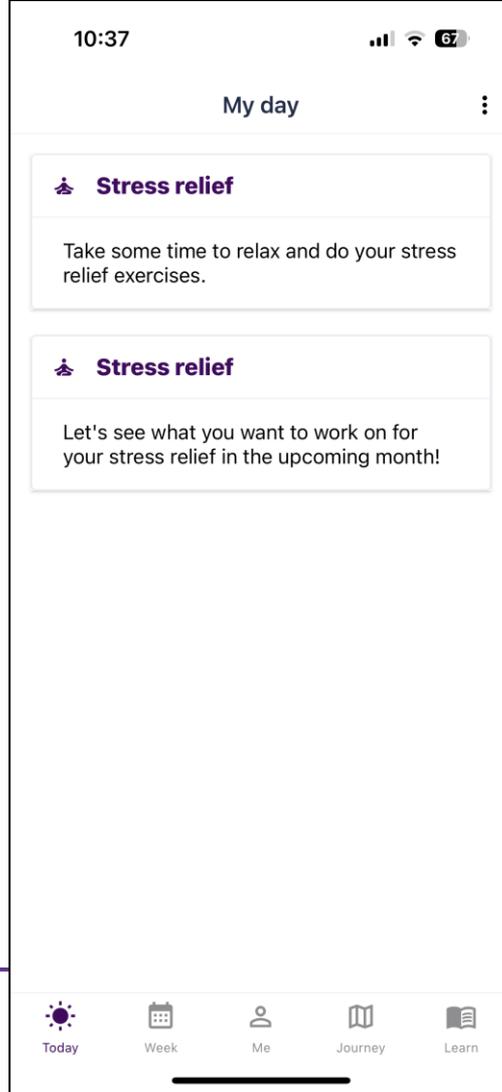
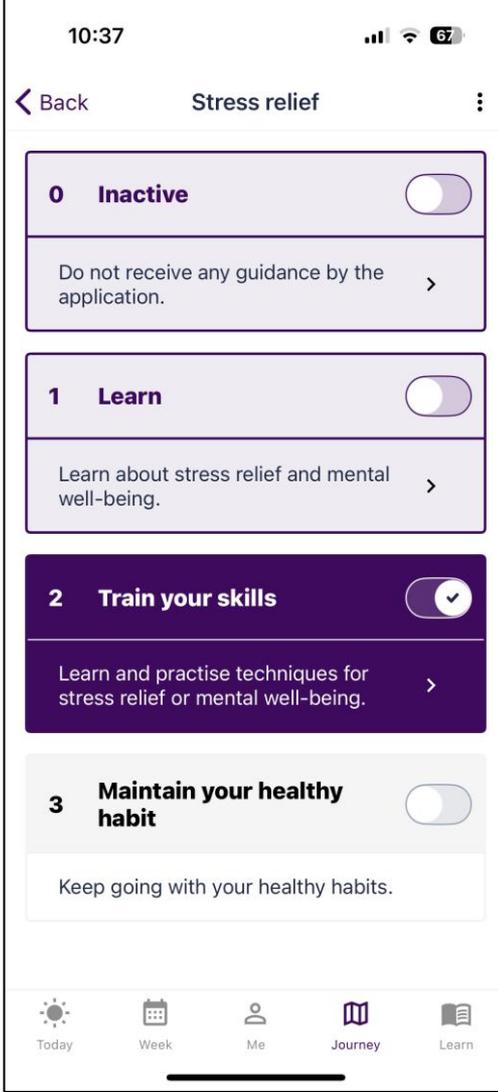
Journey



Learn

# Stress relief





[← Back](#) My stress relief of today ⋮

Take a moment to relax. Here are some stress relief exercises that you can do.

#### My stress relief goals:

Reduce stress

Improve mental wellbeing

#### My stress relief exercises:

Best possible self exercise >

Breathing exercises >

Gratitude journal >

Muscle relaxation exercises >

The exercises we offer in the app can help you with reducing stress and improving your mood. However, these exercises do not replace professional help. **If you experience concerns about your mental health, contact the case nurse or seek professional help.**



Today



Week



Me



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[← Back](#) Learn more ⋮

## Breathing exercises

9 views

Doing breathing exercises regularly is an evidence-based strategy for relaxation. When we are stressed, our breathing becomes quicker and more shallow and this can affect how we physically feel. By slowing down your breathing and breathing from the stomach you can learn to relax your body.

Doing breathing exercises is a simple and short relaxation method that has demonstrated beneficial effects on both mental and physical health. Since the breathing patterns are much slower from how you normally breathe, it takes some training to learn and perform the exercises. However, by doing the exercises regularly for short time periods, you will quickly feel that you are getting better at it. Start with a few minutes and gradually increase to your own comfort. Take a comfortable position on a chair and place one hand on your chest and one hand on your belly. Breathe in through your nose and breathe out with pursed lips. While inhaling, let your belly fill up with air, and while exhaling, pull your stomach towards your spine. During the exercises, your hand on your belly should move more than your hand on your chest. You can adopt one of the following breathing rhythms: a 4-6 rhythm (4 seconds inhale, 6 exhale) or a 4-2-4 rhythm (4 seconds inhale, 2 exhale and 4 no in-or exhale) but you can try it out and slightly adjust the rhythm if you like.



Today



Week



Me



Journey



Learn

**Good luck!**

[www.coroprevention.eu](http://www.coroprevention.eu)

