



H&W App Library – Quick Start Guide for Health & Care Professionals



ORCHA Pro; Your Route to App Recommendation

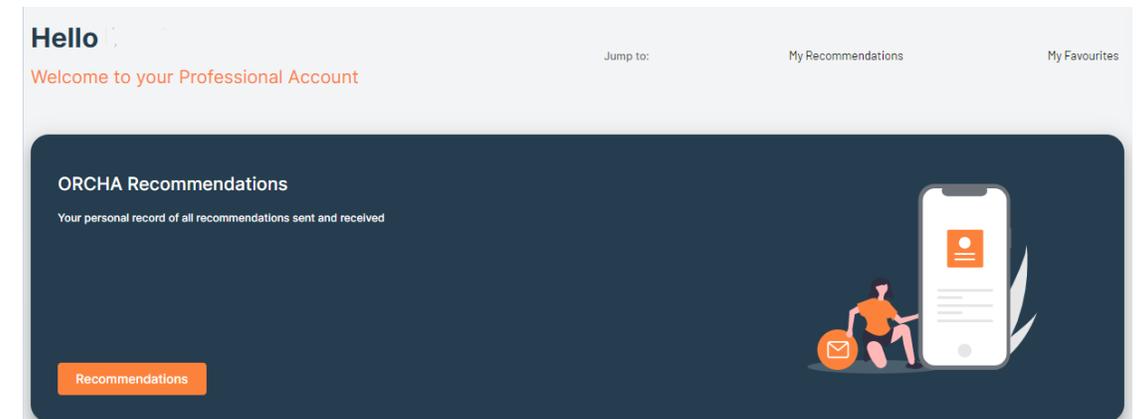
1. Visit HWhealthapps.orchha.co.uk and select 'Sign Up' in the top right corner
2. Enter your email address and select 'Next'
3. Enter your details PLUS the Upgrade Code:
H&W01 (see image below)

The image shows a sign-up form with the following fields: First Name, Last Name, Password (8 characters minimum), Confirm your password, Phone Number, and Upgrade Code. The Upgrade Code field is circled in green and contains the text 'H&W01'. There are also checkboxes for terms and conditions and notifications, and 'Back' and 'Sign Up' buttons.

4. Select 'Sign Up' and check your emails to activate your ORCHA Pro account

The first thing you'll see when you login is your 'My-ORCHA' dashboard, where you can track...

- apps that you've favourited and will most likely recommend (more on this on the next slide)
- app recommendations:
 - that you have received (i.e. have been recommended to you by another healthcare professional)
 - that you have made, along with a date that populates when the app has been downloaded by the individual
- the latest app related news and webinars from ORCHA

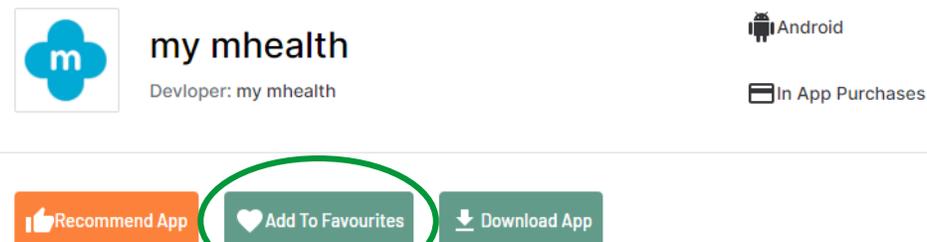


Favouriting Apps

Rather than searching for apps with your patients during a consultation, you can 'Favourite' them in advance and recommend straight from your dashboard to save time.

To add an app to your Favourites:

1. Find an app you like by using the search box (select the magnifying glass on the left or top of the screen when on your dashboard) 
2. Select the app from the search results
3. Select the "Add to Favourites" button (see image below)



If you're not sure what apps to add to your Favourites to get started with making recommendations, here are a few popular ones based on what patients have been downloading so far:

- **Lincus Companion:** allows you to track your health & wellbeing (physical, mental and social) to help identify what does or doesn't work in your life.
- **Calorie Counter +:** scan barcodes to track what you eat (carbs, sugar, fat, salt etc.) and improve your weight, diet or fitness levels.
- **FibriCheck:** CE-certified medical app that enables heart rhythm monitoring and helps detect atrial fibrillation, ectopic beats etc.
- **My Possible Self:** mental health app that helps reduce stress, anxiety and low mood with trackers and learning modules
- **Sleepio:** based on Cognitive Behavioural Therapy for insomnia, complete a sleep assessment and build a tailored sleep improvement programme
- **Smoke Free - Stop Smoking Now:** over 20 different evidence-based techniques to help you become, and stay, smoke free

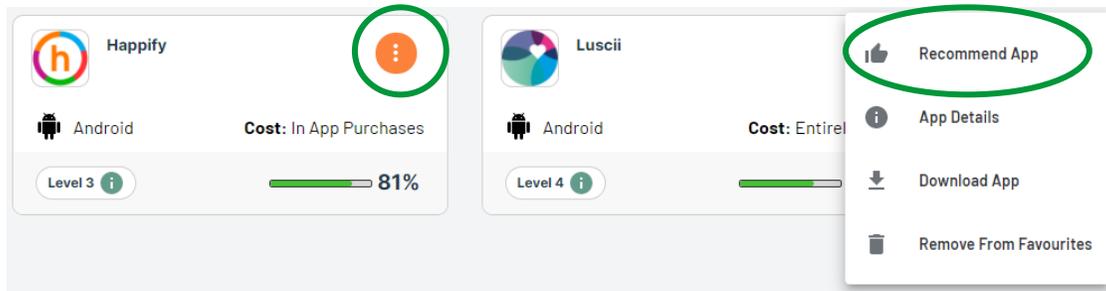
Recommending Apps

Now you have some apps in the Favourites section of your dashboard, you can start recommending them to patients by:

- a) Navigate to your Favourites section (select the star icon on the left of the screen when on your dashboard)



- b) Find the app you wish to recommend, select the 3 vertical dots and select “Recommend App” (see image below)



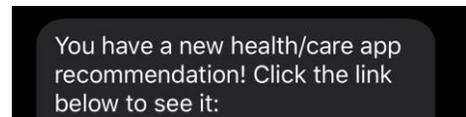
- b) Alternatively, you can still search for an app that isn't in your Favourites, and recommend from the app itself (see image in previous slide)

Once you select “Recommend App”, you can choose whether to send an app download link to the patient via email (envelope icon) or text message (phone icon). Enter the patient's contact details and select “Send Recommendation”.

Send recommendation by email or phone number

Enter an email address

The patient will then receive a text message or email with a message and link similar to this:



If the patient follows the link, they will have an opportunity to review the app before deciding whether to download. There will also be a disclaimer pop up that they would agree to first (which can be read [here](#))

Finally – some top tips!

1. **SHORTCUT TO THE WEBSITE**

Add a shortcut to HWhealthapps.orchha.co.uk on your device so you can easily navigate to it

2. **STAY LOGGED IN IF POSSIBLE**

If you stay at your desk, then when you login in the morning, you can choose to stay logged in so that the site doesn't log you out between patients

3. **ADD YOUR FAVOURITE APPS**

You won't want to recommend apps for everything, so just choose those that you like and favourite them. Then just recommend from your Favourites tab via your dashboard

4. **EMBED APPS**

Build app recommendation into your templates and processes so you get nudged and it becomes normal for you to recommend apps to patients when appropriate