EXERCISE AS MEDICINE PROGRAM

Using exercise to help manage your long-term health conditions.

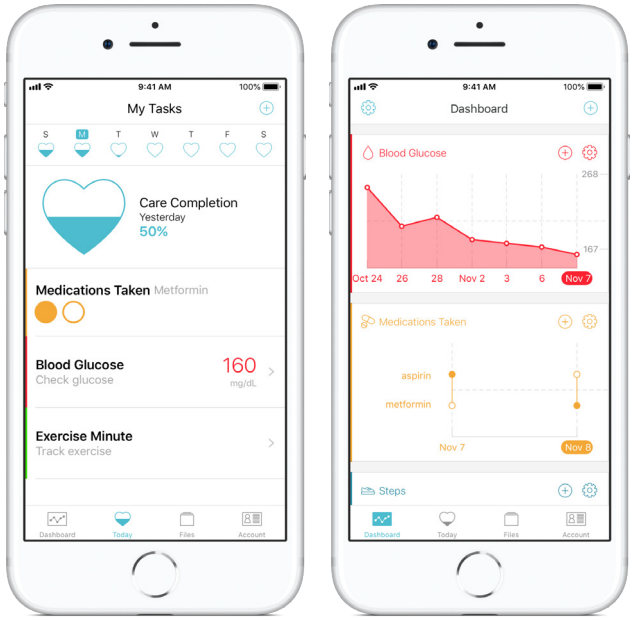
healthy north coast

phn NORTH COAST An Australian Government Initiative

Exercise and physical activity are good for everyone. Exercise can help manage many long-term health conditions, and prevent other health issues developing. As part of the Exercise as Medicine program, your doctor and other health professionals will work with you to plan an exercise program that suits your lifestyle and benefits your health condition.

The Diary is a mobile app for Apple devices that is part of the **CarePro** platform used in the Exercise as Medicine Program. The Diary connects you to your care team here and at home. It is separate from your usual general practice medical record.

We will be using **CarePro** in the practice to record your physical assessment score and track your progress while you are in the Exercise as Medicine Program. You can enter health information at home, using **The Diary**.



As the program gets going you will have the option to use **The Diary** App to track your exercise and health. **The Diary** is a self-management app. You can enter things like how many steps you do, or your blood sugar levels.

You can view and enter health data into the app and it will be linked to **CarePro** here at the Practice. You can choose to share your progress with your care team, to help keep your health and exercise on track.

If you have a personal iPhone or iPad, you can download and set up an account in **The Diary**.

Data & Security

Any personal information you enter is secure. We use data and device encryption as well as extra security like Touch ID. None of your personal or health information is saved to the iPhone or iPad. Your data is stored within the local, secure Microsoft Azure Data Centre in Australia.

Only your care team has access to your patient records or sensitive data. CarePro owners and developers can only see how many patients are participating in the program.

The Primary Health Network receives anonymous demographic data (age, sex, condition type & score). They use this to track the characteristics of the people participating in the program and report on this.

Your care team has access to your patient records as per the standard consent you have provided.

For further information please visit: www.thediary.com