



**Just for Hearts**<sup>®</sup>

An Initiative for Healthy Life



**JUST ONE STEP  
TOWARDS PERSONALIZED  
ONLINE HEALTHCARE  
MANAGEMENT**

Sign up at <https://app.justforhearts.org>

Download **Just For Hearts** mobile app from



# Create Your Patient Account

Getting your own patient account with us is simple and would not take more than 2 mins!



Visit our web patient portal at <https://app.justforhearts.org/>



Just click on "Sign Up" and fill up the form by entering the required details



Once you have created your account, a notification will be sent to your email address or phone number, for verification purposes

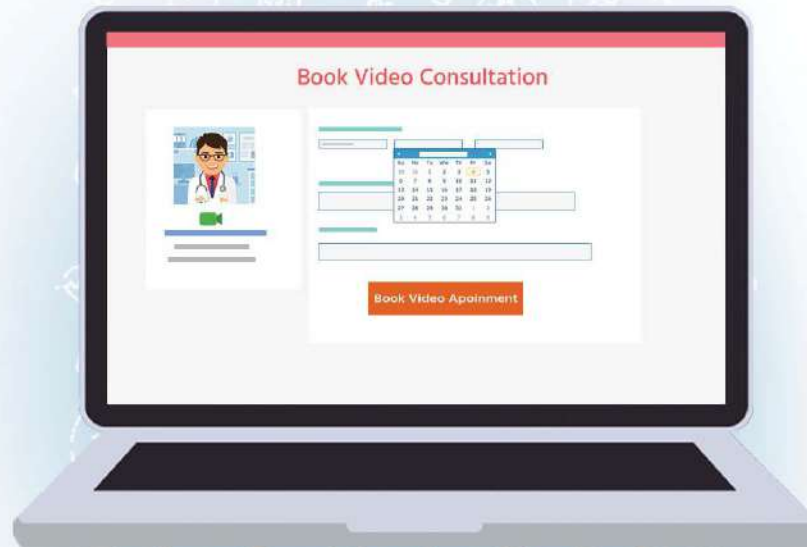


After you have successfully verified your email address or phone number, you can log in to the web patient portal to start accessing your PHR and other online services and features

The storage and transmission of your data is protected by encryption and can only be accessed by you and your healthcare provider. It is always advisable to use a strong password (combination of alphanumeric & special characters) to protect your account.

# Book Video Consultations with Healthcare Provider

Get quick and convenient consultations and follow-ups by healthcare provider through real-time Video Consultations



Select "Appointment" tab and click "Book Video Consultation"



Enter your convenient date & time of appointment and submit your request



Make your Video Consultation fee payment easily through our secure payment gateway



Once your appointment is confirmed by the healthcare provider, you will receive a notification via email or SMS



All you need to do next is make sure you attend the Video Consultation on time



# Video Consultations Session with Healthcare Provider

Consult with your healthcare provider over a secure, private and a user-friendly real-time video consultation, just like meeting them in person



Once your video consultation appointment is confirmed by the healthcare provider, you will receive a notification via email or SMS



On the day of your video consultation, you will receive another reminder notification, prior to 5 minutes of the time of consultation



Ensure to check your web browser compatibility and internet connectivity speed, prior to the video consultation. Also make sure that your webcam and microphone devices are working fine.








Make sure that you are available on time for the video consultation. The video consultation session with the healthcare provider will stop after the end of the duration set by the healthcare provider

# Text Consultations on Web

Have health-related questions? Just ask, get expert responses.  
Get answers to your questions, privately & securely.



-  1 Select “**Questions**” tab from your patient web portal
-  2 Click on “**Ask a New Question**” to submit the details of your health-related question
-  3 You can also upload medical reports and attachments that are related to your question
-  4 Once you make your payment securely online, your healthcare provider will receive your question
-  5 The doctor will then respond to your question, for which you will receive a notification on your phone

# Book Clinic Appointments with Healthcare Provider

Book an appointment with your healthcare provider at their practice location, for a preferred date and time. This way you would not have to wait long queues to consult with your healthcare provider.



Click on “**Appointments**” tab and proceed to book a clinic appointment



From the book appointment form, select the practice location, date & time of appointment and enter your reason for appointment. You can then submit your appointment request



Once your healthcare provider confirms the appointment, you will receive an email or SMS notification



Once you make your payment securely online, your healthcare provider will receive your question



You can then go ahead and consult with your doctor at their practice location, at the booked date & time, without having to wait for hours



# Chronic Care Management

Continuous chronic condition management & progressive monitoring of your health trackers via Remote Monitoring Plans



1

Select the “**Monitoring**” tab from your patient web portal

2

You can either choose to subscribe to a preferred Remote Monitoring plan by selecting a subscription duration & make your payment online or your healthcare provider can add you to a specific monitoring plan.

3

Once subscribed, you can start entering your health tracker readings as required by the monitoring plan

4

Your healthcare provider will then monitor the tracker readings you upload and provide you with suitable review notes and expert opinions

5

You will receive timely notifications on your phone reminding you to update your trackers on time

# Secure Online Payments

Making payment for services you use on our patient portal or mobile app is very simple, hassle-free and completely secure. We do not store or share any of your personal data.



1

You can make your payments online for the Video Consultation, Text Consultations, Remote Monitoring etc. from your patient web portal

2

You will need to enter your email address to electronic invoices for the payment you make will be sent

3

Proceed to make your payment via our secure and easy-to-use payment gateway, by choosing a payment mode (Credit / Debit card, Netbanking etc.), by clicking on "Pay Now"

4

Once you have made the payment, you will receive an invoice for the payment you just made

5

In case of a payment failure, you can contact us at [info@emails.justforhearts.org](mailto:info@emails.justforhearts.org). We'd be happy to help.



# Download Just For Hearts Mobile App

To access essential web portal features on the go, you can download the Just For Hearts mobile app on your smartphone

- 1 Visit our web patient portal at <https://app.justforhearts.org/>
- 2 Just click on "Sign Up" and fill up the form by entering the required details
- 3 Download the Just For Hearts mobile app from Google Play <https://play.google.com/store/apps/details?id=com.justforhearts.justforhearts> or App Store <https://apps.apple.com/us/app/-just-for-hearts/id1601182718>
- 4 Just log in to the app, using the same login credentials used while signing up on the web patient portal, and you can start accessing all the essential features of Just For Hearts mobile app



# Book Video Consultations on Mobile

Consult and follow-up easily with your healthcare provider over real-time video calls on your mobile app

1 Tap on "**Consultations tab**" from your mobile app and go to the "**Video Consultation**" section

2 Book a new video consultation by tapping on "**Book Video Consultation**"

3 Enter your convenient date & time of appointment and submit your request

4 Make your Video Consultation fee payment easily through our secure payment gateway

5 Once your appointment is confirmed by the healthcare provider, you will receive a notification via email or SMS

6 All you need to do next is make sure you attend the Video Consultation on time on your app





# Video Consultations Session on Mobile

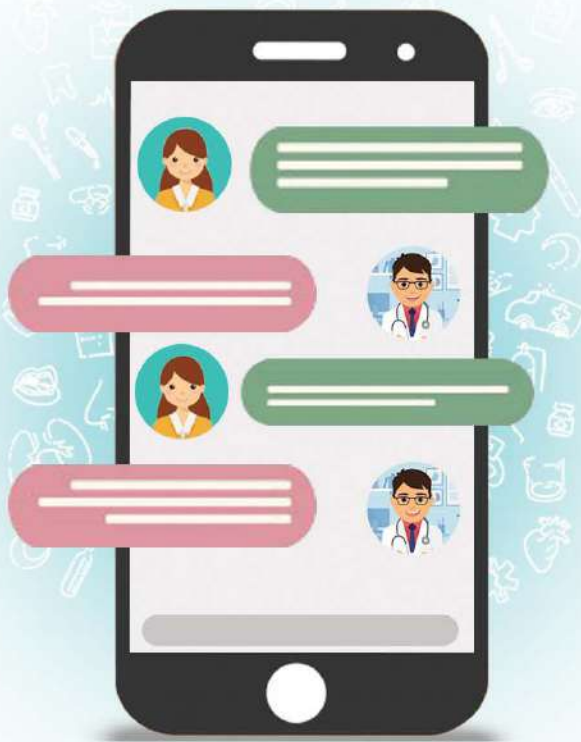
You can have consult with your healthcare provider over a secure, private and a user-friendly real-time video consultation, from anywhere at your preferred time

- 1 Once your video consultation appointment is confirmed by the healthcare provider, you will receive a notification via email or SMS
- 2 On the day of your video consultation, you will receive another reminder notification, prior to 5 minutes of the time of consultation
- 3 Ensure to check that the audio and camera of your mobile device are working fine
- 4 Make sure that you are available on time for the video consultation
- 5 The video consultation session with the healthcare provider will stop after the end of the duration set by the healthcare provider
- 6 If the healthcare provider chooses to send you video consultation summary, you will be notified about the same via email





# Text Consultations on Mobile



Get answers to your health-related questions on your smartphone too, via the mobile app



Tap on the **"Questions"** tab from your patient mobile app



On tapping **"Ask a New Question"** you can proceed to submit your health-related question, by entering details of your question



You can also upload medical reports and attachments that are related to your question



Once you make your payment securely online, your healthcare provider will receive your question



The healthcare provider will then respond to your question, for which you will receive a notification on your phone

# Book Clinic Appointments on Mobile

You can book clinic appointments with your healthcare provider at their practice location, on a preferred date & time from your Just For Hearts mobile app



From your mobile app, tap on "Consultations" and go to the **"Appointments"** section



Proceed to book a new clinic appointment by tapping on "Book a New Appointment" and choose from your list of available healthcare providers



Enter your preferred date & time of appointment and mention your reason for consulting with the healthcare provider. You can then submit the appointment request.



Once your healthcare provider confirms the appointment, you will receive an email or SMS notification



You can then go ahead and consult with your healthcare provider at their practice location, at the booked date & time, without having to wait for hours



# Chronic Care Management on Mobile

Receive timely health interventions and continuous reviewing of your vital health tracker readings on your smartphone



Once subscribed to a Remote Monitoring plan from the web patient portal, you can start uploading your health tracker readings as required by the plan



Your healthcare provider will review the tracker readings you enter, monitor them and provide you with review notes on how much progress you are making



You will also receive timely notifications on your phone reminding you to update your trackers on time



# Make Your Payments via Mobile too

The mobile app interface helps you make your online payments quickly and securely, by choosing your convenient payment method. We do not store or share any of your personal data.



1

You can make your payments online for the Video Consultation, Text Consultations etc. from your mobile app

2

You will need to enter your email address to electronic invoices for the payment you make will be sent

3

Proceed to make your payment via our secure and easy-to-use payment gateway, by choosing a payment mode (Credit / Debit card, Netbanking etc.), by tapping on "Pay Now"

4

Once you have made the payment, you will receive an invoice for the payment you just made

5

In case of a payment failure, you can contact us at [info@emails.justforhearts.org](mailto:info@emails.justforhearts.org). We'd be happy to help.

**Sign up today!**  
<https://app.justforhearts.org>

- ✓ Easy-to-Use Web & Mobile Platform (iOS & Android)
- ✓ Built-in Online Healthcare Services
- ✓ Assured all-round Healthcare Management
- ✓ Automated reminders & alerts via Email, SMS & Push



 **/Just For Hearts**

Don't forget to **SUBSCRIBE** our YouTube channel !

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