

# PUTTING IT ALL TOGETHER: RESOURCE GUIDE

## CONGRATS! YOU'VE LEARNED HOW TO:



- Use a browser to get online.
- Set up an online profile.
- Access patient portals.
- Identify credible websites.
- Use mobile devices and apps.
- Join and use social media to connect with others.
- Understand terms to navigate social media, including hashtags, likes, and followers.
- Communicate with your healthcare team via Telemedicine.
- Access and participate in online support communities.

### Use your new tech skills to:

- Learn more about your condition.
- Connect with others on social media.
- Visit websites or use apps just for fun!

## ONLINE SECURITY REMINDERS



- Create unique passwords for each of your accounts and store them in a safe place.
- While connecting with other patients and sharing stories online can be a positive experience, be sure to check with your doctor about any medical advice you receive.
- What you post online becomes your digital footprint and doesn't disappear. Be thoughtful about what you choose to share!

### Making Use of the Settings App

Explore this app on your mobile device. Among the many options there, you'll find options to:

- Adjust ring tone.
- Increase font size.
- Manage notifications.
- Manipulate privacy settings.

## WHAT'S NEXT? YOUR DIGITALLY EMPOWERED CHECKLIST



- Receive Your Certificate of Completion.**  
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