THANK YOU FOR YOUR PARTICIPATION IN DIABETEXTS!

Your contribution is vital to the success of this project. We thank you once again for joining us in striving to make our communities a healthier place.

In this package, you will find:

- Nokia 5310 cell phone, with charger, headphones, and USB cable
- Instruction manual
- USB Key
- KM mobile card

How to use the phone:

This phone is to be connected to a PC, where you can send texts to multiple people as well as reply through a software. No internet connection is required.
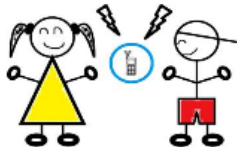
How will this help?

Some ways that this phone can be used is:

- Connecting to patients, answering questions remotely
- Reminders for taking medications
- Notifying them of diabetes events
- Daily tips of how to eat and exercise

1) Enrol in the DiabeTEXTs Meeting Place

- Go to: www.diabetexts.knet.ca

Welcome to DiabeTEXTs!

DiabeTEXTs is a new joint initiative by K-NET and KO Health to provide diabetes education and information to interested community members through SMS texting and other electronic mediums. If you have any questions, please contact the developer Michael Mak at makamizz@gmail.com

Admin

Enrol me in this Meeting Place

Step 1: Click here to enrol in the Meeting Place

If you don't have a Meeting Place account, click on "Create New Account" and follow the instructions. If you have already a Meeting Place account, you may login in here with your username and password.

Returning to this web site?

Login here using your username and password (Cookies must be enabled in your browser)

Username

Password   Login

Some Meeting Places may allow guest access

Login as a guest

Forgotten your username or password?

Yes, help me log in

Is this your first time here?

For full access to the K-Net Meeting Place you'll need to take a minute to create a new account for yourself. Here are the steps:

1. Fill out the New Account form by clicking on the button below.
2. A confirmation email will be sent to your email address. If you do not receive an email within 15 minutes, please check your "Junk Box" folder and if you find it there, then please adjust your junk mail filter to allow messages from this sender. This is an important step as it will allow you recieve subsequent emails from the K-Net Meeting Place. If you need further assistance, place contact one of our Site Administrators.
3. Read your email, and click on the web link it contains.
4. Your account will be confirmed and you will be logged in. Now, select the Meeting Place you want to participate in. A full directory of Meeting Places is located in the top menu under the "Meeting Places" title.

Create new account

To create a new account, fill in all required fields, enter the security captcha and hit "Submit". You will be notified by email to verify your new account. Check your email and follow the instructions.

Now that you have enrolled, you will be able to submit a weekly report on your diabeTEXTs activites here:

Please submit in a weekly report. Your **feedback and observations are very important to us and immensely assists with the diabETEXTs project.**

Simply fill out the form once every Friday of every week and you're done!

If you have any questions, please contact Michael Mak at makamizz@gmail.com or call the K-NET office at 1-800-387-3740. In addition, you can post a question on the "DiabeTEXTs Question and Answer Forum" to have it answered. The question and answer forum is also a great place to share your experiences and work!
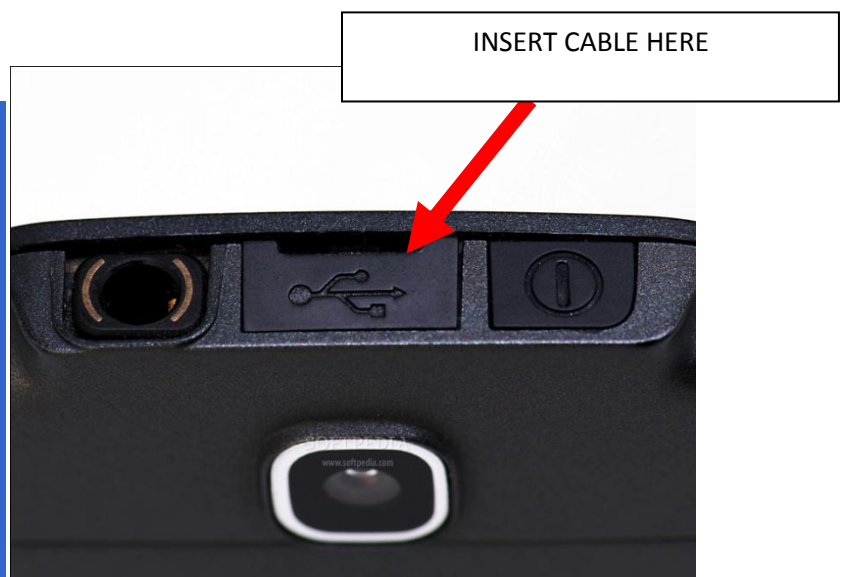
2) Cell Phone Set-up

Charging the Phone

1. Connect the charger to a wall socket.
2. Connect the lead from the charger to the charger connector of your phone.
If the battery is completely discharged, it may take a few minutes before the charging indicator appears on the display or before any calls can be made. The charging time depends on the charger used

Connecting to the USB Cable

INSERT CABLE HERE

1. Flip the USB cover located at the top of the phone
2. Connect the "Connector to Cell Phone"
3. Turn the phone on

3) Computer Set Up

NOTE: you need a computer that you can have consistent access to install the software

1. Take out the USB stick in the Nokia PC Suite Package, and plug it into your PC. You will find 3 files: the installation file, a video, and an instruction manual
2. Double Click on the "Tutorial for DiabeTEXTs" and watch the video on a guide on how to install and use the software.

3. After watching, double click on "Nokia_PC_Suite_eng_web.exe" and run the installation file. Follow the on-screen prompts and restart your computer.
4. When you restart your computer, you should see a prompt asking you connect your Nokia 5310. Follow the on-screen instructions. The Connection Type is "Cable" and connect your phone to a USB port when prompted.
5. When you are connected, the software interface should look like this:

This is the messenger interface. This is where you can send and respond to texts from patients. Older texts will also be saved here.

This is the contact book. This is where you can add new contacts, add contacts to a group, and delete contacts.

6. **PLEASE USE THE PHONE FOR TEXTING ONLY.** There is $20 on the KM card, which should provide about 4 or 5 months of unlimited texting. One month of unlimited texting is $2.50.

Remember to fill in the weekly report on the website and share how you've been using you've been using your phone on the DiabeTEXTs Discussion Forum!

Have questions?

Please call K-NET at: at 1-800-387-3740

Or email Michael Mak at makamizz@gmail.com

Or post your question up on the DiabeTEXTs Question and Answer forum! www.diabetexts.knet.ca