

Digital Navigation Training for Online Learning			
Module 1 - Basic Smartphone Skills-Android		Module 1 - Basic Smartphone Skills-iPhone	
Wi-Fi and data Downloading apps Making phone calls and text messaging	Internet browsing Notes and reminders Clock, calendar and fit apps	Wi-Fi and data Downloading apps Internet browsing	Notes and Reminders Clock and calendar apps
Module 1 Part II - Advanced Smartphone Skills-Android		Module 1 Part II - Advanced Smartphone Skills- iPhone	
Watching videos Finding mindfulness exercises Notes for mental health Setting a schedule	Researching accurate information Photos and videos for mental health Creating routines Talking loved ones & support systems Meditation	Watching videos Finding mindfulness exercises Notes for mental health Setting a schedule	Researching accurate information Creating routines
Module 2 - Technology Troubleshooting-Android		Module 2 - Technology Troubleshooting- iPhone	
<ul style="list-style-type: none"> • Complications downloading an app • Unknown account ID or Password • Lack of storage space • App compatibility 	<ul style="list-style-type: none"> • Complications with Wi-Fi or mobile data connection • Notification issues • App crashing • Bluetooth connection 	<ul style="list-style-type: none"> • Complications downloading an app • Unknown account ID or password • Lack of storage space • App compatibility 	<ul style="list-style-type: none"> • Complications with Wi-Fi or mobile data connection • Notification issues • App crashing • Bluetooth connection
Shared Decision-Making Modules for Mobile Apps and Integrated Care			
Module 1	Discuss the background, terminology, and significance of mobile app technology in integrated primary care settings.		
Module 2	Describe patient and provider findings relevant to mobile app selection. Understand whether a one-size-fits-all approach works for patients.		
Module 3	Recognize strategies for mobile engagement. Know how to support self-management. Describe how apps can be used for self-management.		
Module 4	Understanding patient activation in the integrated environment and with mobile app use.		
Module 5	Define health literacy. Define of e-health literacy. Describe how apps can improve e-health literacy.		
Mobile App Evaluation			
Part I: Mobile App Evaluation	<ul style="list-style-type: none"> • Importance of evaluating apps • Why apps can be used in clinical care 	<ul style="list-style-type: none"> • Familiarize with evaluation tools • Basics of APA framework 	
Part II: Try it Out	Provide application examples using the APA Evaluation Model Framework with a variety of apps.		
Part III: APA Screener Questions	Video tutorials of finding answers to the APA App evaluation screener questions.		