

How to use the NeuroWell guide

Getting the most out of the interactive PDF version of the guide

Overall PDF tips

Completing form fields: Anywhere there are places to enter information, you can simply click and type in the data. Don't forget to hit save frequently. These pages are marked by a hashed line below the solid color bar in the header and label as activity page.

Navigating the PDF: For easy access to the chapters, you can click on the table of contents where you would like to go and it will jump to that page. To get back to the table of contents, click on the HealthPartners logo in the footer of the document and it will take you back to page 3.

Visiting websites: All website links in the guide will be a bold font and you can visit the website by simply clicking on the web address.

Activity pages: At the end of each chapter you will find a My accomplishments section and a My action plan section. This is where you can document one to four things you already do or have done to make progress in that area and one to four new things you will do to make progress for that category of NeuroWell. Anything you type in the end of each chapter will auto-populate to the My NeuroWell plan section of the PDF on pages 98-104. You can make edits in either place of the booklet and they will remain consistent for that chapter. This is designed to make working through the book easier. You can take your time and focus on one chapter at a time but also have your entire NeuroWell plan populate in one place near the end of the guide.

Completing checklists: Each chapter also include a Things I can do now section at the end of each section. These are interactive check boxes. To check a box, simply click on that box and a check mark will appear. To un-check a box, just click the box again and the check mark will be removed.

Tips for accessing the PDF on a computer or laptop

Upon opening the interactive version of the guide, you are going to want to download and save it to a familiar location on your computer or in the cloud. You can add the patient's name to the file name when saving (for example, NeuroWell Guide for Pamela).

Tip: If you are on a computer, you can create a shortcut/alias on the desktop for easy access to where you saved the document. To create a shortcut to the document, find the document in your file system, right-click and select make shortcut or make alias, then drag that to the desktop.

The PDF will open in your computers default PDF reader application. From there you can read the guide and complete activity pages, don't forget to hit save frequently.

Tips for accessing the PDF on a phone or tablet



1. Scan this QR code with your phone or tablet camera to open **myneurosciencecenter.com**
2. Click on NeuroWell: A guide to brain health and living well with mild cognitive impairment(MCI) and dementia
3. This will pull up a read-only PDF version of the guide
4. If you would like to access all the built-in features like interactive activity pages you will need to download the PDF to your phone or table and open it in a PDF reader application. We recommend the Adobe Acrobat reader application but there are many PDF reader application as well.

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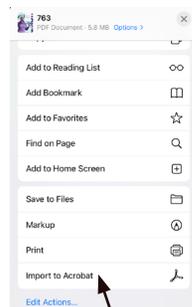
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Follow steps 1-3 at the top of this page under Tips for accessing the PDF on a phone or tablet. When you have the PDF of the guide open in your browser



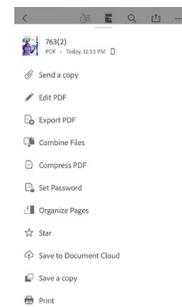
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