

# My STOP Portal

## Introduction & Instructions



Welcome to *My STOP Portal*, the STOP Program's online portal for participants! Congratulations on your decision to quit smoking tobacco, we are happy to support you along this journey. Using *My STOP Portal*, you can register/enroll in the STOP Program online at any time, and gain access to helpful and relevant information to support your quit attempt.

### What can I do on *My STOP Portal*?



#### Enroll in the STOP Program

Self-enroll using a computer, tablet or smartphone with an internet connection



#### Engage with *My STOP Portal* Dashboard

View your information | Track your progress | Access tools and resources

### How can I self-enroll using *My Stop Portal*?

STEP 1

Go to the website link you received from your healthcare provider at your clinic or visit [www.JoinSTOPProgram.ca](http://www.JoinSTOPProgram.ca)

- Follow the instructions to create a *My STOP Portal* Account and start your enrollment. If you already have an account, proceed to log in with your information.

STEP 2

Provide your consent and complete the Registration and Baseline survey

- If you are having trouble completing the surveys, please email [stop.support@camh.ca](mailto:stop.support@camh.ca)
- At the end of the survey you will receive a Reference Number: please save this somewhere. Your healthcare provider will need this number to complete your enrollment (see STEP 3 below).

Please make sure the email address you provide is correct:



- Your email address will be your *My STOP Portal* Account username
- Once you complete your self-enrollment, we will send an email to this address containing your STOP Reference Number

STEP 3

Make an appointment with your healthcare provider within **45 days** of completing the Registration and Baseline survey in order to complete your enrollment

- Your healthcare provider will review your responses and provide you with an appropriate treatment plan (e.g., nicotine replacement therapy products).
- **Please note:** Your Consent, Baseline and Registration survey will expire after 45 days. If you do not book an appointment within this time you will need to re-do your enrollment at your clinic.

**Please remember to bring your email address and STOP Reference Number (sent to your email address) to your appointment.**



**STEP 4**

**Access your *My STOP Portal* Dashboard**

- Once you complete the Registration and Baseline survey, you will automatically be taken to your *My STOP Portal Dashboard*.
- You can also access the dashboard at any time by visiting [www.MyStopPortal.ca](http://www.MyStopPortal.ca)

**What can I do on the *My STOP Portal* Dashboard?**



**Enrollment Details**

- View the enrollment information you provided
- Email your patient records to your other healthcare providers
- Complete STOP Program follow-up surveys



**Tracking My Progress**

- Track changes in your smoking over time
- View personalized insights from the data you share with us



**Other Things I Can Do**

- Update your contact information
- Participate in research studies of interest
- Access self-help resources
- Keep a private journal

**Privacy Note:** As part of your participation in the STOP Program, we collect information regarding your personal health, contact and identification information through the surveys you complete during enrollment and follow-up periods. Your healthcare provider at your clinic and STOP Program staff will have access to this information. How we use this information is described in the consent form you sign before enrolling into the STOP Program.

To learn more about your privacy and data collection in the STOP Program and *My STOP Portal* please visit:

<https://www.nicotinedependenceclinic.com/en/stop/stopportaltermsfuse>.

For any other questions regarding privacy and data collection please email [stop.support@camh.ca](mailto:stop.support@camh.ca)

