IBDsmart

FAQs

What is IBDsmart?

IBDsmart is a mobile app that allows you to communicate with your IBD healthcare team. You can use it together with your healthcare team to monitor your disease but also to report symptoms during a flare-up, so you receive appropriate and swift care when you need it.

How do I get IBDsmart?

You can install IBDsmart on your smartphone once your IBD healthcare team has registered you. You can also install it on your iPad or tablet. Your username is your email address.

Is it Confidential?

Yes, the app is secure and records can only be accessed by your IBD healthcare and admin team. The app has been endorsed by the NZ Society of Gastroenterology and NZ Crohn's and Colitis.

Is there an additional cost?

No, this service is free of charge.

For more information

IBDsmart was developed and tested in New Zealand and clinically proven to be as effective as clinical care in helping patients manage their disease.

A non-inferiority randomized clinical trial of the use of the smartphone-based health applications IBDsmart and IBDoc in the care of Inflammatory Bowel Disease patients.

Inflammatory Bowel Diseases (2019)
Advance online publication.
McCombie A, Walmsley R, Barclay M, Ho C, Inns S & Schultz M (2019).

https://academic.oup.com/ibdjournal/advance-article/doi/10.1093/ibd/izz252/5603780

SCAN ME

Contact us:

ibdsmart@otago.ac.nz
www.guthealthnetwork.com

A simple way to keep track of your IBD symptoms

An effective way to communicate with your IBD healthcare team

GUT HEALTH NETWORK

UNIVERSITY of OTAGO
Te Whare Wānanga o Otāgo
NEW ZEALAND

Crohn's & Colitis
NEW ZEALAND
making life more liveable

How to get set up | Adding the IBDsmart app | Using the IBDsmart app

How to get set up

Open this link on your phone
(type or copy link into your web browser):

https://www.ibdsmart.org/

Step 1:
Enter your email address (the one provided for IBDsmart registration)

Step 2:
You need to 'Reset Password' in order to activate your account. The reset link will be sent to you via email. Check your spam/junk folder, if the email doesn't appear in your inbox.
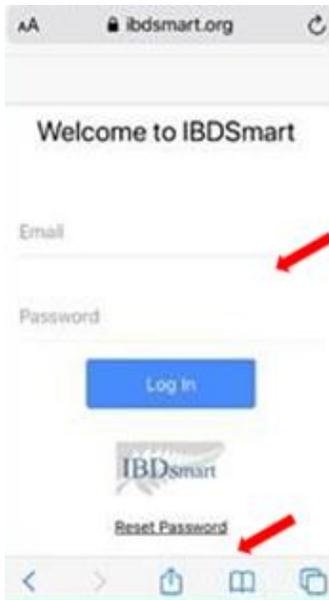
Step 3:
Open the email and click on 'Click here'; you'll be redirected to 'Change Password' page.

Adding the IBDsmart app

Apple
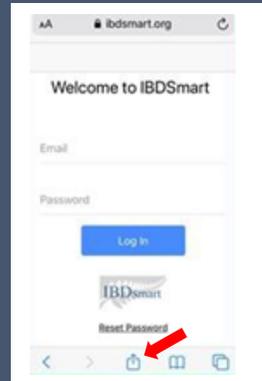
In the Safari App on your device open https://www.ibdsmart.org/

Click the share button and select the option 'Add to Home Screen'

The IBDsmart app icon should appear on your device's home screen

Android
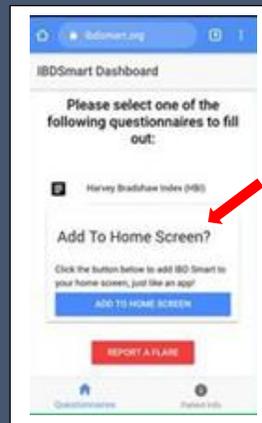
In your web browser open https://www.ibdsmart.org/

Click on 'Add To Home Screen'

The IBDsmart app icon should appear on your device's home screen

Using the IBDsmart app

Once you have downloaded the IBDsmart app and you are logged on, you can:

o complete a questionnaire (either called HBI, SCCAI or CDAI) to report your symptoms

o report a flare-up

Questionnaire
Every few months, you will receive a notification on your device prompting you to complete the IBDsmart app questionnaire. Based on your answers, your IBD healthcare team will decide whether you need to be seen in clinic. They will inform you if you need to have a blood test or undergo further investigation.

Report a Flare
Use this function to report when you are feeling unwell and you suspect that you are having a flare-up.

Patient Info
This shows your personal information, nominated IBD healthcare team, and your previous IBDsmart entries.