

Instructions for performing QbCheck at home

QbCheck, performed at home will offer you the ability to continue care during the COVID-19 epidemic. Please note that it is important that you, as a patient create a “clinic like” environment at home. This should be free of distractions, and in an environment where you can perform the test to the best of your abilities. Please follow the following instructions to begin testing. If you run into technical difficulty, please contact the clinic immediately and note the specific error message you are receiving.

1. Perform the test as soon as possible, preferably in the morning or as instructed by your provider.
2. Use a computer with a built-in camera. If using a laptop, please make sure that the power cord is connected and that the high-performance power scheme is selected. Please note that no tablets can be used in the performance of this test including Microsoft Surface, or Apple Ipad.
3. Ensure that all programs on the computer are closed.
4. Open a web browser. Please use Google Chrome.
5. Go to the following address: <https://www.qbcheck.com>
6. Select the region that has your preferred language.
7. Click on the red button below the picture of a laptop.
8. Enter the voucher code that you were provided with by your healthcare contact. This is case sensitive, so it is recommended you copy and paste the voucher from the provider email.
9. Follow the instructions on the screen preceding the test.
10. The test starts with a self-rating scale describing symptoms. Please fill in this form yourself if you are over 18 years old. For individuals below 18, the parent/ legal guardian should fill in the form.
11. You will then perform the actual test. Please try to stay focused throughout the whole test and visible for the web camera. If a significant distraction occurs during the test, please make sure to inform your healthcare provider.
12. If the test-taker is below 18, the parent/legal guardian should observe the test taker during the test and, if needed, prompt the test taker to complete the test.
13. The entire procedure is estimated to take no more than 1 hour. The test itself is 15-20 minutes long depending on the test-takers age.
14. Your test results will not be available to you but will be reviewed by your healthcare contact.

Thank you!