

USER SUPPORT HANDBOOK



YOUR HEALTH | YOUR DATA | YOUR CHOICE



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Join the Study

Registration

Anyone over the age of 16 can create their own account and join the health study for free, with an optional Associate subscription so you can help fund this initiative.

Click [Join Us](#) or click the **Register Here** link on our login page shown below.

→] Login



EXISTING PARTICIPANT LOGIN

Email address

Password

Essential Cookie Consent (required)

[LOGIN](#) [Not Yet Registered? Please Register Here.](#) [Forgotten your password? Password Reset](#)

Cookie Consent and Usage

Cookie consent is required in order to keep your session alive, which is necessary for the functioning of this website. We do not use any data harvesting or tracking cookies such as google analytics or facebook dots.

Our secure cookie usage is entirely in line with the original intention of cookie usage; to facilitate your interaction with our website and avoid you having to constantly provide security credentials.

Our cookie will persist for a maximum of 14 days and will automatically expire thereafter.

Trying to register, but it says your email is already registered

It is possible that your internet connection was interrupted during registration and that the system may have successfully created your account.


If this is the case you should have received an email from us to activate your account, please check for the email and click the activation link.

If you have not received an email then please try 'Logging in' using the credentials you provided, and you can request another activation email.

If you need help from a team member with a registration issue, please visit our support form and send us a message and one of our team will get back to you as soon as possible.

Help Completing Forms

Please note that on most screens, you will be able to access help to complete the form by clicking on the QUICK GUIDE in the blue Help bar above the form.

 Need help filling in this form? Here is a quick guide to help you.

 Indicates a required question

Complete the New Account Registration form:

- Select the **Country** you are in - click on your flag (our 3 most common countries), or choose from the list below.
- **Username** is how you wish to refer to your account.
- **Email Address** must be a valid so we can verify your account. Please ensure you enter it without errors.
- **Password** must be a minimum of 8 characters. Passwords are case sensitive.
- When you select your **Country**, all large towns and cities will be loaded into the list below, which can take a moment - choose the one closest to where you live.

Register

Please select your country

(select country) ▼

Please enter a username *

Please enter your email address *

Enter Password *

(min. 8 characters)

Confirm Password *

(min. 8 characters)

Enter your nearest large town / city *

(Please select city) ▼

- **Location type** - select from Urban (cities, built up areas), Suburban (primarily residential) and Rural (countryside, fields and few houses)
- **Preferred Language** - please select from the list of available languages.

This will set the default language for your cards and letters in your account and that of any household members you add. You will still be able to change to a different card or letter language for yourself or any household participants, if required.

Location Type *

URBAN

SUBURBAN

RURAL

Preferred Language
Set default language for cards and letters. *

English ▼

- You must confirm you are over 16 years of age and consent to the essential cookies and data sharing policy (described in the box below - please ensure you read this carefully).
- You also need to confirm that you consent to sharing your anonymized data for analysis
- You need to consent to receiving our update reminders each month
- You may also need to click the Anti-Robot Verification as part of our validation process.
- Finally, click the orange Complete Registration button.
- You will see this screen:

I confirm that I am 16 years or older (required)

I consent to use of essential cookies (required)

I consent to sharing my anonymized health data for analysis (required)

I consent to receiving email reminders (required)

I am human FriendlyCaptcha ?

COMPLETE REGISTRATION

Already a member [Login Here](#).

Cookie Consent and Usage

Cookie consent is required in order to keep your session alive, which is necessary for the functioning of this website. We do not use any data harvesting or tracking cookies such as google analytics or facebook dots.

Our secure cookie usage is entirely in line with the original intention of cookie usage; to facilitate your interaction with our website and avoid you having to constantly provide security credentials.

Our cookie will persist for a maximum of 14 days and will automatically expire thereafter.

Data Consent and Usage

Our aim is to provide independent researchers, scientists and community members with the ability to analyse our mutual health data, and we will do so with complete anonymity for our participants. We have built a robust set of policies and frameworks to protect the privacy of our users' data.

This consent applies to the record holder, including any household participants (dependents) who are under the age of 16.

Email Verification Required

Please check your inbox: badasswarrior@protonmail.com and follow the link to validate your email address.

if you have not received an email then click to [Resend Verification Email](#)



Reason why you may not receive our email

- ✘ It may have gone to your SPAM folder.
- ✘ Your email provider may block us.
- ✔ Please add @vaxcontrolgroup.com and @controlgroup.coop to your email White List.

Still Having Trouble?

Please contact our [support team](#) using the subject line '*EMAIL ADDRESS VERIFICATION NEEDED*'; they can assist you with this.

What happens next?

- You will be sent a verification email to the email address that you registered
- Click the link in the email to verify your account
- The login screen will display the following confirmation.

Your email address has been successfully verified, thank you.

Once you have done this, you will be able to login and start using your account and (if required) adding other household members to it.

Note: If you are having trouble getting your email address verified, please visit our [support form](#) and send us a message by selecting the topic **EMAIL ADDRESS VERIFICATION NEEDED** and one of our team will get back to you as soon as possible.

Logging in

- Each time you login, you will need your email address and password.
- Ensure you type your email address in, do not let your computer autofill as this will sometimes put in extra spaces and cause it to fail.
- Make sure you click the **Essential Cookie Consent** slider.

EXISTING PARTICIPANT LOGIN


 Essential Cookie Consent (required) Not Yet Registered? Please [Register Here](#). Forgotten your password? [Password Reset](#)

- Each time you login, you will need your email address and password.
- Ensure you type your email address in, do not let your computer autofill as this will sometimes put in extra spaces and cause it to fail.
- Make sure you click the Essential Cookie Consent slider.

The first time you log in, you will be asked to enter your basic profile questions.

- **Participant name** will appear on your cards and letters, although you can change this when you create them
- **Preferred ID Card Language** will default to the chosen account language, but can be changed if you want a different language card or letter.
- We ask your **Birth month** and year in order to group participants by age groups, for analysis.
- **Biological sex** is asked rather than gender identity because some diseases, medications and treatments affect men and women differently.
- **Your Height and Weight** will help our researchers to see where diseases disproportionately affect a particular weight category. We have provided height and weight conversion charts for you to approximate your weight and height in the required dimensions.

+ Add: Participant ×



Welcome and thank you for joining the Control Group.
Now let's begin by creating your participant record by answering the following few questions.

Participant name




Preferred ID Card Language

English ▼

When were you born?

(month) ▼ (year) ▼

What is your biological sex?

 MALE	 FEMALE	 PRIVATE
---	---	--

- Your **Body Type** helps us to categorize you for data analysis, where required.
- **Blood group** can sometimes be a factor in how a disease affects you, so it is important to know this.

If you don't know your blood type, there are kits you can buy to test it at home. If you don't want to tell us, choose **P** (private)

Dimensions



How tall are you (in cm)?

[Height Conversion Chart](#)



How much do you weigh (in kg)?

[Weight Conversion Chart](#)

What would best describe your body type?

 UNDERWEIGHT	 SLIM	 AVERAGE
 MUSCULAR	 OVERWEIGHT	 OBESE

Your Blood

What blood group are you?


- **Covid-19 Vaccination** - if you have had a Covid injection, you will be reminded to add it to the Vaccinations section.
It is essential to this study that we know your Covid vaccination status.
- **Covid Swab test** - this question is to ensure we capture those people who have never had a Covid Swab test.
- **Data usage consent** is required for every household participant (or their legal guardian, if under 16).

- Please note that the image below is incorrect - the data consent reads:

I understand that my Health Data as provided, will be anonymously included within the Control Group Health Database which may be made available to researchers, scientists and doctors as well as fellow participants of the Control Group for our mutual benefit.

For records other than my own, I confirm that I have full consent to manage the data for this participant, or, if the participant is under the age of consent, that I am their legal parent or guardian.


COVID-19 (SARS-CoV-2)



Have you had any COVID vaccinations?

✓
YES

✗
NO



Have you ever had a nasal swab COVID test?

✓
YES

✗
NO

Data Consent and Usage

I understand that my Health Data as provided, will be anonymously included within the Control Group Health Database which may be made available to researchers, scientists and doctors as well as fellow participants of the Control Group for our mutual benefit.



For records other than my own, I confirm that I have full consent to manage the data for this participant, or, if the participant is under the age of consent, that I am their legal parent or guardian.


I consent to sharing anonymized health data for analysis (required)

Cancel REGISTER

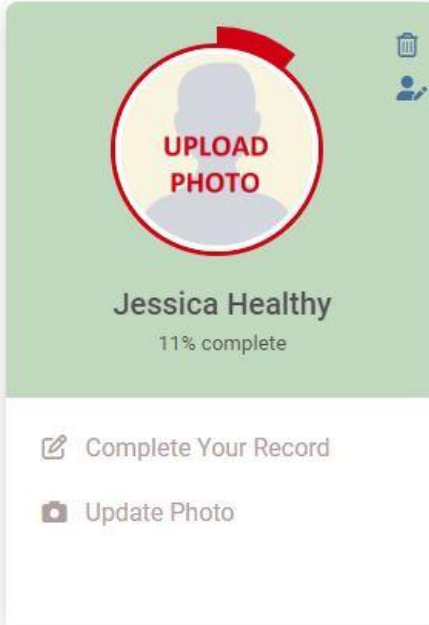
- Click the **Register button** to complete your record. You will be taken to your new Dashboard.

ACCOUNT DASHBOARD

 Household Participants Confirmation of inclusion into the Control Group Study.	 Become an Associate Help support our efforts and become an Associate.
--	---





Add Participant



UPLOAD PHOTO

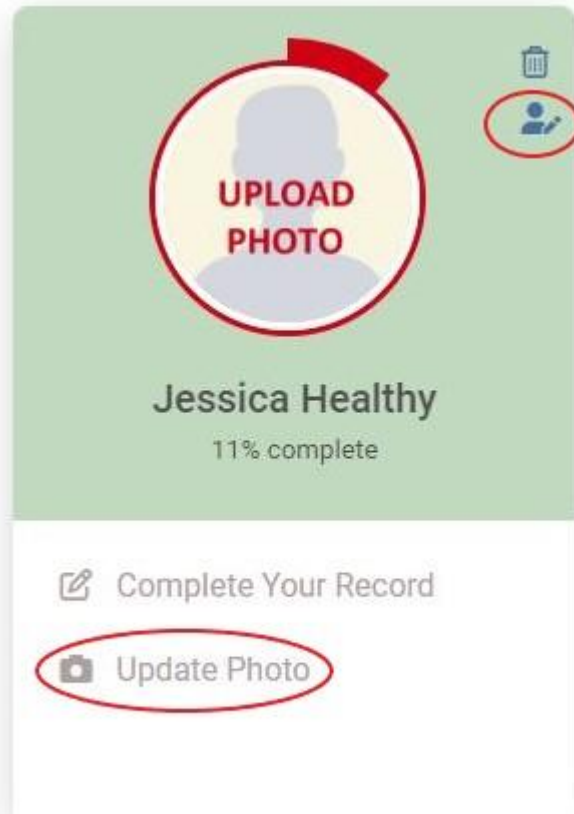
Jessica Healthy
11% complete

-  Complete Your Record
-  Update Photo

Add Your Photo

Your photograph will be shown on your dashboard and be used on any cards you choose to order.

To add your photo, click on UPDATE PHOTO on your participant card (or on the Edit Name/Photo of Participant icon - circled in red)



Card photo guidelines

- Photo should be in colour and taken within the last six months
- Do not use social media filters
- No selfies - have someone else take your photo, or use a tripod and a timer
- Eyes should be wide open (infants' eyes can be closed or partially open)
- Remove red eyes and shadows (caused by a flash or overhead lighting)
- Wear clothing you would normally wear
- Unless it's for religious reasons, no hats or head coverings

- No cartoons or animals


To add your photo

- Click Upload Photo
- From the Photo ID details box, choose the required image file

(Make sure your photograph file size is not too large - a photo taken with a smart phone will work best)

([See common uploading issues and how to adjust photos](#))

RECORD FOR: JESSICA HEALTHY

 Edit: **Photo ID** details ✕

Participant Name

New Photo

Cancel

Please use a passport style photo with a plain light coloured background, similar to the drawing below. This is the photo that will be used for your ID card.

Click on the '**Choose File**' option to select your photo to upload and then click the '**Upload**' button. Once your photo is uploaded you will be able to crop the photo for a better fit.



Example photo id

We can accept Photo's in either **jpg, jpeg** or **png formats only**.

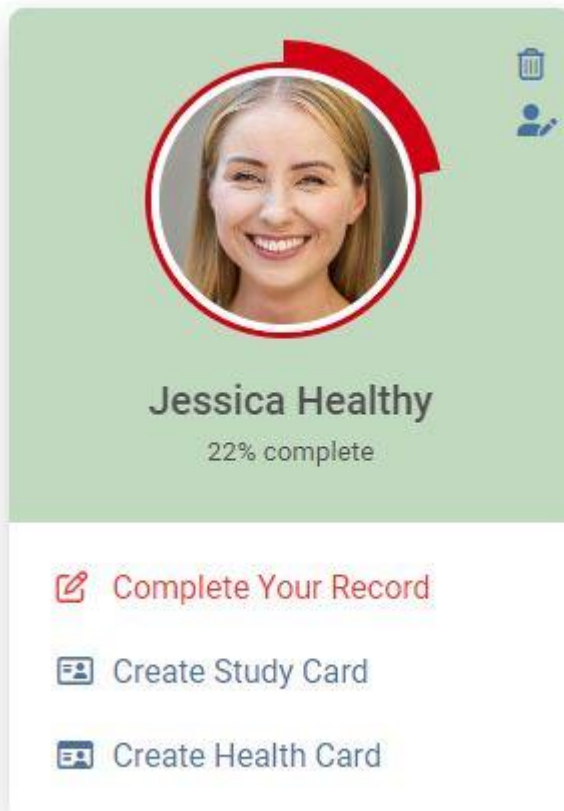
Printing on Plastic ID Cards is not as exact as printing on high quality paper, the higher the contrast between you and the background the better the results will be.

We suggest taking your photo from a mobile device and accessing this website via this device in order to upload your photo.

- Adjust the photo using the handles on the cropping net



- Click the orange Save Changes button
- You can update your photo at any point using the Update Photo link.



Problems uploading photos and how to fix them

Internet connection speed: Assuming that the image is the correct format (JPG or PNG) and less than 4.5MB, the internet speed you are working with can be an issue where connection speeds are low or intermittent. It will load if given time. It may take a few attempts if the connection is really slow.

File size: this is the most common issue around loading your photo. Your photo is a digital file and our system is set up to reject images that are larger than 4.5MB image must be JPG or PNG format only.

- How to find out the size of your image on an iPhone / iPad: <https://www.youtube.com/watch?v=qhaSFYzvuw>
- How to resize an image on an iPhone / iPad: https://www.youtube.com/watch?v=acM_dMuBThc
- How to resize an image on a Mac Computer :<https://www.youtube.com/watch?v=fLmmR8mn2HY>
- How to find out the size of an image on a PC:

FINDING THE SIZE OF AN IMAGE OR FILE ON A PC

When you locate your image on your PC, place your Mouse over the image/file and a little popup window will show you details of that image/file

Filename	Date taken	File Type	File Size
IMG_4141	01/10/2020 13:09	JPG File	7,299 KB
IMG_4068	30/09/2020 16:09	JPG File	7,269 KB
IMG_4069	30/09/2020 16:09	JPG File	7,210 KB
IMG_4118	01/10/2020 13:00	JPG File	7,114 KB
IMG_4062	30/09/2020 16:28	JPG File	7,011 KB
IMG_4061	30/09/2020 16:06	JPG File	6,904 KB
IMG_4062	30/09/2020 16:12	JPG File	6,884 KB
IMG_4062	30/09/2020 16:06	JPG File	6,706 KB
IMG_4146	01/10/2020 13:11	JPG File	6,525 KB
IMG_4145	01/10/2020 13:10	JPG File	6,246 KB
IMG_4099	30/09/2020 16:34	JPG File	6,246 KB
IMG_4115	01/10/2020 12:58	JPG File	6,158 KB
IMG_4071	30/09/2020 16:17	JPG File	6,024 KB

must be less than 4.5MB

Open Explorer and locate the file (the image you want to use) hover the mouse over the filename and a pop-up box will show you the file details. Take note of the size - if it is less than 4.5MB it will load fine.

- How to **resize an image using MS Paint**: <https://www.youtube.com/watch?v=HL0zCzEI2nE>
- How to **rotate an image on an iPhone**: <https://www.youtube.com/watch?v=GRImHEBHmY>

- How to **rotate an image on an Android Phone**: https://www.youtube.com/watch?v=k_9nPjLQGJY
- How to **rotate an image on windows (PC or Laptop)**: <https://www.youtube.com/watch?v=gCC4rng89al>
- How to **take a passport size photo**: <https://www.youtube.com/watch?v=WkKVjEUxIYM>

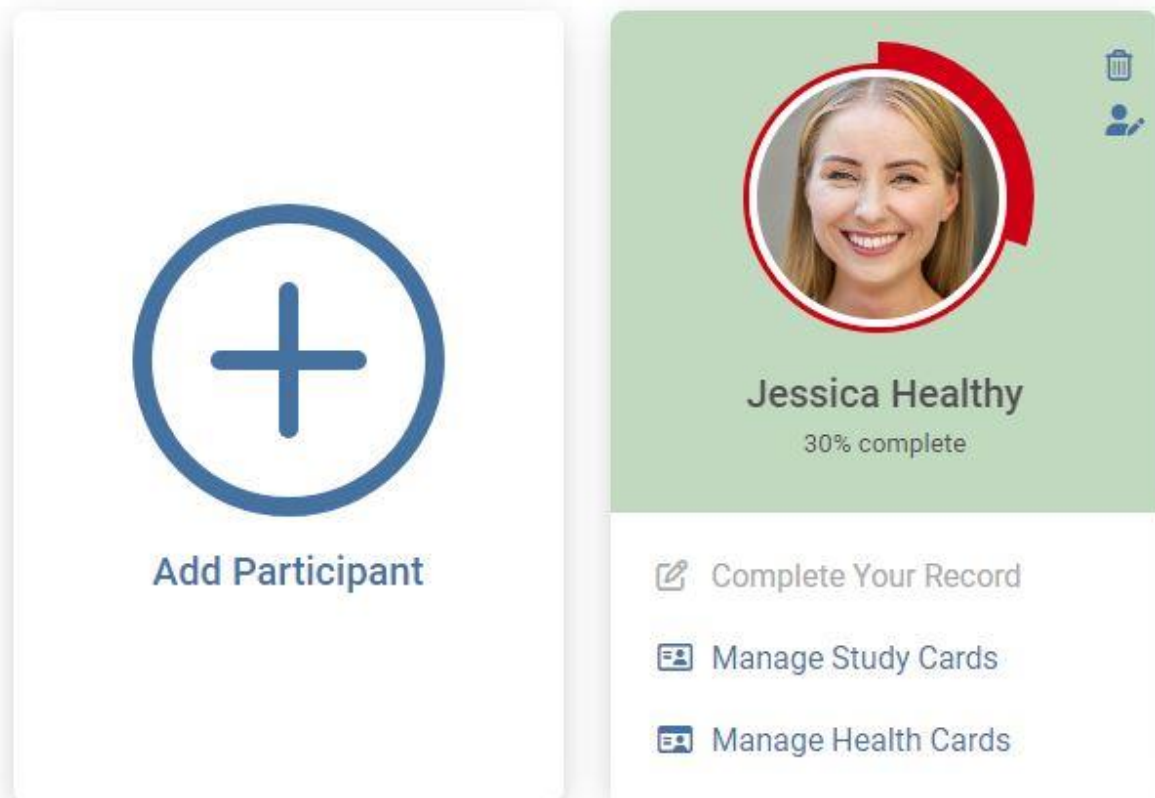
Household participants

You can add up to 8 household members to your account; this may include your spouse or partner, your children and any family members who live with you.

It is free to join the study, but if you decide to become a funding Associate, the payment is per account, not per household member - this is to make it affordable for families.

Add a new participant

- Login to your account
- Click the Add Participant box on the Dashboard.



A new Add Participant registration form will appear. This is the same as the one you completed when you created the account.

The new participant needs to complete their details and confirm their consent (or their legal guardian if under 16)

+ Add: Participant
×

Participant name

When completed, click the orange Register button and the new participant will appear on the dashboard.

Jessica Healthy
30% complete

- Complete Your Record
- Manage Study Cards
- Manage Health Cards

John Healthy
20% complete

- Complete Your Record
- Update Photo

You can now add their photo ([how to add a photo](#)).

Delete a participant

To maintain the integrity and consistency of our study, it is vital that participants are not removed, unless absolutely necessary.

You may want to remove a participant if:

- You added them in error
- They no longer wish to be in the study
- They have died

You do not need to remove a participant if:

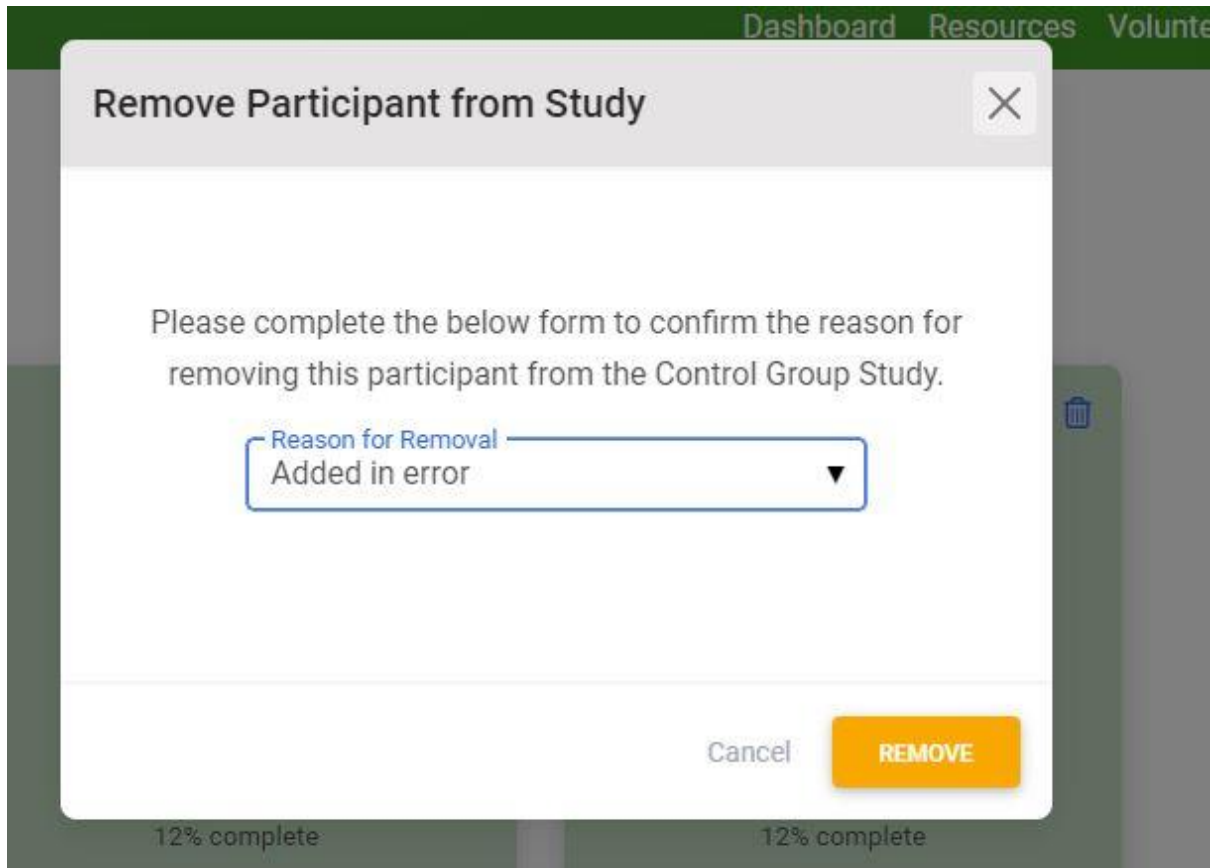
- They no longer wish to be part of your account - for example, a teenager who is leaving home and wants to manage their own account. Please email support@controlgroup.coop and request that they be moved to their own account.

To delete a participant:

- Click the **trash can** icon on the top right corner of the participant's Dashboard card



If you select that the participant has died, you will be asked for a basic cause of death. Their account will remain in the system and linked to your account, but will no longer be visible. This section will be added shortly to enable us to verify participant deaths.



Remove Participant from Study

Please complete the below form to confirm the reason for removing this participant from the Control Group Study.

Reason for Removal
Added in error

Cancel REMOVE

12% complete 12% complete

- Click the orange Remove button to complete

Become an Associate

The Control Group is a completely independent cooperative organization. We do not take funding from pharmaceutical companies, universities or manufacturers of products, and therefore, we have no financial bias towards a particular outcome.

We are able to exist due to the incredible support of our Associate members, who choose to pay a small monthly (or quarterly) subscription, and those people who make generous donations.

Participating in the Control Group is completely free, for those who do not wish to, or cannot afford to pay.

Those who choose to subscribe, become Associate members of the Control Group Coop and are provided with durable, printed Control Group Study and/or the Health Cards at no cost other than a nominal delivery fee.

How much is an Associate subscription?

We have provided 3 different subscription price levels (monthly or quarterly) for you to choose from; enabling you to select a price level that is comfortable for you budget and your support of this initiative. Your generosity helps us to continue to develop our services and secure the future of the Control Group Cooperative for everyone.

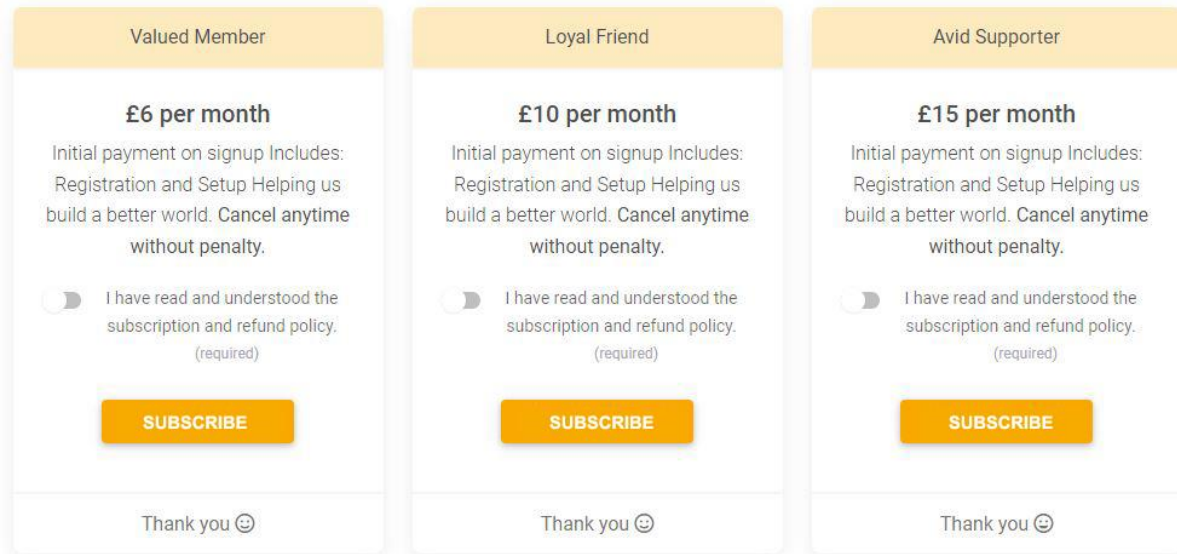
- Valued member £6 per month / £18 per quarter
- Loyal friend £10 per month / £30 per quarter
- Avid supporter £15 per month / £30 per quarter

Use the slider to switch between monthly and quarterly subscriptions:



Become an Associate

- Select your subscription amount and the payment period
- Read and acknowledge the refund policy (you will be reminded to do this if you forget)
- Click the orange SUBSCRIBE button



Changing your mind

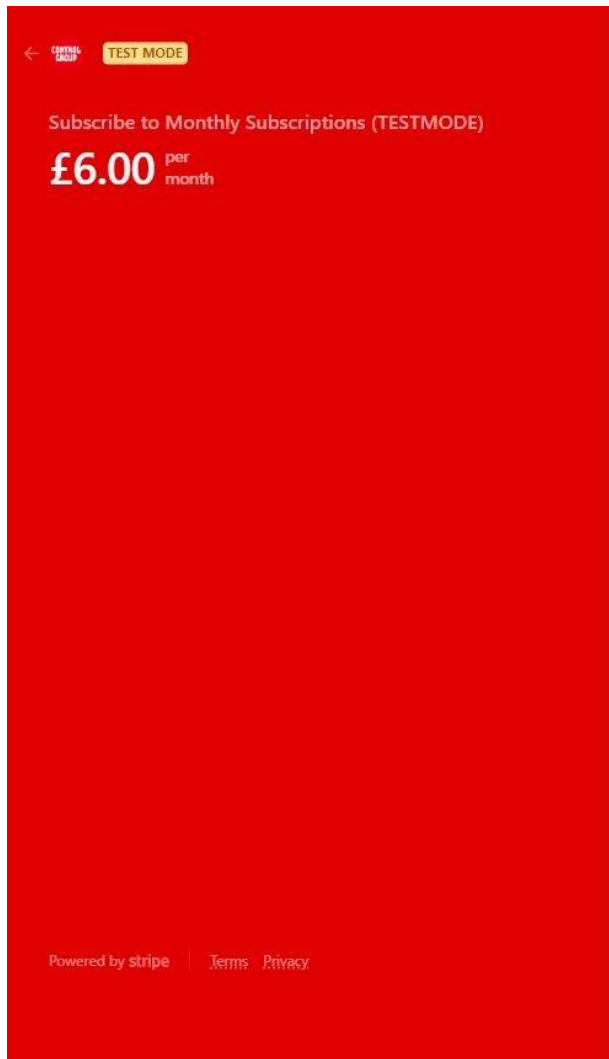
Subscriptions are non-refundable, but they can be paused, stopped or re-started at any point.

See [Subscription refund and cancellation policy](#) for information on how to manage your subscription.

Payment provider

We use Stripe as our payment provider. You do not need to have a Stripe account to pay your subscription, as it accepts most payment cards. At present this is the only payment option we have available, and it was chosen because it works well with our system.

- Subscriptions can only be set up by you - the Control Group is unable to set these up on your behalf.
- When you click the SUBSCRIBE button, you will need to have your payment card details ready.



G Pay
 Pay with link ⇒

Or pay with card

Email

Card information

1234 1234 1234 1234

MM / YY CVC

Name on card

Country or region

United Kingdom ▼

Postal code

Securely save my information for 1-click checkout

Enter your phone number to create a Link account and pay faster on Control Group Cooperative Ltd and everywhere Link is accepted.

07400 123456 Optional

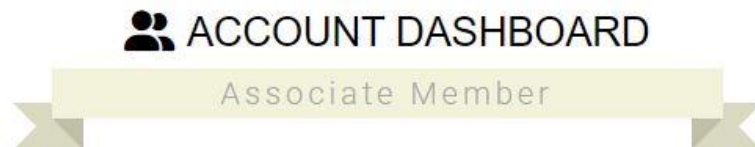
[link](#) · [More info](#)

By confirming your subscription, you allow Control Group Cooperative Ltd to charge your card for this payment and future payments in accordance with their terms. You can always cancel your subscription.

- Click Dashboard on the main menu to return

Once you are an Associate member

- Your account will display an Associate banner
- You will see the option to order printed copies of your cards on the Dashboard, below your participants





Subscription refund and cancellation policy

A subscription is a payment schedule you create that starts immediately and continues at regular intervals until you cancel it.

Please note that Associate subscription payments are non-refundable however, you may cancel your subscription at any time without penalty. It is your responsibility to ensure it is cancelled.

To cancel ongoing subscriptions:

Log into your Control Group account go to ACCOUNT SETTINGS then click MANAGE SUBSCRIPTION.

[Click here for more instructions on how to cancel your subscription](#)

The Control Group remains independent through the generous funding of our Associates.

Get Printed Cards

There are two cards available from the Control Group at present: the Vaccine Study card and the new Health Card.

Both cards are available in a growing number of languages.

Vaccine Control Group

PARTICIPANT NAME

Jessica Healthy

PARTICIPANT ID



MUST NOT BE VACCINATED
Vaccine safety and efficacy
study participant.

Health Card

PARTICIPANT NAME

Francesca Healthy

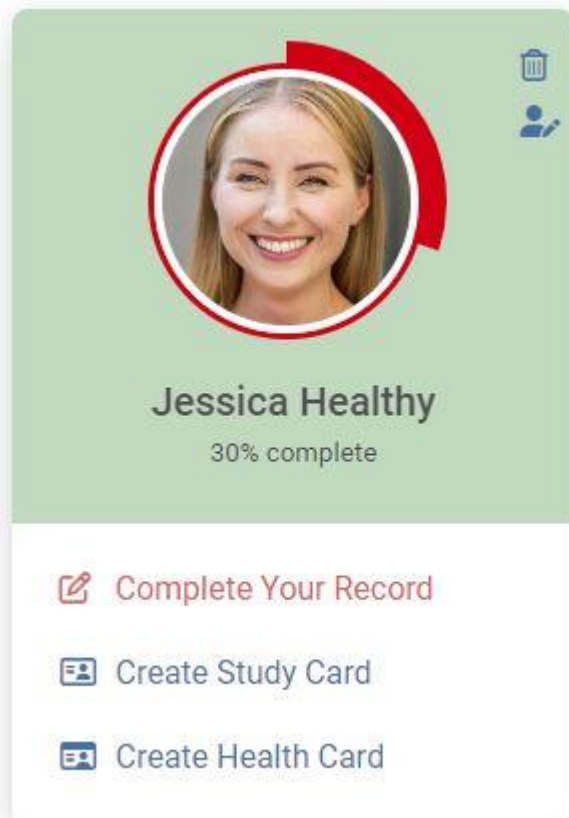



IN CASE OF EMERGENCY
SCAN QR CODE

Create a digital card

Your Dashboard card will show links to:

- Create Health Card and Create Study Card in red if you have not created them yet.
- Study Card and Health Card in blue if you have created them.



- Click the card you want to go to the card management page, where you can create, edit and delete Health cards and Study cards.
- The example below shows the Study Card, and it is the same process for Health cards

STUDY CARDS FOR: **JESSICA HEALTHY**

[What are Vaccine Study Cards?](#)

+ Add: Vaccine Study Card ✕

Name on Card

Card Language
 ▼

CREATE CARD

As an Associate member you can order printed physical cards.

ORDER PRINTED CARDS

Vaccine Study Cards (1) [Ⓜ]

Vaccine Control Group

PARTICIPANT NAME
Jessica Healthy

PARTICIPANT ID
IV6GMJZBJFYAASKKNAZJBK

MUST NOT BE VACCINATED

Vaccine safety and efficacy study participant.

Card Id: **f0227**

[View QR page](#)

[Remove](#)

- **Name on Card:** edit the name on the card if necessary.
- There are a limited number of characters that will fit on the card, so please ensure you adjust your name to fit the space as shown on the card.
- **Card Language:** there are a growing number of language options available.
- You can have multiple language versions of each (where available)
- **Order cards:** Associates will have the green **ORDER PRINTED CARDS** button - we recommend creating Cards for all your household before ordering to save on postage costs

View your QR Code page

To view the QR page for your Health or Study card:

- Scan the QR code on your physical card
- or
- Log into your account and click on Health Cards or Study Cards on the Participant card on the main dashboard
 - Click on View QR page next to the card you wish to view

Vaccine Study card QR code page

The QR code confirms you are a participant in the study, with an image of your card and a tick, followed by a request that you not be discriminated against because of your vaccine status, followed by flags representing the countries of our participants and finally, extracts from a selection of Human Rights codes.

Vaccine Control Group Study Participant Confirmation



PLEASE ACCEPT THIS INDIVIDUAL AS EXEMPT FROM RESTRICTIONS

As a participant in this important worldwide health study, they are helping to provide vital data enabling us to measure the successes and impact of the mass covid-19 vaccination programmes.

Note: Discrimination is illegal and participants are requested to report incidents to our legal team

Health Card QR code page

Before the QR code can be displayed, the viewer is asked to agree to the following:

I understand I am about to view sensitive health information in order to treat and/or assist this person in matters of their health.

I confirm I will **respect their privacy** in respect of this data and **not copy or share the information without further consent** other than with other health professionals treating this individual.

Then your QR page will show only the items from your record that you have chosen to display.

For example:

👤 RECORD FOR: ANNETTE HAPPY



Emergency Contacts ICE for medical professionals.	Health Conditions ¹ Illness and disabilities.	Allergies ¹ Hyper sensitivities and aversions.
Medication & Supplements Pills, Oils, Consumables.	Vaccinations ¹ Pharmaceutical disease control.	Covid Test ¹ PCR, LFT, Antibodies etc..
Surgeries & Procedures Medical Operations and interventions.	Scans & Investigations MRI, CT Scans, X-ray etc..	Blood Tests Investigations and results.
Emergency Information Advanced medical decisions.	Menstruation Changes Abnormalities and Changes.	Pregnancy ¹ Monitoring conception to outcome.

Emergency Contacts

No emergency contacts recorded

Health Conditions

Condition	Severity	Start Date	End Date
Anaemia - Other / Not Specified	Mild	2023-02-01	

Surgeries & Procedures

No surgeries or procedures recorded

Scans & Investigations

No scans or investigations recorded

Blood Tests

No blood tests recorded

Emergency Information

I do **not** consent to being an Organ Donor.
 I do **not** consent to receiving any blood product including red cells, white cells, platelets or plasma.
 I do **not** consent to receiving platelets.
 I do **not** consent to any test for Covid-19.

I can confirm that the above refusals of treatment are to apply in the event that I lack the capacity and am no longer able to communicate or make these decisions, **UNLESS** my life is at risk or maybe shortened as a result.

Menstruation Changes

No menstruation changes recorded.

Pregnancy

Conception Date	Pregnancy Outcome	Outcome Date
2023-02-01		

If you lose your card

- If you lose any of your cards, you can disable the QR code so it cannot be scanned by anyone who finds it:
- Go to your cards
- Choose CANCEL for the card you have lost.

The option to Cancel will only be available for cards that have been printed and posted. Before this, you have the option to REMOVE a card, which will permanently delete it from the system.

- To reinstate your QR code, you can simply uncanceled it.

Health Cards (1)



Language: ENG

 [View QR page](#)

 [Cancel](#)

 [Remove](#)

Durable printed cards

As a thank you to our vital, funding Associates, we send them complimentary durable, printed versions of their cards, they simply pay postage and packaging costs.

After setting up your Associate subscription, you will see the green Order button on your Dashboard.

Order your cards

- You will find the link to order your cards under the Associate banner - **Printed Card Orders**
- or, scroll to below your participants and click the green **ORDER PRINTED CARDS** button

Printed Card Orders

ORDER PRINTED CARDS

Date Ordered	Last Updated At	Status	Printed By	Cards
None.				

Orders per page: 3 | 0 of 0

- Enter your delivery address
- Select the cards you want delivered by clicking on them - selected cards show a large green tick - **cards without a tick will not be ordered**
- Press the orange **Order Printed Cards** button
- Postage is charged, so do be sure to order all your cards in one go to make it cheaper.

Order Cards x

Click on the cards you want to order.
Note: cards that have been ordered are unavailable to reorder until they have been processed by the admin team.

Study Cards

Vaccine Control Group

PARTICIPANT NAME
Jessica Healthy

PARTICIPANT ID
IVBGMJZBJFYAA KNAG

MISSING VACCINATED
Vaccine study and efficacy study participant.

Health Cards

Health Card

PARTICIPANT NAME
Jessica Healthy

IN CASE OF EMERGENCY
SCAN QR CODE

Delivery Address

Deliver to name

Address line 1

Address line 2

Address line 3

City State

Country Postcode

Telephone Number (Only required for South Africa)

Postage & Packaging costs

LOCATION	UPTO 8 CARDS	OVER 8 CARDS
UK	£4.95	£9.95
EU	£5.95	£11.95
ROW*	£5.95	£11.95
ZA	£12.45	£12.45

* Rest Of the World

Total: 1 cards selected

Cancel
ORDER PRINTED CARD(S)

Your card order summary (below the participant cards on the Dashboard) will show all cards ordered.

Card Orders

ORDER

Date Ordered	Last Updated At	Status	Printed By	Cards
2023-06-20 04:21 PM	2023-06-20 04:21 PM	Paid		Study Card: ENG - Jessica Healthy - MNWMCREQYFRZ9FVDDRJBVEV Health Card: ENG - Jessica Healthy - MNWMCREQYFRZ9FVDDRJBVEV Health Card: ENG - Suzy Healthy - JVE4OZFY7QRMJU7WPXBUTA

The status will change to show when the cards have been printed and dispatched.

Card Orders ORDER

Date Ordered	Last Updated At	Status	Printed By	Cards
2023-06-20 04:21 PM	2023-06-22 02:28 PM	Dispatched	diny	Study Card: ENG - Jessica Healthy - MNWMCREQYFRZ9FVDDRJBEV Health Card: ENG - Jessica Healthy - MNWMCREQYFRZ9FVDDRJBEV Health Card: ENG - Suzy Healthy - JVE40ZFY7QRMJU7WPXBUTA

Postage costs

Postage costs vary depending on your country and the number of cards being ordered. You will find a table listing the costs on the order cards page as shown below.

Postage & Packaging costs		
LOCATION	UPTO 8 CARDS	OVER 8 CARDS
UK	£4.95	£9.95
EU	£5.95	£11.95
ROW*	£5.95	£11.95
ZA	£12.45	£12.45

* Rest Of the World

How long do cards take to arrive?

We aim to print and dispatch your cards within 24 hours of you creating them (or 48 over the weekend).

Sometimes it is difficult to source print ribbons and cards, which can slow things down.

Once they have been dispatched, we have no control over the post. Postal services vary, country to country. A useful resource is the Royal

Mail <https://www.royalmail.com/sending/international/international-standard>

We are currently finding that UK / Europe can take up to 3 weeks and other areas up to 6 weeks, so please do not ask us to resend cards until those time periods are up. You can see when your card was dispatched on your Dashboard, below your profile cards.

If you have not received your card within the above time period for your region, please contact [SUPPORT](#) to let us know and we will print replacement cards.

Do remember that you can use your digital IDs as saved photos or files while your plastic cards are on their way. The QR code will confirm that you are a registered participant of the Control Group.

South Africa

Because of the postage difficulties in South Africa, we print the cards in the country. A higher delivery cost is charged because we have to use couriers, and a telephone number is required for this service.

I have not received my card

Only subscribing Associates can order durable, printed cards.

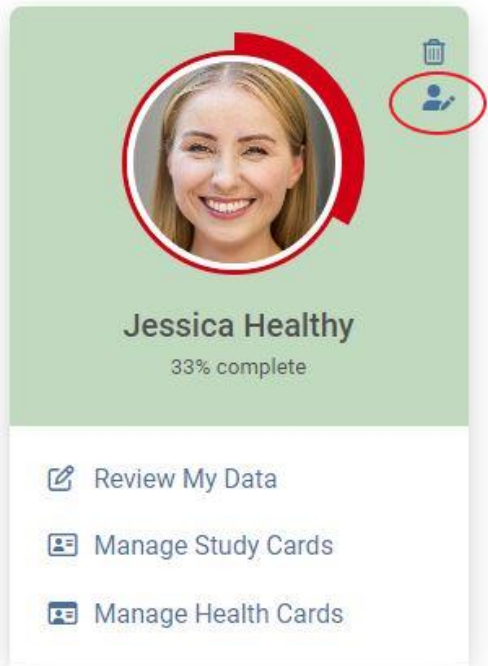
If you have ordered your card (including entering your delivery address and paying for postage) but it has not arrived in the expected time, please check the following before contacting us.

- Have you allowed 24-48 hours after subscribing for your card to be dispatched.
- Check for delivery delays by the Royal Mail or your own postal service.
- We will not print cards without photos, or with cartoons or other unsuitable images - we will email you if there is an issue with your image
- Check you have entered your delivery address correctly
- Your payment did not fail

Change participant name

You can change your participant name on the Participant Dashboard, or when you review your data.

- To change the name of a participant in your dashboard, click on the EDIT icon.



- This will take you to the Edit PHOTO form
- Type or edit the name and press the orange **SAVE CHANGES** button.
- The name will change and you will be returned to the dashboard.

✎ Edit: **Photo ID** details ×

Participant Name *


Jessica Healthy

New Photo




Choose File No file chosen

Cancel **SAVE CHANGES**

- To change the name of a participant when you review your data, click on **REVIEW MY DATA**.

 RECORD FOR: **Jessica Healthy** [edit](#)

Below is your Health Record compiled into helpful sections. Please return regularly to keep this information as up-to-date as possible.

 Health Conditions Illness and disabilities.	 Allergies Hyper sensitivities and aversions. Add Allergy or No Allergies to report	 Medication & Supplements Pills, Oils, Consumables. Add or Not taking anything
---	---	--

- Click the **EDIT** link at the top, next to the participant name

 RECORD FOR:  [cancel](#)

- Make the name changes and press the orange **SAVE** button.

Manage Account Settings

The owner of the account can change their account settings and payment options from this screen.

- Click the **cog** icon to access your account settings.



Account Settings Page

⚙ Account Settings	
User Name:	██████████ edit
Password:	Change password
Email Address:	██████████
Preferred Email:	None (migrated from legacy system)
Telegram ID:	None edit
Subscription ID:	
Subscription Status:	
Account Location:	Eastbourne, United Kingdom Location type: Suburban Update Location
Email Preferences	<input checked="" type="checkbox"/> Receive Monthly Update Reminders <input type="checkbox"/> Receive Adhoc News / Webinar Invitations

User Name

This is the username that you set when you created the account and we use this name when we email you.

To change your username

- Click the **edit** link next to your username
- Type your new username in the box
- Press the red **SAVE** button to confirm, or CANCEL

User Name: **SAVE** cancel

Password

This is the password that you use to login to your account. To change your password

- Click on the **Change Password** link
- Enter your current password
- Enter your new password and enter it again to confirm
- Press the orange **REQUEST PASSWORD RESET** button

CHANGE PASSWORD

Current Password

New Password

Confirm New Password

Cancel **REQUEST PASSWORD RESET**

You will be taken back to the Dashboard and the following notice will confirm your password change.

✓ Successfully updated password ×

Email Address

This is the email address that you created your account with and it is the one we will contact you on. At present, it cannot be changed - however, we hope to be able to enable you to change it in the near future.

Preferred Email

This is a setting from version 1.0 that allows users to add a new email address to receive communications, such as the newsletter, from us on. At present it cannot be added to or changed.

Telegram ID

When you add your Telegram ID, it gives us an alternative way to contact you when our emails are being blocked.

Subscription ID

If you choose to become a funding Associate, your subscription ID will display here.

⚙️ Account Settings	
User Name:	FFSMedia@protonmail.com edit
Password:	Change password
Email Address:	ffsmedia@protonmail.com
Preferred Email:	None (migrated from legacy system)
Telegram ID:	None edit
Subscription ID:	sub_1NolqfKaA9S2tfI8bcJmXjz
Subscription Status:	active Manage Subscription / Billing
Account Location:	<p>Eastbourne, United Kingdom</p> <p>Location type: Suburban</p> <p>Update Location</p>
Email Preferences	<p><input checked="" type="checkbox"/> Receive Monthly Update Reminders</p> <p><input type="checkbox"/> Receive Adhoc News / Webinar invitations</p>

Subscriptions

Associate subscriptions will show as Active or Cancelled.

To cancel a subscription.

- Click the Manage Subscription / Billing link.



In the Stripe subscription management screen, you will see a **CANCEL PLAN** button. You can cancel your ongoing subscription at any time.

CURRENT PLAN

Monthly Subscriptions

£6.00 per month

Your plan renews on 10 October 2023.

 Visa •••• 4242 




Account Location

This is the geographical location you entered, it enables us to provide analytics based on approximate geographical locations, where applicable.

To change your location

- Click the **Update Location** link
- Select your **Country** from the dropdown menu
- When the **Towns/Cities** have loaded, select the one that is closest to your location
- Press the **Location Type** button that best matches where you live
- Press the orange **SAVE** button to save the changes.




 Edit: **Account Location** details ✕

Note: Updating your Location **will not** affect the Delivery Address of existing orders.

Country
United Kingdom ▼

Enter your nearest large town / city
Eastbourne ▼

Location Type ^{*}

 URBAN	 SUBURBAN	 RURAL
--	---	--

Cancel SAVE

Email Preferences

Use the slider buttons to choose which communications you receive from us.

Please note that we do not spam and we recommend you accept the monthly account update reminder emails, which also contains our newsletter.

Change Email Address

To change your email address please follow the steps below:

- Click on the account settings icon in the top menu



- Click the edit link next to your current email address

⚙️ Account Settings	
User Name:	Walter Mitty edit
Password:	Change password
Email Address:	demo@controlgroup.coop edit <input type="text"/> SAVE cancel
Telegram ID:	ControlGroupHQ edit
Subscription ID:	sub_1No1X4KaA9S2tf18zhe6kxbr
Subscription Status:	active Manage Subscription / Billing
Account Location:	Eastbourne, United Kingdom Location type: Suburban Update Location
Email Preferences	<input checked="" type="checkbox"/> Receive Monthly Update Reminders <input checked="" type="checkbox"/> Receive Adhoc News / Webinar invitations

- Enter your new email address and click the 'SAVE' button
- Once done, you will be sent an email to confirm the change and verify the new email address, check your inbox and follow the instructions in the email

Important: For security reasons email change requests are limited to 1 per hour.

You will see the following error if you try and exceed this limit.

⚙️ Account Settings	
User Name:	Walter Mitty edit
Password:	Change password
Email Address:	<input type="text" value="demo@controlgroup.coop"/> SAVE cancel ▲ Failed to send verification email. Cannot send more than 1 verification request per hour. Please try again later.

Reset Password

If you forget your password, you can reset it yourself - as long as you can remember and access the email address you used to register with.

- To **change your password** - see [MANAGE ACCOUNT SETTINGS](#)
- To **reset your password**, see below:
- Go to the Login screen and click the Password Reset link

EXISTING PARTICIPANT LOGIN

Email address

Password

Essential Cookie Consent (required)

LOGIN Not Yet Registered? Please [Register Here](#). Forgotten your password? [Password Reset](#)

On the next screen, enter the email address you registered and press the orange **REQUEST PASSWORD RESET** button

Password ×

PASSWORD RESET REQUEST

Please enter the email address that you would like to reset the password for and then click on the 'Request Password Reset' button.

Email Address

Cancel **REQUEST PASSWORD RESET**

You will see the following message:

 If the email you entered is in our database you will receive an email with a temporary password shortly. 

- If your email is registered in the system, you will receive an email with a new password to use.
- **Note: The password is case-sensitive, so ensure you copy it or type it exactly as shown in the email.**
- You can now change your password, if you wish - see [MANAGE ACCOUNT SETTINGS](#)

Account Buddies

A Control Group study buddy is someone you nominate for us to contact, should you not update your record for more than three months, and fail to respond to an initial contact email from us.

We will ask your nominated buddy to reach out to you to check you are ok and remind you to update your record. If they cannot reach you, or find that you have died, they can let us know so that we can mark your account accordingly.

This helps us to ensure health records are kept up-to-date and will help us to capture severe illness and death.

To add an Account Buddy

- Click the green ADD button, or the red, flashing Add a Buddy link

Name	Email	Status
None - Add a Buddy		

- Enter the name and email address of your Buddy in the Add Buddy form
- Press the orange **ADD BUDDY** button to confirm

Add Buddy [Close]

Please note we will send an email request to your buddy asking them to accept the buddy role and agree to us contacting them if required.


They will need to confirm the request in order to be accepted as your buddy.

Name *



Email *

Cancel **ADD BUDDY**

- Your buddy will be listed as unconfirmed until they accept your request by clicking the link in the request email.
- Buddies can be deleted from your account by clicking the red bin icon.

 Account Buddies [®]

 ADD

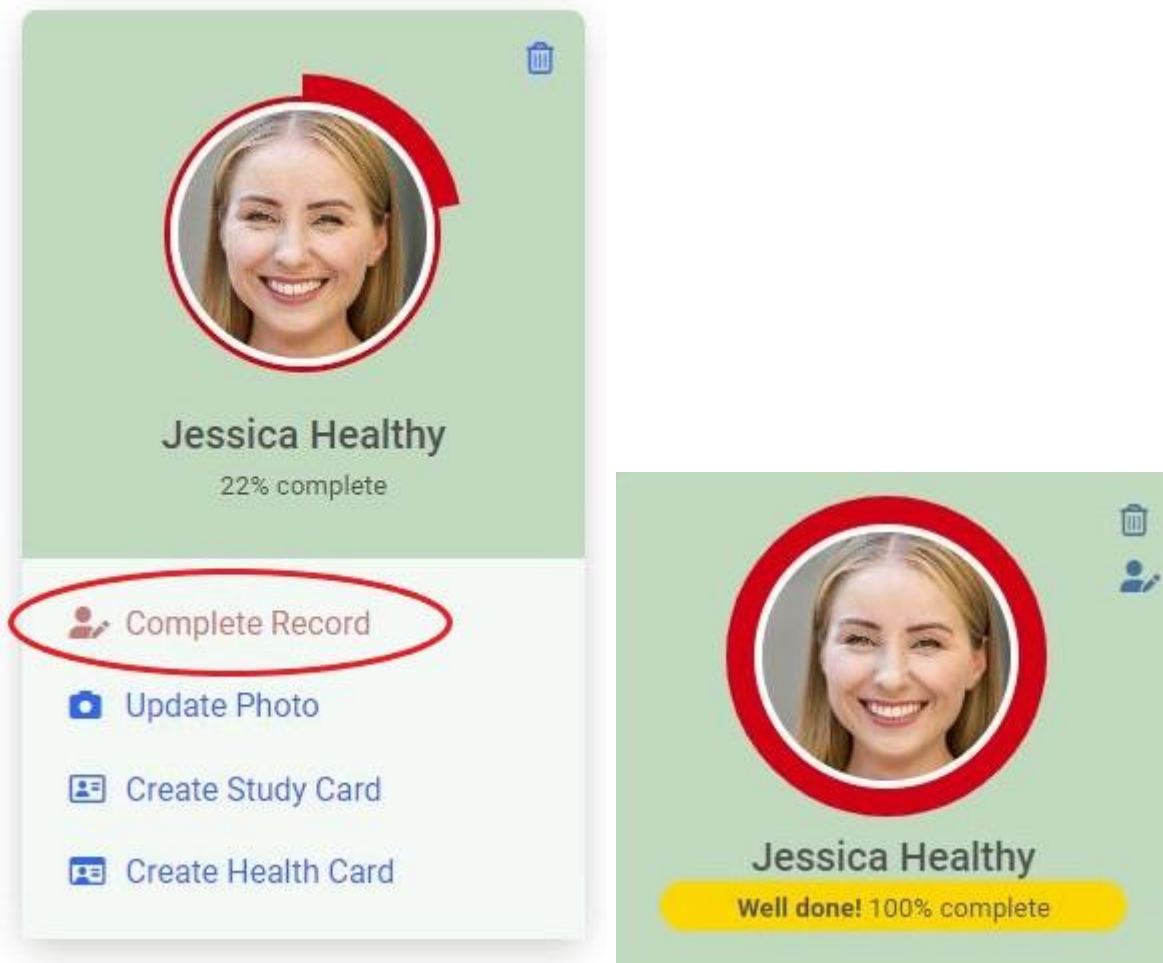
Name	Email	Status
Mrs Healthy		Unconfirmed Resend confirmation 

How to create your Health Records

Once you have created your account, and added any household participants, it is time to create your health records.

It is really important to our study that all participants update their records each month - even if it is just to let us know that they are fine and well, so that we have a consistent picture of the ongoing health of each and every participant, even the healthy ones.

- Click on **Complete Record**



- As you complete your health records, your percentage completed will increase, both as a number below your name and visually as a bar around your photo.
- The percentage and bar drop down at the beginning of each month, helping to remind you to update your records.

You will be taken to your Health dashboard, which displays a link to each section and reminders in red (in the most frequently used categories) to add your data or indicate that there is nothing to add at this time.

- To return to the Participant dashboard, click the X at the top right of the Health dashboard.
- You can also add or edit your photograph from here, using the camera icon under your picture
- Create cards by clicking on either card icon under your picture.

RECORD FOR: Jessica Healthy ✕

Below is your Health Record compiled into helpful sections. Please return regularly to keep this information as up-to-date as possible.

<p>Health Conditions Illness and disabilities. Add condition or No existing conditions</p> <p>Vaccinations Pharmaceutical disease control. Add vaccination or Never vaccinated</p> <p>Scans & Investigations MRI, CT Scans, X-ray etc..</p> <p>Diet Dietary Information. Add details</p> <p>Emergency Contacts ICE for medical professionals.</p> <p>Menstruation Abnormalities and Changes.</p>	<p>Allergies Hyper sensitivities and aversions. Add allergy or No allergies to report</p> <p>Covid Test PCR, LFT, Antibodies etc.. Add test or Never tested for Covid</p> <p>Blood Tests Investigations and results.</p> <p>Employment Work and Education. Add details</p> <p>Emergency Information Advanced medical decisions.</p> <p>Pregnancy Monitoring conception to outcome.</p>	<p>Medication & Supplements Pills, Oils, Consumables. Add or Not taking anything</p> <p>Surgeries & Procedures Medical Operations and Interventions.</p> <p>Personal Details Height, Weight etc..</p> <p>Discrimination Restrictions on personal freedoms.</p>	<p>22% complete</p> <p> </p>
---	---	---	-------------------------------------

Next, add your:

- | | |
|---|--|
| <ul style="list-style-type: none"> ▪ Health Conditions ▪ Vaccinations ▪ Medicines and Supplements ▪ Scans and Investigations ▪ Surgeries and Procedures ▪ Blood test ▪ Covid test ▪ Allergies | <ul style="list-style-type: none"> ▪ Menstruation ▪ Pregnancy ▪ Personal Details ▪ Employment ▪ Diet ▪ Discrimination ▪ Emergency Contacts ▪ Emergency Information |
|---|--|



YOUR HEALTH RECORD: Add Health Conditions

This is where you can add any conditions that have previously or are currently affecting your health; anything from a mild symptom to serious diseases.

An important aspect of this questionnaire is the ability to attribute any of these conditions to any treatment that you may have had, prior to the condition.

- From **Review My Data**, click the **Health Conditions** link to go to the Health Conditions summary box
- Click **Add Health Condition** to be taken to the Add new Health Condition form
- Or, select **No Existing Conditions** if you have nothing to add at present.

Summary of Health Conditions

This is where you will see a summary of all your logged health conditions.

You can also add a new condition by clicking the green ADD button or the red Add Condition link.

Health Conditions ADD

Condition	Start date	End date	Severity
None - Add condition or No existing conditions.			

Rows per page: 10 ▼ 0 of 0 < >

Add new Health Condition

When you choose to add a new health condition, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

RECORD FOR: JESSICA HEALTHY

Add: Health Condition [Close]

Please enter the condition you wish to log?

(select condition)

Approximately, when did the condition start?

(day) (month) (year)

What is the current severity of this condition?

(select severity)

The (select condition) drop-down is searchable:

- Click in the box and start typing the condition you want to look for - options will appear for you to choose from.
- If you cannot find your condition, you can enter it in OTHER

- As this is an evolving list, please email support@controlgroup.coop, to request any missing conditions are added.

Enter the **date** the condition began, or when you were diagnosed.

- If you cannot remember the exact date, enter an approximate date.

Select the **current severity** of the condition.

- This can be changed at any point.

If your condition is any type of Cancer, a further set of options will appear for Stage and Grade

Please enter the condition you wish to log?

Bowel Cancer (tumour) [HC-CAN155]

Cancer stages and grades

This will only show if you have selected a Cancer.

The first section asks what STAGE* was your cancer at when you were first diagnosed. This is an important question, because of the suggested rise in "turbo" cancers that are presenting with a high stage or grade at diagnosis.

- If you don't know the stage, select UNKNOWN
- If you don't want to tell us, choose PRIVATE

* (Staging is a way of describing the size of a cancer and how far it has grown)

If your condition is any form of cancer please answer the following:

At what stage were you diagnosed?

0 STAGE 0	1 STAGE 1	2 STAGE 2	3 STAGE 3	4 STAGE 4
?	UNLOCK			

The next section asks what GRADE* was your cancer when you were first diagnosed. Again, this is an important question, because of the suggested rise in "turbo" cancers that are presenting with a high stage or grade at diagnosis.

**(Tumour grade describes a tumour in terms of how abnormal its cells are when compared to normal cells. A low-grade cancer is likely to grow more slowly and be less likely to spread than a high grade one.)*

At what grade were you diagnosed?

?	🔒
UNKNOWN	PRIVATE

1	2	3
GRADE 1	GRADE 2	GRADE 3

The third part asks what STAGE and GRADE your cancer is currently at.

You can update this as your cancer changes and the progress will be stored in your record, although at present, you will only see the most recent selection.

What is your **current** stage?

0	1	2	3	4
STAGE 0	STAGE 1	STAGE 2	STAGE 3	STAGE 4

?	🔒
UNKNOWN	PRIVATE

What is your **current** grade?

?	🔒
UNKNOWN	PRIVATE

1	2	3
GRADE 1	GRADE 2	GRADE 3

Cause of health condition

If you believe the condition you have just entered was due to (caused fully, or in part by), a medication/supplement, procedure/surgery or vaccination that you have had, you can attribute it here.

Adding a cause

- Select the cause: medication (or supplement), surgery (or procedure) or vaccination



Do you believe this is due to: a vaccination, treatment, surgery or procedure?

 NO	 UNKNOWN	
 MEDICATION	 SURGERY	 VACCINATION

A new section will appear, asking if this has been confirmed by a doctor.

- Answer **YES** if you have had confirmation from a doctor, or healthcare provider
- Answer **No** if this is something you believe to be true, but have not confirmed
- Select the medication/supplement, procedure/surgery or vaccination from the ones you have entered in the list.

Has this been confirmed by a doctor?

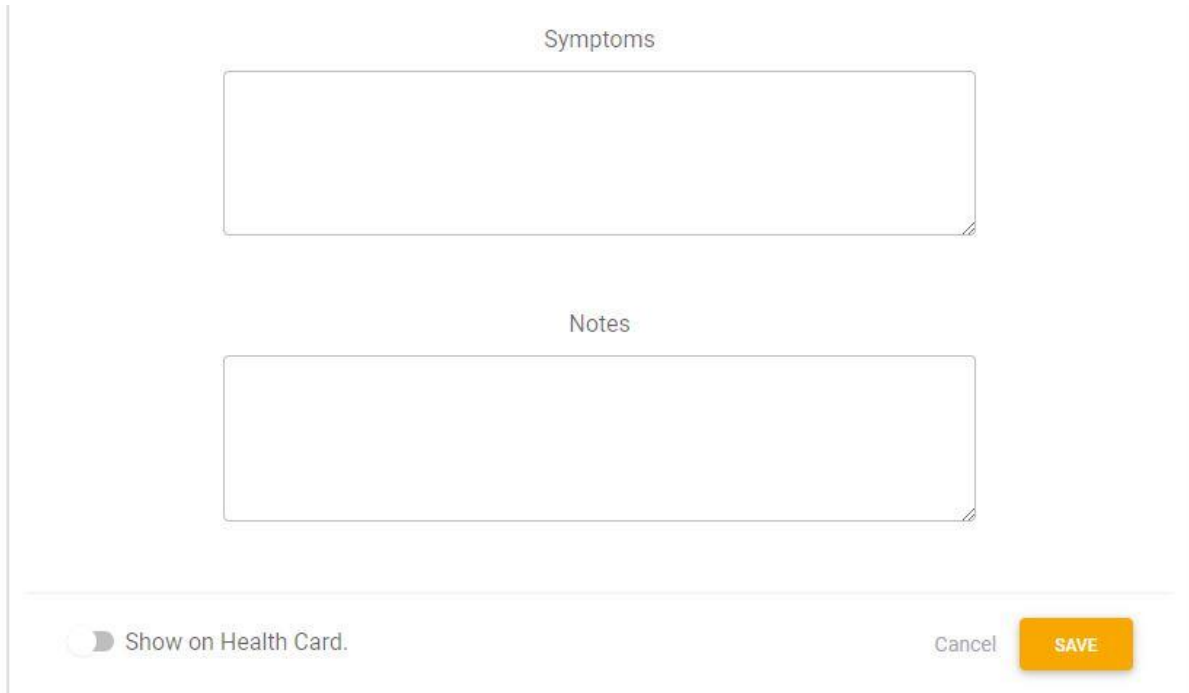
 YES	 NO
--	---

Please select the treatment

▼

Any Medication or Supplement not on the list can be added later;
then edit this record to link the two.

- Finally, enter any symptoms you want to record and notes relating to this condition.
- Click the **Show on Health Card** slider at the bottom of the form, if you want this medical condition to show on your Health Card QR page
- Press the orange SAVE button to save your record.



The screenshot shows a form with two text input areas. The top area is labeled 'Symptoms' and the bottom area is labeled 'Notes'. Below these areas is a toggle switch labeled 'Show on Health Card.' which is currently turned off. To the right of the toggle are two buttons: a grey 'Cancel' button and an orange 'SAVE' button.

My Health Condition has changed severity or resolved

If your health condition has changed in severity, or resolved, please edit your record to change the **SEVERITY**.

If you select Resolved from the **SEVERITY** list, you will be prompted to enter an **END DATE** before saving the record.

Edit a Health Condition

Once you have saved your health condition, it will appear in the Health Condition Summary box.

- To edit your health condition, click the blue edit button

Health Conditions ADD

Condition	Start Date	End Date	Severity	Last Edit	
Neutropenia	04 Oct 2022	ongoing	Moderate	19 Jun 2023	
Bowel Cancer	29 Nov 2021	ongoing	Severe	19 Jun 2023	

You have chosen to display this condition on your Health Card

Rows per page: 10 1 - 2 of 2

Delete a Health Condition

Please do not delete a health condition if you no longer have it, because this is important information that could help us build a picture of what treatments are involved in the resolution of diseases.

The only reason to delete a health condition is if you added it in error.

- If you no longer have the condition, you can edit the record and change the Severity to **RESOLVED**.
- If you select the **DELETE** icon, you will be asked if you are sure you want to delete the condition and offered the option of changing the Severity to Resolved.



YOUR HEALTH RECORD: Add Vaccinations

This is where you can add any vaccinations you have had.

- From **Review My Data**, click the **Vaccinations** link to go to the *Vaccinations summary box*
- Click **Add Vaccinations** to be taken to the *Add new Vaccination form*
- Or, select **Never Vaccinated** if you have never had any vaccinations.

Important: please read before completing your vaccinations:

For vaccinations that occurred in the past, you may not have details of the exact brand, vaccine variant or vaccine combination to hand. If that is the case, you may be able to contact your healthcare provider for a list - this is preferable. Alternatively, you can select an option with (Other) - for example 'DTP (Other)', by typing 'Other' into the search box, then selecting the closest matching vaccination.

For new vaccinations, it is important that you select the correct variant and brand - and if possible, the batch number. Ask your healthcare provider for these details when you attend.

Vaccinations summary

This is where you will see a summary of all your logged vaccinations.

You can also add a new vaccination by clicking the green **ADD** button or the red **Add Vaccination** link.

Vaccinations ADD

Vaccination	Date	Adverse Reaction	Last Edit
None - Add vaccination or Never vaccinated .			

Rows per page: 10 ▼ 0 of 0 < >

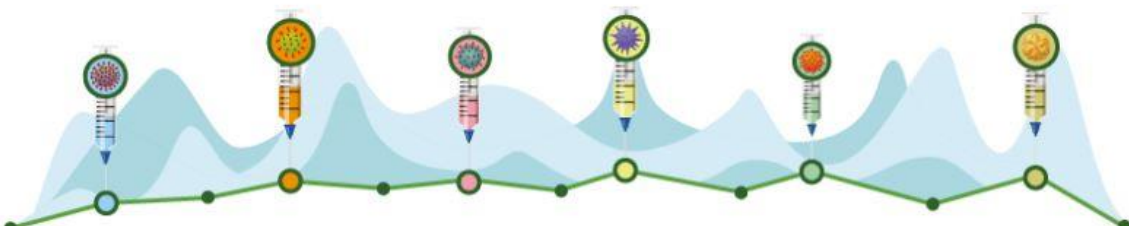
Add new Vaccination

When you choose to add a new vaccination, you will be presented with the following form:

Mandatory fields are marked with a * and you will not be able to save the form without first completing them.

RECORD FOR: ANNETTE HAPPY


+ Add: Vaccination ×



What vaccination did you have? *

(select vaccination) ▼

Batch Number / Lot Number (if known)








Date of vaccination (approximate if unknown) *

(day) ▼ (month) ▼ (year) ▼

Where did you take this vaccine? *

(select location) ▼

How was the vaccination delivered? *

 INJECTED	 ORAL	 INHALED	 INTRANASAL	 OTHER
---	---	--	---	--

Our list of vaccinations is extensive, covering combination shots as well as single vaccines by brand.

- The vaccines list is searchable by disease and by brand.
- *Other* is available for each vaccine, if you do not know which one you had
- Enter the batch number if you know it
- If your vaccine is not listed, please email support@controlgroup.coop to ask us to add it

You can, in some countries, contact your doctor for your full list of previous vaccinations, and we recommend you ask for full details of each vaccination you take in the future - including batch number.

What vaccination did you have? *

(select vaccination) ▼

polio|

- Td + Polio (Td/IVP Revaxis): Tetanus/ Diphtheria [TR-VAC111]
- Td + Polio (**Other**): Tetanus/ Diphtheria [TR-VAC112]
- DTP + Polio (Kinrix): Diphtheria/ Tetanus/ Pertussis/Whooping cough [
- DTP + Polio (Quadracel): Diphtheria/ Tetanus/ Pertussis/Whooping co
- DTP + Polio (Boostrix IVP): Diphtheria/ Tetanus/ Pertussis/Whooping c

Date of vaccination (approximate if unknown) *

- *Enter the date you had the vaccine - this can be approximate for past vaccines*
- *Select where the vaccine was administered*
- *Choose the delivery method from the buttons*
- *Select your MAIN reason for taking this vaccine*

What was your main reason for taking this vaccine? *

(select reason) ▼

Childhood vaccines

If you cannot remember which childhood vaccinations you had, there is the option to choose a generic "*Childhood vaccines*" in the vaccines list.

Vaccine mandates

If you select YES the vaccine was mandated, a further question will appear, asking who mandated the vaccine.

Was the vaccine mandated? *

 YES	 NO	 UNKNOWN
--	---	--

Who mandated the taking of the vaccine?



(select option) ▼

Rewards

If you were given any kind of reward or incentive for taking this vaccination, choose **YES**. Two new questions will appear:

- What reward were you given
- Who gave you the reward - enter the name of the company, organisation or individual who gave you the reward.

Were you given payment or reward? *

 YES	 NO
--	---

What reward were you given?

(select option) ▼

Who gave you the payment or reward?

Risks

How were the risks of the vaccination explained to you?

Knowing any risks, is part of the process of informed consent.



How were any risks explained to you? *

 VERBALLY EXPLAINED	 DETAILED LEAFLET	 OTHER	 UNKNOWN	 NO RISKS EXPLAINED
---	---	--	--	---



Medical history

Were you asked about your medical history



Were you asked about previous/current health conditions? *

 YES	 NO	 UNKNOWN
---	--	---

Were you asked about any medications you were taking? *

 YES	 NO	 UNKNOWN
--	---	--

Were you asked about any allergies? *

 YES	 NO	 UNKNOWN
--	---	--

After the vaccination

How long after administration were you asked to remain:

- < (*less than*) 15 minutes
- > (*more than*) 15 minutes
- If you cannot remember, choose **unknown**

Did you suffer a serious reaction - one that required attention from a medical practitioner, either immediately at the facility, or later on.

It is really important that any serious reactions are added to your Health Conditions and attributed to this vaccination - you can specify in Health Conditions if this was your opinion, or confirmed by a medical practitioner.

Were you asked to remain after vaccination? *

NO YES <15 MINUTES YES >15 MINUTES UNKNOWN

Did you suffer a serious reaction to this vaccination? *

NO

YES <1 HOUR YES <24 HOURS YES 24-48 HOURS YES >48 HOURS

Show on Health Card. Cancel **SAVE**

- Add this vaccination to your Health Card QR code page by clicking the Show on Health Card slider
- Click the orange SAVE button to complete.

Edit a Vaccination

Once you have saved your vaccination, it will appear in the Vaccination Summary box.

- To edit your vaccination, click the blue edit button

Vaccinations ADD

Vaccination	Date	Adverse Reaction	Last Edit	
DTP	02 Feb 2021	No	20 Jun 2023	
DTP + Polio/ Hepatitis B/ HiB	01 Mar 1995	No	20 Jun 2023	

You have chosen to display this vaccination on your Health Card Rows per page: 10 1 - 2 of 2

Delete a Vaccination

The only reason to delete a vaccination is if you added it in error.

- Select the **DELETE** icon to delete the record.





YOUR HEALTH RECORD:

Add Medication and Supplements

This is where you can add any medication or supplements you take.

- From **Review My Data**, click the **Medication and Supplements** link to go to the Medication and Supplements summary box
- Click **Add Medication and Supplements** to be taken to the Add new Medication and Supplements form
- Or, select **Not taking anything**.

Medication and Supplements summary

This is where you will see a summary of all your logged Medication and Supplements.

You can also add a new Medication or Supplement by clicking the green ADD button or the red Add Medication and Supplements link.

🔍 Medication & Supplements + ADD

📄	Medicine/Supplement	Brand	Start Date	End Date	Last Edit
None - Log Medicine/Supplement .					

Rows per page: 10 ▾ 0 of 0 < >

Add new Medication or Supplement

When you choose to add a new medication or supplement, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Medication / Supplement ×

Please select or enter the treatment or supplement you are taking? *

(select treatment) ▼

Treatment brand name (if applicable)

How often do you take this

Why are you taking this? *

(select reason) ▼

- Select your medication or supplement from the list
- The list contains top-level medications, such as pain killer, heart medication, all vitamins, a number of common nutritional supplements and named COVID protocols.
- Other is available if your medication or supplement is not listed, or
- Please email support@controlgroup.coop to ask us to add it to the list

Treatment Brand Name

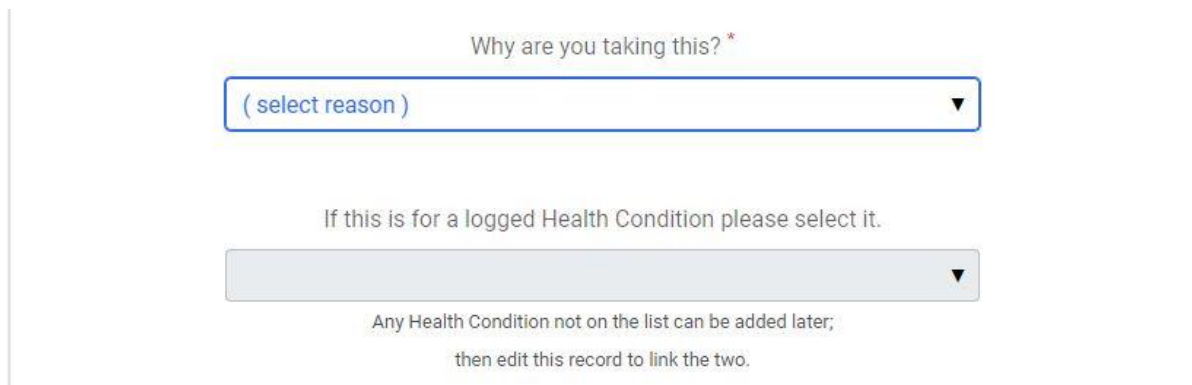
- For medications, add the type and/or brand name, for example:
If you choose Analgesic (pain killer) add the type and name (or as much information as you have) to the Brand name box - for example, Ibuprofen, NSAID

How often do you take this?

- Choose the frequency that closely matches how often you take this medication or supplement, or
- Enter a frequency in **Other**

Why are you taking this?

- If you select that you are taking this as a treatment for a medical condition, you will be given the opportunity to select a Health Condition that you have already added.
- If you have not added the medical condition, save the form, add the condition, then add it to this medication or supplement.



Why are you taking this? *

(select reason) ▼

If this is for a logged Health Condition please select it.

▼

Any Health Condition not on the list can be added later;
then edit this record to link the two.

Enter the approximate date you started this medication or supplement

- If you stop the medication or supplement, enter a stopped date
- If you leave the stopped date blank, your summary will show it as ongoing

Approximate start date of treatment.*

3 March 2023

Date stopped treatment.

(day) (month) (year)


Notes / Comments

Show on Health Card. Cancel SAVE

Show this Medication or Supplement on your Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want to show this Medication or Supplement on your Health Card QR page
- Press the orange SAVE button to save your record.

Medication & Supplements ADD

Medicine/Supplement	Brand	Start Date	End Date	Last Edit
 Folate (vitamin B9) Folic acid/ f...		Mar 2023	ongoing	21 Jun 2023

You have chosen to display this on your Health Card

Rows per page: 10 1 - 1 of 1

Edit a Medication or Supplement

Once you have saved your medication or supplement, it will appear in the Medication and Supplements Summary box.

- To edit, click the blue edit button

Delete a Medication or Supplement

The only reason to delete a medication or supplement is if you added it in error.

- Select the **DELETE** icon to delete the record





YOUR HEALTH RECORD: Add Scans and Investigations

This is where you can add any scans or investigations you have had.

- From **Review My Data**, click the **Scans and Investigations** link to go to the Scans and Investigations summary box

Scans and Investigations summary

This is where you will see a summary of all your logged scans and investigations.

You can also add a new scan and investigation by clicking the green ADD button or the red Add scan/investigation link.

Scans & Investigations + ADD

Scan/Investigation	Date	Result	Last Edit
None - Add Scan/Investigation.			

Rows per page: 10 ▼ 0 of 0 < >

Add new Scan or Investigation

When you choose to add a new scan or investigation, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Scan/Investigation ✕

What scan or investigation did you have? *

(select scan/investigation) ▼

If this is for a logged Health Condition please select it

Any Health Condition not on the list can be added later;
then edit this record to link the two.

Approximately, when did you have the scan or investigation? *

(day) ▼ (month) ▼ (year) ▼

What was the result? *

SIGNIFICANT FINDINGS NO SIGNIFICANT FINDINGS UNKNOWN

- Select the scan or investigation from the list
- If the scan or investigation is not listed, please email: support@vaxcontrolgroup.com to ask us to add it
- Enter the approximate date you had this scan or investigation

This is for a logged Health Condition

If this scan or investigation is for or because of a Health Condition you have logged, you can attribute it here.

Please Note: if you have not yet added the health condition to the system, complete the rest of the form. Save the form. You can edit the form to add the attributed treatment later.

What was the result?

- Select the appropriate result button
- You can add details to the notes section
- *We aim to add a facility for you to upload any scans and documents to your record*

Show this surgery or procedure on your Health Card



Test result values/details

Show on Health Card.

Cancel SAVE

- Click the **Show on Health Card slider** at the bottom of the form, if you want this scan or investigation to show on your Health Card QR page
- Press the orange **SAVE** button to save your record.





Edit a Scan or Investigation

Once you have saved your scan or investigation, it will appear in the scans and investigations Summary box.

- To edit, click the blue edit button

Scans & Investigations

ADD

Scan/Investigation	Date	Result	Last Edit	
CT Scan / CAT Scan (Compute...	03 Jun 2023	Significant findings	26 Jun 2023	 
ECG / EKG (Electrocardiogram)	03 Jun 2023	No significant findings	26 Jun 2023	 

Rows per page: 10 1 - 2 of 2

Delete a Scan or Investigation

The only reason to delete a surgery or procedure is if you added it in error.

- Select the **DELETE** icon to delete the record.





YOUR HEALTH RECORD: Add Surgeries and Procedures

This is where you can add any surgeries or procedures you have had.

If your surgery or procedure was an investigation, such as a biopsy, this should be recorded in Scans and Investigations.

- From Review My Data, click the Surgeries and Procedures link to go to the Surgeries and Procedures summary box

Surgeries and Procedures summary

This is where you will see a summary of all your logged surgeries and procedures.

You can also add a new surgeries and procedures by clicking the green **ADD** button or the red **Add surgeries/procedure** link.

Surgery/Procedure	Date	Last Edit
None - Log Surgery/Procedure.		

Add new Surgery or Procedure

When you choose to add a new surgery or procedure, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Surgery/Procedure ×

What surgery or procedure did you have? *

(select surgery/procedure) ▼

If this is for a logged Health Condition please select it

▼

Any Health Condition not on the list can be added later;
then edit this record to link the two.

Approximately, when did you have the procedure? *

(day) ▼

(month) ▼

(year) ▼

Notes

Show on Health Card. Cancel SAVE

- Select the surgery or procedure from the list
If the surgery or procedure is not listed, please email support@controlgroup.coop to ask us to add it
- Enter the approximate date you had this surgery or procedure

Show this surgery or procedure on your Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want this surgery or procedure to show on your Health Card QR page
- Press the orange **SAVE** button to save your record.

Is this for a logged Health condition?

If this surgery or procedure is for or because of a Health Condition you have logged, you can attribute it here.




Please Note: if you have not yet added the health condition to the system, complete the rest of the form. Save the form. You can edit the form to add the attributed condition later.

Edit a Surgery or Procedure

Once you have saved your surgery or procedure, it will appear in the surgery and procedures Summary box.

- To edit, click the blue edit button

Surgeries & Procedures ADD

 Surgery/Procedure	Date	Last Edit	
Artery Bypass	02 Apr 2021	23 Jun 2023	 

Rows per page: 10 1 - 1 of 1

Delete a Surgery or Procedure

The only reason to delete a surgery or procedure is if you added it in error.

- Select the **DELETE** icon to delete the record.



YOUR HEALTH RECORD: Add Blood Tests

This is where you can add any blood tests you have had.

Covid antigen blood tests should be recorded with Covid Tests.

- From **Review My Data**, click the **Blood Tests** link to go to the Blood tests summary box
- Click **Add Blood tests** to be taken to the **Add new Blood tests** form

Blood Tests summary

This is where you will see a summary of all your logged blood tests.

You can also add a new blood test by clicking the green **ADD** button or the red Add Blood Test link.

Test	Date	Result	Result Details	Last Edit
None - Add Blood Test.				

Rows per page: 10 0 of 0

Add new Blood Test

When you choose to add a new blood test, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Blood Test ×

COVID antibody/antigen tests should be reported in the [COVID Tests section](#).

Please select the blood test you wish to log. *

(select blood test) ▼

If this is for a logged Health Condition please select it.

▼

Any Health Condition not on the list can be added later;
then edit this record to link the two.

Date of blood test (approximate if unknown) *

(day) ▼ (month) ▼ (year) ▼

Test result *

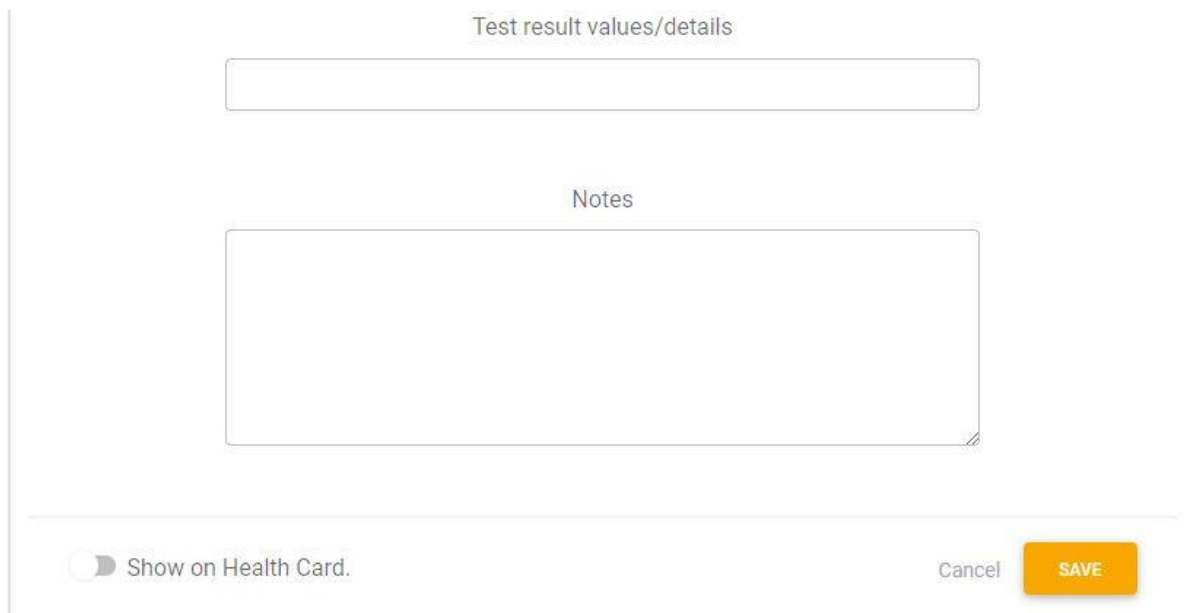
 LOW	— NORMAL	 HIGH	 UNKNOWN
---------	-------------	----------	-------------

Test result values/details

- Select the test you took from the list
If the test you took is not listed, please email support@controlgroup.coop to ask us to add it
- Enter the approximate date you took this test

What was the result?

- Select the appropriate result button
- You can add details to the notes section
- We aim to eventually add a facility for you to upload any scans and documents to your record



Test result values/details

Notes

Show on Health Card.

Cancel **SAVE**

Is this for a logged Health Condition?

If this blood test is for or because of a Health Condition you have logged, you can attribute it here.

Note: if you have not yet added the health condition to the system, complete the rest of the form. Save the form. You can edit the form to add the attributed condition later.

Show this test on your Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want this blood test to show on your Health Card QR page
- Press the orange **SAVE** button to save your record.

Edit a Blood test

Once you have saved your blood test, it will appear in the Blood tests Summary box.

- To edit, click the blue edit button



Blood Tests

ADD

Test	Date	Result	Result Details	Last Edit	
Hemoglobin (Hb)	02 Jan 2022	High	5.6%	26 Jun 2023	 

Rows per page: 10 1 - 1 of 1

Delete a Blood Test

The only reason to delete a blood test is if you added it in error.

Select the DELETE icon to delete the record.



YOUR HEALTH RECORD: Add Covid Tests

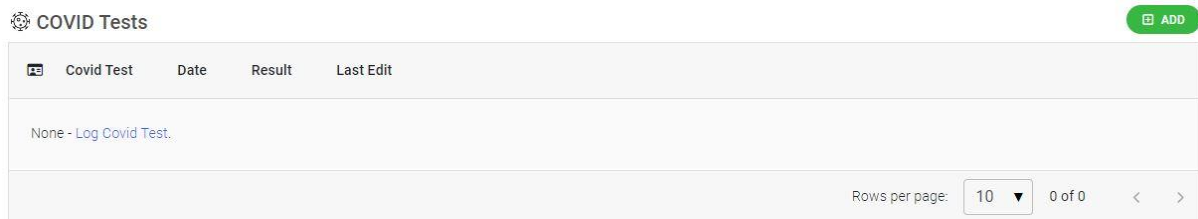
This is where you can add any Covid tests you have had.

- From **Review My Data**, click the **Covid Tests** link to go to the Covid tests summary box
- Click **Add Covid tests** to be taken to the Add new Covid tests form
- Or, select **Never tested for Covid**.

Covid Tests summary

This is where you will see a summary of all your logged Covid tests.

You can also add a new Covid test by clicking the green **ADD** button or the red **Add Covid Test** link.



Covid Test	Date	Result	Last Edit
None - Log Covid Test.			

Rows per page: 10 0 of 0

Add new Covid Test

When you choose to add a new Covid test, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

- Select the test you took from the list
If the test you took is not listed, please email support@vaxcontrolgroup.com to ask us to add it
- Enter the approximate date you took this test
- Add your test result using the result buttons

Show this test on your Health Card


- Click the **Show on Health Card** slider at the bottom of the form, if you want this Covid test to show on your Health Card QR page
- Press the orange **SAVE** button to save your record.

Edit a Covid test

Once you have saved your Covid test, it will appear in the Covid tests Summary box.

- To edit, click the blue edit button

COVID Tests ADD

Covid Test	Date	Result	Last Edit	
Covid PCR (Polymerase chain r...	01 Mar 2023	Positive	22 Jun 2023	 

Rows per page: 10 1 - 1 of 1

Delete a Covid Test

The only reason to delete an Covid test is if you added it in error.

- Select the **DELETE** icon to delete the record



YOUR HEALTH RECORD: Add Allergies

This is where you can add any allergies or intolerances you have.

- From **Review My Data**, click the **Allergies** link to go to the *Allergies summary* box
- Click **Add Allergies** to be taken to the *Add new Allergies* form
- Or, select **No Allergies to report**.

Allergies summary

This is where you will see a summary of all your logged allergies.

You can also add a new allergy by clicking the green **ADD** button or the red **Add Allergy** link.

👤 Allergies ADD

📄 Allergy/Sensitivity	Start Date	End Date	Severity	Last Edit
None - Add allergy or No allergies to report .				

Rows per page: 10 ▼ 0 of 0 < >

Add new Allergy

When you choose to add a new allergy, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

Edit: Allergy / Sensitivity details

What are you allergic to? *

Gluten

Approximately, when did the allergy first start? *

March 2020

Approximately, when did the allergy end?

(month) (year)

How severe is your allergy? *

MILD MODERATE SEVERE RESOLVED

Show on Health Card. Cancel **SAVE**

- Select your allergy from the list
- Other is available if your allergy is not listed, or
- If your allergy is not listed, please email support@controlgroup.coop to ask us to add it

Add the date your allergy started

- If you don't know exactly when your allergy began, please enter the closest approximate date.
- If you still have the allergy, leave the end date blank - this will show as ONGOING in your Allergy summary

Show this allergy on your Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want this allergy to show on your [Health Card QR page](#)
- Press the orange SAVE button to save your record.

My allergy severity has changed, or got better

- If your allergy has changed in severity, or resolved, please [edit your record](#) to change the **HOW SEVERE IS YOUR ALLERGY**.
- If you select Resolved from the **HOW SEVERE IS YOUR ALLERGY** list, you will be prompted to enter an **END DATE** before saving the record.

Edit an Allergy

Once you have saved your allergy, it will appear in the Allergy Summary box.

- To edit your allergy, click the blue edit button

Allergies ADD

Allergy/Sensitivity	Start Date	End Date	Severity	Last Edit	
Gluten	Mar 2020	ongoing	Moderate	20 Jun 2023	
Pollen	Feb 2010	ongoing	Mild	21 Jun 2023	

You have chosen to display this allergy on your Health Card Rows per page: 10 1 - 2 of 2 < >

Delete an Allergy

The only reason to delete an allergy is if you added it in error.

Select the **DELETE** icon to delete the record.



YOUR HEALTH RECORD: Add Menstruation Changes

This section will only appear for participants who record their sex as FEMALE.

It is where you can add any changes that you have noticed in your menstrual cycle.

- From **Review My Data**, click the **Add Menstruation Changes** link to go to the Blood tests *summary box*
- Click **Add Menstruation Changes** to be taken to the *Add new Blood tests form*

Menstruation Changes summary

This is where you will see a summary of all your logged menstruation changes.

You can also add a new blood test by clicking the green **ADD** button or the red **Add Menstruation Changes** link.

🔍 Menstruation Changes + ADD

📄	Menstruation Changes	Caused By	Date	Last Edit
None - Add Menstruation Changes.				

Rows per page: 10 ▼ 0 of 0 < >

Add new Menstruation Change

When you choose to add a new menstruation change, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Menstruation Change ✕

What has changed?

<input type="checkbox"/> Significant cycle changes [HC-MEN001]	<input type="checkbox"/> Menstruation absent / missed period [HC-MEN002]
<input type="checkbox"/> Menstruation returned after menopause [HC-MEN003]	<input type="checkbox"/> Heavier than usual [HC-MEN005]
<input type="checkbox"/> Lighter than usual [HC-MEN006]	<input type="checkbox"/> Spotting / bleeding between periods [HC-MEN007]
<input type="checkbox"/> Menstruation delayed / late period [HC-MEN008]	<input type="checkbox"/> More clotting than usual [HC-MEN009]
<input type="checkbox"/> More painful than usual [HC-MEN010]	<input type="checkbox"/> Colour change - darker [HC-MEN011]
<input type="checkbox"/> Colour change - lighter [HC-MEN012]	

Other

What do you believe is causing the changes?

<input type="checkbox"/> Medical condition	<input type="checkbox"/> Stress	<input type="checkbox"/> Menopause
<input type="checkbox"/> Medication	<input type="checkbox"/> Vaccination	<input type="checkbox"/> Contraception
<input type="checkbox"/> Pregnancy	<input type="checkbox"/> Miscarriage	<input type="checkbox"/> Unknown

Other

- Click to select the changes that have occurred this cycle, or
- Type the change in the OTHER box
- If the change you have noticed is not listed, please email support@controlgroup.coop to ask us to add it

Reason for Changes

- Select the reason you believe is causing, or affecting the change, or -
- Type the reason in the OTHER box
- Select the month these changes occurred
- You should do this each month that you notice changes in your menstruation

Calendar icon

Date *

(month) (year)

Show on Health Card.

Cancel SAVE

Show this Menstruation Change on your Health Card

Click the **Show on Health Card** slider at the bottom of the form, if you want this blood test to show on your [Health Card QR page](#)

Press the orange SAVE button to save your record.

Edit a Menstruation Change

Once you have saved your menstruation change, it will appear in the Menstruation Changes Summary box.

- To edit, click the blue edit button

🔍 Menstruation Changes ADD

📄 Menstruation Changes	Caused By	Date	Last Edit	
Heavier than usual, More clotti...	Unknown	Feb 2023	29 Jun 2023	✎ 🗑

Rows per page: 10 1 - 1 of 1 < >

Delete a Menstruation Change

The only reason to delete a menstruation change is if you added it in error.

- Select the **DELETE** icon to delete the record.





YOUR HEALTH RECORD: Add Pregnancy

This is where you will see a summary of all your logged pregnancies.

You can also add a new pregnancy by clicking the green **ADD** button or the red **Add Pregnancy** link.

🔗 Pregnancy ADD

📅	Conception date	Pregnancy outcome	Pregnancy outcome date	Gestation (weeks)	Last Edit
None - Add Pregnancy .					

Rows per page: 10 ▾ 0 of 0 < >

Add new Pregnancy

When you choose to add a new pregnancy, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: **Pregnancy** details
×

Was the biological father Covid vaccinated prior to conception? *

✓
YES

✗
NO

?
UNKNOWN

Did he have any other mRNA vaccinations prior to conception? *

✓
YES

✗
NO

?
UNKNOWN

Approximate date of conception *

(month) ▼

(year) ▼

Pregnancy outcome

(select option) ▼

- Was the biological father Covid vaccinated? If you don't know, choose UNKNOWN
- The same with other mRNA vaccinations or treatments
- Select the month and year of conception

Pregnancy outcome

- If you are still currently pregnant, leave the outcome date blank.
- You can record a live birth, an unviable pregnancy, miscarriage, termination and also, death of an infant shortly after a live birth.

When you record a LIVE BIRTH, a further set of questions will appear about your baby.

Pregnancy outcome

Live birth - vaginal ▼



Outcome date

(month) ▼ (year) ▼



Gestation (to nearest week)



Breastfeeding?

<input checked="" type="checkbox"/>	<input type="checkbox"/>
YES	NO

Weeks breastfed



Birth weight (kg)

Including if your baby was born with any congenital conditions.

Was your baby born with any of the following conditions?

<input type="checkbox"/> Malformation of the nervous system	<input type="checkbox"/> Malformation of the eye, ear, face and neck
<input type="checkbox"/> Malformation of the circulatory system	<input type="checkbox"/> Malformations of the respiratory system
<input type="checkbox"/> Cleft lip and cleft palate	<input type="checkbox"/> Malformations of the digestive system
<input type="checkbox"/> Malformations of the genital organs	<input type="checkbox"/> Malformations of the urinary systems
<input type="checkbox"/> Malformations of limbs	<input type="checkbox"/> Chromosomal abnormalities

Other Congenital Disorder

Logging Pregnancy specific Health Conditions

In the final section of the form, you can keep a log of any health conditions that occur during your pregnancy.


- Leave this blank if you do not have any pregnancy specific health conditions.
- If the health condition you have is not listed, please email support@controlgroup.coop and we can add it.

When you first create a pregnancy, you will only be able to select one health condition from the drop-down box. You can edit the form to add more.

- Choose your health condition
- Select the date it started

Pregnancy Conditions

(select option)



Start date

(month) (year)

Notes

Show on Health Card. Cancel **SAVE**

Show this Pregnancy on your Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want this blood test to show on your [Health Card QR page](#)
- Press the orange **SAVE** button to save your record.

Edit a Pregnancy

Once you have saved your pregnancy, it will appear in the Pregnancy Summary box.

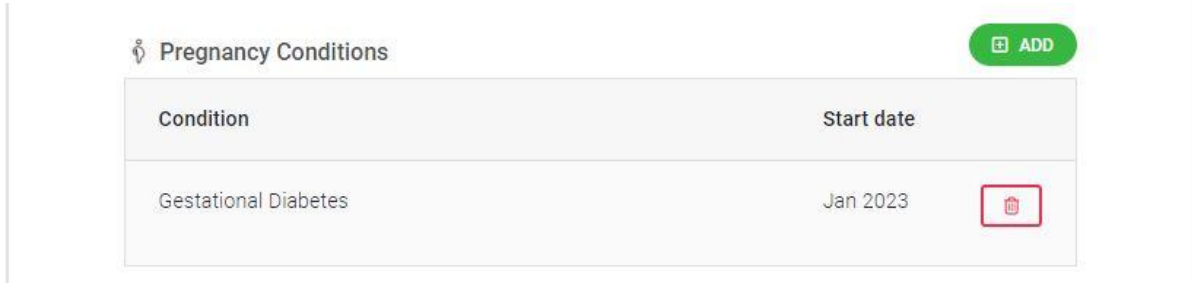
- To edit, click the blue edit button

Pregnancy ADD

Conception date	Pregnancy outcome	Pregnancy outcome date	Gestation (weeks)	Last Edit
Jan 2023				29 Jun 2023

Rows per page: 10 1 - 1 of 1

- Inside the form, add a new pregnancy specific health condition by clicking the green ADD button
- You can now add as many of these as you need
- When you have finished, save your changes using the orange SAVE button



Delete a Pregnancy

The only reason to delete a pregnancy is if you added it in error.

- Select the **DELETE** icon to delete the record.



YOUR HEALTH RECORD: Edit Personal Details

Your personal details were entered when you created your account. These basic statistics enable our researchers to group and analyse participant data by body type, blood group, or sex, where required. This can be particularly important, because certain health conditions affect certain blood groups, body weights or sexes differently.

- From **Review My Data**, click the **Personal Details** link to go to the Personal Details *summary box*
- Click **Edit Personal Details** to be taken to the *Edit Personal Details form*

Personal Details summary

This is where you will see a summary of all your logged personal details.

You can edit them by clicking the blue **EDIT** button.

Personal Details					EDIT
 Age 40 yrs	 Sex Female	 Height 168.0 (cm)	 Weight 138.0 (kg)	 Body type Average	 Blood Group A Negative


Edit Personal Details

When you choose to edit your personal details, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*


Edit: Personal Details ✕

Dimensions



How tall are you (in cm)?







[Height Conversion Chart](#)



How much do you weigh (in kg)?












[Weight Conversion Chart](#)

What would best describe your body type? *

 UNDERWEIGHT	 SLIM	 AVERAGE
 MUSCULAR	 OVERWEIGHT	 OBESE

Your Blood

What blood group are you? *

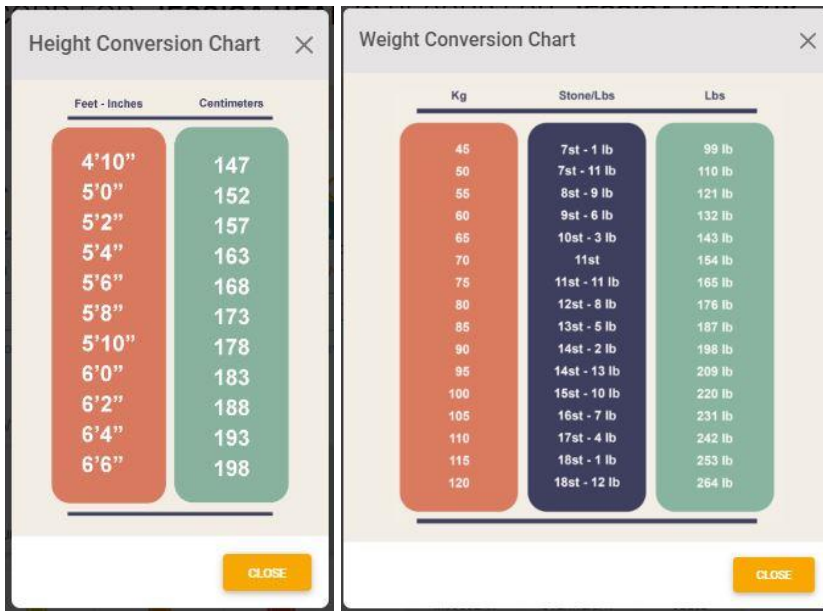
Cancel SAVE

Height and Weight

Enter your height and weight in the boxes

Click on the conversion chart links to convert to the correct units of measurement

Please note that a close estimate is adequate for both height and weight.



Body type

Select the body type button that most closely represents yours.

Blood type / group

Select your blood group button.

- If you don't know your blood group, select the blood icon with a question mark
- If you do not wish to share your blood type / group, choose the padlock icon



Press the orange **SAVE** button to save your changes.

YOUR HEALTH RECORD: Add Employment

Your employment details help our researchers to group and analyse participant data by social demographics, where required. Education level and employment type can both impact your health.

- From **Review My Data**, click the **Employment** link to go to the *Employment summary box*
- Click the red text **Add Details** link to be taken to the *Employment form*
- Click the blue **Edit Diet** button to be taken to the *Employment form*

Employment summary

This is where you will see a summary of all your logged employment details.

👤 Employment [Add details](#) ✎ EDIT

Employment status	
Occupation	
Job title	
Level of education	

Employment Status

When you choose to add your employment status, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

Edit: Employment details

What is your employment status? *

(select option)

Are you one of the following? *

(select option)

What is your job title

To what level are you formally educated? *

 HIGH SCHOOL	 HIGHER EDUCATION	
 DEGREE LEVEL	 DOCTORATE	 PRIVATE (UNDISCLOSED)

Cancel **SAVE**

Scroll through the list to find the status that most closely matches yours.

Are you one of the Following?

We have listed a number of employment types of specific interest, particularly in terms of the Covid vaccinations.

If you are not one of these, select **None of the Above** from the list.



Job Title

Type your job title into the box. This field is optional and you may leave it blank if you prefer.

To What Level are you Formally Educated?

- Please select the button that represent the highest level of education (or equivalent) you have achieved.
- If you do not wish to share your education level, choose the **PRIVATE/UNDISCLOSED** padlock icon

Press the orange **SAVE** button to save your changes.

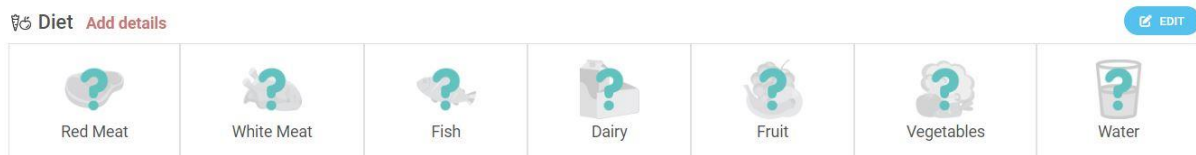
YOUR HEALTH RECORD: Add Diet

Diet statistics enable our researchers to group and analyse participant data by diet type to see if particular diets have an effect on health outcomes.

- From **Review My Data**, click the **Diet** link to go to the Diet *summary box*
- Click the red text **Add Details** to be taken to the *Diet form*
- Click the blue **Edit Diet** button to be taken to the *Diet form*

Diet summary

This is where you will see a summary of all your logged diet choices. These are unchosen to begin with.



- Select the diet buttons that most closely represent the food you regularly eat
- Press the orange **SAVE** button to save your changes.

Edit: Diet details
✕

Do you eat red meat? *

YES

NO

Do you eat white meat? *

YES

NO

Do you eat fish? *

YES

NO

Do you eat dairy? *

YES

NO

Do you eat fruit? *

YES

NO

Do you eat vegetables? *

YES

NO

Approximately what is your daily water consumption? *

NONE [PD-WTR101]

<500ML [PD-WTR102]

500ML TO 1L [PD-WTR103]

1L TO 2L [PD-WTR104]

>2L [PD-WTR105]

Cancel
SAVE

- Once complete, your choices will show in the summary.

Diet
EDIT

 Red Meat	 White Meat	 Fish	 Dairy	 Fruit	 Vegetables	 1L to 2L
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YOUR HEALTH RECORD: Add Discrimination

Record any instances of discrimination that you face, due to your medical choices.

- From **Review My Data**, click the **Discrimination** link to go to the *Discrimination summary box*
- Click the blue **Add Discrimination** link to be taken to the *Discrimination form*
- Click the green **Add** button to be taken to the *Discrimination form*

Discrimination summary

This is where you will see a summary of all your logged discrimination incidents.

Discrimination ADD


Discrimination	Organisation	Location	Date	Notes	Last Edit
None - Add Discrimination .					

Discriminations per page 0 of 0 < >

Add Discrimination


Mandatory fields are marked with a * and you will not be able to save the form without first completing them.

+ Add: Discrimination ×




Select how were you discriminated against *

(select option) ▼



Which organisation was responsible? *

Location of discrimination (town / country) *



Date occurred (approximate if unknown) *

(month) ▼ (year) ▼

Notes / Comments *

Cancel **SAVE**

- Select how you were discriminated against from the drop-down list

- Add the name of the organisation who discriminated against you
- Enter the location
- Select the month and year of the discrimination
- Use the notes box to add any details you wish to record.

Press the orange **SAVE** button to save your changes.

Delete discrimination

The only reason to delete an allergy is if you added it in error.

- Select the **DELETE** icon to delete the record.





YOUR HEALTH RECORD: Add Emergency Contact

Your emergency contact information (ICE) can be displayed on your Health Card QR page, so that they can be contacted in an emergency.

- From **Review My Data**, click the **Emergency Contact** link to go to the *Emergency Contact summary box*
- Click the **Add Emergency Contact** link to be taken to the *Emergency Contact form*
- Click the green **Add** button link to be taken to the *Emergency Contact form*

Emergency Contact summary

This is where you will see your emergency contact information.


Name	Telephone number	Contact type	LPA	Approved blood donor	Last Edit
None - Add Emergency Contact.					

Add Emergency Contact

When you choose to add a new emergency contact, you will be presented with the following form:

*Mandatory fields are marked with a * and you will not be able to save the form without first completing them.*

+ Add: Emergency Contact ×


Name of Contact *

Contact telephone number *

Contact Type *

(select contact type) ▼

Does this contact have Lasting Power of Attorney for Health? *

YES NO

Is this contact a pre-arranged, private blood donor who has a compatible blood type? *

YES NO

Show on Health Card. Cancel SAVE

Add contact details

Enter the name and telephone number of the person you nominate as your emergency contact.

Remember that you may use the card in a different country to the emergency contact (if you are on holiday, for example), so it would be useful to include the country code in their telephone number.

Select the **Contact Type** - this is how the person is connected with you.

Power of Attorney for Health

In the UK, giving someone power of attorney means that you **that person the right to make decisions about your care and welfare**. It is called a health and welfare LPA.

The terminology may differ in other countries, as could the definition and/or powers.

Select **YES** if this contact has the legal right to make decisions about your care and welfare.

Blood donor

Select **YES** if you have arranged that this contact will be a blood donor for you.

Please note, however, that in most countries it is currently, almost impossible to appoint your own blood donor.

Emergency Contacts ADD						
Name	Telephone number	Contact type	LPA	Approved blood donor	Last Edit	
Jessica Healthy	00 123 4567 89	Partner	Yes	No	11 Sept 2023	

Contacts per page: 10 1 - 1 of 1

Show on Health Card

- Click the **Show on Health Card** slider at the bottom of the form, if you want this contact to show on your [Health Card QR page](#)
- Press the orange **SAVE** button to save your record.

Delete an Emergency Contact

The only reason to delete an allergy is if you added it in error.

- Select the **DELETE** icon to delete the record.





YOUR HEALTH RECORD:

Add Emergency Information

This section allows you to advise anyone who scans your Health card, what medical treatments you **do not** want to have.

You are provided with a number of statements to choose from, the ones you select are then displayed on the QR page. You can switch statements on or off at any time.

Note: It is important to note that this is **NOT** a legal document. You are stating your choices, should you become unable to communicate them. Medical personnel should take your wishes into account, but this is not guaranteed. It may be useful to inform your emergency contact and anyone close to you of the choices you have made. Print and sign a copy of this page, with a verified witness and keep it with your personal effects, or with a person you trust to advocate for you.

Any medical choices you make in Emergency Information are automatically displayed on your QR page.

- From **Review My Data**, click the **Emergency Information** link to go to the *Emergency Information summary box*
- Click **Add Details** or **Add new Advanced Medical Decision** to be taken to the *Add new Emergency Information form*

Emergency Information summary

This is where you will see a summary of all your choices.

Add Emergency Information

When you choose to add emergency information, you will be presented with the following form:

There are no Mandatory fields on this form, everything is optional.

- Each of the statements above can be switched on or off
- The QR page only shows what is currently switched on

You can choose from the following statements:

- I do not consent to being an Organ Donor
- I do not consent to receiving an Organ transplant

- I do not consent to receiving any blood product including red cells, white cells, platelets or plasma
- I do not consent to receiving red blood cells
- I do not consent to receiving platelets
- I do not consent to receiving plasma
- I do not consent to receiving any blood product that has not come from my pre-approved blood donors
- I do not consent to any skin or bone graft
- I do not consent to receiving any stem cell transplant
- I do not consent to any test for Covid-19
- I do not consent to receiving any nasal swab test
- I do not consent to receiving any throat swab test
- I do not consent to receiving any Covid-19 vaccination
- I do not consent to receiving a vaccination of any kind
- I do not consent to mechanical ventilation for Covid-19
- I do not consent to mechanical ventilation under any circumstances

When should your choices apply?

You will also need to choose which of the following statements apply to the choices you have made:

- I can confirm that the above refusals of treatment are to apply **IN ALL SITUATIONS, even if my life is at risk** or may be shortened as a result providing, I lack the capacity and am no longer able to communicate or make these decisions for myself.
- I can confirm that the above refusals of treatment are to apply in the event that I lack the capacity and am no longer able to communicate or make these decisions, **UNLESS my life is at risk or maybe shortened as a result.**
- You can also add further information to be included on your QR page by entering it in the text box.

Show on your Health Card

- The **Show on Health Card** slider at the bottom of the form is switched on by default.



- Press the orange **SAVE** button to save your record.

Edit an Emergency Information

Once you have saved your emergency information, it will appear in the Summary box.

- To edit your emergency information, click the blue edit button

Switch off Emergency Information

You can switch off any statement at any time:

- Select the blue **EDIT** button to go to the form.
- Click the slider button
 - Left and greyed is the choice switched off and will not display on QR page
 - Right and blue is the choice switched on and will display on QR page
- **Stop all choices displaying on the QR** page by switching the slider at the bottom of the page to off

Check the Emergency Information summary box on the Review my Data page to confirm.

Monthly Update

You can update your health records at any time during each month.

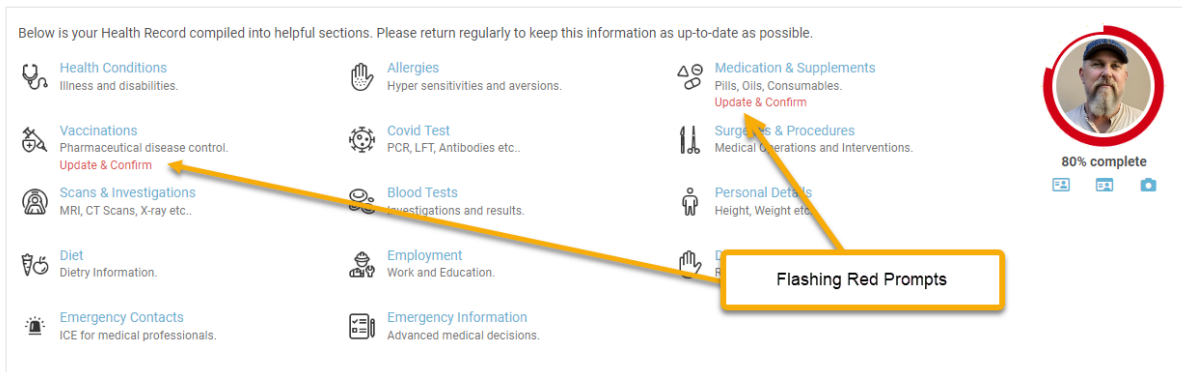
However, we do ask you to login to your account at the beginning of each month to ensure that each Household participant is 100% up-to-date, so that we can confidently include their records in our reporting. We will continue to remind you in our monthly newsletter.

Monthly Update Process

The screenshot displays the 'ACCOUNT DASHBOARD' with a green navigation bar at the top containing 'Dashboard', 'Resources', 'Community', 'Donate', 'Support', and 'Logout'. A 'CONTROL GROUP' logo is in the top left. Below the navigation bar, a blue banner reads: 'For help and support on the recent migration – check out the Migration Guides.' The dashboard features two main sections: 'Household Participants' (Confirmation of inclusion into the Control Group Study) and 'Become an Associate' (Help support our efforts and become an Associate). A yellow box labeled 'Participants Updated' points to the 'Emily Example' and 'Ed Example' cards, both showing 'Well done! 100% complete'. Below these are cards for 'Layla Healthy' (40% complete) and 'Trevor' (80% complete). A yellow callout box points to the 'Review My Data' link for Trevor, with the text: 'Click to review participants' data in order to complete the update process'.

To review each record, start at the top of the page and look for the red flashing prompts in the section overview.

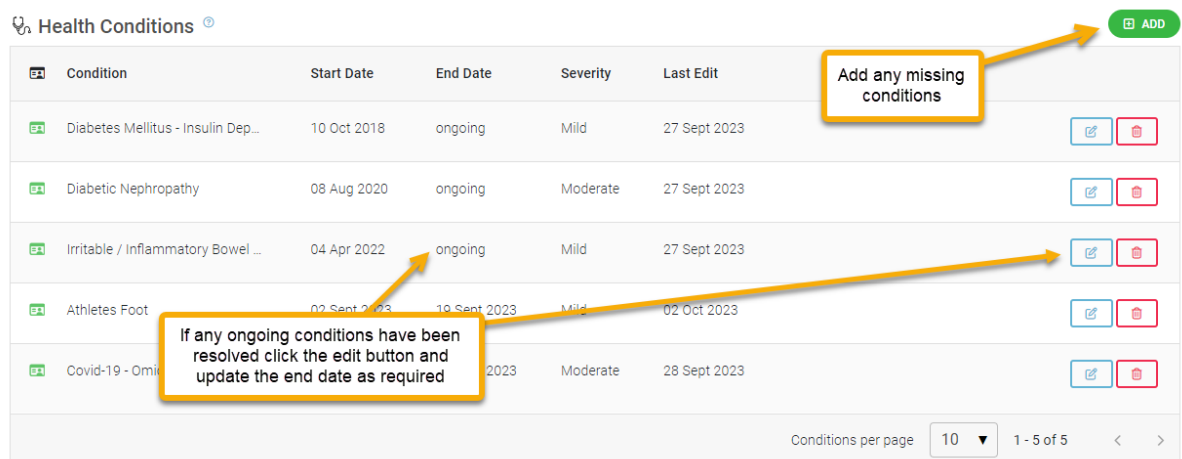
Click the prompt to go to the relevant section.



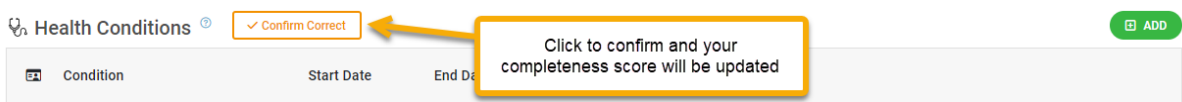
Review Health Conditions

Check that any resolved conditions have an 'End Date' populated.

Check that you have added any new health conditions that you had during the prior month and enter them if they are missing.



Once you are happy that everything is up to date and correct then click on the 'Confirm Correct' button as show in the pic below:



Your completeness score will be updated after you click on the 'Confirm Correct' button.

Review Medications and Supplements

Check any supplements or medications marked as ongoing are correct and click the edit button to update the end date if you have stopped taking this.

Medicine/Supplement	Brand	Start Date	End Date	
Vitamin D3		01 Jun 2020	ongoing	27 Sept 2023
NAC (N acetyl cysteine)		12 Sept 2023	ongoing	27 Sept 2023
Ivermectin COVID protocol + A...		12 Sept 2023	ongoing	27 Sept 2023

Check that you have logged any new medication or supplements you started taking during the month, and add the end date if not ongoing.

Once you are happy everything is complete, click on the 'Confirm Correct' button. Your completeness score will be updated after you click on the 'Confirm Correct' button.

Review Vaccinations

Check to ensure that any new vaccinations you received during the prior month have been added, if not use the 'Add' button to add them now.

Vaccination	Date	Last Edit
Childhood Vaccinations	18 Sept 1998	27 Sept 2023

Once you are happy everything is complete, click on the 'Confirm Correct' button. Your completeness score will be updated after you click on the 'Confirm Correct' button.

Below is your Health Record compiled into helpful sections. Please return regularly to keep this information as up-to-date as possible.

Health Conditions Illness and disabilities. Update & Confirm	Allergies Hyper sensitivities and aversions.	Medication & Supplements Pills, Oils, Consumables. Update & Confirm	 40% complete
Vaccinations Pharmaceutical disease control. Update & Confirm	Covid Test PCR, LFT, Antibodies etc.. Add Test or Never tested for Covid	Surgeries & Procedures Medical Operations and Interventions.	
Scans & Investigations MRI, CT Scans, X-ray etc..	Blood Tests Investigations and results.	Personal Details Height, Weight etc..	
Diet Dietary Information. Add Details	Employment Work and Education. Add Details	Discrimination	
Emergency Contacts ICE for medical professionals. Add Details	Emergency Information Advanced medical decisions. Add Details		
Menstruation Abnormalities and Changes.	Pregnancy Monitoring conception to outcome.		

If your score is still not showing as 100% complete then please look for any further flashing red prompts.

Free resources

We provide two different documents that you can use to show you are a participant in this important study.

These are both found in the Resources section from the link on the top menu when you login to your account.

You can also access our regular zoom chats and many different Telegram groups.



Letter of participation

This letter was designed to assist those participants who have not taken any Covid injections and may be facing discrimination at work or in accessing services.

The letter reads:

Dear Sir/Madam

Please be advised that the above is a member of the Control Group Study and as a participant they are compelled to remain unvaccinated for the duration of their participation in this study.

The study aims to provide long term safety and efficacy reporting of the SARS-CoV-2 mass vaccination programs and compare the health outcomes of the unvaccinated against the vaccinated population.

It is with great courage that our participants have volunteered to be part of this study, to remain unvaccinated and to contribute their health data during this time, and as such we are resolute in ensuring that they are not discriminated against as a result of their participation.

Thank you for your understanding and support

The letter is signed by one of the founders of the Control Group and by Dr. John Rogers, who is part of our Scientific Committee.

Note: You need to create a digital Vaccine Study Card first, as this will appear on the letter.

Create your letter

- From Participation Letters, select the participant you wish to create the letter for
- Press the orange Create Letter button
- Enter the name and address you want displayed on the letter in the Address box that pops up
- Choose the letter language from those available (we will be adding to this)
- Press the orange Create Letter button
- Created letters will be displayed under Downloads

Participation Letters

Create / download customised letters notifying of your inclusion with the Control Group Study for yourself or any of your dependants that you have created ID's for.

Choose participant:

[CREATE LETTER](#)

Downloads

[Jessica Healthy Participation Letter](#)

Enter Address ✕

Name on letter Language

Address line 1

Address line 2

Address line 3

City

State

Postcode

Country

[Cancel](#) [CREATE LETTER](#)

To view your letter

- Click on the created letter to download and view it.


Certificate of participation

- This certificate is designed for all Control Group members and shows your name, date of joining and the QR code that links to the confirmation on your Vaccine Study card.
- This certificate shows that the Control Group study is endorsed by the World Council for Health.

Note: You need to create a digital Vaccine Study Card first, as its QR code will appear on the letter

Create your certificate:

- From Participation Letters, select the participant you wish to create the letter for
- Choose the certificate language from those available (we will be adding to this)
- Press the orange Create Certificate button
- Created certificates will be displayed under Downloads

 Participation Certificates

Participant ▼ Language ▼

[CREATE CERTIFICATE](#)

Downloads



Legacy Monthly Reports

For those participants who joined before version 2.0

Monthly reports (what we are calling Legacy reports) are no longer required as the majority of the data they captured is now integrated in a more detailed way within each participant's record.

For example, we now have new sections where you can log any Covid Tests, if you have Covid then this should be logged with the Health Conditions section and any Covid treatment or protocols should be logged under the Medications section and linked to the relevant Covid instance. The same applies to other medications, tests and health conditions.

We have new sections for Menstruation and Fertility for our female participants.

This will reduce the workload, enabling you to update your record as soon as you need to, instead of waiting to complete a lengthy report each month, while also providing us with more detailed long-term reporting capabilities.

Legacy Monthly Reports

Report period	Date logged	
2023-7	24 Aug 2023	

Rows per page: 10 1 - 1 of 1

We have included your legacy reports in your record so we have the capability to continue to report on the important data you provided during the most volatile days of the Covid Pandemic.

Masking, mental health and lifestyle information will be requested via optional surveys which we will be introducing in the future.



THANK YOU FOR YOUR COMMITMENT AND CONTINUED SUPPORT

