

TAO (Therapy Assistance Online)
(Google Chrome will give the best user experience)

SIGN UP/REGISTER USING YOUR NEOMED EMAIL ADDRESS:

<https://us.taoconnect.org/register>

**After entering your name and clicking 'sign me up', please monitor your NEOMED email for an email verification link from TAO Connect. You will not be able to complete the registration process without verifying your email. If you do not receive the email in your inbox, check your spam/junk folder.*

LOG-IN: Use your NEOMED email address

<https://us.taoconnect.org/login>

Click here for a [2-minute explainer](#) video or see below for detailed instructions (video does not contain audio)

NAVIGATE TAO

Crisis and Emergency Help

Click on this button for local and national crisis phone numbers:

The screenshot displays the TAO Connect user interface. At the top, the 'CRISIS AND EMERGENCY HELP' button is highlighted with a red circle. Below the navigation bar, the 'Progress Measures' section shows a graph for 'Emotional Wellbeing' with a scale from -1.0 to 1.0. The graph indicates 'No Measures Taken Yet' for the 'Overall Mood' and 'Overall Score'. To the right, the 'My Badges' section features a cartoon character and text stating: 'Badges are earned when you complete course treatment activities. They will display here as you earn them.' Below this, the 'My To Do List' section contains a message: 'No treatments activities have been assigned yet. Try taking the screening instrument.' The 'Tools' section includes three items: 'Browse All Mindfulness Exercises' (Explore all the Mindfulness Exercises available), 'Browse the Log Library' (Explore all the Log Exercises available), and 'WEMWBS Emotional Wellbeing' (Taken: 0, Total: 0).

Progress Measures

As self-help modules and assessments are completed, you will see the results here:

The screenshot shows the user interface of the Northeast Ohio Medical University dashboard. At the top, there is a navigation bar with the university logo, a "CRISIS AND EMERGENCY HELP" button, and search, video, and notification icons. Below the navigation bar, the "Progress Measures" section is highlighted with a red circle. It features a card for "Emotional Wellbeing" with a line graph showing a score of 0.0. To the right of the graph, text explains the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and indicates that no measures have been taken yet. Below the graph, it shows "Last Surveys:" and "Surveys Completed: 0". To the right of the "Progress Measures" section is the "My Badges" section, which contains a cartoon leaf character and text explaining that badges are earned upon completing course treatment activities. Below these sections are "My To Do List" and "Tools". The "My To Do List" section shows a message: "No treatments activities have been assigned yet. Try taking the screening instrument." The "Tools" section contains three items: "Browse All Mindfulness Exercises", "Browse the Log Library", and "WEMWBS Emotional Wellbeing". The "WEMWBS" item shows a table with columns for "Taken" and "Total", with values of 0 and 0 respectively.

Progress Measures

Emotional Wellbeing

1.0
0.5
0
-0.5
-1.0

Last Surveys: Surveys Completed: 0

Emotional Wellbeing

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing.

No Measures Taken Yet
Overall Mood

N/A
Overall Score

My Badges

Badges are earned when you complete course treatment activities. They will display here as you earn them.

My To Do List

No treatments activities have been assigned yet. Try taking the screening instrument.

Tools

Item	Taken	Total
Browse All Mindfulness Exercises		
Browse the Log Library		
WEMWBS Emotional Wellbeing	0	0

My Badges

As self-help or assigned modules are completed, you will see the corresponding badge. You may download/print badges by clicking on the ellipses button to the right of the “My Badges” heading.

Northeast Ohio MEDICAL UNIVERSITY

CRISIS AND EMERGENCY HELP

Progress Measures

Emotional Wellbeing

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing.

No Measures Taken Yet
Overall Mood

N/A
Overall Score

Last Surveys: Surveys Completed: 0

My Badges

Badges are earned when you complete course treatment activities. They will display here as you earn them.

My To Do List

No treatments activities have been assigned yet. Try taking the screening instrument.

Tools

- Browse All Mindfulness Exercises**
Explore all the Mindfulness Exercises available
- Browse the Log Library**
Explore all the Log Exercises available
- WEMWBS**
Emotional Wellbeing

WEMWBS	Taken	Total
Emotional Wellbeing	0	0

My To-Do List

This is where you will find any activities assigned to you by your counselor or other NEOMED staff member. The to-do list will keep a running list of those activities you have begun and will indicate how much has been completed:

**The to-do list is also where you will find any self-help modules.* Click on the ellipses button to “Browse All Mindfulness Exercises” and to open the library.

The screenshot displays the NEOMED user interface. At the top left is the Northeast Ohio Medical University logo. A teal button labeled "CRISIS AND EMERGENCY HELP" is at the top center. On the right are search, menu, and notification icons. The main content is divided into three sections:

- Progress Measures:** Features a "W Emotional Wellbeing" card with a line graph (y-axis from -1.0 to 1.0) and a "No Measures Taken Yet" status for "Overall Mood". Below the graph, it shows "Last Surveys:" and "Surveys Completed: 0". A "My To Do List" link is circled in red.
- My Badges:** Shows a leaf character icon and text: "Badges are earned when you complete course treatment activities. They will display here as you earn them."
- Tools:** A list of three items:
 - Browse All Mindfulness Exercises:** "Explore all the Mindfulness Exercises available" with a play button.
 - Browse the Log Library:** "Explore all the Log Exercises available" with a play button.
 - WEMWBS:** "Emotional Wellbeing" with a table showing "Taken: 0" and "Total: 0", and a play button.

Tools

This is where you will find assessment tools such as the Happiness Scale (PHQ-9), Anxiety Scale (GAD7) or the Emotional Well-Being Scale (WEMWBS). You may also browse the self-help library here as well.

The screenshot displays the patient portal interface for Northeast Ohio Medical University. At the top, there is a navigation bar with the university logo, a "CRISIS AND EMERGENCY HELP" button, and search/notification icons. The main content area is divided into several sections:

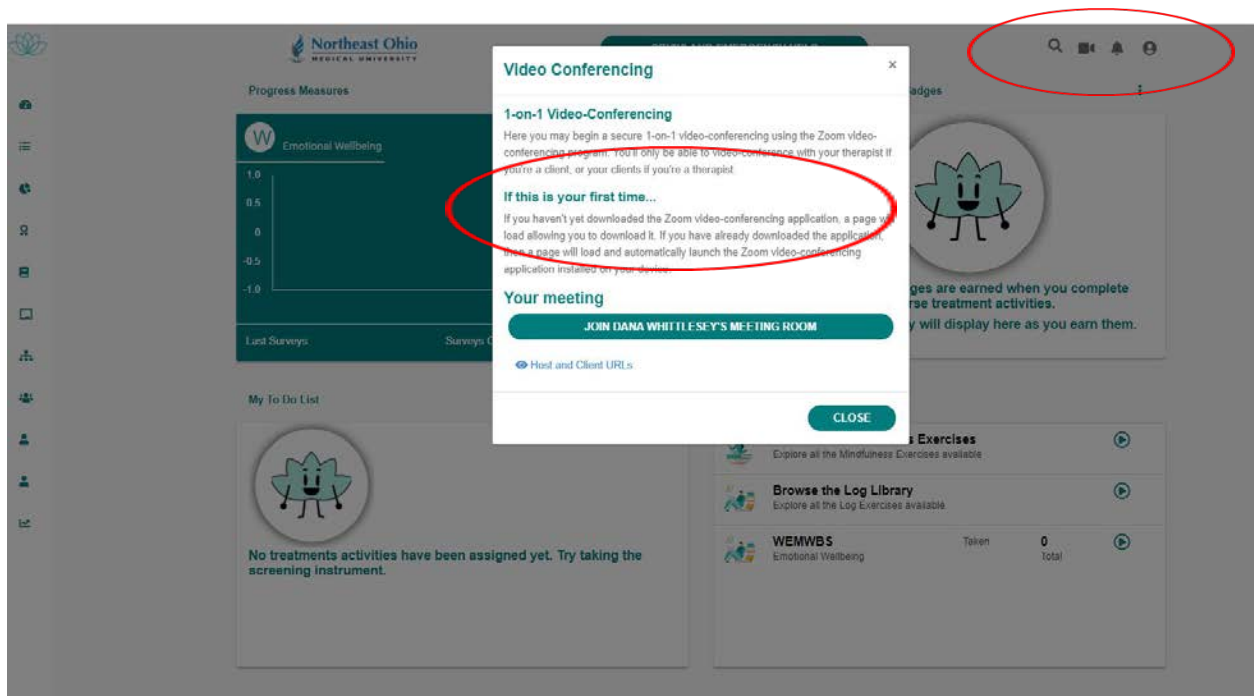
- Progress Measures:** A section titled "Emotional Wellbeing" featuring a line graph with a y-axis ranging from -1.0 to 1.0. Below the graph, it indicates "Last Surveys:" and "Surveys Completed: 0".
- Emotional Wellbeing Details:** A text box explaining that the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing. It shows "Overall Mood" as "No Measures Taken Yet" and "Overall Course" as "N/A".
- My Badges:** A section with a cartoon leaf character icon and text stating: "Badges are earned when you complete course treatment activities. They will display here as you earn them."
- My To Do List:** A section with the same cartoon leaf character icon and text: "No treatments activities have been assigned yet. Try taking the screening instrument."
- Tools:** A section with a red circle around the "Tools" header, containing a list of available resources:
 - Browse All Mindfulness Exercises:** Explore all the Mindfulness Exercises available.
 - Browse the Log Library:** Explore all the Log Exercises available.
 - WEMWBS:** Emotional Wellbeing. A table shows "Taken" as 0 and "Total" as 0.

Teletherapy

If you are participating in counseling services, the video conferencing button is located on the top right next to the search bar. ****Please note that you will not see the icon until your counselor adds you to their list in TAO.***

You may then click on your counselor's name to enter the meeting room. ***Want to try counseling? Email: counseling@neomed.edu***

****TAO video conferencing is supported by HIPAA compliant ZOOM video conferencing program. If you do not have ZOOM on your device or if this is your first-time using ZOOM, you may see a screen that looks like this. Follow the appropriate instructions***



****If you prefer step-by-step sign up and login instructions, see next page.***

Step-By-Step Print Screen Instructions for Signing Up and Login

Before using TAO, you must register using your NEOMED email address at <https://us.taoconnect.org/register>.

**Be sure to check your NEOMED email inbox (spam/junk folder) for an email verification link before continuing the registration process.*

(Google Chrome will provide the best user experience)

Fill in all User Information (First Name Last Name) except Enrollment Key

Click on Sign Me Up

The screenshot shows the TAO registration page. On the left, there is a video player with the title 'Welcome to TAO!' and the TAO logo. Below the video, there is a short description of TAO and a link to 'Learn more about TAO'. On the right, there is a 'Sign up Now' form. The form is divided into three sections: 'User Information' with fields for 'First Name' and 'Last Name'; 'Login Information' with fields for 'Email Address', 'Password', and 'Confirm Password'; and 'Enrollment Key (optional)' with a field for 'Enrollment Key'. A red circle highlights the 'SIGN ME UP' button at the bottom of the form.

The screenshot shows an email verification message. The message is titled 'Verify Your Email Address' and contains the text: 'Before proceeding, please check your email for a verification link. If you did not receive the email, [click here to request another.](#)'

You will receive the following message

Check your NEOMED email for a verification link. Be sure to check your spam/junk folder if it is not in your inbox. **The email must be moved to your inbox to be able to click on the verification link*

Tao Connect v3

Hello Tao,

An account has been created for you at TAO Connect. To continue the setup, please click the button below to verify your email address.

Verify Email Address

Thank You,
Tao Connect v3

If you're having trouble clicking the "Verify Email Address" button, copy and paste the URL below into your web browser: <https://us.taoconnect.org/email/verify/8892?expires=1601904152&signature=1c1bd7bc523348ab7bff3385d153c923fda6e086308192904c1fad2fceb74d9>

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Verify your email is in the Email ID box then click Next to continue



Login

Register

Email ID

tao@neomed.edu

Click Next to Continue

NEXT

The password you created at the initial sign up should populate. You may choose to remember the password on your personal device. **Do not remember passwords on a shared device*

Click on Login

TAO
Therapy Assistance Online

Login Register

Email ID
tao@neomed.edu

Password

Remember me [Forgot password?](#)

LOGIN

Read and accept the Consent Form

Click Submit

Consent Form

Therapist Assisted Online Informed Consent

A. TAO Self-Help Consent

TAO additionally includes a customizable self-help program, which is a self-guided program. In TAO Self-Help you will be provided with an opportunity to learn stress management, mindfulness skills, problem-solving, and strategies to avoid rumination and to develop more helpful thinking patterns. TAO Self-Help can provide a platform to assist you to bounce back from life's disappointments and frustrations. TAO Self-Help includes interactive educational modules and practice tools. TAO Self-Help is completely self-directed with no contact with a mental health professional. The TAO Self-Help is intended as a prevention program and is not a treatment for mental health disorders. If you require treatment for an emotional or mental health problem please contact your local counseling service.

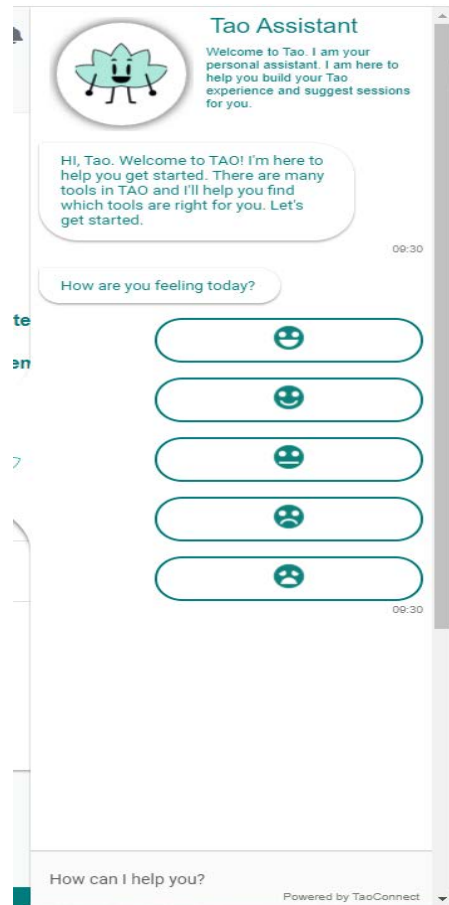
By consenting to participate in TAO Self-Help, you agree that you understand the potential benefits and possible limitations of the TAO Self-Help program. Your electronic signature or "check box" acceptance of these terms indicates that you understand and voluntarily agree to participate in this self-help and self-directed program. You further agree and acknowledge that in exchange for the access you will be granted to TAO Self-Help, you agree to fully and completely

I understand and accept the participation terms
(optional) I agree to allow my anonymous data
 to be included in the research study

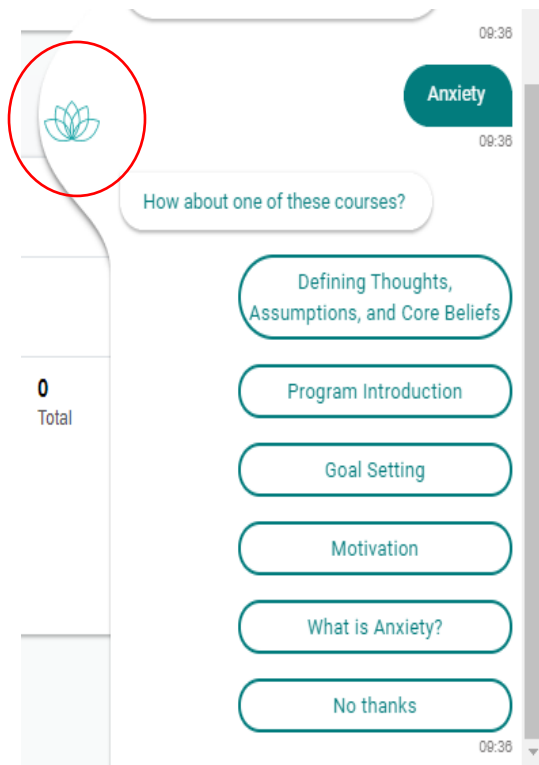
SUBMIT

Tao Assistant

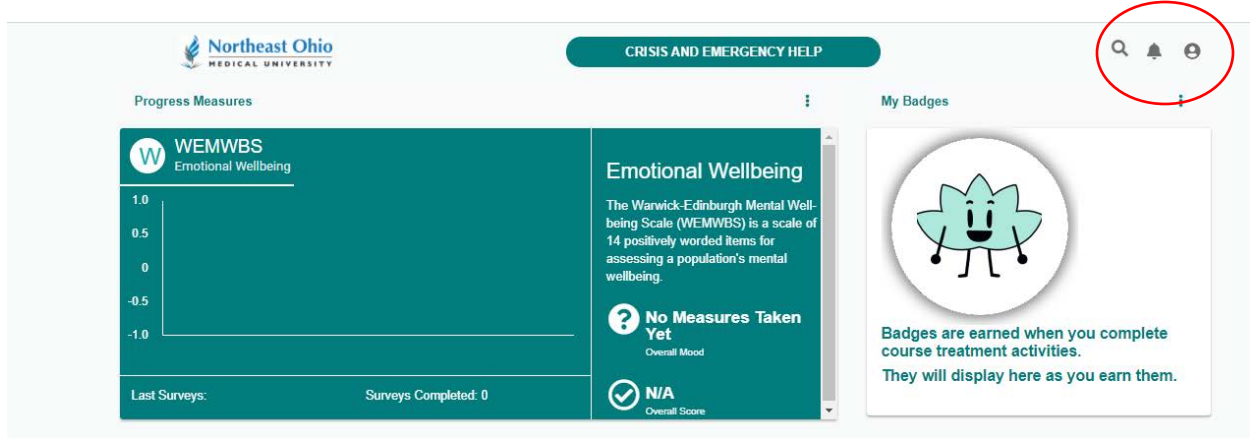
Complete the Tao Assistant to get started with self-help modules



The Tao Assistant will provide suggestions based on your topic answer. To close the Tao Assistant window, simply click on the Tao flower icon



To log out of TAO, click on the person icon in the upper right corner



The screenshot displays the TAO Connect interface. At the top left is the Northeast Ohio Medical University logo. A teal button labeled "CRISIS AND EMERGENCY HELP" is in the top center. In the top right corner, there are three icons: a magnifying glass, a bell, and a person icon, which is circled in red. Below the header, the "Progress Measures" section shows a graph for "WEMWBS Emotional Wellbeing" with a y-axis from -1.0 to 1.0. The graph is currently empty. To the right of the graph, the text reads: "Emotional Wellbeing. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing." Below this, it says "No Measures Taken Yet" with a question mark icon and "Overall Mood". At the bottom of this section, it says "N/A" with a checkmark icon and "Overall Score". To the right of the graph is the "My Badges" section, which features a cartoon leaf character and the text: "Badges are earned when you complete course treatment activities. They will display here as you earn them."

Please refer to the information at the beginning of this document on how to navigate Your TAO.

As you begin to familiarize yourself with TAO Connect, if you are having technical or site navigation issues, please contact support@taoconnect.org or you may contact the Center For Student Wellness and Counseling Services at counseling@neomed.edu.