

## Appendix A

Task Instructions	
<b>A</b>	<ol style="list-style-type: none"> <li>1. <b>Log onto our website.</b> Username: _____ Password: _____</li> <li>2. <b>Click into "My e-Community"</b></li> <li>3. <b>Watch the tutorial video.</b></li> </ol>
<b>B</b>	<ol style="list-style-type: none"> <li>1. <b>Enter the "e-forum."</b></li> <li>2. <b>Go to "My Profile."</b></li> <li>3. <b>Enter following profile description:</b> <i>I joined this forum to connect with other patients diagnosed with heart failure and to gain additional support from providers who have experience with patients like me.</i></li> <li>4. <b>Submit this profile.</b></li> </ol>
<b>C</b>	<ol style="list-style-type: none"> <li>1. <b>Open the most recently submitted post.</b></li> <li>2. <b>Give this post a rating of "3 stars."</b></li> <li>3. <b>Bookmark this conversation and enter the following description before saving.</b> Description: <i>Recipes</i></li> <li>4. <b>Reply to this post with the following information.</b> <i>Thanks for this recipe, it was delicious! Anyone have suggestions for breakfast foods that are healthy and tasty?</i></li> </ol>
<b>D</b>	<ol style="list-style-type: none"> <li>1. <b>Enter the "Topics" page of the e-forum.</b></li> <li>2. <b>View the posts listed under "Getting Motivated."</b></li> <li>3. <b>Add a new post and enter the following information.</b> Subject: <i>Exercising when Stressed</i> Text: <i>It's hard for me to stay motivated when I'm stressed. Does anybody else experience this too? Or am I the only one?</i></li> </ol>