WebEase

Epilepsy Awareness, Support and Education

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EPILEPSY FOUNDATION®   epilepsy therapy project

Stronger Together

EMORY UNIVERSITY

WebEase

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With WebEase, you can:

- Learn new skills for managing your epilepsy and feel more confident that you know what to do.
- Set goals and get personalized tips to meet them.
- Watch and listen to stories from others living with epilepsy.
- Find helpful resources and explore topics that interest you.
- Watch videos to get tips on how to remember your medication, manage stress, and sleep better.

How WebEase Works

WebEase has 3 sections, or "modules," each with a different topic: medication, stress, and sleep. Each module lets you read information at your own pace and then respond to questions. You'll receive personalized feedback and then set small weekly goals.

WebEase also includes MyLog, an online health diary you can use to track your seizures, medication, seizure triggers, stress and sleep. MyLog helps you see patterns that may be related to your seizures.

You can access WebEase from any computer or mobile device that's connected to the Internet. There's also a free iPhone app so you can use MyLog when you're on the go.

WebEase meets healthcare-industry standards for storing your personal information—so your privacy and confidentiality are always protected.

"WebEase **encourages** you to make decisions that are consistent with your own goals. WebEase doesn't replace instructions from your doctor, but helps you better follow those instructions and gain better control over managing your epilepsy."

Sandra Helmers, *MD, MPH*
Professor of Neurology at Emory University and the lead scientist for WebEase

WebEase Modules

WebEase adapts to your needs, so you only need to access the modules that interest you. You're welcome to take any module more than once as you work toward your goals for living well with epilepsy.

The **medication module** focuses on ways you can remember to take your medications. It gives you the confidence to ask your doctor about what medications are right for you and makes sure that you can understand and follow your doctor's instructions. This will help you avoid complications and side effects from your medication.
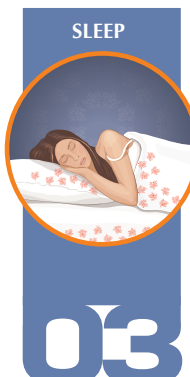
The **stress module** focuses on how stress affects your ability to manage your seizures and life in general—and how your thoughts can influence how you handle stressful situations. You'll read about ways to manage stress (such as avoiding things that make you stressed, meditation, guided imagery, muscle relaxation, breathing, and time management) and will choose a strategy that is best for you.

The **sleep module** focuses on how sleep affects your epilepsy. You'll learn what can keep you from getting a good night's rest and read about proven strategies to improve the quality of your sleep. WebEase will guide you along the way by helping you set personal goals to improve your sleep and to overcome sleep issues.

MEDICATION · **STRESS** · **SLEEP**
01 · 02 · 03

Who Should Use WebEase

WebEase is for adults, 18 years of age or older, diagnosed with epilepsy and who are interested in improving the way they manage their condition.

You can use WebEase regardless of how long you have lived with epilepsy. WebEase will be particularly helpful for those who have been recently diagnosed with epilepsy, or for those who need help with staying on track with their medication schedule, reducing their stress levels or improving their sleep.

MyLog

MyLog gives you an easy way to track things like your seizures, stress, and sleep—and then to review the information you've entered. Unlike other seizure tracking tools, the information you enter lets WebEase personalize your experience to best fit your needs.

You can access your MyLog from almost anywhere with a computer, a tablet or even your iPhone with the WebEase iPhone Mobile App. The best part? It's free!
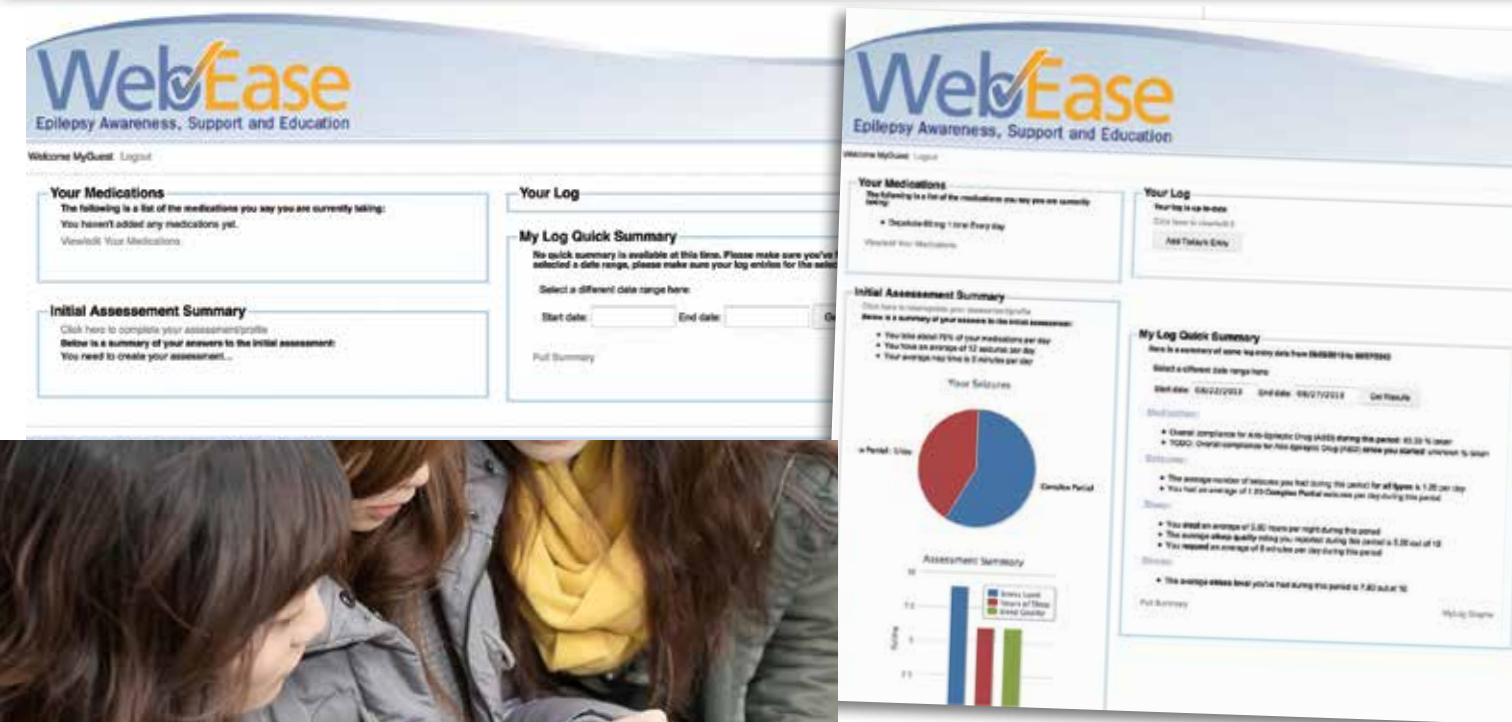
Ready to get started?

This free program is just a mouse-click away.

It's easy! Just scan the QR code above or go to **www.webease.org** to register. After you've registered, you can start the program right away.

If you have questions or want more information about WebEase, please contact the Epilepsy Foundation at **1.800.332.1000 or www.epilepsy.com.**