



What is the Walk with Ease Portal?

The Walk with Ease (WWE) program in Iowa is powered by a powerful online portal developed by the national Osteoarthritis Action Alliance (OAAA) specifically for WWE ¹. The portal is used to provide a standardized experience for participants – regardless of whether they are completing the Group program, the Self-Directed program or a Hybrid.

Participants in the Self-Directed portal are guided through the process of creating an account on the portal to ensure that they receive the digital educational components when they enroll.

Organizations that deliver the Group or Hybrid program are provided with access to assist participants in using the resources and following the self-monitoring strategies.

The Portal is beneficial for tracking participant engagement and capturing from the Walk with Ease program.

Portal Example Images

The screenshot displays the Walk with Ease portal interface. At the top, a navigation bar includes 'Steps to Complete' with tabs for Week 1 through Week 6, 'Evaluation', 'Certificate', 'Summary', and a 'Start WWE Again' button. The main content area is divided into several sections:

- Walking Goals - Week 1:** A section for entering goals for the week, with input fields for 'Walking' and 'Stretching & Strengthening' in both 'Days' and 'Minutes'.
- Schedule for this Week:** A section titled 'Walk! Try to walk at least three days a week' with buttons for 'Watch', 'Read', 'Listen', and 'Review'. It features a video player showing a person walking outdoors.
- This week's accomplishments:** A section for tracking progress, with input fields for 'Total # of Days Walked/Week' and 'Total # of Minutes Walked/Week' for both 'Walking (Weekly)' and 'Stretching & Strengthening (Weekly) - Optional'. There is a 'CHANGE TO DAILY DIARY' button and a 'Log StepsOptional' field.
- Goals for next week:** A section for setting goals for the following week, with input fields for 'Walking' and 'Stretching & Strengthening (Optional)' in 'Days' and 'Minutes'.
- Did you participate in a live WWE event this week (virtually or in-person)?** A section with radio buttons for 'Yes' and 'No'.
- Notes:** A text area for entering notes.

On the right side of the interface, there is a graph titled 'Days Walked' and 'Minutes Activity'. The x-axis represents 'Week' (1 to 6), and the y-axis represents 'Minutes' (0 to 500). The graph shows a blue line for 'Days Walked' and a red line for 'Minutes Activity'.

¹ The statewide coordination of Walk with Ease (WWE) in Iowa is supported by a CDC grant (NU58DP007476): Statewide Delivery of AAEBIs through a Community Hub Model: A Component A Project in Iowa. The Osteoarthritis Action Alliance developed the portal on behalf of the Arthritis Foundation to enhance delivery of WWE. It is provided for free to organizations delivering WWE through the statewide project. For additional information, contact Iowa Community HUB at 515.635.1285 or visit www.iacomcommunityhub.org. For specific questions about Walk with Ease, visit WalkwithEaseISU.org or email the project team at walkwithease@iastate.edu