

What do you need to log in?

1. PEAS System website: secure.emmes.com/phr/jsp/eLogin.jsp?study=dwop
2. User name and password (provided by the clinic at your first visit)

Note:

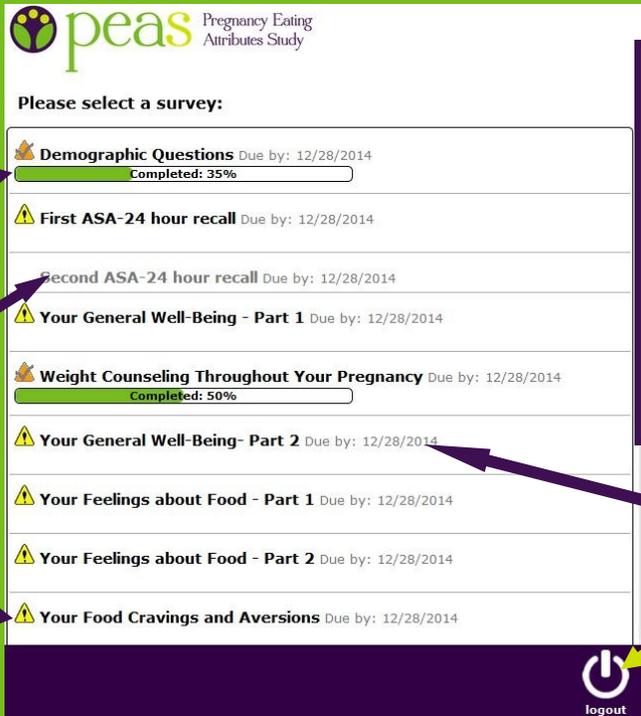
- If you forgot your password and have set up security questions using the [Password Utility](#) form, click "Forgot your password?" on the log-in screen
- If you have not set up security questions, please use the contact information below to request your password

How do you navigate the Main Menu?

Partially completed form with progress bar

Form that is not yet required, but will become available when the previous form has been saved

Required form that has not been started



Please select a survey:

- Demographic Questions** Due by: 12/28/2014
Completed: 35%
- First ASA-24 hour recall** Due by: 12/28/2014
- Second ASA-24 hour recall** Due by: 12/28/2014
- Your General Well-Being - Part 1** Due by: 12/28/2014
- Weight Counseling Throughout Your Pregnancy** Due by: 12/28/2014
Completed: 50%
- Your General Well-Being - Part 2** Due by: 12/28/2014
- Your Feelings about Food - Part 1** Due by: 12/28/2014
- Your Feelings about Food - Part 2** Due by: 12/28/2014
- Your Food Cravings and Aversions** Due by: 12/28/2014

logout

Note:

- Click directly on a form to begin answering it
- Forms will be automatically removed from the Main Menu when they are completed.
- More forms will become available at each visit by appearing in the Main Menu

Last day to complete the form

Log out of the PEAS System

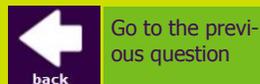
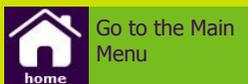
How do you navigate the forms?

Once you have clicked into a form, you will need to answer all questions with a yellow circle next to them. Based on your answers, the yellow circle may appear next to additional questions. Be sure to answer those as well:

1. During the past month, what time have you usually gone to bed at night?
 Bed time: (hh:mm)

**For the [Physical Activity](#) forms, yellow circles will not appear next to the specific activities. Please click the checkboxes next to only the activities you have done.

The bottom of each form will have some of the following navigation options:



**For the [Food Choices](#) forms, you will need to click next after each question has been answered for [Part 1](#), but for [Part 2](#) and the [Food Preferences](#) forms, each time you submit your answer, you will be automatically advanced to the next question.

Note:

- You can zoom within a form by simultaneously holding down the "CTRL" button and pressing the "+" button on your keyboard