

**ESPOO  
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# **MyNeuvola**

Instructions for use





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## Supported browsers:

Fully supported browsers include the two latest major versions of the following browsers:

- Internet Explorer
- Mozilla Firefox
- Chrome

Partially supported browsers include:

- Safari
- Opera



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## Login via Vetuma

You can authenticate yourself for the MyNeuvola service using either your online banking credentials or the Mobile Certificate (**not** with a certificate card).

### Select identification method



#### Mobile certificate

Identify yourself using a mobile phone that has a SIM card equipped with mobile certificate.



#### Bank identification

Identify yourself with the identifiers granted by your bank.



#### Certificate card

Identify yourself with a personal ID card containing a chip granted by the police. You also need card reader-equipment and software.

### Good to know



Some e-services require electronic identification. Identification is carried out using the Citizen's online authentication and payment service.

Citizen's online authentication and payment service is a secure way for identification to various e-services and payments to authorities.

Depending on the e-service, possible methods of identification are personal bank identifiers, electronic ID cards and mobile identification services. Methods available to you are presented on this page.



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## Login with your online banking credentials

### 1. Select your bank


1 Select the bank — 2 Identify yourself — 3 Continue using the service

#### Select the bank

You will be transferred to the online service of the bank, where the actual identification will take place.  
Online banking codes connected to a business or an association cannot be used for identification.

 OP Bank Group	 Nordea	Handelsbanken
 ÅLANDSBANKEN	 LocalTapiola	S-Pankki
 Aktia Aktia	 POP Pankki	 Säästöpankki

### 2. Authenticate yourself

 Osuuspankin Tupa-tunnistautuminen På svenska

1 Tunnistautuminen 2 Avalluvun kysyminen 3 Hyväksyminen 4 Kuitaus

Anna käyttäjätunnuksesi ja salasanasi alla oleviin kenttiin ja paina Jatka-painiketta.

OP-verkkopalvelu käyttää SSL-suojattuja yhteyksiä ja sen käyttö on täysin turvallista. OP-verkkopalvelun saat käyttöösi tekemällä Osuuspankin verkkopalvelusopimuksen osuuspankissasi.

Käyttäjätunnus

Salasana

Tunnistaudu Mobiilivarmenteella >

### 3. Start using the service



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## Login with the Mobile Certificate

### 1. Enter your telephone number

1 Select identification method — 2 Identify through mobile phone — 3 Continue using the service

Type your telephone number

1. Type your telephone number.  
2. If your telephone subscription has an anti-jam function, type in the anti-jam code.  
3. Click the Send button.

An identification request will be sent to your mobile phone. The actual identification will take place through your mobile phone.

Telephone number:

(e.g. [04012345678](#))

Anti-jam code:

### 2. Authenticate yourself using your mobile phone

Mobile authentication works on Elisa, Sonera and DNA mobile subscriptions for which the Mobile Certificate service has been activated.

### 3. Start using the service





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## First login to the MyNeuvola service

At the first login, Own information page is opened for the authenticated user. Here you can specify the accessibility information and information channel and view the data file description. By accepting the terms of use and saving the information, you move to the MyNeuvola service.

Service language english ▼ Anna Testi | Own information | Log out

**MyNeuvola**

- First visit to the maternity clinic
- Maternity clinic materials
- Good to know

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**Personal information**

Name Anna Testi  
Personal identity code 061181-9384  
Address Testikuja 1

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**Contact information**

Telephone number   
E-mail \*  ⓘ

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**Notification channel** ⓘ

I want to be notified received messages in MyGuide

Text message  
 E-mail

---

**Permission to view information**

[Privacy policy can be read here](#)

Do you give professionals permission to view information that is necessary for your case in patient and customer information systems?

No  
 Yes

---

**Terms of use**

[Terms of use can be read here](#)

Accepting the Terms of Use is a requirement for using the service.

I accept  
 I do not accept

---

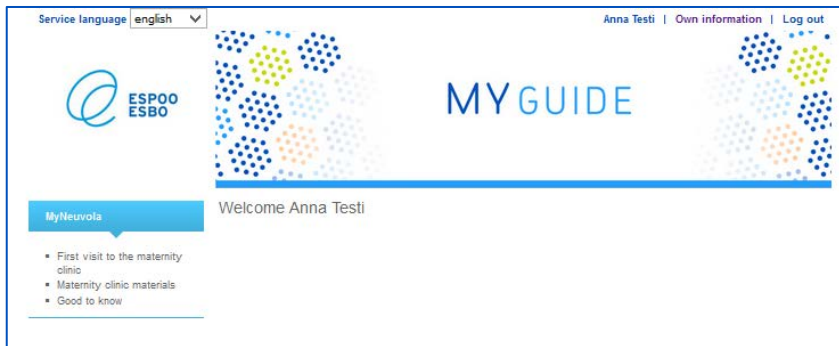
8.10.2014



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## MyNeuvola services

The MyNeuvola services include the First visit to the maternity and child health clinic, Maternity clinic materials and Good to know services. You can move each service by clicking it.





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## MyNeuvola services

The First visit to the maternity and child health clinic service shows the date and time of your first appointment and the maternity and child health clinic. You can also open a preliminary information form by clicking the link. You can print the form, complete it and take it with you to the clinic.

Service language | english | Anna Testi | Own information | Log out

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### MYGUIDE

**MyNeuvola**

- First visit to the maternity clinic
- Maternity clinic materials
- Good to know

**First visit to the maternity clinic**

First visit appointment 10.10.2014 15:00  
Maternity clinic Leppävaara Health Clinic,  
Konstaapelinkatu 2

[Open preliminary information form](#)

**Preparation for the first visit**

The first visit to the maternity clinic involves discussing matters related to your health, health habits and pregnancy and its monitoring. Please prepare for the visit by reading the maternity clinic materials, filling in the preliminary information form and planning what you want to bring up.

Take printed and filled preliminary information form with you to the clinic

2. The Maternity clinic materials service shows maternity clinic materials specified for you.

Service language | english | Anna Testi | Own information | Log out

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### MYGUIDE

**MyNeuvola**

- First visit to the maternity clinic
- Maternity clinic materials
- Good to know

**When expecting your first child**

[Children and food](#)

**You have been diagnosed with gestational diabetes**

[Diabetes information](#)  
[Food diary](#)  
[How to fill the food diary](#)  
[Information about gestational diabetes](#)

**Maternity clinic materials**

Open the material you want by clicking on the link, which will show the information on the selected material. After reading the material, select the "Close" button to return to this main page.

8.10.2014





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## MyNeuvola services

3. In the Good to know section, you can find frequently asked questions about pregnancy.

The screenshot shows the 'MY GUIDE' interface. At the top left, there is a 'Service language' dropdown menu set to 'english'. To the right, the user's name 'Anna Testi' and links for 'Own information' and 'Log out' are visible. The ESPOO ESBO logo is on the left. The main heading is 'MY GUIDE'. Below this, there are two columns of content. The left column has a 'MyNeuvola' menu with items: 'First visit to the maternity clinic', 'Maternity clinic materials', and 'Good to know'. The right column is titled 'Frequently asked questions about pregnancy' and contains a link 'Visits to maternity clinic' and a paragraph of text explaining that users can find frequently asked questions about pregnancy and that they should click on a link to view information, then select the 'Close' button to return to the main page.

Service language | english

Anna Testi | Own information | Log out

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MY GUIDE

MyNeuvola

- First visit to the maternity clinic
- Maternity clinic materials
- Good to know

Frequently asked questions about pregnancy

[Visits to maternity clinic](#)

**Frequently asked questions about pregnancy**

Here you find frequently asked questions about pregnancy.

Open the material you want by clicking on the link, which will show the information on the selected material. After reading the material, select the "Close" button to return to this main page.



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## Logging out

After use, you can log out of both the MyNeuvola and Vetuma services by clicking the Log out link.

Clear the browser cache after logging out.