SONAR - Instructions for users who want to be tested for SARS COV 2

Step 1.

Go to website: https://sonar.teldoc.pl

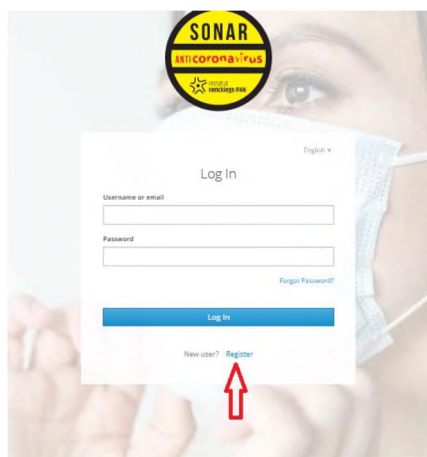At the bottom of the page you can change to the English version

Step 2.

In the top right corner, click: „LOG IN"

Step 3
If...

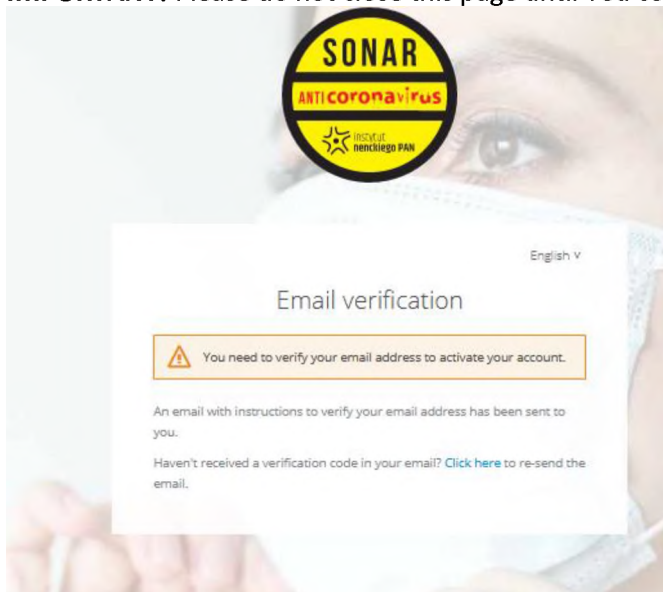- You logging in for first time go to „Register"

- During registration You will be asked to fill in the form below and "Register". Make sure to enter Your e-mail address correctly. At this stage, You also enter the password that You will use to log into the SONAR system to make an appointment or check the SARS COV 2 test result.
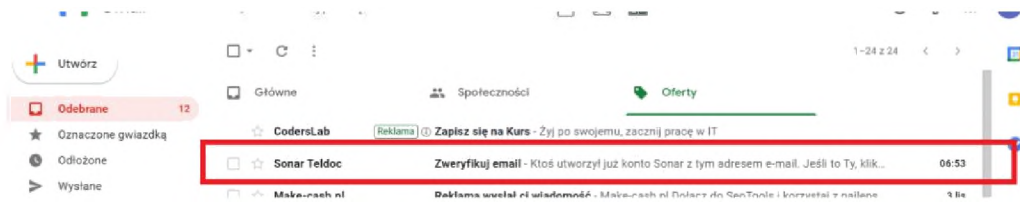
Remember that Your username will be Your login, and the easiest way is to log in with Your e-mail address.

- during registration, you will be asked to confirm your e-mail address, which you will be informed about by a relevant message on the website.

IMPORTANT! Please do not close this page until You confirm Your email address.

- Go to Your e-mail inbox and find messages from Sonar Teldoc:

Remember!

If there is no e-mail in your inbox, check "Spam" or other folders in your inbox, such as Offers, Notifications, etc. If there is no message, please return to sonar.teldoc.pl and ask to resend the e-mail by clicking "Click here" .
Another lack of messages may be caused by an incorrectly entered e-mail address during registration. Then try the entire process again.

• receive the message and confirm your e-mail address:

Someone has created a Sonar account with this email address. If this was you, click the link below to verify your email address

Link to e-mail address verification

This link will expire within 1 day.

If you didn't create this account, just ignore this message.

Attention!
The link is active 1 day from the moment of registration. After this time, the link will expire and you will have to go through the process again.

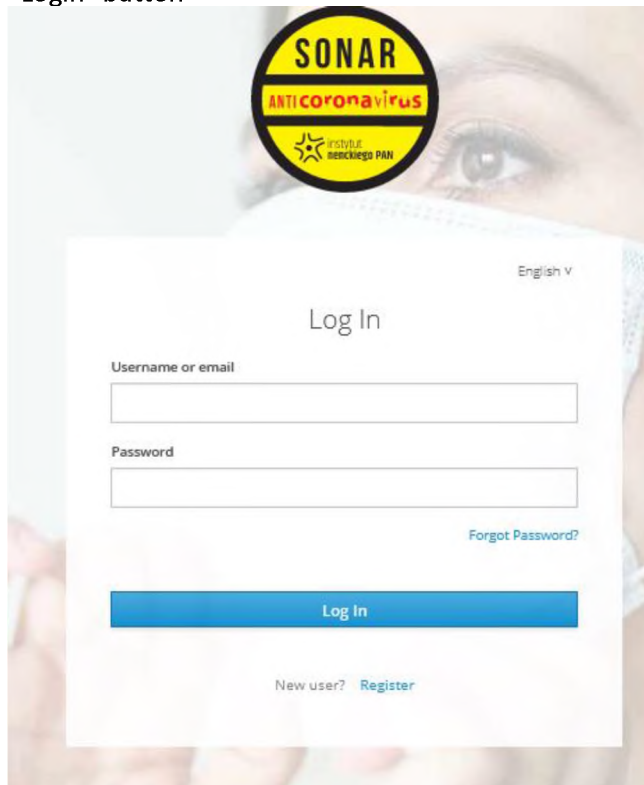**IMPORTANT!** To complete registration proces You must complete:

1. Organisation: please choose Uniwersytet Rzeszowski

2. Your PESEL number or ID card number or Passport number - for Your correct identification by the SONAR system. Your PESEL number will be sewn into the QR code generated by the system, so that You do not have to disclose it when submitting the sample for testing (we comply with the GDPR regulations), just scan your QR code

Przykład kodu QR

3. Your telephone number - so that we can contact You in the event of emergencies and unforeseen events

Remember to consent to the processing of your data in order to perform tests on SARS COV 2.

• If You have already registered, enter Your login and password and log in by clicking on the "Login" button"

Step 4.

After logging in, you can proceed to make an appointment for the SARS COV2 test by clicking on the button "MAKE AN APPOINTMENT" on the right

Step 5.

To make an appointment, follow the instructions:

Call +48 22 133 65 04

You will be connected to our SONAR Virtual Assistant.

Your numeric code: 10002436

During the conversation you will be asked to identify yourself with your numeric code.
The SONAR Assistant will ask you a few questions and will decide based on your answers if you qualify for the SONAR testing program.

Save your QR code
Remember to print or save the QR code on your mobile device before visiting the collection point.
The QR code is your unique identifier by which the SONAR platform will recognize you.

Check your test result
After the phone interview, navigate to Appointments to check if you have been qualified for the SARS-CoV-2 virus test. If you have been qualified, you will find there information about the appointed date and place of submission of the sample for analysis.

TEST INFORMATION

Your QR code will be in the SONAR system. Remember, however, that this internet connection may be different where you are returning the sample, so take a screenshot and send it to your phone or simply print this page

Note: Pay close attention to the phone number that is displayed especially for You!

Step 6.

If You have followed the instructions in Step 5 and You have been qualified for the test, it means that in the "APPOINTMENTS" tab You will be able to see Your test date and place of sample submission.

Step 7.

Go to the sampling point.

Remember to have your ID card and the QR code mentioned above with You.

Before testing, be sure to read the procedure for collecting Your saliva sample for testing.

Step 8.

Upon arrival at the sampling point, You will be asked to:

- collecting the sample and returning the sample according to the procedurę
- scanning your QR code
- presentation of an ID card
- handing over the sample and scanning the label of the sample

Step 9.

All that's left to do is go home and wait for Your test result. During this time, Your sample will be transferred to the appropriate laboratory, where it will be tested.

Your result will be available in the SONAR system in the "RESULTS" tab.