

Addysg a Gwella lechyd Cymru (AaGIC) Health Education and Improvement Wales (HEIW)

# MARS User Guide GP

Welcome to the MARS User Guide. This guide will take you through the key features and functions of the MARS platform, which is designed to support your medical appraisal and revalidation process. Whether you're registering for the first time or navigating the system for an upcoming appraisal, this guide covers everything you need to know.



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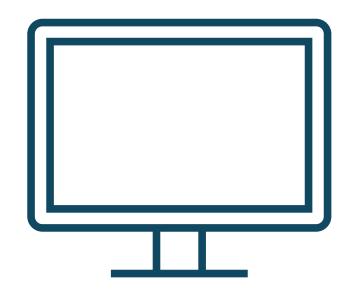
# **Registration and Login**

# To register with MARS, follow these steps:

- Visit: https://gp.marswales.org/
- **Click** on the 'Register Now' button.
- Requirements: You must meet the following conditions to register:
  - Be registered with a **GMC number**.
  - Have a prescribed connection in Wales.
  - o Be on the All Wales Medical Performers List (MPL).
  - o Be out of training.
- **Complete the Registration Form:** You will be prompted to enter the following information in the registration form:
  - **Personal Information**: Provide your full name, date of birth, and contact details.
  - Locality: Enter your designated body locality.
  - **Last Appraisal or CCT Date**: Specify the date of your most recent appraisal or Certificate of Completion of Training (CCT).

If you have not completed an appraisal previously, select the 'No Appraisal Completed' option. This step is crucial as your Allocated Quarter (AQ) is determined based on this information.







#### Registration

	y verified by the RSU against both the N		<b>site.</b> Please complete the form below to register on MARS. Your Prescribed Connection. Once these details reconcile, your accou
First name		Last nar	
riist name		Last Hai	
Email		Confirm Em	nail
GMC Number		Telepho	ne
Password		Re-Type Passwo	ord
() Passwo	rd must be at least <b>12 characters</b> , contain at le	ast 1 upper-case letter, 1 number, 1 special characte	r i.e. (l,@,%,[,*,\$,£) etc
Locality	Locality	~	
st Appraisal or CCT Date		nppraisal mpleted	
			) I agree to the MARS terms & Register conditions & privacy policy.

Important Note: If the email address or GMC number you enter is already registered on MARS, you will receive a warning message indicating that these details are already in use. If you have previously created an account, please contact the <u>MARS Service Desk</u> for assistance in reactivating your account. After you submit your registration request, an email is sent to the Appraisal Support team, who will verify your details. The GP Appraisal Support team will ensure that your GMC, MARS, and MPL designated body match before activating your account. You will be notified by email of your registration status. If unsuccessful, contact the <u>Appraisal Support Administrator</u>.



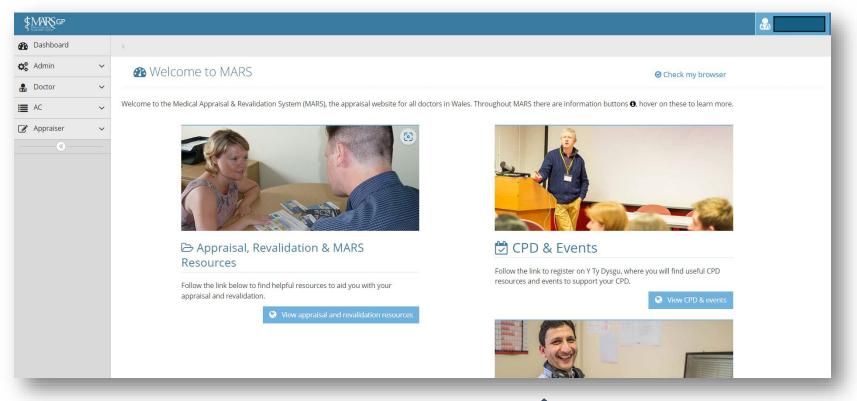


# **Dashboard Overview**

# **Dashboard Overview**

Once registered and logged in, you will be taken to the MARS Dashboard. This central hub allows you to:

- 1. Access information related to CPD, Revalidation, and Appraisal.
- 2. Navigate to sections for entering and updating your personal details, appraisal information, and revalidation progress.







# **Recommended Browser and Contact Us**

#### **Recommended Browser**

For the best experience, we recommend using up-to-date browsers and operating systems. Ensure you are using the latest versions for better security and compatibility.

You can also use the <u>'Check my Browser'</u> button from the dashboard to check compatibility.

### **Contact Us**

If you experience issues, use the 'Contact Us' button found on the top toolbar. This will open a new window where you can input your query, which will be sent to the MARS service desk.







# **Personal and Professional Information**

sername/Email:				
Title:	Dr			
First Name:				
Last Name:				
referred Cor	tact Inf	ormation		
reieneu coi				
Address:		Professional	Information	
Town:		Brioressionar	internation	
County:				
Postcode:		GMC Number:		
Contact				
Number:		Locality:	GP Registrar	
		Other Relevant	Add Information	
		Qualifications:		
		Quanticacións.		
		Subscribe to		
		<b>CPD/Educational</b>		
		opportunities		

Before you begin the appraisal booking process, verify and update your personal and professional information:

- 1. **Navigate to 'My Details'**: From the left-hand menu, select 'Doctor' and then expand the menu to click on 'My Details'.
- 2. Update Information:
  - To edit details, click on the red or existing text and update accordingly.
  - $\circ$   $\,$   $\,$  Ensure to save changes by clicking the blue tick box.

# 3. Employment Details:

- Select **'Add Practice'** to input current employment, including hospital details and start date.
- You can select the **Primary** column for your main employment.
- Historical employment can be viewed in the archive tab (only visible to you).





# **Activities Tab**

### **Activities Tab**

The 'Activities' tab allows you to add and update professional information relevant to your appraisal. You will need to provide a brief description of your work, both clinically and in other areas, that is pertinent to your practice.

# Steps to Add or Edit Activities:

- 1. Click the 'Add/Edit Activities' Button:
  - This will open the **Activities Tree**, where you can add, edit, or review the activities you've listed.

### 2. Add Free Text Notes:

• If you need to provide additional context or details, click on **'Add Notes'**. This lets you enter any free text to clarify your activities or provide further discussion.

### Key Points to Remember:

- **Mandatory Information**: The GMC requires that you declare all activities that require a licence to practice. These include clinical work as well as any other professional responsibilities or roles that are part of your practice.
- Editable Information: You can update your activities at any time, and the information you enter will carry over to subsequent appraisals. If your circumstances change, you can easily edit your activities.
- **Annual Confirmation**: You will need to confirm the details of your activities before each appraisal. Ensure that your information is up to date prior to submission.

This section helps ensure your appraisal reflects the full scope of your practice, so it is essential to keep this information accurate and current.





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Activities

> Responsibilities and activities within General Practice

> Emergency, on call and out of hour activities

> Details of non-clinical professional activities

> Details of other clinical work

> Activities outside your main role

The GMC requires you to undertake appraisal on your whole practice. This means that any activity you undertake as a doctor that rec if your circumstances change you can edit your activities here. You will be asked to confirm this information before each appraisal.

Add/Edit Activities

Activity Notes:

Activity Notes:

Activity Notes:

Activity Notes:

Activity Notes:

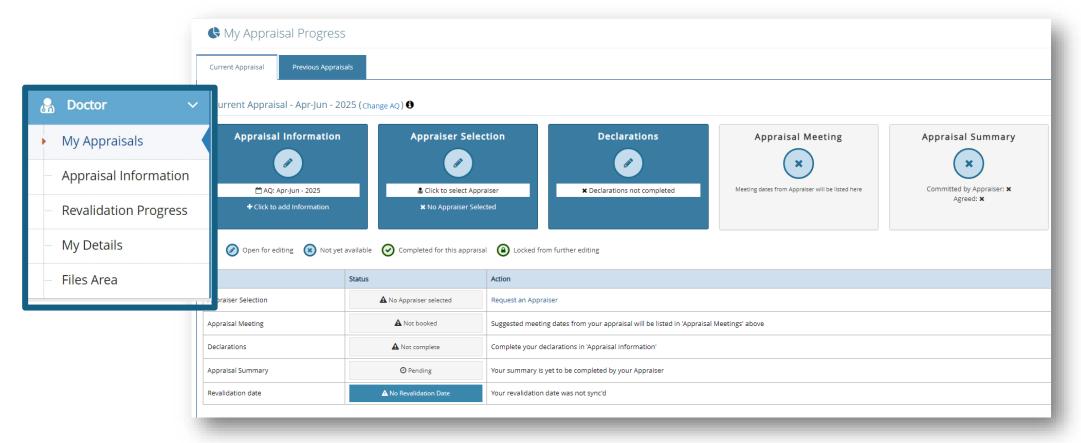
Add notes

# **Appraisal Booking Process**

## **Appraisal Booking Process**

Once you have logged in and ensured your personal and professional information is up to date, you can begin the appraisal booking process.

From the home page, click on 'Doctor' on the left-hand side and this will show a drop-down menu. You should then go to 'My Appraisal'.







# Allocated Quarters (AQ)

# Allocated Quarters (AQ)

Upon registering, you will be assigned an Allocated Quarter (AQ) for your appraisal. This is a 3-month period during which you must complete your appraisal, based on your last appraisal date. The four AQ periods are:

- January-March
- April–June
- July-September
- October–December

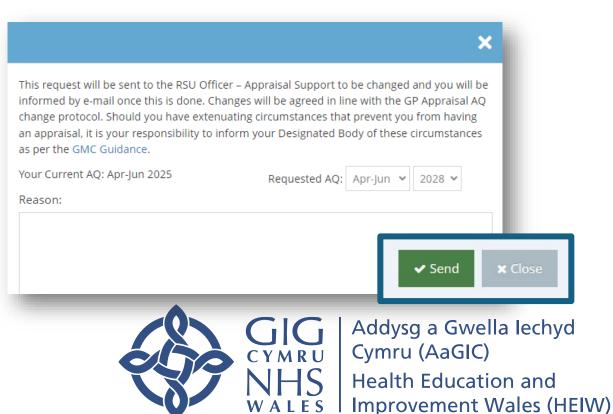
# Changing your Allocated Quarter (AQ)

# Changing Your Allocated Quarter (AQ)

If you need to change your AQ (due to extenuating circumstances), use the **'Change AQ'** button on the 'My Appraisals' page. Select the new quarter and provide a reason. The request will be reviewed by the <u>Appraisal</u> <u>Support team</u>.

Current Appraisal - Apr-Jun - 2025 (Change AQ) 1



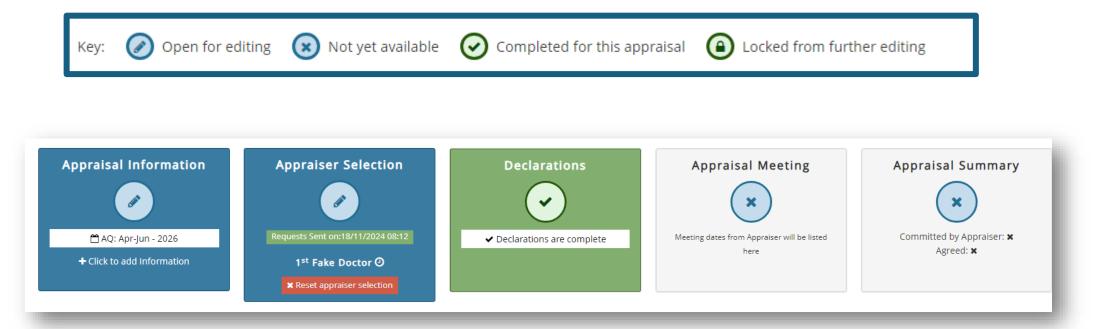


# **Appraisal Progress Page**

# **Appraisal Progress Page**

If action is required (from you or your selected appraiser) the respective box will remain blue or, if you have done what is required or this part of the process is complete, the box will turn green (apart from the 'Appraisal Information' box - this will remain blue until your lockout period).

Please refer to the key (shown below) which lets you know which boxes are available for editing / action and which are complete or not yet available.







# **Appraiser Selection**

### **Appraiser Selection**

Once your personal details are up to date, you can begin selecting an appraiser:

- 1. Select an Appraiser: From the 'Appraisal Progress' page, select 'Appraiser Selection'.
- 2. **Choose Up to Three Appraisers**: You can choose up to three appraisers in order of preference. Your second and third choices will only be contacted if your first choice declines.
- 3. Availability: You will see the appraiser's availability via the calendar symbol.
- 4. Select the month for your appraisal.

Note: You can only select the same appraiser twice in five appraisals.



<ul> <li>Appraiser Avai</li> </ul>	ilability for	AQ:Oct-De	ec (2021)				
Show 50 🗸 e	entries	Search:				> Your Selection	
Firstname	Lastname 🗘	Biopic	Availability <b>0</b>	My AQ 🕄	Next AQ 0		
Example 1	Example 1		<b>#</b>	Ø	0	Example Name 1	1 <sup>st</sup> Choice <b>X</b> Remove
Example 2	Example 2		<b>m</b>	Ø	0	Example Name 2	2 <sup>nd</sup> Choice <b>X</b> Remove
Example 3	Example 3		<b>m</b>	Ø	0		
Example 4	Example 4		<b>m</b>	Ø	0	Example Name 3	3 <sup>rd</sup> Choice 🗙 Remove
Example 5	Example 5		<b>#</b>	0	0		
Example 6	Example 6	•	<b>m</b>	0	0	Preferred appraisal meeting month: This is sent to the appraiser but not	Choose a Month
Example 7	Example 7		<b>#</b>	Ø	0	guaranteed.	
					2		Submit Choi





# **Understanding the Appraiser Symbols**

Here's what each symbol means when interacting with the appraiser details:

1. Calendar Symbol:

- When clicked, it shows the appraiser's calendar.
- If the appraiser has specified certain days and times for appraisals, these will be marked in green.
- Note: If the appraiser hasn't set specific times for appraisals, the calendar may not display any available slots.

2. Biopic (Speech Bubble Symbol):

- Clicking this symbol shows a brief biography of the appraiser.
- The appraiser's interests, location, area of specialty, and availability.

These symbols help you quickly access key information about your appraiser and their availability.

# **Cancelling or Resetting Your Appraiser Selection**

If you need to cancel or reset your appraiser selection, follow the steps outlined below:

- 1. Resetting the Appraiser Selection (If pending):
- Go to the 'My Appraisals' page.
- Locate the 'Reset appraiser selection' option.
- Click this button to reset the appraiser selection if the request has not yet been accepted.

# 2. Cancelling After Acceptance:

- If the appraiser has already accepted your request, you will **not** be able to reset it from the system.
- In this case, you will need to contact the appraiser directly to cancel the request.
- You can find the appraiser's contact details within the **Appraiser Selection** box.

# 3. If You Cannot Find an Appraiser:

• If you are unable to find an appraiser, or need assistance selecting one, you can contact the Appraisal Support team for help.





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∽ Click to see the appraisers Biopic.

Click to see the appraisers availability on a calendar.

⊘ The appraiser is available within this quarter.

(e) The appraiser is unavailable within this quarter.

A Shows an appraiser with restricted availability. Hover for information.

⊘ Shows an appraiser that has been used for the maximum times allowed (2) in the last 5 appraisals.



# Arranging an Appraisal Meeting

# **Arranging Your Appraisal Meeting**

Once your appraiser has confirmed they are happy to conduct your appraisal, you will receive an email notification. You can then proceed to arrange a suitable date and time for the meeting.



# **1. Scheduling Your Meeting:**

- Once you receive the confirmation, arrange your meeting date and time in advance.
- Appraisals can take place virtually or face to face.
- Virtual Appraisal: If you're having a virtual appraisal, the appraiser will record this when they complete your appraisal summary at the end of the process.

# 2. Meeting Date Suggestions:

- After your appraisal request is accepted, the appraiser will suggest available meeting dates.
- These suggestions will appear in the **'Appraisal Meeting'** box, showing the proposed date and time.
- The box will turn blue, indicating you need to accept or reject the proposed dates. Simply click on the date to confirm your choice.





### 3. Confirming the Date:

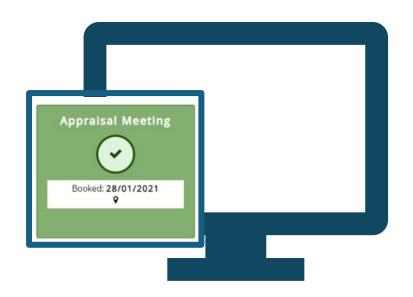
- Since many doctors are being appraised at the same time across Wales, it's recommended to confirm your meeting as soon as possible to secure the most convenient time.
- Once a date is confirmed, the **'Appraisal Meeting'** box will turn green, confirming the meeting is set.

# When the Appraiser Adds the Date Directly:

- In some cases, if you and the appraiser agree on a date, they may choose to enter it directly into their calendar.
- In this situation, you will not need to accept the date. It will automatically appear in the **'Appraisal Meeting'** section and will turn green.

**Lockout Period:** The standard lockout rules apply, meaning your appraisal folder will be locked **<u>14 days before the meeting</u>**.

By following these steps, you can easily arrange and confirm your appraisal meeting with your appraiser.







# **Entering Appraisal Information**

You can begin entering information for your current appraisal once your previous appraisal summary has been completed. Here's how to manage your appraisal information on the system:

	Doctor 🗸 🗸								
- м	ly Appraisals	Appraiser: Not set <b>0</b>	1		Meeting Date:		Status: 🗬 Unlocke	•	
Aj	ppraisal Information	Appraisal Informa	ation Constraints I	Insights and Reflections	Current PDP	Declarations		🛓 Dov	vnload Informatio
Re	evalidation Progress								
- M	1y Details					+ Add Information		0	
- Fi	iles Area	Show 10 🗸 e	entries					Search:	
<b>I</b>	AC 🗸								
	Appraiser 🗸	Date Created <b>0</b>	Category <b>0</b>	Title 🚯		Domains 0		Supporting Documents 🕄	Actions 🕄
los r		No data available i	in table						
	<u> </u>	Showing 0 to 0 of 0	0 entries						Previous Next

### **1.** Accessing the Appraisal Information Page:

- Start Adding Information: To enter appraisal details, click on the 'Appraisal Information' button. You can find this in the left-hand menu or as the first box on the 'My Appraisals' page.
- Timeframe: You can add or update your information up to 14 days before your scheduled appraisal meeting.
- Visibility: Note that your appraiser cannot view any information you upload until 30 days before the appraisal.





# 2. Adding Appraisal Information:

- Click '+ Add Information':
  - On the Appraisal Information page, click the green '+ Add Information' button to start adding content.
- Select a Category:
  - From the first column, choose from various information templates such as:
    - CPD (Continuing Professional Development)
    - Feedback
    - Quality Improvement Activities
    - Significant Events
    - Whole Practice Appraisal (WPA)
    - Complaints and Compliments
- Choose a 'Type':
  - $\circ$   $\;$  After selecting a category, choose a 'Type' from the drop-down menu.
- Select Relevant Domains:
  - For all categories except Feedback, specify which domain(s) the information you're entering relates to. You can select multiple domains if needed.
  - For more guidance on domains, refer to the <u>Good Medical Practice</u>.
  - **Helpful Tip:** Each template has a description in a shaded box, explaining the different areas of information. This can help you decide which category and domain to choose.

# 3. Editing and Deleting Information:

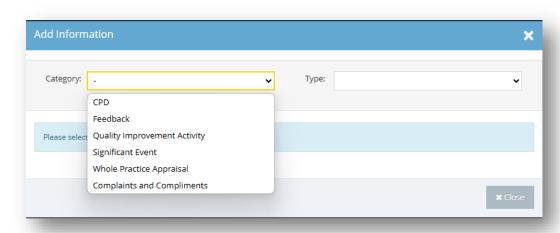
• Edit or Delete: Once information is entered, you can edit or delete it at any time using the action column on the right side of the table.



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# + Add Information



# 4. Adding Titles and Additional Information:

- Title Each Entry: Provide a title for each piece of information you add. This helps with navigation and ensures both you and your appraiser can easily find and review each entry.
- You can upload supporting files that your appraiser can view before the meeting:
  - Click 'Add File' at the bottom of the template.
  - Choose 'Upload File', browse your device for the file, and click the green +Add button.
  - Enter a document title and any optional information.
  - Finally, click 'Save Information'.

Title of event <b>0</b>	
Activity <b>1</b>	
Reason <b>()</b>	
Reflection 🚯	





### 5. Adding Constraints Information:

- What Are Constraints? Constraints refer to any personal, hospital, or service-related limitations or restrictions that may impact your practice or appraisal.
- How to Add Constraints:
  - o Go to the Constraints page, where you can add specific constraints relevant to your practice.
  - Each section has a drop-down menu where you can either search or scroll through to select the appropriate area.
  - o After adding an entry, you can 'Add Notes' to provide more context for each constraint.
- Optional: If you don't have any constraints, you can leave this section blank.
- Optional: If you don't have any constraints, you can leave this section blank.

allow you to choose from a tree. You will then be able to add free text explaining the context by using the "add notes" button on th anonymously and fed back to the Health Board on a Wales wide basis. Personal details are never revealed.	be personal, related to your work place, or related to the service as a whole. Firstly add a category by clicking the green button, a pop up will he right-hand side. These may form part of the discussion with your appraiser and all categories selected from the tree are collated
For further information and support around health and well-being please visit Health Education and Improvement Wales Colleag	×
> Personal constraints 🕄	Contact Us Ver Help & Support Ver My Account
Personal constraints notes:	incleaded to the service as a whole. Firstly add a category by clicking the green button, a pop up will
Discrimination	d free text c of the discussion with your appraiser and all categories selected from the tree are collated wide basis.
New free text	I-being ples
Dependant children	
New Free Text	Add/Edit Constraints     O     C     View/Edit Overall Comments
> Hospital constraints 🕄	Add/Edit Noise
Hospital constraints notes:	Add/Edit Note
Changes to work environment	
New Free Text	
> Service constraints 🕄	Add/Edit Constraints 🕑
Service constraints notes:	
	+ Add/Edit Constraints





# Summary of the last 12 months

You may wish to identify any particular achievements, describe those initiatives appraisal discussion, and will contribute to the appraisal summary.

# > Identify development needs for your next appraisal

You may use this section to highlight, to your appraiser, any development needs

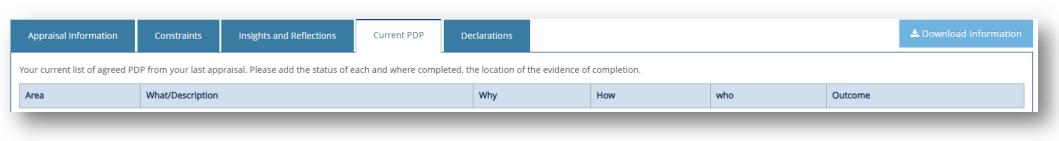
# > Aspirational PDP

### 7. Reviewing and Updating Your Personal Development Plan (PDP):

# 6. Insights and Reflections:

- Click on the '+ Add Information' button in the Insights and Reflections section to enter reflections.
  - Important: Ensure that no identifying information is included here, as your appraiser cannot alter this section.
- Progress Reflections: Reflect on progress made since your last appraisal.
- Development Needs: Identify areas for further development in preparation for your next appraisal.
- Aspirational PDP: Enter aspirational personal development plan (PDP) activities that you aim to work on in the future. Your appraiser can review these during the appraisal, and you can comment on your progress.

- Current PDP: In this section, you can view your PDP from previous appraisals. You can comment on the outcomes and progress of any previously agreed plans.
- Updating PDP Status:
  - For each item in your PDP, select whether you have met, partially met, or not met your goals.
  - Click the 'Update Status' button, and a pop-up box will appear for you to choose the appropriate response.







# 8. Completing Declarations:

Before your appraisal meeting, make sure to complete all required fields in the Declarations section.

- Click through each area, provide the necessary information, and read each declaration carefully.
- Completing these fields is required to submit your appraisal information.

Appraisal Information	Constraints	Insights and Reflections	Current PDP	Declarations		📥 Download Information
<ul> <li>Declarations Overview</li> </ul>						
Please read each declarat With some responses you			ntered information ab	bout the statement. <b>Ye</b>	u need to complete each declaration b	pefore each appraisal.
> Confirm Personal & pro	ofessional Details (Sco	ope of work)				🗙 Disagreed
> Probity (Good Medical	Practice)					Pending
> Probity (Appraisal Mate	erial)					Pending
> Health						Pending
> Directives or suggestion	ns from outside agen	cies				Pending
> Complaints						Pending
> Safeguarding						✓ Agreed
> Training Role(s)						X Disagreed
						✓ Save Declarations





# **Revalidation Progress**

The 'Revalidation Progress' page tracks your progress towards your revalidation. It includes:

- Your revalidation date.
- A history of previous revalidation dates.
- Progress indicators for the current cycle, with green showing completed tasks, amber indicating tasks needing further work, and grey for tasks yet to be completed.

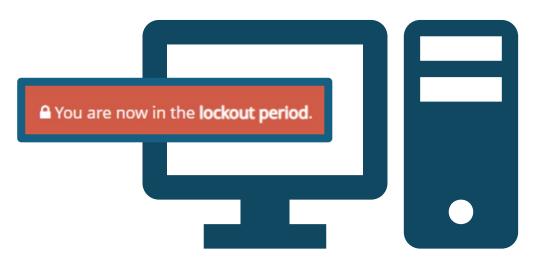
Key for icons:					Revalidation Hist	ory
☑ Edit exceptional circumstances			unction applicable post Augu	ist 2017	Date 9	Statu
						In Pro
Current Revalidation cycle to						
nese are the appraisals that will be included in	your current revalidation cycle.		1			
	Current Appraisal	18/09/2018 <b>()</b>	29/03/2018 🕄	26/03/2018 <b>()</b>	09/01/2018 🕄	
Exceptional Circumstances 🕄	đ	۹	۹	Q	Q	
Scope of work 🕄	~	~	~	~	-	
PDP Reviewed 🚯	-	-	-	-	-	
CPD θ	-	-	-	-	-	
Probity & Health declarations <b>1</b>	~	~	~	~	~	
Review of Complaints and Compliments 🕄				_	_	





### **Appraisal Lock Out Period**

To ensure that your appraiser has enough time to review your appraisal information before the meeting, there is a lockout period that prevents any further changes.



### What is the Lockout Period?

Your appraisal information will be locked at midnight 14 calendar days before your scheduled appraisal meeting. This means you will no longer be able to add new information or make changes to existing entries.

# Why is This Important?

The lockout period ensures that your appraiser has adequate time to review your information thoroughly before your appraisal. This also allows for a more focused and effective discussion during your appraisal meeting.

### **Key Points:**

- **No Changes After Lockout**: Once the lockout period begins, you will not be able to update or amend your appraisal details.
- **Timing:** The lockout happens 14 days prior to your appraisal to give your appraiser sufficient time to assess your information.

Make sure all your information is complete and accurate before the lockout period begins to avoid any issues.

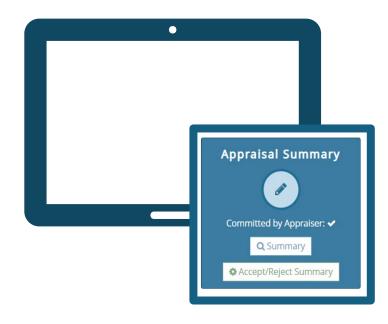




# After your appraisal meeting, your appraiser will complete an Appraisal Summary. Here's how you can review, accept, or reject it.

- 1. Appraisal Summary Completion:
  - Summary Timeline: Once your appraisal meeting is over, your appraiser will complete the summary, which should be ready within two weeks of the meeting.
  - Notification: You will receive an email notification when the appraisal summary is ready for review.
- 2. Reviewing the Appraisal Summary:
  - Access the Summary: You can find your Appraisal Summary in the 'Appraisal Summary' box on your appraisals page.
  - Read the Summary: Carefully review the summary your appraiser has written for you.
- 3. Accepting or Rejecting the Summary:
  - Accept the Summary:
    - If you agree with the summary, click 'Accept'. This will mark your appraisal as complete for this year.
  - Reject the Summary:
    - If you find any inaccuracies or if something needs to be changed, you can click 'Reject Summary'.
    - After clicking reject, you will be prompted to write a note to your appraiser, explaining your reasons for the rejection.









- 4. Next Steps After Rejection:
  - Appraiser Review: Your appraiser will review your comments and make any necessary changes to the summary.
  - Resubmission: Once your appraiser has made the changes, the summary will be resubmitted for your review.
- 5. Disputes:
  - If you and your appraiser cannot come to an agreement on the changes, a dispute may arise.
  - Please refer to the exceptions protocol for more information on how disputes are handled.

		Contact Us 🖂 Help & Support 😮 🖁 Octor Account
or 🦻 My Appraisals	Accept/Reject Sum	mary X
My Appraisal Pro	Ogres: Accept/Reject this summ	ary:
rrent Appraisal Previo	bus Appra Accept Summary Reject Summary	
Your <b>appraisal summa</b>	ary has l	plete your appraisal. 🗙
urrent Appraisal - Jan-	-Mar - 2	nce/rejection of this summary. This process is irreversible.
Appraisal Informati	ion	Appraisal Meeting Appraisal Summary
AQ: Jan-Mar - 2021	Appraiser Account of a fake_Appraiser@w.	
Open for editing	Not yet available 🛛 O Complete	d for this appraisal (a) Locked from further editing
	Status	Action
praiser Selection	Appraiser Account	You are linked to this chosen appraiser
oraisal Meeting	🗸 Confirmed	Your meeting has been booked for 14/01/2021
Inrations	✓ Completed	You have completed you declarations in your appraisal information
clarations		





Once your appraisal summary has been completed and agreed upon, you will need to complete a brief survey and provide your bank details to receive payment. Here's how it works:

Please refer to the exceptions protocol for more information on how disputes are handled.

1. Completing the End of Appraisal Survey:

- Survey Purpose: The survey is designed to gather feedback on the quality of your appraisal meeting and your appraiser.
- Survey Questions: You will be asked a series of questions about your experience during the appraisal process.

2. Providing Your Feedback:

- Answer All Questions: You must answer every question in the survey for the pop-up box (where you enter your bank details) to appear.
- Survey Completion: Once you have answered all the questions, you will be prompted to enter your bank details.

3. Entering Bank Details:

- Bank Details: Enter your bank account information to ensure that you are paid for completing your appraisal.
- 4. Receiving Payment:

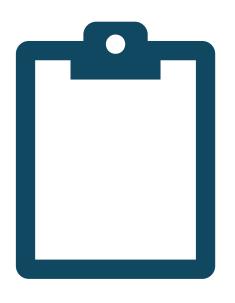
After completing the survey and entering your bank details, your payment for completing the appraisal will be processed.

# Important Notice

Please be aware that the processing time can take up to 8 – 12 weeks. If you have not received your payment by the end of the 12-week period, please contact the **Appraisal Support Team** for assistance.







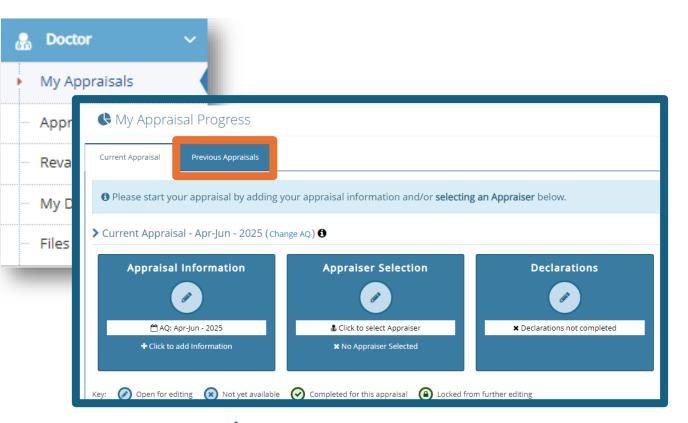
# Accessing Archived Appraisal Summaries and Managing Files

If you need to review or manage files from previous appraisals, here's how to access your archived appraisal summaries and handle supporting documents.

# 1. Accessing Archived Appraisal Summaries:

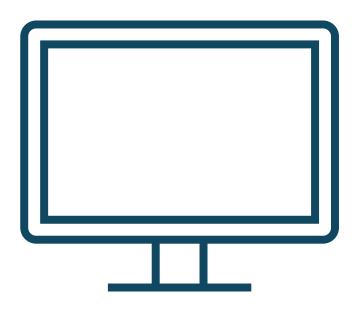
### View Previous Appraisals:

- Go to the 'My Appraisals' page.
- Select the 'Previous Appraisals' tab (the second tab on the page).
- This page will display all the information you have previously uploaded to MARS.
- If the page is blank, this means no previous appraisals or data have been stored.









# 2. Managing Files in the Files Area:

### **Finding Your Files:**

The Files Area can be found on the left-hand navigation bar.

Here you will find all the supporting information you've uploaded to MARS, including files from previous appraisals.

# Creating Space in the Files Area:

If you need to free up space, you can either save the files back to your computer or delete them from the system.

Once your appraisal is completed, there is no need to retain the files in MARS, as they will no longer be needed by anyone in the future.





# 3. File Upload Information:

# Accepted File Types:

MARS accepts the following file formats for upload:

Word documents: .doc, .docx

Rich Text Files: .rtf

Excel Files: .xls, .xlsx

PDFs: .pdf

Images: .jpg, .jpeg, .png, .gif

File Size Limit:

There is a 200 MB limit for the total file size in the Files Area.

# Reducing File Size:

Be cautious when uploading images, as they can easily exceed the 2MB size limit. To check the file size:

Right-click on the file and select 'Properties'. The size will be displayed in KB (1,024 KB = 1 MB).

Reducing Image Size: You can reduce the resolution or crop the images to make them smaller or discard unnecessary parts of the image.

Word Documents vs PDFs: Word documents generally have smaller file sizes than PDFs. More tips on reducing file sizes, especially for images in Word documents, can be found on the Microsoft website.





# 4. Sorting and Deleting Files:

## Sorting Files:

To help manage your files, go to the Files Area from the pull-down menu in the top right-hand corner of the screen.

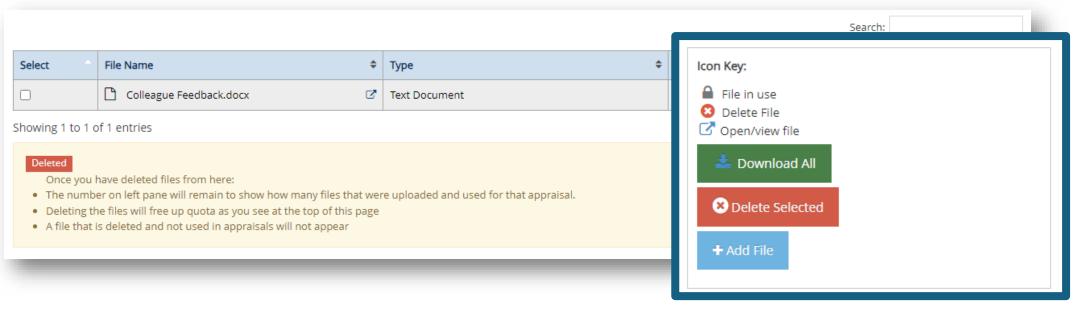
You can click on the 'SIZE' column header to sort the files by size, either largest to smallest or vice versa.

# **Deleting Files:**

To delete a file, click on the 'X' in the far-right column next to the file entry. This will remove the file from the system.

Saving Files Back to Your Device: If you want to save a file back to your device, click on the file name under the File Name column. The file will open, and you can then save it to your computer.

After saving the file to your device, remember to delete it from MARS as outlined above.







# **Changing your Password**

## **Changing your Password**

To change your password, follow these steps:

- 1. Log in to MARS: Once you're logged in, navigate to the top righthand corner of the screen.
- 2. **Go to 'My Account'**: Click the white drop-down arrow next to your profile name.
- 3. Select 'Change Password': From the drop-down menu, choose the first option, Change Password.
- 4. Enter a New Password: On the next screen, you'll be prompted to enter your new password. Make sure to:
  - Enter a **password** that is at least 12 characters long.
  - Include at least one uppercase letter.
  - Include at least one number.
  - Include at least one special character (e.g., !, @, %, \*, \$, £).
- 5. **Save the Changes:** Once you've entered and confirmed your new password, click the **green 'Save'** button to update your password.

**Important**: Ensure that your new password meets the security requirements to avoid any issues when logging in.



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number	<b>\$,£) etc.</b>			
number special character i.e. (!,@,%,[,*				
number special character i.e. (!,@,%,[,* Current Password:	Current			



# **Transaction Log**

## **Transaction Log**

You can also access your 'Transaction Log' from the same 'My account' drop down menu. This provides an electronic record of all the actions that are performed on your account.

# **Further Information**

# MARS Help & Support

For assistance with MARS, visit the MARS Help & Support Page for guidance and troubleshooting.

# **Contact Us**

We hope you have found this guide useful. If you have any questions, experience difficulties using MARS, or would like to leave feedback, please feel free to contact us:

**Post:** Revalidation Support Unit Health Education and Improvement Wales Tŷ Dysgu, Cefn Coed, Nantgarw, CF15 7QQ

> Email: HEIW.MARS@wales.nhs.uk





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