

Thank you for agreeing to meet with me today and participate in this online sharing circle. The goal of this sharing circle is to learn more about your experience and observations related to impacts of the pilot project. We hope to gain insights for quality improvements for the future of the program, as well as gain a better understanding of the impacts related to quality of life and disease management. This work builds on a longstanding commitment through Boehringer Ingelheim Canada's 'Value Beyond the Pill' partnerships with Indigenous Peoples, known as Pathways-Indigenous Health Collaborations. I will supply a link to the website, where you can go for more information about Pathways: <https://www.indigenoushealthpathways.ca/>

I would like to start out by introducing myself and advise you that I will be facilitating the circle for today {Vanessa to introduce herself as one of the Circle's Facilitator and Pathways Advisory Circle member}. Additionally, we are very honoured to also have another helper who will both participate in today's Circle, and support the conversation by taking notes. I will also offer an opening reflection to start this Circle "in a good way". Once this takes place, I will share with you more about the process and what you should expect from today and moving forward as a result of your participation. {Vanessa to share opening reflection}. I will now share with you about what you can expect and why we are doing this.

The COVID-19 pandemic has helped to shed some light on the urgency to address the challenges posed by existing respiratory and diabetes conditions, and in particular, has given rise to the use of remote and virtual care and digital health tools. We are working from an Indigenous-led and supported approach in addressing complex and challenging chronic disease, seeking to support improvements to quality of life and access to community-based care and innovation. Through this wholistic approach to health and healthy lifestyles, we are looking to create respectful relationships to advance Indigenous-led health innovations to address reconciliation gap.

You were asked to participate in this circle because you are either a project partner, participant, or a close family member/ caregiver to someone who was a patient a chronic condition who participated in a community pilot project through Pathways – Indigenous Health Collaborations.

As a person with 'lived experience' related to the pilot programs, and as someone who has or supports people who have chronic disease, we are looking for you to share on your own perspectives, thoughts and ideas related to 'quality of life', 'disease management' and 'access to care'. To do this, I will support you through this Circle process, and provide some questions for you to share on. I will explain the process for this sharing circle. But before we do this, I would like to advise you of the following and ask each one of you for your consent.

Through our virtual platform, I will be using audio-recording only during this sharing circle, alongside my own hand-written notes, taken by Rebecca, to remember where and how the conversations and sharing took place. Your names will not be used and if you would like, you can edit the name on zoom now. Otherwise, I will assign you a coded name, so your actual identity will not be connected to what you share. You may participate with or without your video on. I will be the only person who has access to this recording, which I will destroy once I have transcribed the notes. I will now ask for your consent to be audio-recorded during the sharing circle {facilitator to go and ask each person for their verbal consent and start recording, once consent is received, recording will be initiated}.

Miigwetch for providing me with your consent. The process for today is:

1. I will offer some general questions for you to comment on, as we journey around the digital circle, I will invite you to share about your experiences and/or observations related to your experience during the pilot project, as well as a description about what it meant to you and your family/ community. Through this sharing circle, we will go around the circle and during this time, I ask for your commitment to be respectful and good listeners, as each person will have an opportunity to share, one at a time. The order may vary, but each person will be asked the same question for every round of the circle. The digital sharing circle space will move clockwise, for a total of three rotations, plus an additional round to wrap up and reflect if there is time. In each journey around the circle, we ask that you share what comes to mind first – you can pass if you need more time, and we will return to you once we have completed each round. Please consider the time and space for others to share – you will have a total of 3 opportunities to contribute (4 if there is time). Once the sharing circle is complete, I will share back some of the key themes I heard. I then will ask if anyone would like to close out the circle with some good words, signaling the end of the circle. This circle is scheduled to take place over a 1.5 hour time period, though we may not need this entire time. You may take a break at any time.
2. The focus for this Sharing Circle is to ensure that Indigenous people with lived experience are at the centre of our conversations, to move forward in a good way, sharing Indigenous-led priorities and stories as a framework for future roundtable discussions designed to facilitate and incubate innovations/ collaborations related to chronic disease. I am able to offer you an honorarium for your time today, at a rate of \$100/hour. For today's circle, we can offer you \$150 for the time of 1.5 hours. Can you kindly identify how you would like me to provide you with this payment. I will be able to send to you in the next week.

Up to this point in time, research and information about Indigenous experiences in the pilot projects has been limited to what was shared about your experiences through the project lead. This does not include any individual stories or comments, so it is from this perspective that I am asking you to share what matters most to you, and whether you have observed any changes to you daily living or quality of life.

3. To being, I would like you to share your thought on the first question: {facilitator to go around and allow space for participants to answer each series of questions for a total of 3 rounds}.
 - i. What is the project you were part of? Did you feel respected; treated with empathy and understanding in the pilot project? Y/N/ maybe; Did you notice any benefit to your health (physical, mental, emotional, spiritual) and/ or health condition?
 - ii. Was there a moment in time that you felt like it was getting easier to attend to your health condition? If so, can you tell me what that felt like? What helped make this happen?
 - iii. What do you need most moving forward?

{facilitator to go around and allow space for participants to answer each series of questions for a total of 3 rounds}.

This concludes the 3 rounds of the sharing circle. Before we close this circle, I would like to offer you a chance to share a reflection on this process to close out the circle {facilitator to go around the circle one more time}. If you would like, I can share a summary of the themes from this sharing circle for you to review; however, I will not be circulating the full transcript. I greatly appreciate the time

you have taken to share your perspectives and experiences. I would like to take the opportunity to thank you for your time today.

Miigwetch. We will now end the recording and this concludes the Sharing Circle.