myUHN

How to Use Your myUHN Care Plan

Your care team has just enrolled you in a care plan to help you manage your Lung Transplant. You can follow this care plan using MyChart through **myUHN**, an interactive, personalized plan of care delivered through the MyChart mobile app. You'll receive real-time notifications for things such as:

- Medication reminders
- Health-tracking tasks

- Educational content
- Periodic check-ins

MyChart is also accessible on web, in addition to on our mobile app. Visit https://www.mychart.com/ or search for and download MyChart on the Apple App Store for iOS or the Google Play Store for Android.

Using MyChart through myUHN

Complete Your Tasks for the Day

1. Open myUHN and select the **To Do** icon on the home screen. The To Do activity shows you a list of tasks that are due today.
2. Complete your assigned tasks. How you do this depends on the type of task:
   - Education tasks. Select the task to review the educational materials, which might include a text handout or a video to watch. Use the **I Understand** or **I Have Questions** buttons to express your understanding of the material. Select **I Have Questions** to send any questions you have to a member of your care team.
   - Questionnaire tasks. Select the task to open the questionnaire. Answer all of the questions and select **Submit** when you're done.
   - Health-tracking tasks. Select the task to go to the Track My Health activity and select **Add Reading** to enter health-tracking information, such as your weight or blood pressure reading.
   - General tasks. After you finish a general task, such as exercising for 30 minutes, mark it complete by selecting the **green checkmark** ✅. If you did not complete a task, select the **red** ❌.
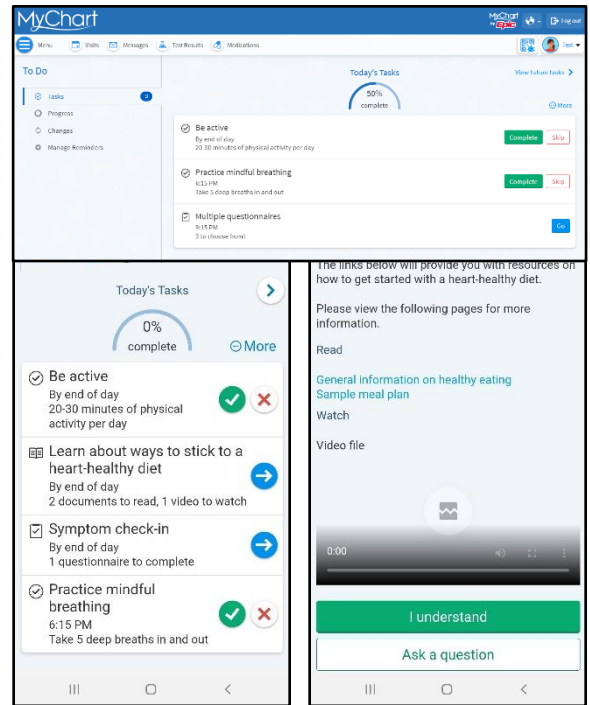

Review Changes to Your Care Plan

In some cases, your care plan might need to be adjusted based on things such as readings you record through a health-tracking task or responses to a symptom check-in questionnaire. When this happens, you'll be notified of the changes, and you can view them by selecting the **Changes** tab at the bottom of the To Do activity.

Choose How and When to Receive Notifications

To make sure your care plan works with your schedule, you can choose when you receive notifications for tasks assigned to you and whether notifications are sent for each task or all tasks at once.
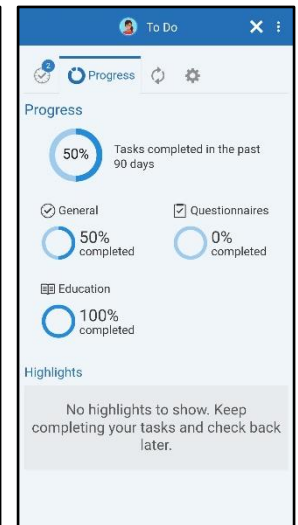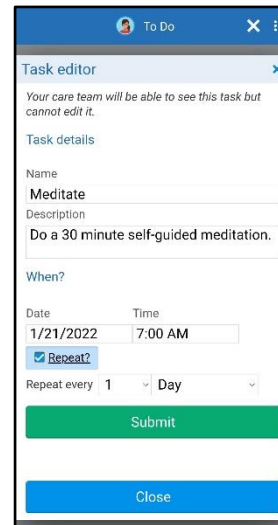
1. Open the To Do activity, select **More** at the bottom, and select **Manage To Do Reminders**.
2. If you want to change how you receive notifications from the myUHN app for tasks that are due, in the How Often? section:
   - Select **When My Tasks Are Due** to receive an individual notification when each task is due.
   - Select **Only Once Daily** to receive one combined notification for all of the tasks that are due each day.
3. If you want to change what time you receive notifications throughout the day, select **Manage Reminder Schedule**. You can set times to receive reminders for tasks that are due:
   - Morning
   - Midday
   - Evening
   - Bedtime
   - By End of Day
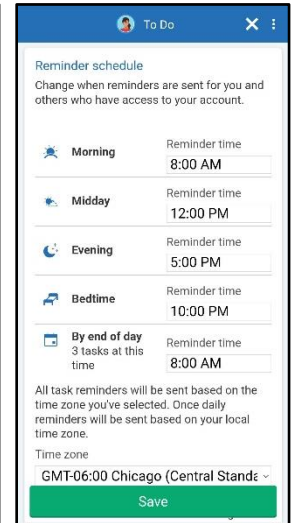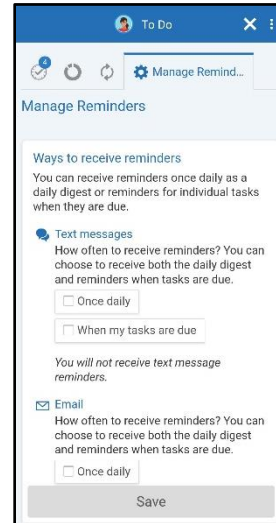
Create Your Own Tasks

If you want to receive reminders for other tasks that are not part of your care plan, such as **getting your bloodwork done** or doing a daily meditation, you can create your own tasks in MyChart Care Companion.

1. Open the To Do activity, select **Options** at the top of the screen, and select **Create Task**.
2. Enter a name and description for the task. Then, enter the time at which you want to receive the task reminder and how often the task should repeat.
3. Select **Submit**.

Track Your Task Completion Rate

You can view progress towards your task completion by selecting the **Progress** tab at the bottom of the To Do activity. From here, you can view the number of tasks completed out of the number assigned for each task type and an overall percentage of your task completion.

Use the buttons at the top to view data for the last 7 days, 30 days, or 90 days at a time.