

Add Health Files to Your Daily Journal



Do you have a paper binder with your past health history? Now you can transfer that paper binder of personal health information (PHI) files to your MitoAction Daily Journal that goes with you everywhere.

IMPORTANT: To add files, you will have to log in to the MyMito Care3 website from your computer.

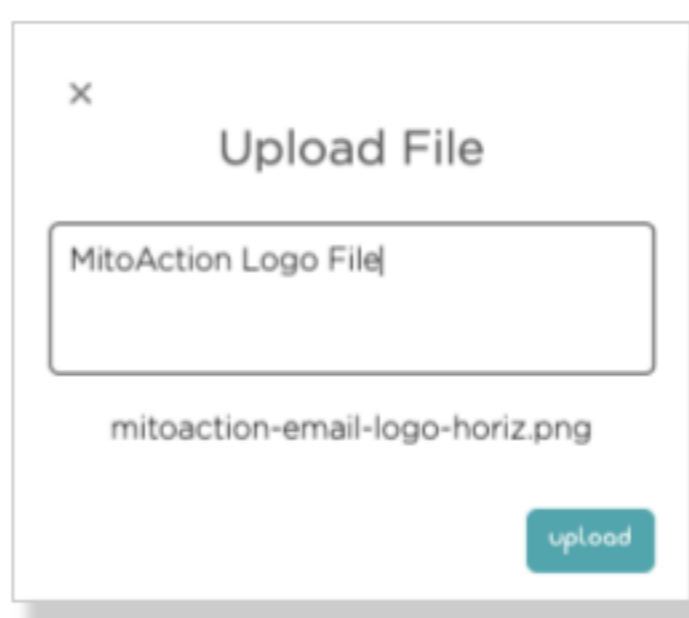
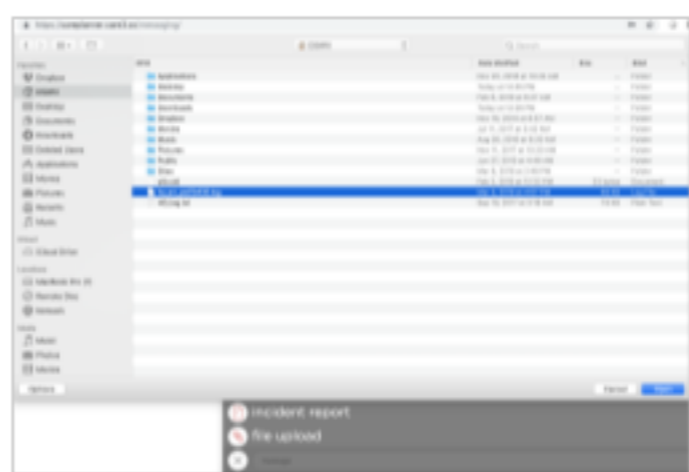
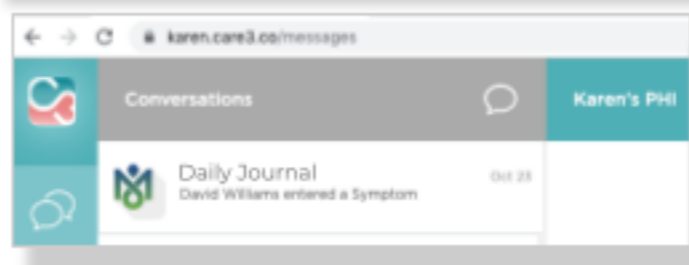
Add Health Files to Your Daily Journal (instructions in image below)

ADD YOUR HEALTH HISTORY FILES



- 1 Go to www.care3.co/mitoaction on your computer and click the Login button in upper right.
- 2 Log in using your email and password.
- 3 Click your "Daily Journal"
- 4 Click the "plus" icon at the bottom near the message box and click "file upload"
- 5 Select file to add and click "Open" button. You can also just "drag and drop" the file from your computer into the journal area.
- 6 Write a description of the file so it appears in Search results.

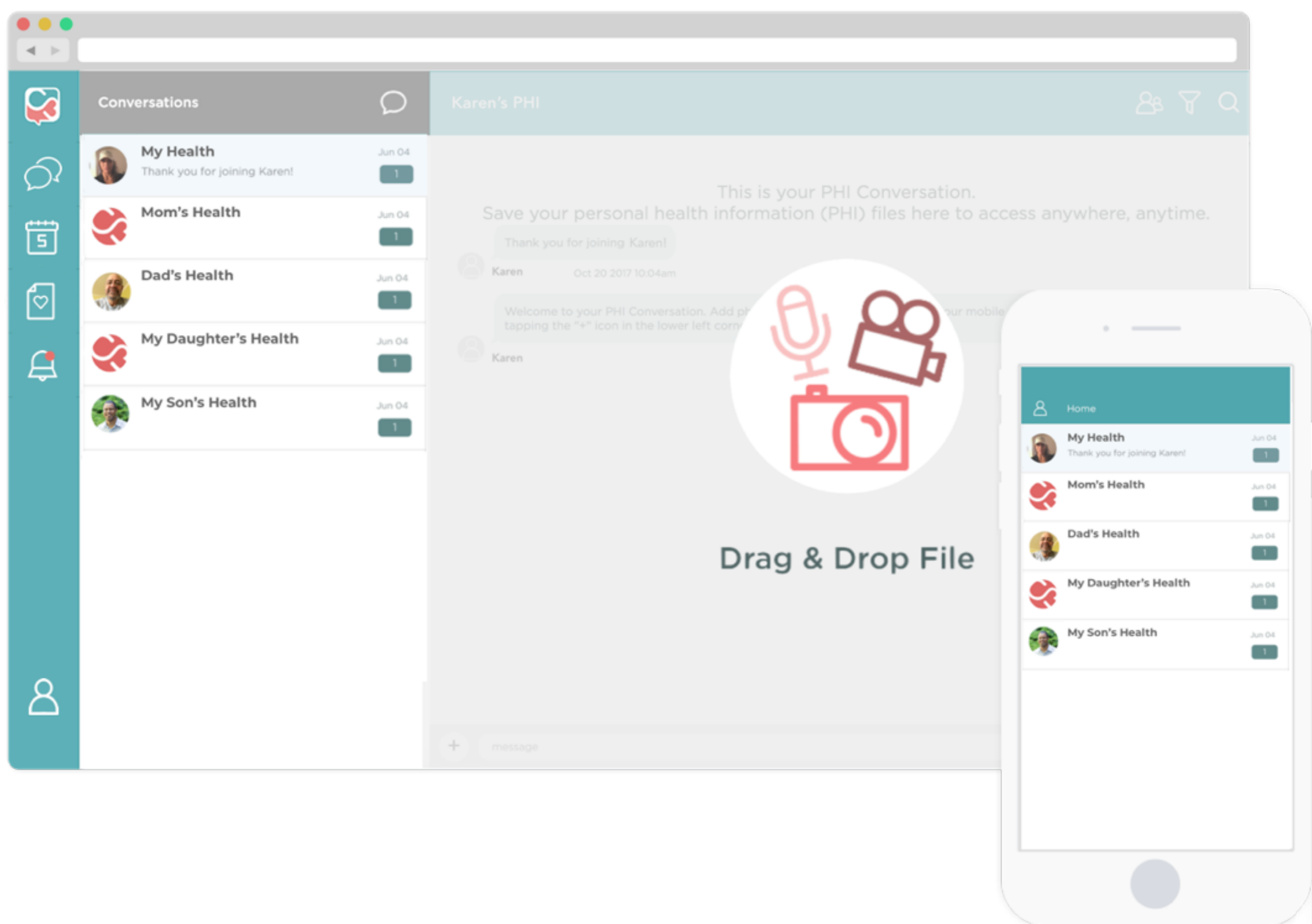
Click "upload" button
- That's it! Repeat for all files you want to add. Now you will have all of your data in the MitoAction Mobile app, accessible from anywhere and shareable. Great job!



Drag & Drop Files - Instructions

From Your Computer:

1. Go to <https://www.care3.co/mitoaction> and click the Login button in the upper right corner. On the next screen, log in using your MitoAction Mobile powered by Care3 credentials (email and password).
2. Click (select) your Daily Journal.



3. To add a file, select it from your computer's directory and **drag and drop it directly into the Journal timeline**. The "drag and drop" icons will appear. Simply release your mouse button and the file will be added.

4. In the dialog box that appears, **write a description** of the file. Adding a description makes it easy to search and find later.

That's it! Check out your files (images, pdfs, video, etc.) in your Daily Journal.

Repeat these steps for every item you want to have with you everywhere you go.

NOTE: Make sure you download the [MyMito mobile app \(iOS and Android\)](#) so you can access your personal health information anywhere, anytime.

See related:

In your Daily Journal, you can also:

- [report unexpected events](#) to make sure you mention them at your doctor visits
- [share](#) and revoke access to anyone
- [customize](#) your Daily Journal by adding more symptoms and vitals to track each day
- [add media](#) (photos, video, audio) to give more context



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MitoAction and Care3 do not provide medical advice