

# Add Media to Your Daily Journal

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Here’s how you can access and add media to your Daily Journal (or PHI Digital Binder) from the MyMito mobile app.

## Add Media to Your Daily Journal

### From Your Mobile Phone (iOS or Android):

To get started, tap into your Daily Journal or the one you created for your Loved One.

- 1 . Tap the “+” button in the lower left corner to show the media menu.
- 2. Tap the camera icon to add a photo or take a new photo. Tap “Choose Existing” to select an image from your Camera Roll or “Capture Image” to take a new picture.

- 3. Once you’ve added or taken the image, it appears in the message box. Type a description of the image. Use keywords like “labs” that will make it easy to search for the image later when you need it. Tap the “send” button (airplane).

- 4. View your item in your Daily Journal. The image is saved on our HIPAA-compliant cloud server.



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