

Invite Others to Your Daily Journal



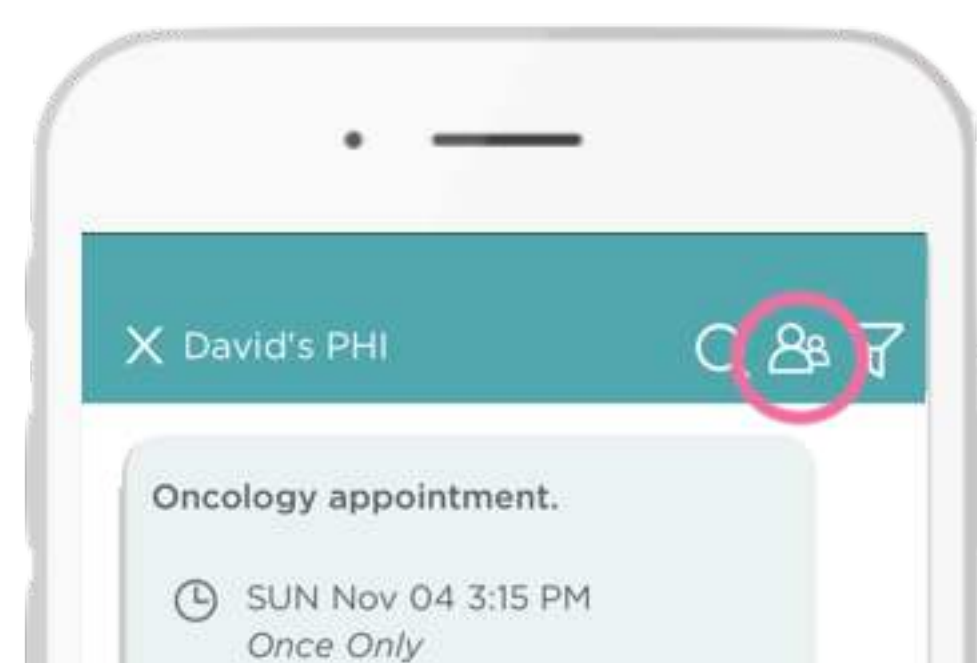
Welcome to our **User Guide** on how to grant and revoke access to others to your Daily Journal. Sharing your personal health files with others can be a powerful way to speed up information sharing. MyMito makes it easy!

Bookmark this post so you can refer back to it whenever you have to interact with your new Daily Journal.

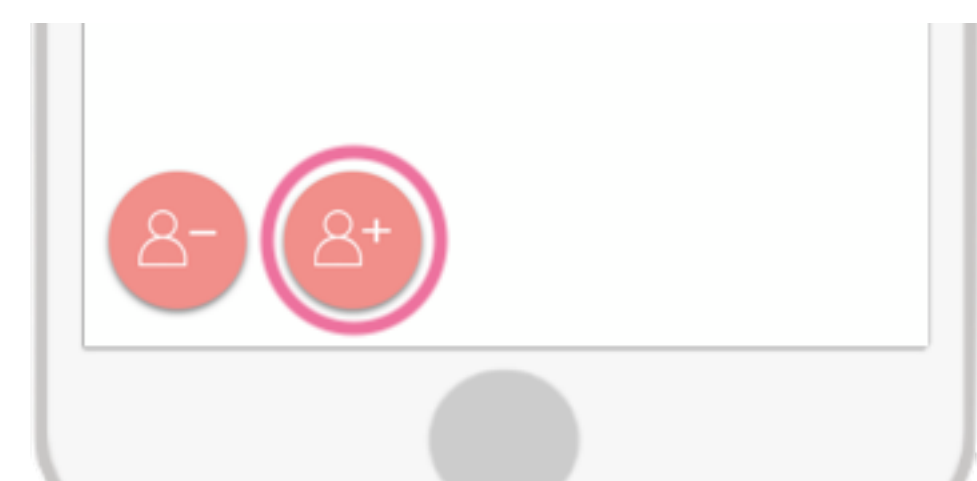
Invite Others to Your Daily Journal

From your mobile phone:

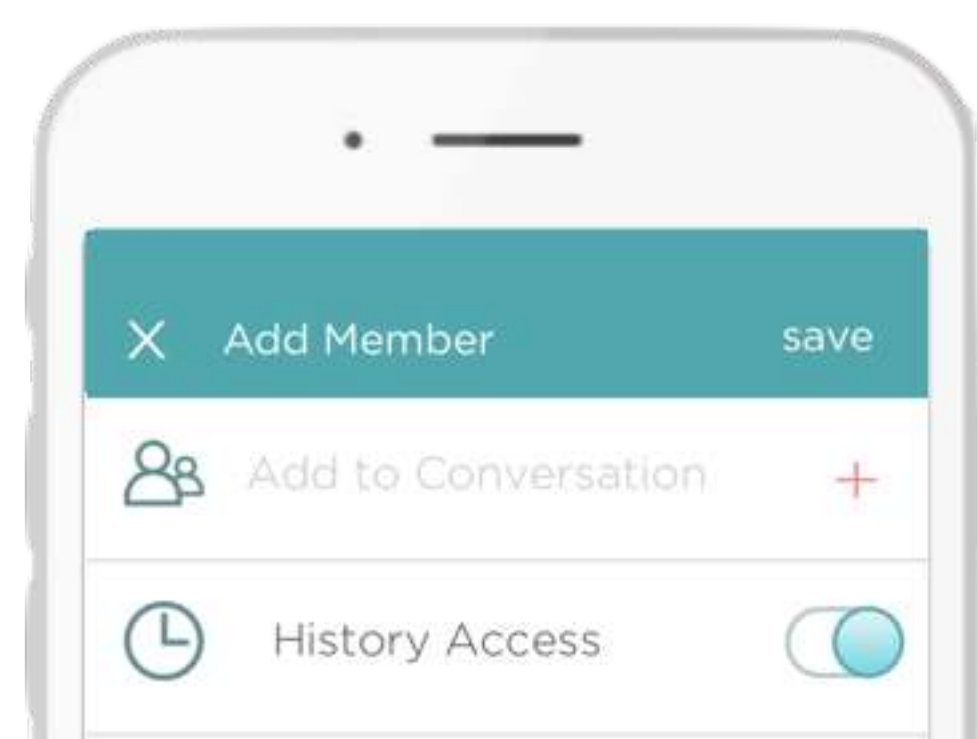
1 . To invite someone (family, friend, doctor, nurse, etc.) to your Daily Journal (David's PHI in the image), tap the “members” icon in the upper right corner.



2 . Tap the “add member” icon in the lower left corner. It's the one with the “+” sign.



3 . Tap “Add to Health Journal” (or “Add to Conversation” as pictured) and select from the menu how you'd like to add the member. Most people choose “Add E-mail of Phone Number”.



Steps 3, 4, and 5 appear above.

4 . Add the person's email address OR phone number—or select from your Contacts—or select from an existing Care Team. Make sure “History Access” is set to green. This means you give access to all files and information shared in your Daily Journal to the person you invite.

5 . Tap “save” and an invitation is automatically sent!

Now you have invited someone to your Daily Journal. You can also send text and media messages about your healthcare to the person you invited after they join.

Congratulations! You're ready to get the most out of your Daily Journal.

In your Daily Journal, you can also:

- [add health history files](#) like labs, and other test results
- [report unexpected events](#) to make sure you mention them at your doctor visits
- [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