

# Start a New Text Messaging Conversation with Family or Doctors



Texting has become the main way people connect using mobile devices. It's quick, not as intrusive as a phone call, and shorter form than email. People typically respond faster to texts than other forms of communication as well.

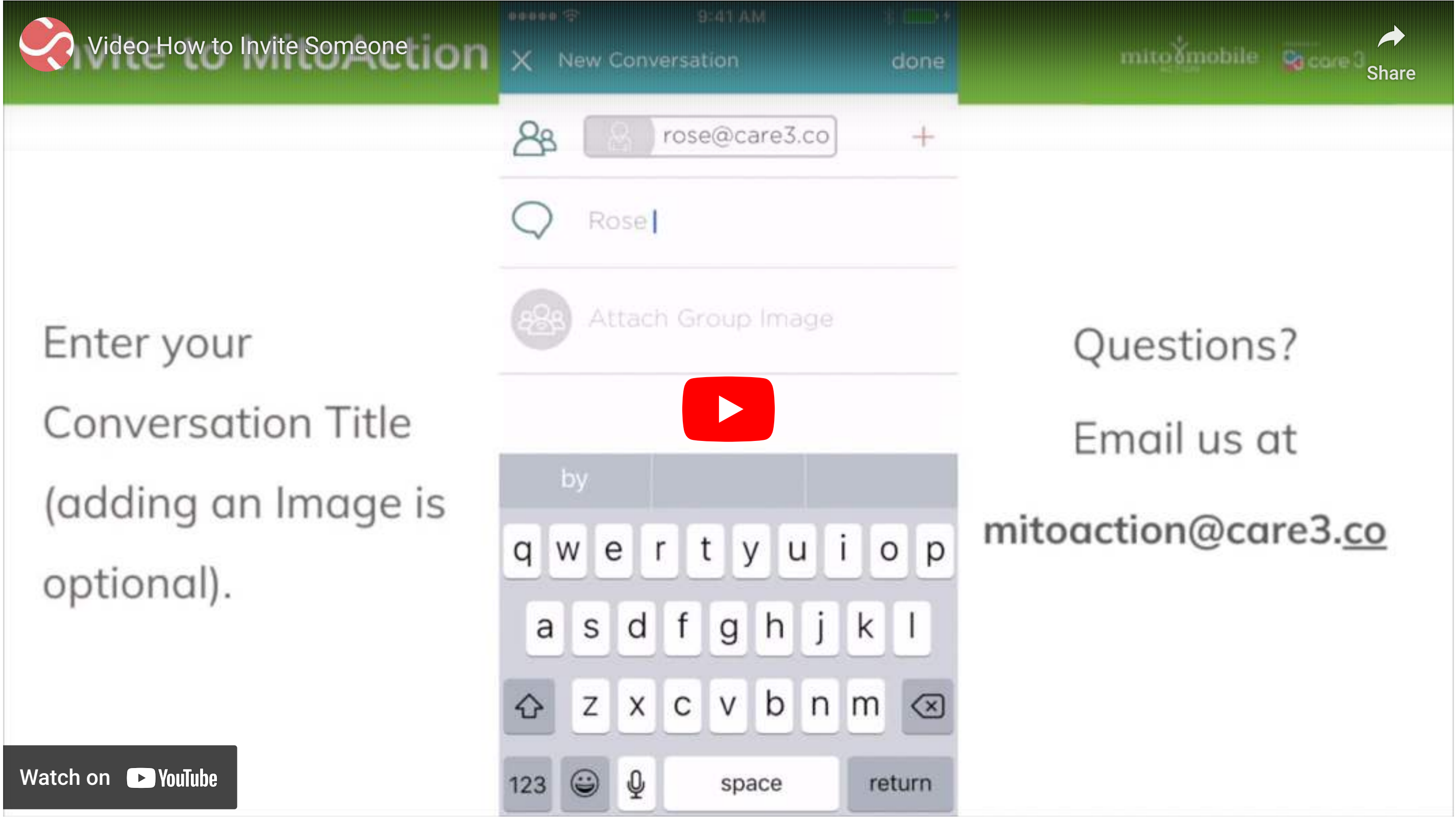
More importantly, when having text messaging conversations about your healthcare with family or doctors, you want to be absolutely sure that conversation is private, secure, and confidential. iMessage, SMS, WhatsApp and Facebook Messenger are popular, but NONE meet government security standards for healthcare text conversations.

MyMito powered by Care3 not only meets these strict standards, but exceeds them for secure healthcare texting.

To start a text messaging conversation on MyMito simply follow these steps:

- 1. From the Home screen, press the “+” icon in the lower right to start a new timeline.
- 2. By tapping the “+” button next to Add to Journal, you will invite any person(s) via email address, phone number, or choose from your Contacts.
- 3. Enter your Title (adding a Group Image is optional).
- 4. Tap “done” in the upper right corner. Your invitation will be sent and the chat timeline started.

You’re all set! Simply send a text message to start the health chat. Feel confident that your health chat is private, confidential, and secure on MyMito.



This QuickStart Guide shows you how to Invite your Doctor, Family and Friends by starting a new text messaging chat on the MyMito app powered by Care3.



P.O. Box 310 Novi, MI 48376 [www.mitoaction.org](http://www.mitoaction.org) 888-648-6228  
MitoAction and Care3 do not provide medical advice