

Track Unexpected Events and Symptoms

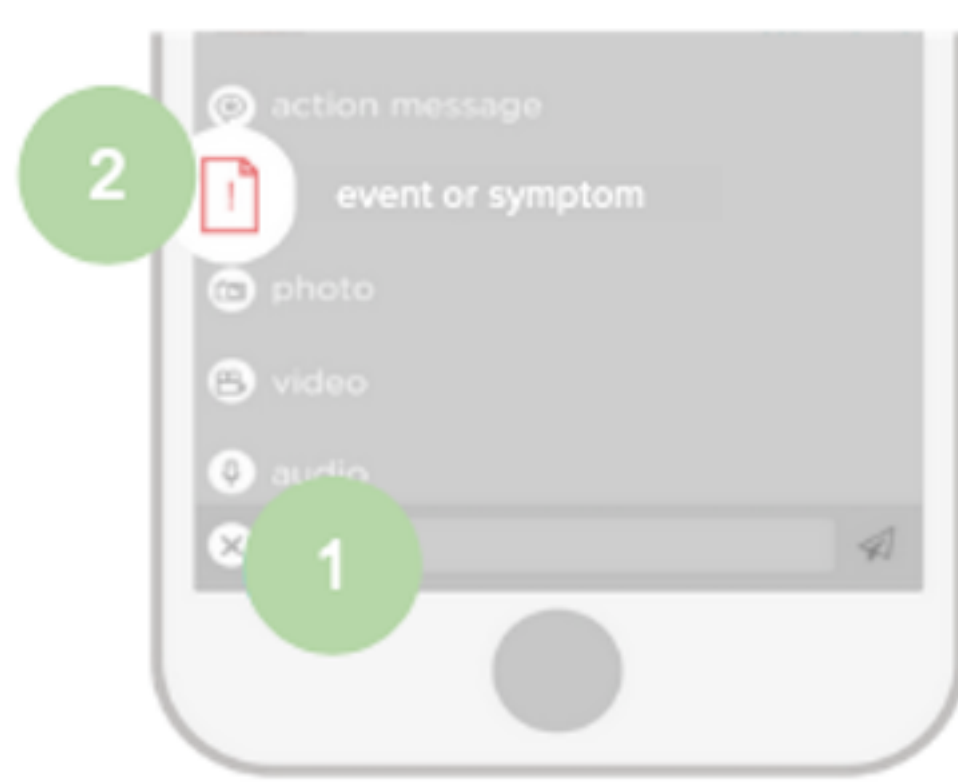


When something happens out of the ordinary, you want to track it in real-time so you don't forget and you can tell your doctor on your next visit. Tracking **events** helps your doctors, nurses, and therapists provide you and your loved ones better care.

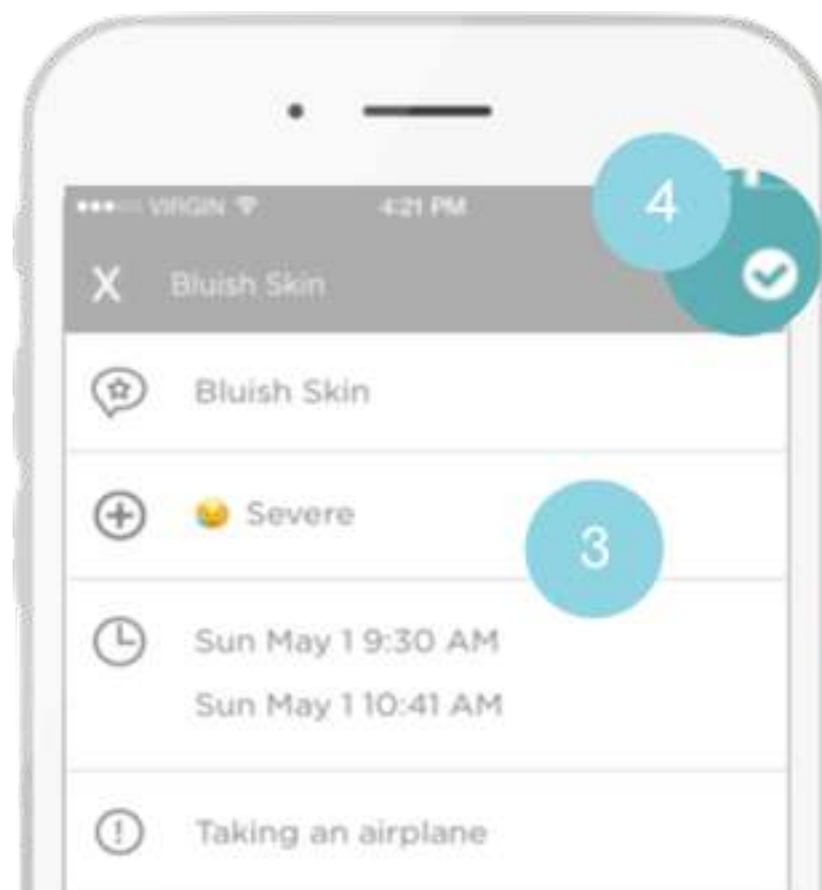
MitoAction Mobile makes it easy for you to manually report a specific event (e.g., seizure, fall) with an **Event Report**. You can even enter *past events* to chart the history with those incidents.

Follow these simple steps below on how to track unexpected events in MyMito (powered by Care3).

1. From within your Daily Journal, tap the “+” icon next to the message box to reveal the action menu.
2. Select “event or symptom”.

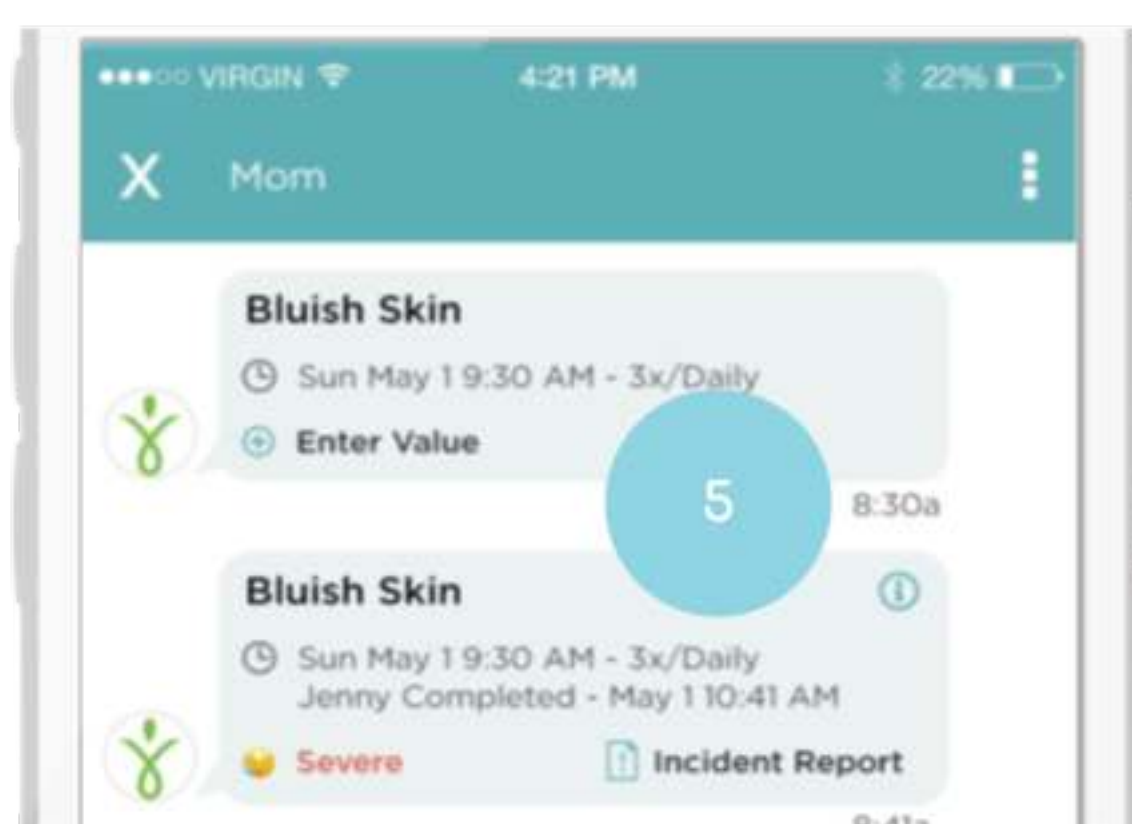


3. Complete the required fields marked “*”. (Image shows completed sections). Try to give as much detail even on non-required fields to help everyone understand what happened.
4. Tap the “check mark” in the upper right corner to complete your report.



5. To view the completed report, simply tap on the Event Report Action Message to reveal the details.

To [view a chart](#) of your symptom or incident history, tap “**View Chart**” to see real-time longitudinal updated charts right on your device.



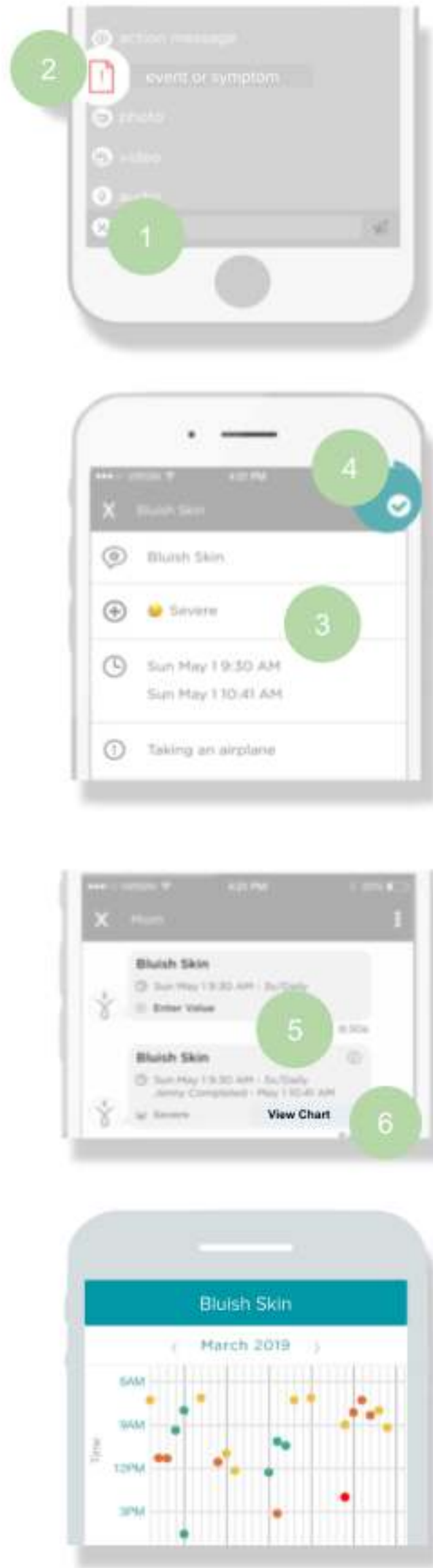
In your Daily Journal, you can also:

- [add health history files](#) like labs, and other test results
- [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

REPORT NEW EVENTS & SYMPTOMS IN APP



- 1 In the MyMito mobile app, tap your “Daily Journal” from the Home screen and then tap the “+” icon in the bottom left corner
- 2 Tap the “Event or Symptom” icon
- 3 Tap “Event or Symptom” to select the event or symptom from the list. Complete the required fields marked “*”. (Image shows completed sections)
- 4 Tap the “check mark” in the upper right corner to save. Tap “X” to return to the conversation
- 5 Your Event appears in the conversation. Repeat steps 2-4 to track the same Event or Symptom if it happens again each time.
- 6 To view a chart of your symptom or event history, tap “View Chart” to see frequency and severity over time..



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MitoAction and Care3 do not provide medical advice