

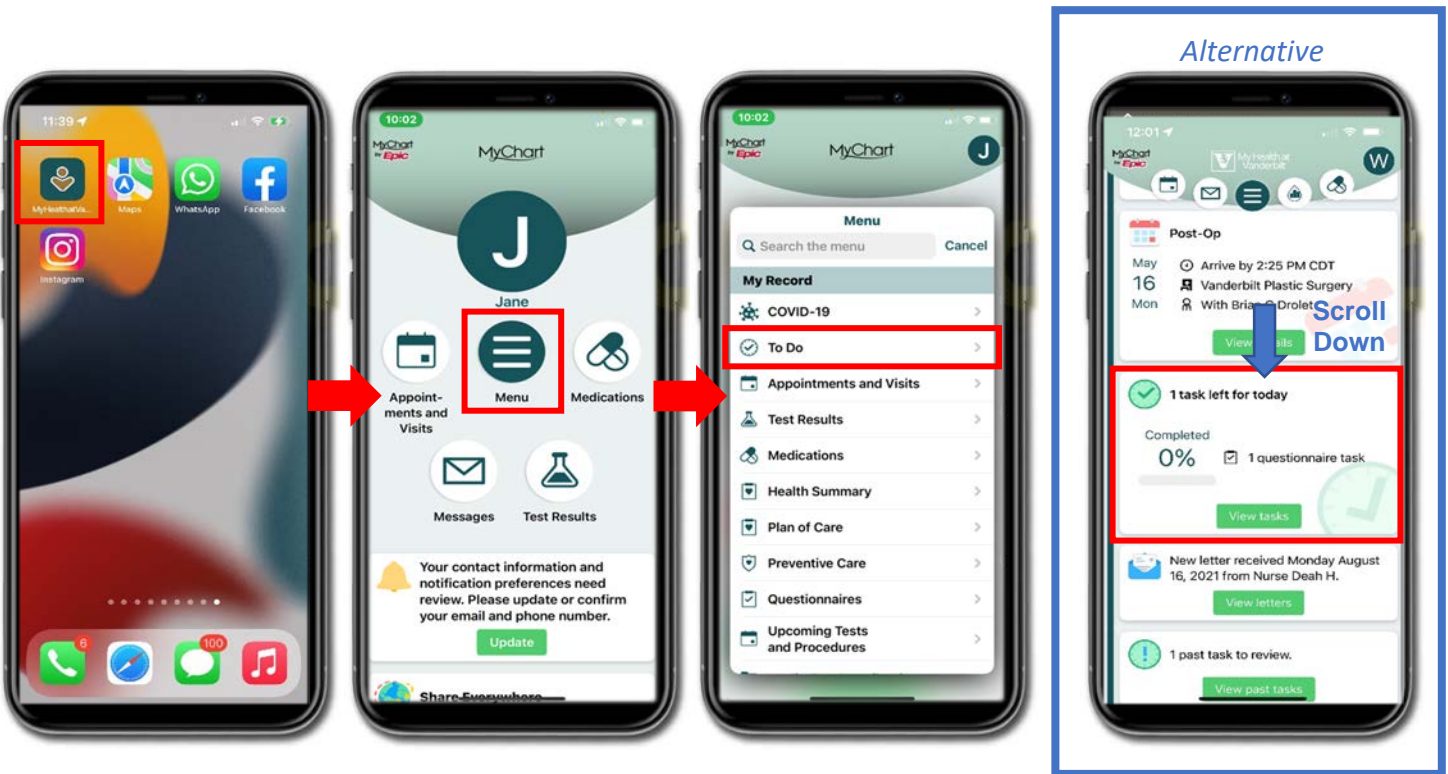
How to use the new My Health at Vanderbilt (MHAV) feature

Log in and view tasks

1. If you have not already, download the MHAV (MyHealth) app onto your mobile device. You can download the app from the Apple App Store or Google Play



2. Tap the MHAV (MyHealth) app on your mobile device and log in.
3. Tap the “Menu” icon on MHAV main page.
4. Scroll through the list of menu items. Tap the “To Do” icon to view the tasks assigned for you. [*Alternative*: Scroll down on the MHAV main page to see the number of tasks assigned to you and click “View Tasks”.]



Complete assigned tasks

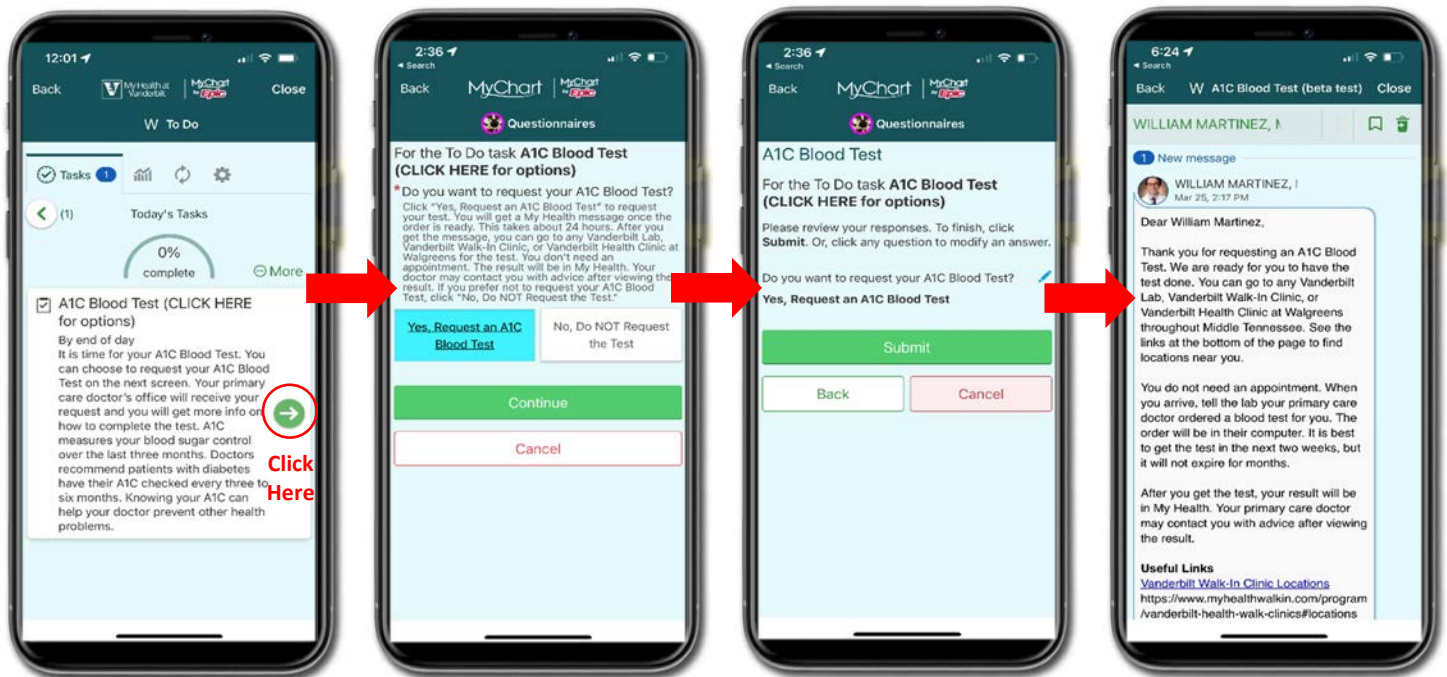
Below are examples of the types of tasks that may be assigned to you.

Welcome to the Study: You will be assigned this task when you are given access to the new MHAV feature. Tap on the task on your “To Do” list. On the next screen, indicate that you received the message. On the final screen, tap ‘Submit’. This will let us know the new feature is working for you.

A1C Blood Test: You will be assigned this task when it is time for your A1C blood test. Tap on the task on your “To Do” list. On the next screen, request your A1C blood test. On the final screen,

'Submit' your request. You will receive a confirmation message in MHAV about 24 hours later. The message will have info on how to get the test done.

Example - A1C Blood Test




Urine Protein Test: You will be assigned this task when it is time for your Urine Protein Test. Tap on the task on your "To Do" list. On the next screen, request your Urine Protein Test. On the final screen, 'Submit' your request. You will receive a confirmation message in MHAV about 24 hours later. The message will have info on how to get the test done.

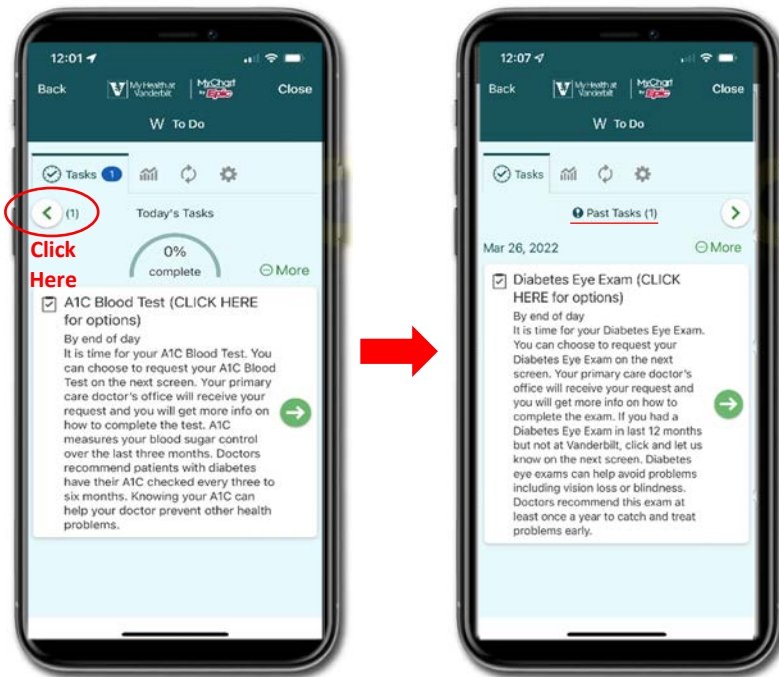
Pneumonia Shot (Vaccine): You will be assigned this task when it is time for a Pneumonia Shot (Vaccine). Tap on the task on your "To Do" list. On the next screen, request your Pneumonia Shot (Vaccine). On the final screen, 'Submit' your request. You will receive a confirmation message in MHAV about 24 hours later. The message will have info on how to get the shot.

Diabetes Eye Exam: You will be assigned this task when it is time for Diabetes Eye Exam. Tap on the task on your "To Do" list. On the next screen, request your Diabetes Eye Exam. On the final screen, tap 'Submit'. You will receive a confirmation message in MHAV about 24 hours later. The message will have info about scheduling your eye exam. You can also use this task to report a diabetes eye exam you had done outside of Vanderbilt.

Monthly Check-In: After you get access to the new MHAV feature you will be assigned this every month. Tap on the task on your “To Do” list. On the next screen, indicate that you received the message. On the final screen, tap ‘Submit’. This will let us know the new feature continues to work properly during the research study.

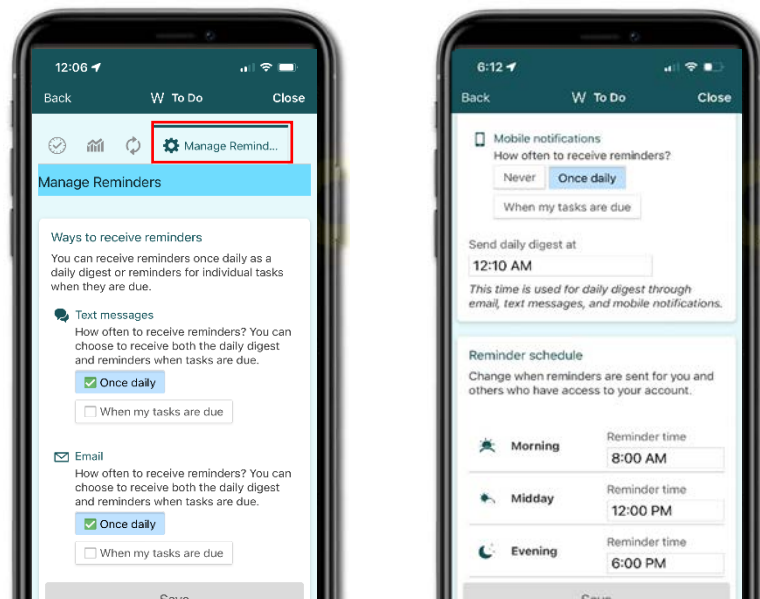
Past Due Tasks

Tasks on the “To Do” list that have not been completed within 24 hours will move to the “Past Tasks” section. Click on  to the left side of the screen to see past due tasks.



Customize Reminder Schedule

You can receive reminders once daily as a daily digest or reminders for individual tasks when they are due. You can receive reminders as text messages, emails, and mobile notifications. You can also set the time of day you would prefer to receive reminders about tasks.



**Having Trouble
with this New Feature?**

Contact study staff at any time.

[**MHAVStudy@vumc.org**](mailto:MHAVStudy@vumc.org)

(615) 669-3160

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