

DO VIRTUALLY ANYTHING FOR YOUR HEALTH

LiveWell

How to use the Pregnancy Care Companion program in LiveWell on a desktop computer

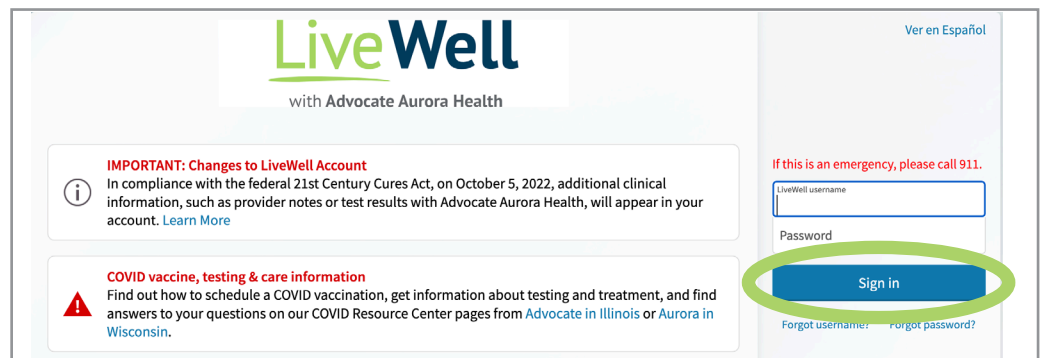
Congratulations on your pregnancy! We're here for you and your baby every step of the way.

What is the Pregnancy Care Companion program and how do I use it?

The Pregnancy Care Companion program is an optional resource offering customized health and wellness recommendations you can use throughout your pregnancy. If your provider assigned this care plan to you, it can help you learn about your baby's growth, your changing body, healthy eating habits, pregnancy-safe exercise, mindfulness techniques and more.

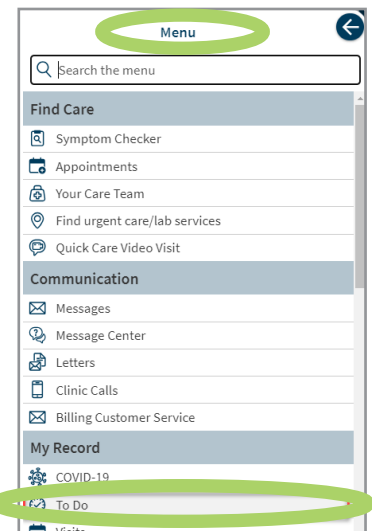
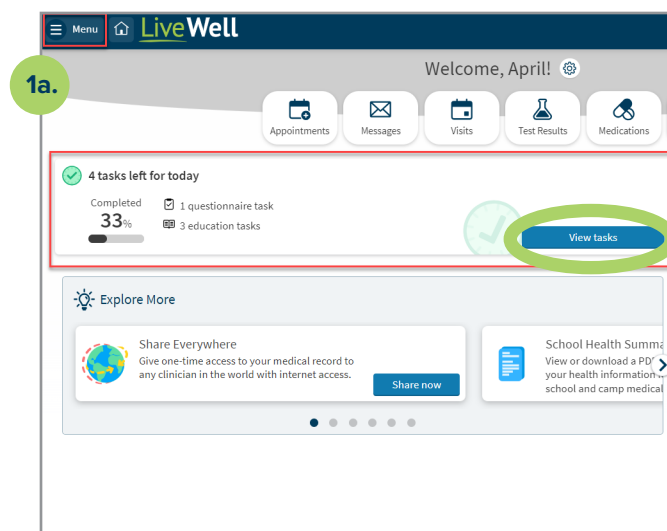
Sign in and opt in to view tasks

1 Log into LiveWell.



1a. Select **view tasks** to review what you've been assigned in your healthfeed.

– You can also access your tasks by clicking **Menu** and scrolling to **To Do**.



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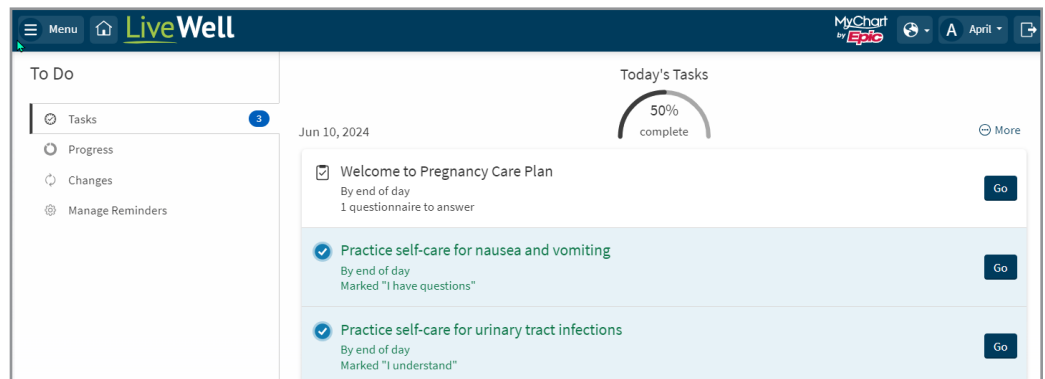
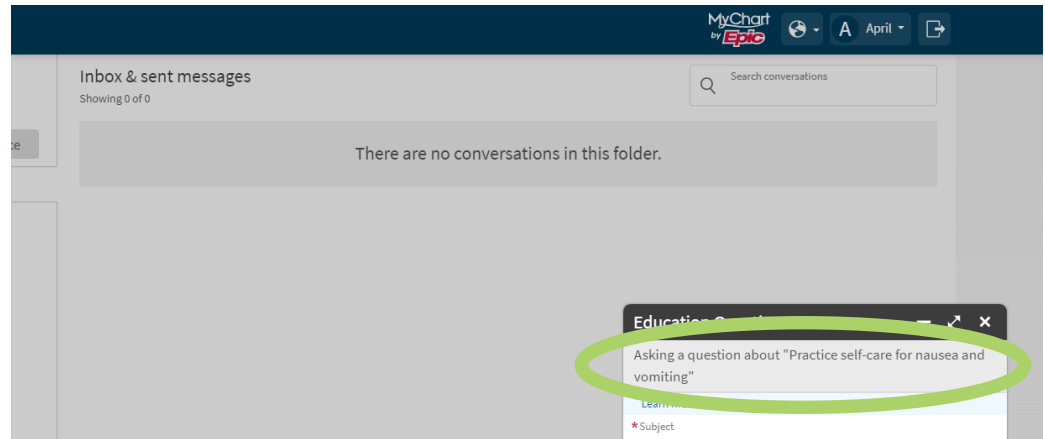
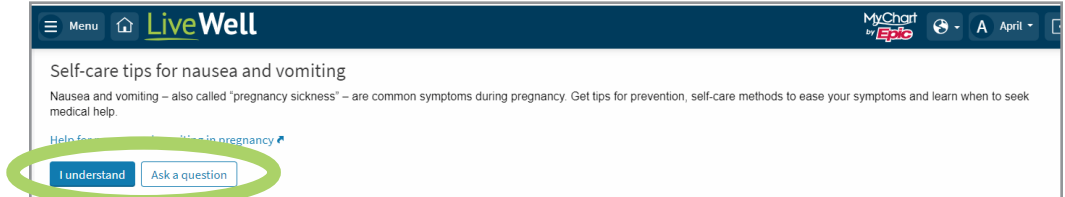
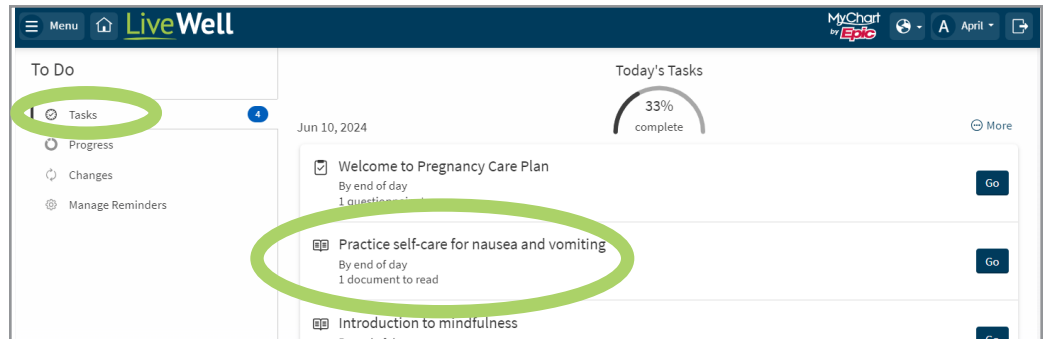
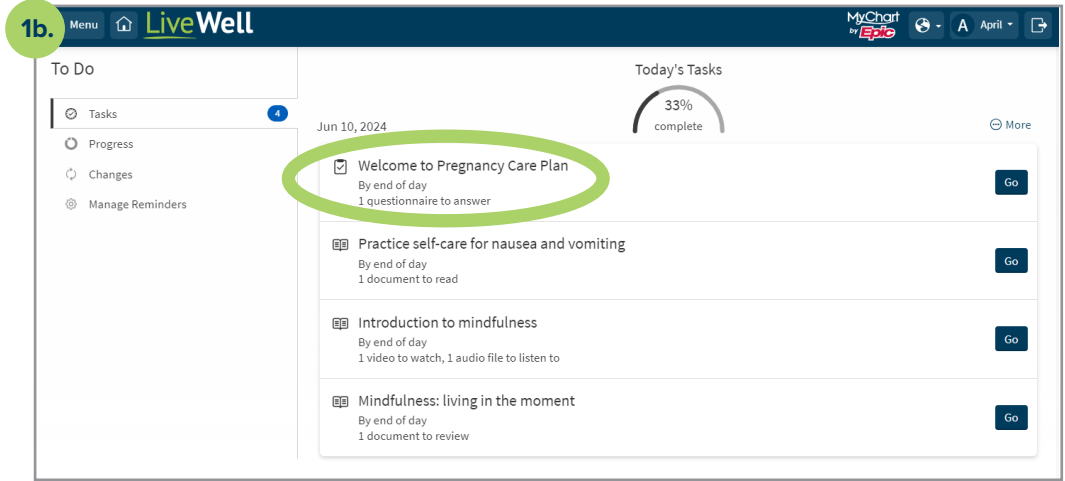
1b. Select the **Welcome to Pregnancy Care Plan** from your Tasks.

Select **Yes** to opt in and receive updates from your pregnancy care plan.

You'll now receive health and wellness recommendations for you to interact with as you progress through your pregnancy. Find them as Tasks on the To Do page or the home page of your LiveWell account.

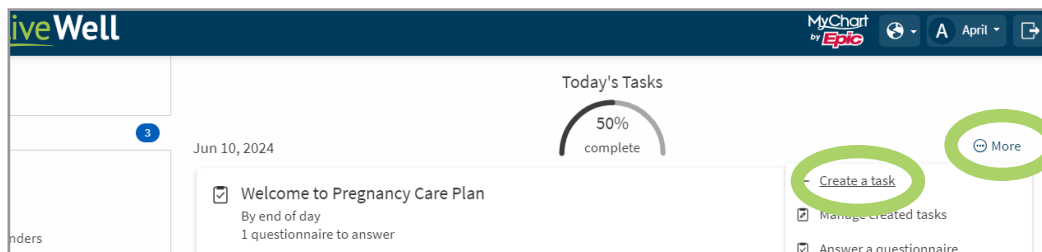
Complete assigned tasks

2 Select a **task** to review the educational materials, which might include an article to read, an audio file to listen to or a video to watch. Use the **I understand** button to show you understand the material or **Ask a question** allows you to send any questions you have to a member of your care team.



Create a custom task

- 3 You can also create your own tasks on desktop by clicking **More** on the upper right, then **Create a task**.

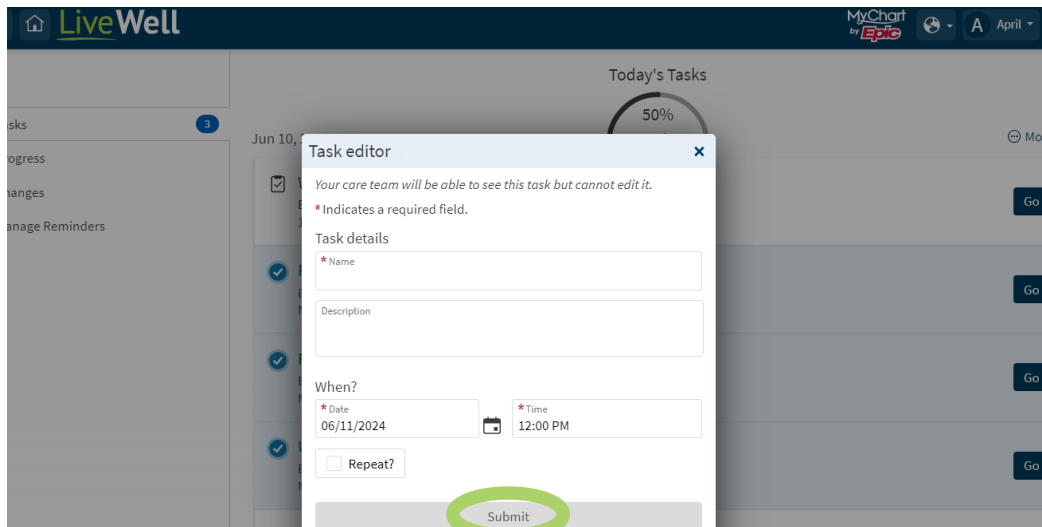


Task details

- 4 Add **task details** such as a task name, description, when you want the task to be due and how often it should be repeated.

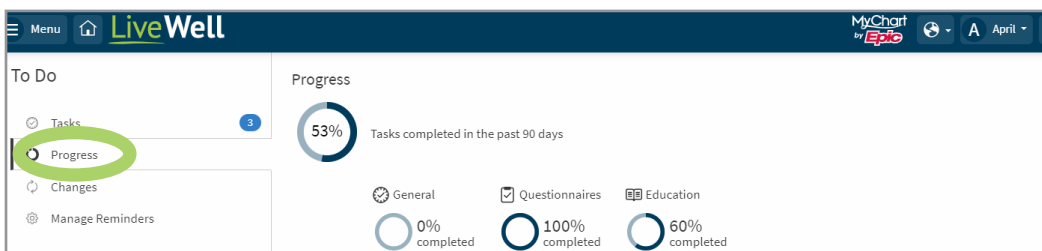
Once you **submit** the task, it will appear alongside your other tasks.

To edit or delete the task, click **More** then "Manage created tasks."



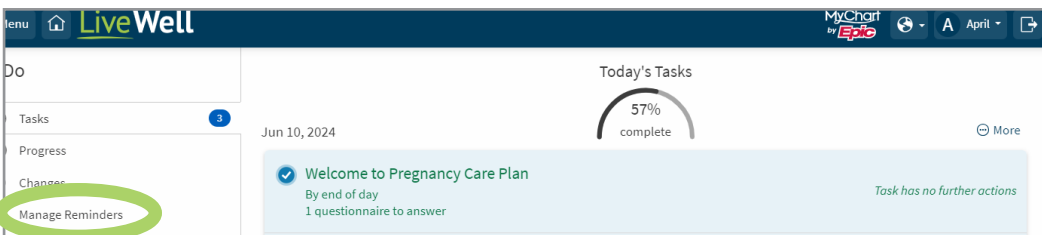
Check your progress

- 5 To view your progress in completing your tasks, select the **Progress** tab on the side menu on desktop. Here you can see how many tasks you have left to complete and your overall completion percentage. If you are in this program, your provider will also be able to see your progress with the tasks.



Manage your reminders

- 6 Click the **Manage Reminders** tab on the side menu.



To change what time you receive notifications

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Visit the **Reminder Schedule** section.

Set times to receive reminders for tasks that are due:

- Morning
- Midday
- Evening
- Bedtime
- By End of Day

To change what time you receive your daily summary, visit the **Daily Summary** section (if it says you have this turned off, you will have to turn on the daily summary in the next step).

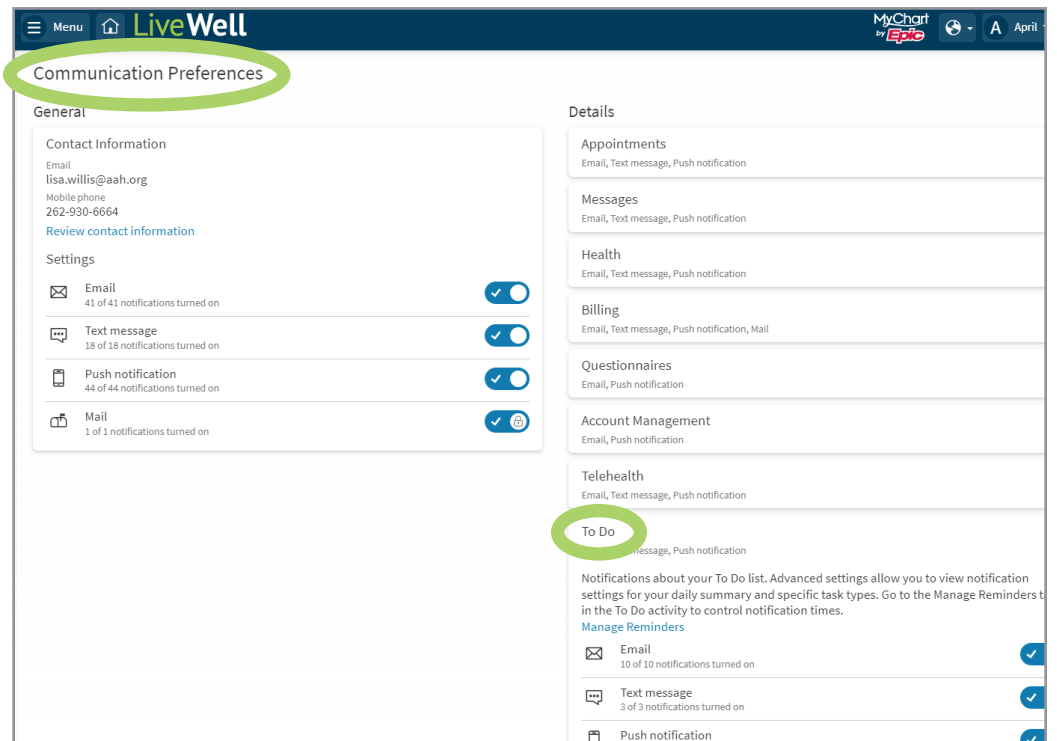
The screenshot displays the 'Manage Reminders' interface in the LiveWell application. On the left, a 'To Do' sidebar lists 'Tasks' (with a notification badge of 3), 'Progress', 'Changes', and 'Manage Reminders'. The main content area is titled 'Manage Reminders' and includes a note: '* Indicates a required field.' Below this, the 'Reminder schedule' section explains that reminder times are in the selected time zone (Central Daylight Time) and lists five categories with their respective times: Morning (8:00 AM), Midday (12:00 PM), Evening (6:00 PM), Bedtime (10:00 PM), and By end of day (8:00 AM). The 'Daily summary' section indicates that notifications are currently turned off and provides instructions on how to turn them on. The 'Ways you receive reminders' section points to 'Communication Preferences'. The 'Time zone settings' section shows the current time zone as GMT-05:00 Chicago (Central Daylight Time) and includes a toggle for 'Alert when time zone changes', which is currently turned on.

To change how you receive notifications for tasks that are due

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Visit the **Ways you receive reminders** section.

- Click the **Communication Preferences** link.
- Expand the **To Do** section on the bottom right and choose the communication preferences you prefer.



What do I do if I no longer wish to partake in the Pregnancy Care Companion program?

If at any point you wish to no longer continue using the Pregnancy Care Companion program, call or message your provider in LiveWell and they'll remove you from the program.

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To learn more, visit aah.org/livewell/faq



Download the LiveWell app or learn more at aah.org/livewell



LiveWell Support Team: 855-624-9366

