

DO VIRTUALLY ANYTHING FOR YOUR HEALTH

LiveWell

How to use the Pregnancy Care Companion program through LiveWell on a mobile device

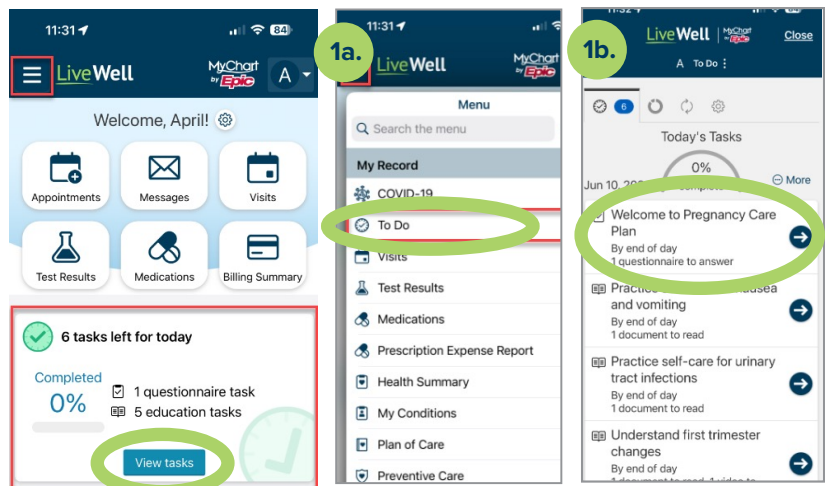
Congratulations on your pregnancy! We're here for you and your baby every step of the way.

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.

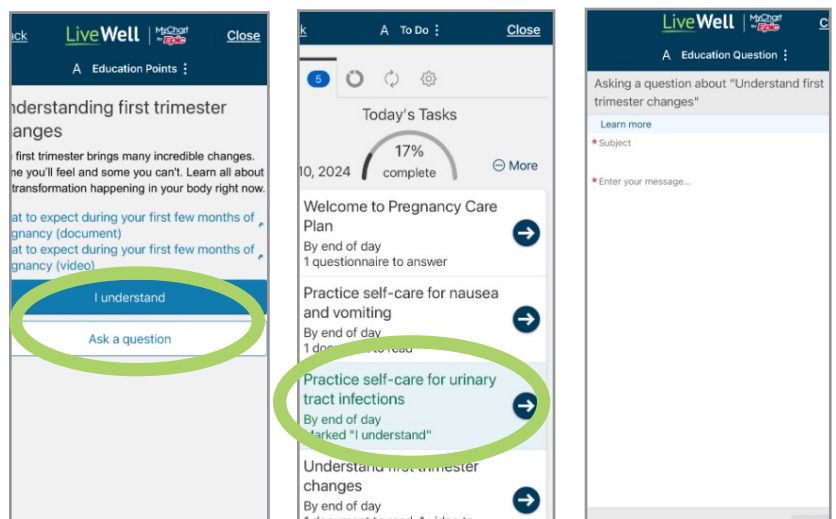
Sign in and opt in to view tasks

- 1 Log into the LiveWell app.
- 1a. Under the MyChart section you can view the **Tasks** in your feed or tap the **Menu** icon.
–Then scroll to select the **To Do** icon to view the tasks you or your provider has assigned.
- 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.



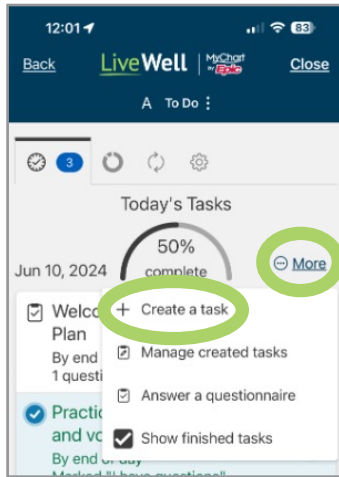
Complete assigned tasks

- 2 Select the **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.



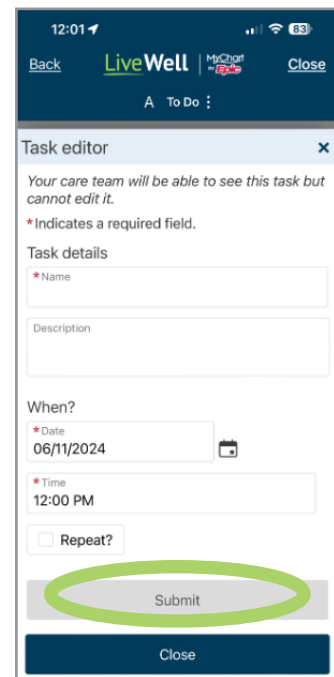
Create a custom task

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



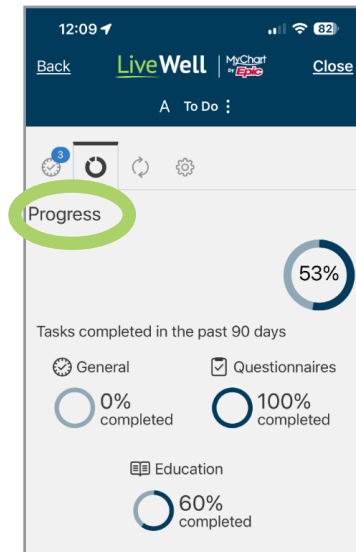
Task details

- 4 You can 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.”



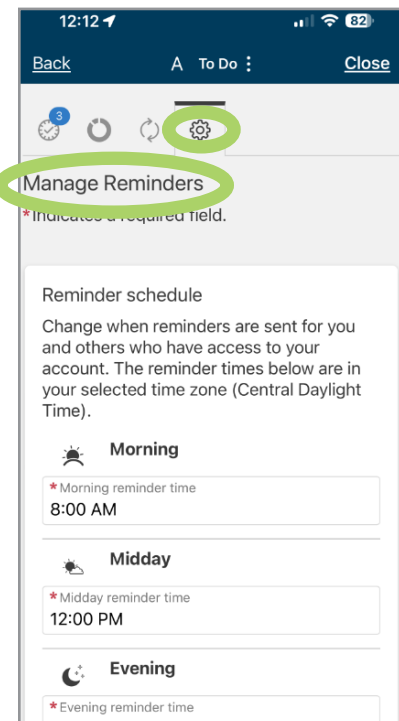
Check your progress

- 5 To view your progress in completing your tasks, select the **Progress** tab on the side menu. 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 Open the **To Do** activity, tap the options **gear icon** at the top of the screen and select **Manage Reminders**.

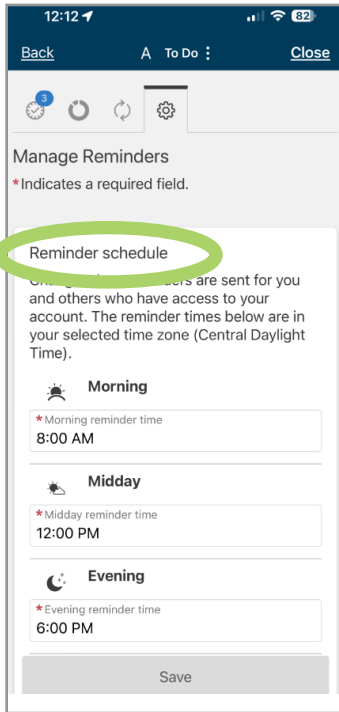


To change what time you receive notifications

7 Visit the **Reminder Schedule** section.

Set times to receive reminders for tasks that are due:

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

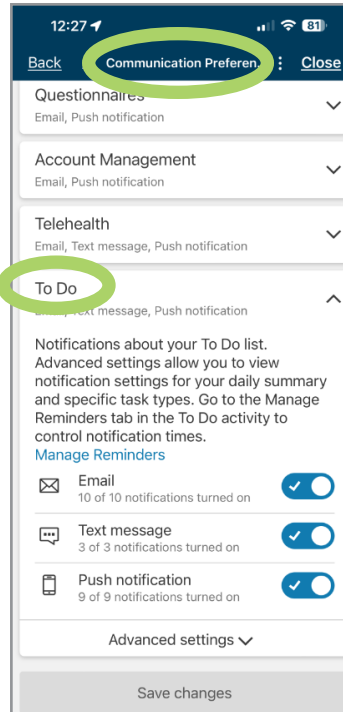


To change what time you received your daily summary, visit the “Daily Summary” section (if it says you have this turned off, you will have to turn on the daily summary in the next step).

To change how you receive notifications for tasks that are due

8 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 the LiveWell app 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

