

How Care Companion Works for You



Your care team has just enrolled you in a plan to help you manage your care. You can follow this plan using Care Companion, an interactive, personalized plan of care delivered through the Nebraska Medicine app. If you don't already have the Nebraska Medicine app on your mobile device, you will need to download it before using Care Companion. To download the app, search Nebraska Medicine in the App Store (Apple) or Play Store (Android).

You'll receive real-time notifications for the following:

- Medication reminders
- Educational content
- Health-related tasks
- Questionnaires

Using Nebraska Medicine Care Companion

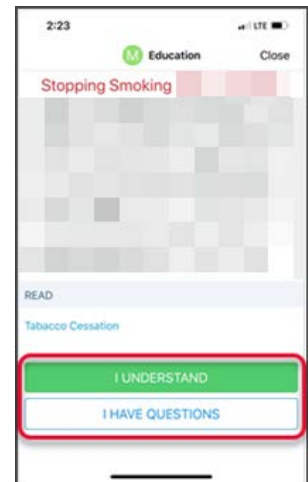
Complete Your Tasks for the Day

1. Log in to the Nebraska Medicine app on your mobile device and tap the To Do icon on the home screen. The **To Do** activity shows you a list of tasks that are due today.
2. Complete your assigned tasks. How you do this depends on the type of task:

- **Medication tasks** – Tap the **green checkmark** ✓ or the **red X** to mark whether you've taken individual medications. If you've taken all of your medications for the day, you can tap **Mark (#) Taken** at the bottom of the screen to save time



- **Health-related and education tasks** – Tap the task to review the educational materials, which might include a text handout or a video. Use the **I Understand**, or **I Have Questions** buttons to express your understanding of the material. Tap **I Have Questions** to send any questions you have to a member of your care team



- **Questionnaire task** – Tap the task to open the questionnaire. Answer all of the questions and click **Submit** when you're done
- **General tasks** – After you finish a general task, such as exercising for 30 minutes, mark it complete by tapping the **green checkmark** ✓. If you did not complete a task, tap the **red X**

Review Changes to Your Care Plan

In some cases, your care plan might need to be adjusted based on things such as readings you record through a health-tracking task or responses to a symptom check-in questionnaire. When this happens, you'll be notified of the changes, and you can view them by tapping the **Changes** tab at the bottom of the **To Do** activity.

Track Your Task Completion Rate

You can view progress toward your task completion by tapping the **Progress** tab at the bottom of the **To Do** activity. From here, you can view the number of tasks completed out of the number assigned for each task type and an overall percentage of your task completion. Use the buttons at the top to view data for the last seven days, 30 days, or 90 days.