Your care team has just enrolled you in a care plan to help you manage your Gestational Diabetes Care Plan. You can follow this care plan using MyChart Care Companion, an interactive, personalized plan of care delivered through the MyChart mobile app. You’ll receive real-time notifications for things such as:

- Task reminders
- Educational content

MyChart is also accessible on web, in addition to on our mobile app. Visit [https://www.mychart.com](https://www.mychart.com) or search for and download MyChart on the Apple App Store for iOS or the Google Play Store for Android.

**Using MyChart Care Companion**

**Complete Your Tasks for the Day**

1. Open MyChart and select the **Menu** icon on the home screen.
2. Select from the drop down list **ToDo** activity, this shows you a list of tasks that are due today.
3. Complete your assigned tasks. How you do this depends on the type of task:

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

- **Task reminders.** Select the task to go to the Tasks activity and select a task to enter health-tracking information, such as your weight or blood pressure reading.

**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. When this happens, you'll be notified of the changes, and you can view them by selecting the **Changes** tab at the bottom of the To Do activity.
Choose How and When to Receive Notifications

To make sure your care plan works with your schedule, you can choose when you receive notifications for tasks assigned to you and whether notifications are sent for each task or all tasks at once.

1. Open the To Do activity, select More at the bottom, and select Manage To Do Reminders.
2. If you want to change how you receive notifications from the MyChart app for tasks that are due, in the How Often? section:
   - Select **When My Tasks Are Due** to receive an individual notification when each task is due.
   - Select **Only Once Daily** to receive one combined notification for all of the tasks that are due each day.
3. If you want to change what time you receive notifications throughout the day, select Manage Reminder Schedule. You can set times to receive reminders for tasks that are due:
   - Morning
   - Midday
   - Evening
   - Bedtime

Track Task Completion Rate

You can view progress towards your task completion by selecting 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.