

COVID Care@Home App

While waiting for your test result you can prepare for home monitoring in the COVID Care@home program.

Currently there is the option for use of the at home monitoring app to track symptoms and this can be downloaded and opened pending your investigation.

What is MyDHR

MyDHR is a patient portal used to assist in monitoring and register their COVID-19 symptoms. This will then alert the COVID@Home team to any changes which need to be escalated or acted on. This does not replace calling 000 and requesting an ambulance in an emergency.

This is optional and you will still be monitored by the team with phone calls as necessary.

If you agreed to enrol in MyDHR you will generate a username and password.

This can then be used to open the **MyChart** app for your symptoms to be tracked.

The steps are as follows:

STEP1. Sign into MyDHR at www.mydhr.act.gov.au (or create user account if not previously used)

STEP2. Download MyChart from App store by searching for MyChart on your device




APPLE

<https://itunes.apple.com/us/app/mychart/id382952264>

ANDROID

<https://play.google.com/store/apps/details?id=epic.mychart.android>

STEP3. Open **MyChart**  and select location as **Australia** (you will be prompted to select a country if your location services are not on for this app) then select the MyDHR banner. Then login using MyDHR username and password (obtained at **STEP 1.**)

Care @ Home staff can then send a **task list** to your account for daily monitoring should you be positive for COVID-19. This task list will only be generated should you test positive and will not appear if you test negative.

If you have issues with this process please contact digital support on (02) 51245000