

My Care Diary User Guide

Taking medicine promptly and having through discussion with your doctor are crucial to long-term treatment success. With “My Care Diary”, you can manage your physical and mental health effectively through a game interface. Enjoy a wonderful life with your bear buddy.



Staying healthy starts with treatment initiation and viral suppression, and lifelong quality of life is equally important!

Be aware of four 90s to understand the goal of treatment:

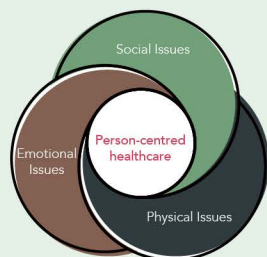
First 90:
Know your status

360 THE FULL

Second 90:
Initiation of sustained antiretroviral therapy

Third 90:
Viral suppression on antiretroviral therapy
Undetectable = Untransmittable (U=U)

Fourth 90:
Lifelong quality of life
Including physical health, mental health and healthy life



Person-centred care is central to achieving the fourth 90 goal



Person-centered care looks at you as a whole person, rather than treating your symptoms and concerns on their own.

To stay healthy, you also have to play your part:

Record your own health condition

Understand your own treatment

Discuss your concerns with doctors

Ask about your health condition



Two key functions of “My Care Diary” that help enhance treatment effectiveness

Record daily

By facilitating medication adherence and constantly analyzing your physical and mental state, you can better understand whether your status is stable and controlled.

Record before appointment

Knowing which areas to discuss and which symptoms to be mindful of can lead to a more thorough discussion with your doctor.

Personalized medication and follow-up reminders



To provide more comprehensive assistance, this app also includes information on various supporting organizations in Hong Kong.

If you need help, feel free to contact these organizations and learn more about their services.

Record daily

Record your daily medication adherence

Feed



Record daily

Record daily mood, symptoms and sleep quality

Bath



Record before appointment

Gift

Self-assessment of symptoms and sleep quality



Record before appointment

Play

Create personalized question list before an appointment



The content of this application is not a substitute for professional medical advice. When in doubt, please consult your doctor.

