

HA Go 我的健康應用程式 MyHealth App





我可以在我的健康應用程式記錄個人健康數據，接收健康資訊，閱讀我的醫療文檔、化驗報告及放射報告。

MyHealth App enables me to measure my own health figures, receive my health information, read my health documents, lab reports and radiology reports.





自我管理 My Measurement

共十種量度數據供輸入，包括體重、體重指標、血壓、脈搏、血糖、體溫、疼痛、暈眩、腹膜透析及陣痛時計。

Ten measurements to suit my personal needs: Body Weight, BMI, Blood Pressure, Pulse, Blood Glucose, Body Temperature, Pain, Dizziness, Peritoneal Dialysis, and Uterine Contraction





自我管理 My Measurement

在紀錄版面，我可以瀏覽我所輸入的健康數據。

I can view my input health figures in the history page.





自我管理 My Measurement

在圖表版面，我可以觀察我健康數據的趨勢。

I can view the trend of measurement by charts.





自我管理 My Measurement

在血壓及脈搏輸入頁面，我可以輸入健康數據，亦可以按下相機圖示，利用電話相機去獲取血壓計上的血壓及脈搏數據。

In Blood Pressure & Pulse page, I can input my data manually. I can also click the camera icon to capture the values on the blood pressure monitoring device.





自我管理 My Measurement

按下[使用指引]可以了解如何操作以獲得血壓計上的數據。一般來說，在充足光線、適當距離及清晰對焦下就能成功獲得數據。

Click [User Guide] to learn how to operate the camera to obtain the values on the blood pressure monitoring device. Usually, values can be successfully captured when there is sufficient lighting, suitable distance and clear focus.

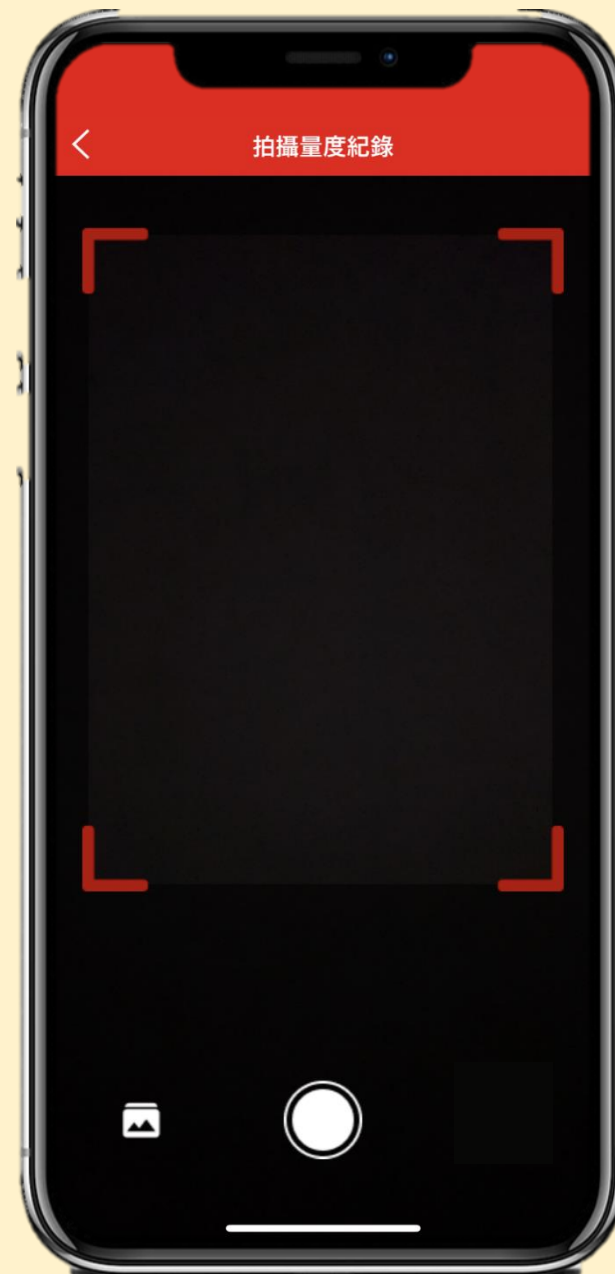




自我管理 My Measurement

我亦可以按下圖片圖示，從我的相簿中選擇相片，讓程式讀取相片中血壓計上的數據。

I can also click the photo icon and select photo from my album. The app will capture values on the blood pressure monitoring device from the photo.





我的資訊 My Health Info

我可接收到醫護人員所發放的健康資訊及指引，以電子單張、影片或聲帶的形式。

I can receive the health information and instructions prescribed by healthcare professionals in the form of an e-pamphlet, video or soundtrack.





我的資訊 My Health Info

選擇你想閱讀的資訊。

Simply click to view the prescribed health information.





我的紀錄 My Record

我可閱讀由住院、急症室及門診所發出的一些特定文檔，例如病人出院資訊摘要、檢驗備忘表、轉介信、應診證明書及醫生證明書。

I can view certain types of documents issued by In-patient, Out-patient, and Accident & Emergency, such as Patient Discharge Information Summary, Investigation Reminder, Referral Letter, Attendance Certificate and Medical Certificate.





我的紀錄 My Record

點擊瀏覽相關文檔。

Simply click to view the prescribed health document.





我的紀錄 My Record

點擊瀏覽和分享醫生證明書和應診證明書。
Simply click to view and share the
Attendance Certificate and Medical
Certificate.





我的紀錄 My Record

點擊[化驗報告]瀏覽指定的化驗報告。
系統會預設顯示過去6個月的化驗報告，
你亦可選擇其他時段。

Click [Lab Report] to view certain types of
results. System will display the lab results
of past 6 months by default. You may also
select another time period.





我的紀錄 My Record

按[顯示報告]查看詳細資料。
Click [Show result] to view the details.

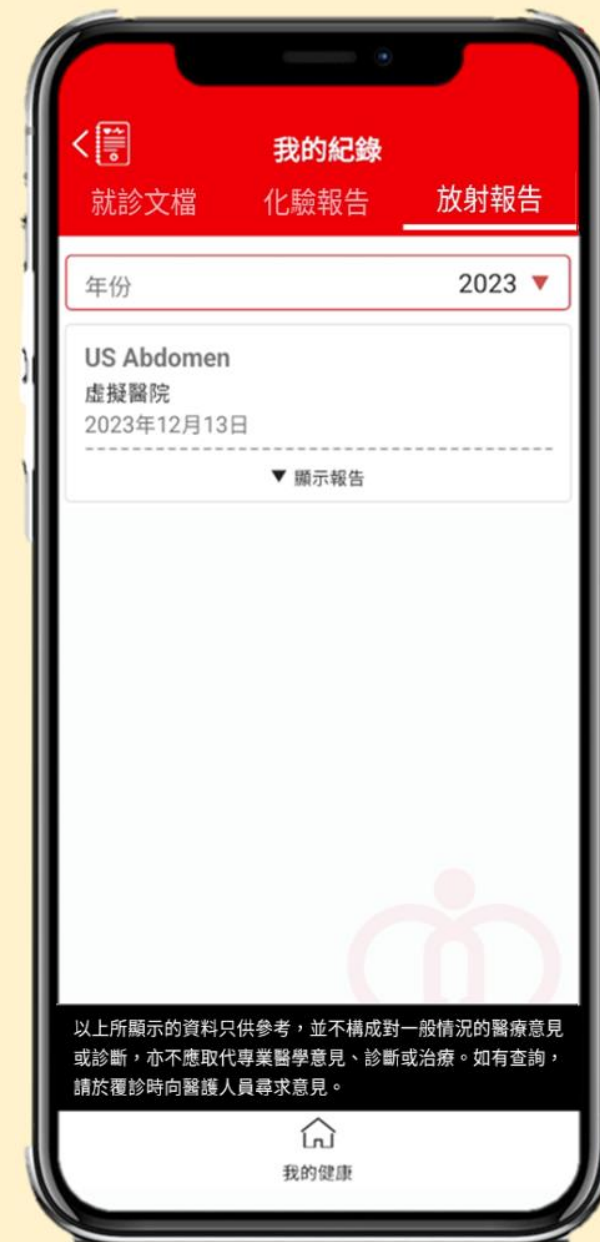




我的紀錄 My Record

點擊[放射報告]，系統會顯示2023年12月1日或之後的超聲波報告。

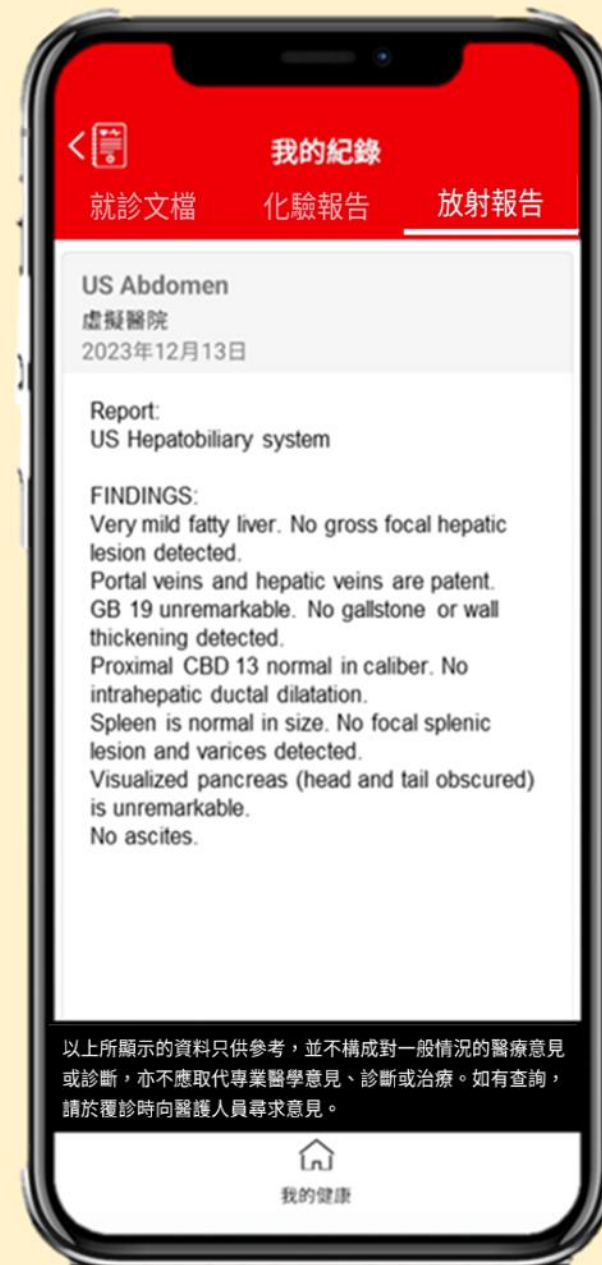
Click [Rad Report], system will display the ultrasound reports available on or after 1 December 2023.





我的紀錄 My Record

按[顯示報告]查看詳細資料。
Click [Show result] to view the details.





照顧者模式 Carer Mode

作為照顧者，我可以從我的主畫面看到我照顧的人的未讀訊息。他/她的未讀訊息在右上方會有綠色標示。

I can see new notifications of Who I Care on the main page. There is a green indicator on the right upper corner of the notification.





照顧者模式 Carer Mode

按查看全部，我照顧的人的訊息會以綠色背景及英文名字縮寫作標示。

Click [View All] to see the notifications of Who I Care with green background and his/her initials.





照顧者模式 Carer Mode

我亦可以在主頁按[我的親友]，選擇我照顧的人，再進入[我的健康]。我可以為他/她輸入[自我管理]數據，以及查看[自我管理]數據、[我的紀錄]和[我的資訊]內的文檔。

Click [My Family] on the main page and select Who I Care. I can input his/her [My Measurement] data, and view the above data and documents in [My Record] and [My Health Info].





我的健康應用程式使我可以 MyHealth App allows me

更妥善管理自身健康

Managing my health better

更快閱讀到我的健康紀錄

Accessing my health documents faster

更容易接收健康資訊

Receiving useful health information easier

