

HA Go 我的健康應用程式 MyHealth App





我的健康 MyHealth

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，閱讀我的就診文檔、化驗報告及放射報告。

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





自我管理 My Measurement

共十一種量度數據供輸入，包括體重、體重指標、血壓、脈搏、血糖、體溫、暈眩、經期、疼痛、腹膜透析及陣痛時計。

Eleven measurements to suit my personal needs: Body Weight, BMI, Blood Pressure, Pulse, Blood Glucose, Body Temperature, Dizziness, Menstruation, Pain, 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 data in the [History] page.

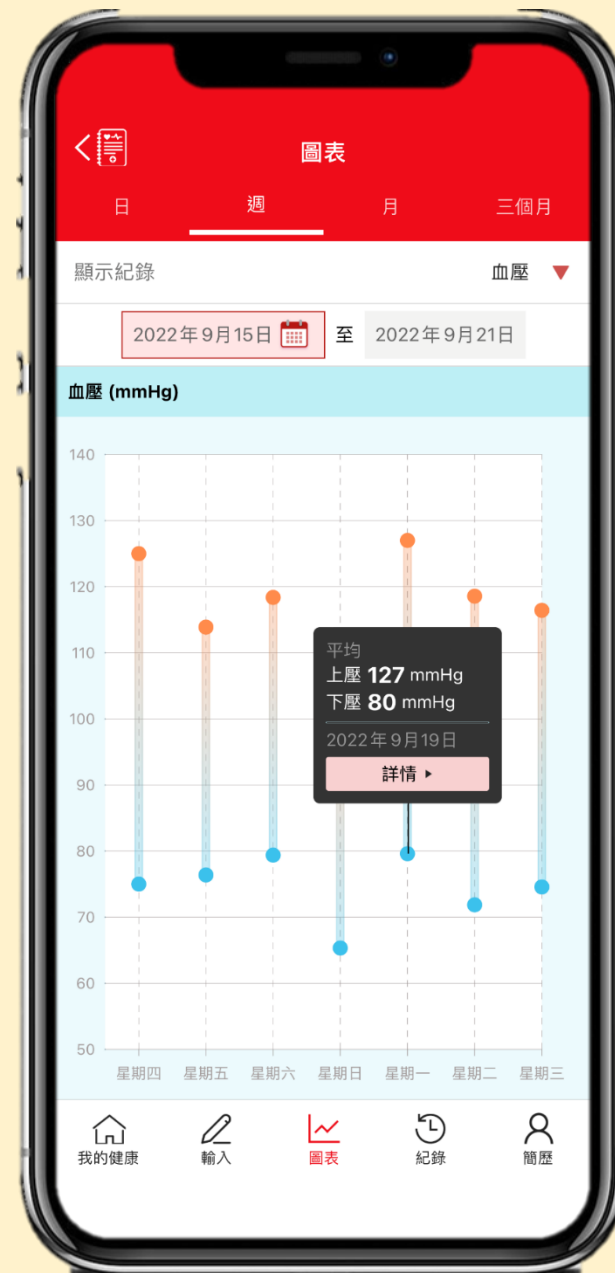




自我管理 My Measurement

在[圖表]版面，我可以觀察健康數據的趨勢。

I can view the trend of measurement by [Charts].





自我管理 My Measurement

在[輸入血壓及脈搏] 頁面，我可以輸入健康數據，亦可以按下[相機]圖案，利用電話相機去獲取血壓計上的讀數。
In [Add Blood Pressure & Pulse] page, I can input my health data manually. I can also click the [Camera] icon to capture the readings 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讀數。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讀數。

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

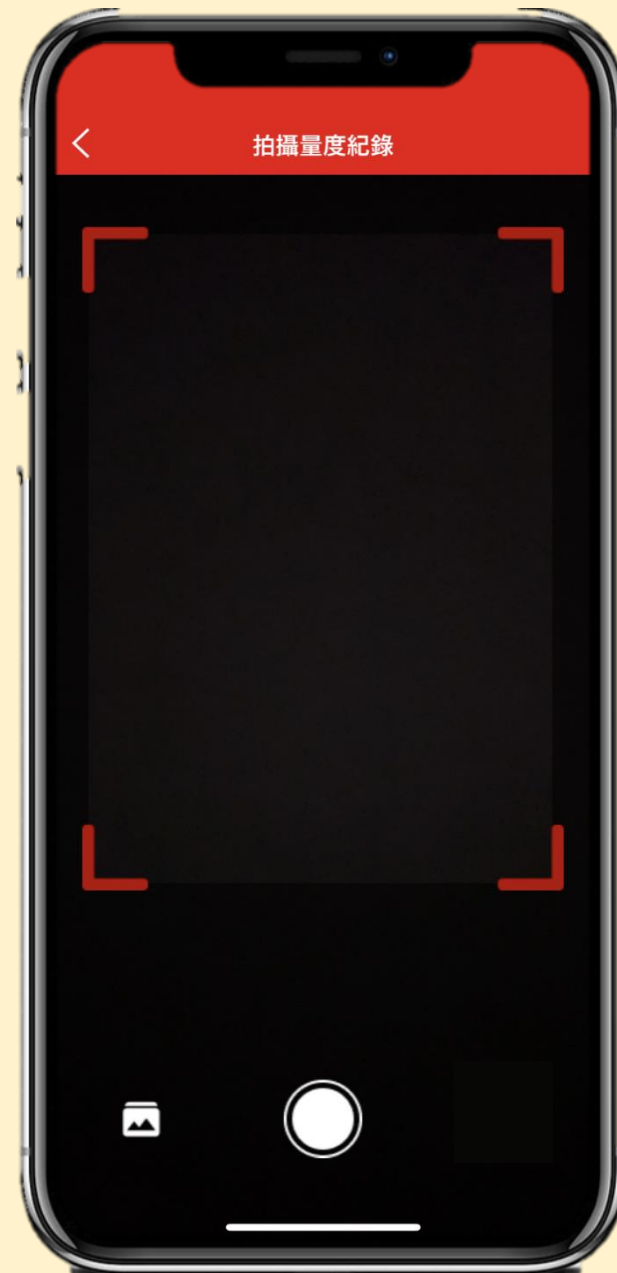




自我管理 My Measurement

我亦可以按下[相簿]圖案，從我的相簿中選擇相片，讓程式讀取相片中血壓計上的讀數。

I can also click the [Photo album] icon and select photo from my album. The app will capture readings 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，例如電子單張、影片及聲帶。
I can receive the health information and instructions prescribed by healthcare professionals in the form of 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

點擊[就診文檔]查閱由醫護人員發出的病人出院資訊摘要、檢驗備忘表、轉介信、醫生證明書、應診證明書及醫療程序資訊單張。

Click [Visit Doc] to view Patient Discharge Information Summary, Investigation Reminder Form, Referral Letter, Medical Certificate, Attendance Certificate and Procedure Information Leaflet issued by healthcare professionals.





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

點擊分享相關文檔。

Simply share the prescribed health document.





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.

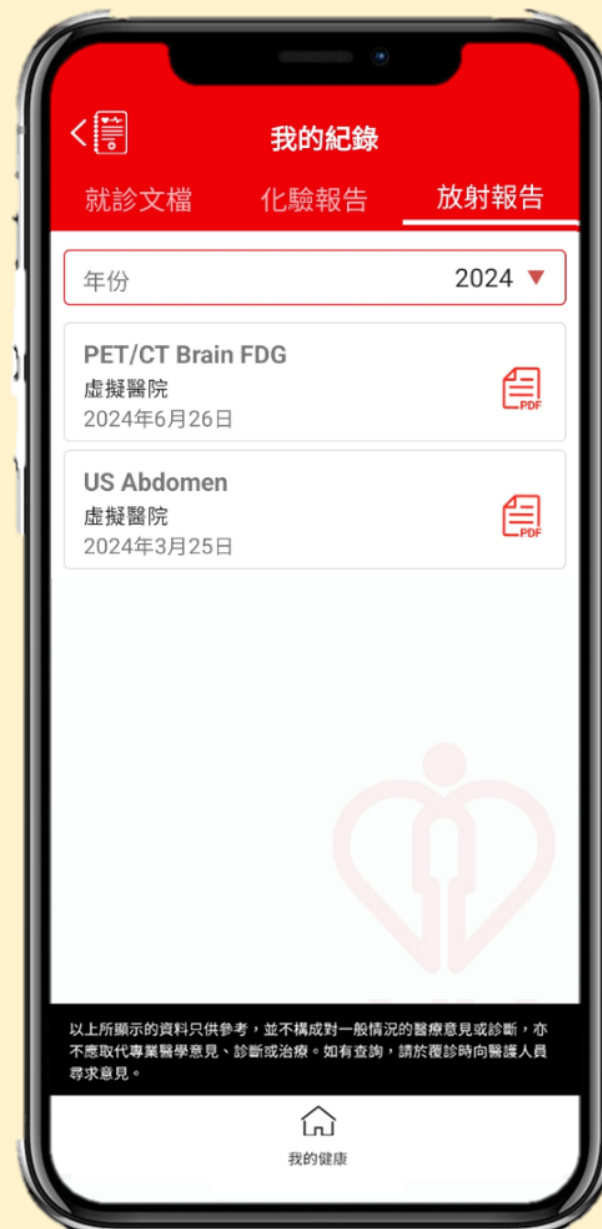




我的紀錄 My Record

點擊[放射報告]，系統會顯示本年度的指定放射報告。

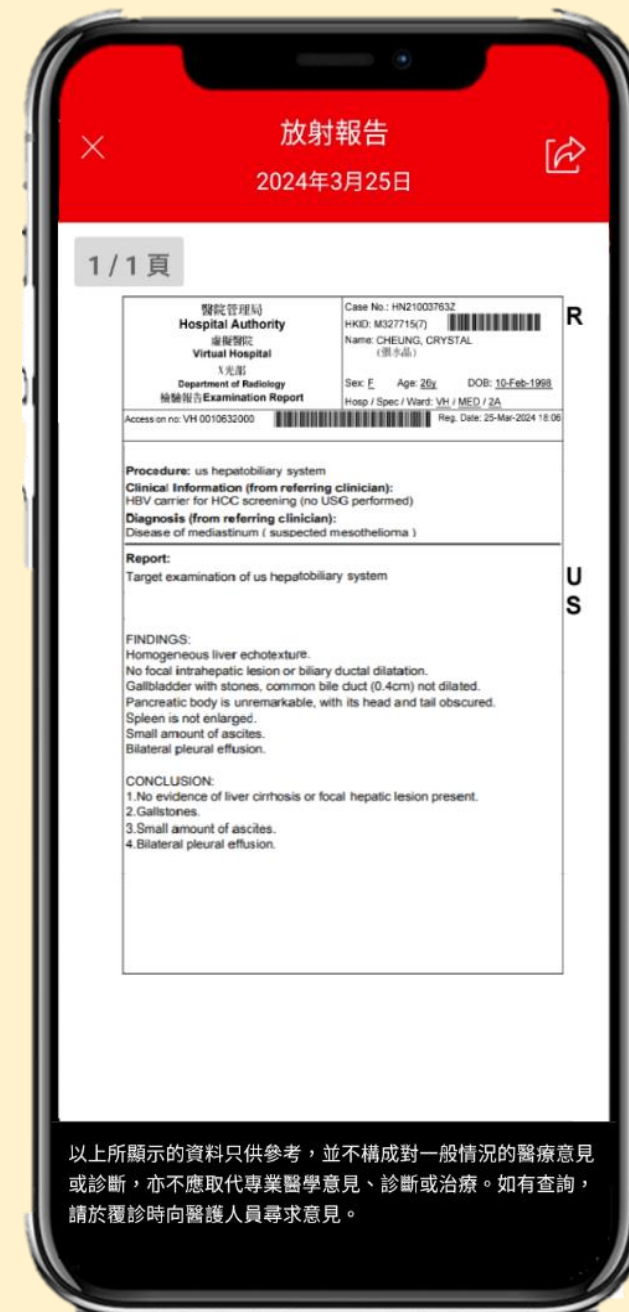
Click [Rad Report], system will display the pre-defined report(s) of current year by default.





我的紀錄 My Record

點擊[PDF]圖示查看詳細報告。
Click the [PDF] icon to view the report.





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及我的子女的未讀訊息。他/她的未讀訊息的右上角會有綠色標示。
I can see new notifications of Who I Care and My Child on the main page. There is a green indicator on the right upper corner of the notification.





照顧者模式 Carer Mode

按下[訊息中心]，我照顧的人及我的子女的訊息會以綠色背景及英文名字縮寫作標示。

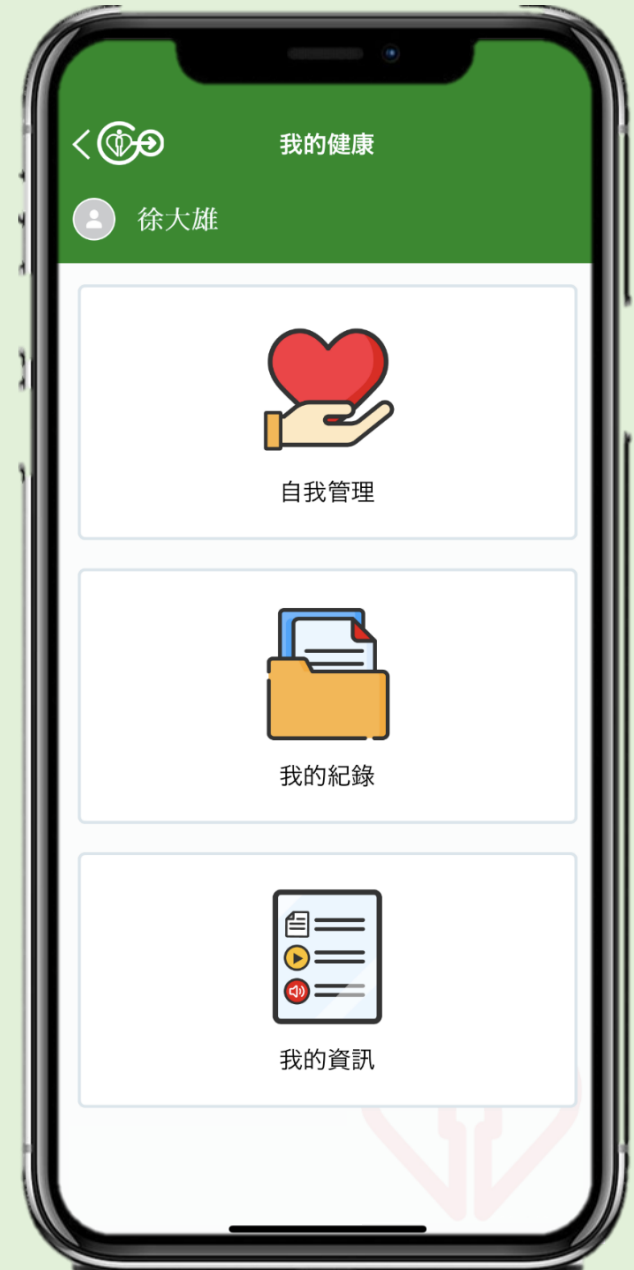
Click [Notification Centre] to see the notifications of Who I Care and My Child with green background and his/her initials.





照顧者模式 Carer Mode

我亦可以在主頁按下[我的親友]，選擇我照顧的人，再進入[我的健康]。我可以為他/她輸入及查看[自我管理]數據，以及查看[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 and view his/her [My Measurement] data, and view the 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

