

'My Austin Health Journey' App.

Patient Information

The 'My Austin Health Journey' App has been designed to help you and your family prepare for your procedure. The App provides you with reminders that are important to the success of your procedure including when to start and stop activities, commence special diets or when to begin or stop taking medications. Don't worry if you do not have access to a smart phone we can still send you the information in the mail if you let us know.

You or your support person can download the App to a smart phone.



How to download the 'My Austin Health Journey' App

1. Go to your iTunes or Google Play Android App store
2. Search "My Austin Health Journey"
3. Download for free

Once you have downloaded the App

1. Go to settings
2. Select your procedure and ensure that you turn on the "Push Notifications"
3. When the Austin staff member calls you to arrange your procedure date please enter it here
4. If you have been given a personal code please enter it here.

Now is a really great opportunity to start reading about your procedure and what will help make your Austin Health Journey a success. We suggest that to begin you follow your journey from the start and then you can use the



icon to go directly to information you would like to read again.

Your Austin Health staff member will be able to help you or your family if you need support with the App, you can either use the quick link within the app or call 9496 5000 and ask to speak to a staff member helping with your procedure.

