### App User Guide

Version 1.0 (Sep 2022)







### **About MyHealth360**

Developed by IHH Healthcare, MyHealth360 is a one-stop mobile app designed to make health and wellness management easier and more reliable than ever before. It offers a holistic suite of healthcare services and information right at your fingertips.

#### **IHH HEALTHCARE SINGAPORE BRANDS:**

Gleneagles Hospital | Mount Elizabeth Hospital (Orchard) | Mount Elizabeth Novena Hospital | Parkway Cancer Centre | Parkway East Hospital | Parkway Laboratories | Parkway Radiology | Parkway Shenton Clinics

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### **Navigating the User Guide**



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### 1.

### **Transiting to MyHealth360**

For existing users of DigiHealth & MyHealth Connect apps

- 1.1 For DigiHealth users only
- 1.2 For MyHealth Connect users with a DigiHealth account
- 1.3 For MyHealth Connect users without a DigiHealth account

#### 1. Transiting to MyHealth360

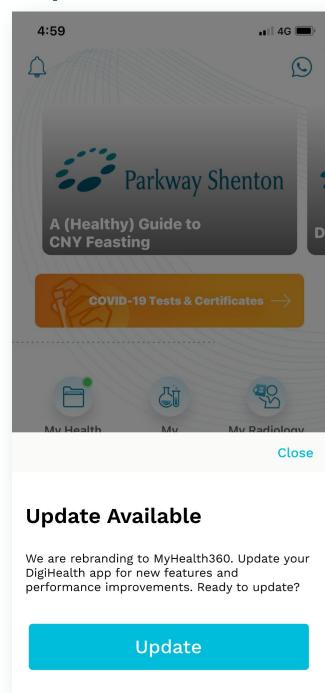
## 1.1 For DigiHealth users only

From September 2022, the DigiHealth app will be rebranded as "MyHealth360".

Step 1: Open the DigiHealth app.
Tap on the prompt which will
redirect you to your Apple App
Store or Google Play Store to
make the update to MyHealth360.

Step 2: Open the MyHealth360 app. Log in with your existing DigiHealth account (see section 2.4 Logging in to your MyHealth360 account).

#### Step 1



#### Step 2



Note: Your existing DigiHealth account (profile information, health records, medical appointments and more) will still be fully accessible in the updated app.



#### 1. Transiting to MyHealth360

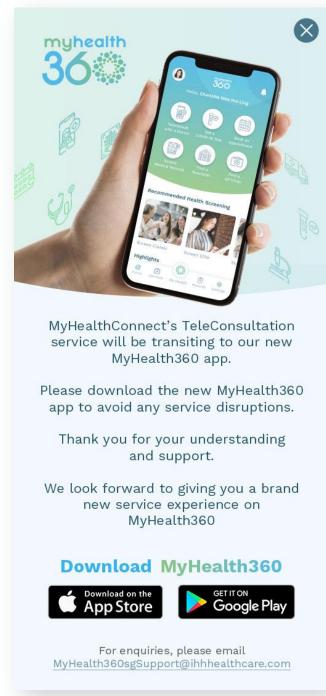
# 1.2 For MyHealth Connect users with a DigiHealth account

From September 2022, the MyHealth Connect app will be rebranded as "MyHealth360".

Step 1: Open the MyHealth Connect app. Tap on the prompt which will redirect you to your Apple App Store or Google Play Store to download MyHealth360.

Step 2: Open the MyHealth360 app. Log in with your existing MyHealth Connect account (see section 2.4 Logging in to your MyHealth360 account).





#### Step 2



Note: You may still access past health records via the MyHealth Connect app.

You are highly encouraged to download the MyHealth360 app and create a new account to access TeleConsultation services.



#### 1. Transiting to MyHealth360

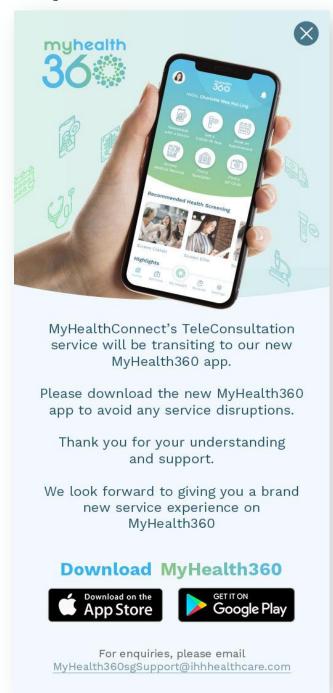
# 1.3 For MyHealth Connect users without a DigiHealth account

From September 2022, the MyHealth Connect app will be rebranded as "MyHealth360".

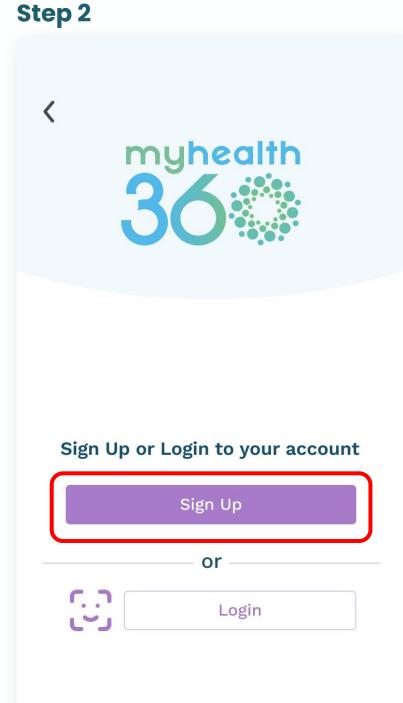
Step 1: Open the MyHealth Connect app. Tap on the prompt which will redirect you to your Apple App Store or Google Play Store to download MyHealth360.

Step 2: Open the MyHealth360 app and sign up for a new account (see section 2.3 Creating your MyHealth360 account).





Step 1





Note: You may still access past health records via the MyHealth Connect app.

You are highly encouraged to download the MyHealth360 app and create a new account to access TeleConsultation services.

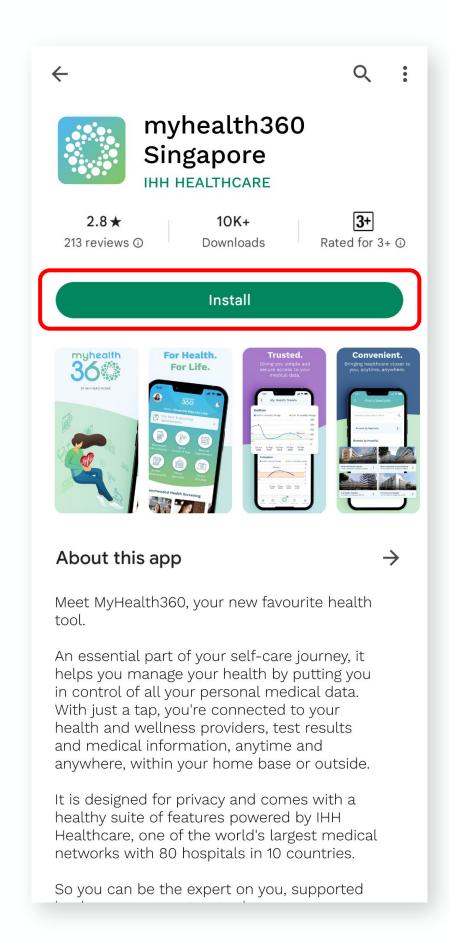


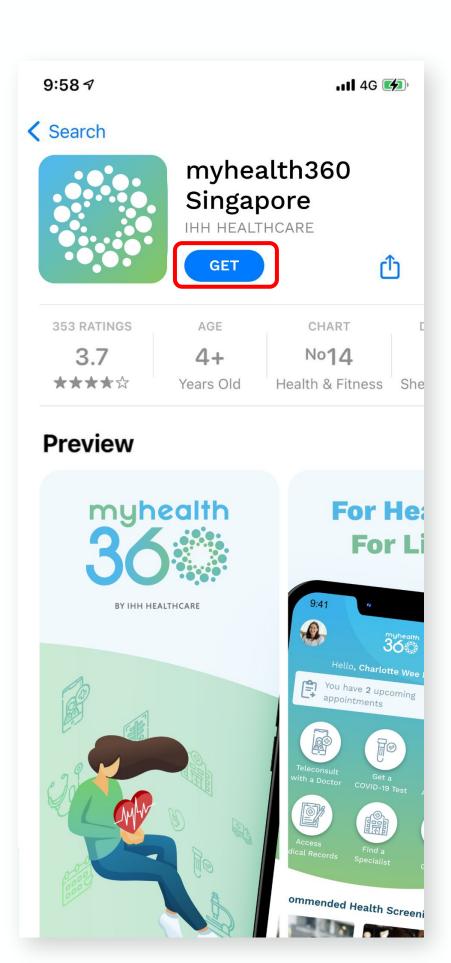
- 2.1 Downloading MyHealth360
- 2.2 Setting up MyHealth360
- 2.3 Creating a MyHealth360 account
- 2.4 Logging in to your MyHealth360 account2.4.1 Setting up biometric login
- 2.5 Retrieving password for your MyHealth360 account
- 2.6 Changing password for your MyHealth360 account
- 2.7 Updating your profile particulars
- 2.8 Contacting customer service for help

## 2.1 Downloading MyHealth360

**Step 1:** Open the Apple App Store or Google Play Store on your mobile device.

**Step 2:** Search for "MyHealth360", then download the app.







Apple App Store

## 2.2 Setting up MyHealth360

Launch the app and follow the on-screen prompts.

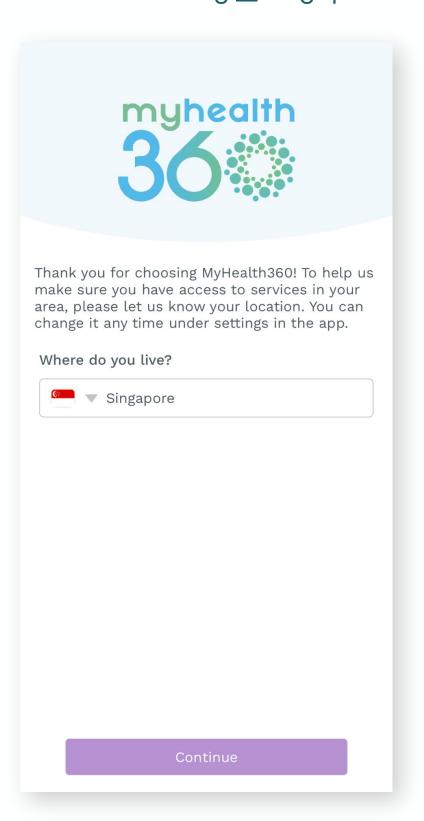
#### For users residing in Singapore

**Step 1:** Select <u>Singapore</u> and tap <u>Continue</u>.

#### For users residing <u>outside</u> Singapore

**Step 1:** Select your country of residence. Select the location where your healthcare will take place. Tap <u>Continue</u>.

**Step 1**For users residing <u>in</u> Singapore



**Step 1**For users residing <u>outside</u> Singapore



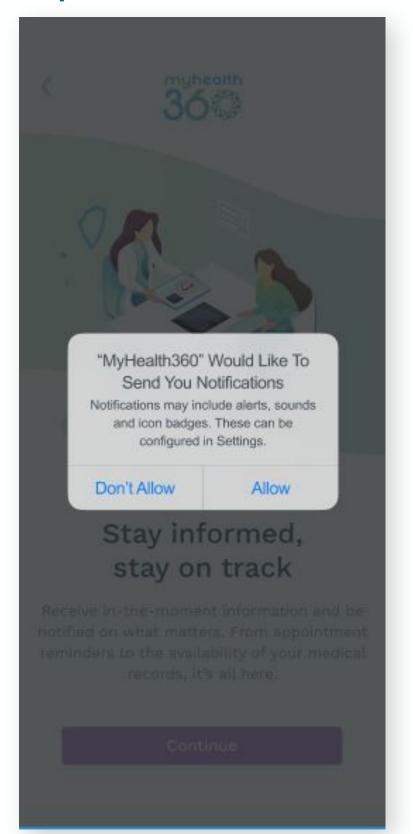
	myhealth 36
make s area, p	you for choosing MyHealth360! To help usure you have access to services in your lease let us know your location. You cane it any time under settings in the app.
Where	e do you live?
2	▼ Angola
	e will your care take place?
Where	will your care lake place:
Where	▼ Singapore
Where	

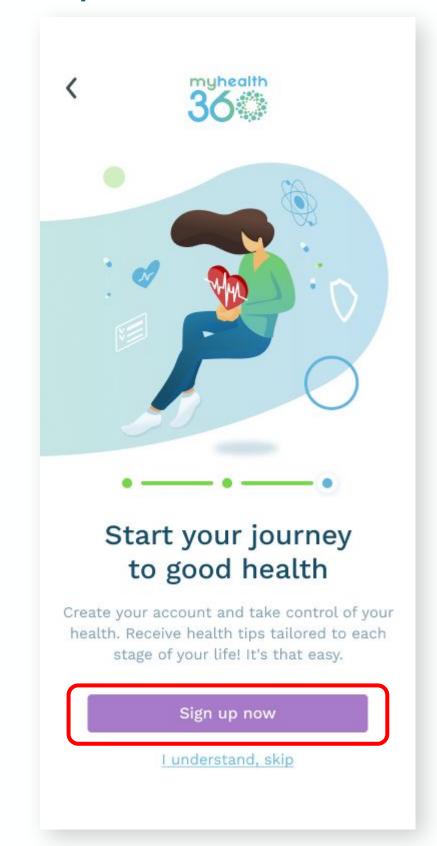
## 2.2 Setting up MyHealth360

**Step 2:** Select your notification preference.

**Step 3:** Tap <u>Sign up now</u> and create your new account.

Step 2







### 2.3 Creating a MyHealth360 account

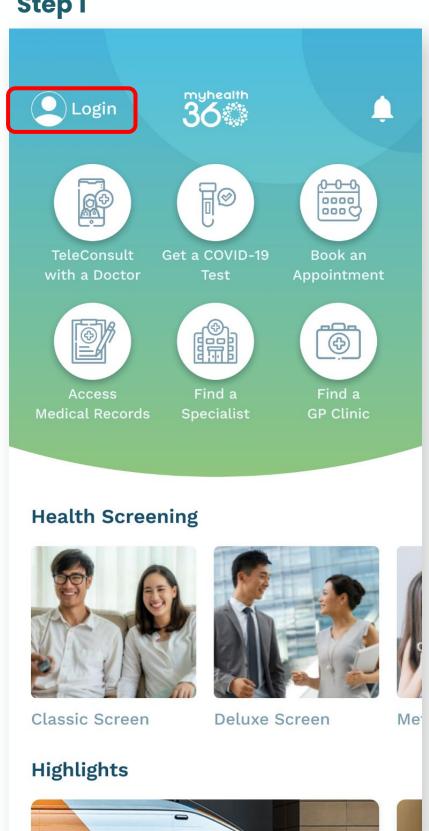
If you're creating a new account immediately after setting up the app, go to Step 3.

**Step 1:** Open the MyHealth360 app and tap on Login at the top left corner of the homepage.

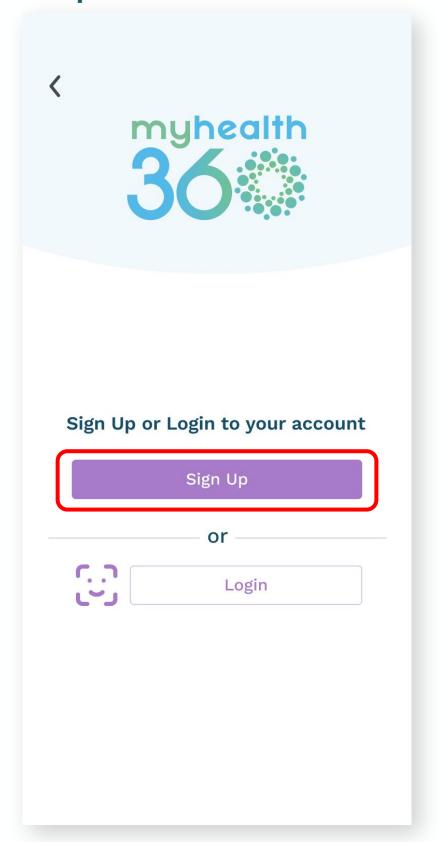
Step 2: Tap on Sign Up to begin creating your account.

Step 3: Choose between signing up via email or Singpass.





Step 2

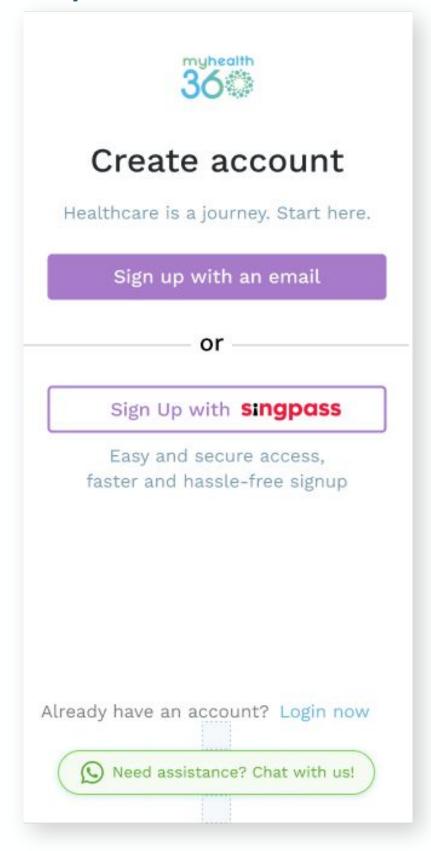




## 2.3 Creating a MyHealth360 account

**Step 3:** Choose between signing up <u>via email</u> or <u>Singpass</u>.





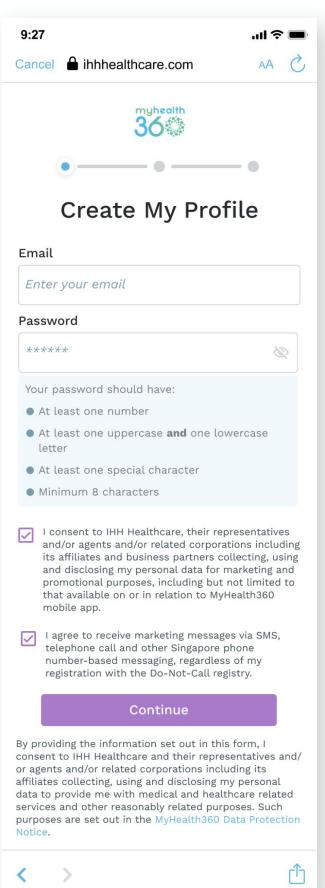
### 2.3 Creating a MyHealth360 account

**Via Email** 

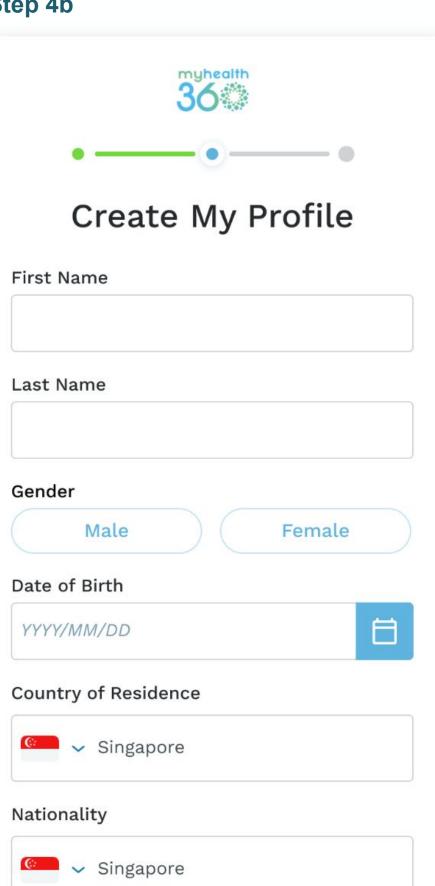
Step 4a: Fill in your email address and create a password.

Step 4b: Fill in your personal details.

#### Step 4a



#### Step 4b





## 2.3 Creating a MyHealth360 account

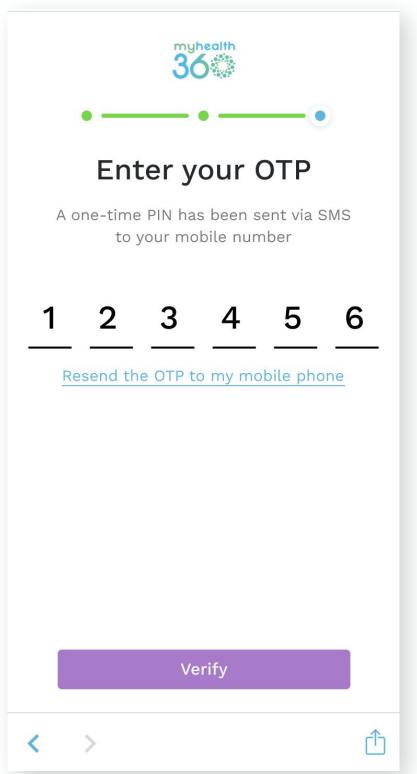
**Via Email** 

**Step 4c:** Enter the One-Time Pin (OTP) sent to your mobile device.

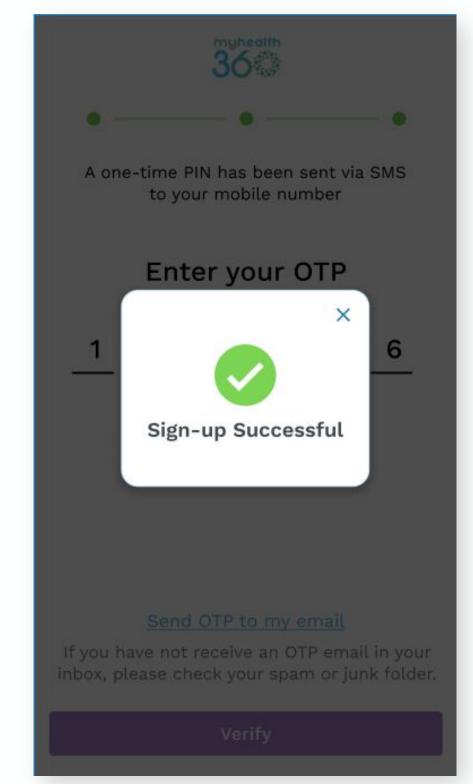
If the OTP does not work, tap Resend the OTP to my mobile phone.

Tap Verify.

#### Step 4c



#### Success!





## 2.3 Creating a MyHealth360 account

**Via Singpass** 

**Step 4d:** Login to your Singpass account via QR code or Password.

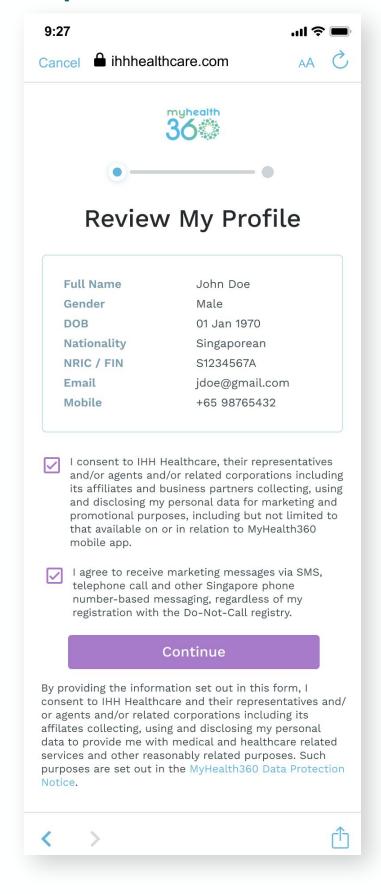
**Step 4e:** Review your personal details for accuracy and tap <u>Continue</u>.

#### Step 4d



#### Step 4e



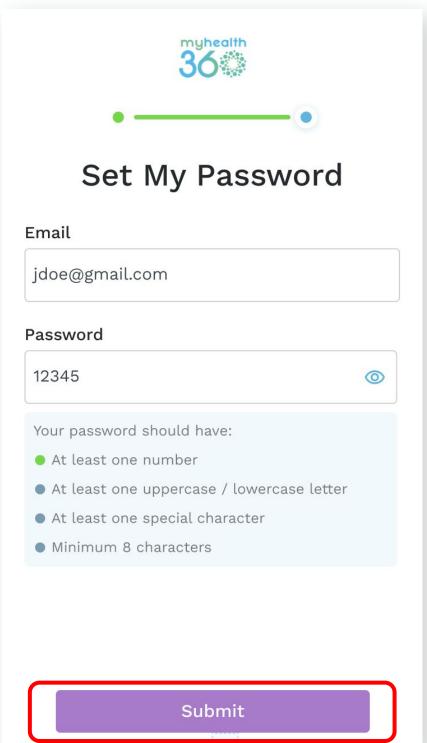


## 2.3 Creating a MyHealth360 account

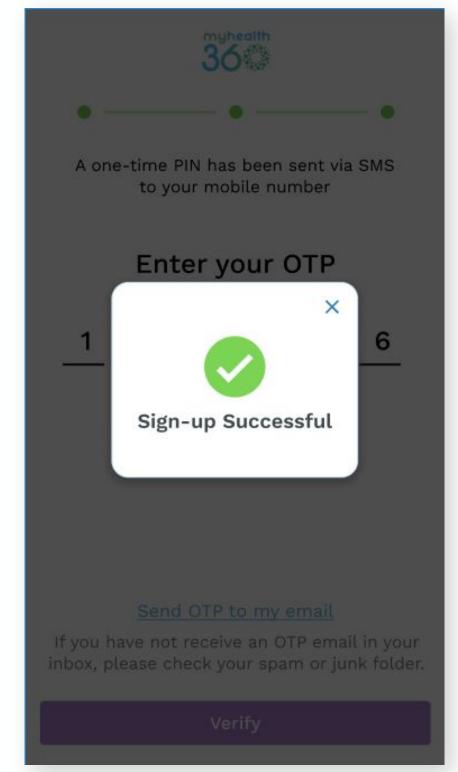
**Via Singpass** 

**Step 4f:** Enter your email address and create a password. Tap <u>Submit</u>.

#### Step 4f



#### Success!



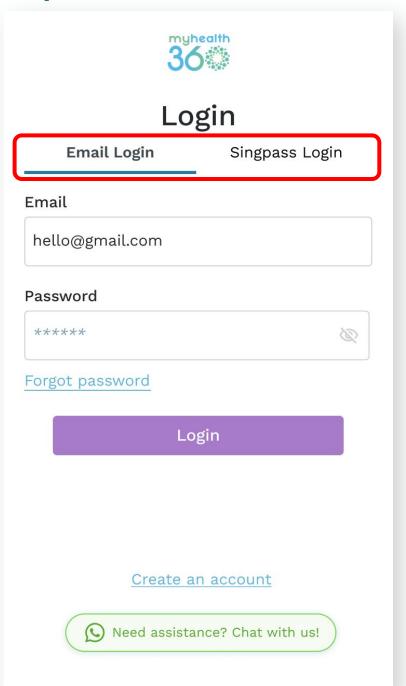


## 2.4 Logging in to your MyHealth360 account

**Step 1:** Open the MyHealth360 app and tap <u>Login</u> at the top left hand corner of the homepage.

**Step 2:** Choose to login via <u>email</u> or <u>Singpass.</u>







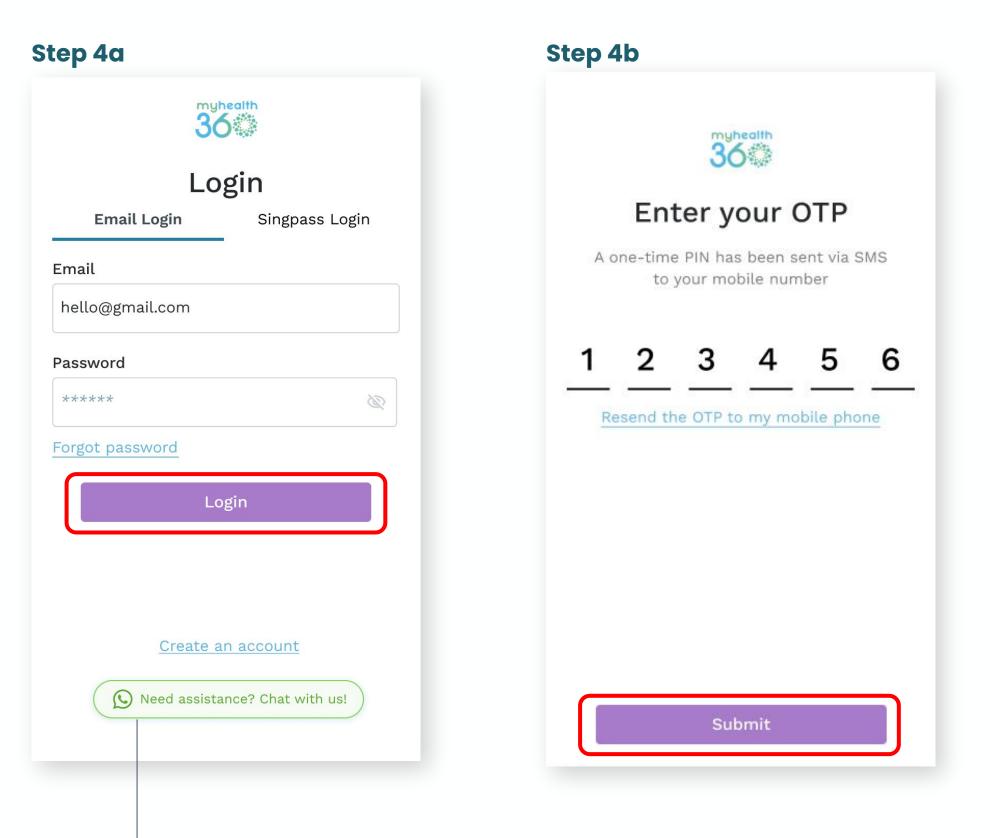
### myhealth 36

## 2.4 Logging in to your MyHealth360 account

**Via Email** 

**Step 4a:** Fill in your email and password in the respective fields. Tap <u>Login</u>.

**Step 4b:** Enter the One-Time Pin (OTP) that will be sent via SMS to your registered mobile number. Tap <u>Submit</u>.



Tip: Tap this button if you need help with logging in.

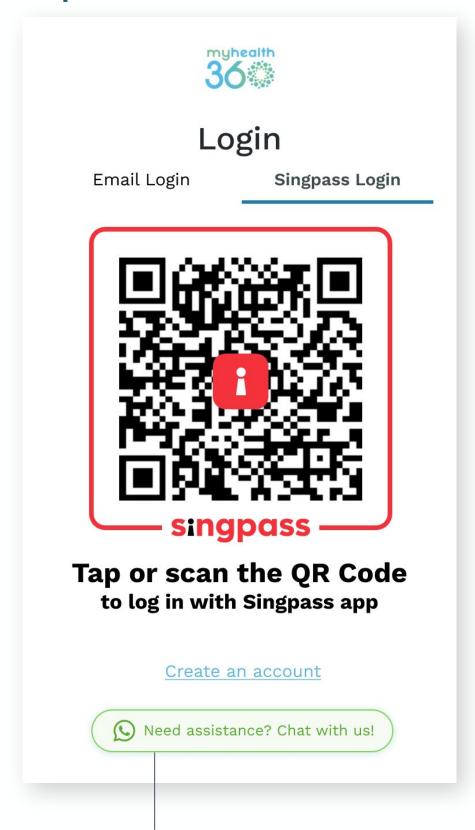
## 2.4 Logging in to your MyHealth360 account

**Via Singpass (Coming Soon)** 

**Step 4c:** Tap or scan the QR code to login with Singpass.



#### Step 4c



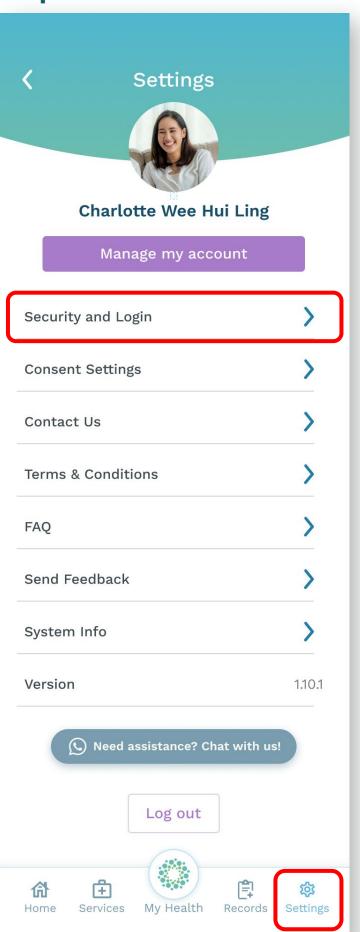
Tip: Tap this button if you need help with logging in.

## 2.4.1 Setting up biometric login

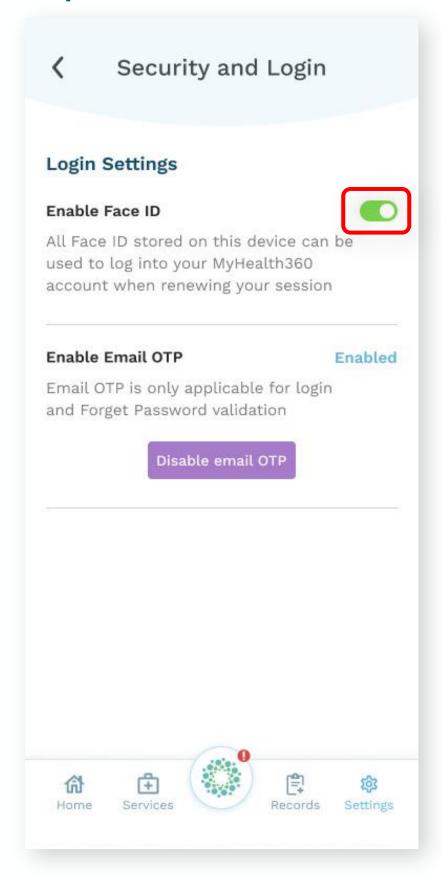
**Step 1:** Go to <u>Settings</u> and select <u>Security and Login</u>.

**Step 2:** Toggle the button on the right to enable Face ID.

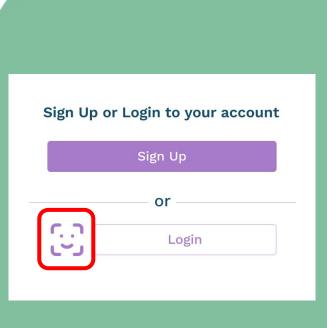
#### Step 1



#### Step 2







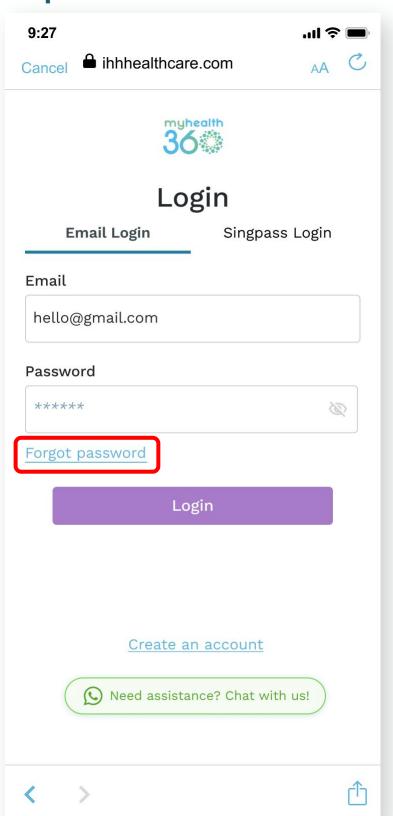
Now you can simply tap the Face ID button when logging in to the app.

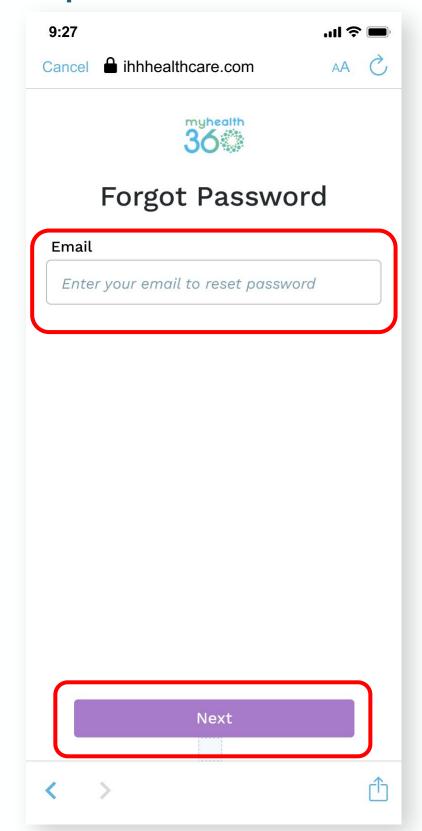
# 2.5 Retrieving password for your MyHealth360 account

**Step 1:** Go to the login page and tap <u>Forgot Password</u>.

**Step 2:** Fill in your email address to reset your password. Tap Next.

#### Step 1







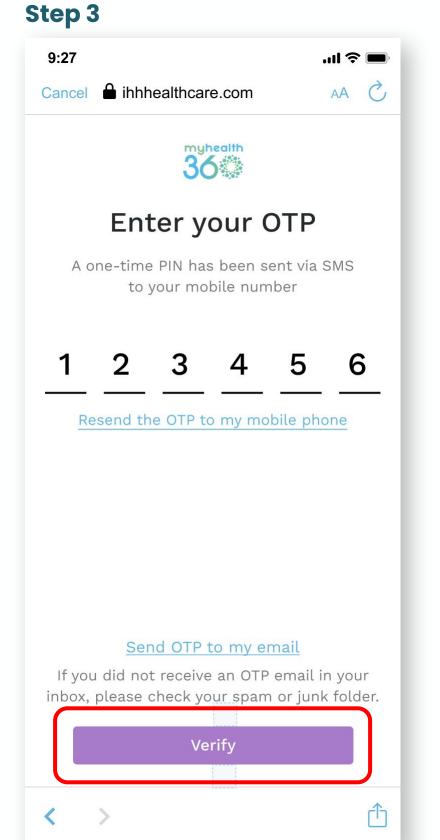
# 2.5 Retrieving password for your MyHealth360 account

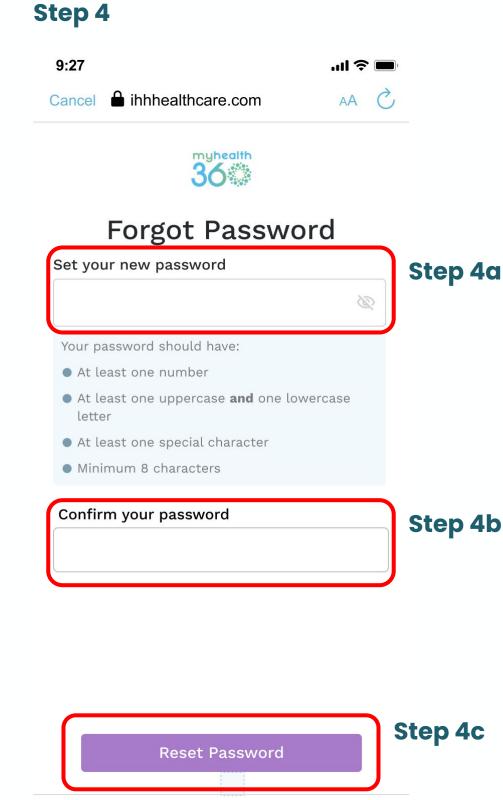
**Step 3:** Enter the One-Time Pin (OTP) that will be sent via SMS to your registered mobile number. Tap <u>Verify</u>.

**Step 4a:** Type in your new password.

Step 4b: Confirm your password.

Step 4c: Tap Reset Password.





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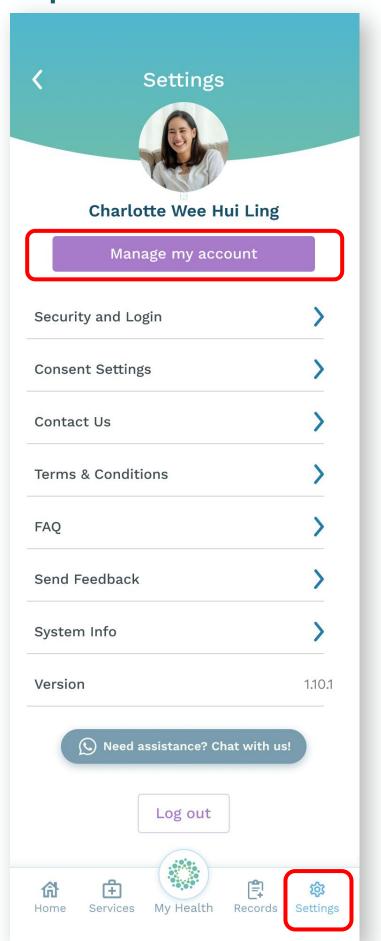


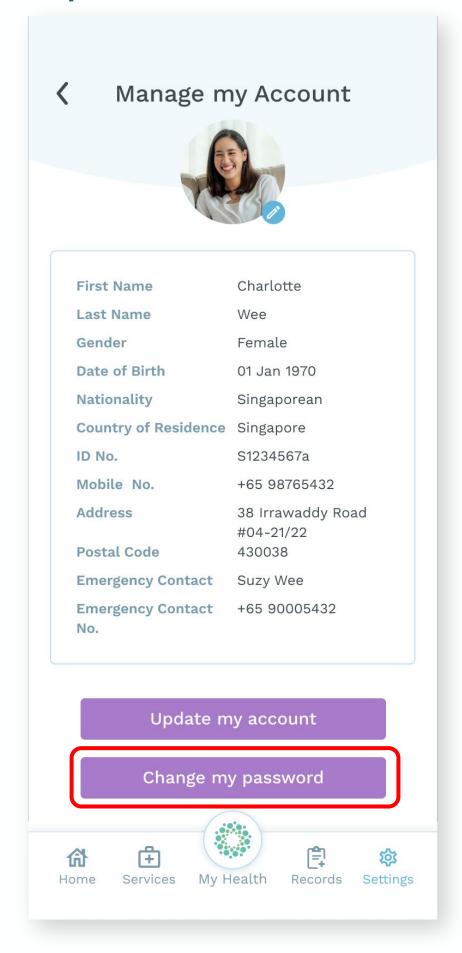
# 2.6 Changing password for your MyHealth360 account

**Step 1:** Go to Settings and tap Manage my account.

Step 2: Tap Change my password.

#### Step 1



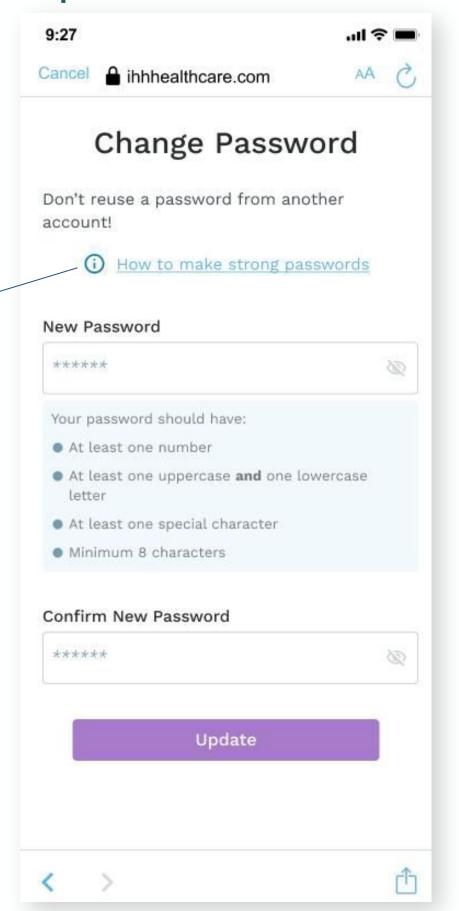


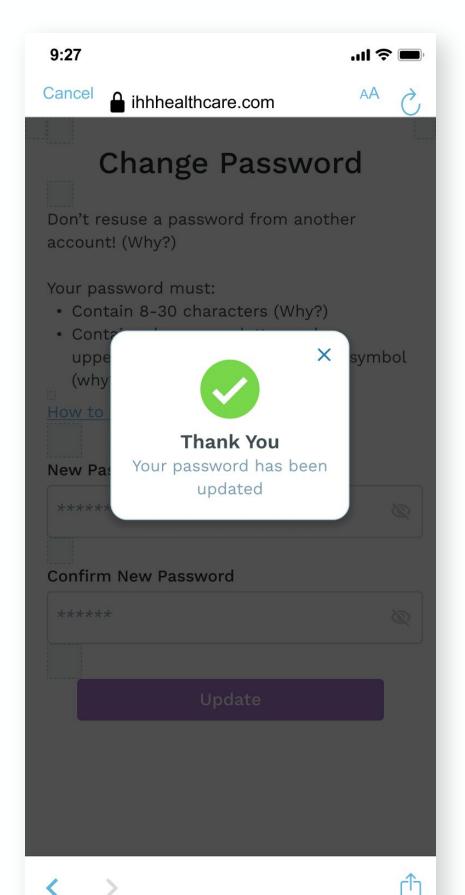


# 2.6 Changing password for your MyHealth360 account

**Step 3:** Enter a new password. Tap <u>Update</u>.

Tip: Tap this to find out how to create strong and secure passwords.





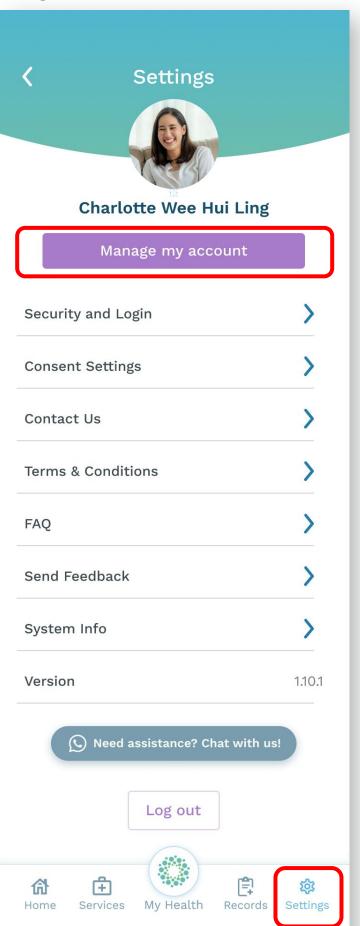


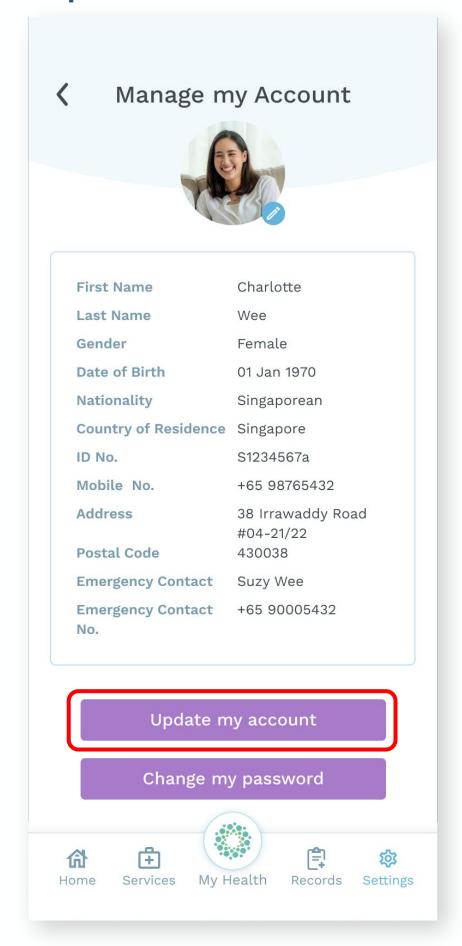
## 2.7 Updating your profile particulars

**Step 1:** Go to Settings and tap Manage my account.

Step 2: Tap Update my account.



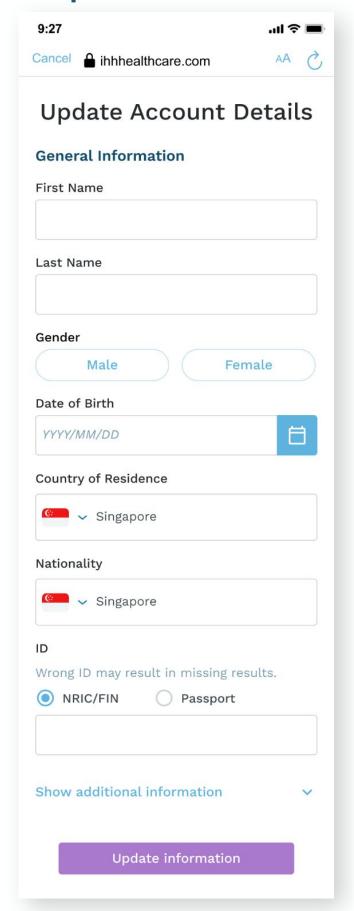


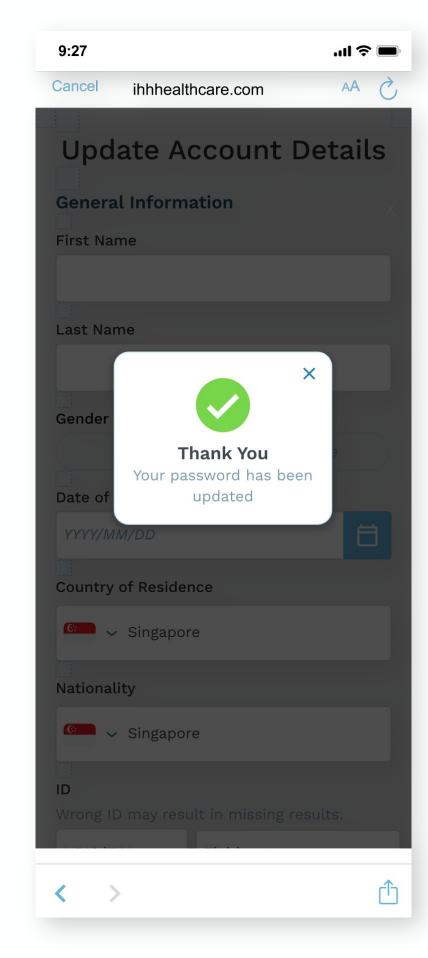




## 2.7 Updating your profile particulars

**Step 3:** Enter your new personal details and tap <u>Update Information</u>.



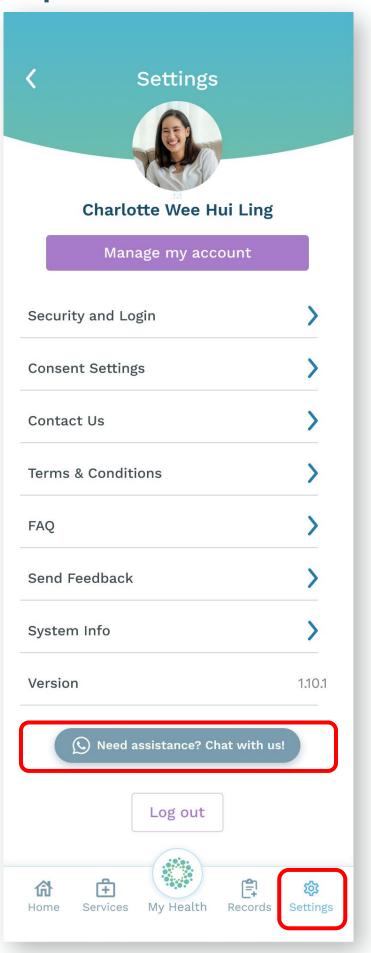




# 2.8 Contacting customer service for help

**Step 1:** Go to <u>Settings</u> and tap on the grey button for assistance via Whatsapp chat.

You will be redirected to WhatsApp on your mobile device.







- 3.1 Toggling marketing consent preferences
- 3.2 Accessing MyHealth360's data privacy policy
- 3.3 Accessing Terms and Conditions

## 3.1 Toggling marketing consent preferences

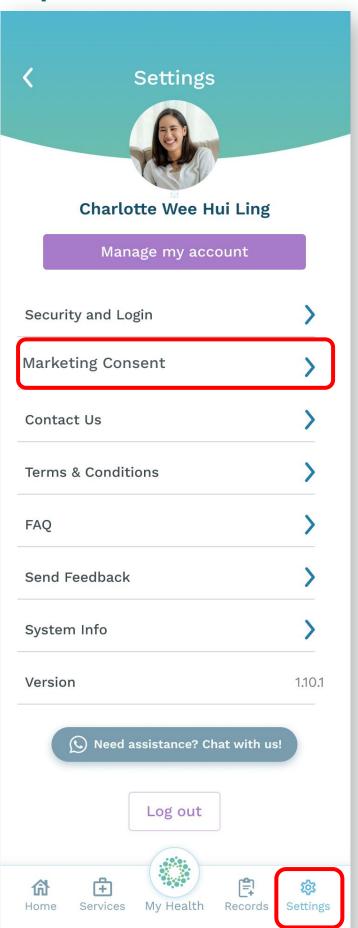
**Step 1:** Go to Settings and tap Marketing Consent.

**Step 2:** Toggle the buttons on the right to indicate your marketing preferences.

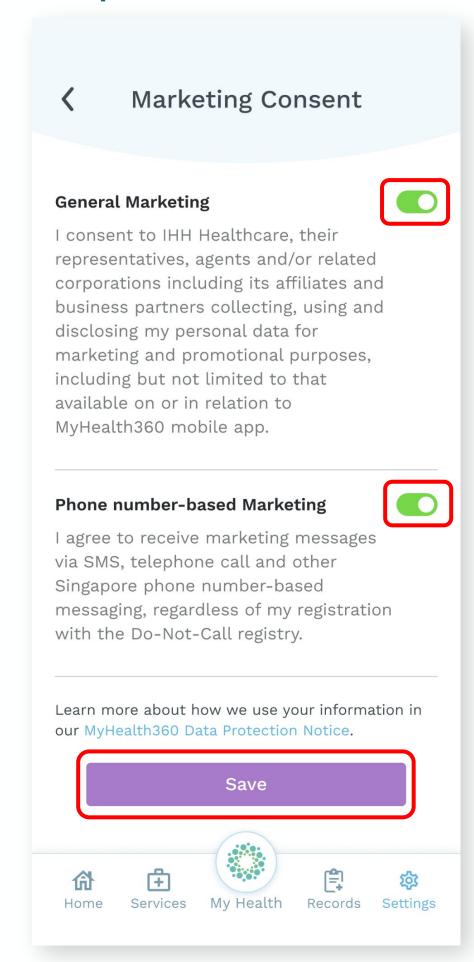
Green indicates on. Grey indicates off.

Tap Save.

#### Step 1







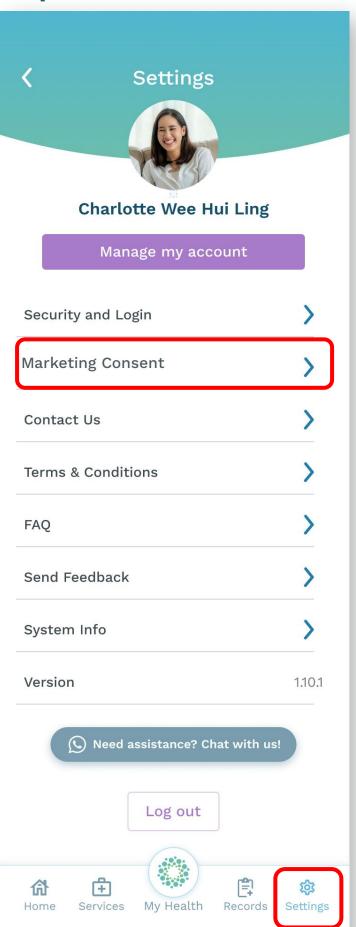
# 3.2 Accessing MyHealth360's Data Privacy Policy

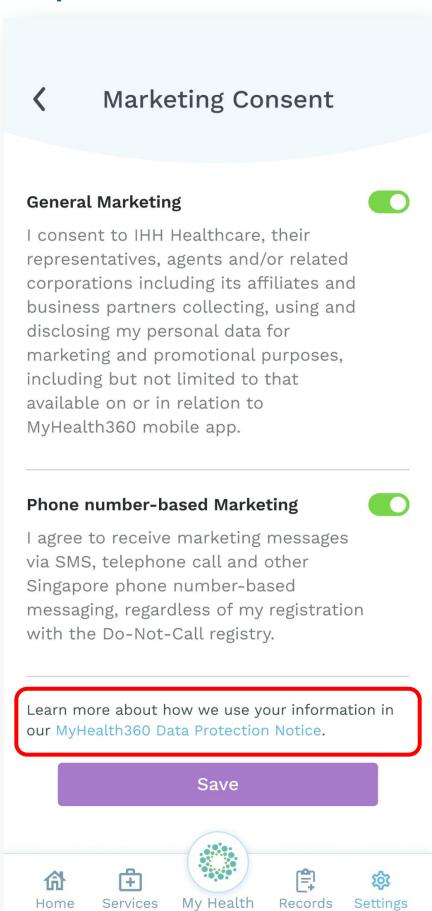
**Step 1:** Go to Settings and tap Marketing Consent.

Step 2: Tap Data Privacy Policy.

You will be redirected to the MyHealth360's Data Privacy Policy webpage.

#### Step 1



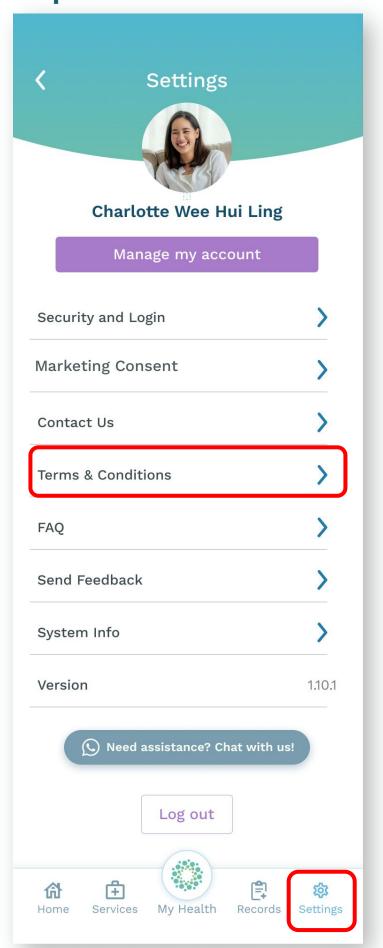




## 3.3 Accessing Terms and Conditions

**Step 1:** Go to Settings and tap <u>Terms & Conditions</u>.

#### Step 1









IMPORTANT - PLEASE READ THESE
TERMS AND CONDITIONS CAREFULLY.

Last updated: 15<sup>th</sup> July 2022

THESE TERMS AND CONDITIONS

("TERMS"), TOGETHER WITH OUR PRIVACY

POLICY APPLY TO YOUR ACCESS AND USE

OF THE MYHEALTH 360 APPLICATION. BY

ACCESSING THIS APP OR BY USING ANY





## 4. COVID-19 Features

- 4.1 Booking a COVID-19 test
- 4.2 Viewing your upcoming COVID-19 appointments4.2.1. Rescheduling your COVID-19 appointment
- 4.3 Retrieving your COVID-19 test certificates

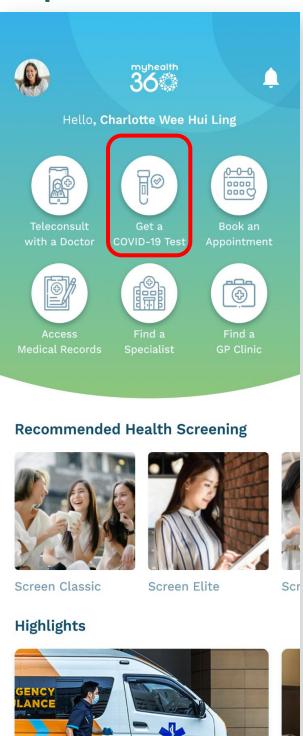
#### 4. COVID-19 Features

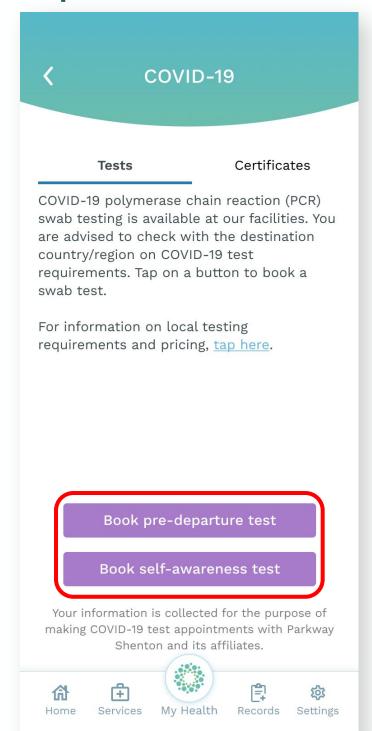
## 4.1 Booking a COVID-19 test

**Step 1:** From the homepage, tap Get a COVID-19 Test.

Step 2: Select which COVID-19 test you would like to take – a pre-departure test, or a self-awareness test.

#### Step 1







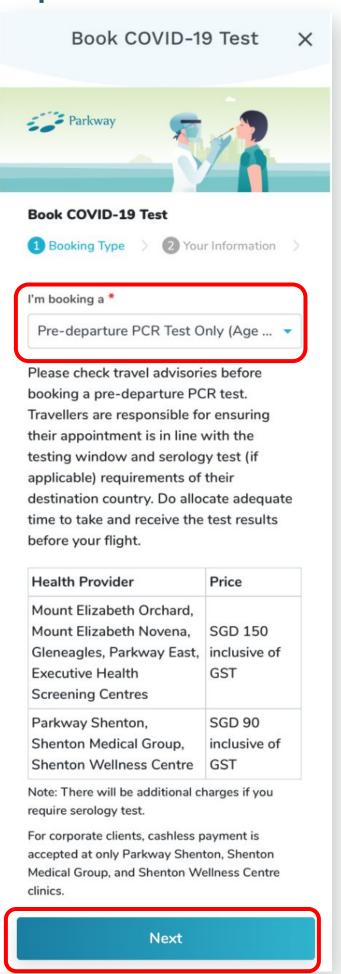
### 4.1 Booking a COVID-19 test

**Pre-departure Test** 

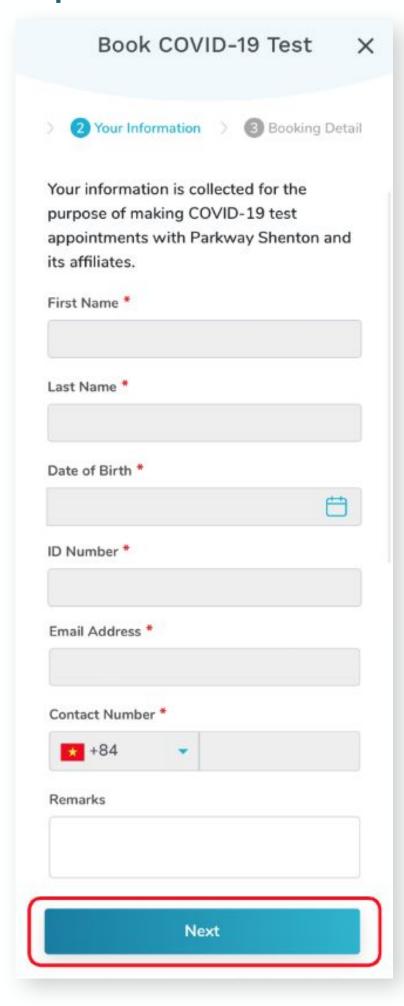
**Step 3a:** Select the type of pre-departure test you require from the drop-down list. Tap <u>Next</u>.

**Step 3b:** Fill in your personal information. Tap <u>Next</u>.

### Step 3a



### Step 3b





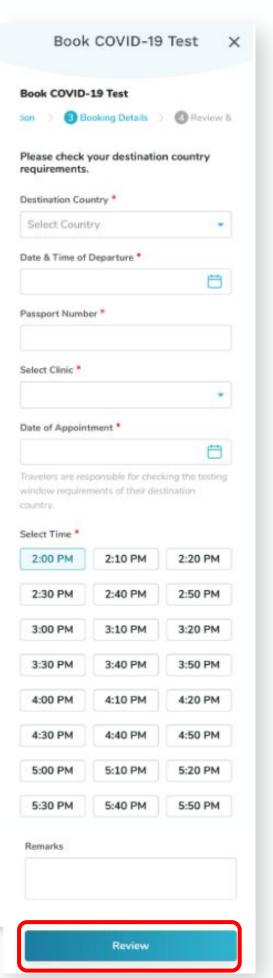
### 4.1 Booking a COVID-19 test

### **Pre-departure Test**

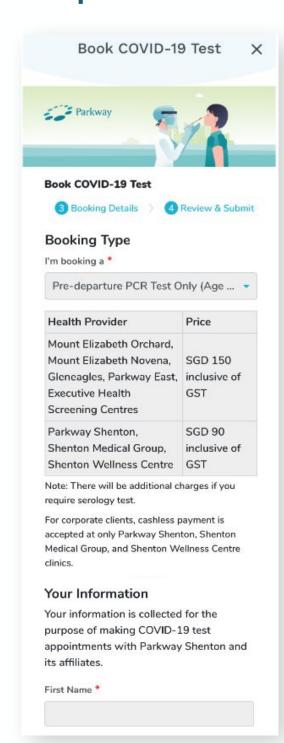
**Step 3c:** Fill in your travel details, preferred clinic, and appointment date and time. Tap <u>Review</u>.

**Step 3d:** Review your booking details and tap <u>Submit</u>.

### Step 3c



### Step 3d





At the bottom of the page

Submit

### 4.1 Booking a COVID-19 test

**Self-awareness Test** 

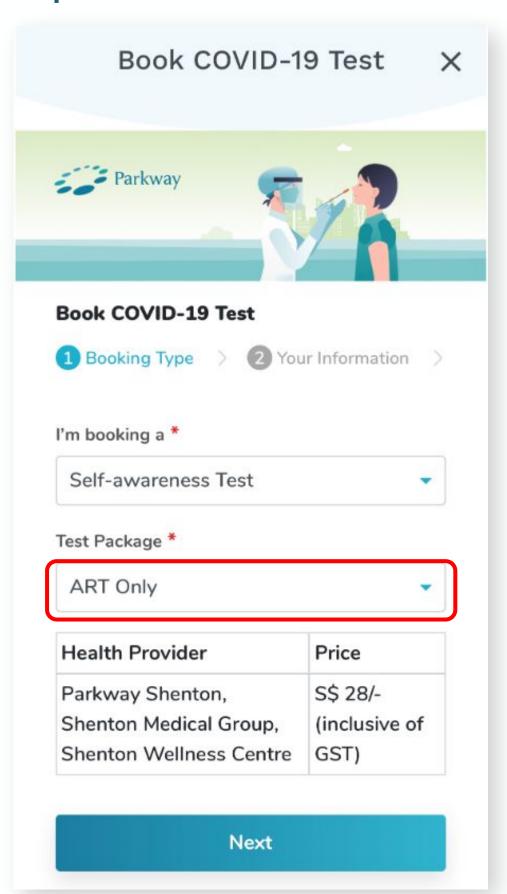
Step 3e: Select Self-awareness

Test and the test package you require from the drop-down list.

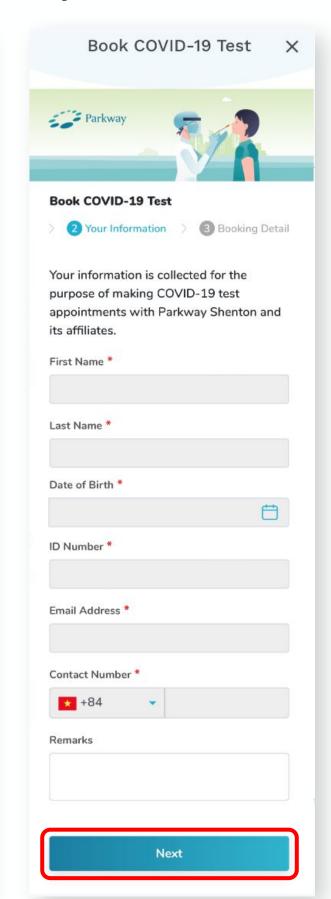
Tap Next.

**Step 3f:** Review your personal information and tap <u>Next</u>.

### Step 3e



### Step 3d





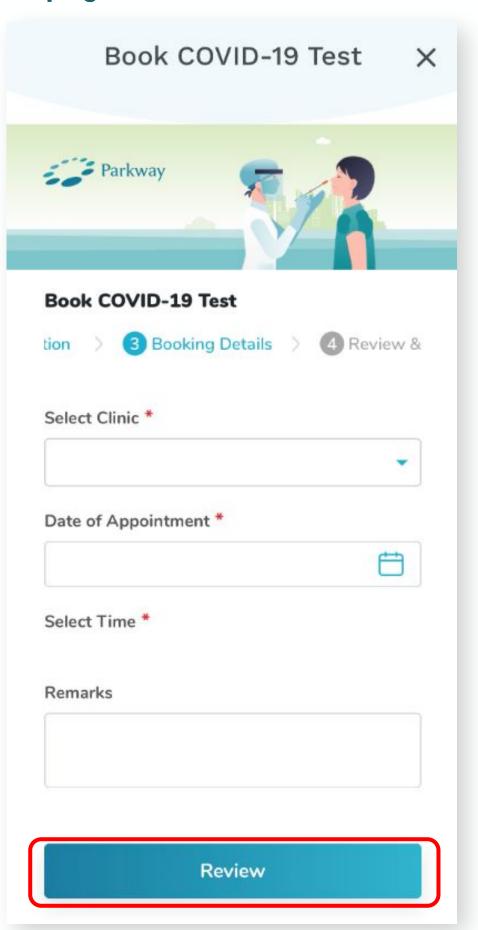
### 4.1 Booking a COVID-19 test

**Self-awareness Test** 

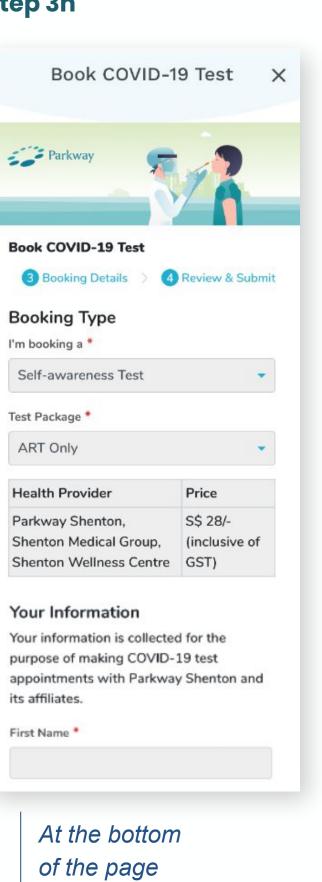
**Step 3g:** Select your preferred clinic, appointment date and time. Tap <u>Review</u>.

**Step 3h:** Review your booking details and tap <u>Submit</u>.

### Step 3g



### Step 3h





Submit

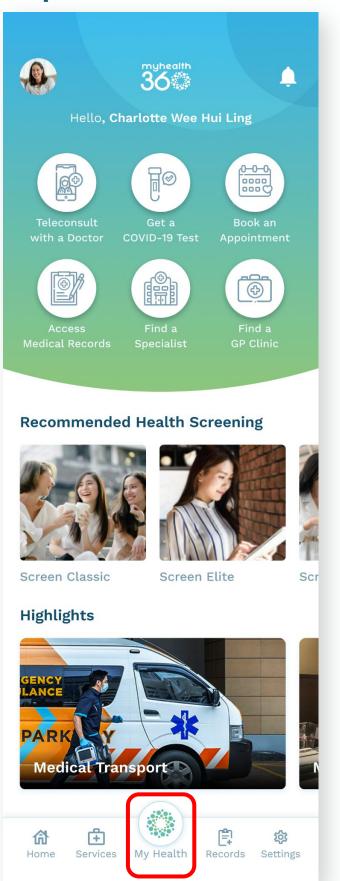
## 4.2 Viewing your upcoming COVID-19 appointments

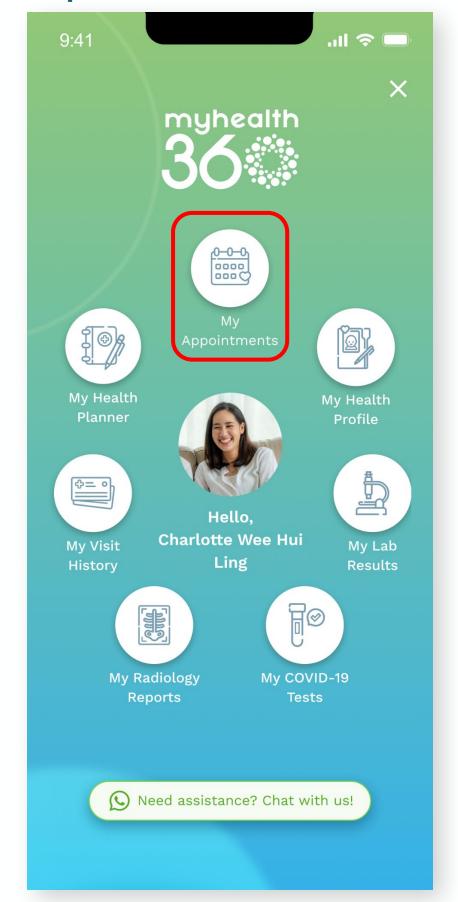
**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Appointments

Tip: You can reschedule or cancel your appointment from this page.

### Step 1

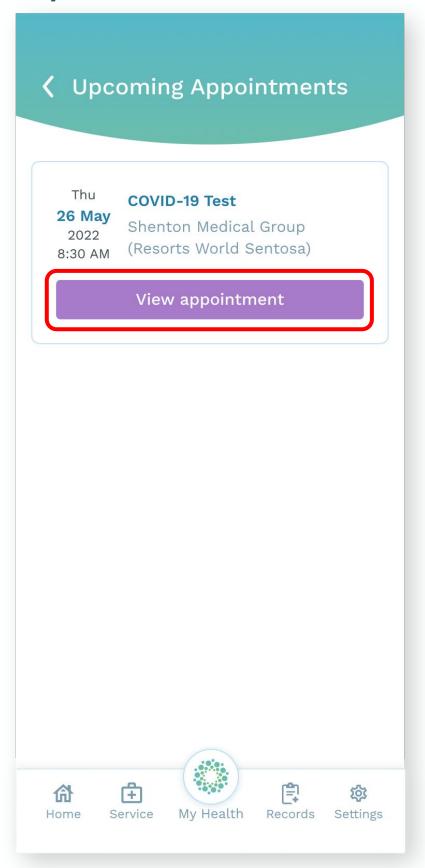






## 4.2 Viewing your upcoming COVID-19 appointments

**Step 3:** You will see a list of all your upcoming appointments, including for COVID-19. Tap to view.

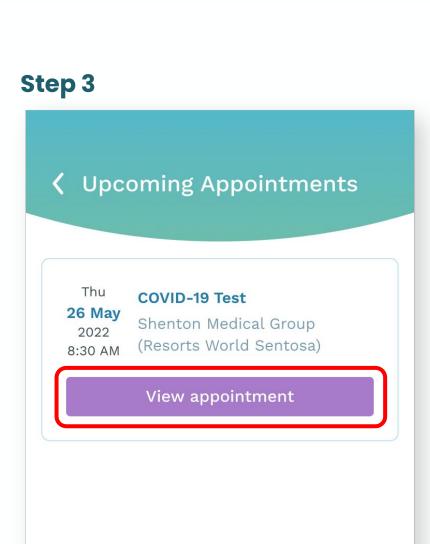




## 4.2.1 Cancelling or rescheduling your COVID-19 appointments

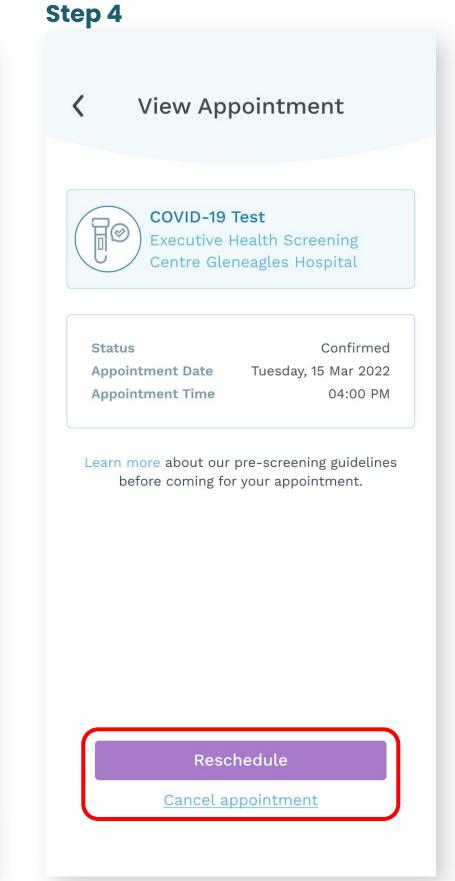
Step 1: On the Upcoming Appointments page, tap <u>View</u> appointment on your scheduled COVID-19 appointment.

**Step 2:** You will have the option to Reschedule or Cancel the session.



My Health

Records



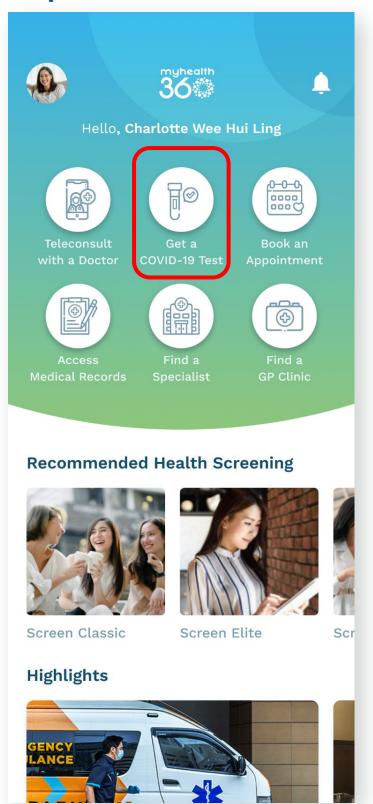


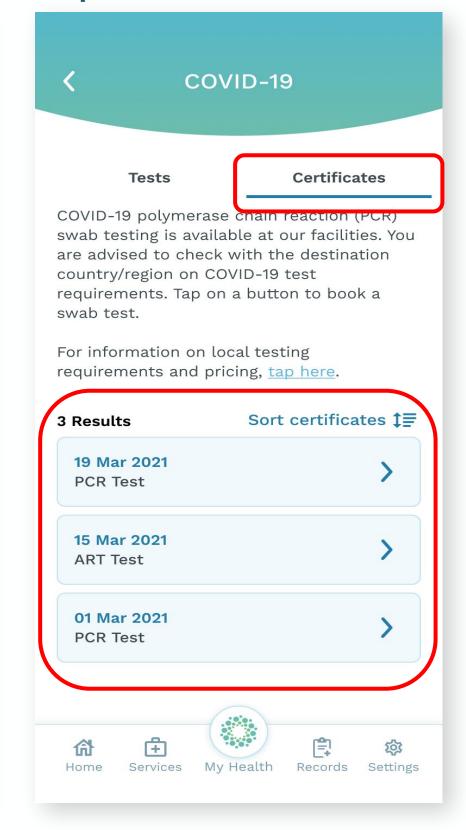
## 4.3 Retrieving your COVID-19 test certificates

**Step 1:** From the homepage, tap on <u>Get a COVID-19 Test</u>.

Step 2: Select the Certificates tab.
You will see a list of your
COVID-19 test results. Tap on any
result to retrieve the certificate.

### Step 1



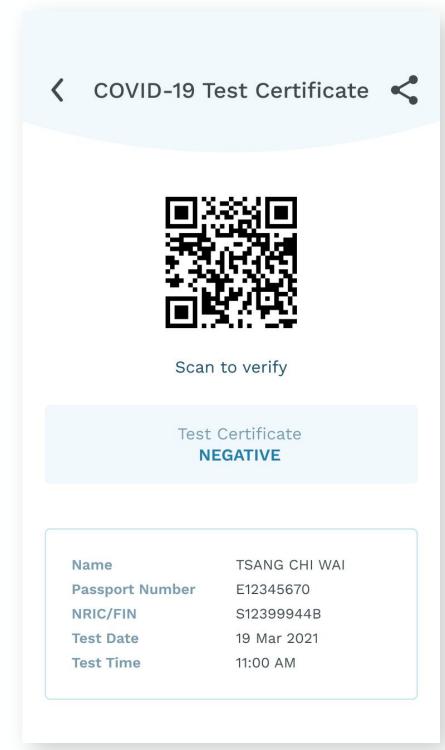




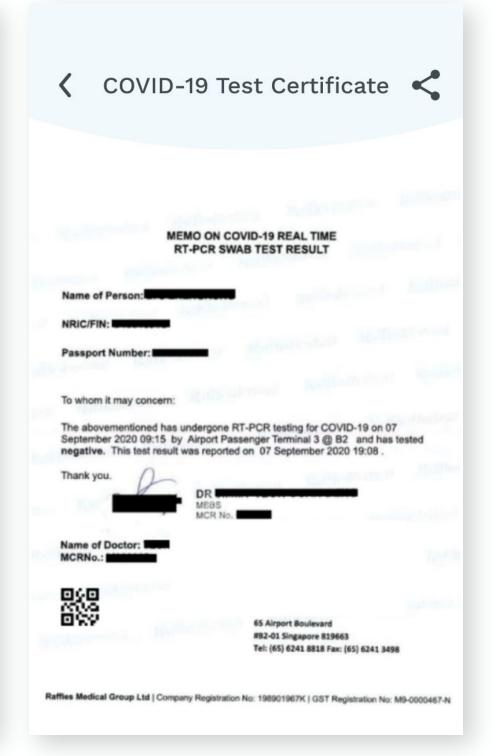
## 4.3 Retrieving your COVID-19 test certificates

**Step 3:** Your COVID-19 test certificates are available to view and download in <u>QR Code</u> or <u>PDF</u> format.

QR Code



**PDF** 







- 5.1 Booking a same-day GP appointment
- 5.2 Syncing your appointments with your calendar
- 5.3 Accessing and downloading your e-MCs
- 5.4 Accessing and downloading Shenton GP receipts
- 5.5 Viewing your upcoming appointments5.5.1 Cancelling or rescheduling your appointments
- 5.6 Viewing your appointment history
- 5.7 Using My Health Profile to find out your health status
- 5.8 Using My Health Planner to plan your healthcare activities
- 5.9 Accessing your e-bills

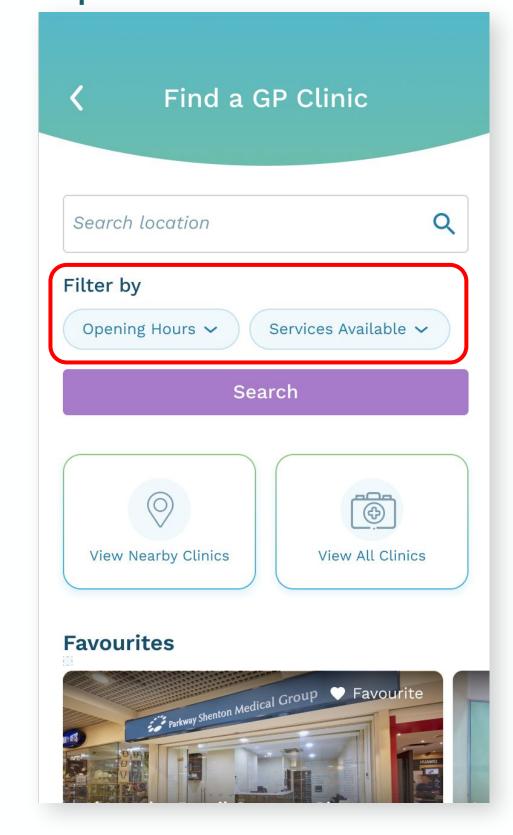
### 5.1 Booking a same-day GP appointment

**Step 1:** From the homepage, tap on Find a GP clinic.

**Step 2:** Search for a GP clinic by location, or filter by opening hours and services.

### Step 1







### 5.1 Booking a same-day **GP** appointment

Step 3: Select your preferred clinic and tap Book an appointment.

Step 4: Choose from the available time slots and tap Submit.

Note: Appointment slots are limited. If there are no available time slots on the same day, consider selecting another date or opt for an on-demand TeleConsultation appointment instead. To find out how, please refer to 6.1 Requesting an on-demand TeleConsult session.

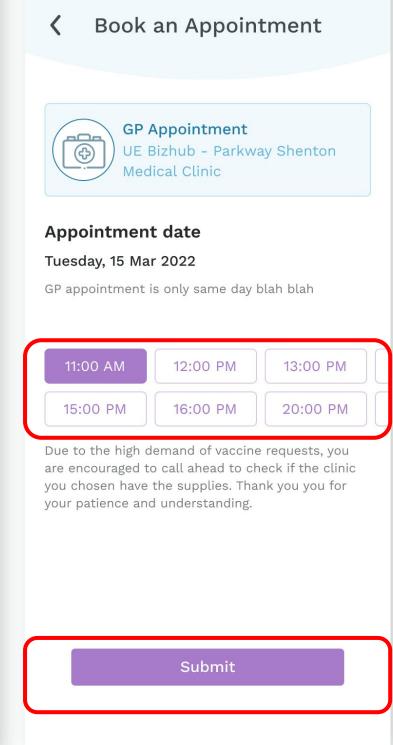
Step 2 Step 1



Book an appointment

Get instant confirmation

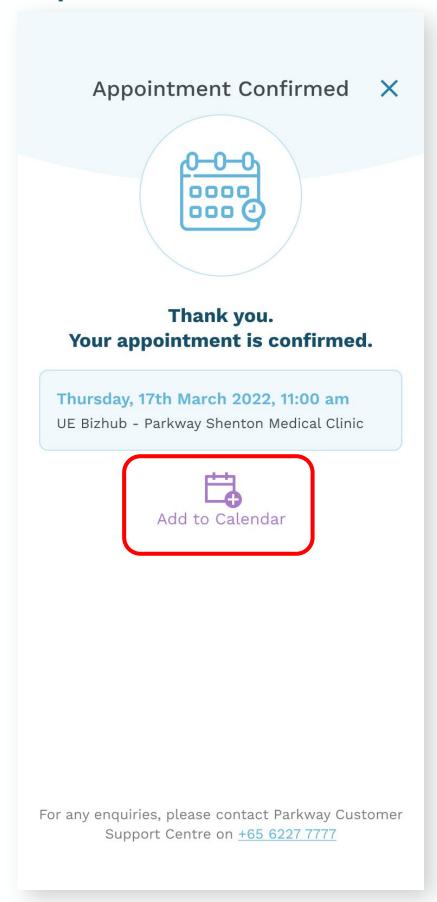




## 5.2 Syncing your appointments with your calendar

Step 1: Tap the Add to Calendar\* icon on the appointment confirmation screen to sync your appointments to your calendar.

\*To use this feature on Android devices, MyHealth360 requires your consent for prominent disclosures and device permissions.



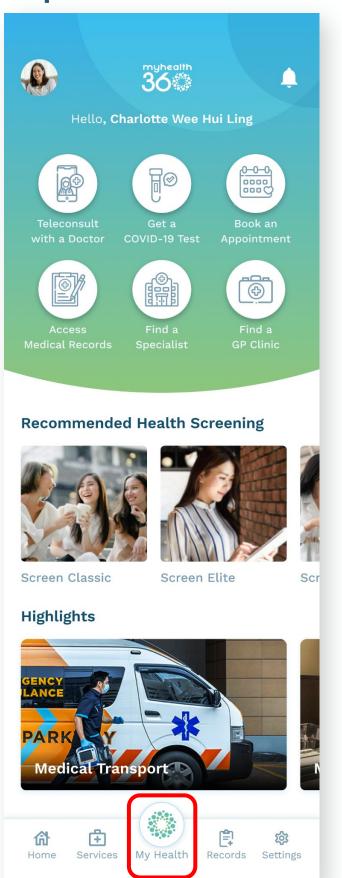


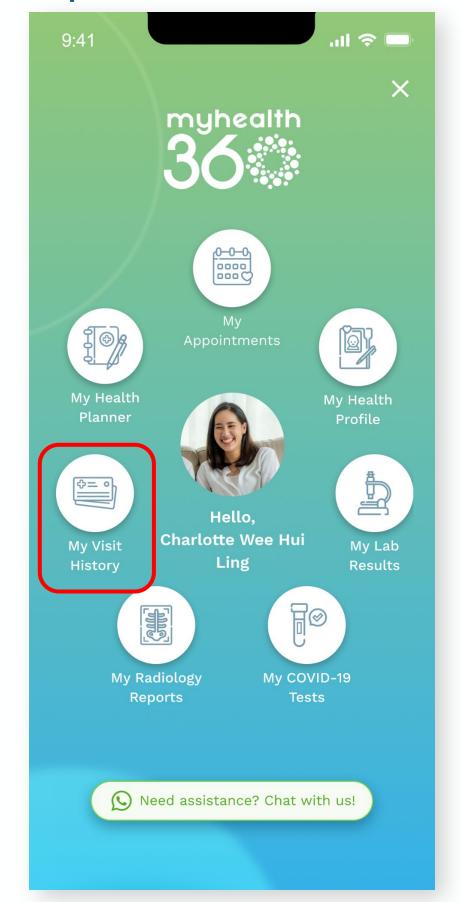
### 5.3 Accessing and downloading your e-MCs

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Tap My Visit History

### Step 1





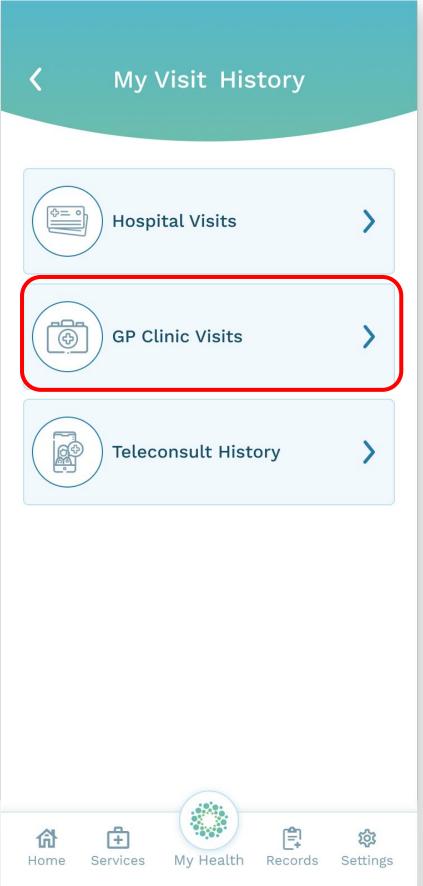


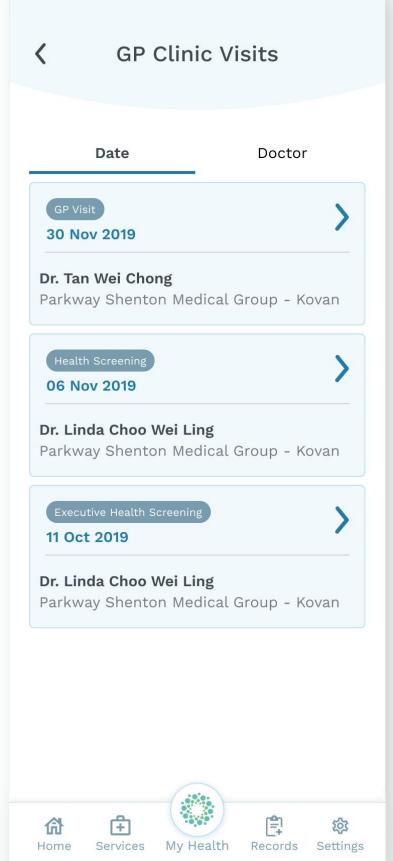
### 5.3 Accessing and downloading your e-MCs

Step 3: Tap GP Clinic Visits

**Step 4:** Select which appointment to retrieve your e-MC.

Step 3 Step 4



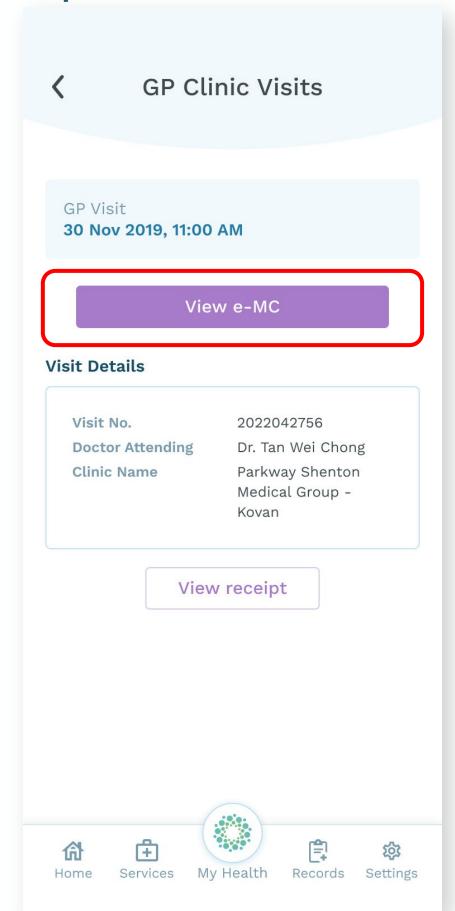




### 5.3 Accessing and downloading your e-MCs

Step 5: Tap View e-MC.







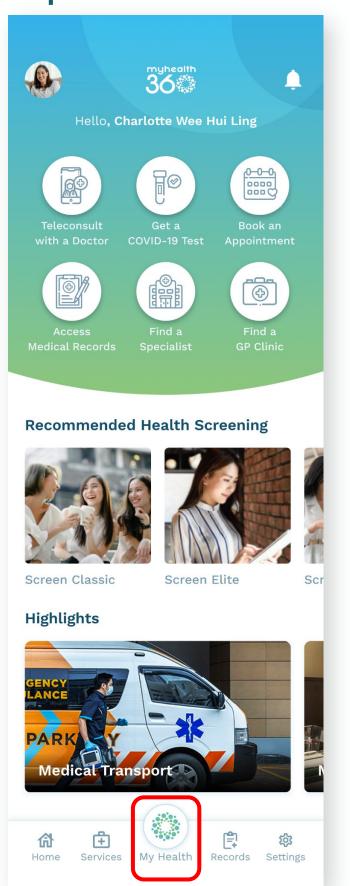


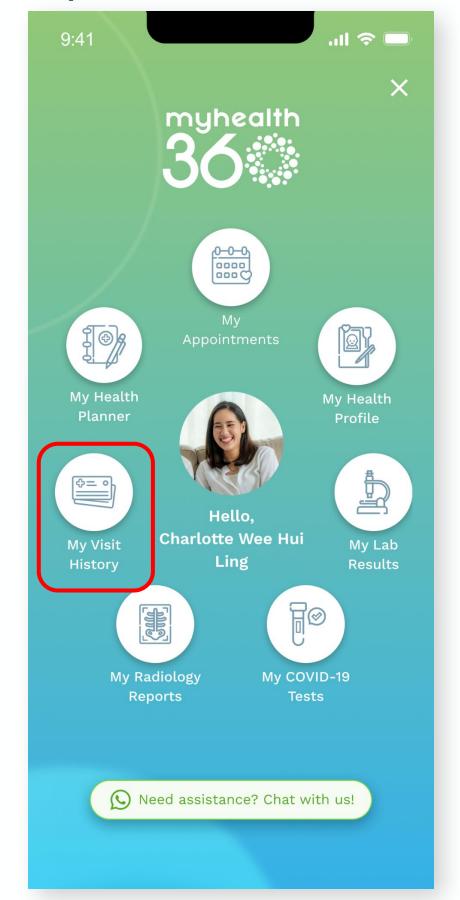
## 5.4 Accessing and downloading Shenton GP receipts

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Tap My Visit History.

### Step 1





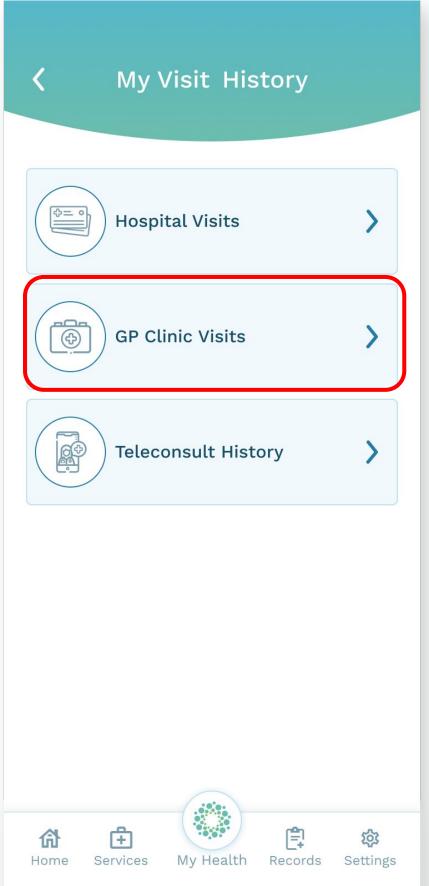


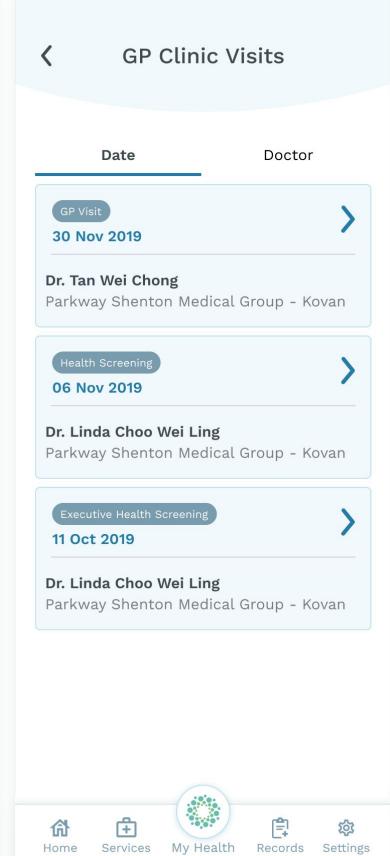
## 5.4 Accessing and downloading Shenton GP receipts

Step 3: Tap GP Clinic Visits.

**Step 4:** Select the appointment to retrieve your receipt.

Step 3 Step 4



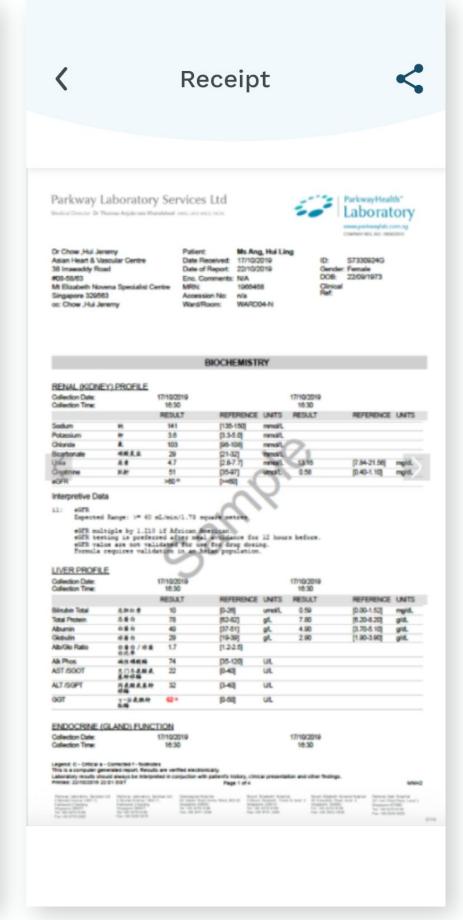




## 5.4 Accessing and downloading Shenton GP receipts

Step 5: Tap View receipt.





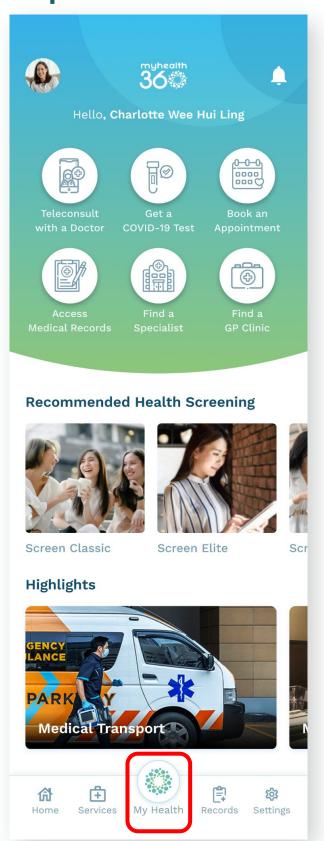


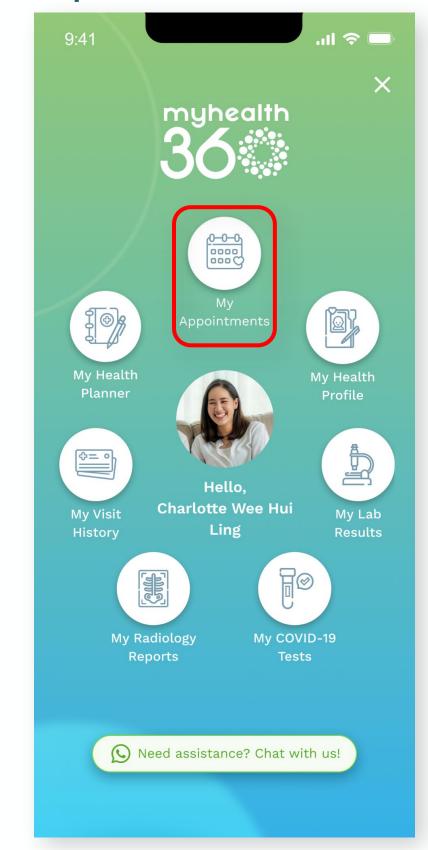
### 5.5 Viewing your upcoming appointments

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Tap My Appointments.

### Step 1

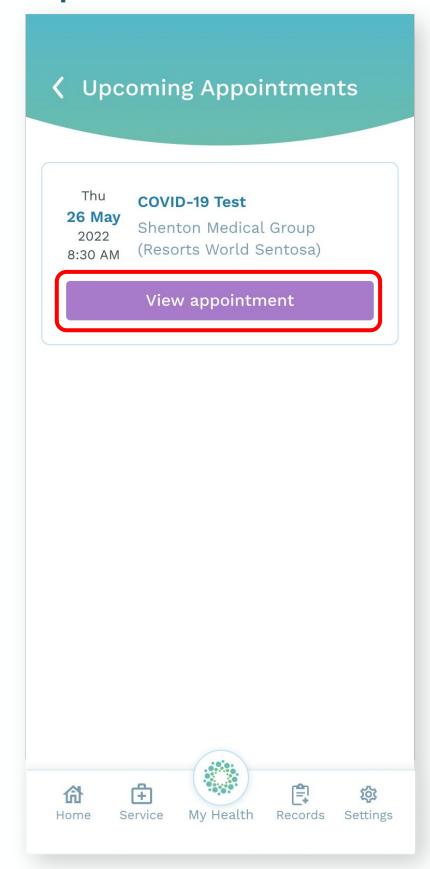


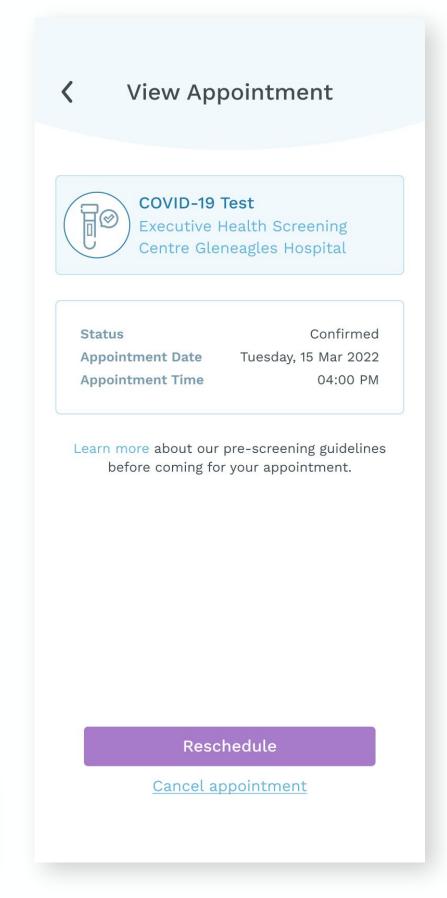




### 5.5 Viewing your upcoming appointments

Step 3: You will see a list of all your scheduled appointments. Tap View appointment if you wish to see more details, or cancel/reschedule your appointment.



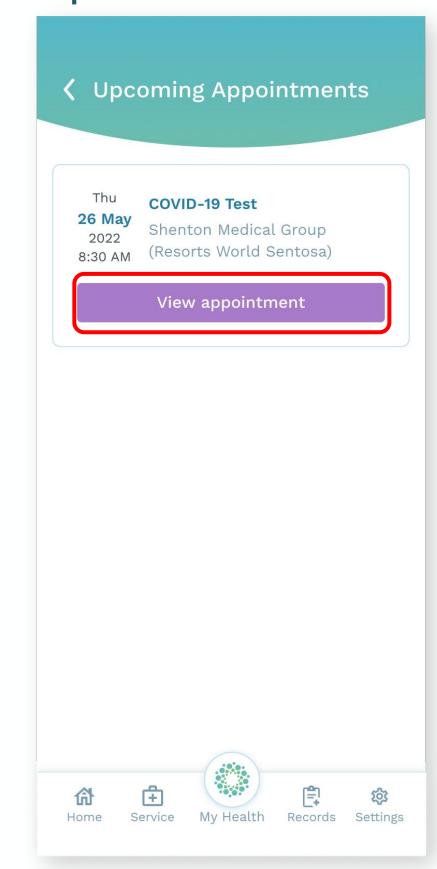


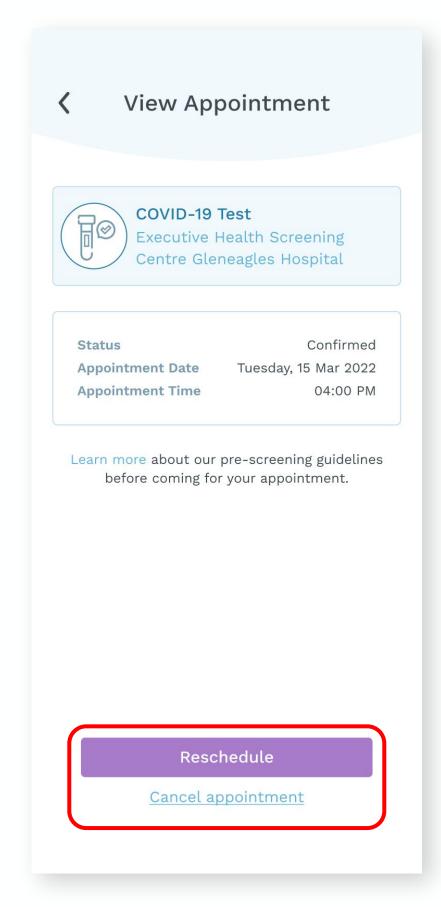


## 5.5.1 Cancelling or rescheduling your appointments

Step 1: On the Upcoming
Appointments page, tap <u>View</u>
<u>appointment</u> on your scheduled
COVID-19 appointment.

**Step 2:** You will have the option to Reschedule or Cancel the session.





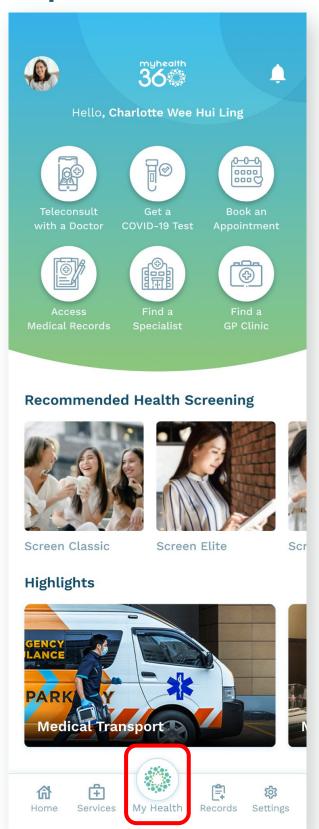


### 5.6 Viewing your appointment history

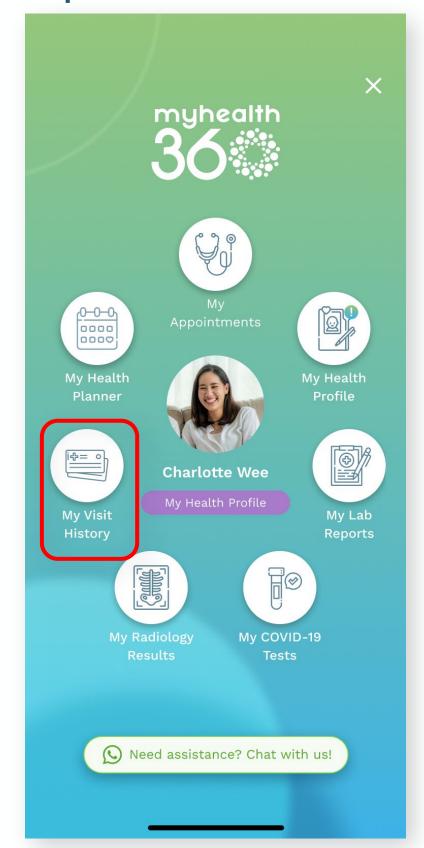
**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Visit History.

### Step 1



### Step 2





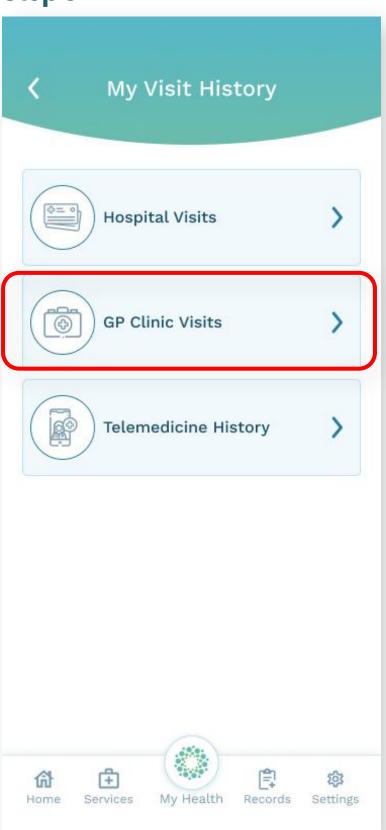
You can also view your GP Clinic Visit history by tapping on "Records" at the bottom of your screen.

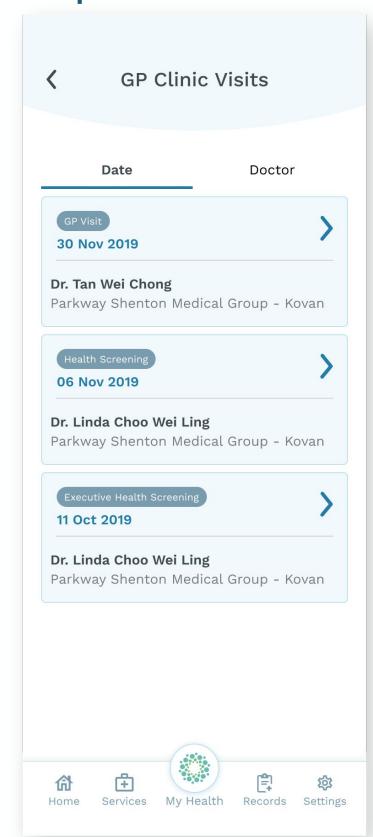
### 5.6 Viewing your appointment history

Step 3: Select GP Clinic Visits.

**Step 4:** You will see a list of your past GP clinic visits, which you can filter by <u>Date</u> or <u>Doctor</u>. Select the visit you wish to view.

Step 3





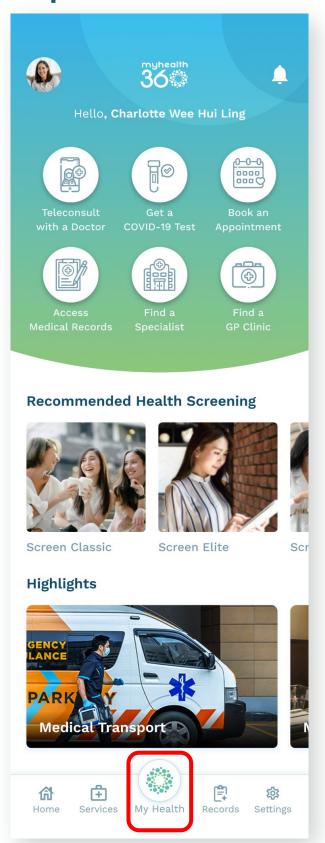


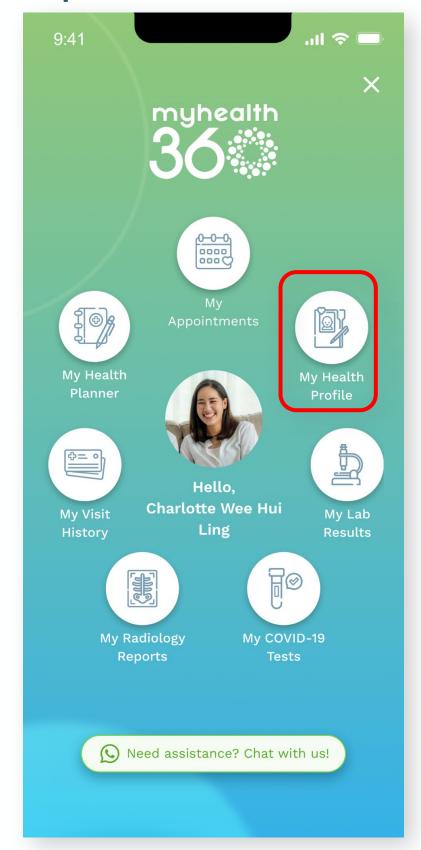
## 5.7 Using My Health Profile to find out your health status

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Health Profile.

### Step 1





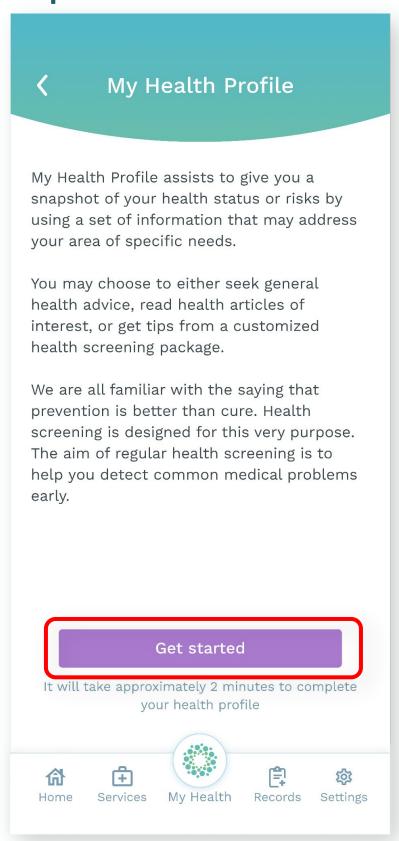


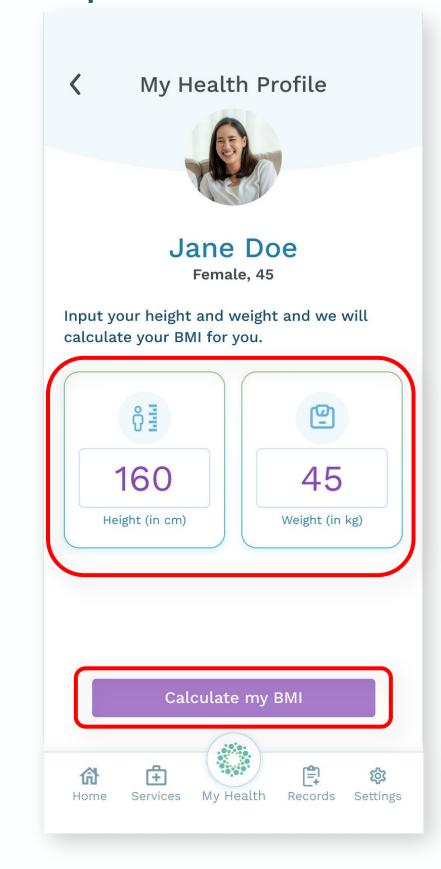
## 5.7 Using My Health Profile to find out your health status

**Step 3:** Tap on <u>Get started</u> to begin creating your health profile.

**Step 4:** Enter your height and weight in the respective fields. Tap Calculate my BMI.

### Step 3





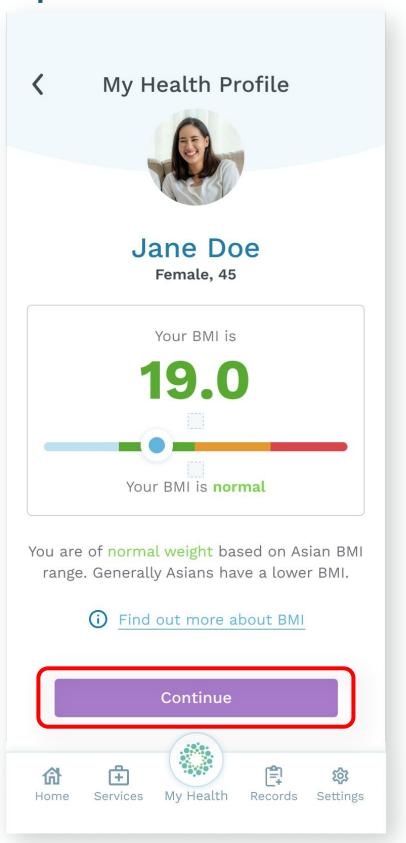


## 5.7 Using My Health Profile to find out your health status

**Step 5:** View your BMI result. Tap Continue.

**Step 6:** Indicate your family's medical history by selecting all the medical conditions that apply. Tap <a href="Continue">Continue</a>.

### Step 5

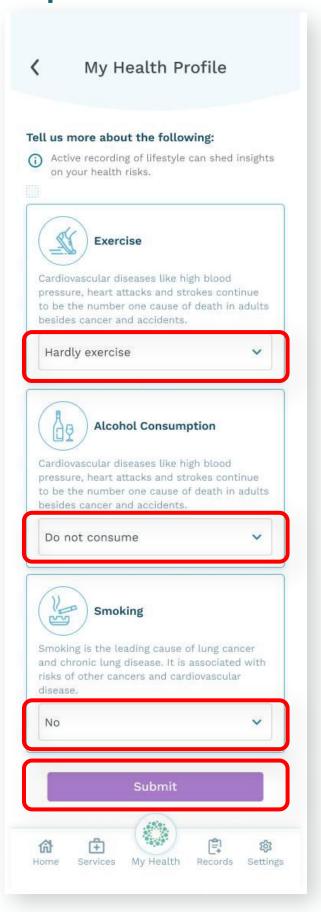






## 5.7 Using My Health Profile to find out your health status

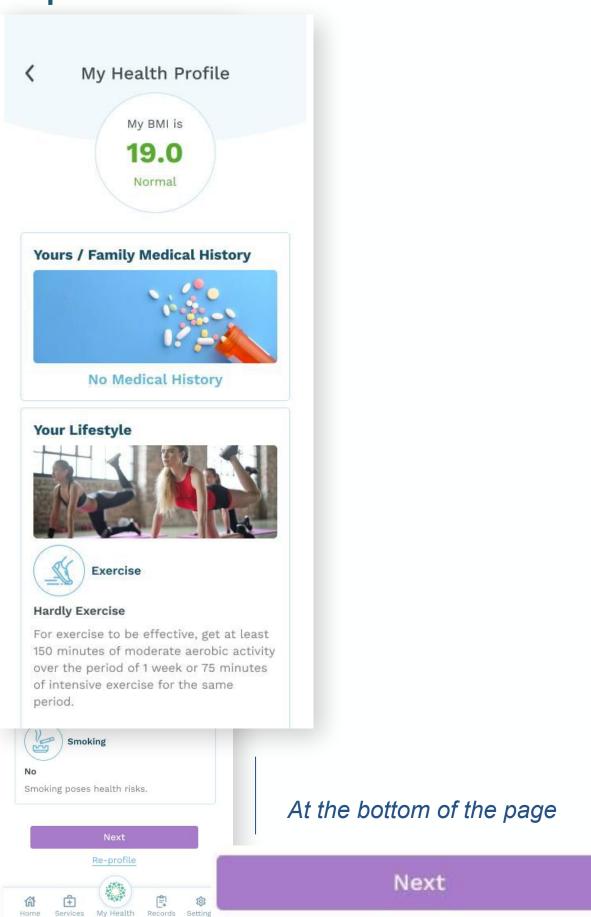
**Step 7:** Click the drop down in the different segments to fill up your profile details. Tap <u>Submit</u> located at the bottom of the screen.





## 5.7 Using My Health Profile to find out your health status

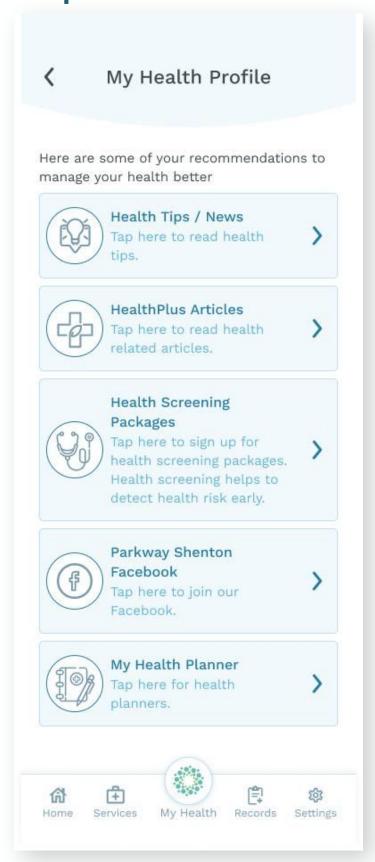
**Step 8:** Review your Health Profile details and tap <u>Next</u> if the screen accurately reflects the details you've indicated earlier.





## 5.7 Using My Health Profile to find out your health status

**Step 9:** Explore specially curated Health tips, HealthPlus articles, and Health Screening packages that My Health Profile offers.



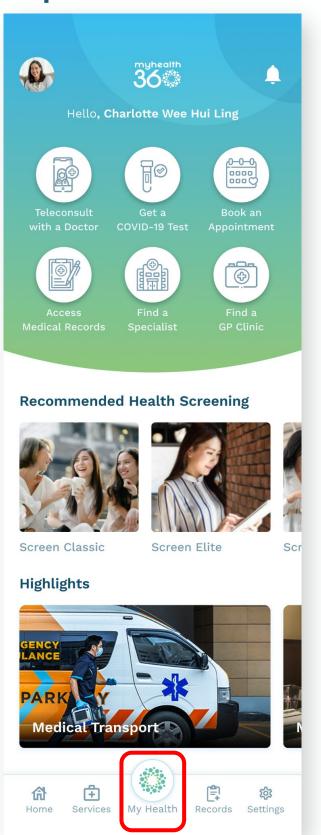


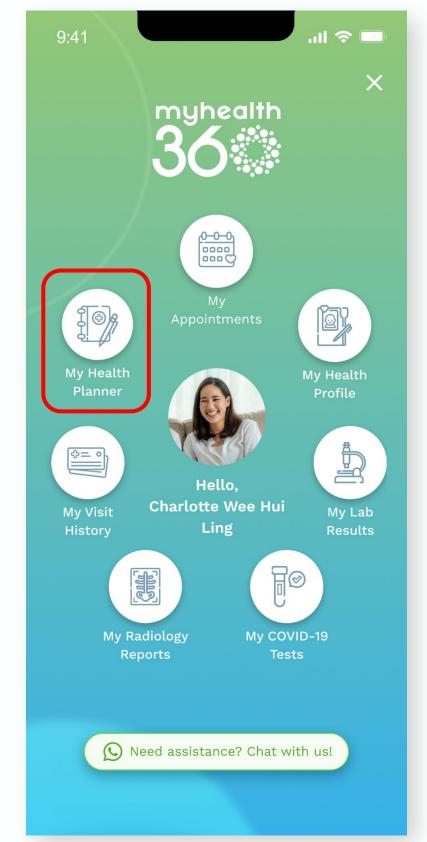
## 5.8 Using My Health Planner to plan your healthcare activities

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Health Planner.

### Step 1





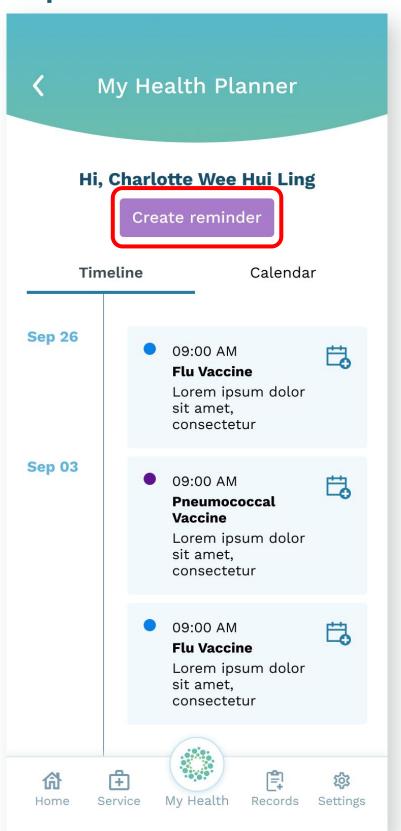


## 5.8 Using My Health Planner to plan your healthcare activities

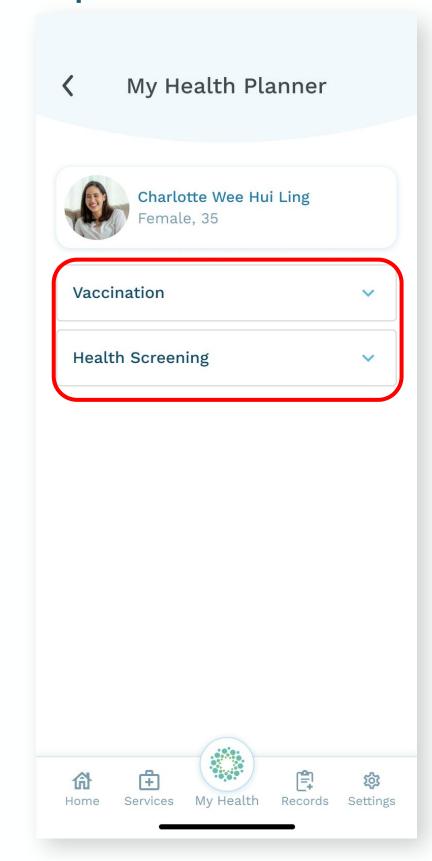
Step 3: Tap Create reminder.

**Step 4:** Select if you would like to set a reminder for a <u>Vaccination</u> or a <u>Health Screening</u>.

Step 3



Step 4







### 5.9 Booking a vaccination appointment

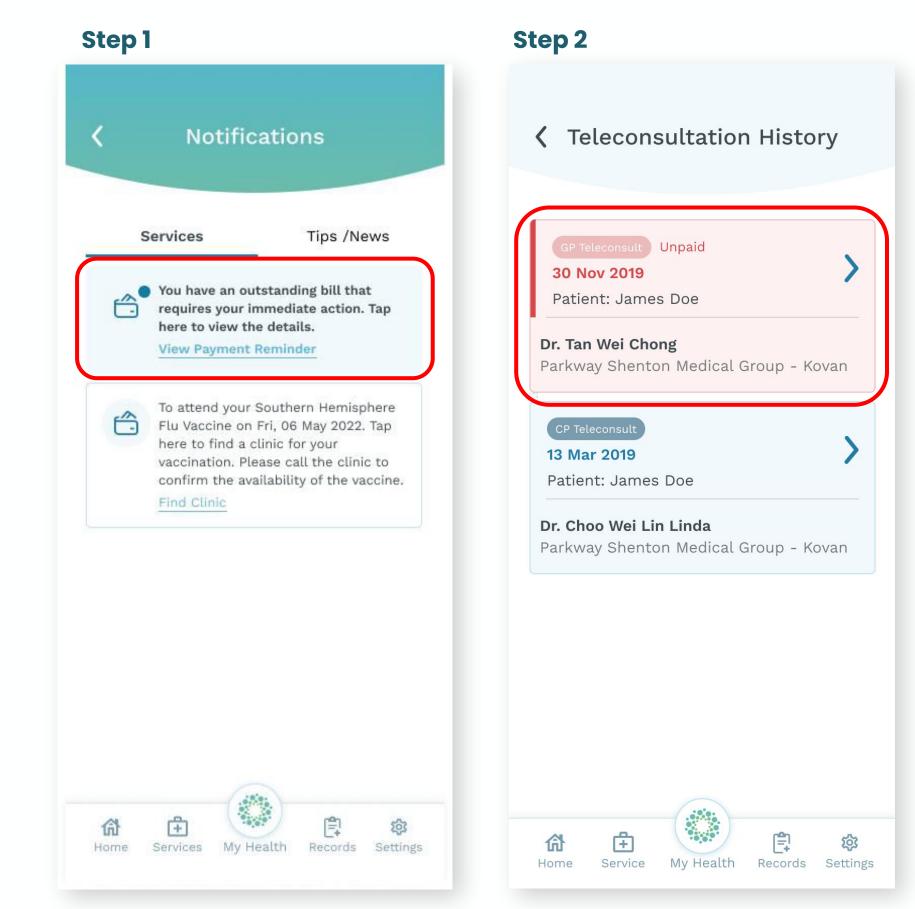
Vaccinations appointments will need to be booked together with a GP appointment. For more information on how to book a GP appointment, refer to **5.1 Booking a same-day GP appointment**.

### 5.10 Accessing your e-bills

**Step 1:** You will receive a notification on any outstanding bill.

**Step 2:** Tap on the outstanding bill (indicated in red) to make payment.

Note: This function is only available for TeleConsultations and Hospital Visits.





### 5.10 Accessing your e-bills

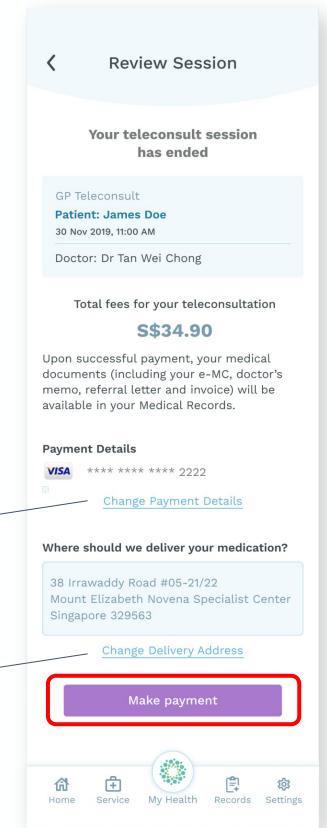
**Step 3:** Review and confirm that your credit card information and medication delivery address are accurate. Tap <u>Make payment</u>.

 Note: You will also receive an email notification acknowledging the receipt of your payment.

Tip: If your credit card details are incorrect, tap <u>Change Payment Details</u> to update your card information.

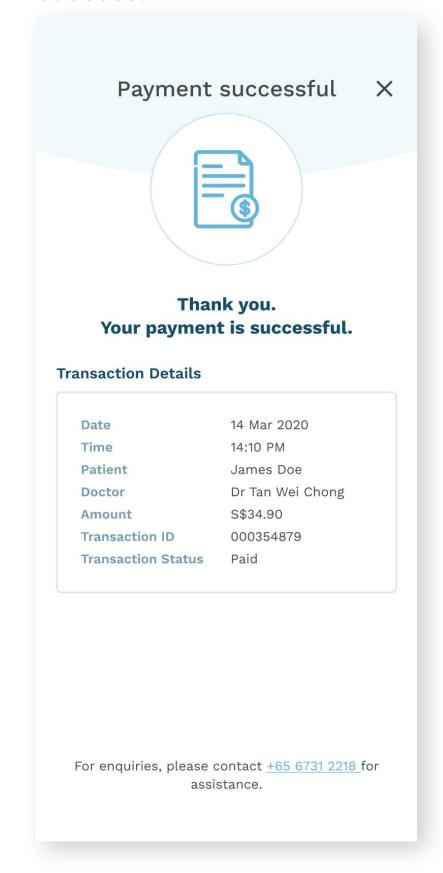
Tip: If the delivery address for medication is incorrect, tap <u>Change Delivery Address</u> to update it.





#### Success!







# 6. Shenton Clinic Features: TeleConsultation

- 6.1 Requesting an on-demand TeleConsult session
- 6.2 Scheduling a TeleConsult session
- 6.3 Making payment
- 6.4 Adding/editing dependents
- 6.5 Viewing upcoming appointments6.5.1 Cancelling or rescheduling a session
- 6.6 Reviewing TeleConsultation history

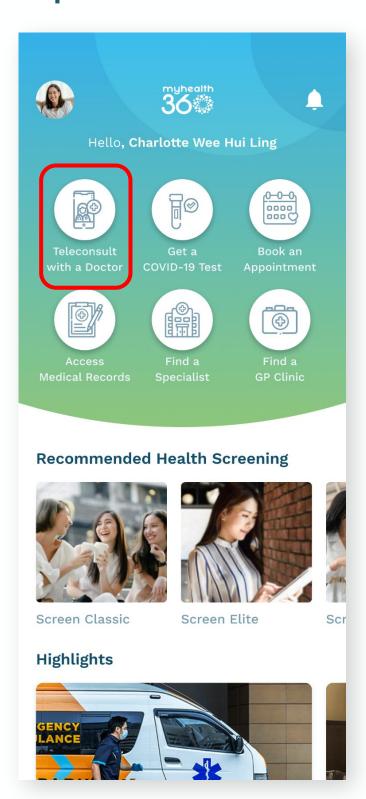
# 6.1 Requesting an on-demand TeleConsult session

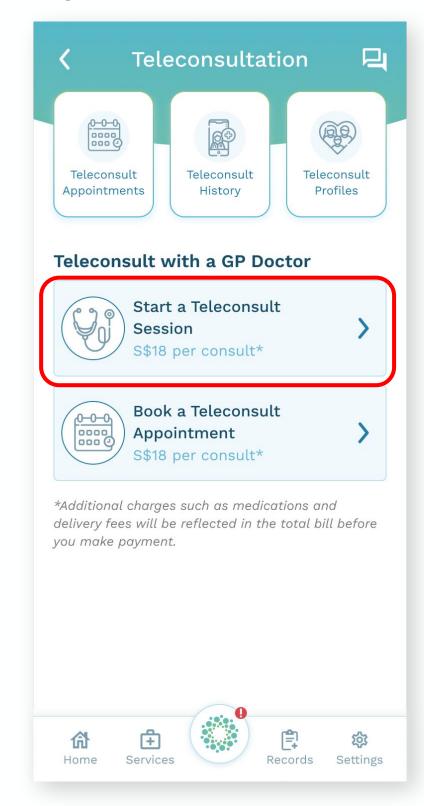
**Step 1:** From the homepage, tap on <u>TeleConsult with a Doctor</u>.

Step 2: Select Start a TeleConsult Session\*. Follow the prompts to allow MyHealth360 to access to your location, camera and microphone.

\*To use this feature on Android devices, MyHealth360 requires your consent for prominent disclosures and device permissions.

#### Step 1





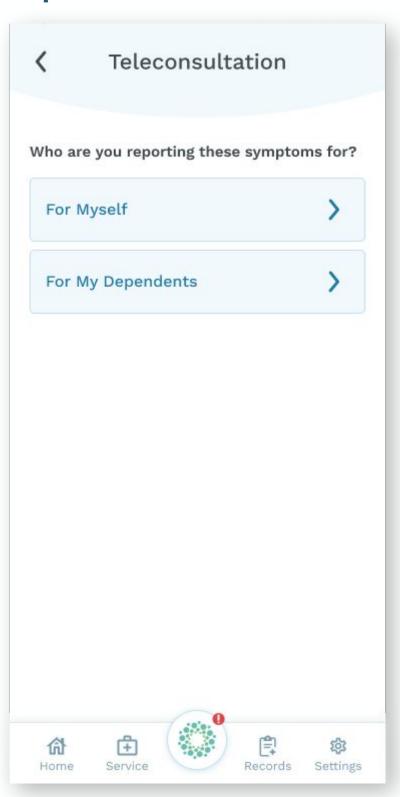


# 6.1 Requesting an on-demand TeleConsult session

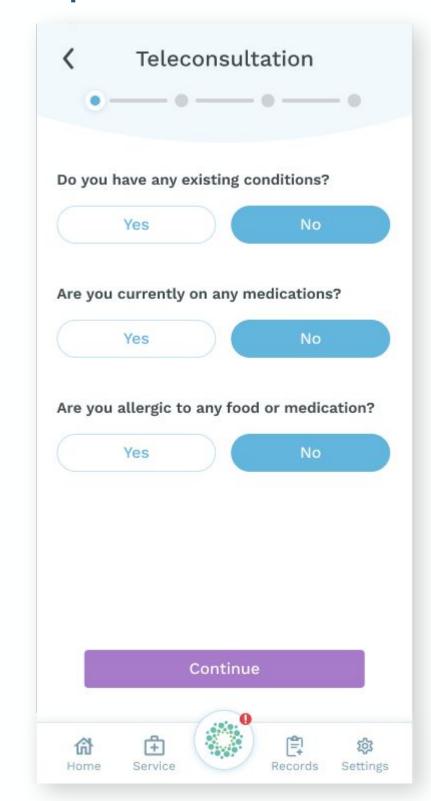
Step 3: Choose who you arereporting the symptoms forMyself or For My Dependents.

**Step 4:** Answer the preliminary medical questions.

Step 3



Step 4

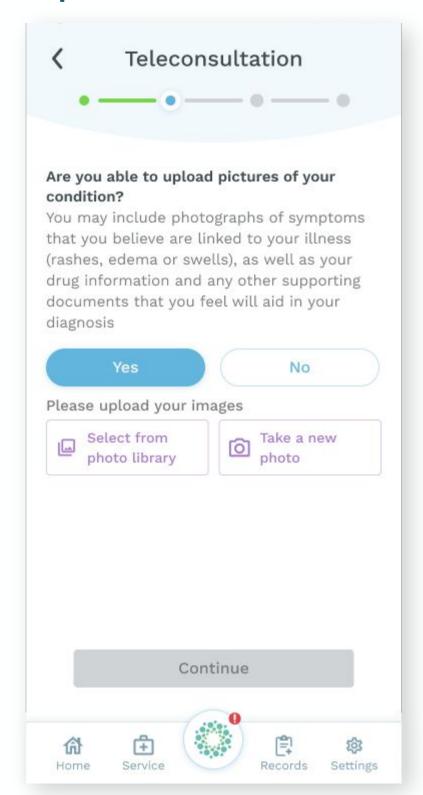




# 6.1 Requesting an on-demand TeleConsult session

**Step 5:** You may upload photos of your/your dependents' symptoms and/or supporting documents.

• Note: Maximum 10 photos allowed.



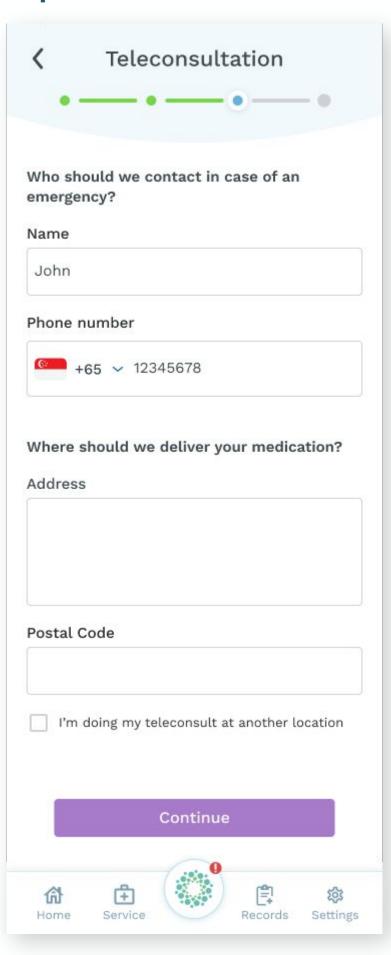


# 6.1 Requesting an on-demand TeleConsult session

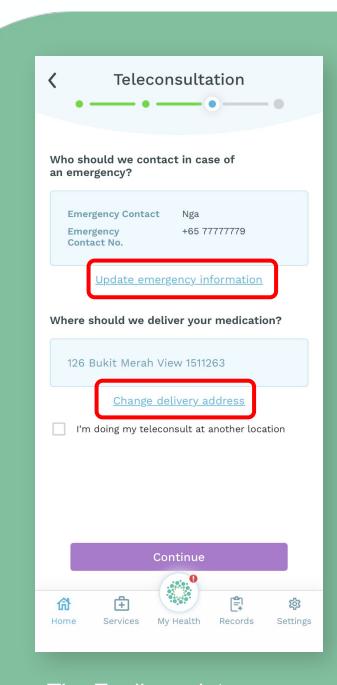
Step 6: Fill in an emergency contact's name and phone number, and address for medication delivery (applicable for your first TeleConsult session only).

 Note: For subsequent sessions, these details will be auto-filled (see Tip).

#### Step 6







Tip: Easily update your emergency contact's details and delivery address when making your next TeleConsultation session.

# 6.1 Requesting an on-demand TeleConsult session

**Step 7a:** Enter your credit card information to make payment (applicable for your first TeleConsult session only).

• Note: Your credit card details will be saved for subsequent sessions.

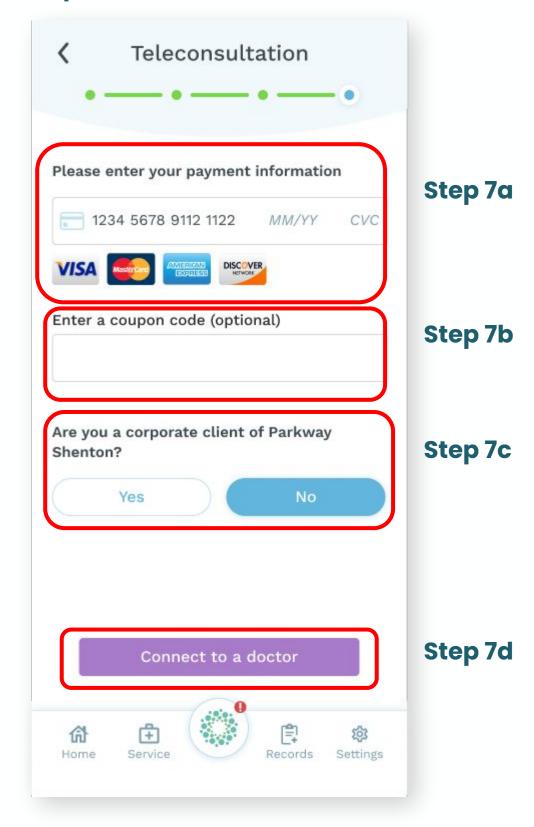
Step 7b: Enter coupon code (if any).

**Step 7c:** Indicate if you are a corporate client of Parkway Shenton. Prepare to upload a picture of the corporate health benefits card issued by your company.

**Step 7d:** Tap <u>Connect to a doctor</u> to enter the virtual waiting room.

### Step 7





Disclaimer: Corporate rates apply for TeleConsultation services.

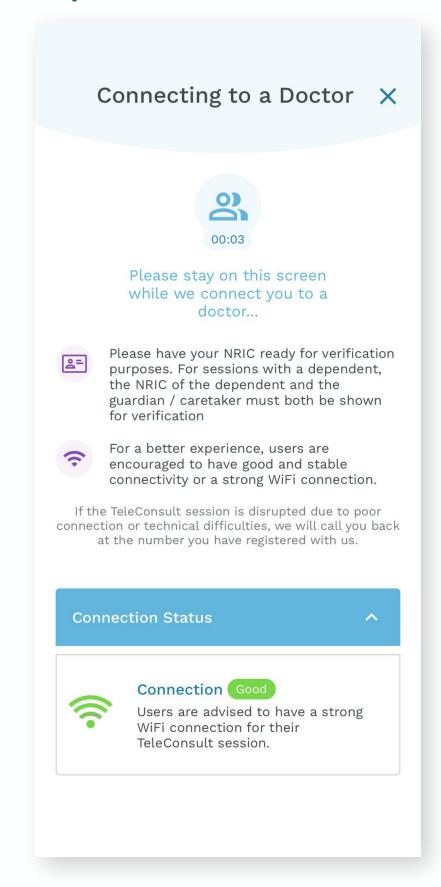
# 6.1 Requesting an on-demand TeleConsult session

**Step 8:** Ensure you have the following ready:

- NRIC for verification
- Stable WiFi connection

The doctor will appear on screen when it's your turn to be 'seen'.





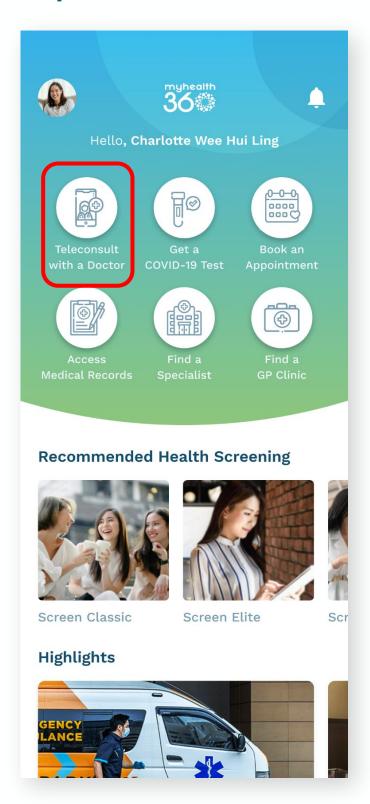
# 6.2 Scheduling a TeleConsult session

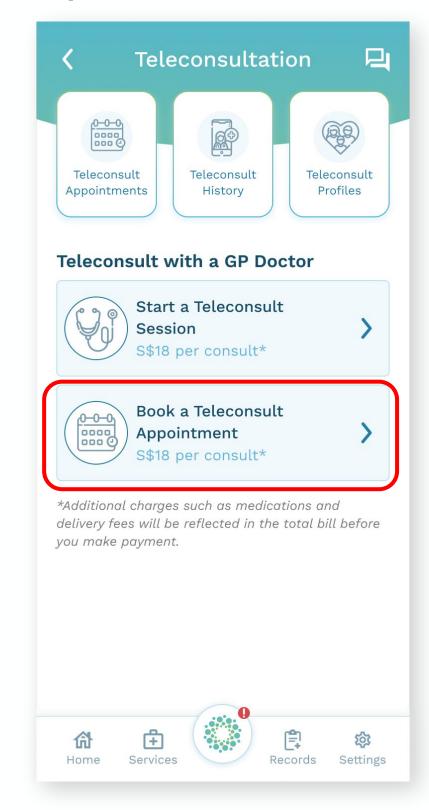
**Step 1:** From the homepage, tap on <u>TeleConsult with a Doctor</u>.

Step 2: Select Book a TeleConsult Appointment\* and allow the app access to your camera.

\*To use this feature on Android devices, MyHealth360 requires your consent for prominent disclosures and device permissions.

### Step 1





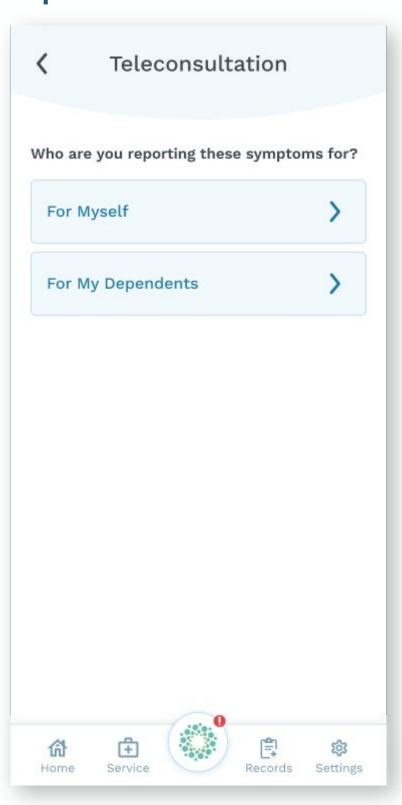


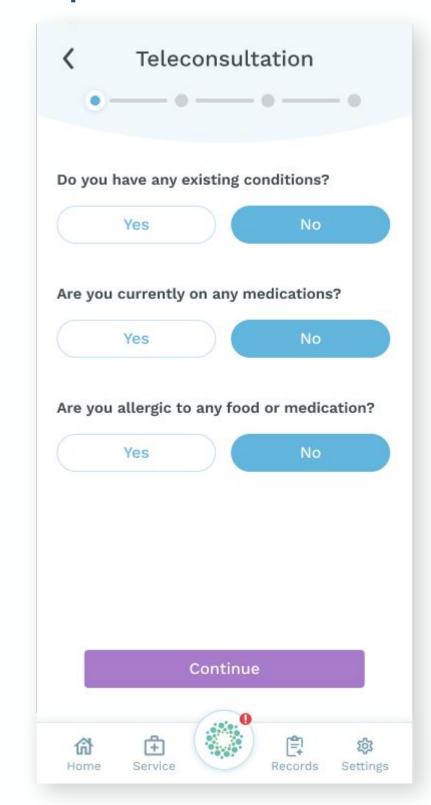
# 6.2 Scheduling a TeleConsult session

**Step 3:** Choose who you are reporting the symptoms for – Myself or For My Dependents.

**Step 4**: Answer the preliminary medical questions.

### Step 3



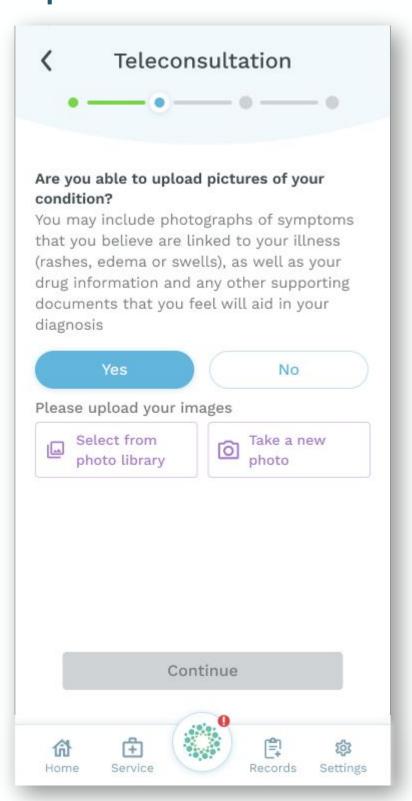




# 6.2 Scheduling a TeleConsult session

**Step 5:** You may upload photos of your/your dependents' symptoms and/or supporting documents.

• Note: Maximum 10 photos allowed.



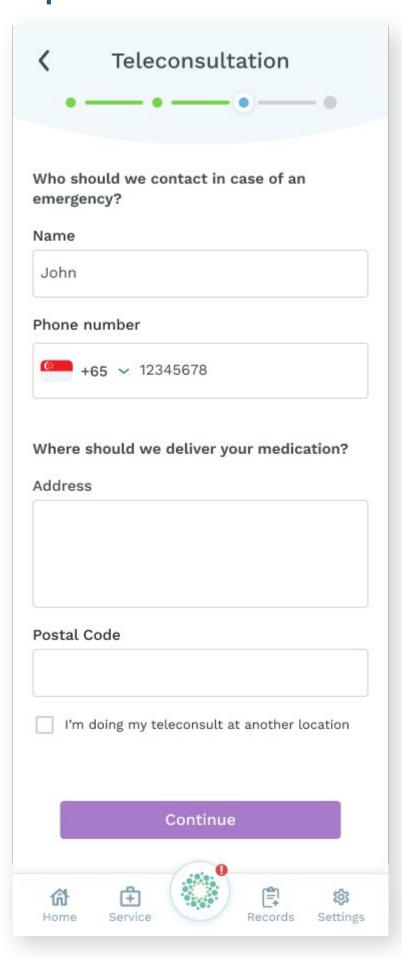


# 6.2 Scheduling a TeleConsult session

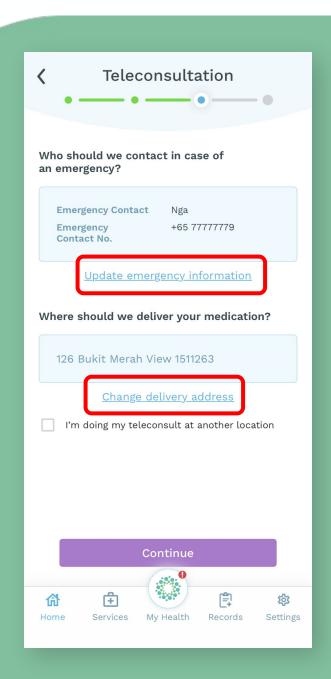
Step 6: Fill in an emergency contact's name and phone number, and address for medication delivery (applicable for your first TeleConsult session only).

• Note: For subsequent sessions, these details will be auto-filled (see **Tip**).

#### Step 6







Tip: Easily update your emergency contact's details and delivery address when making your next TeleConsultation session.

# 6.2 Scheduling a TeleConsult session

**Step 7a:** Enter your credit card information to make payment (applicable for your first TeleConsult session only).

• Note: Your credit card details will be saved for subsequent sessions.

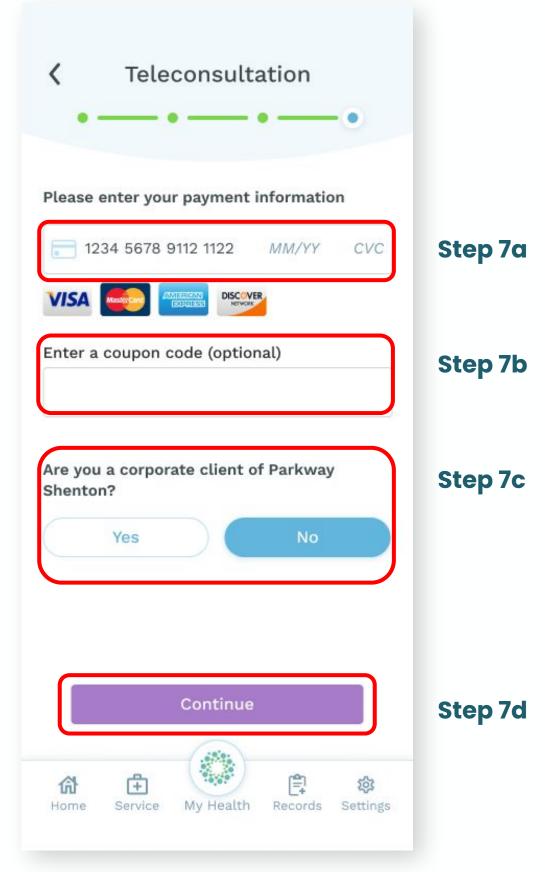
Step 7b: Enter coupon code (if any).

**Step 7c:** Indicate if you are a corporate client of Parkway Shenton. Prepare to upload a picture of the corporate health benefits card issued by your company.

**Step 7d:** Tap <u>Continue</u> to select your preferred doctor.

### Step 7



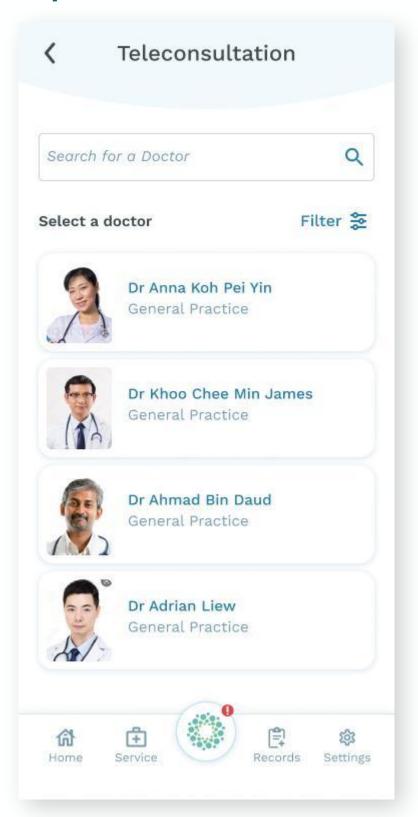


Disclaimer: Corporate rates apply for TeleConsultation services.

# 6.2 Scheduling a TeleConsult session

**Step 8:** Select your preferred doctor from the list, or search for a doctor by typing their name in the search bar.

### Step 8





	Filter	×
All		
Allergy & Imm	nunology	
Family Medici	ine	
General Pra	ctice	
Hospitality		
	Apply	

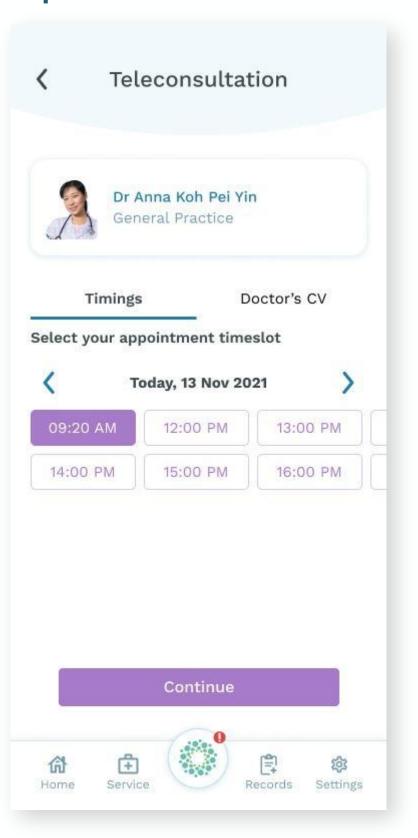
Tip: Use the filter function to search for the right doctor.

# 6.2 Scheduling a TeleConsult session

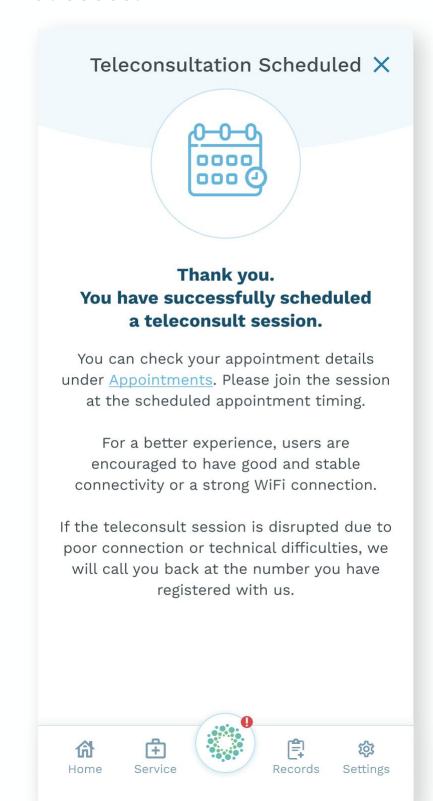
**Step 9:** Select your preferred date, time slot, and tap <u>Continue</u>.

 Note: Unavailable time slots will be greyed out.

### Step 9



#### Success!

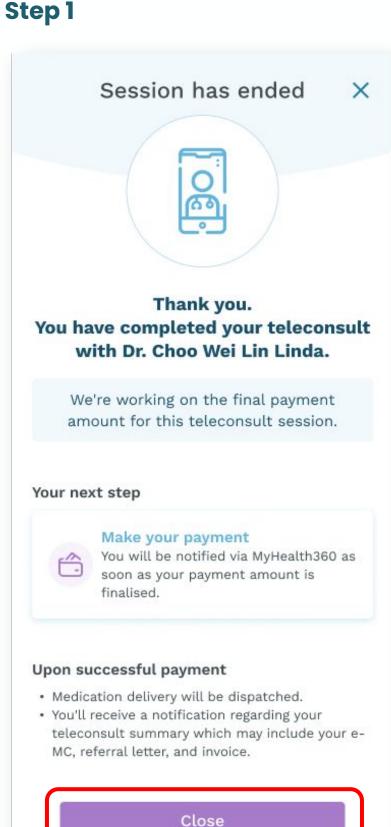




### 6.3 Making payment

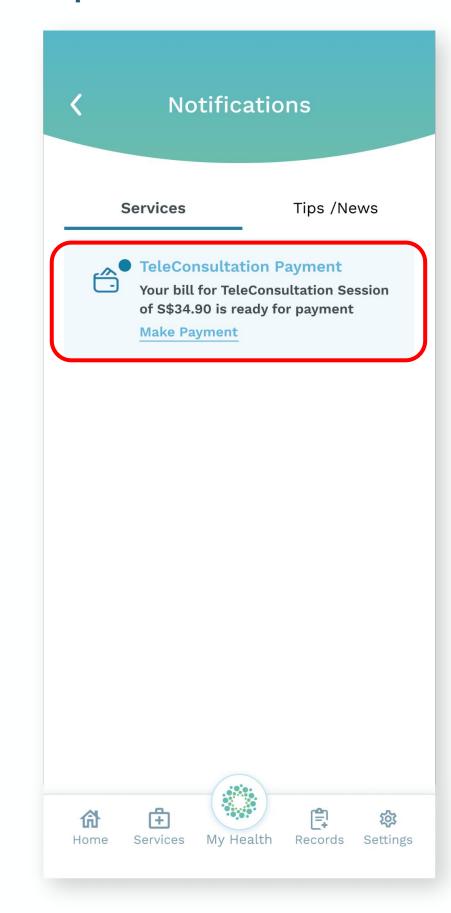
Step 1: Close the screen once your TeleConsult session has ended. You will be notified via SMS and Push notifications to make payment.

**Step 2:** Tap on the notification to view your bill and make payment.









### 6.3 Making payment

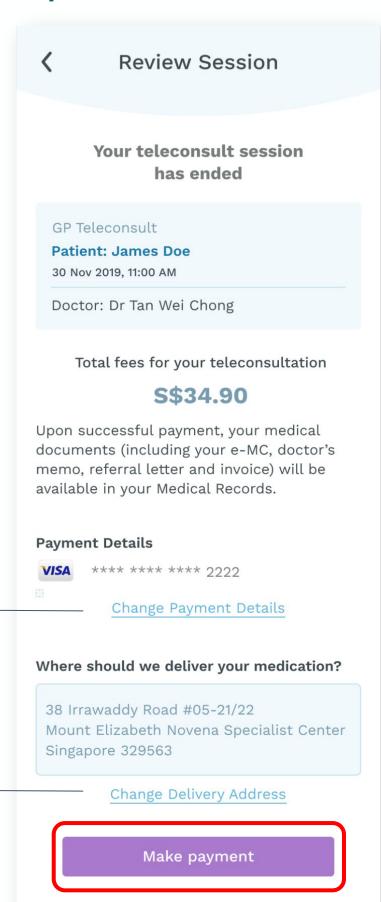
**Step 3:** Review and confirm that your credit card information and medication delivery address are accurate. Tap <u>Make payment</u>.

 Note: You will also receive an email notification acknowledging the receipt of your payment.

Tip: If your credit card details are incorrect, tap <u>Change Payment Details</u> to update your card information.

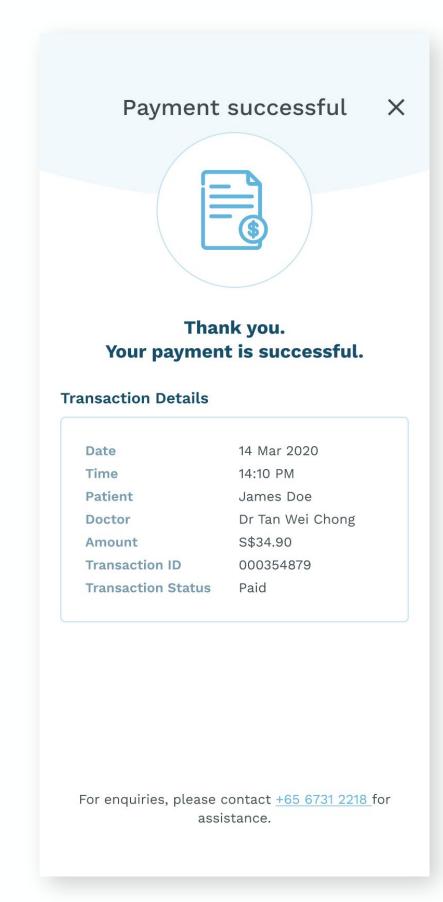
Tip: If the delivery address for medication is incorrect, tap <u>Change</u> <u>Delivery Address</u> to update it.

#### Step 3



#### Success!



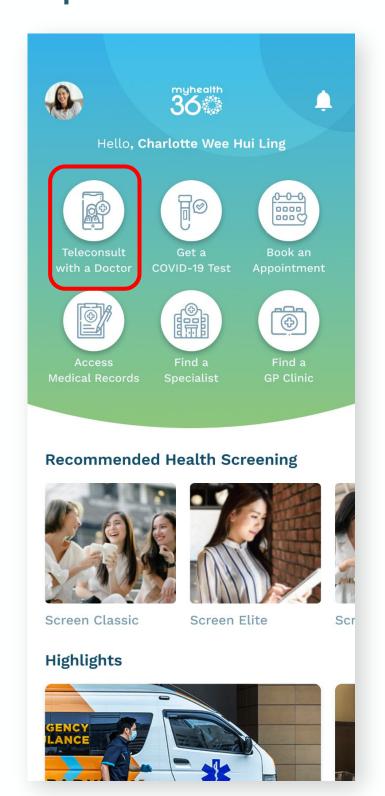


# 6.4 Adding/Editing dependents

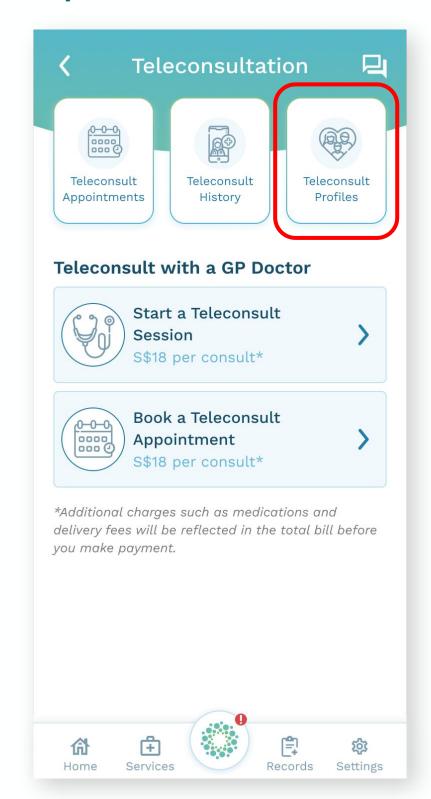
**Step 1:** From the homepage, tap on <u>TeleConsult with a Doctor</u>.

Step 2: Tap on <u>TeleConsult</u> <u>Profiles</u>.

Step 1



### Step 2





# 6.4 Adding/Editing dependents

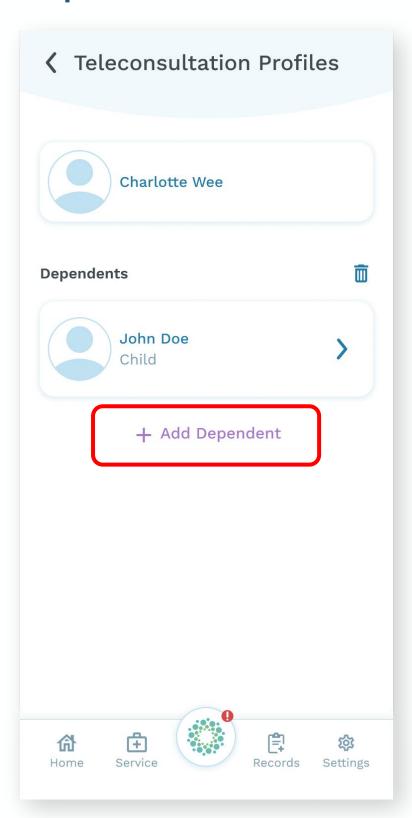
Adding a dependent

Step 3a: Tap + Add Dependent.

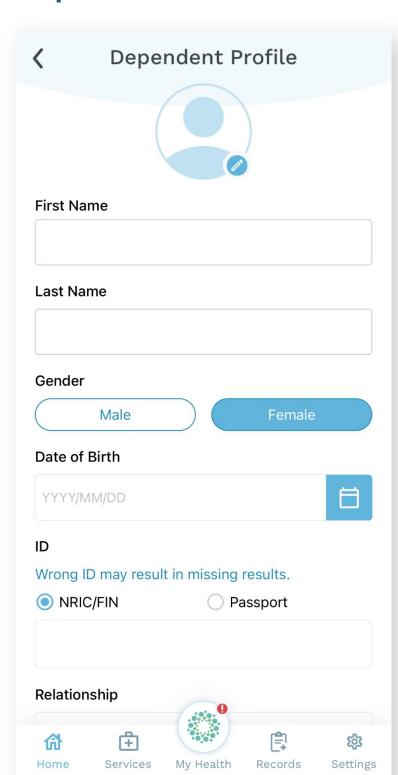
Step 3b: Fill in the form with your

dependent's particulars.

### Step 3a



### Step 3b





# 6.4 Adding/Editing dependents

**Editing a dependent** 

**Step 4a:** Select the dependent

from the list.

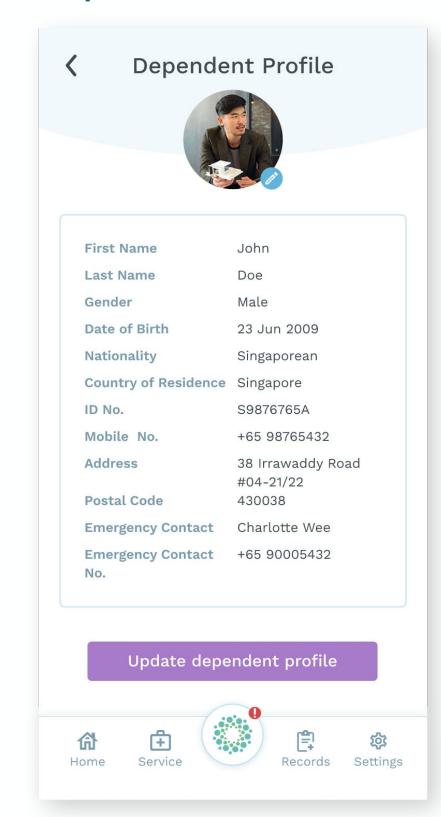
Step 4b: Tap Update dependent

profile.

Step 4a



### Step 4b

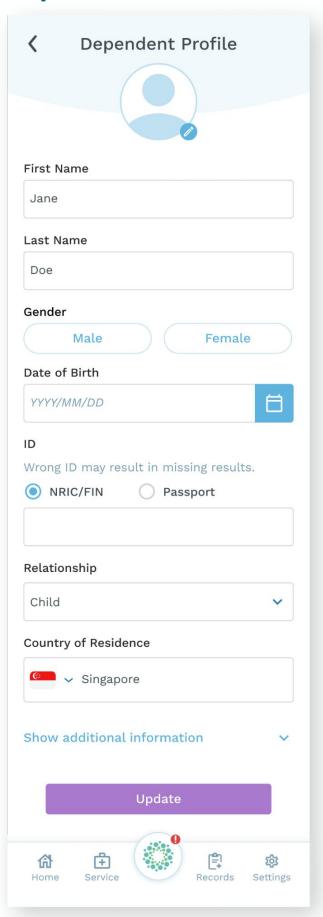




# 6.4 Adding/Editing dependents

Step 4c: Make the necessary changes in their profile page.
Tap <u>Update</u> to save your changes

### Step 4c



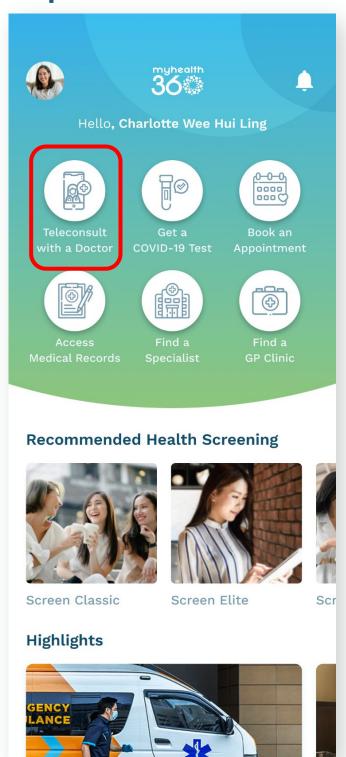


# **6.5 Viewing upcoming TeleConsult appointments**

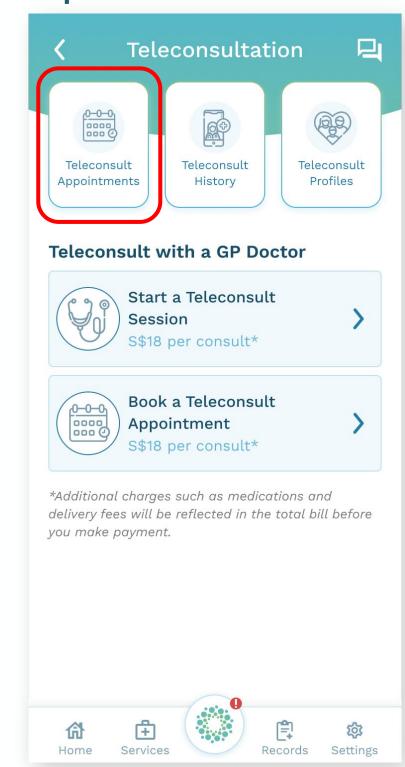
**Step 1:** From the homepage, tap on <u>TeleConsult with a Doctor</u>.

**Step 2:** Select <u>TeleConsultation</u> <u>Appointments</u>.

#### Step 1



### Step 2

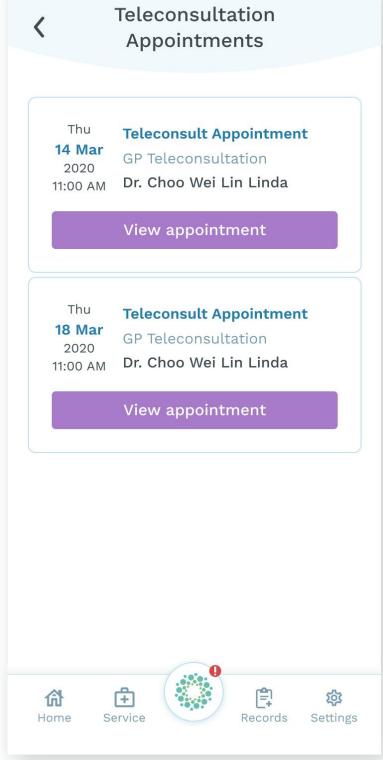




# **6.5 Viewing upcoming TeleConsult appointments**

**Step 3:** You will now be able to view and manage your upcoming TeleConsultation sessions.



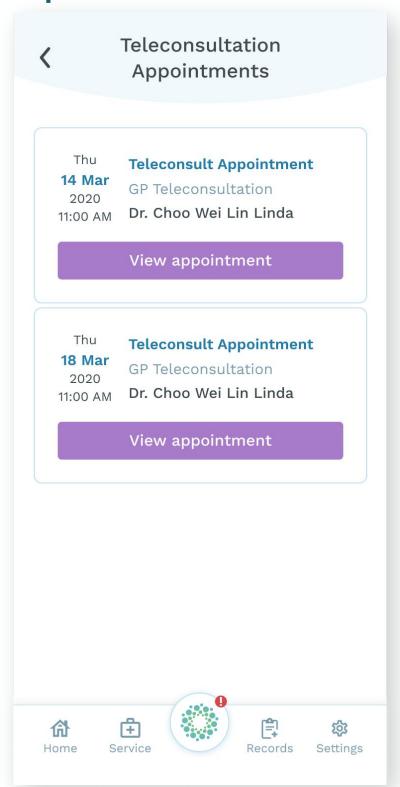


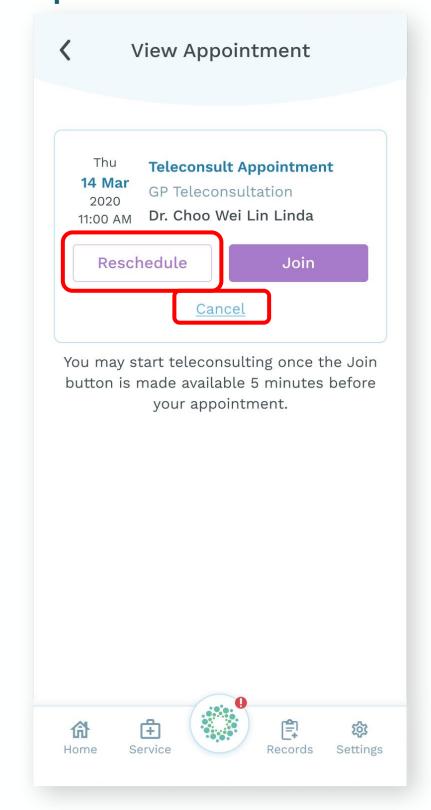
# 6.5.1 Cancelling or rescheduling a TeleConsult session

**Step 1:** On the TeleConsultation Appointments page, tap <u>View</u> <u>appointment</u> on your scheduled appointment.

**Step 2:** You will have the option to Reschedule or Cancel the session.

### Step 1







# 6.6 Reviewing TeleConsultation history

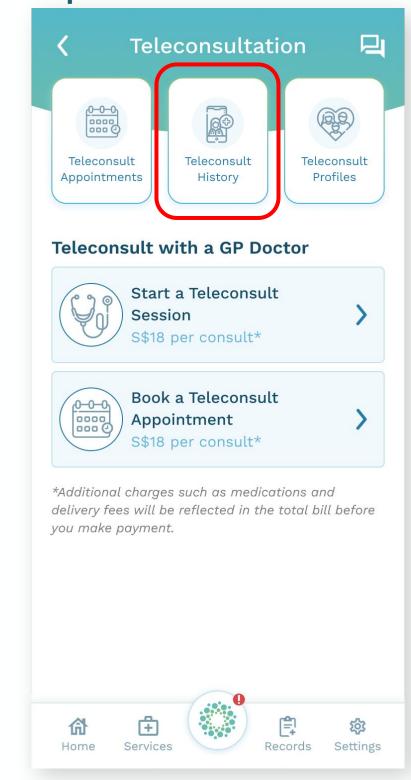
**Step 1:** From the homepage, tap on <u>TeleConsult with a Doctor.</u>

Step 2: Select <u>TeleConsult History</u>.

### Step 1



### Step 2

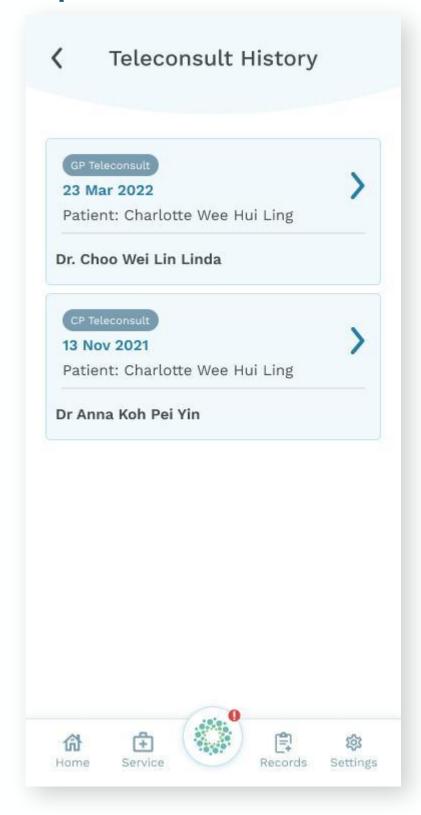




# **6.6 Reviewing TeleConsultation history**

**Step 3:** You will see a list of past TeleConsult sessions for you and your dependents. Tap on any session log for more details.







- 7.1 Accessing services in a different country
- 7.2 Requesting for a specialist appointment
- 7.3 Requesting for emergency transport
- 7.4 Using My Health Profile to find out your health status
- 7.5 Using My Health Planner to plan your healthcare activities
- 7.6 Accessing your e-bills



# 7.1 Accessing services in a different country

Currently, MyHealth360 is only available in Singapore. However, it will soon be rolled out across 80\* hospitals in 10\* countries including Bulgaria, Brunei, Greater China, India, Macedonia, Malaysia, Netherlands, Serbia, and Turkey,

\*Numbers are accurate as of Oct 2021. Includes the Fortis Healthcare network and its hospitals under O&M arrangement

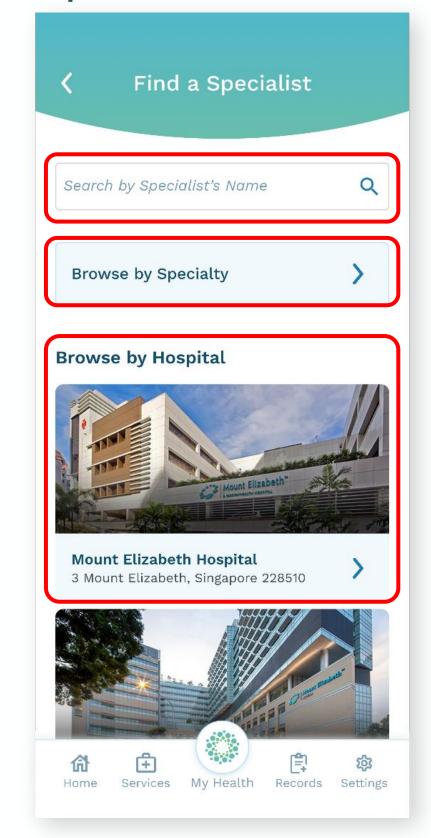
# 7.2 Requesting for a specialist appointment

**Step 1:** From the homepage, tap on Find a Specialist.

**Step 2:** Search for a specialist by typing their name into the search bar, or browse specialists by <a href="Specialty or Hospital">Specialty or Hospital</a>.

### Step 1



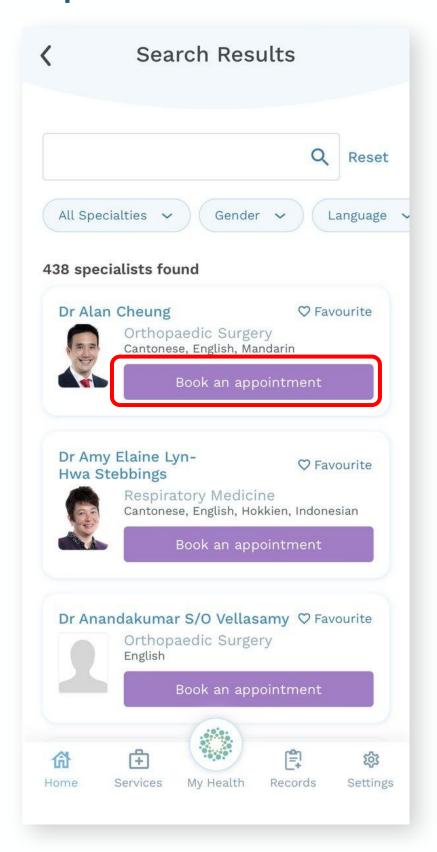




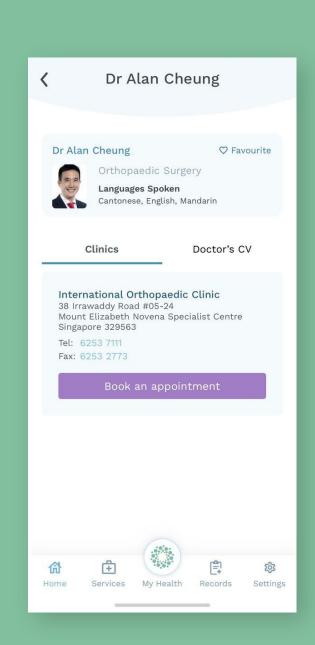
# 7.2 Requesting for a specialist appointment

**Step 3:** Choose your preferred specialist from the list and tap Book an appointment.

### Step 3







Tip: Tap on any specialist to find out which hospital clinics they work at and read their CV.

# 7.2 Requesting for a specialist appointment

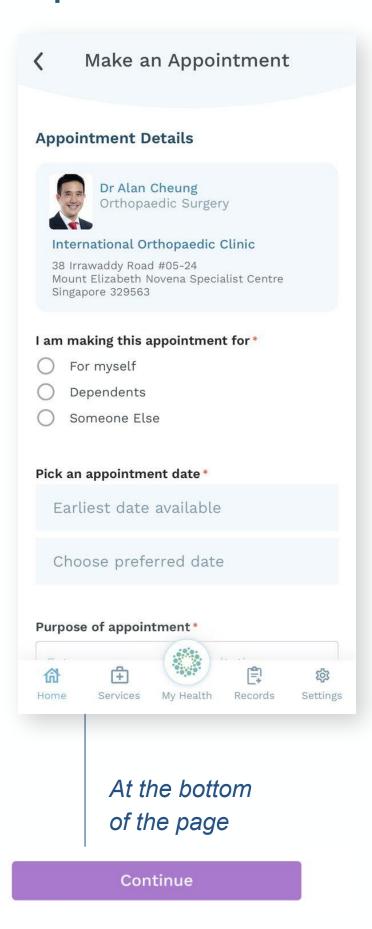
**Step 4:** Fill in the appointment details:

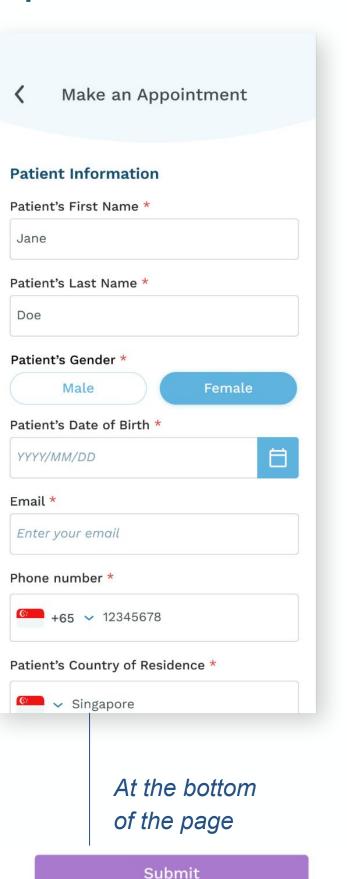
- Select who you are making the appointment for (yourself, your dependents or someone else).
- Select your preferred appointment date (subject to availability).
- Indicate the purpose of your appointment.
- Enter a reference code (if any).

### Tap Continue.

**Step 5:** Fill in the patient's information and tap <u>Submit</u>.

#### Step 4







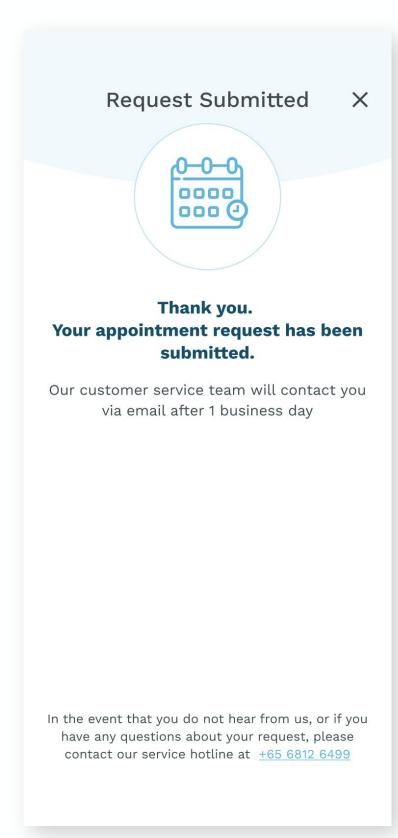
# 7.2 Requesting for a specialist appointment

Note: All specialist appointments are subject to availability. You will be contacted via email after 1 business day to inform you on the status of your appointment.

Contact +65 6812 6499 for queries or if you do not receive any email.

#### Done!



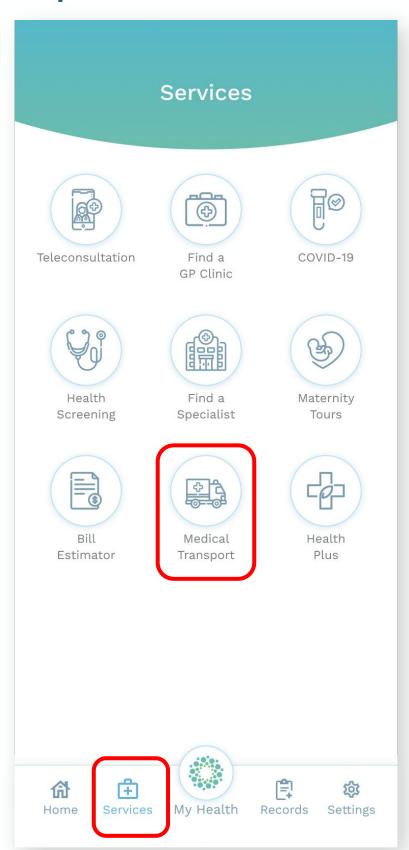


# 7.3 Requesting for emergency transport

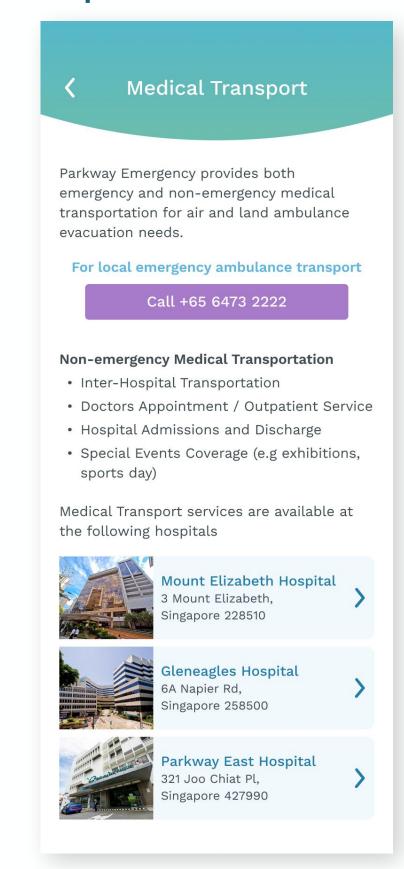
**Step 1:** Go to Services and tap Medical Transport.

Step 2: For local emergency ambulance transport, tap on the purple button to call +65 6473 2222. For non-emergency medical transport services, choose from the list of hospitals.

#### Step 1





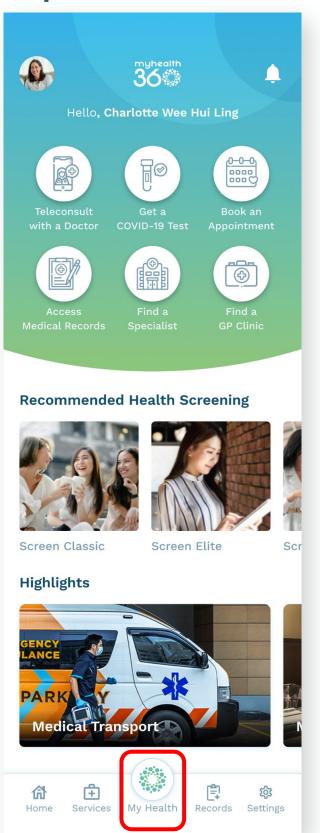


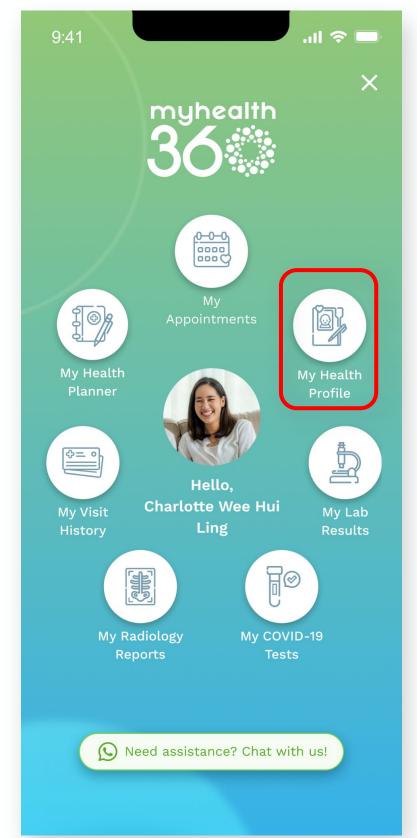
# 7.4 Using My Health Profile to find out your health status

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Health Profile.

### Step 1





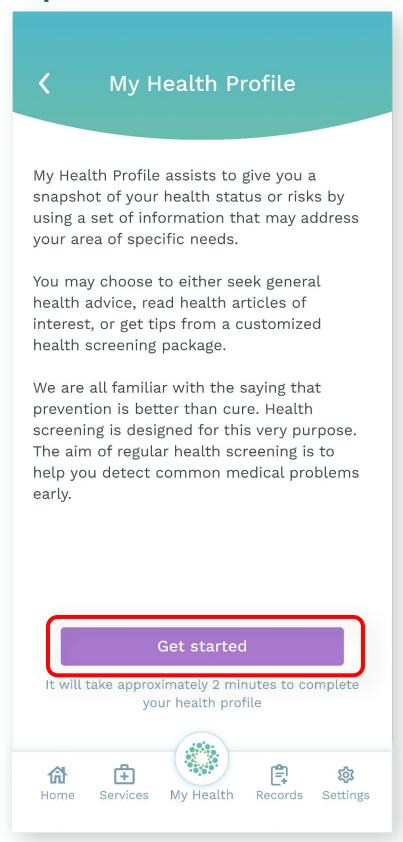


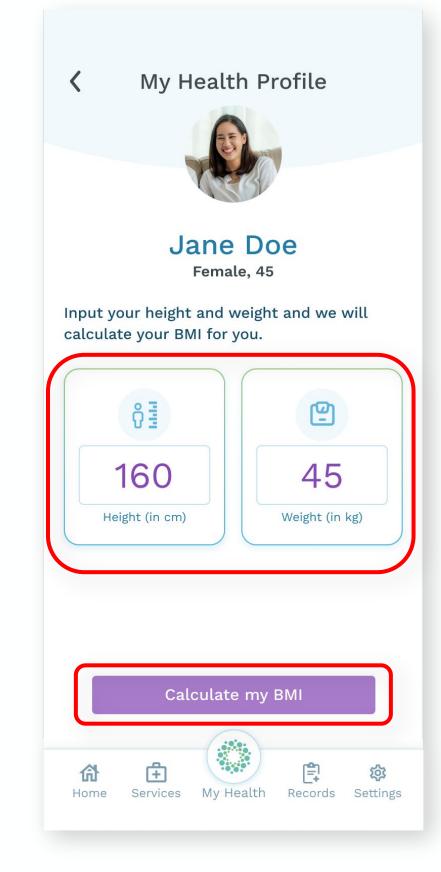
# 7.4 Using My Health Profile to find out your health status

**Step 3:** Tap on <u>Get started</u> to begin creating your health profile.

**Step 4:** Enter your height and weight in the respective fields. Tap Calculate my BMI.

#### Step 3





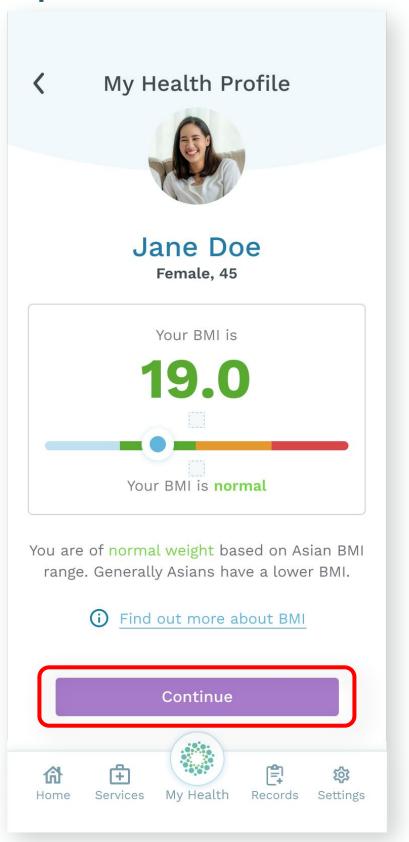


# 7.4 Using My Health Profile to find out your health status

**Step 5:** View your BMI result. Tap Continue.

**Step 6:** Indicate your family's medical history by selecting all the medical conditions that apply. Tap <a href="Continue">Continue</a>.

#### Step 5





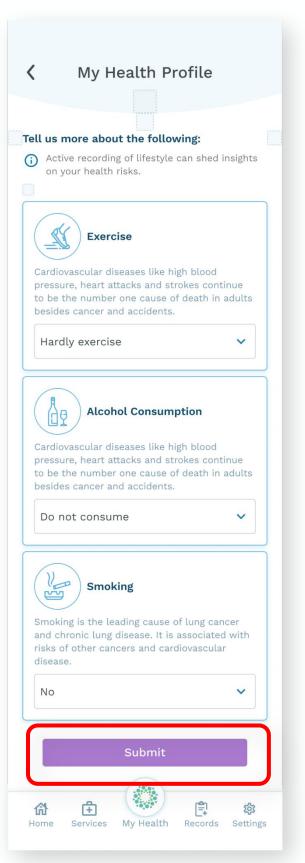


# 7.4 Using My Health Profile to find out your health status

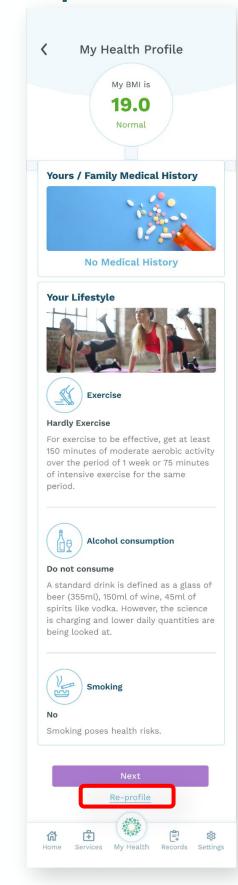
**Step 7:** Indicate your lifestyle habits by choosing the appropriate options from the drop-down menus. Tap <u>Submit</u>.

**Step 8:** View your completed health profile. You can choose to update it at any time by tapping Re-profile.

### Step 7





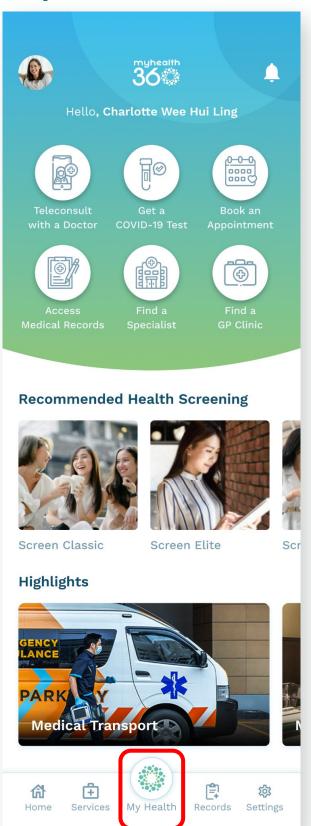


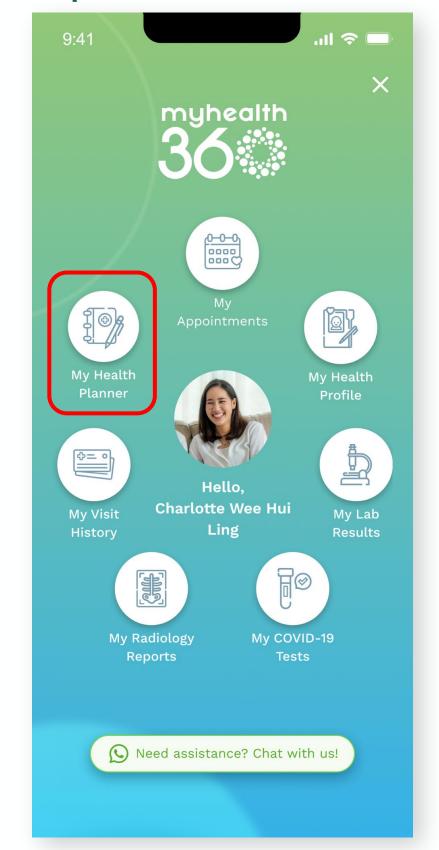
# 7.5 Using My Health Planner to plan your healthcare activities

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Health Planner.

### Step 1





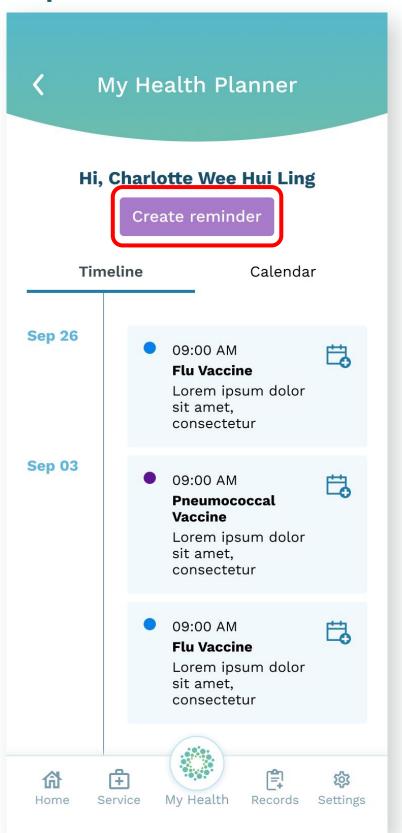


# 7.5 Using My Health Planner to plan your healthcare activities

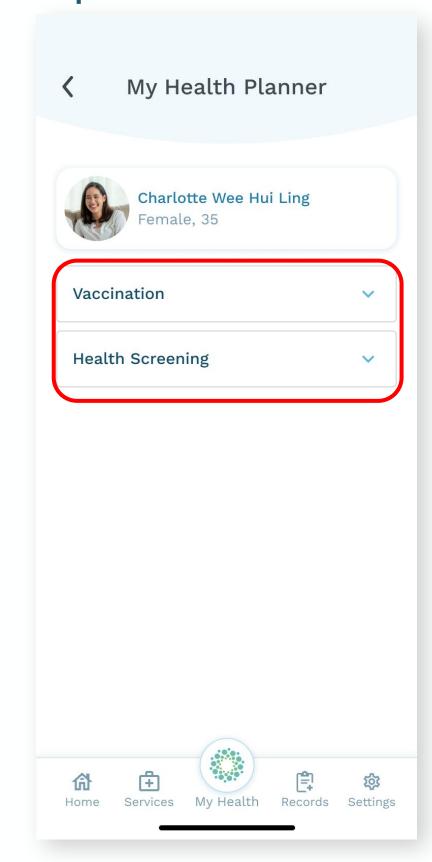
Step 3: Tap Create reminder.

**Step 4:** Select if you would like to set a reminder for <u>Vaccinations or Health Screenings</u>.

Step 3



Step 4





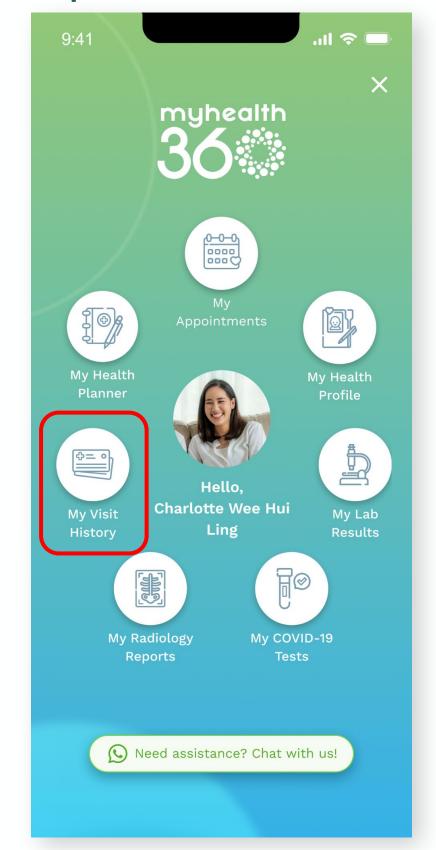
# 7.6 Accessing your e-bills

**Step 1:** Tap My Health located at the bottom dock.

**Step 2:** Select My Visit History.

#### Step 1







# 7.6 Accessing your e-bills

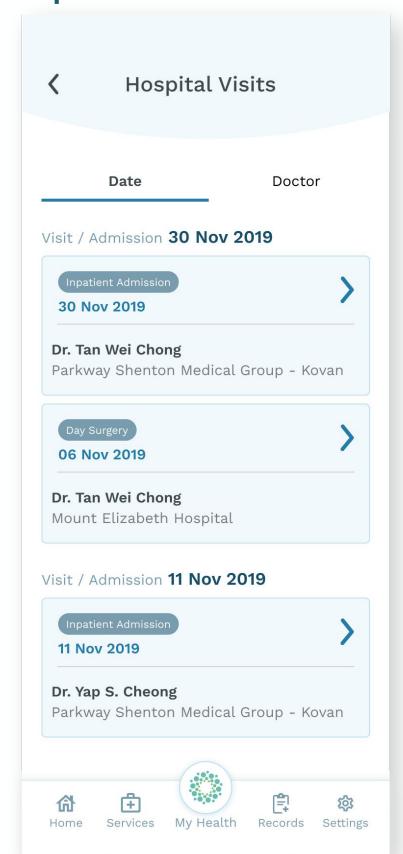
**Step 3:** Tap <u>Hospital Visits</u> located at the bottom dock.

**Step 4:** Select which appointment you would like to access.

Step 3



Step 4



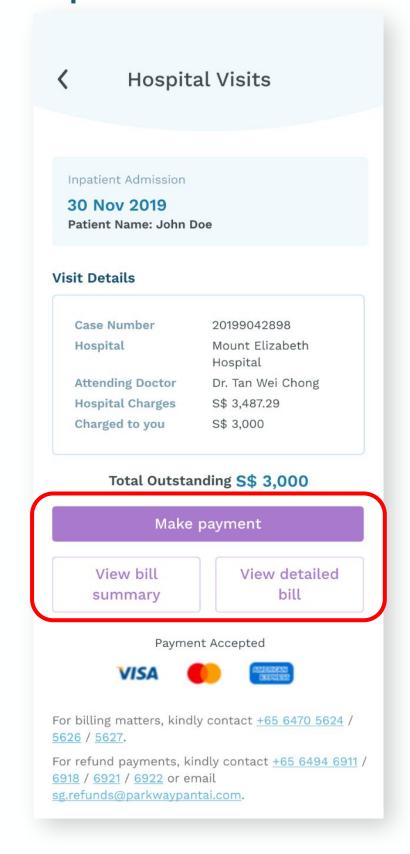


# 7.6 Accessing your e-bills

**Step 5:** Review and confirm the amount due. Tap <u>Make payment</u>.

Tip: You can get a breakdown of the view when you tap <u>View</u> <u>detailed bill</u>.







- 8.1 Paying for your hospital visits
- 8.2 Estimating your hospital bill
- 8.3 Booking a maternity tour
  - 8.3.1 Viewing a virtual maternity tour

## 8.1 Paying for your hospital visits

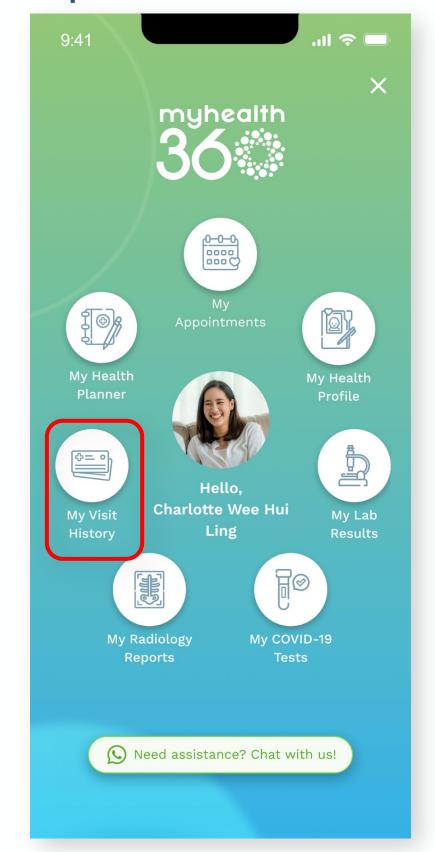
You will be notified via SMS when your hospital bill is ready for payment.

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Visit History.

#### Step 1







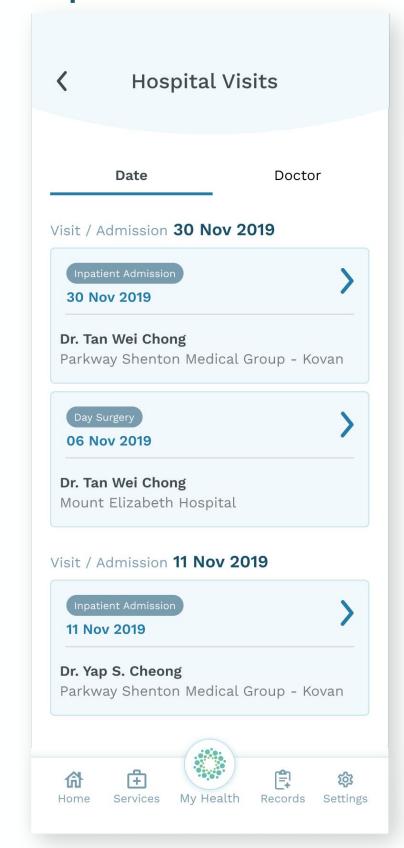
## 8.1 Paying for your hospital visits

Step 3: Select Hospital Visits.

**Step 4:** You will see a list of past hospital visits which can be filtered by <u>Date or Doctor</u>. Select the visit you need to make payment for.

#### Step 3





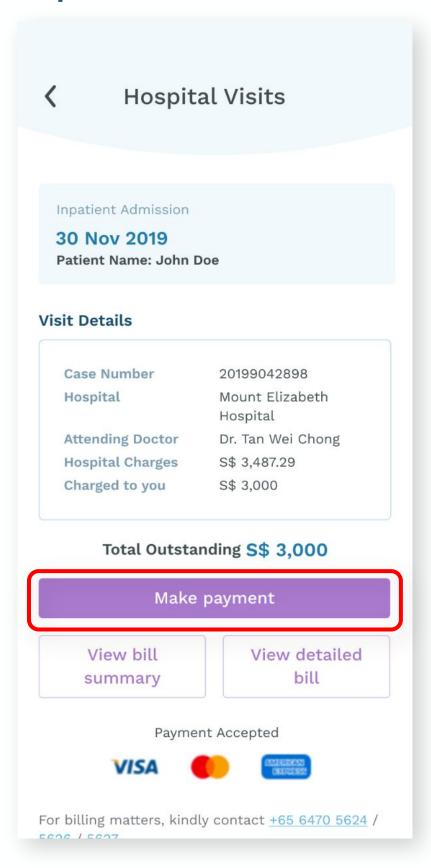


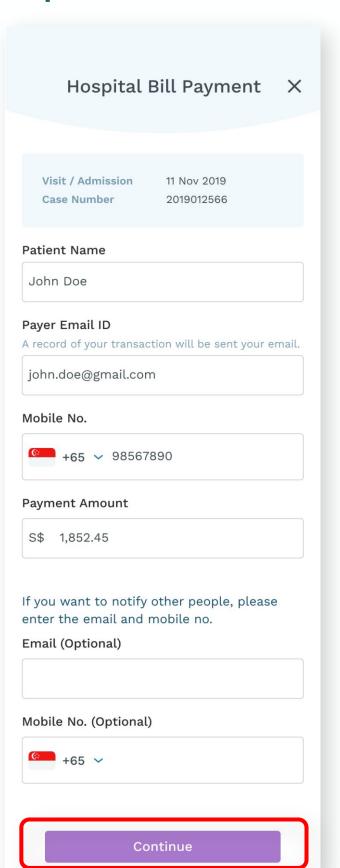
### 8.1 Paying for your hospital visits

Step 5: Tap Make payment.

**Step 6:** Fill in the payment form. Tap <u>Continue</u>.

#### Step 5





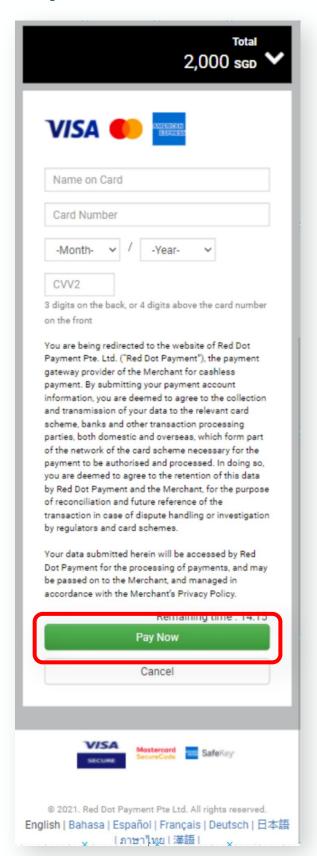


### 8.1 Paying for your hospital visits

**Step 7:** Fill in your credit card details. Tap <a href="Pay Now">Pay Now</a>.

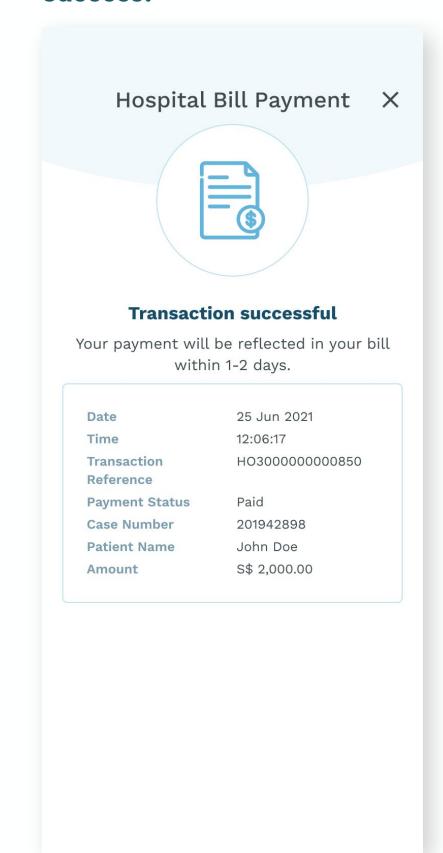
Note: You will also receive an email notification acknowledging the receipt of your payment.

#### Step 7



#### Success!



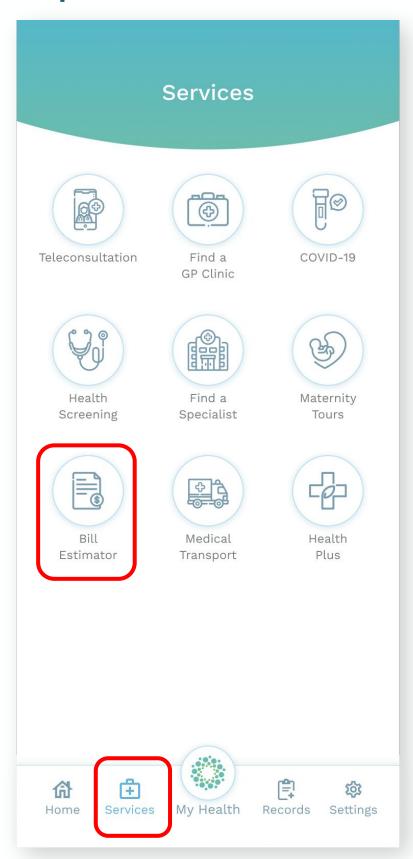


### 8.2 Estimating your hospital bill

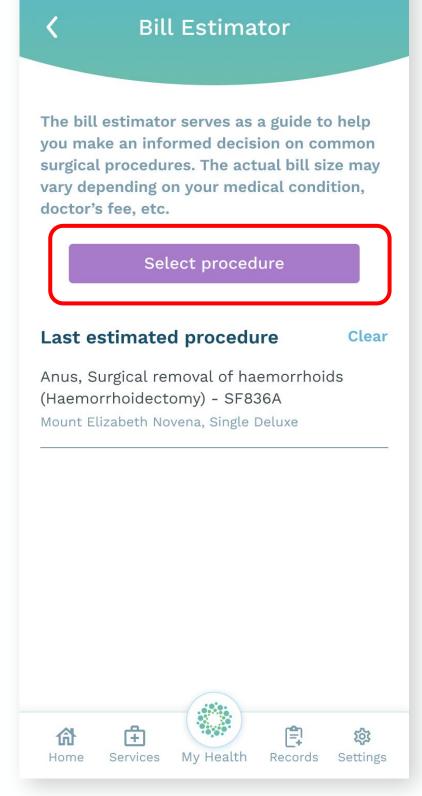
**Step 1:** Go to Services and tap <u>Bill</u> <u>Estimator</u>.

Step 2: Tap Select procedure.

#### Step 1







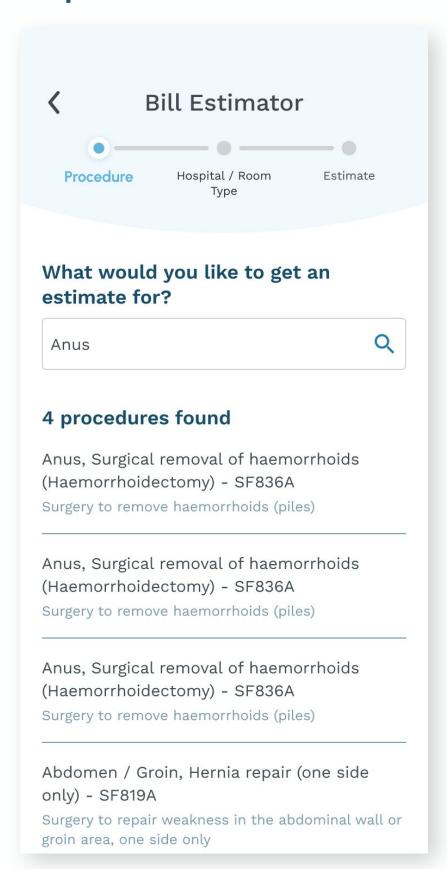
## 8.2 Estimating your hospital bill

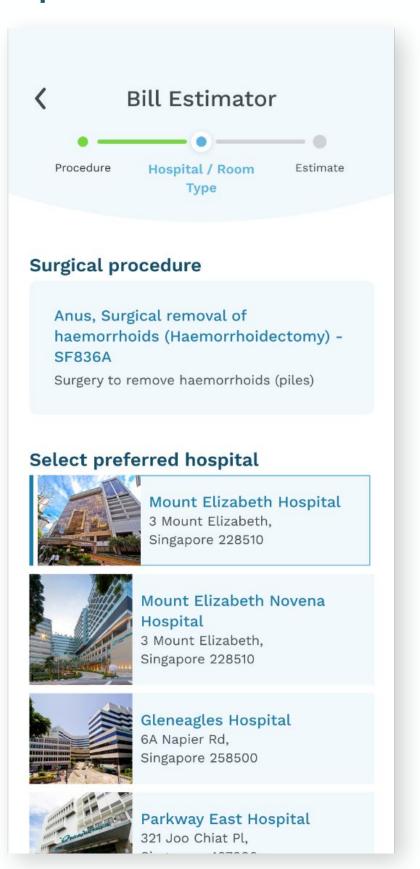
**Step 3:** In the search bar, type in the name of the procedure, body system or organ that you would like to get an estimate for.

From the list of results, choose the procedure you would like to get an estimate for.

**Step 4:** Select your preferred hospital and room type.

#### Step 3







### 8.2 Estimating your hospital bill

**Step 5:** Read and acknowledge the disclaimer.

**Step 6:** You will now be able to view the total estimated fees for the procedure.

Note: If you require further assistance, call Parkway Insurance Concierge at +65 9834 0999.

#### Step 5

#### Disclaimer

#### X

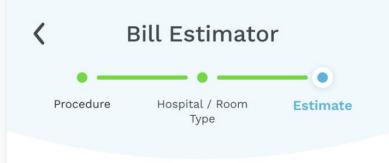
#### By accessing the Bill Estimator, I acknowledge and agree to the following:

- 1. The cost estimates available on this Bill Estimator are derived and affregated from historical transacted bill information and the information presented is accurate to the best of Parkway's knowledge and ability. Nevertheless, the cost estimates available on this Bill Estimator are purely for informational purpose only and do not represent or guarantee the actual costs for which a patient or payor would be charged.
- 2. The actual cost to be charged to the patient or payor will at all times be determined by multiple variable factors and the same are not within Parkway's exclusive control. These factors include without limitation, the patient's actual medical needs as determined by the patient's treating and / or referring physician, professional fees charged by the patient's physician, hospital room choice, length of stay, type of treatment and / or procedures being performed, equipment supplies and medication required, additional tests which may be required by the patient's physician

I agree

#### Step 6





#### Total fees for

SF836A - Anus, Surgical removal of haemorrhoids (Haemorrhoidectomy) at Mount Elizabeth Novena Hospital, Standard Single Room for estimated 1 night(s)

#### **S\$16,147 - S\$18,490**

 Hospital fees
 \$\$ 7,540 - \$\$ 8,459

 Professional fees
 \$\$ 8,697 - \$\$ 10,031

#### Disclaimer

#### 4

#### Are you insured for private hospitals?

With a private integrated shield plan and rider, your out-of-pocket costs can be minimal.

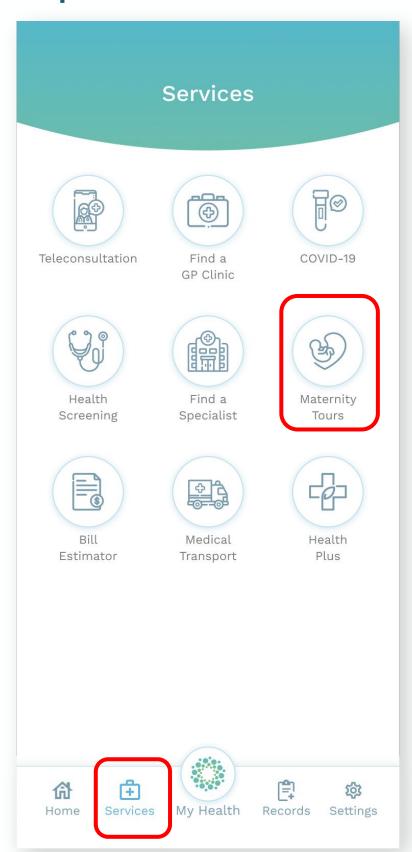
If you require further assistance, please call our Parkway Insurance Concierge at +65 9834 0999

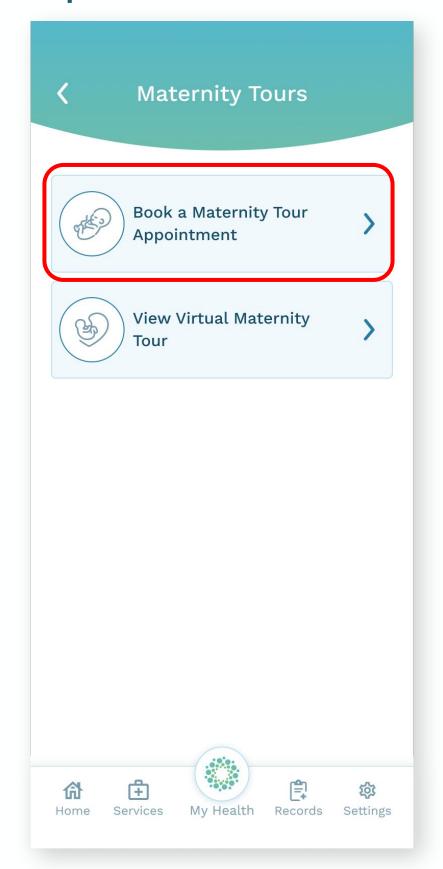
# 8.3 Booking a maternity tour

**Step 1:** Go to Services and tap Maternity Tours.

Step 2: Tap Book a Maternity Tour Appointment.

#### Step 1







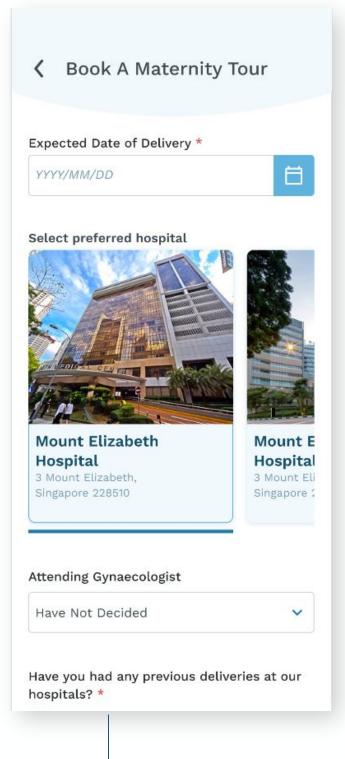
# 8.3 Booking a maternity tour

**Step 3:** Fill in the form and tap Submit.

Tip: You may choose to add the appointment to your calendar\*. To find out how, please refer to 8.3 Syncing appointments with your calendar.

\*To use this feature on Android devices, MyHealth360 requires your consent for prominent disclosures and device permissions.

#### Step 3

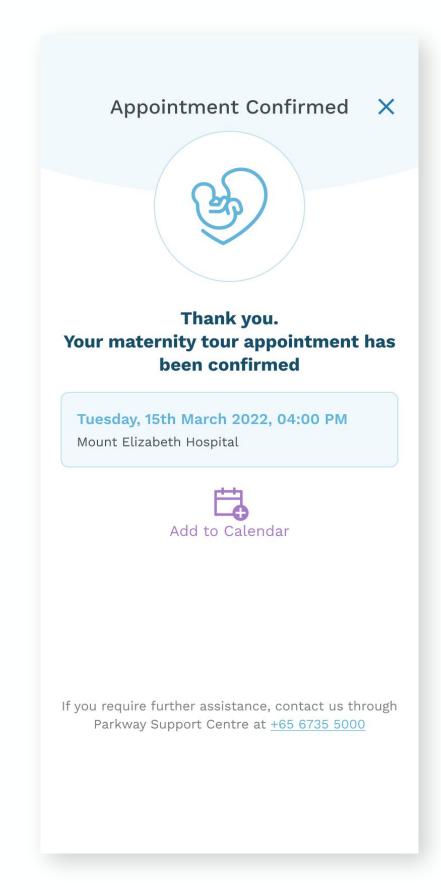


At the bottom of the page

Submit

#### Success!



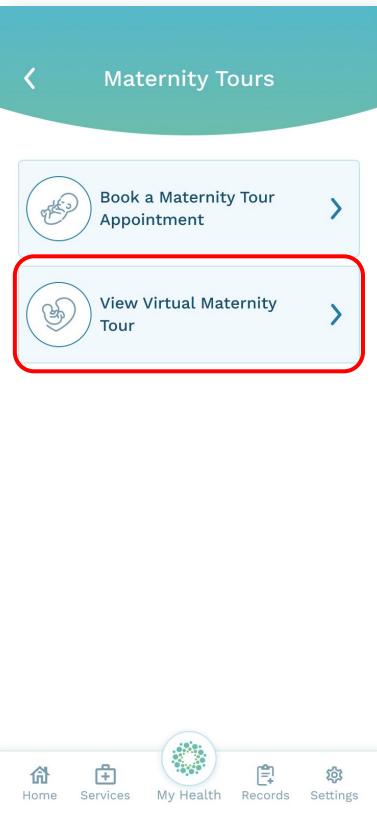


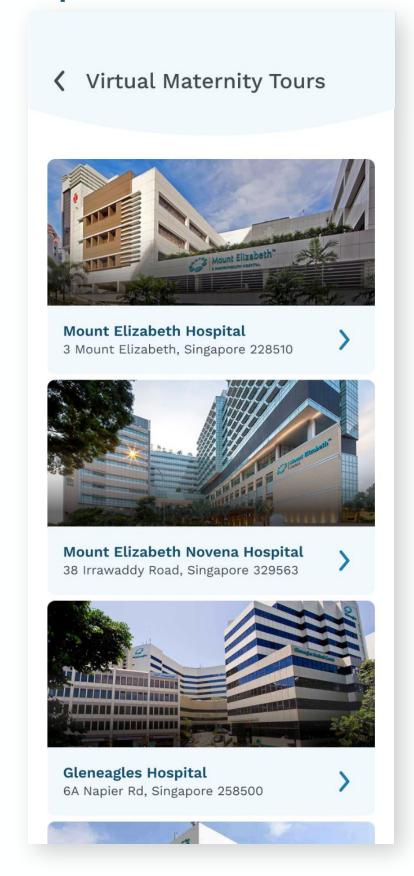
# 8.3.1 Viewing a virtual maternity tour

**Step 1:** From the Maternity Tours page, tap <u>View Virtual Maternity</u> <u>Tour</u>..

Step 2: Choose from the list of hospitals to begin your virtual tour. You will be redirected to the respective hospital's website.











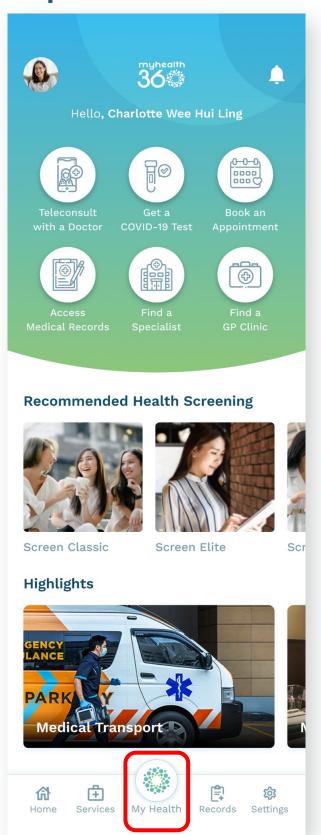
- 9.1 Accessing your laboratory results
- 9.2 Viewing your health trends
- 9.3 Accessing your radiology DICOM images
  - 9.3.1 Requesting for your radiology DICOM images

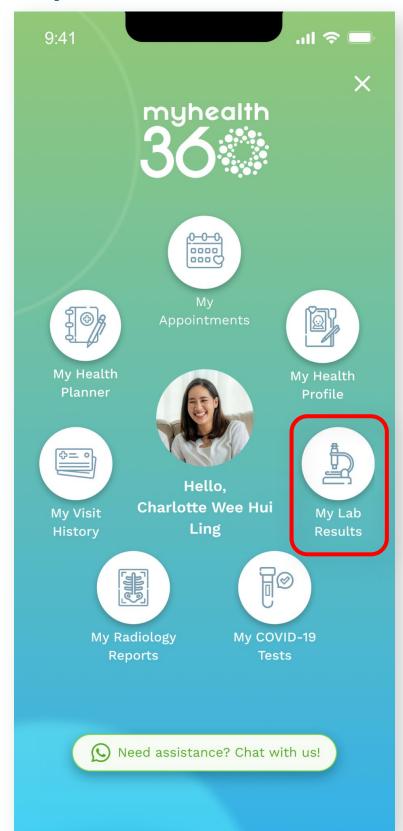
# 9.1 Accessing your laboratory results

**Step 1:** Tap on My Health located at the bottom dock.

Step 2: Select My Lab Results.

#### Step 1



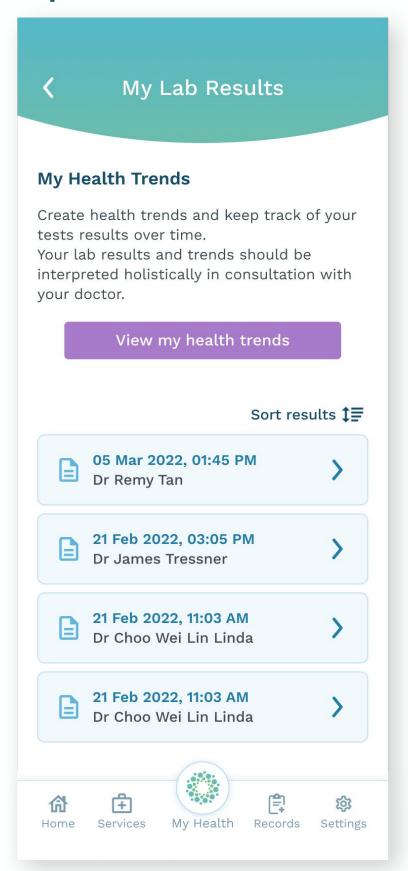




## 9.1 Accessing your laboratory results

**Step 3:** The list of laboratory results will appear for easy viewing. Tap on the result you wish to view.

#### Step 3







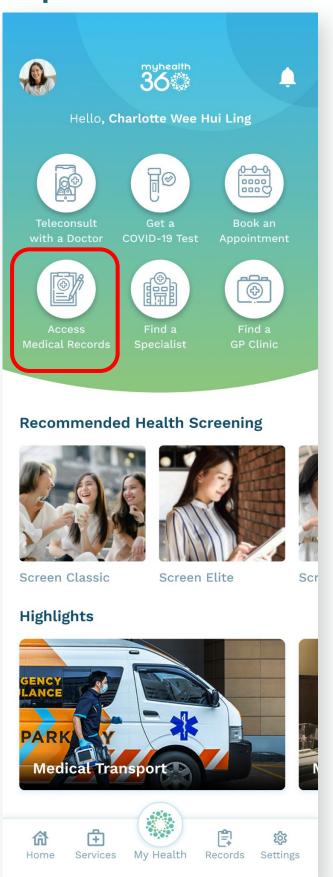
Tip: You can filter your laboratory results by Date, Lab Test Profile, or Doctor's Name.

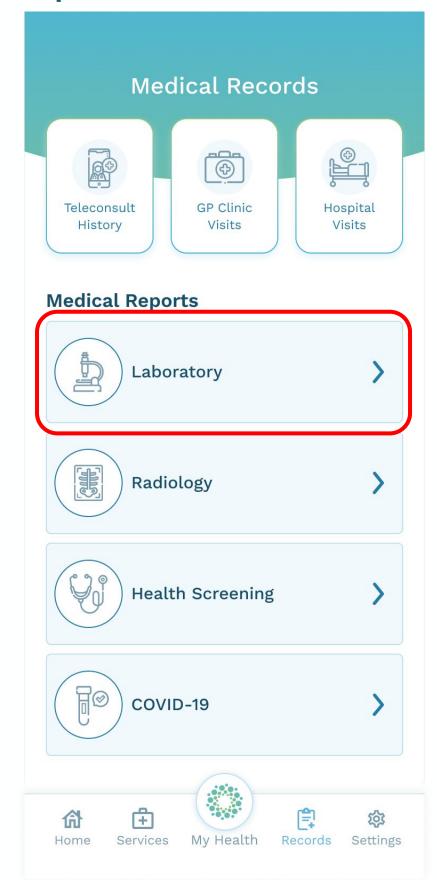
### 9.2 Viewing your health trends

**Step 1:** From the Homepage, tap Access Medical Records.

Step 2: Tap Laboratory.

#### Step 1



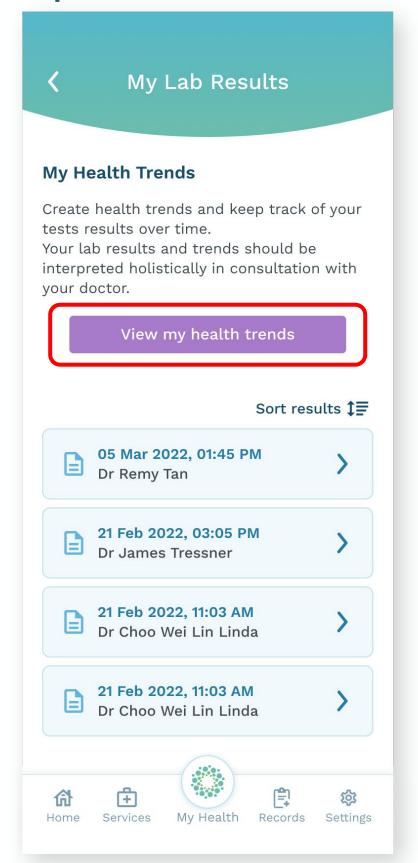


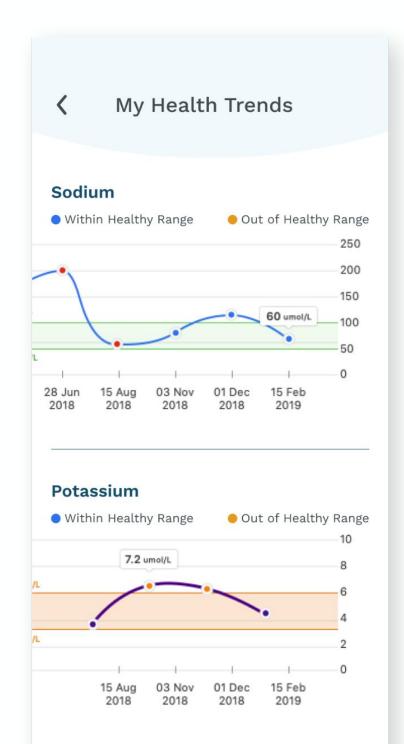


### 9.2 Viewing your health trends

Step 3: Tap <u>View my health</u> <u>trends</u>.

#### Step 3





Creatinine

Within Healthy Range

Out of Healthy Range

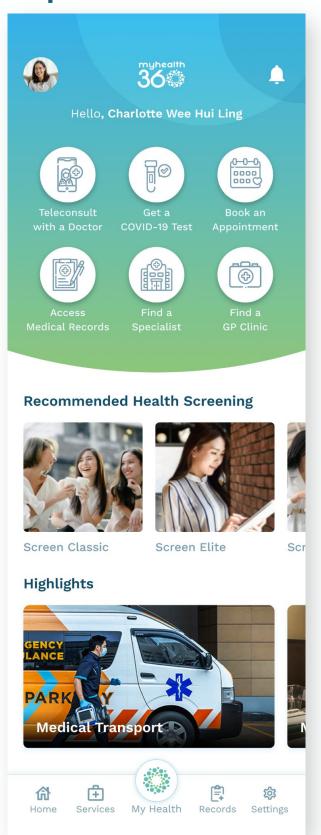


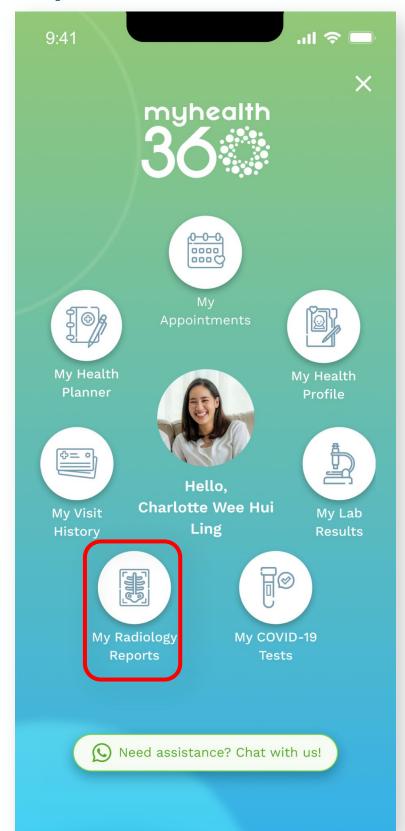
## 9.3 Accessing your radiology DICOM images

**Step 1:** Tap My Health located at the bottom dock.

Step 2: Select My Radiology Reports.

#### Step 1



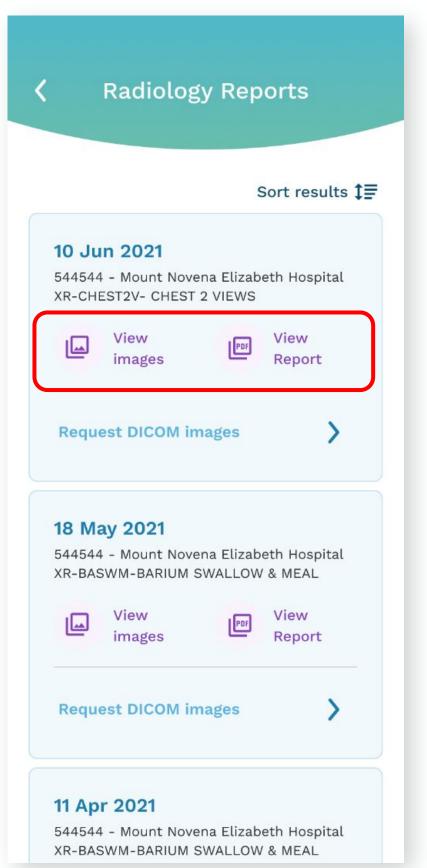




# 9.3 Accessing your radiology DICOM images

**Step 3:** Select the PDF report or images you wish to view.

#### Step 3





		٦
	<b>⟨</b> Sort	
	Select how you would like to view your results.	
	Visit Date  Type	- 1
	-	-
		۰
		۰
	Apply	۰
		J
Tip:	You can filter your rac	lioloa

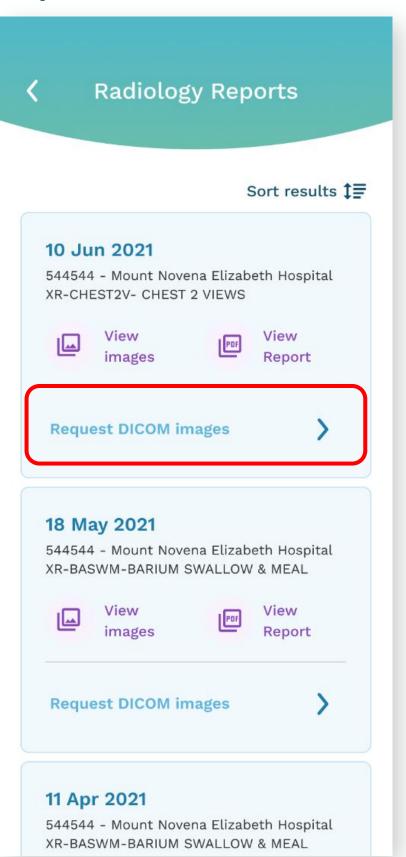
images by Date and Type.

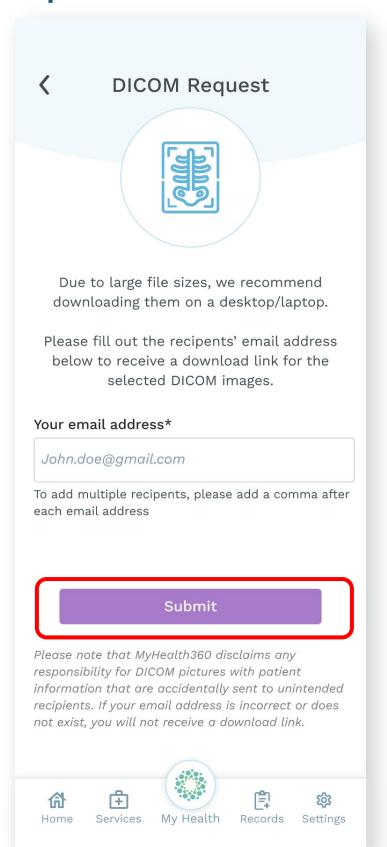
## 9.3.1 Requesting for your radiology DICOM images

**Step 1:** Tap Request DICOM images.

Step 2: Enter your email address and tap <u>Submit</u>. You will be notified via email when your radiology DICOM images are ready.

#### Step 1













Scan the QR Code to download MyHealth360 today!



