

Read Me First

A quick-start guide for My Care Plan with CareShare

Purpose of this guide

This short guide explains how to access the app, choose your main device, understand local storage, and begin using My Care Plan safely and confidently.

Thank you for choosing **My Care Plan with CareShare**.

My Care Plan is designed to help patients, caregivers, families, and seniors keep important care information organized in one private, easy-to-use place.

1. Account Access

You may need to log in to your My Care Plan account to access the app, especially when using a new device or browser.

After purchase, log in to your My Care Plan account and open the **My Care Plan App Access** page to use the app.

2. Choose Your Main Device

My Care Plan stores care information locally on the device being used.

For the best experience, choose the device you are most likely to use for managing your care information, such as your main phone, tablet, or computer.

My Care Plan does not currently sync information automatically across phones, tablets, or computers.

3. Local Storage and Privacy

Care information entered into the app is stored locally on your own device.

My Care Plan does not collect, transmit, or store your personal care details on our website servers.

4. What You Can Organize

- Appointments and care schedules
- Doctors and care contacts
- Medications
- Notes and questions
- Alerts and reminders
- Facilities, pharmacies, transportation, and support resources
- CareShare summaries for caregivers, family members, or support helpers

5. CareShare Summary

CareShare helps you create a simple care summary that can be printed, downloaded, or shared when someone needs important care information.

This can be helpful for caregivers, family members, facility staff, or support helpers.

6. Backup Reminder

Because information is stored locally on your device, it is important to use the backup feature when available.

A backup can help you keep a copy of your care information in case you change devices, clear browser data, or need to restore your information later.

7. Not Medical Advice

My Care Plan is an organization and support tool.

It does not provide medical advice, diagnosis, treatment, emergency services, or professional healthcare services.

Always follow the advice of qualified healthcare professionals.

8. Need Help?

For support, contact: **support@mycareplanhub.com**

You can also review the full User Guide for step-by-step instructions.

Helpful reminder

You can open this PDF in your browser anytime from the website. Use your browser print option if you want to print it or save another copy as a PDF.

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