

MY MILITARY HEALTH

CARE COMPANION USE CASES



Care Companion is an automated chat program designed by health care experts to provide responses based on information entered by patients. The initial release of Care Companion is focused on programs for patients managing symptoms related to Diabetes Type II, Hypertension, Postpartum, and a Lifestyle program for adults with questions related to general health and wellness. See below for the program details.

Diabetes Type 2 Program

Includes personalized chats help with self-monitoring, including tracking your blood sugar and reminders to take your medication.



Hypertension Program

Includes personalized reminders to track your blood pressure and take the medications prescribed by your provider.



Lifestyle Program

For adults who want to manage their health and wellness. Personalized chats help with lifestyle changes including exercise, nutrition, routine screenings, and weight management.



Postpartum Program

Designed for adult women who want support during the 12 weeks after having a baby. Personalized chats help to monitor blood pressure and offer breastfeeding support, as well as other recovery and care issues that new moms experience.



For non-IT, non-urgent, and non-PII generalized feedback on My Military Health platforms, please contact us at: MMH.feedback@amwell.com



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