



# Start Owning Your Health Today with Dynacare Plus

[DynacarePlus.com](https://www.DynacarePlus.com)

Dynacare<sup>®</sup>  
**plus**  
Connect With Your Health



# Start Owning Your Health Today

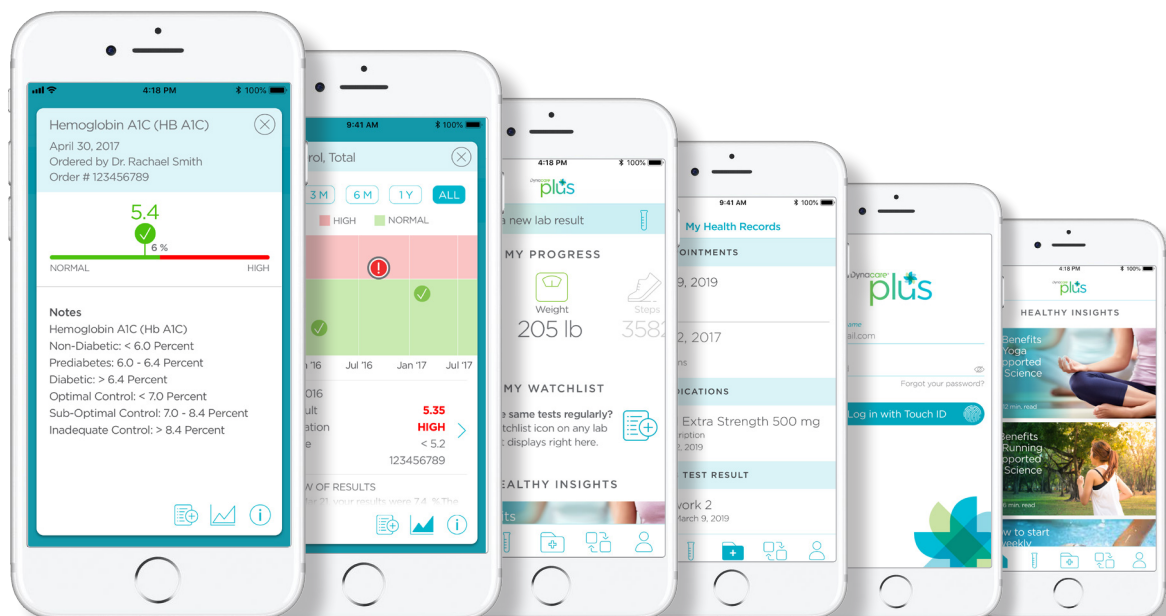
We all have good reasons for taking care of our health. Staying active, pursuing a passion, or enjoying precious time with family and friends... are all worthy reasons for taking action - and owning our health.

Dynacare Plus helps put you in control of your health with easy access to lab results, tools to track progress towards health goals, and fresh content for healthy living.

In this eBook you will learn how Dynacare Plus can help you better manage your health so you can be healthy for the reasons that matter to you

## Six Ways Dynacare Plus Helps Put You in Control of Your Health

1. Receive your lab results fast - anytime, anywhere.
2. Track and trend your lab results with simple graphs and charts.
3. See your progress towards your health goals like blood sugar, steps, diet and more.\*
4. Store your health information in one secure, well-organized place.
5. Use Face ID/Touch ID to access your health information securely and conveniently.\*
6. Access “Healthy Insights” - our carefully curated content for healthy living.



\* Availability of this feature is subject to your mobile device capabilities



# 1. Receive your Lab Results Fast

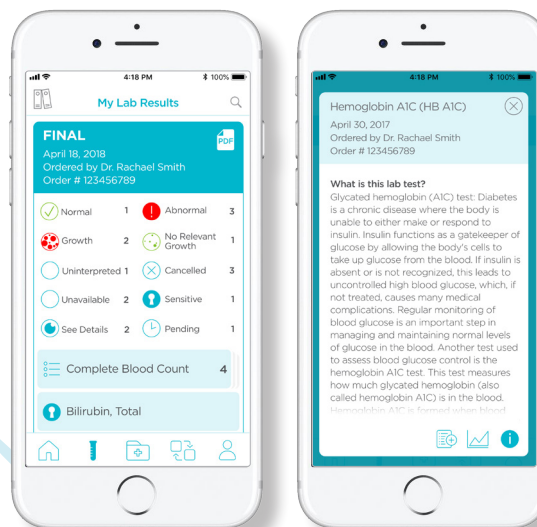
**Access your lab results - anytime, anywhere!**

Waiting to receive lab results, when you're nervous about the outcome, can be difficult. At Dynacare, we understand that knowing your lab test results as soon as possible can give you peace of mind.

With Dynacare Plus, you'll get results for the most common lab tests quickly - usually within 1-2 days after your blood work. For your convenience, you will be notified on the app when your results are available.

## Understand your test results

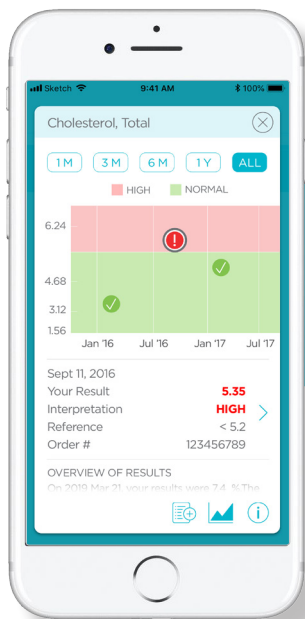
When you have a lab test, Dynacare Plus does more than give you just a result. It also explains what each test is and provides a clear interpretation of your results.\*\* This lets you know exactly where they fit within the reference ranges for each test. This health information will give you the knowledge to ask the right questions to your doctor for better outcomes.



## Access Your Lab Results Securely and Conveniently

You can access your lab results and health records with or without a Dynacare Plus PIN. You may have received a PIN on a recent visit to a Dynacare Laboratory and Health Services Centre, or through a Dynacare Workplace health and wellness program. If you do not have a PIN, you can access your lab results by using Verified.Me by SecureKey Technologies Inc. to help verify your identity using personal information that you consent to share from your financial institution.

\*\* Dynacare Plus has detailed test information for approximately 300 of the most common tests. Genetic tests, cardiology tests, and pathology tests are not shown on Dynacare Plus.



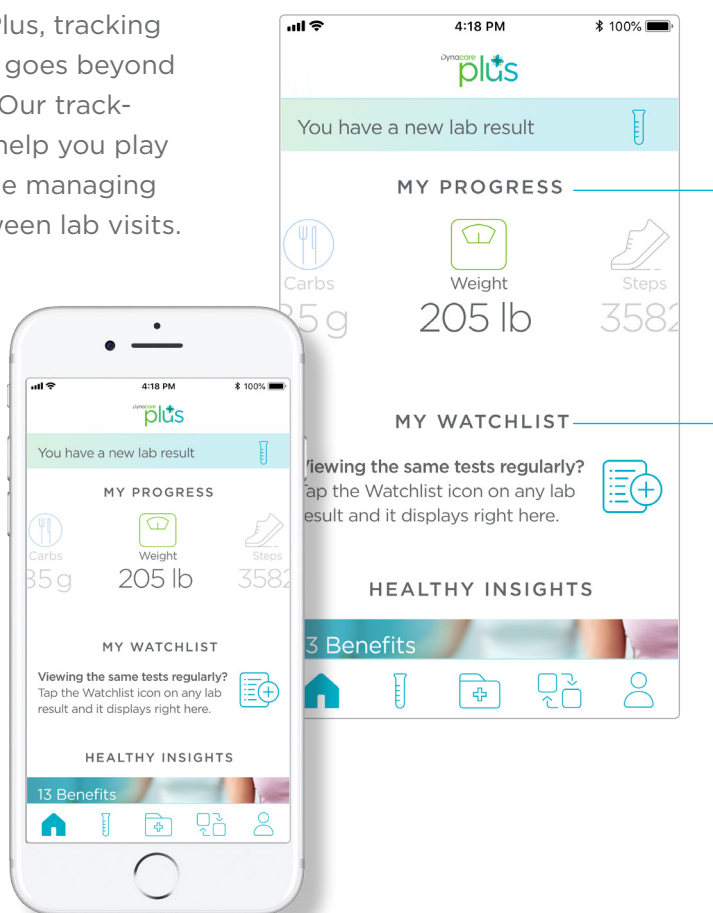
## 2. Track and Trend your Lab Results Over Time

While health care professionals use reference ranges to determine if a test result is within or out of “normal” range, it is also important for you to know what is normal for your body. With Dynacare Plus, you can trend your results to get an understanding of what results are normal for you.

With the help of our trending charts, you’ll be able to identify any significant differences in your numbers so you can talk to your doctor about them. This knowledge will help you better manage and advocate for your health.

## 3. Track your Progress Towards your Health Goals

With Dynacare Plus, tracking your health data goes beyond your lab results. Our track-and-trend tools help you play a more active role managing your health between lab visits.



*My Progress* lets you view and track health data like steps, diet, blood glucose and weight. Simply connect to apps like Apple Health or Google Fit to upload your data automatically, or you can also enter data manually.

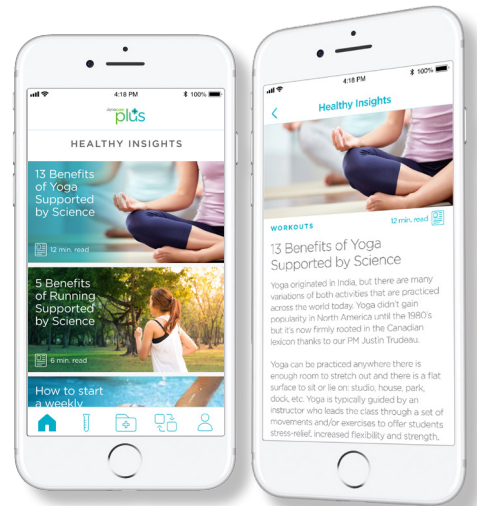
If you are following a treatment plan and need to monitor certain tests regularly, use *My Watchlist* to create a test watchlist. You will be able to view your recent results right on the home page as soon as you open the Dynacare Plus app.



## 4. Healthy Insights - Access Content for a Healthy Life

*Healthy Insights* bring you a wealth of carefully curated articles to inspire you to live a healthy life. On the Dynacare Plus app, you can access a trusted source of information on health conditions, nutrition, physical activity, recipes, mental health, and more.

When you choose to make healthy lifestyle choices, our articles will be there to motivate you to reach your health and wellness goals.



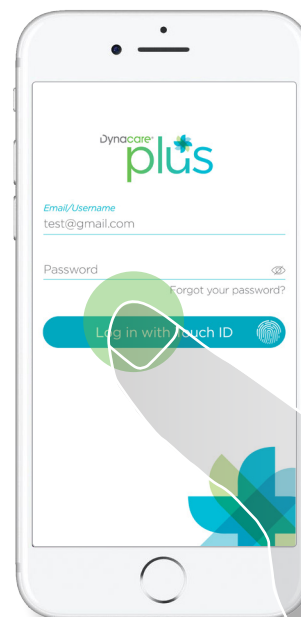
## 5. Access Your Health Records in One Place

If you are like most people, you are probably able to find some of your health records, but might not be able to locate others that are just as important. With *My Health Records*, you will be able to securely store all your health information - appointments, allergies, medications, family health history, and more - in one well-organized place.



## 6. Secure and Convenient Access to your Health Records

Face ID and Touch ID guarantee a secure and convenient access to your health information. You can personalize access to the Dynacare Plus app by choosing the security method that best works for you - Face ID/Touch ID or password. Rest assured your health records are protected and ready for access when you need it.





IT'S  
**your**  
HEALTH

## Start Owning Your Health Today with Dynacare Plus

With Dynacare Plus, you can have better conversations with your doctor, track progress towards health goals and make the right decisions - So you can be healthy for the reasons that matter to you.

## Get Dynacare Plus in two easy steps:

1. Sign up at [DynacarePlus.com](https://DynacarePlus.com)\*\*\*
2. Download the Dynacare Plus mobile app today!



Already a member? Log in [here](#)

For more health solutions visit [Dynacare.ca](https://Dynacare.ca)

\*\*\* You may sign up to Dynacare Plus by using the PIN received during your visit at a Dynacare laboratory or a Wellness Program, or by verifying your identity digitally through the *Verified.Me* app.

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