

Reaching my
treatment goals
with **MyCare**tm



What is MyCare?

You and your doctor have worked together to choose a psychiatric medicine to help you reach your treatment goals. Every person's body handles this medicine differently and therefore it should be personalized to you.

The MyCare Psychiatry line of tests measures the medicine in your body, so you and your doctor can see how it is working in *you*.

This information may help you and your doctor decide if you should continue your current medication or adjust it.

How does MyCare work?

The MyCare Psychiatry line of tests measures your medication levels in a small blood sample.

Here's how it works:

1. Your health care provider will do a simple blood draw.
2. Your blood sample is then sent to a lab instrument that rapidly measures the level of medicine in your blood.
3. When the test is complete your doctor will receive a report with your results.
4. You and your doctor can then discuss the results to see if you should continue your current medication or adjust it.



Things to keep in mind

- Like other medical information, your results are private and protected.
- MyCare is most beneficial when used regularly. Changes in your body over time may affect drug levels.
- MyCare can only test for the psychiatric medicine you are on, and does not test for street drugs or other medications.
- Your doctor will explain your results to you, and together you can talk about how they might affect your treatment plan.
- Similar to measuring your cholesterol or blood sugar, you and your doctor can use MyCare to help you meet your treatment goals and guide decisions about your medication.

Talk to your doctor if you have questions about MyCare.

Notes:

For more information about MyCare, visit mycaretests.com

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