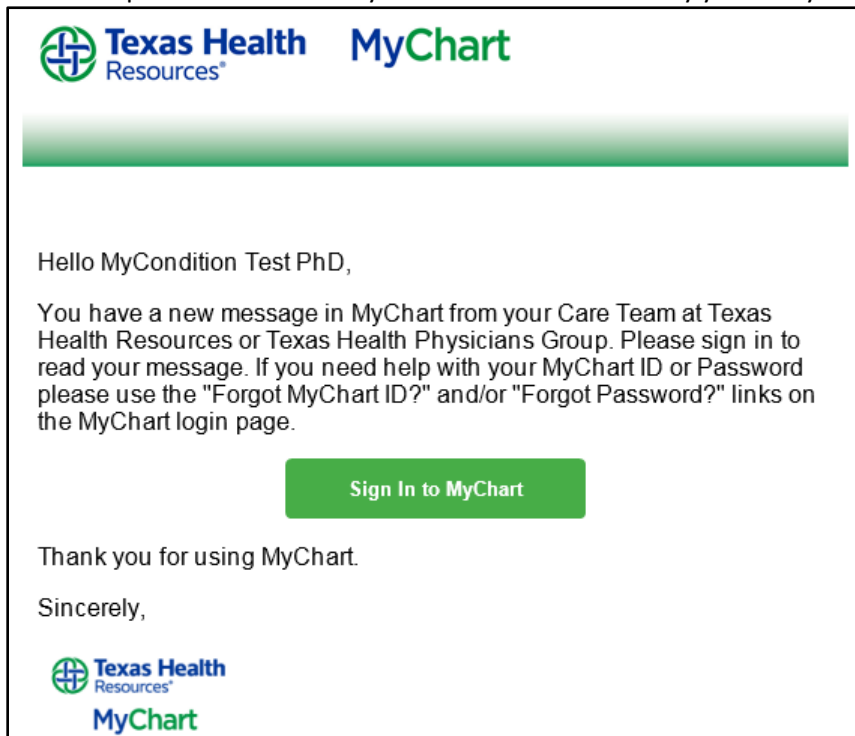


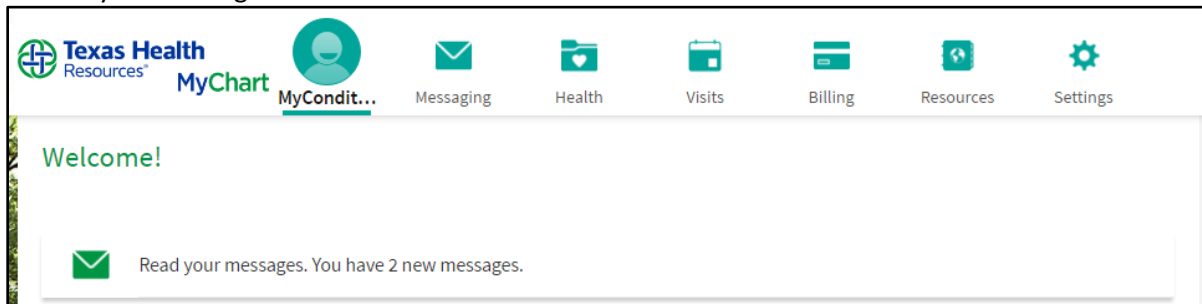
Description: Your physician would like to work with you to monitor your blood pressure. A Patient Entered Data Flowsheet will be available for you to complete in your MyChart account so both you and your physician can view your progress. The physician will enter an order to begin this process.

Documenting Your Blood Pressure

1. When the physician submits the order for your flowsheet, you will receive a MyChart ‘tickler’ message in your personal email or a push notification on your mobile device to notify you that you have a new message in your MyChart account.



2. When you logon to your MyChart account, you will see an alert that you have new messages to read. Select the alert to read your messages.





3. The Message Center will open and you will see a **New flowsheet available** message.

Message Center ASK A QUESTION

Inbox Sent Messages

Search this list Sort by: Received Date ▾


- 
 Christiana Kotyk
 05/29/2017 03:28 PM New flowsheet available
- 
 Christiana Kotyk
 05/29/2017 03:28 PM New flowsheet available



4. Open the message, and click the **here** hyperlink to see your list of flowsheets.

Message Center ASK A QUESTION

Inbox Sent Messages


Search this list Sort by: Received Date ▾


 Christiana Kotyk
 05/29/2017 03:28 PM

 Print
  Delete

New flowsheet available

A new flowsheet has been made available to you.
 Click [here](#) to see your list of flowsheets.

 **REPLY**



5. Select the **Blood Pressure** flowsheet

Active Flowsheets

Flowsheet	Start Date
Gestational Glucose Monitoring Before Breakfast Glucose, After Breakfast Glucose, Before Lunch Glucose, After Lunch Glucose, Before Dinner Glucose, After Dinner Glucose, Bedtime Glucose	5/29/2017
Blood Glucose Monitoring Blood Glucose Monitoring	5/29/2017
Blood Pressure SYSTOLIC, DIASTOLIC, HEART RATE/PULSE	5/29/2017
Patient Entered Weight WEIGHT FLOWSHEET	5/29/2017
Step Count Step Count Tracker	5/29/2017

6. To add a new reading, click **Add New Data**.

Author(s):	Sue Hope, CareConnect Training Team	Effective Date:	5/26/2015
Affected Users:	MyChart Patients	Last Revised Date:	6/22/2017

Blood Pressure  



Have a Fitness Tracker?
 We can use data from the following services to fill in your flowsheets. [fitbit](#) [Withings](#)

CONNECT MY ACCOUNT

Select number of readings or a date range to view the data you are tracking, and click **Apply**.

ADD NEW DATA

Table

From  to  - or - latest values **APPLY**

You have no data to display.

7. Click **Now** for the current date and time to fill automatically or manually enter it. Enter your blood pressure.

Add Blood Pressure Data


Step 1 of 2: Enter readings

Click **Add Another Reading** if you would like to enter data for more than one reading at this time.

When you are finished entering data, click **Continue**. Click **Cancel** if you do not want to save the data you entered.

Please enter your information as requested and submit to your provider

Reading 1


Date:  **NOW**

Time: : **AM** **PM**

SYSTOLIC:

DIASTOLIC:

HEART RATE/PULSE (number):



CONTINUE **ADD ANOTHER READING** **CANCEL**


8. Click **Continue** if this is the only entry. To record up to 3 entries total, click **Add Another Reading**. Click **Continue** when you have finished making your blood pressure entries.

Author(s):	Sue Hope, CareConnect Training Team	Effective Date:	5/26/2015
Affected Users:	MyChart Patients	Last Revised Date:	6/22/2017

Add Blood Pressure Data

Step 2 of 2: Review readings and submit

Press the Submit button to file your readings to the database, or press the Back button to go back.
Please enter your information as requested and submit to your provider



* Please call your provider to discuss this entry, as the following results are abnormal:

Reading 1: SYSTOLIC

	Reading 1
Date:	6/28/2017
Time:	1:37 PM
SYSTOLIC:	175
DIASTOLIC:	99
HEART RATE/PULSE (number):	78

- A Warning in red displays asking you to contact your Provider if the blood pressure entered falls outside the range that your provider set up for you.

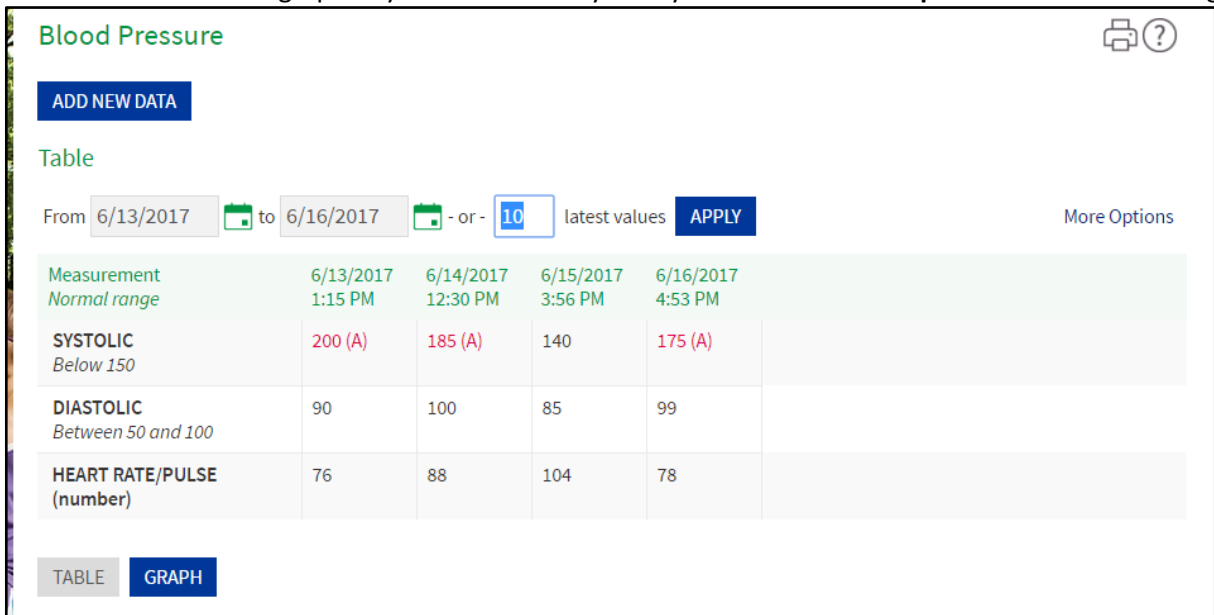
NOTE: The range was selected by your physician based on your current blood pressure and blood pressure goals.

- When you are finished entering a daily or multiple blood pressure readings, click the **Submit** button to send the information to your physician.

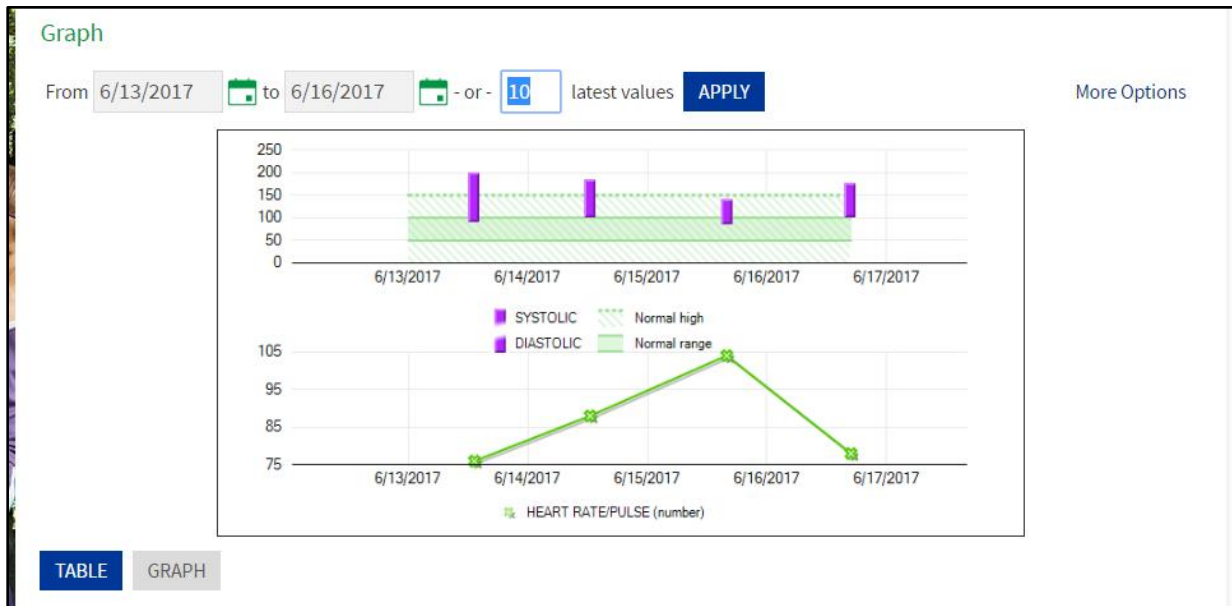
NOTE: If you track your blood pressure with a Withings or Health Kit, you can sync these devices to your MyChart account.

Graph Your Blood Pressure History

- You can view a line graph of your blood history at any time. Just click **Graph** and select a date range.



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Return to Your Flowsheet Entry Page

- To return to your Flowsheet entry page, hover over the **Health** icon and then select **Track My Health**

Texas Health Resources MyChart MyCondit... Messaging Health Visits Billing Resources Settings

Welcome!
 To Do

Overdue health reminders
 TETANUS BOOSTER *overdue*
 Annual Physical *overdue*
 Fasting Lipids *overdue*
 Influenza Vaccine *Due since August 1, 2017*

What's in My Record?
 My Conditions
 Plan of Care
 Test Results
 Health Summary
 Current Health Issues
 Medications
 Allergies
 Preventive Care
 Medical History
 Immunizations
 Administrative Info
 Demographics

Medical Tools
 Download My Record
 Who's Accessed My Record?
 Health Trends
 Growth Charts
 Questionnaires
 Track My Health 17 >

T F S
 3 4 5
 10 11 12
 17 18 19
 20 21 22 23 24 25 26
 27 28 29 30 31

What your Physician Will See

- Your physician will receive a notification when you submit a normal or abnormal blood pressure, i.e., a blood pressure outside the blood pressure range previously established for you.

Author(s):	Sue Hope, CareConnect Training Team	Effective Date:	5/26/2015
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Patient-Entered Data

MyCondition has submitted **abnormal** Blood Pressure data.

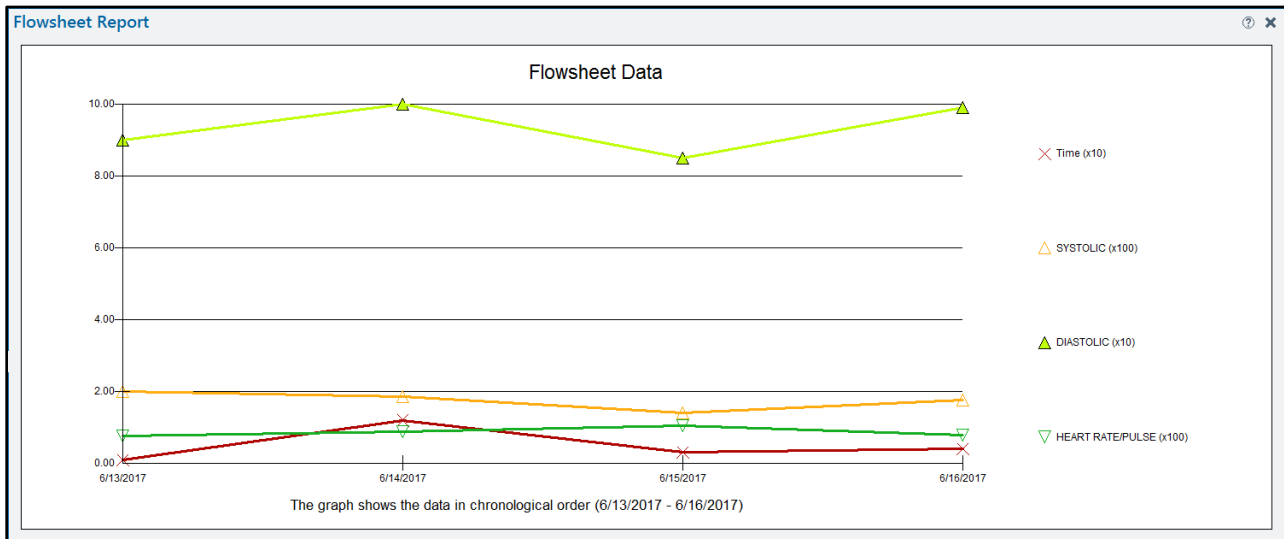
Time data was submitted: 6/16/2017 4:57 PM

Time Taken	SYSTOLIC	DIASTOLIC	HEART RATE/PULSE (number)
6/13/2017 1:15 PM	200 !	90	76
6/14/2017 12:30 PM	185 !	100	88
6/15/2017 3:56 PM	140	85	104

2. The physician will have several ways to view and graph the results.

Flowsheet Report

	Units	6/13/2017	6/14/2017	6/15/2017	6/16/2017
Time		1:15 PM	12:30 PM	3:56 PM	4:53 PM
SYSTOLIC		200 (A)	185 (A)	140	175 (A)
DIASTOLIC		90	100	85	99
HEART RATE/PULSE	number	76	88	104	78



Author(s):	Sue Hope, CareConnect Training Team	Effective Date:	5/26/2015
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CareConnect