

Description: Your physician would like to work with you to monitor your level of exercise. 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 Steps

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.

Texas Health MyChart Resources*	
Hello MyCondition Test PhD,	
You have a new message in MyChart from your Care Team at Texas Health Resources or Texas Health Physicians Group. Please sign in t read your message. If you need help with your MyChart ID or Passwor please use the "Forgot MyChart ID?" and/or "Forgot Password?" links the MyChart login page.	io rd on
Sign In to MyChart	
Thank you for using MyChart.	
Sincerely,	
Texas Health Resources	
MyChart	

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.

Texas Health Resources MyChart	Messaging	Health	Visits	Billing	Resources	Settings	
Welcome!							
Read your messages. You have	2 new 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 Q	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	
Christiana Kotyk 05/29/2017 03:28 PM	New flowsheet available	

4. Open the message and click the <u>here</u> link to see your list of Flowsheets.

Message Center	ASK A QUESTION
Inbox Sent Messages	
Search this list Q Sort by: Received Date •	
Christiana Kotyk 05/29/2017 03:28 PM	🛱 Print <u> </u> 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 Step Count 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. Click Add New Data.

Author(s):	Sue Hope, CareConnect Training Team	Effective Date:	5/26/2015
Affected Users:	MyChart Patients	Last Revised Date:	8/9/2016



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ADD NEW DAT	ГА									
Table										
From 5/15/20	017 📩 t	5/29/201	.7 📩 - 0	r - 10 l	atest values	APPLY			М	ore Options
	5/15/2017 11:59 PM	5/16/2017 11:59 PM	5/17/2017 11:59 PM	5/18/2017 11:00 PM	5/19/2017 11:00 PM	5/21/2017 11:00 PM	5/26/2017 10:30 PM	5/27/2017 10:30 PM	5/28/2017 11:50 PM	5/29/2017 3:47 PM
Step Count T	racker	1572	798	1876	1920	4027	943	2949	3209	445
•										÷
TABLE G	RAPH									

Note: If you use a FitBit to track your exercise, you can go to Manage Accounts to sync your FitBit to automatically track your steps.

7. Enter a date and time and number of steps you have counted for the day.

Add Step Count 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 da	ata, click Continue. Click Cancel if you do not want to save the data you entered.
	Reading 1
Date:	NOW
Time:	: AM PM
Step Count Tracker:	
CONTINUE ADD ANOTHER F	READING CANCEL

8. If you are entering multiple days, you can choose Add New Data and another date and value

Add Step Count Data	Add Step Count 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.						
	Reading 1	Reading 2	Reading 3			
Date:	6/15/2017 NOW	6/14/2017	6/13/2017			
Time:	5 : 08 AM PM	11 : 30 AM PM	11 : 30 AM PM			
Step Count Tracker:	3044	3336	581			
	DELETE READING	DELETE READING	DELETE READING			
CONTINUE ADD ANOTHER READING CANCEL						

Graph Your Step History

1. At any time, you can choose a date range and select the **Graph** button to view a line graph of your readings.

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Entering Steps in MyChart

CareConnect Training Team



Return to Your Flowsheet Entry Page

1. At anytime you can over the **Health** icon and select **Track My Health** to return to your Flowsheet entry page.

Texas Health Resources MyChart MyCondit	Health Vis	its Billing	Resource	25	Settings	
Welcome! To Do P Overdue health reminders TETANUS BOOSTER overdue Annual Physical overdue	; Health Vis What's in My Record? My Conditions Plan of Care Test Results Health Summary Current Health Issues Medications Allergies Preventive Care Medical History	its Billing Medical Tools Download My Re Who's Accessed I Health Trends Growth Charts Questionnaires Track My Health	Resource	17 T 3	Settings > F S 4 5	
Fasting Lipids overdue Influenza Vaccine Due since August 1, 2017	Immunizations Administrative Info Demographics	20 21 27 28	22 23 29 30	10 17 24 31	11 12 18 19 25 26	

What your Physician will See

1. Your physician will receive notifications that you submit, with abnormals noted and have several ways to view the readings and graph them.

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Patient-Entered Data

MyCondition's recent Step Count readings (past 60 days):						
Time Taken	Time Submitted	Step Count Tracker				
6/21/2017 4:34 PM	6/21/2017 4:36 PM	987				
6/20/2017 11:30 PM	6/21/2017 4:36 PM	3800				
6/19/2017 11:30 PM	6/21/2017 4:36 PM	674				
6/18/2017 4:36 PM	6/21/2017 4:37 PM	5312				

F	Flowsheet Report								
		5/15/2017	5/16/2017	5/17/2017	5/18/2017	5/19/2017	5/21/2017	5/26/2017	
	Time	11:59 PM	11:59 PM	11:59 PM	11:00 PM	11:00 PM	11:00 PM	10:30 PM	
	Step Count Tracker	1045	1572	798	1876	1920	4027	943	



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