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.
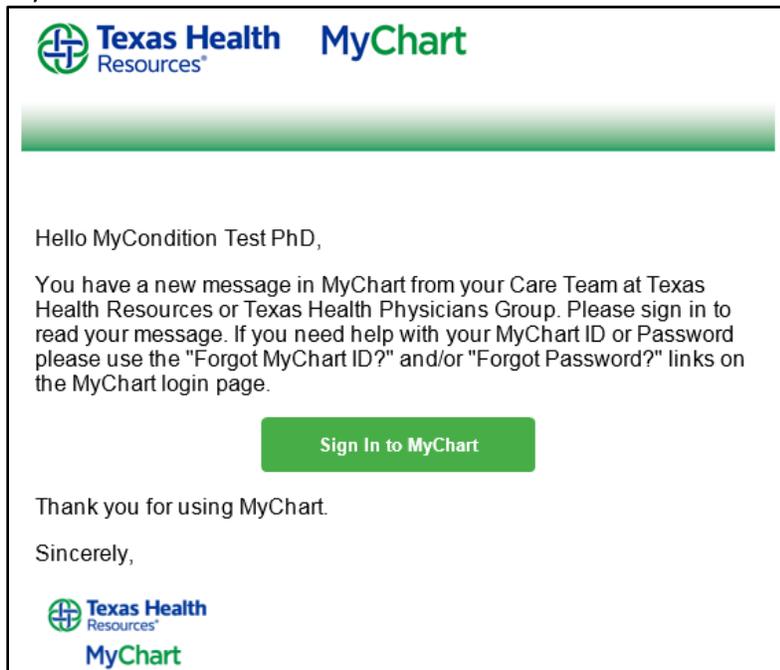
2. When you logon to your MyChart account, you will see an alert that you have new messages to read. Select the alert to read your messages.
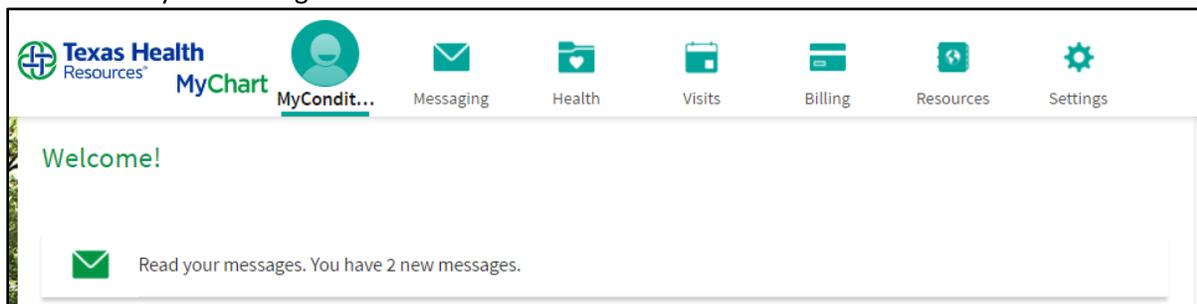
3. The Message Center will open and you will see a **New flowsheet available** message.
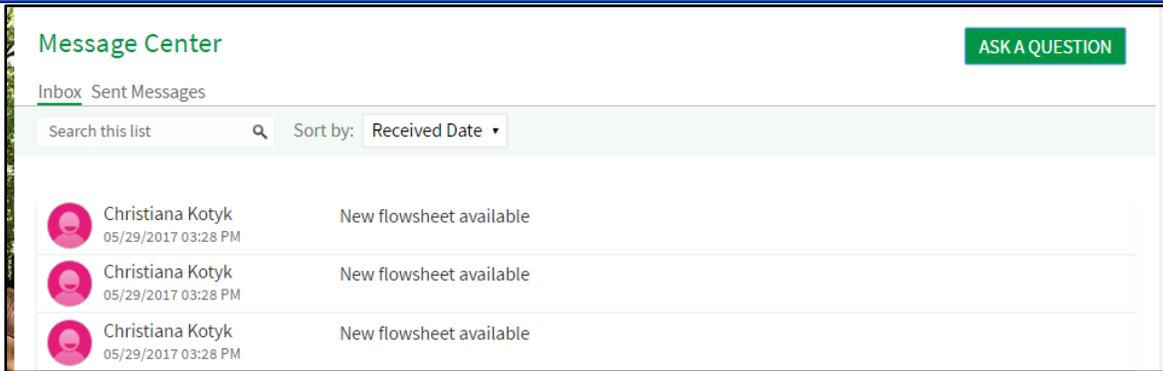
4. Open the message and click the **here** link to see your list of Flowsheets.
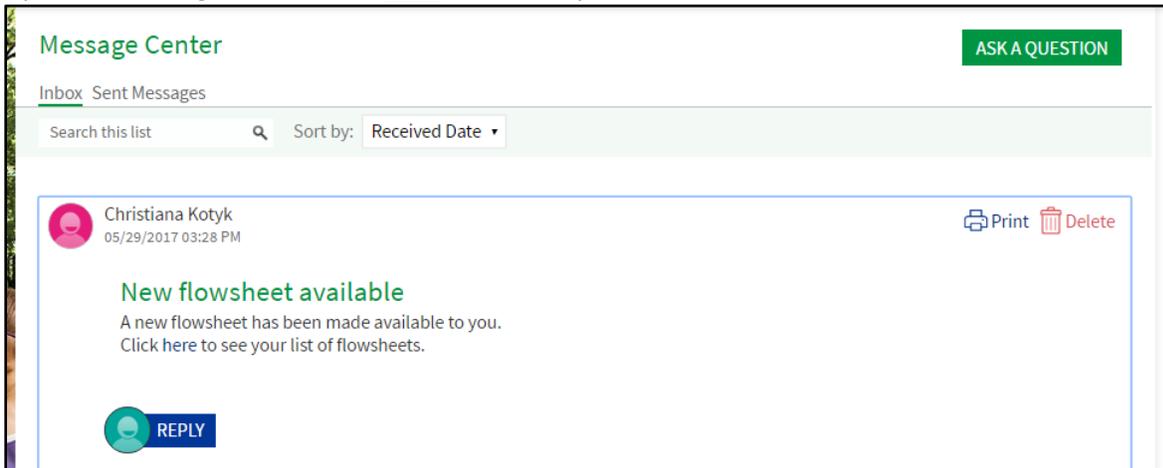
5. Select the **Step Count** flowsheet.

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

ADD NEW DATA

Table

From 5/15/2017 📅 to 5/29/2017 📅 - or - 10 latest values **APPLY**   More 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 Tracker	1572	798	1876	1920	4027	943	2949	3209	445	

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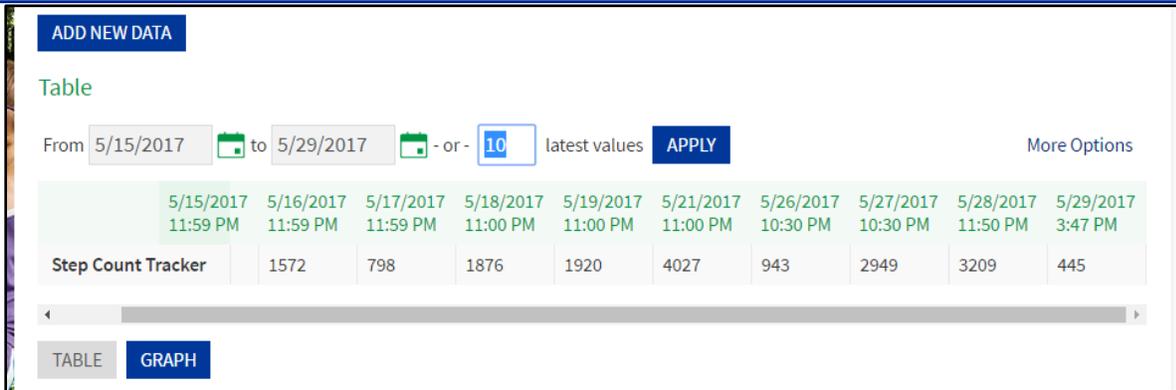
Note: If you use a FitBit to track your exercise, you can go to Manage Accounts to sync your FitBit to automatically track your steps.

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 data, 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 READING** **CANCEL**

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

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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CareConnect
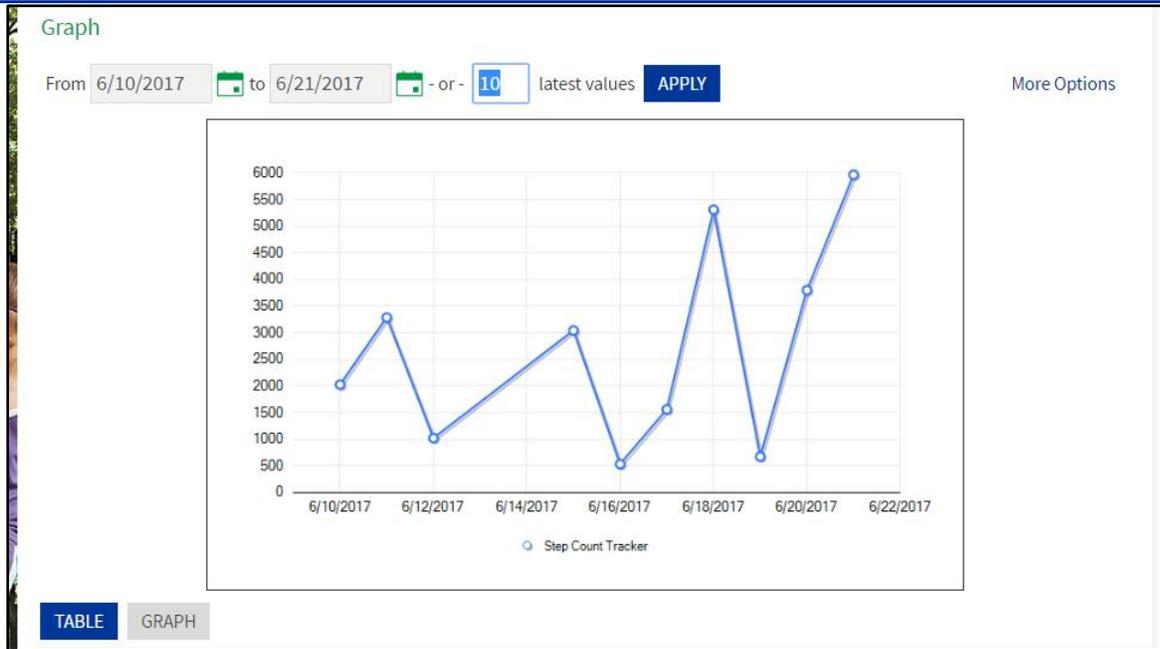
Return to Your Flowsheet Entry Page

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

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.

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**

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

Flowsheet Report

The graph shows the data in chronological order (5/15/2017 - 6/21/2017)

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