**Description:** Your physician would like to work with you to monitor your weight. 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 Weight

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.
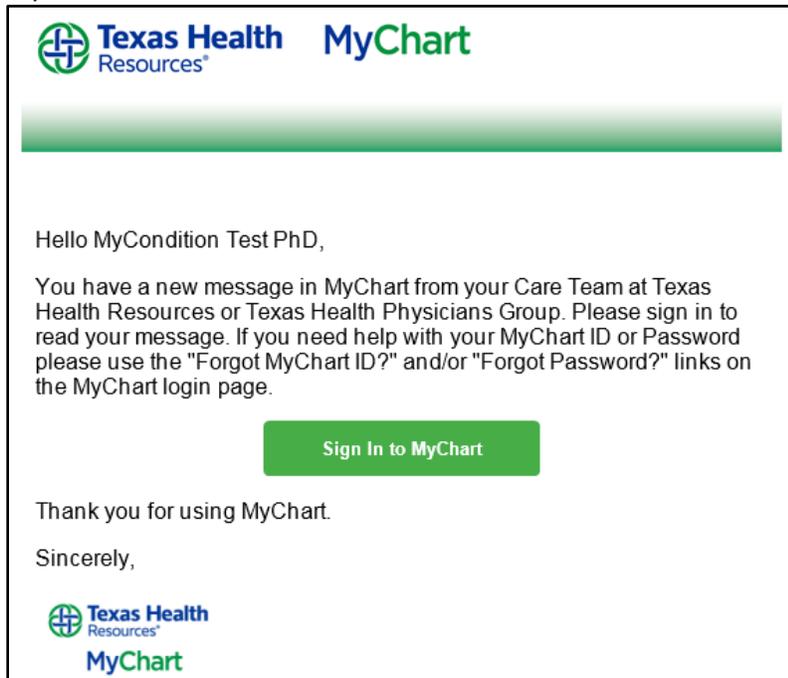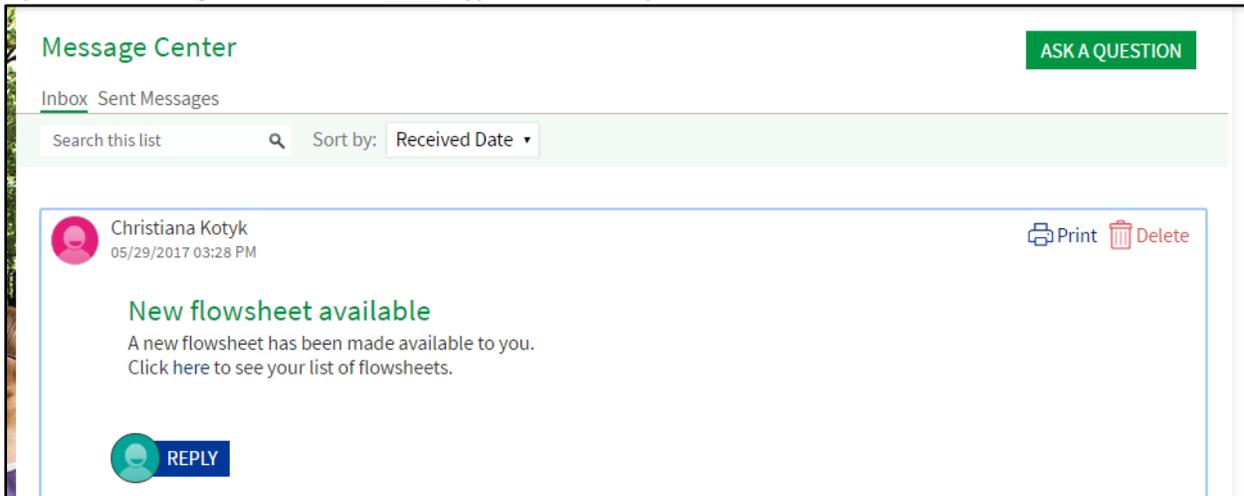

2. When you logon to your MyChart account, you will see an alert that you have new messages to read. Select the alert to read your messages.
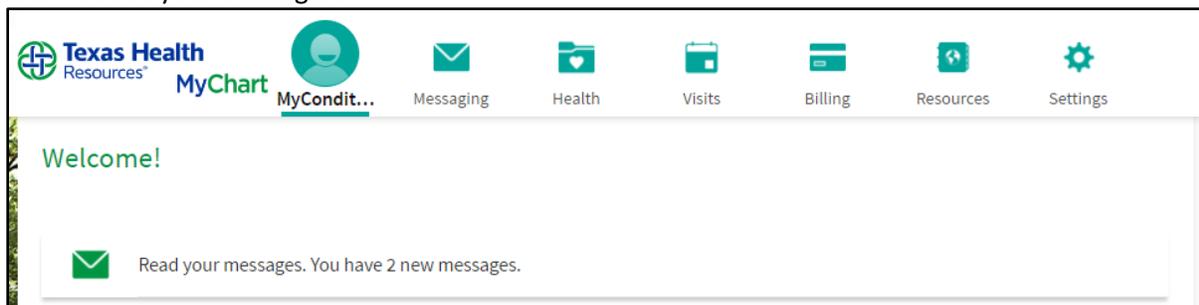
3. The Message Center will open and you will see a **New flowsheet available** message.
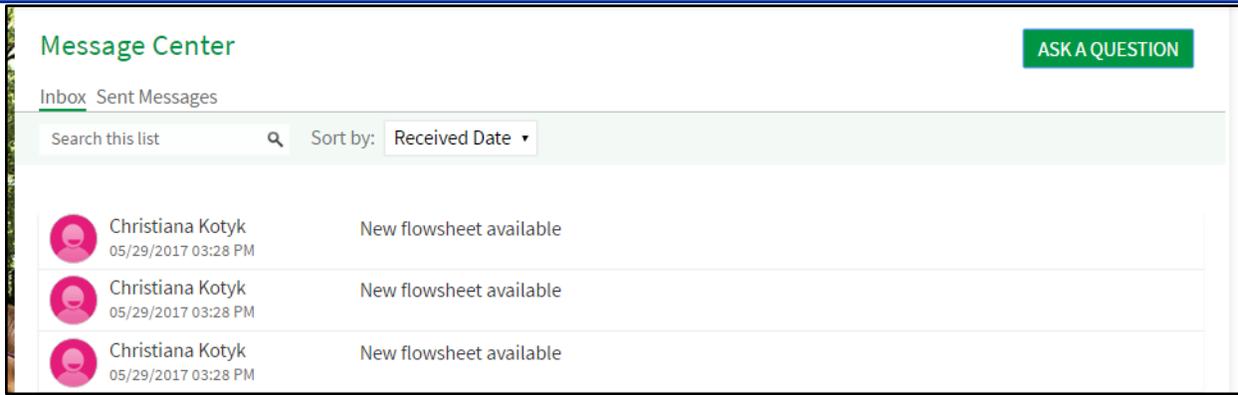
4. Open the message and click the **here** hyperlink to see your list of flowsheets.

5. Select the **Patient Entered Weight** 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:	**6/22/2017**

7. Click **Now** for the current date and time or manually enter the date and time. Enter your weight. Select **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 weight entries.

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

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Add Patient Entered Weight 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.
Enter your weight as precribed by your physician.

⚠

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

Reading 1: WEIGHT FLOWSHEET

	Reading 1
Date:	6/22/2017
Time:	12:22 PM
WEIGHT FLOWSHEET (LB):	190

BACK   SUBMIT   CANCEL

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

9. When you are finished entering a daily or weekly weight, click the **Submit** button to send the information to your physician.

NOTE: If you track your weight with a FitBit or Wythings, you can sync these devices to your MyChart account.
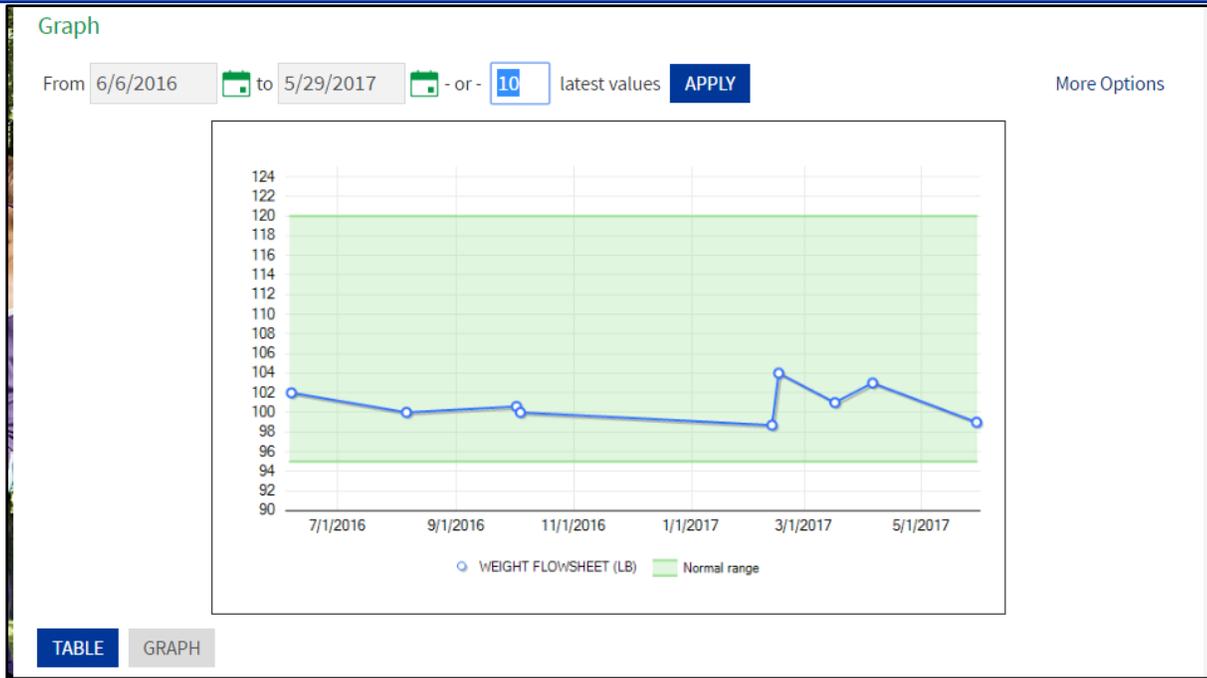
Graph Your Weight History

1. You can view a line graph of your weight history at any time. Just click **Graph** and enter a date range.

Table

From 6/6/2016 📅 to 5/29/2017 📅 - or - 10 latest values APPLY   More Options

Measurement Normal range	6/6/2016 6:30 PM	8/5/2016 4:48 PM	10/1/2016 11:59 PM	10/3/2016 11:59 PM	2/11/2017 11:59 PM	2/15/2017 11:44 AM	3/16/2017 6:00 PM	4/5/2017 8:45 AM	5/29/2017 11:29 AM
WEIGHT FLOWSHEET (LB) Between 95 and 120	102	100	101	100	99	104	101	103	99

TABLE   GRAPH

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Graph

From 6/6/2016 📅 to 5/29/2017 📅 - or - 10 latest values APPLY   More Options

TABLE   GRAPH

Return to Your Flowsheet Entry Page

1. To return to your Flowsheet entry page, hover over the **Health** icon and then select **Track My Health.**
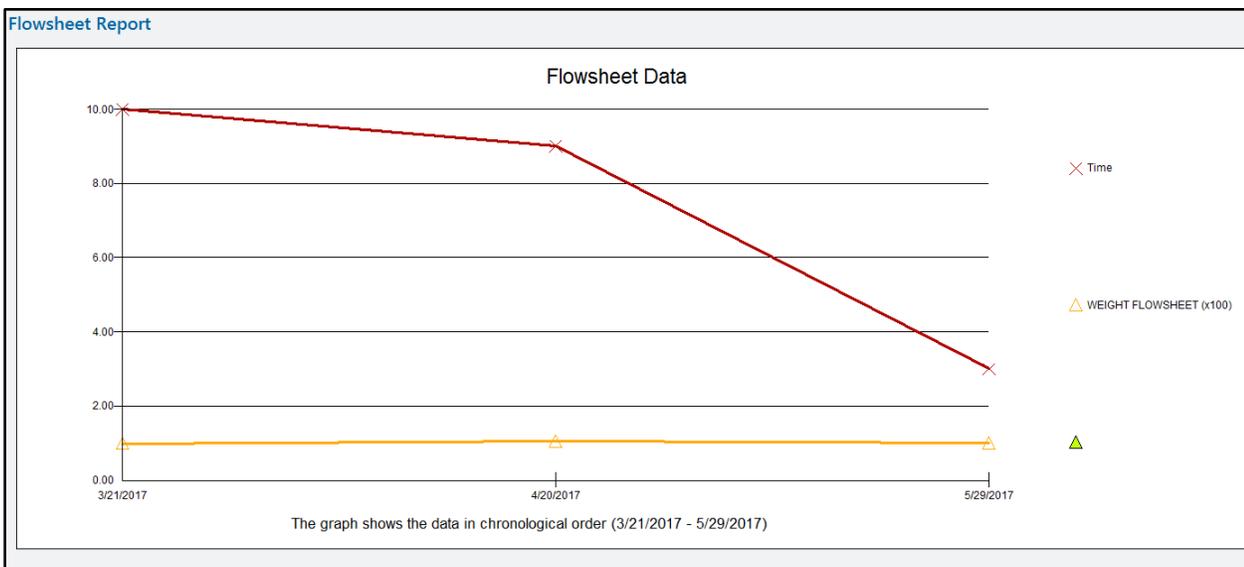
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What your Physician will See

1. Your physician will receive a notification when you submit a weight inside or outside the weight range previously established for you.

Patient-Entered Data

MyCondition's recent Patient Entered Weight readings (past 60 days):

Time Taken	Time Submitted	WEIGHT FLOWSHEET (LB)
5/29/2017 3:34 PM	5/29/2017 3:35 PM	100
4/20/2017 9:45 AM	5/29/2017 3:35 PM	105

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

Flowsheet Report

	Units	3/21/2017	4/20/2017	5/29/2017	
Time		10:30 AM	9:45 AM	3:34 PM	
WEIGHT FLOWSHEET	LB	99	105	100	

Flowsheet Report

Flowsheet Data

The graph shows the data in chronological order (3/21/2017 - 5/29/2017)

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