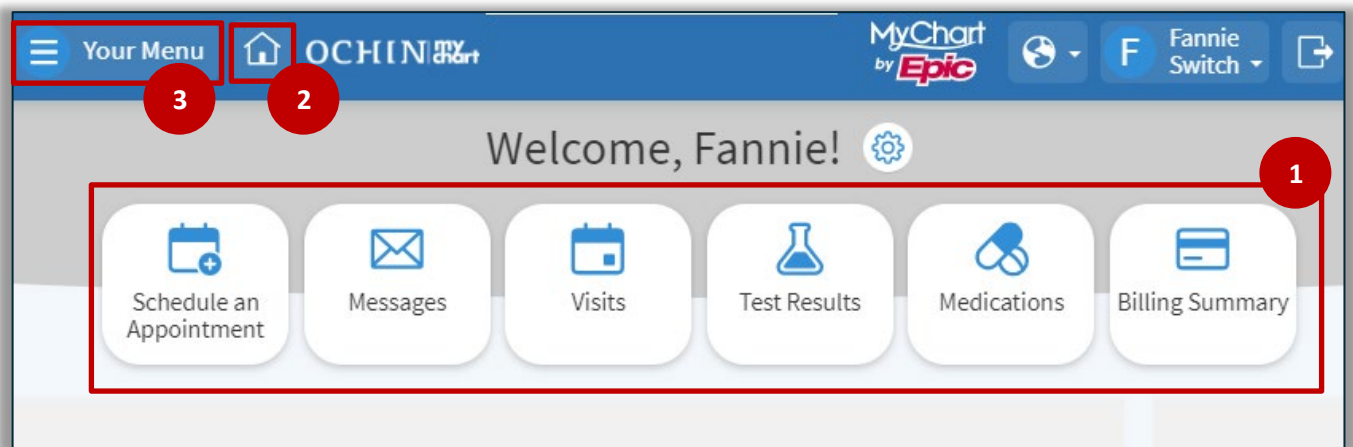


MANAGING MY HEALTH

Navigating

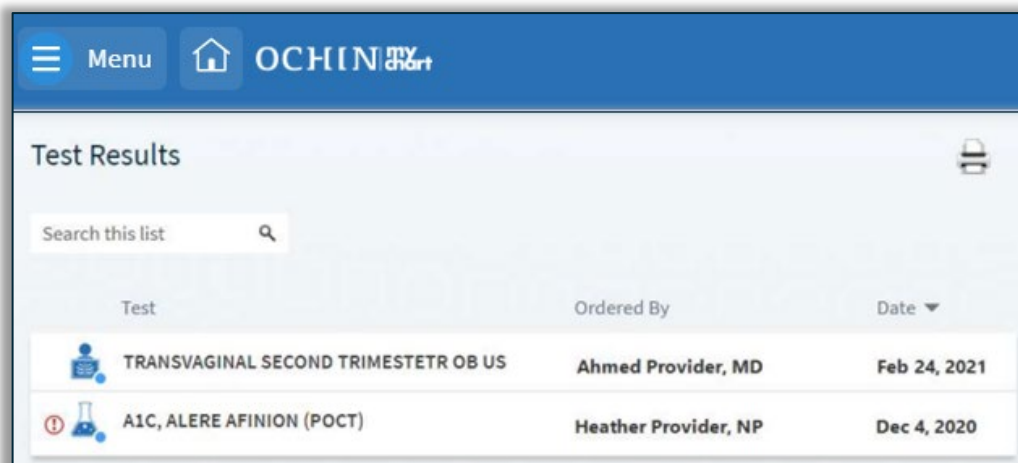
1. Six shortcuts at the top of the MyChart home page allow you to navigate to the desired activity.
2. The **House** icon at the top of each page returns you to the home page.
3. Use the **Your Menu** to see other available functionality.



Test Results

From the **Test Results** link, you can see results as soon as they are available. Pick a test to see more information about it, such as:

- The “standard range” for your results.
- Any additional comments your doctor has about the result.

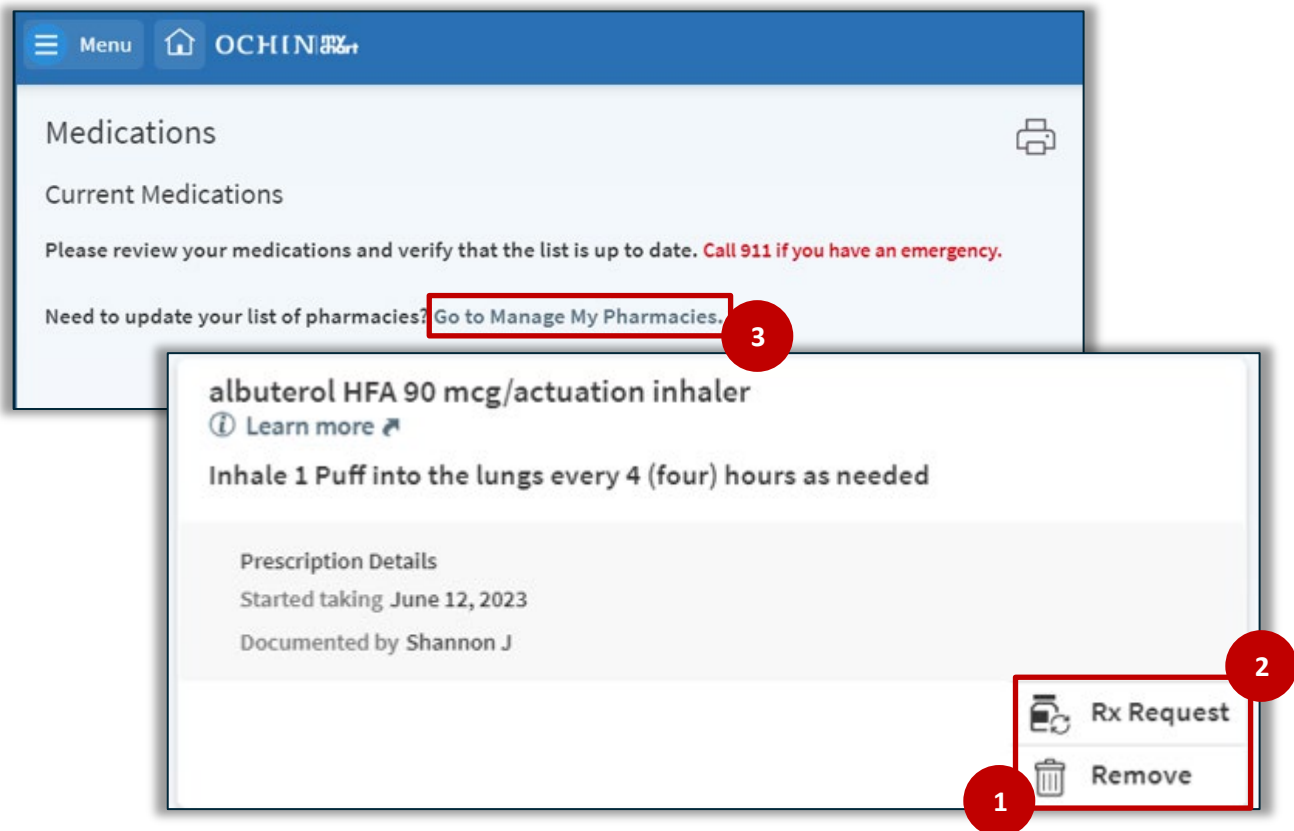


Medications

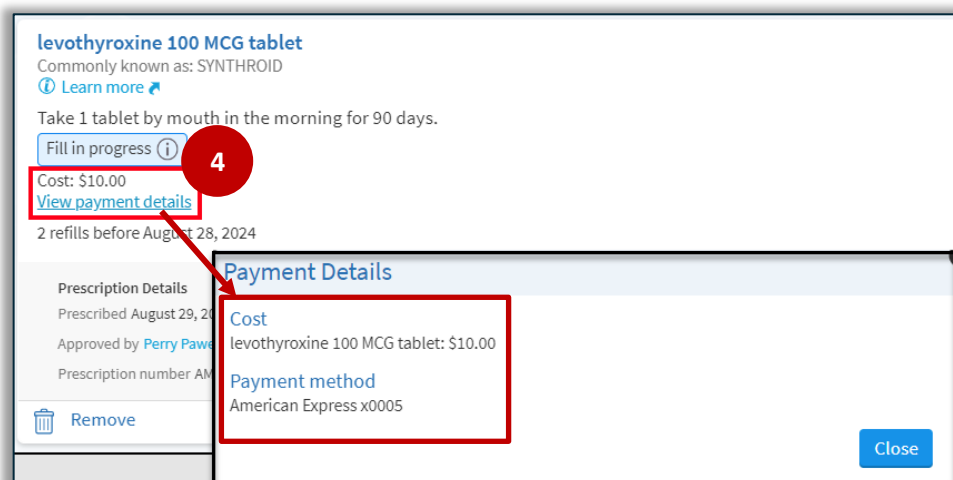
From the Medications link you can see a list of your medicines and details for each, like who ordered it, how much to take and when to take it.

Keep your doctor updated about changes to your medicines and pharmacies:

1. If you are no longer taking medication, click **Remove**.
2. If you need a refill, click **Rx Request** (you can only request refills on prescriptions that were placed by the doctor you saw at the clinic).
3. To update the pharmacy where you pick up your medicine, click **Go to Manage my Pharmacies**.



4. When a refill has been requested and is in the Fill in progress status, the **View payment details** hyperlink displays the cost of medication and the payment method used for the fill.



Health Summary

Use the following MyChart Health Summary tabs to open a section of your Health Summary.

- Current Health Issues
- Medications
- Allergies
- Immunizations
- Preventative Care

1. Click on the **Learn more** hyperlink to generate Krames published education materials. The Krames materials can be printed and are searchable from the OCHIN page.

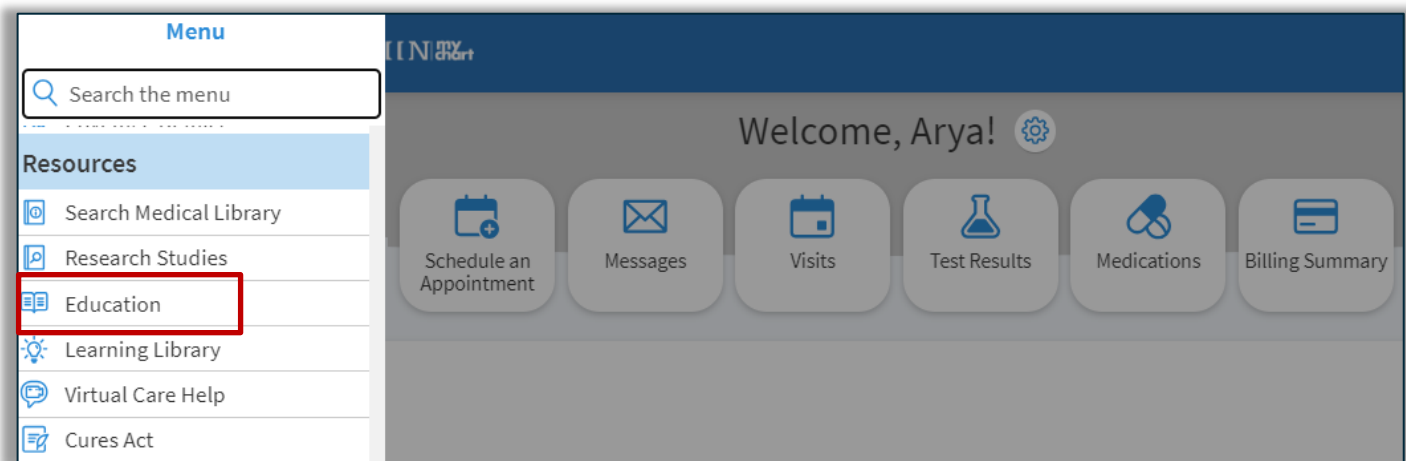
The image shows two overlapping screenshots. The left screenshot is the MyChart 'Health Summary' page. It has a blue header with a 'Menu' button and the 'OCHIN myChart' logo. Below the header, there are tabs for 'Current Health Issues' and 'Medications'. Under 'Current Health Issues', there is a section for 'Prenatal care' which says 'Started 3/3/2022'. A red box highlights a 'Learn more' link with an information icon, and a red circle with the number '1' is next to it. A red arrow points from this link to the right screenshot. The right screenshot is the OCHIN 'Search Results' page. It has a blue header with the 'OCHIN' logo. Below the header, there is a search bar and a 'Print' button. The search results are for 'Prenatal care' and show a list of articles. The first article is 'Baby's Almost Here: Managing Risks as You Approach Delivery'. The second article is 'Pregnancy, Eating Well During'. At the bottom of the page, there is a footer with the 'Krames' logo and the text 'Powered by Krames by WebMD Ignite'.



The Medical Library, accessed from the Menu, also launches the OCHIN searchable library for patients to learn more about their care or answer questions.

Patient Education

Educational materials that were included in your chart can be accessed **Menu > Resources > Education**.



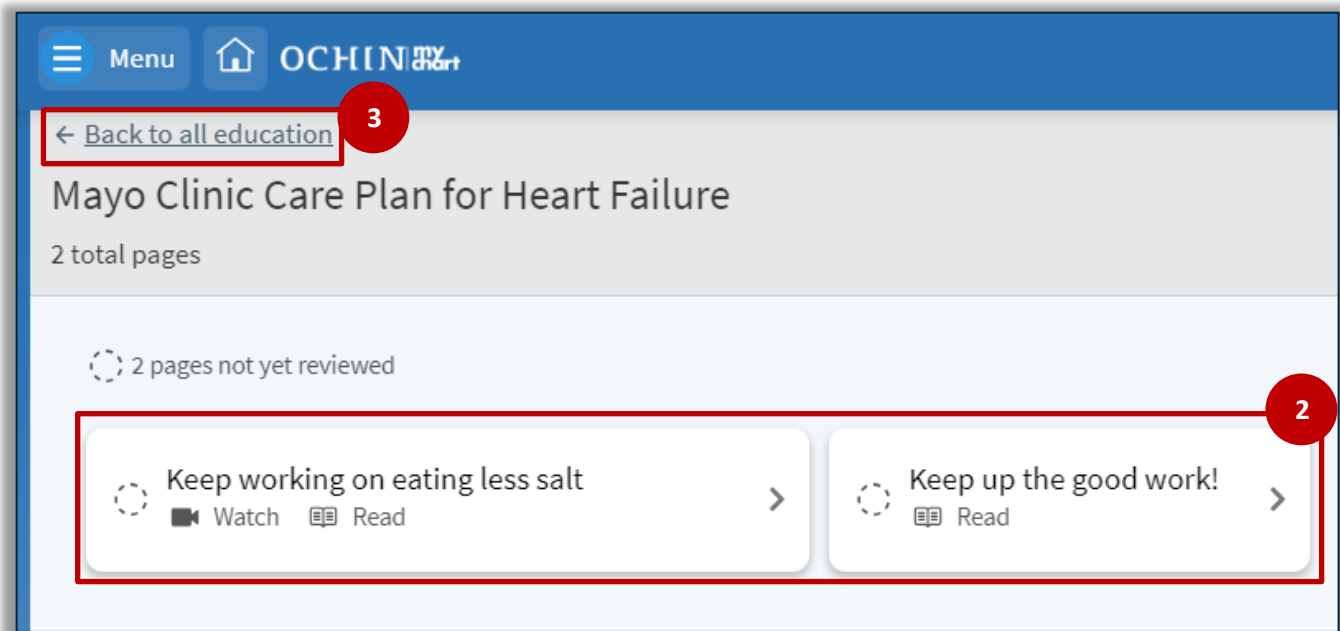
The Education Activity will include all education that is assigned to you, whether it was assigned when a provider ordered a certain medication or procedure or from a MyChart Care Companion task.

1. Click on the tile to launch education for that topic.

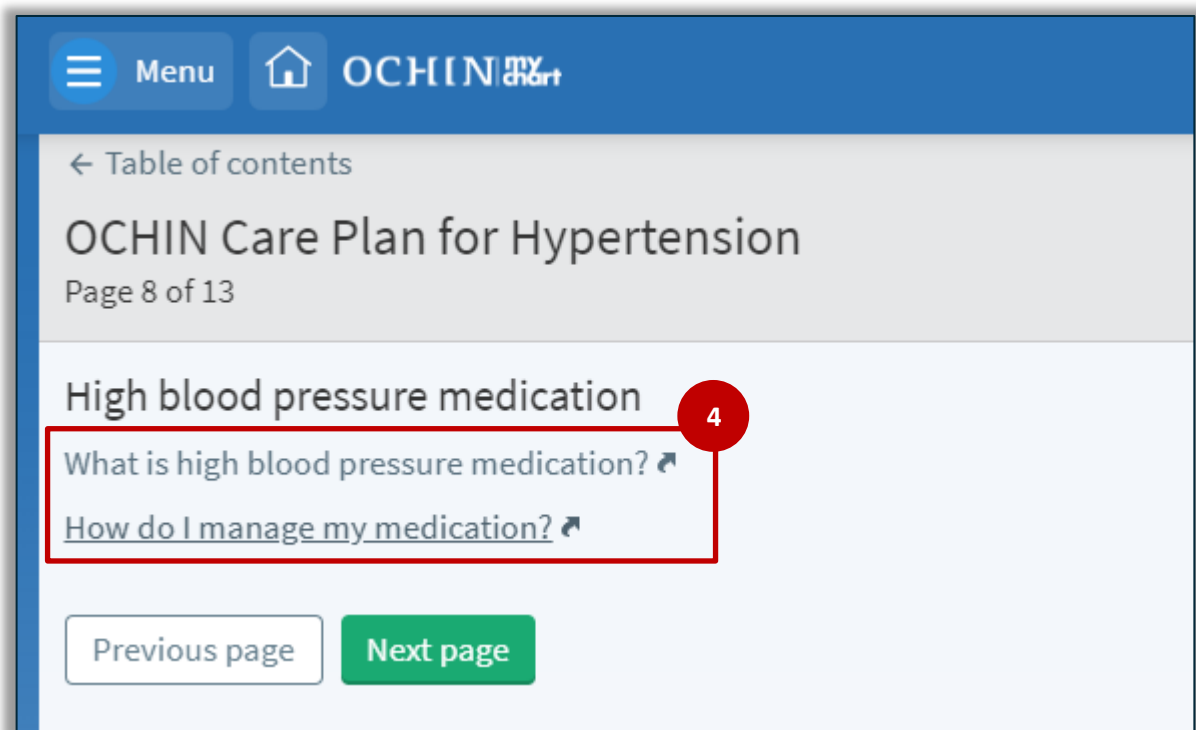


A table of contents displays making it easier for you to see a list of all the content and quickly navigate to what you are looking for.

- 2. Click any of the topics you want to review.
- 3. Click **Back to all education** to return to the Education Activity.



- 4. When reviewing a topic, select the **hyperlink** to download a PDF of the material.



5. If the topic has education videos, click the **arrow** to review them.
6. Click the **Table of contents** link to return to the selection menu for this topic.

← Table of contents 6

Mayo Clinic Care Plan for Heart Failure

Page 1 of 2

Keep working on eating less salt

How's it going as you work on eating less salt? The truth is, restaurants and takeout foods are a challenge. It's best to limit eating out. When you go to a restaurant, keep portion sizes small and know how to avoid the saltiest offenders.

Handout link ↗

5

Handout link

Not viewed yet

MyChart To Do Activity

Under the **Menu > To Do > Tasks** tab review items that have been assigned to you.

Menu

OCHIN

MyChart by Epic

View past tasks (48) Today's Tasks View future tasks >

0% complete

Jul 10, 2024

More

Be active

By end of day

20-30 minutes of activity per day

Complete Skip

Menu

Search the menu

User Guide

Clinic Calls

My Record

COVID-19

To Do

Visits

Test Results

1

In the **Menu > To Do > Progress Tab** see metrics like how many education topics you have completed, trends in your blood pressure, and task streaks. The Progress tab shows the completion rate for each task type and the overall completion rate for their assigned tasks.

