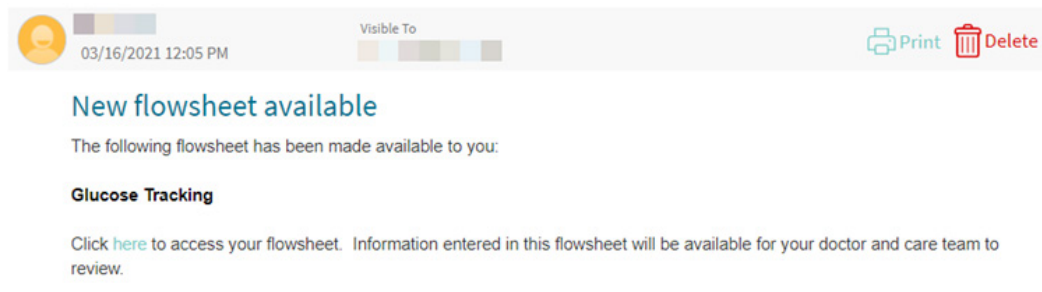


ACCESS AND SUBMIT HEALTH READINGS IN MYCHART

MyChart® is a registered trademark of Epic Systems Corporation.

Your provider's office may request that you monitor and send them health readings from time to time for care-related items, such as blood pressure, glucose, weight, hours spent sleeping and more. You can easily submit this information to your provider's office through Phelps Health MyChart's flowsheets. This document will guide you through the process of how to access and submit the requested information.

When your provider's office sends you a flowsheet to complete, **you will receive a message in MyChart.** The message will contain a link to the flowsheet to complete.



03/16/2021 12:05 PM Visible To [User] Print Delete

New flowsheet available

The following flowsheet has been made available to you:

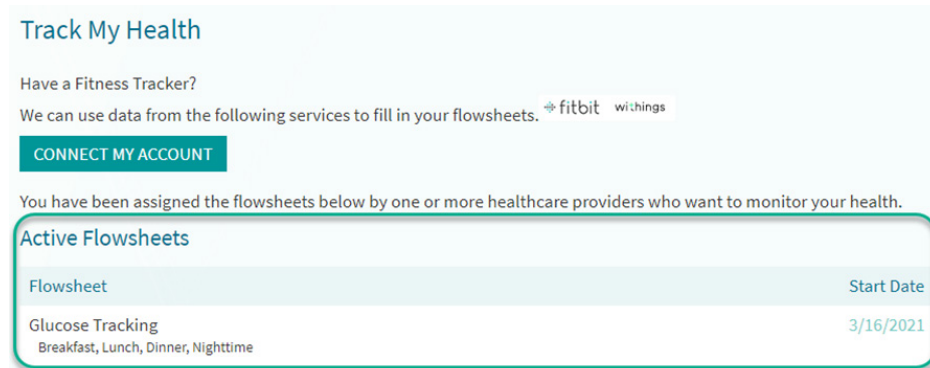
Glucose Tracking

Click [here](#) to access your flowsheet. Information entered in this flowsheet will be available for your doctor and care team to review.

[Track My Health](#)

You also can find flowsheets at any time by opening the Menu in MyChart and selecting Track My Health from the list, or by searching for Track My Health or Flowsheets.

Once you are on the Track My Health page, you will see all of the flowsheets available for you to complete.



Track My Health

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

[CONNECT MY ACCOUNT](#)

You have been assigned the flowsheets below by one or more healthcare providers who want to monitor your health.

Flowsheet	Start Date
Glucose Tracking Breakfast, Lunch, Dinner, Nighttime	3/16/2021

From this list, you will **select the flowsheet you want to review.** Once you are on the page shown below, you can review any information you have previously submitted as well as **submit information by selecting Add New Data.**



Glucose Tracking

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 3/15/2021 to 3/15/2021 - or - 10 latest values [APPLY](#)

3/15/2021	
Breakfast	
Before Breakfast Glucose (mg/dL)	110

Once you click on the **Add New Data button**, you will be guided through a few different questions depending on the flowsheet your provider sent to you. Once this information is completed and submitted, your provider's office will receive a message with the information you have shared with them.