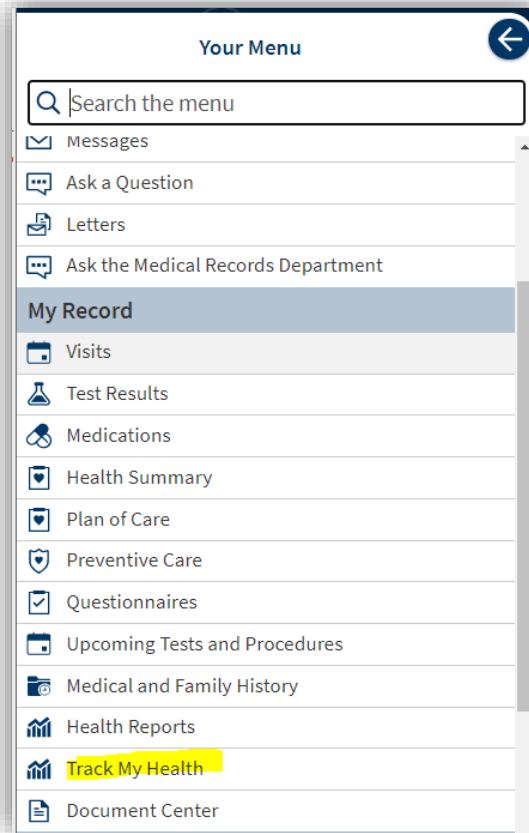


## How to Fill Out Flowsheets in MyChart

1. Log into MyChart
2. Click on the Track My Health Activity located in the “My Record” section of the Menu



3. Flowsheets that your provider has assigned to you will appear here. Click on the Flowsheet you wish to complete and follow the instructions.

### Track My Health ?

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

#### Active Flowsheets

Flowsheet	Start Date
Blood Pressure Systolic BP, Diastolic BP	4/7/2021
Weight Flowsheet Weight	1/13/2020

### Blood Pressure

1. Here you will see the flowsheet assigned to you. Any readings that you entered previously will be visible. Click on “Add New Data” to enter today’s blood pressure reading.

**Blood Pressure Flowsheet**

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 1/13/2020 to 7/27/2020 - or - 10 latest values **APPLY** More Options

Measurement	1/13/2020 9:00 AM	1/13/2020 9:33 AM	1/13/2020 10:00 AM	6/30/2020 1:55 PM	7/23/2020 9:25 AM	7/23/2020 9:28 AM	7/27/2020 10:08 AM
<i>Normal range:</i>							
<b>Systolic BP</b> <i>Between 90 and 200</i>	120	155	150	130	114	114	67 !
<b>Diastolic BP</b> <i>Between 40 and 90</i>	60	90	85	87	90	90	89
	edit	edit	edit	edit	edit	edit	edit
	delete	delete	delete	delete	delete	delete	delete

TABLE **GRAPH**

2. Your screen will look like this. Enter the date and time of your reading (You can click “Now” if you took your blood pressure just before entering the numbers). Enter your Systolic and Diastolic BP numbers. Click “Continue” when you are finished.

**Add Blood Pressure Flowsheet 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**

Systolic BP:

Diastolic BP:

**CONTINUE** **ADD ANOTHER READING** **CANCEL**

\*If you wish to enter multiple readings, click on “Add Another Reading” as highlighted below. Click “Continue” when you are finished.

## Add Blood Pressure Flowsheet 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:	11/20/2020		
Time:	11 : 10 AM PM		
Systolic BP:	120		
Diastolic BP:	60		
	DELETE READING	DELETE READING	DELETE READING
	CONTINUE	ADD ANOTHER READING	CANCEL

3. Your screen will look like this. Review your readings and click “Submit” when you are ready to enter them.

## Add Blood Pressure Flowsheet 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.

	Reading 1		
Date:	11/20/2020		
Time:	11:10 AM		
Systolic BP:	120		
Diastolic BP:	60		
	BACK	SUBMIT	CANCEL

1. Here you will see the flowsheet assigned to you. Any readings that you entered previously will be visible. Click on “Add New Data” to enter today’s blood glucose levels.

Glucose - Daily Pre/Post-Meal and Before Bed

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 per day and range to view the data you are tracking, and click Apply.

ADD NEW DATA

Table

From 9/14/2020 to 9/14/2020 - or - 10 latest values APPLY Show Times | More Options

Measurement	9/14/2020
Normal range	
Blood Glucose - Breakfast	
2 hours pre-Breakfast (Fasting) (mg/dl) Between 50 and 200	5 †
2 hours post-Breakfast (mg/dl) Between 50 and 200	10 †

2. Your screen will look like this. Select the date you wish to enter blood glucose levels for on the calendar.

Add Glucose - Daily Pre/Post-Meal and Before Bed Data

Step 1 of 3: Select the date

Please select the date for which you want to add/edit data.

November 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

CANCEL

3. Your screen will look like this. You can choose to enter your readings before or after each meal OR you can enter all readings at the end of the day. Enter the time of your reading and your blood glucose level in the “Value” column. Click “Continue” when you are finished.

Date: 11/18/2020

	Time	Value
<b>Blood Glucose - Breakfast:</b>		
2 hours pre-Breakfast (Fasting) (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
2 hours post-Breakfast (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
<b>Blood Glucose - Lunch:</b>		
2 hours pre-Lunch (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
2 hours post-Lunch (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
<b>Blood Glucose - Dinner:</b>		
2 hours pre-Dinner (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
2 hours post-Dinner (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>
<b>Blood Glucose - Before Bed:</b>		
2 hours Before Bed (mg/dl):	<input type="text"/> : <input type="text"/> AM PM	<input type="text"/>

BACK CONTINUE CANCEL

4. Your screen will look like this. Review your readings and click “Submit” when you are ready to enter them.

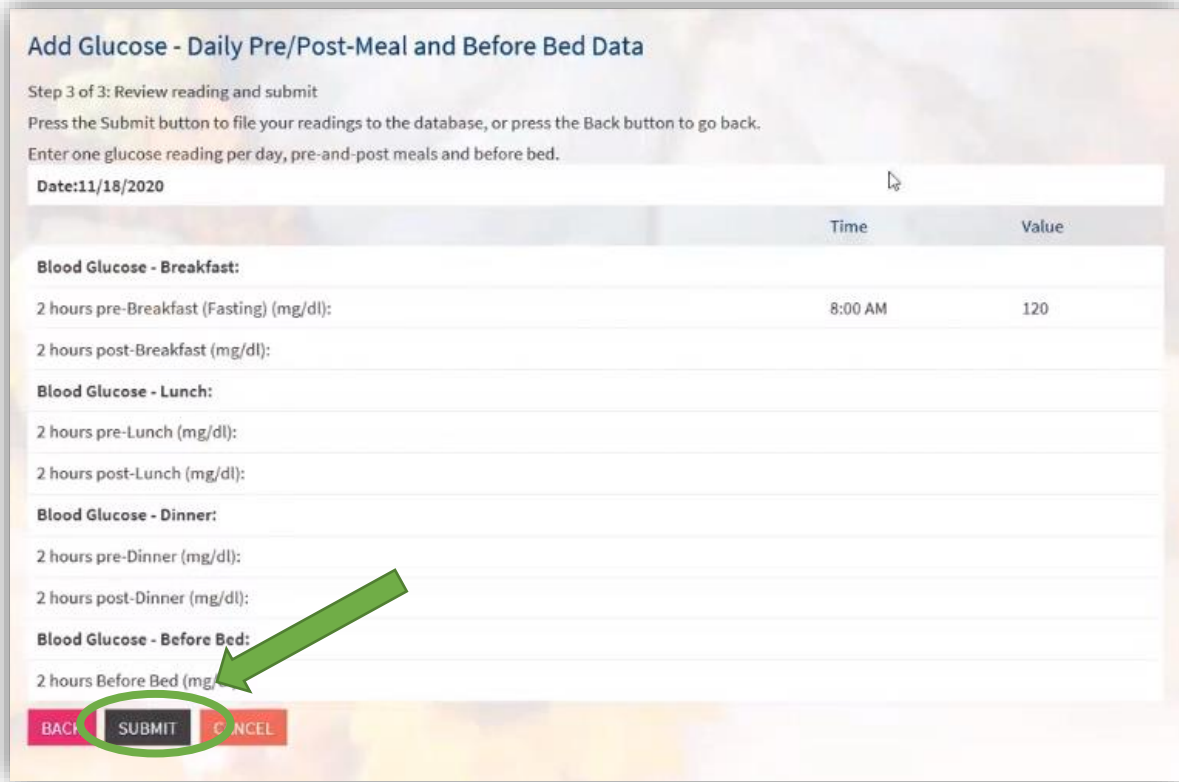
**Add Glucose - Daily Pre/Post-Meal and Before Bed Data**

Step 3 of 3: Review reading and submit  
Press the Submit button to file your readings to the database, or press the Back button to go back.  
Enter one glucose reading per day, pre-and-post meals and before bed.

Date: 11/18/2020

	Time	Value
<b>Blood Glucose - Breakfast:</b>		
2 hours pre-Breakfast (Fasting) (mg/dl):	8:00 AM	120
2 hours post-Breakfast (mg/dl):		
<b>Blood Glucose - Lunch:</b>		
2 hours pre-Lunch (mg/dl):		
2 hours post-Lunch (mg/dl):		
<b>Blood Glucose - Dinner:</b>		
2 hours pre-Dinner (mg/dl):		
2 hours post-Dinner (mg/dl):		
<b>Blood Glucose - Before Bed:</b>		
2 hours Before Bed (mg/dl):		

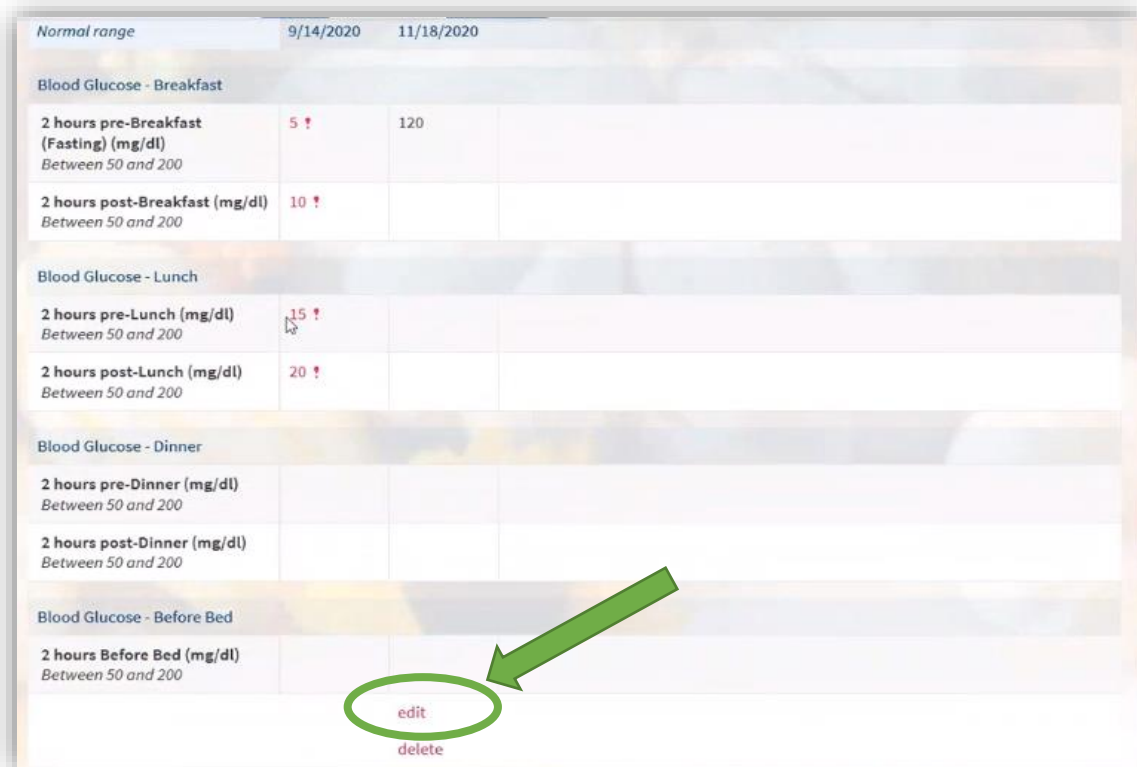
BACK SUBMIT CANCEL



5. If you need to edit the readings/add more readings for a day, navigate back to your flowsheet and click on “Edit” as shown. Follow steps 3-4 to add more readings.

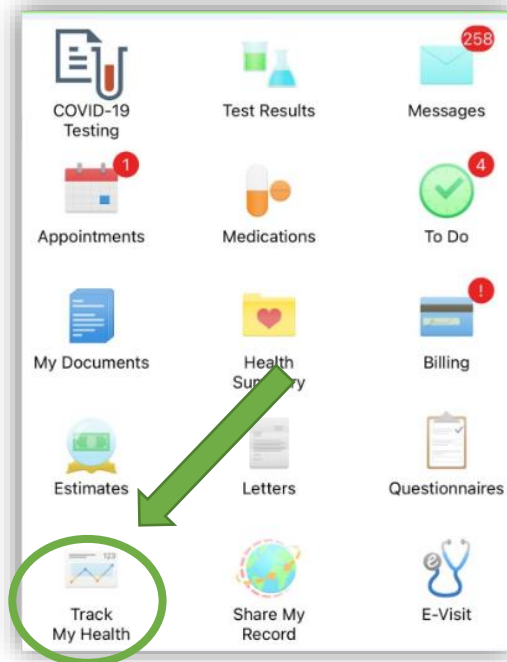
Normal range	9/14/2020	11/18/2020
<b>Blood Glucose - Breakfast</b>		
2 hours pre-Breakfast (Fasting) (mg/dl) <i>Between 50 and 200</i>	5 †	120
2 hours post-Breakfast (mg/dl) <i>Between 50 and 200</i>	10 †	
<b>Blood Glucose - Lunch</b>		
2 hours pre-Lunch (mg/dl) <i>Between 50 and 200</i>	15 †	
2 hours post-Lunch (mg/dl) <i>Between 50 and 200</i>	20 †	
<b>Blood Glucose - Dinner</b>		
2 hours pre-Dinner (mg/dl) <i>Between 50 and 200</i>		
2 hours post-Dinner (mg/dl) <i>Between 50 and 200</i>		
<b>Blood Glucose - Before Bed</b>		
2 hours Before Bed (mg/dl) <i>Between 50 and 200</i>		

edit  
delete

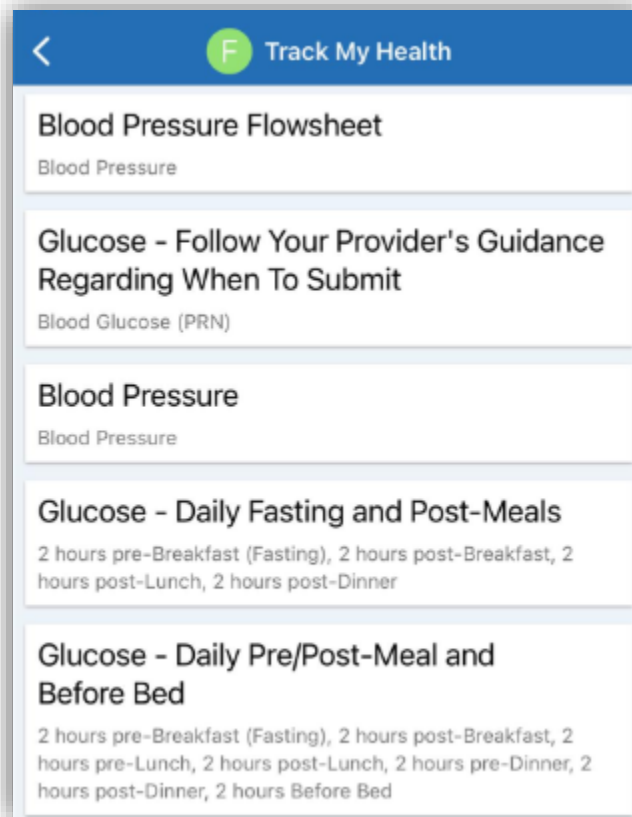


## How to connect to your Apple Health/Google Fit devices:

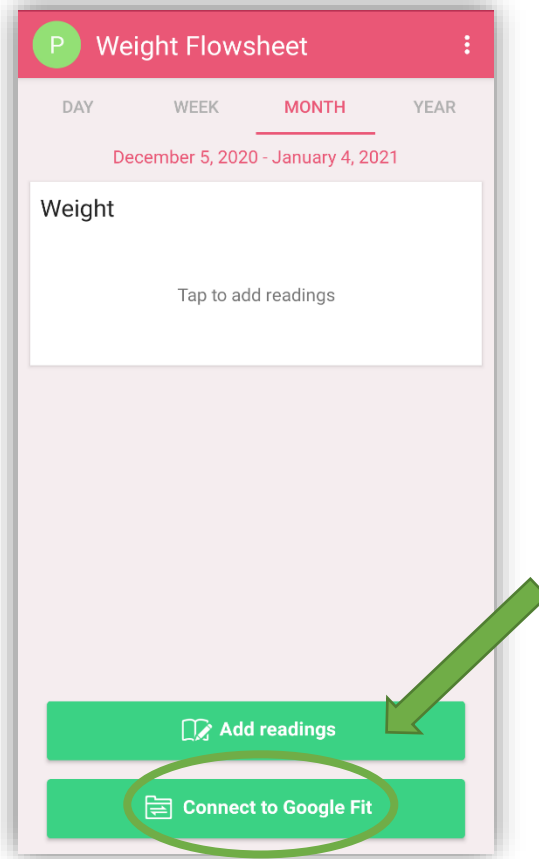
1. Log into MyChart Mobile
2. Navigate to Track My Health as highlighted below



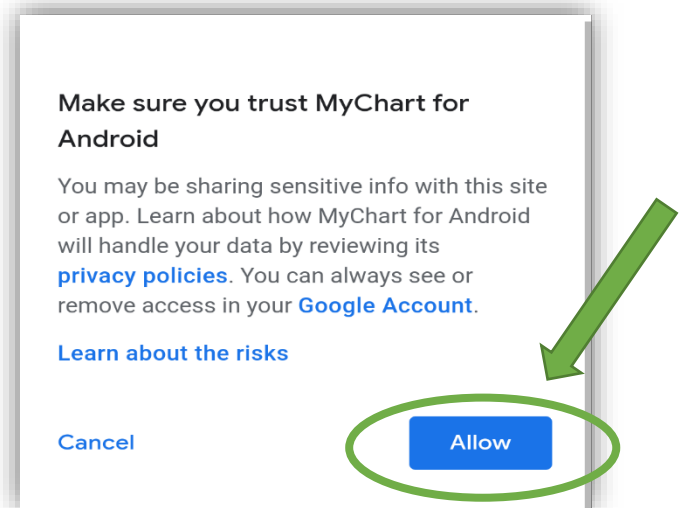
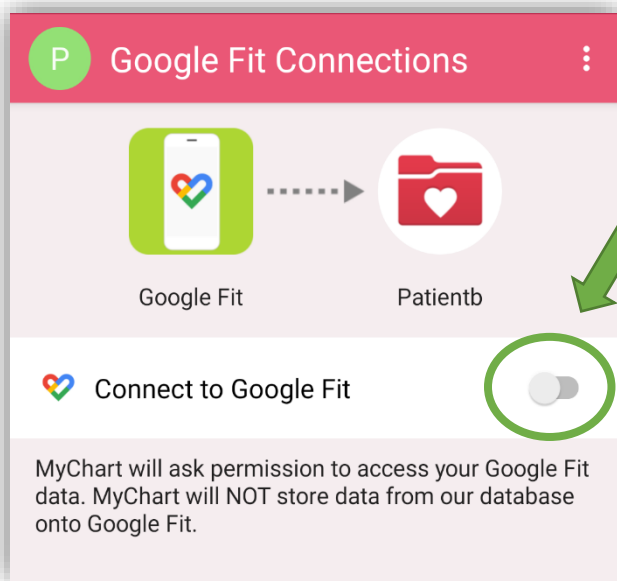
3. Flowsheets that your provider has assigned to you will appear here. Click on the flowsheet you wish to complete and follow the instructions.



4. Once in the flowsheet, you will see a button at the bottom of your screen to connect to your device. If you have a Google device, you will see “*Connect to Google Fit*”. If you have an Apple device, you will see “*Connect to Health*”.



5. Click “Connect” to review the Terms & Conditions. Once reviewed, scroll down and click on “Allow” to connect your device to MyChart.





6. Once the connection is successful the data from your device will automatically be entered into the flowsheet your provider has assigned to you. See example below.

