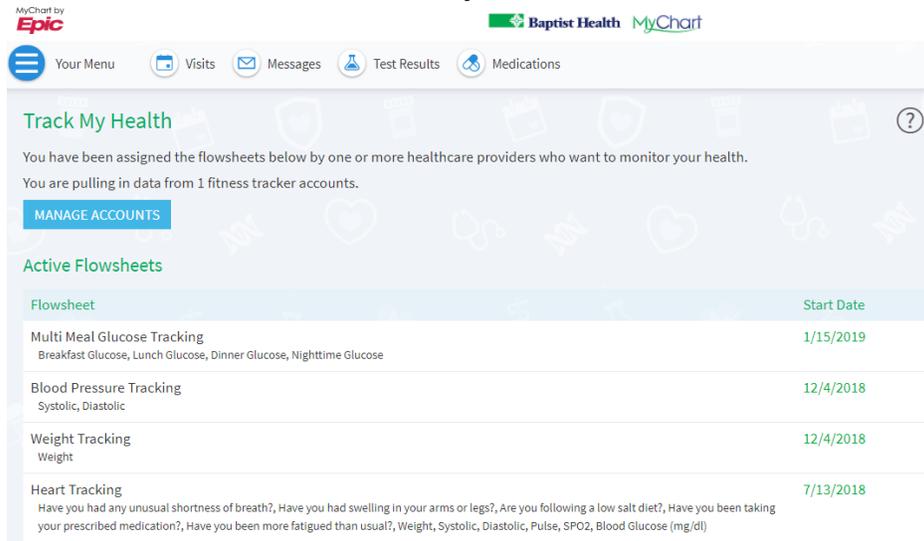


## MyChart Patient Entered Data

When your provider has asked for you to track your blood pressure, glucose, weight or exercise at home, they will place an order and this will allow you to enter the data into MyChart. This data will be filed back to chart. Use the steps below to enter readings collected at home such as blood pressure readings or glucose.

### 1. From Your Menu, select Track My Health.



The screenshot shows the 'Track My Health' interface. At the top, there are navigation icons for 'Your Menu', 'Visits', 'Messages', 'Test Results', and 'Medications'. Below the navigation is a header for 'Track My Health' with a help icon. The main content area includes a 'MANAGE ACCOUNTS' button and a section titled 'Active Flowsheets' with the following table:

Flowsheet	Start Date
Multi Meal Glucose Tracking Breakfast Glucose, Lunch Glucose, Dinner Glucose, Nighttime Glucose	1/15/2019
Blood Pressure Tracking Systolic, Diastolic	12/4/2018
Weight Tracking Weight	12/4/2018
Heart Tracking Have you had any unusual shortness of breath?, Have you had swelling in your arms or legs?, Are you following a low salt diet?, Have you been taking your prescribed medication?, Have you been more fatigued than usual?, Weight, Systolic, Diastolic, Pulse, SPO2, Blood Glucose (mg/dl)	7/13/2018

### 2. Select a Flowsheet to enter data.

### 3. Select Add New Data.



The screenshot shows the 'Blood Pressure Tracking' interface. It includes a 'MANAGE ACCOUNTS' button and an 'ADD NEW DATA' button. Below these is a 'Table' section with a date range selector (From 1/2/2019 to 3/14/2019) and a filter for '10 latest values'. The table displays the following data:

	1/2/2019 10:00 AM	1/4/2019 12:23 PM	1/9/2019 12:07 PM	2/24/2019 6:59 PM	2/25/2019 6:57 PM	2/27/2019 6:57 PM	2/27/2019 6:59 PM	3/13/2019 12:00 PM	3/14/2019 1:59 PM
<b>Systolic</b>	118	117	145	110	120	120	120	180	120
<b>Diastolic</b>	77	76	85	70	80	80	65	105	85
			edit delete	edit delete	edit delete	edit delete	edit delete	edit delete	edit delete

At the bottom of the table, there are 'TABLE' and 'GRAPH' tabs.



4. Enter a reading, then select **Continue** or use **Add Another Reading** to add additional readings.
  - a. If you have a device that is blue tooth enabled, sync your device using mobile MyChart for the reading to flow directly to MyChart.

### Add Blood Pressure Tracking 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:	9/24/2020	<input type="button" value="NOW"/>
Time:	12 : 43	<input type="button" value="AM"/> <input type="button" value="PM"/>
Systolic:	<input type="text" value="125"/>	
Diastolic:	<input type="text" value="82"/>	

5. Review entry and click **Submit**.

### Add Blood Pressure Tracking 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:	9/24/2020
Time:	12:43 PM
Systolic:	125
Diastolic:	82