

Your care team has just enrolled you in a care plan to help you manage your COVID-19 diagnosis from home. You can follow this care plan using MyChart, an interactive, personalized plan of care delivered through Mackenzie Health's free MyChart mobile app. You'll receive real-time notifications and reminders to track your health at home.

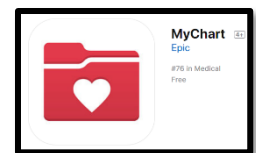
Please note that this is a remote monitoring program for individuals with mild COVID-19 symptoms that can be managed at home. Your home monitoring readings entered into MyChart are not actively monitored by your care team and will be reviewed at your next visit with the Acute Respiratory Clinic. If your symptoms worsen and you feel unwell, please visit your nearest emergency department or call 911. Otherwise please refer to the **Have a Question** section at the end of this document for other points of contact.

MyChart is Mackenzie Health's free online patient portal that allows you to access your health information at Mackenzie Health securely from your personal device. In addition to tracking your health at home as part of the COVID-19 Home Monitoring Care Plan, you can log on to any device, from anywhere at any time to stay on top of your health information, including test results, past and future appointments, visit summaries and more.

CREATING YOUR MYCHART ACCOUNT

If you are new to MyChart, you will first need to create your MyChart account on our website <https://mychart.mackenziehealth.ca>. If you have received an activation code from the hospital, click on **Sign Up Now** and follow the prompts, otherwise you can click on **Self-Sign Up Now**.

Once you have created your account by setting up your username and password, you will need to download the MyChart mobile app on your tablet or mobile device before you can access your COVID-19 Home Monitoring Care Plan. Visit the Apple App Store or Google Play Store and search for MyChart. If you are viewing this document electronically, you can click on either of the icons on the right.



TRACK YOUR HEALTH IN MYCHART

Step 1:



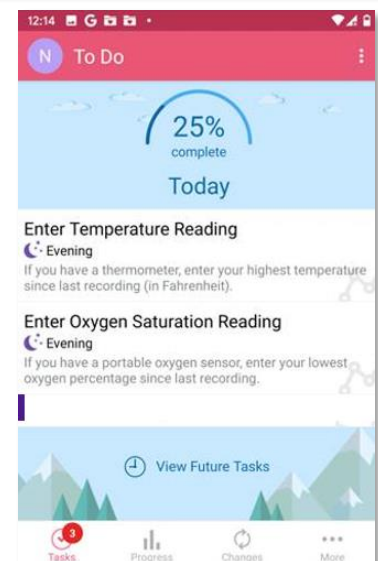
Log in to the MyChart app on your mobile device and tap the **To Do** icon on the home screen. This activity shows you a list of tasks that are due today.

Step 2:



Tap on your tasks to enter your pulse oximeter readings and temperature and select the Save icon to **save your readings**. For information on how to operate your pulse oximeter, refer to the instructions provided by MagGas that came with your device. You must take your saturation temperature and heart rate at least twice daily.

Please note that if you are unable to download the MyChart app on a mobile device, you can access the **Track My Health** feature from the **Health** menu on the MyChart website to enter your pulse oximeter readings.



MANAGING YOUR PULSE OXIMETER READINGS



- Saturation at 95% or above



- Heart rate consistently above 100 - please call the Acute Respiratory Clinic (ARC) at 905-883-1212 ext. 2064
- Saturation is 93% or 94% please call MagGas at 1-877-907-0202 to deliver oxygen to your home

EMERGENCY



If you are experiencing any of the following, please go to the nearest emergency department. If you feel that you cannot get yourself to the emergency department, call 911.

- Saturation is 92% or less
- You are having difficulties breathing or experiencing other severe or worsening symptoms

NOTIFICATION PREFERENCES

To make sure your care plan works with your schedule, you can choose when you receive notifications for tasks assigned to you and whether notifications are sent for each task, or all tasks at once. To manage your notifications, you will need to do the following within the MyChart app:

Step 1

Open the **To Do** activity, tap on **More** on the bottom left, and select **Manage To Do Reminders**.

Step 2

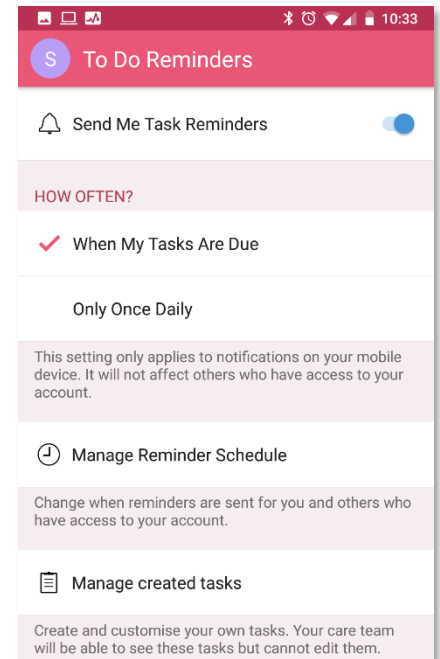
To change how often you receive notifications from the app for your tasks that are due:

- Select **When My Tasks Are Due** to receive an individual notification when each task is due, OR
- Select **Only Once Daily** to receive one combined notification for all of the tasks that are due each day

Step 3

To change what time you receive notifications throughout the day, tap **Manage Reminder Schedule**. You can set times to receive reminders for tasks that are due:

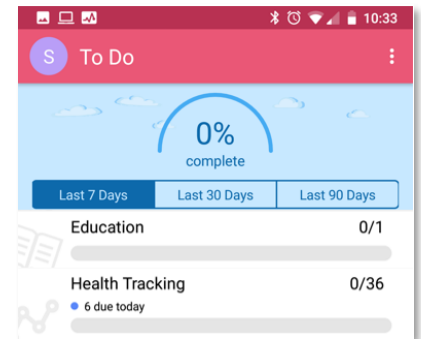
- Morning
- Midday
- Evening
- Bedtime
- By End of Day



TRACK YOUR TASK COMPLETION RATE



You can view progress towards your task completion by tapping the **Progress** icon at the bottom of the **To Do** activity. From here, you can view the number of tasks completed out of the number assigned for each task type and an overall percentage of your task completion. Use the buttons at the top to view data for the last 7 days, 30 days or 90 days at a time.



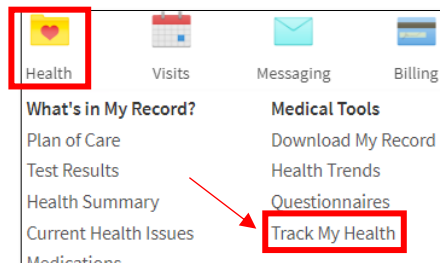
HAVE A QUESTION?

Care Plan Questions	Pulse Oximeter & Home Oxygen Support	MyChart Access & Login Issues	Non-Urgent Medical Questions
<p>Acute Respiratory Clinic (ARC) Monday to Friday 8:30 a.m. to 4:00 p.m. 905-883-1212 ext. 2064</p>	<p>MagGas Medical Inc 24 Hour Hotline 1-877-907-0202</p>	<p>MyChart Support Monday to Friday 8:00 a.m. to 4:00 p.m. 905-883-2202 mychart@mackenziehealth.ca</p>	<p>Telehealth Ontario 24/7 Hotline 1-866-797-0000 If experiencing a medical emergency, do not call Telehealth, call 911 immediately.</p>

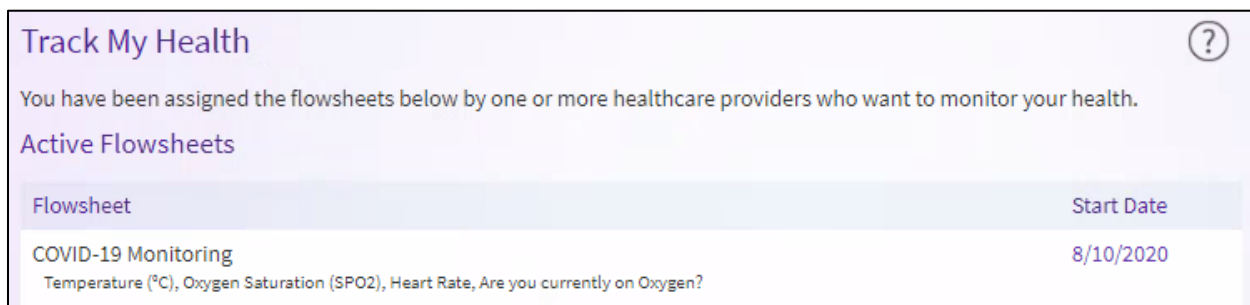
****Disclaimer:** Your home monitoring readings entered into MyChart are not actively monitored by your care team and will be reviewed at your next visit with the Acute Respiratory Clinic. If you are having difficulty breathing or experiencing other severe symptoms, please call 911 or visit your nearest emergency department. If you have any non-urgent medical questions please use the above table for additional points of contact.

I am unable to download the MyChart App, how can I track my health on a computer?

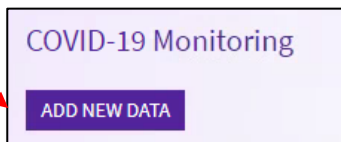
- 1) Log in to your MyChart account at mychart.mackenziehealth.ca
- 2) Select the **Health** tab at the top of the page then click on **Track My Health**.



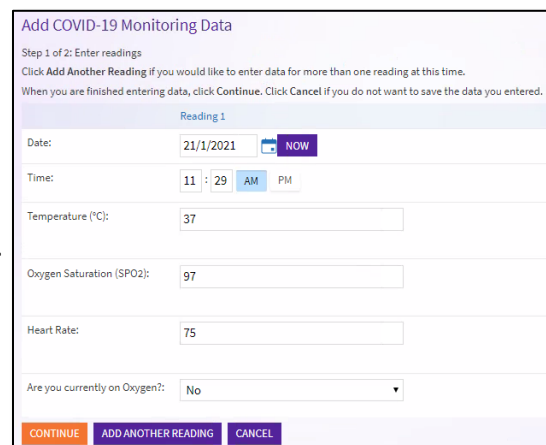
- 3) Click on the flowsheet's name to open it.



- 4) Click **Add New Data** to start recording your information.



- 5) When you have completed your entries, select **Continue**.



- 6) Verify your entries then select **Submit**.

- 7) If you need to change or remove an entry after it has been submitted, you can do so by clicking **edit** or **delete** from within your selected flowsheet.