GDM Virtual Pathway Orientation

Brought to you by the Diabetes Education Center (DEC)
Step 1: MyChart + Getting Started

- Sign up to MyChart if you have not already
- When you login to MyChart you will have access to videos and handouts about gestational diabetes (GDM) management
- Watch the videos and review the handouts in the next 2 days
Step 2: Testing Blood Sugars

- Buy a blood sugar testing machine (glucometer) and blood sugar testing strips and start to test your blood sugars.

- Enter your blood sugars on MyChart related to the time that you are testing.
  
  (Example if you are testing your blood sugar after breakfast then add the number in that section)
Step 3: Entering a Blood Sugar

1. Click Add New Data

2. Enter your blood sugars on MyChart related to the time that you are testing. You can also enter details about food.
This screen will pop up to submit the data. If you accidentally entered the wrong value, you could go back and change it.

- Depending on the value that you have entered if is above or below recommended target your clinic will be contacted and tasks will be added for you to review.
Step 4: Reviewing added tasks

- You can access your "new" added tasks by clicking the To Do tab. In the Changes sub tab, you will be notified of the added tasks.
Step 4: Reviewing added tasks

- To view the details of the added task you will click the sub tab tasks
Step 5: Reviewing education handouts and videos

- To access education material again
  - Click Menu
  - Click Education
Step 6: Customizations - Daily Reminders

- Click To Do
- Click on Manage Reminders

To Do
- Tasks
- Progress
- Changes

Manage Reminders
- Indicates a required field.

Reminder schedule
Change when reminders are sent for you and others who have access to your account. The reminder times below are in your selected time zone (Eastern Daylight Saving Time).

- **Morning**
  - 2 tasks at this time
  - Morning reminder time
    - 8:00 a.m.

- **Midday**
  - 1 task at this time
  - Midday reminder time
    - 12:00 p.m.

- **Evening**
  - 1 task at this time
  - Evening reminder time
    - 6:00 p.m.

- **Bedtime**
  - Bedtime reminder time
    - 10:00 p.m.

- **By end of day**
  - 1 task at this time
  - By end of day reminder time
    - 8:00 a.m.

Daily summary
Receive a daily summary of all incomplete tasks at the time below. Daily summaries will be sent based on your device's time zone.

- Daily summary time
  - 8:00 p.m.

Ways you receive reminders
Use the To Do section of Communication Preferences to change how you receive reminders. Communication Preferences
Customize Communication Preferences

- Go to your Menu and click on tab Communication Preferences
Next Steps

▪ Sign up to MyChart!
  - Helpline 905-832-4554 ext. 2202 or email mychart@mackenziehealth.ca

▪ Watch videos and handouts about gestational diabetes (GDM) management in the next 2 days

▪ Get your blood sugar testing machine and start testing and entering values

▪ Along the way if you have any concerns, please contact DEC at 905-883-2211 ext. 3

▪ Please provide us with feedback :)