

# MyChart Health Maintenance

Review the captions and screenshots below to learn more about this feature.

You have the option to 'Review health maintenance services' when first logging in to your MyChart account

**SENTARA.**

Welcome, Dad Mychart

Home Log Out

### You Might Want To...

- Read your new message from Steve Cohen.  
Subject: New flowsheet available.
- Review the health maintenance services we recommend you schedule soon.**
- View your 3 new test results.

Send a message to your doctor's office. Schedule an appointment. View your health summary.

#### MyChart News for You

Welcome to MyChart, brought to you by Sentara Healthcare

Use the links on the left of the screen to navigate to your area of interest. You can also search the "Health Library" for information on a variety of health and wellness topics.

#### 7 Tips for healthy living

- Move More
- Cut Fat
- Reduce Stress
- Wear Your Seat Belt

#### 7 Super foods for your health

- Salmon
- Yogurt
- Nuts
- Dark green leafy vegetables

This is the 'Health Maintenance' screen which is accessible from the 'Medical Record' module of MyChart.

It will show the due date, the date a procedure was last done, and any 'overdue' procedures. The 'due date' column is blank for any item that only needs to be completed once in a person's life.

Welcome, Dad Mychart

# MyChart

**Medical Record**

- Health Summary
- Test Results
- Medications
- Allergies
- Immunizations/Injections
- Health Maintenance
- Medical History
- Current Health Issues
- Health Trends

**Message Center**

**Appointments**

**Diabetes Center**

**Family Records**

**Health ID Card**

**Health Library**  
Find information on:  
  
**Search**

## Health Maintenance

Preventive medicine plays an important part in your health and overall well being. The following procedures are recommended for people of your age, sex, and medical history.

To request an appointment for a procedure listed below, select a check box and click **Request Appointment**.

Name	Due Date	Status	Last Done
<input type="checkbox"/> <a href="#">Pneumonia Vaccine</a>		Complete	<a href="#">05/17/2006</a>
<input type="checkbox"/> <a href="#">HEMOGLOBIN A1C (TEST FOR LONG-TERM GLUCOSE CONTROL)</a>	Overdue	Overdue	
<input type="checkbox"/> <a href="#">Creatinine (Kidney Function Test)</a>	Overdue	Overdue	
<input type="checkbox"/> <a href="#">Urine Microalbumin</a>	Overdue	Overdue	
<input type="checkbox"/> <a href="#">Tetanus Vaccine</a>	Overdue	Overdue	
<input checked="" type="checkbox"/> <a href="#">Blood Pressure</a>	Overdue	Overdue	
<input checked="" type="checkbox"/> <a href="#">Cholesterol</a>	Overdue	Overdue	
<input checked="" type="checkbox"/> <a href="#">Periodic Exam/physical</a>	Overdue	Overdue	
<input checked="" type="checkbox"/> <a href="#">Colonoscopy</a>	Overdue	Overdue	
<input type="checkbox"/> <a href="#">Digital Rectal Exam</a>	Overdue	Overdue	
<input type="checkbox"/> <a href="#">Flu Vaccine</a>	09/01/2009	Overdue	<a href="#">10/01/2008</a>
<a href="#">Swine Flu Vaccine</a>	10/01/2009		
<a href="#">Diabetic Foot Exam</a>	08/01/2010		
<a href="#">Psa</a>	08/14/2010		<a href="#">08/14/2009</a>
<a href="#">Diabetic Eye Exam</a>	09/21/2010		

**Request Appointment** Select a health maintenance procedure to request an appointment.

**Send HM Message** Click here to send a message to your provider about health maintenance tasks you may have already done.

To request an appointment for any of these procedures, select the desired procedures/activities and then click on 'Request Appointment'.

Complete the requested information for a Health Maintenance Appointment. 'Reason for Visit' field is filled in automatically by MyChart to correspond to the procedures that you 'checked'.

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## Request an Appointment

From: Dad Mychart

Want to see: Dowdy, Robert L, MD -PCP-

Reason for visit: Blood Pressure, Cholesterol, Periodic Exam/physical, Colonoscopy

Preferred dates: From 10/01/2009 to 11/01/2009

Preferred times:

	Mon	Tues	Wed	Thur	Fri
Morning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I saw in the Health Maintenance info on MyChart that I am overdue for my physical and a colonoscopy. Please schedule for me.  
I would like to go VBGH for the colonoscopy.  
Thanks,  
Dad  
555-5555

Send Cancel

[Back to the Preventive Care List](#)

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Your physician's office will then schedule the appropriate appointment, and you will automatically receive an email notification and a MyChart message concerning the new appointment. The appointment will then show up in your upcoming appointment list.

If there is an error in your information or something has already been performed by another physician use the 'Send HM Message' to send a Medical Advice Request to your physician to advise them of the corrections that need to be made.

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### Health Library

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	<u>Name</u>	<u>Due Date</u>	<u>Status</u>	<u>Last Done</u>
	<u>Pneumonia Vaccine</u>		Complete	<u>05/17/2006</u>
<input type="checkbox"/>	<u>HEMOGLOBIN A1C (TEST FOR LONG-TERM GLUCOSE CONTROL)</u>	Overdue	Overdue	
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<input type="checkbox"/>	<u>Digital Rectal Exam</u>	Overdue	Overdue	
<input type="checkbox"/>	<u>Flu Vaccine</u>	09/01/2009	Overdue	<u>10/01/2008</u>
	<u>Swine Flu Vaccine</u>	10/01/2009		
	<u>Psa</u>	08/14/2010		<u>08/14/2009</u>

**Request Appointment**

Select a health maintenance procedure to request an appointment.

**Send HM Message**

Click here to send a message to your provider about health maintenance tasks you may have already done.

The subject of the message is automatically set to Health Maintenance. Please enter the requested updates or corrections in the text box and then click on 'send'

Your physician's office will make the necessary corrections to your electronic chart and then reply to you.



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**Get Medical Advice** 

- This feature allows you to securely send non-urgent questions to your physicians practice. **If your issue is urgent, please call your physician or seek immediate care.**
- The Practice will make an effort to respond to you within 2 business days.
- All communications automatically become a part of your medical record.
- If you have a billing question, Please call your Physician's office or billing representative.
- **If this is a REFILL REQUEST, Click [here](#). If the prescription you wish to renew is not listed, contact your pharmacy directly. All requests will be reviewed and responded to within 2 business days, where possible.**

**From: Dad Mychart**

To the office of:

Subject:

Message:

Dr. Dowdy, I saw my podiatrist on 8/1/09 for my diabetic foot exam and I have an appointment next week with my opthamologist. Please update my health maintenance information to reflect these appointments.

Thanks|

Maximum 400 characters.

**Medical Record**

**Message Center**

- Inbox
- Sent Messages
- Get Medical Advice
- E-Visit
- Request Rx Renewal
- Technical Assistance
- Request a Referral

**Appointments**

**Diabetes Center**

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