

My Health, My Way Overview



What is My Health, My Way?

- My Health, My Way portal helps Waypoint advance to a recovery care future providing a platform for patients to engage in their health journey
- My Health My Way is a Patient and Consumer Health Portal that supports the hospital's values in innovation and accountability
- The My Health, My Way portal supports Waypoint Digital Health Strategy to provide clients with opportunity to be involved at all levels of care.
- It allows for patients to view information from their chart, such as; reports and visit history, to view appointments, to update contact information, and to complete self-assessments.

Access to My Health, My Way

- My Health, My Way will be rolled out at Waypoint Centre for Mental Health Care using a phased approach
- During the initial phase, My Health, My Way will be offered to patients registered to the Georgianwood programs.
- The My Health My Way Patient Portal is available, if you are 16 years of age or older and capable to consent and have legal authority to access this information
- Access to the My Health My Way Patient Portal requires a valid email address and proof of identification to enroll

Enrollment is EASY!

1. Once admitted/registered, program staff will offer enrollment to My Health, My Way
2. Provide a valid email and proof of identification (government issued ID)
3. Staff will provide or send link with one-time login ID, password, and Medical Record Number
4. Access your e-mail for link to My Health My Way enrollment (outpatient only)
5. Click on the link to access My Health My Way or use the one-time login ID and password to login (outpatient only)
6. Create a new user name, password, and security questions; enter the Medical Record Number and agree to the Terms & Conditions
7. Log on and explore My Health My Way!

EXPLORE MY HEALTH, MY WAY



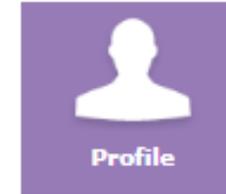
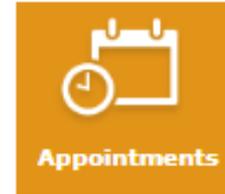
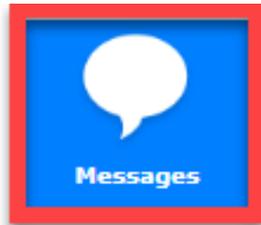
Main Page

- When you log into My Health My Way, you will be taken to the main/announcement page

The screenshot shows the My Health My Way interface. At the top right, there are links for 'Log Off' and 'Change Person'. Below this is a navigation bar with icons for Messages, Health Record, Medications, Appointments, and Profile. The 'Health Record' icon has a red dot, and a red arrow points to it with the text 'Red dots indicate tabs with new activity'. Another red arrow points to the 'MH Portal Test' text above the Medications icon, with the text 'Patient Name' next to it. Below the navigation bar is an 'Announcements' section with a welcome message and contact information for three locations: Ontario Shores, Royal Ottawa Mental Health Centre, and Waypoint Centre for Mental Health Care. It also includes a crisis line number. Below this is a 'What's New Within the Last 30 Days' section with two items: 'You have new Report activity.' and 'You have new Questionnaire activity to complete by 22 March 2023.' A red arrow points to this section with the text 'This will display new activity'. Below that is a 'Helpful Resources' section with links for Ontario Shores, The Royal, Waypoint, and a COVID-19 outbreak survey. At the bottom is an 'Upcoming Appointments' section with a red arrow pointing to it and the text 'This will display upcoming scheduled appointments'. The appointments listed are:

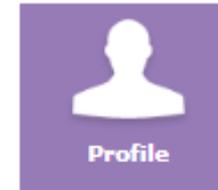
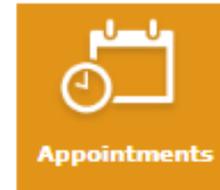
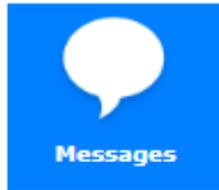
Date	Activity	Location
Mon, 27 Mar 2023 4:00 pm EDT	Self-Assessment Completion	Georgianwood (OP)
Mon, 03 Apr 2023 4:00 pm EDT	Self-Assessment Completion	Georgianwood (OP)

Messages



Messages will not be enabled for Waypoint with the initial phase. Stay tuned for updates.

Health Records



The Health Record tab allows you to view parts of your health record. Navigate through the different menus on the right side to view information

My Health My Way Home | Log Off

MH Portal Test's Health Record

Select an item below or a button to the right to view more details.
To inquire about or update the information below, reach out to members of your care team. To have any health records changed or corrected, reach out to the Privacy Officer.

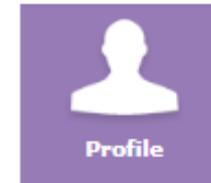
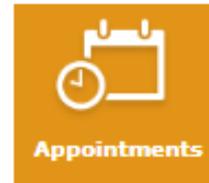
This information does not constitute medical advice or treatment and should not be used in place of a consultation with a medical professional. [Learn More](#)

Allergies	Current Conditions
azithromycin	Anemia - Specify
Fish Containing Products	Gastroesophageal Reflux Disease (GERD)
garlic	Hypertension
house dust	Hypovolemia
penicillamine	Other - Specify
	Pneumonia

Medications
acetaminophen 160 mg
bupropion 150 mg
clozapine 100 mg
clozapine Suspension 25 mg/mL
desvenlafaxine 50 mg
furosemide 20 mg
gefitinib (Iressa) 250 mg
haloperidol 5 mg
insulin lispro 100 unit/mL
lactulose 10 gram/15 mL
lorazepam 2 mg

- Visit History
- Results
- Medications
- Allergies & Conditions
- Reports
- Documents
- Health Maintenance
- Questionnaires
- Print
- Medical History

Medications



The Medication tab allows the you to view your home medications

- Medications can be clicked on to view more information

MH Portal Test's Medications

View the details of the selected medication. If this medication is a prescription, select Renew Medication to send a renewal request. If you have any questions regarding your medications please contact your physician, clinician or pharmacist. [Learn More](#)

acetaminophen 160 mg

Dose:	350 mg
Form:	suppository
Route:	rectally
How Often:	.prn as needed
Reason for Use:	testing
Prescribed By:	Waypoint,Apsychiatr 5745, MD
Total Refills:	1
Last Updated:	Thu, 07 Jul 2022

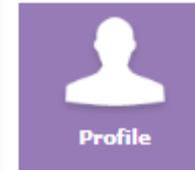
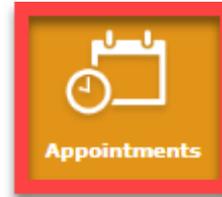
Additional Instructions: TESTING COMMENTS ON FORMATTED DATA

[Hide Information About This Medication](#)

Click to expand more information

IMPORTANT: HOW TO USE THIS INFORMATION: This is a summary and does NOT have all possible information about this product. This information does not assure that this product is safe, effective, or appropriate for you. This information is not individual medical advice and does not substitute for the advice of your health care professional. Always ask your health care professional for complete information about this product and your specific health needs.

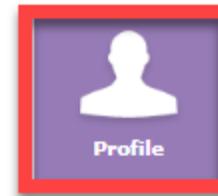
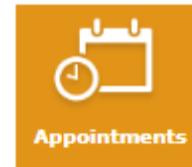
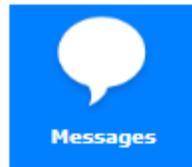
Appointments



- The Appointments tab allows you to view appointments you have scheduled at Waypoint. By clicking on an appointment, you can view the duration and location of the appointment.

The screenshot shows the "MH Portal Test's Appointments" page. At the top, there is a header with a calendar icon and the text "MH Portal Test's Appointments". Below the header, there is a sub-header "Engagement" and the date and time "Wednesday, 22 March 2023 at 10:00 am EDT". The provider information is "Lauralee Joslin, Georgianwood (OP)". The duration is "60 minutes" and the reason for visit is "Seeking Psychiatric Care". There is a section titled "To do prior to your appointment:" with a "Start" button and the text "Pre-Registration". On the right side, there are two buttons: "Back to List of Appointments" and "Print".

Profile



In the Profile tab, you can view your demographic information and update as required. To update, simply select the Update Profile tab on the right hand side and update your information accordingly. This will be verified and then updated by Health Information Management Team.

Demographic Information			
Name:	Test,Nancyb		
Preferred First Name:	MH Portal		
Pronouns:	They/Them/Their		
Address:	2 Young Street Penetanguishene, Ontario L9M 1H6		
Birthdate:	02/12/1993	Age:	29
Marital Status:	Widow/Widower		
Religion:	Declined		
Primary Phone:	705-456-4322	Phone 2:	
Email Address:	test@waypointcentre.ca		
Mother's Name:			
Primary Care Physician:	Apsychiatr 5745 Waypoint		

Support & Resources

- My Health My Way Telephone Support Line: 705-549-3181 x4941
- My Health My Way Email Support:
myhealthmyway@waypointcentre.ca
- Educational Quick Tips are available on the Waypoint Webpage
- Contact Health Information Management or your Health Care Team