



My Health, My Way Overview



My Health

My Way  + 

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.




**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 main page. At the top left is the logo "My Health My Way" with a heart and a person icon. At the top right are "Log Off" and "Change Person" links. Below the header is a navigation bar with five icons: Messages, Health Record, Medications, Appointments, and Profile. A red arrow points to the "Health Record" icon with a red dot, and another red arrow points to the "Patient Name" text above the "Appointments" icon. Below the navigation bar is an "Announcements" section with a heading and a welcome message. It lists contact information for Ontario Shores, Royal Ottawa Mental Health Centre, and Waypoint Centre for Mental Health Care. Below that is a "What's New Within the Last 30 Days" section with a heading and two activity notifications. Below that is a "Helpful Resources" section with a heading and a list of resources. At the bottom is an "Upcoming Appointments" section with a heading and a table of appointments. Red arrows point to the "What's New Within the Last 30 Days" heading and the "Upcoming Appointments" heading.

My Health My Way  Log Off

Change Person

MH Portal Test **Patient Name**

Messages Health Record Medications Appointments Profile

Red dots indicate tabs with new activity

Announcements

Welcome to My Health, My Way.

My Health, My Way only contains a portion of the medical record. You can request your full legal record from the Health Information Department of the hospital where you receive your care.

ONTARIO SHORES
Telephone - (905)430-4061
Email - myhealthmyway@ontarioshores.ca

ROYAL OTTAWA MENTAL HEALTH CENTRE
Telephone - (613)722-6521 x6338
Email - myhealthmyway@theroyal.ca

WAYPOINT CENTRE FOR MENTAL HEALTH CARE
Telephone - (705)549-3181 x4941
Email - myhealthmyway@waypointcentre.ca

If you feel as though you are in crisis, please call your family physician or attend your local emergency department. You can also call the Mental Health Crisis Line which is available 24 hours a day, 7 days a week. Their toll-free number is 1-888-893-8333.

Please be advised that the results of surveys are not monitored 24/7.

What's New Within the Last 30 Days

You have new Report activity.

You have new Questionnaire activity to complete by 22 March 2023.

This will display new activity

Helpful Resources

Ontario Shores

The Royal

Waypoint

COVID-19 outbreak survey

Upcoming Appointments

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)

This will display upcoming scheduled appointments



Messages



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



Health Records



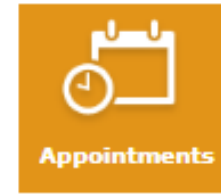
Messages



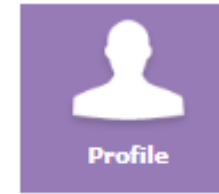
Health Record



Medications



Appointments



Profile

- 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

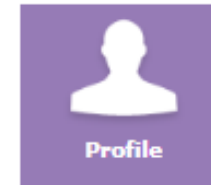
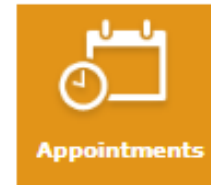
- acetaminophen 160 mg
- bupropion 150 mg
- clozapine 100 mg
- clozapine Suspension 25 mg/mL
- desvenlafaxine 50 mg
- furosemide 20 mg
- gefitinib (Iressa) 250 mg
- haloperidol 5 mg
- insulin lispro 100 unit/mL
- lactulose 10 gram/15 mL
- lorazepam 2 mg

Navigation Menu:

- 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

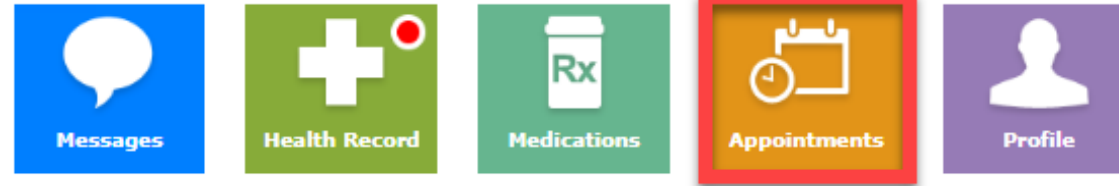
[Hide Information About This Medication](#)

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.

MH Portal Test's
Appointments

You can view the details of your appointment. [Learn More](#)

Engagement
Wednesday, 22 March 2023 at 10:00 am EDT

Lauralee Joslin
Georganwood (OP)

Duration
60 minutes

Reason For Visit
Seeking Psychiatric Care

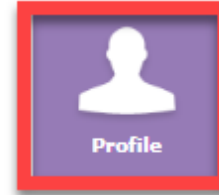
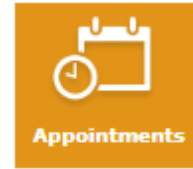
To do prior to your appointment:

[Start](#) Pre-Registration

[Back to List of Appointments](#)

[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 righthand side and update your information accordingly. This will be verified and then updated by Health Information Management Team.

My Health My Way Home | Log Off

MH Portal Test's Profile

The Profile reflects the current information in your Electronic Medical Record. Select 'Update Profile' to request an update to your profile. [Learn More](#)

[Update Profile](#)

[Print](#)

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 ext. 4941
- 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