

# Why use MyChart?

You can take charge of your health care online, anytime. See medication information, request or cancel an appointment, or print your medical information.



## See what your doctor sees in “My Medical Record”

- Keep track of your medications, lab results, immunizations and more
- Access tips for staying healthy
- Get a summary from your doctor visit
- Print a card with your medical information to carry with you



## Stay in touch with your doctor’s office

- Send and receive non-urgent secure messages
- Request referrals



## Manage your appointments

- Request or cancel an appointment
- View upcoming and past appointments



## Your privacy is important to us

- MyChart is password protected for privacy, and is sent to you using a secure connection that won’t allow others to see your information.



## A Quick Start Guide for Multnomah County Health Department Patients

TAKE CHARGE OF YOUR HEALTH WITH

# MYCHART

**Multnomah County Health Department Patients:**  
Access your medical chart online through MyChart  
Any time of the day or night

## Are You Ready?

*To use MyChart, you need:*

### INTERNET ACCESS

There are many places in the community you can use a computer if you do not have a home computer. You can also use your Smart Phone!

### A PRIVATE EMAIL ADDRESS

If you do not have an email address, you can get one for free at [www.gmail.com](http://www.gmail.com) or [www.yahoo.com](http://www.yahoo.com) (Ask us for help)

### AN ACTIVATION CODE

Our office must give you a code to access MyChart for the first time. Ask our Front Desk staff or your doctor if you are interested.

### YOUR BIRTH DATE OR SOCIAL SECURITY NUMBER

Please ask what we have on file for you if you are unsure.



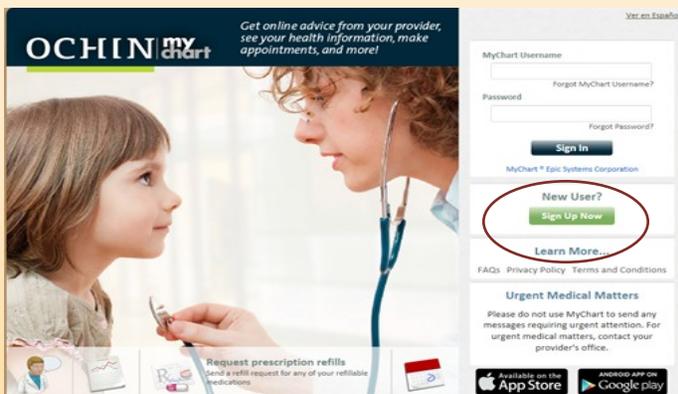
# Getting Started

Here is how you can access MyChart for the first time.

1. Visit: <https://mychart.ochin.org>

2. Click on “New User? Sign up Now.”

(The next time you log in, enter your username and password in the space above this button.)



3. Follow the step-by-step instructions. You will enter your activation code and your birth date



5. Once you activate your account, you will need to create a username and password. **IMPORTANT:** Keep your username and password in a secure place so you can access MyChart in the future.

User Name: \_\_\_\_\_

Password: \_\_\_\_\_

6. You can now use MyChart:

- See what your doctor sees in “My Medical Record”
- Stay in touch with your doctor’s office
- Request and view your appointments

See the back of this guide for more information about what MyChart can do to help you take charge of your health.

*If you forget your username or password, you can get a reminder by entering your email address into the MyChart login page.*

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*If you still need help, please call your doctor’s office*

