

# CANCER SURVIVORSHIP & TRANSLATIONAL BEHAVIORAL SCIENCES

SUPPORT / RESEARCH / THRIVE

## MY WELLNESS CHECK

My Wellness Check focuses on providing you with a personalized health care experience. By filling out the simple questionnaire, you can inform your health care team about your unique needs so they can provide you with the best possible care at your next scheduled visit.

## THE QUESTIONNAIRE ADDRESSES THE FOLLOWING AREAS:

- Practical needs, such as transportation and mobility.
- Nutrition, such as weight gain and loss.
- Emotional well-being, such as managing anxiety and fear.
- Physical symptoms, such as feeling pain and fatigue.

## HOW DO I COMPLETE MY QUESTIONNAIRE?

- You will receive an appointment reminder message via email 3 days before your scheduled visit with a link to the **MyUHealthChart Patient Portal**.
- You may access the portal and complete the questionnaire by using the **MyChart app** on your smart phone or tablet, or by visiting **MyUHealthChart.com**.
- **Sign in with the access code** provided at your last visit. The code can also be found in your after-visit summary (AVS). If you cannot find your code, please contact **877-448-1773**.
- Once logged in to the MyChart app or MyUHealthChart.com, go to your message folder and **complete the questionnaire**.

## WHAT HAPPENS WITH MY QUESTIONNAIRE RESULTS?

- Once you complete the questionnaire, **your answers are sent to medical or supportive care services teams** (e.g., social workers, dietitians) via your medical chart.
- **You may be contacted by phone** prior to arriving to your appointment **to review your responses.**
- In some cases, **your provider may review your responses with you** during your scheduled visit.
- Once your responses have been reviewed, adjustments may be made to personalize and optimize your care at Sylvester **to ensure the best possible outcome.**

## BENEFITS OF USING MYUHEALTHCHART

MyUHealthChart provides secure, online access your medical records. It allows you to confidentially communicate with your doctors, access test results, request prescription refills, manage your appointments, and complete questionnaires.

## QUESTIONS?

For more information, please contact My Wellness Check by phone at **305-243-9642** or email **MyWellnessCheck@med.miami.edu**.



[Sylvester.org/MyWellnessCheck](https://www.sylvester.org/MyWellnessCheck)