



**McMaster University
Department of Family
Medicine**

User Guide

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1.0 GENERAL INFORMATION

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1.1 System Overview

MyOSCAR is a secure and private on-line health record. Users have total control as to who can put information into their record and who can access this information. MyOSCAR is a web based system that requires minimum computer experience to manage and operate.

MyOSCAR was created to empower patients to get engaged in their health care and bridge the gap between information held by patients and information held by health providers. MyOSCAR aims to connect patients with their health care providers in a private and secure manner.

Traditionally, healthcare professionals were the only people who had access to patients' health records. This concept will be changed with the adoption of MyOSCAR, as it will enable secure sharing of health information amongst clinics, hospitals, and the patient.

MyOSCAR offers a lot of applications that could help users better manage health including: medication management, documents management, and wellness trackers.

MyOSCAR has been created with collaborations from many institutions, including McMaster University and McGill University. The institutions provide frequent updates that follow best practice guidelines. Moreover, as any Open Source project, MyOSCAR is open to enhancement contributions provided by the community.

1.2 Authorized Use Permission

MyOSCAR is an Open Source Project licensed under the GNU General Public License. Open Source software is non-proprietary, has no licensing fees and therefore able to evolve rapidly as a result of adding innovative contributions from the community.

Additional benefits of an open source product include:

- ✓ No license fees
- ✓ More cost effective than proprietary systems
- ✓ No vendor lock-in
- ✓ Complete ownership of data
- ✓ Customizable system
- ✓ Community support and involvement
- ✓ Development and contributions from users across the nation and beyond
- ✓ Peer-reviewed, secure software

1.3 Help Desk

For additional information, the help desk can be contacted at:

Website: www.myoscar.org
Toll free: +1 855 355 1855
Email: support@myoscar.org

1.4 Organization of the Manual

This document is divided into 3 sections:

1.0 General information.

This section gives an overview of the system and its objectives, brief introduction of the manual and how you can read it effectively.

2.0 Getting Started.

This section outlines the system major functionalities and where you can find them in the application interface.

3.0 Using the System.

This section explains each feature usability and proper use to get the full benefits.

1.5 Acronyms and Abbreviations

MyOSCAR: My Open Source Clinical Application and Resources (OSCAR)

ePHR: Electronic Personal Health Record

EMR: Electronic Medical Record

1.6 System Configuration

MyOSCAR is web based service that only requires three tools:

- a) Computer
- b) Internet Connection
- c) Web Browser (Recommended: Mozilla Firefox)

1.7 Data Flows

Users are at the center of information control in their MyOSCAR profile. Users hold the ability to update their profile, medication list, measurements (including: weight, blood pressure, glucose), and lifestyle notes. Any communication in MyOSCAR must be enabled by two way consent. Users have the ability to consent with physicians, and other members of their circle of care, to enable two-way data sharing. If this is enabled, physicians will be able to access health information posted by patients in the PHR and patients will be able to receive any medical documents the physician will share.

2.0 GETTING STARTED

2.0 GETTING STARTED

2.1 Sign In

If you have not obtained your access credentials, by mail, please contact MyOSCAR help desk.

The top right corner, on the main page (<http://www.myoscar.org>), contains two tabs. One tab is affiliated with McMaster University and the second tab is affiliated with Queens University. Select the appropriate tab, and type in your user name and password, to access your MyOSCAR account.



The screenshot shows the MyOSCAR website interface. At the top right, there are links for 'Contact Us' and 'FAQ', and a search bar. Below these are two tabs: 'McMaster' (selected) and 'Queen's'. The login section for McMaster University includes links for 'Video', 'Consent', and 'Need help?', followed by input fields for 'username' and 'password', and a 'Login' button. A navigation menu below the header contains 'Home', 'About MyOSCAR', 'Using MyOSCAR', 'Projects', and 'Support'. The main content area features a banner with three images: a doctor with a patient, a man using a laptop, and a woman with an elderly person. A text box over the banner reads: 'MyOSCAR is ... Your health information available from your computer, smartphone or anywhere with internet access! MyOSCAR, an electronic Personal Health Record (PHR), makes this possible giving YOU total control over your own health information'. At the bottom left of the banner are two small numbered icons, '1' and '2'.

Note: Your password is stored in an encrypted format such that even the system administrator cannot find out what it is. If you have forgotten your user name and/or password, your clinic can assist you in resetting the password, but will not be able to provide you with the original password.

2.2 Authentication

Authentication is the process that allows you to connect your MyOSCAR account with a Health Care Provider or Clinic. This process is necessary to confirm that you are the person who owns and has access to your MyOSCAR account. There are three different levels of authentication:

Level 1: Self-manage and personally enter information (no authentication required)

Level 2: Self-manage and personally enter information, securely message the clinic and book appointments online (in person authentication not required; mail, fax or email a signed copy of the Health Information Sharing Consent Form* to your Health Care Provider or Clinic)

Level 3: Self-manage and personally enter information, securely message the clinic, book appointments online and receive all documents and features listed in the table (authenticate in person and present a signed copy of the Health Information Sharing Consent Form* to your Health Care Provider or Clinic)

There are two options for authentication:

Option 1: Online set-up and in-person authentication (Level 3 Authentication)

1. Watch the MyOSCAR video tutorial explaining the setup, consent and data sharing processes.
2. Print off the online Health Information Sharing Consent Form and sign.
3. Present the Health Information Sharing Consent Form and a photo ID in person to a clinic receptionist (note: the receptionists must verify your identity).
4. Once the administrator has verified your ID in person, your account will be fully authenticated at Level 3.

Option 2: Online set-up and mail, fax or email authentication (Level 2 Authentication)

1. Follow steps 1 to 3 above in option 1
2. Mail, fax or email your Health Information Sharing Consent Form to one of the participating clinics and someone from the clinic will call you to verify your ID
3. Once the administrator has verified your ID by phone, your account will have Level 2 authentication.

2.3 System Menus

https://maple.myoscar.org:11042/myoscar_client/frame_layout_with_menus.jsf - Google Chrome

https://maple.myoscar.org:11042/myoscar_client/frame_layout_with_menus.jsf

My Personal Health Record : Jane Smith

My Account Messages Sign Out

MyOSCAR
Your Connection To Health.

Welcome to MyOscar

MyOSCAR is your secure, private on-line health record. This means that you can store online, the personal health information you choose to add. It is secure because information does not travel on the Web, but instead goes through the main hub of MyOSCAR or to other MyOSCAR account holders you share with. You have total control as to who can put information into your record and with whom you share this information. With MyOSCAR you can do all this from the privacy of your home. All you need is access to a computer, a MyOSCAR account, and the Internet. Some examples of what you can do are:

- manage your prescription medications, vitamins, herbs and alternative therapies
- report how you are feeling before and after using a new medication
- track and manage symptoms
- track health behaviours such as diet and exercise
- access health information about topics of interest to you that have been chosen by health professionals to be reliable

If your doctor or pharmacist has the OSCAR system, you may also be able to:

- communicate securely with your doctor, pharmacist or other health
- request copies of your records such as lab results, prescription profile, or scanned documents
- make appointment requests or cancel appointments

Select an item from the menu to get started.
[For information on MyOSCAR, including information on privacy and security please click here.](#)

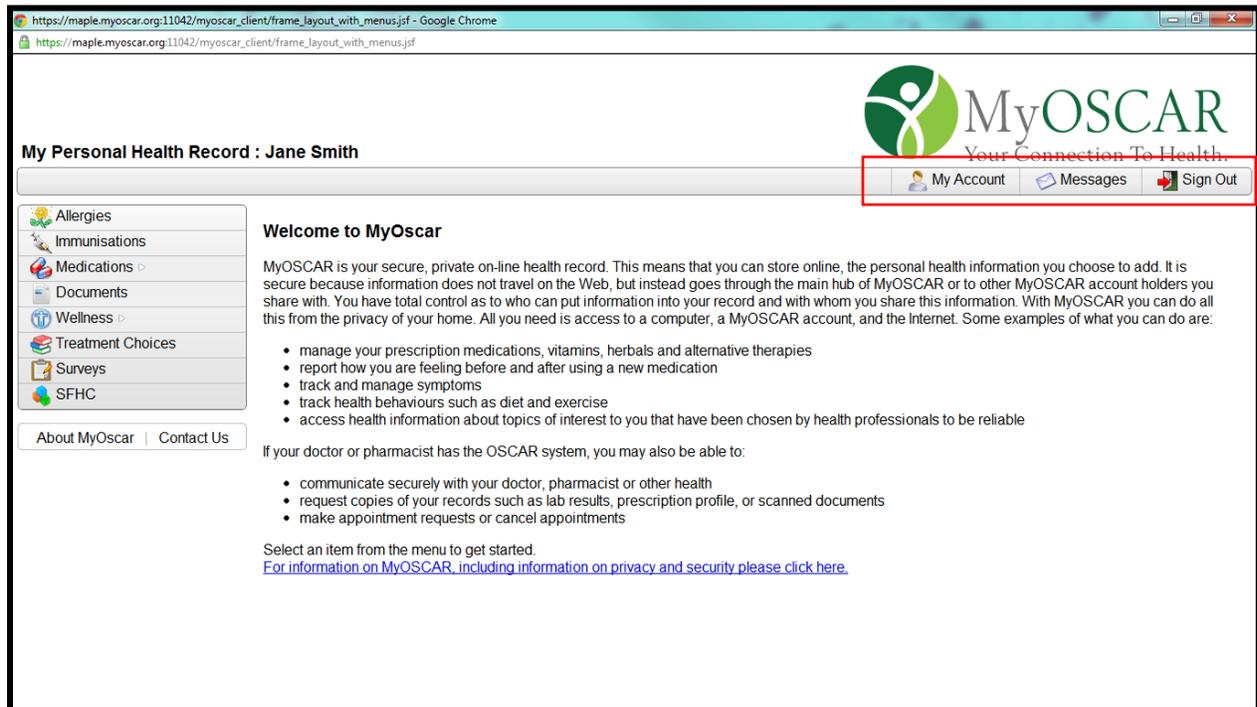
Allergies
Immunisations
Medications
Documents
Wellness
Treatment Choices
Surveys
SFHC

About MyOscar | Contact Us

When logging into MyOSCAR for the first time, user will be prompted to read and accept the terms of use. If the terms of use are not accepted, MyOSCAR will log the user out and the user will not be able to access their profile until the terms of use are accepted.

When the terms of use are accepted, user will be directed to MyOSCAR's main page. The page is divided into 2 navigation panes; the horizontal menu bar consists of administrative applications and the left navigation pane which consists of health applications.

2.3.1 Horizontal menu bar



From left to right:

- **My Account**

Allows user to manage account settings.

- **Profile**

Area for user to store: Demographic information, emergency contact information, health insurance information.

- **Preferences**

Area for user to change password and enable/disable modules and applications.

- **Groups *under development***

Area for user to manage memberships in any research study or user group.

- **Access and Sharing**

Area for users to grant other users access to their account and specify the information is to be shared.

- **Account Audit**

To monitor your account activities, including: when the account was accessed, who accessed the account, and what information was accessed.

- **Messages**

Allow the user to send a message to anybody who the user has granted a relationship to.

- **Sign Out**

Allows the user to exit the system and quit the account.

2.3.2 Vertical Navigation Pane

My Personal Health Record : Jane Smith

MyOSCAR
Your Connection To Health.

My Account Messages Sign Out

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Select an item from the menu to get started.
[For information on MyOSCAR, including information on privacy and security please click here.](#)

About MyOscar | Contact Us

The side menu bar provides access to modules that can help the user create a complete health record. The modules include:

- **Allergies**

Allows user to record all the items they have allergies to, these can be shared as needed.

- **Immunization**

Allows user to keep a record of immunizations and setup reminders for upcoming immunizations.

- **Medications**

Allows user to record and update both current and previous medications. A subset of medications including: prescription medications, vitamins and supplements, over the counter medications, herbal and alternative medications, and other medications.

- **Documents**

Allows users to upload various health related documents, including: laboratory reports, radiology reports.

- **Wellness**

Allows user to create and update health tracker measurements, including: Blood Pressure, Blood Glucose, height and weight. This module also allows users to set goals for specific trackers.

- **Treatment Choices**

Provides the user with management advice on 10 common health conditions.

- **Surveys**

Allows users to take part in various surveys, including: surveys for better health outcomes and risk assessment surveys.

- **Appointment Application *only available for pilot site clinics***

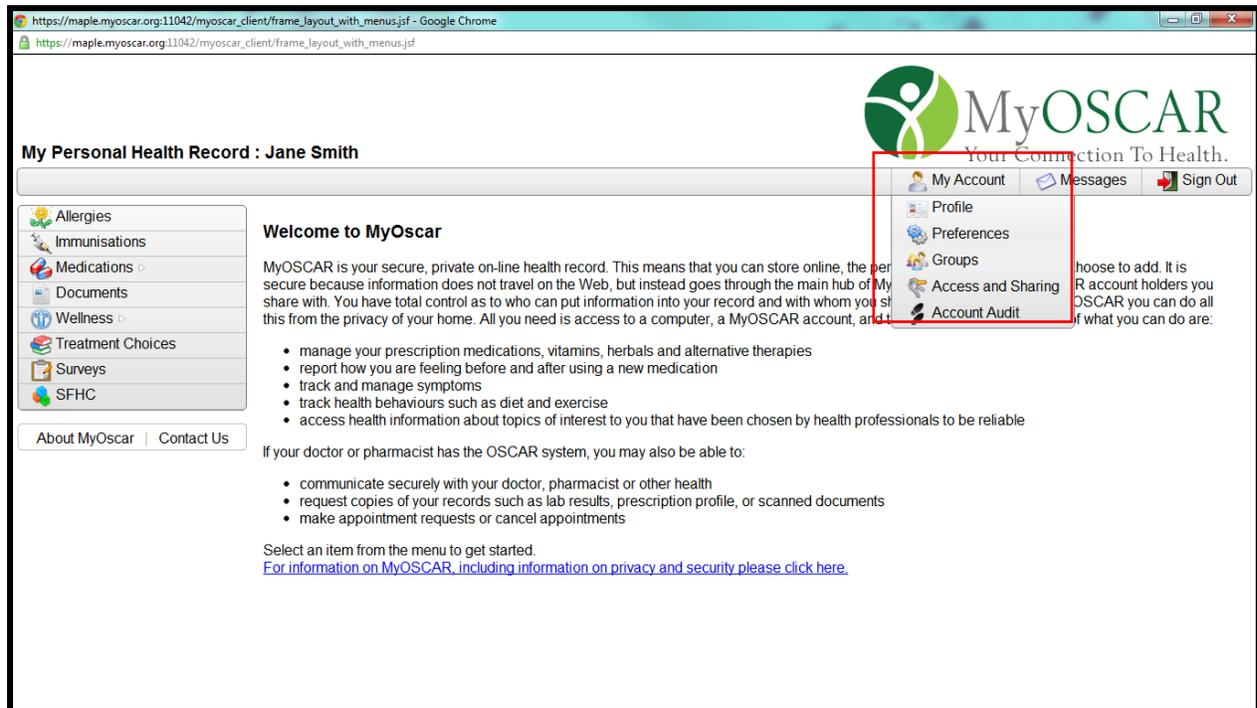
This is a clinic specific module. This module allows users to book online appointments for their clinic.

3.0 USING THE SYSTEM

3.0 USING THE SYSTEM

3.1 Horizontal Menu Bar

3.1.1 My Account



The “My Account” menu offers 5 options:

- **Profile**

User profile is divided into 3 sections:

1. Personal information

Your demographics and contact information

Personal Information

First Name	<input type="text" value="Jane"/>
Last Name	<input type="text" value="Smith"/>
Street Address	<input type="text" value="147 Butterfly Rd"/> <input type="text"/>
City	<input type="text" value="Hamilton"/>
Province	<input type="text" value="ON - Ontario"/>
Postal Code	<input type="text" value="N2L 3M8"/>
Birth Date	<input type="text" value="1988"/> - <input type="text" value="5 (May)"/> - <input type="text" value="5"/>
Gender	<input type="text" value="Female"/>
EmailAddress	<input type="text" value="jane@smith.com"/>
Phone Number	<input type="text" value="519-239-6578"/>
Phone Number	<input type="text" value="519-905-2345"/>

2. Health Insurance Information

Health Insurance

Public

Health Card Number

Private

Company Name

Group Plan Number

Member Number

3. Emergency Contact Information

A contact that can be reached in case an emergency that concerns the user.

Emergency Contacts

Name

Relationship

Phone Number

Phone Number

EmailAddress

- **Preferences**

Allows the user to perform the following actions:

- **Change Password**

Note: Your user name and password are the only credentials that authenticate your access, so please keep them confidential.

If you want to change your password, please follow the steps below:

1. Sign in to your account.
2. From the Top menu bar click on [My Account](#) then select [Preferences](#).
3. Type your current password in the field labeled 'Previous Password', located in the [Change Password](#) section.
4. Type your new password in the field labeled 'New Password'.
5. Retype the same password, that was entered in the 'New Password' field, in the field labeled 'Confirm New Password'.
6. Click [Save](#).

For security purposes: We recommend you change your password every 3 months.

- **Change Preferences**

I agree to terms and conditions for the usage of MyOscar

In order to use MyOSCAR, the user must agree to the terms and conditions.

I would like to be asked to participate in research studies

The user can indicate if they would like to be asked to participate in health related research studies or MyOSCAR enhancement.

Send me an email notification for new messages

If checked, this option allows the user to be notified of any new MyOSCAR messages, by sending an email to their personal inbox.

Send me an email notification for new documents

If checked, this option allows the user to be notified of any new documents they received in MyOSCAR, by sending an email to their personal inbox.

- **Modules**

Modules	
<input checked="" type="radio"/> Messages	Hide
<input checked="" type="radio"/> Allergies	Hide
<input checked="" type="radio"/> Immunisations	Hide
<input checked="" type="radio"/> Medications	Hide
<input checked="" type="radio"/> Documents	Hide
<input checked="" type="radio"/> Treatment Choices	Hide
<input checked="" type="radio"/> Blood Pressure	Hide
<input checked="" type="radio"/> Blood Sugar	Hide
<input checked="" type="radio"/> A1C Diabetes Test	Show
<input checked="" type="radio"/> Height and Weight	Hide
<input checked="" type="radio"/> Other Health Trackers	Hide
<input checked="" type="radio"/> General Symptoms	Hide
<input checked="" type="radio"/> Surveys	Hide
<input checked="" type="radio"/> SFHC This is the SFHC MyOSCAR App	Hide

All the MyOSCAR modules are customizable (show/hide) based on user's preferences. For example, if the user is not diabetic, then the user can the A1C Diabetes Test module, as they don't need to actively track their blood glucose.

- **Groups *under development***

When developed, this feature will allow users to participate in studies and connect with community of users who may share a health condition, or have an interest to learn more about a health condition.

- **Access and Sharing**

My Personal Health Record : Jane Smith

You can share the information in your MyOSCAR account with different people if you choose to. Through MyOSCAR you can include family members, friends, and healthcare providers in the process of your care by adding their username below. Their Username will be the first part of their MyOSCAR address. For example, for clinical.support@myoscar.org, you would enter "clinical.support".

If you decide to share your MyOSCAR record with anyone, there are different 5 levels of access you can give them (primary care provider, patient, family member, research administrator, friend). Each level will share different sections of your MyOSCAR record with your chosen individual/group. The 5 levels of access are described in the User Manual.

Add

Username	Relationship
bob.smith	Family Member

Access I have granted to others

Username	Relationship
----------	--------------

Access other people have given me

Relationship	Username
--------------	----------

This area allows the user to grant others access to the user's account. Type the MyOSCAR username of the person that you want to share your information with and assign them a role. MyOSCAR has defined 6 roles that the user can assign another user, these roles are reflective of what health information is visible to that relationship. These roles are as follows:

- **Family Member**
Individual with this role can read and leave the user notes
- **Friend**
Individual with this role can see the user's contact information
- **Patient**
This role is created for physicians to manage their patient roster.
- **Primary Care Provider**

Individual with this role can read health information, edit health information, and post notes for the user

- **Research Administrator**

Individual with this role is the person who is leading a study that the user is participating in. An individual with this role can access the user's health record for research purposes.

- **Research Subject**

This role is created for a Research Administrator to organize and manage the participants involved in their research.

Note: Everyone you assign a relationship to, will be able to send you a secure message.

- **Account Audit**

My Personal Health Record : Jane Smith

My Account Messages Sign Out

Allergies
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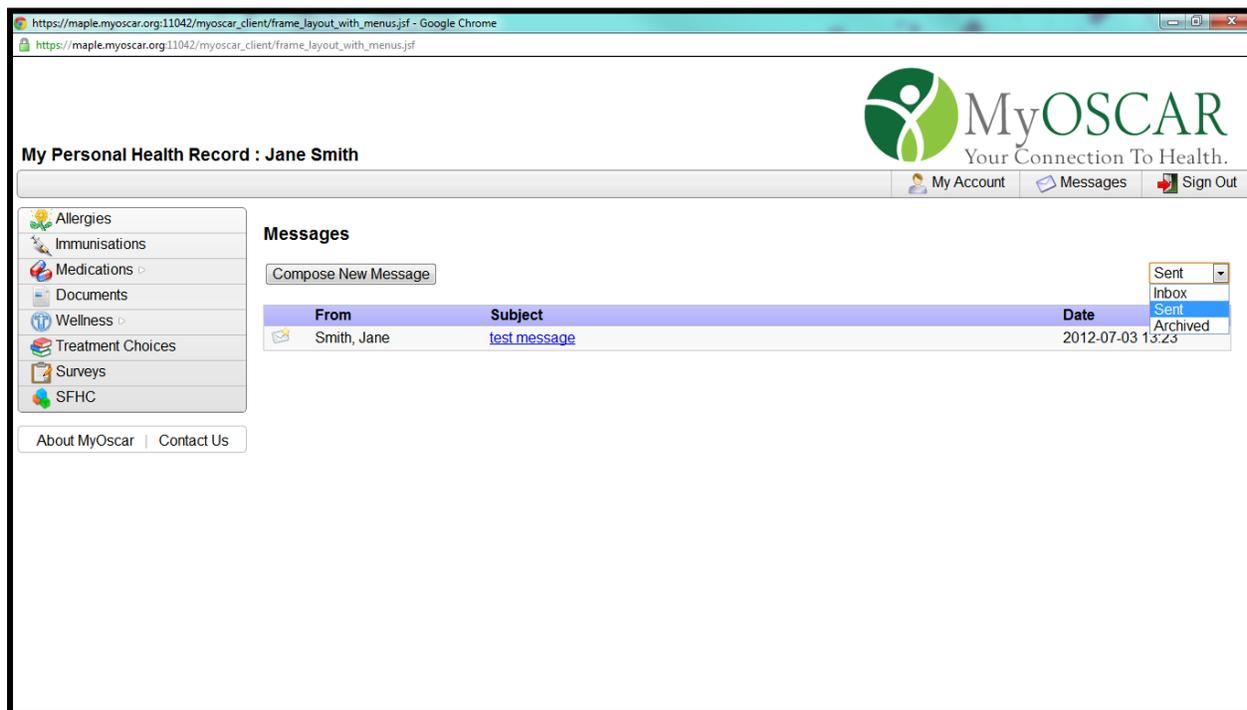
Previous Site Usage

Next -->

Time	Action	Item Id
2012-07-03 11:16:12	LOGIN	
2012-07-03 11:16:12	GET:/myoscar_client/frame_layout_with_menus.jsf	
2012-07-03 11:16:12	GET:/myoscar_client/resources/components/frame_left_menu.jsf	
2012-07-03 11:16:12	GET:/myoscar_client/welcome.jsf	
2012-07-03 11:20:52	GET:/myoscar_client/settings/edit_personal_info.jsf	
2012-07-03 11:26:13	GET:/myoscar_client/settings/account_settings.jsf	
2012-07-03 11:42:16	POST:/myoscar_client/settings/account_settings.jsf	
2012-07-03 11:42:17	GET:/myoscar_client/frame_layout_with_menus.jsf	
2012-07-03 11:42:17	GET:/myoscar_client/resources/components/frame_left_menu.jsf	
2012-07-03 11:42:17	GET:/myoscar_client/settings/account_settings.jsf	
2012-07-03 11:45:15	GET:/myoscar_client/settings/groups_list.jsf	
2012-07-03 11:45:17	POST:/myoscar_client/settings/groups_list.jsf	
2012-07-03 11:47:15	GET:/myoscar_client/settings/relationships.jsf	
2012-07-03 11:47:29	POST:/myoscar_client/settings/relationships.jsf	
2012-07-03 11:47:30	REMOVE_RELATIONSHIP	31266
2012-07-03 11:47:41	POST:/myoscar_client/settings/relationships.jsf	
2012-07-03 11:47:51	GET:/myoscar_client/settings/relationships.jsf	
2012-07-03 11:47:51	LOGOUT	

Allows user to monitor the transactions made in their account.

3.1.2 Messages



Allows the user to send, anybody who has granted them a relationship, a secure message. Allows the user to receive messages from anybody who has been granted a relationship by the user. Messaging functionality will allow secure communication between patients and health professionals. Messages sent or received cannot be deleted, to track all communication and keep future reference.

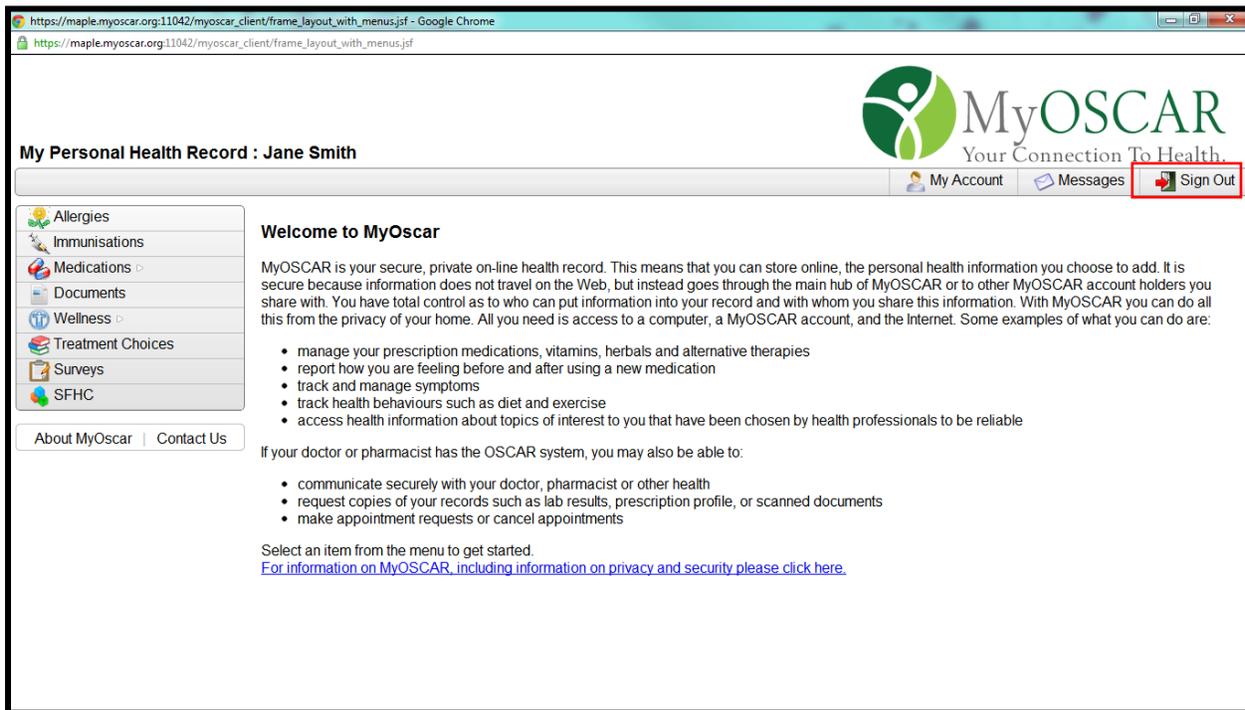
Message module is classified into 3 categories,

1. **Inbox** for messages that have been received
2. **Sent** for messages that have been sent
3. **Archived** for messages that user does not want to appear in their inbox don't need to see in the inbox

To compose a new message:

1. Click on "[Compose New Message](#)"
2. Select the recipient from the drop down menu
3. Create a subject
4. Create a message
5. Click "[Send](#)"

3.1.3 Sign Out



The screenshot shows a web browser window displaying the MyOSCAR user interface. The browser's address bar shows the URL https://maple.myoscar.org:11042/myoscar_client/frame_layout_with_menus.jsf. The page header includes the MyOSCAR logo and the tagline "Your Connection To Health.". Below the logo, the user's name "Jane Smith" is displayed. A navigation bar contains links for "My Account", "Messages", and "Sign Out", with the "Sign Out" button highlighted by a red rectangular box. On the left side, there is a vertical menu with icons and labels for "Allergies", "Immunisations", "Medications", "Documents", "Wellness", "Treatment Choices", "Surveys", and "SFHC". Below this menu are links for "About MyOscar" and "Contact Us". The main content area features a "Welcome to MyOscar" heading, a paragraph explaining the system's security, and two bulleted lists of capabilities. The first list includes managing medications, reporting feelings, tracking symptoms, and accessing health information. The second list includes secure communication, requesting records, and making appointment requests. A link for "For information on MyOSCAR, including information on privacy and security please click here." is provided at the bottom of the main content area.

If you are using a shared computer or are planning to leave your computer unattended, you should sign out from your account.

Note: *All the system activities are logged and recorded by user name. Not signing out might result of other person use your account and all the activities will be on your record. Signing out ensures that no unauthorized person can access your MyOSCAR account.*

3.2 Vertical Navigation Pane

3.2.1 Allergies

The screenshot shows the MyOSCAR web application interface. The browser address bar displays the URL: https://maple.myoscar.org:11042/myoscar_client/frame_layout_with_menus.jsf. The page title is "My Personal Health Record : Jane Smith". The MyOSCAR logo is visible in the top right corner, along with the tagline "Your Connection To Health." and navigation links for "My Account", "Messages", and "Sign Out".

The left navigation pane contains the following items: Allergies, Immunisations, Medications, Documents, Wellness, Treatment Choices, Surveys, and SFHC. Below the navigation pane are links for "About MyOscar" and "Contact Us".

The main content area is titled "Allergies" and features an "Add" form. The form fields are as follows:

- What are you allergic to:
- What is the allergic reaction:
- Severity of the reaction:
- Onset of reaction:
- Age of onset:

Buttons for "Save" and "Cancel" are located at the bottom of the form.

Below the form is a table listing existing allergies:

What are you allergic to	What is the allergic reaction	Severity of the reaction	Onset of reaction	Age of onset
Pollen	Itchy eyes, watery nose	Moderate		15

Allows user to log all items that have associated allergies.

3.2.2 Immunization

The screenshot shows the MyOSCAR web application interface. The header includes the MyOSCAR logo and the tagline 'Your Connection To Health.' Below the header, there are links for 'My Account', 'Messages', and 'Sign Out'. The main content area is titled 'My Personal Health Record : Jane Smith' and features a navigation menu on the left with options like Allergies, Immunisations, Medications, Documents, Wellness, Treatment Choices, Surveys, and SFHC. The central 'Immunisations' section contains an 'Add' form with the following fields: Immunisation Type (HPV), Vaccine Name (Gardasil), Manufacture (xyz), Lot (xyz), Route (injection), Dose (x), Date (2012-05-19 00:00), Location (Family Physician Office), Next Date (2012-05-25), and Comments. Below the form is a table with the following data:

Immunisation Type	Vaccine Name	Date	Next Date	Location
HPV	Gardasil	2012-05-19	2012-05-25	Family Physician Office

Allows user to log immunizations.

Note: To use this service effectively, user should seek level 3 authenticated, by their health clinic. Users authenticated to level 3 will have the ability to **automatically** receive immunization information from the clinic into their MyOSCAR profile.

To enter your immunizations **manually** please fill up the following fields:

- **Immunizations Type**
What the immunization is preventing.
- **Vaccine Name**
Pharmaceutical name of the immunization.
- **Manufacture**
Name of company where vaccine was produced.
- **Lot**
Number that identifies the batch that the vaccine was part of. This number is important as it can help detect potential recalls.
- **Route**
Method of Intake.
- **Dose**
Amount of Intake.
- **Date**
Date the immunization was received.

- **Location**
Where the immunization was obtained.
- **Next Date**
Applicable if immunization has a follow up booster, to be scheduled.
- **Comments**
Any additional information required for user's records. (Example: Immunization was obtained as part of a pre-vacation physical)

3.2.3 Medications

My Personal Health Record : Jane Smith

Medications

Please enter any prescription, vitamins/supplements, over the counter medications as well as herbal medications/ alternative therapies that you have taken or are currently taking.

Add

Medication Type: Over the counter Medications

Drug Name: Advil

Dose: 2 tablets

Strength: 200 mg

Frequency: 2 times a day

Date Started: 2012-07-01

Date Stopped: 2012-07-13

Reason for taking: severe headaches

Prescriber: Self-prescribed

Refill Date:

Renew Date:

Allows users to keep track of medications being taken and medication history. To add a medication, fill in the following fields:

- **Medication Type**
Allows user to specify if medication is: Prescribed, Vitamin & Supplement, Over the counter, Herbal & Alternative, or other.
- **Drug Name**
Commercial name of the drug.
- **Dose**
The amount of medication consumed at one time. (ex. 2 tablets)

- **Strength**

The strength of the medication. (ex. 200 mg size tablet)

- **Frequency**

How often the medication is being consumed (ex. 2 times/day)

- **Date Started**

Date that drug intake was started.

- **Date stopped**

Date the drug intake was stopped.

- **Reason for taking**

Purpose of drug intake.

- **Prescriber**

Who ordered the medication use.

- **Refill Date**

Applicable if the prescriber has specified a refill date.

Renew Date

Date to schedule a physician appointment in order to renew the prescription.

3.2.4 Documents

The screenshot shows the MyOSCAR web application interface. The header includes the MyOSCAR logo and the text "Your Connection To Health." Below the header, there is a navigation menu on the left with options like Allergies, Immunisations, Medications, Documents, Wellness, Treatment Choices, Surveys, and SFHC. The main content area is titled "My Personal Health Record : Jane Smith" and features a "Test Results and Reports" section. This section contains a form for adding a document with fields for "Description" and "File" (with a "Choose File" button), and an "Add" button. Below the form is a table listing documents:

Description	File Type	Date
2012 physical - blood report	application/vnd.openxmlformats-officedocument.wordprocessingml.document	2012-07-03

Allows user to store and archive all the paper documents, scanned reports, and laboratory results.

Note: *If the user is authenticated to Level 3, the user will be able to receive health documents **automatically** from the clinic*

To add documents **manually** please follow the steps below:

1. Give the file an appropriate name.
2. Click [Choose File](#) to select the file from your computer.
 - a. MyOSCAR supports the following types: PDF, DOC(X), XLS(X), JPEG, PNG*, BMB, GIF, TIFF.
3. Click [Add](#) to upload the document to your record.

ICONS: After uploading a document there are 3 functions that you can use: Download the document  (applicable if document has been received from an outside source), write a note on the document  or delete the document .

* Please note that saving your documents in PNG format allow faster document retrieval and better preview quality

3.2.5 Wellness

The screenshot shows the MyOSCAR patient portal interface. The browser address bar indicates the URL: https://maple.myoscar.org:11042/myoscar_client/frame_layout_with_menus.jsf. The page title is "My Personal Health Record : Jane Smith". The MyOSCAR logo is displayed in the top right corner with the tagline "Your Connection To Health.". Navigation links for "My Account", "Messages", and "Sign Out" are visible. A left-hand navigation menu lists various health categories, with "Wellness" expanded to show options like "Blood Pressure", "Blood Pressure Chart", "Blood Sugar", "Height and Weight", "Other Health Trackers", "Other Health Trackers Chart", and "General Symptoms". The main content area is divided into two sections: "Vital Signs" and "Other Health Monitoring".

Vital Signs	
Blood Pressure	It is important to have your blood pressure checked regularly regardless of whether or not you have high blood pressure. High blood pressure has no warning signs or symptoms - which is why it is often called a 'silent killer'. If home blood pressure readings are done properly they may reflect your usual pressure more than those done in the doctor's office. Regular blood pressure checks help make sure that high blood pressure is diagnosed and controlled before it leads to serious health problems.
BMI	Body mass index and waist size have been used by Health Canada as indicators of health risks. This classification system is aligned with the World Health Organization's recommendations widely adopted internationally.
Other Health Monitoring	
Glucose Tracker	<p>If you have diabetes, you should try to keep your blood glucose levels as close to your target range as possible. This will help to delay or prevent complications of diabetes. Checking your blood glucose levels will:</p> <ul style="list-style-type: none"> • provide a quick measurement of your blood glucose level at a given time • determine if you have high or low blood glucose level at a given time • show you how your lifestyle and medication affect your blood glucose levels • help you and your diabetes healthcare team to make lifestyle and medication changes that will improve your blood glucose levels

At the bottom of the page, there are links for "About MyOscar" and "Contact Us".

Allows user to record various health trackers. The [Wellness](#) option offers the following choices:

- **Blood Pressure:** allows user to track blood pressure readings and create a goal reading.

My Personal Health Record : Jane Smith

My Blood Pressure Readings allows you to measure your blood pressure. You may enter your systolic and diastolic reading as well as your heart rate. Please indicate the date and time at which you took your reading as well as where you measured it. You may also select the medication you are currently taking to treat your blood pressure.

Please speak with your family doctor to see if there are specific instructions about how often to monitor your blood pressure. Your family doctor may set goals for your blood pressure. Please follow your physician's instructions.

By selecting "Blood Pressure Chart" you can track your blood pressure using graphs available in MyOSCAR. You will be able to see the improvements that you have made in controlling your blood pressure.

Add

Sys/Dia: 150 / 69
 Heart Rate Beats/min: 60
 Date: 2012-05-18 14:40
 Measured At: Home
 BP Meds?

My Goal

Sys: 150 To 120
 Dia: 70 To 80

Sys/Dia	Heart Rate	Date	Measured At	BP Meds?
150/69	60	2012-05-18 14:40	Home	Yes
120/80	60	2012-05-18 14:38	Home	No

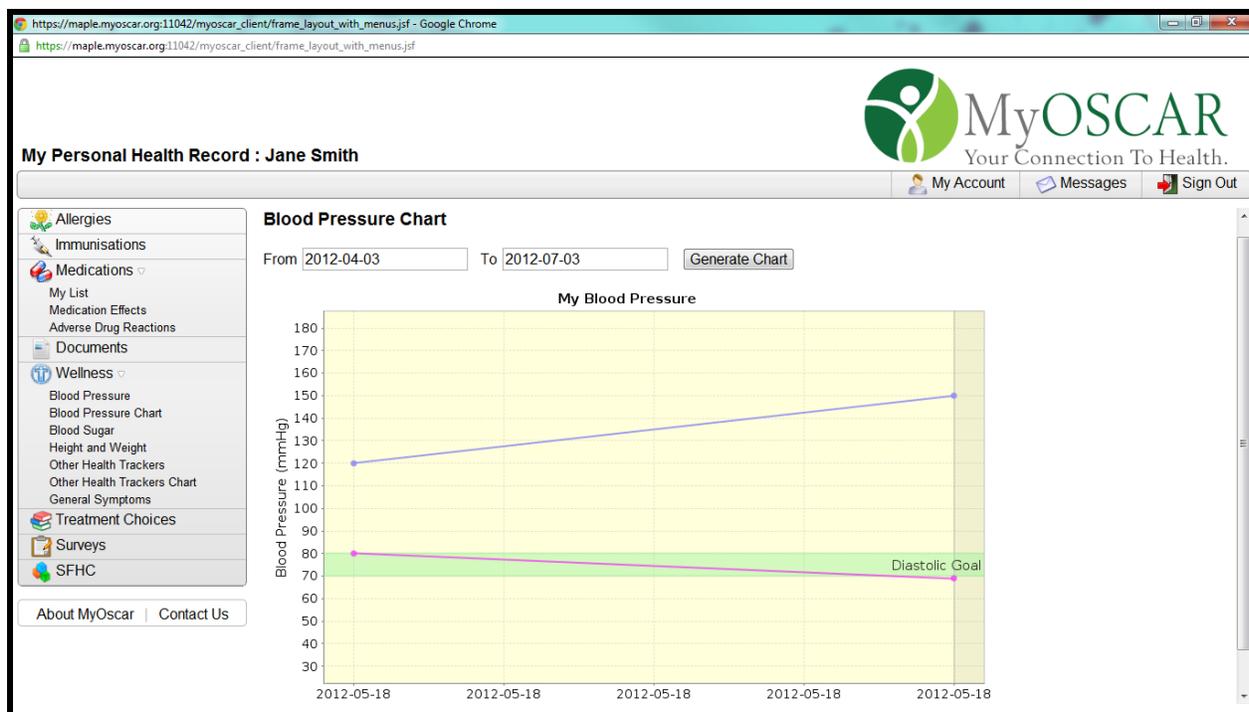
In the **Add** section, user can enter in the following fields to create a complete reading record

1. Type your **Sys/Dia** .
(Systolic is the higher number and Diastolic is the lower number)
2. Type your heart beat rate.
3. Select the date and time this measurement was taken.
4. Select the location where the measurement took place.
5. Check the **BP Meds?** Checkbox if you are using any Blood Pressure Medication.
6. Click **Save** to enter this reading into your health record, for future reference.

User can set a Blood pressure goal by defining a range for Systolic and Diastolic readings in the **My Goal** box. Then click **Save**.

If you want to delete any instance from your record, click on the Trash icon () beside the record that is to be remove.

- **Blood Pressure Chart:** This is a graphical representation of the measures entered in the **Blood Pressure** sub menu. Used to determine Blood Pressure trend over a course of time.



- **Blood Sugar:** allows users to track blood sugar, as needed.

My Personal Health Record : Jane Smith

My Glucose Tracker

Please enter your blood glucose reading below. You may add details to your readings, for example: "fasting blood glucose". Results of you blood glucose done at the lab may also appear on this chart.

Add

Glucose Value: mmol/L

Date:

Measured At:

Details:

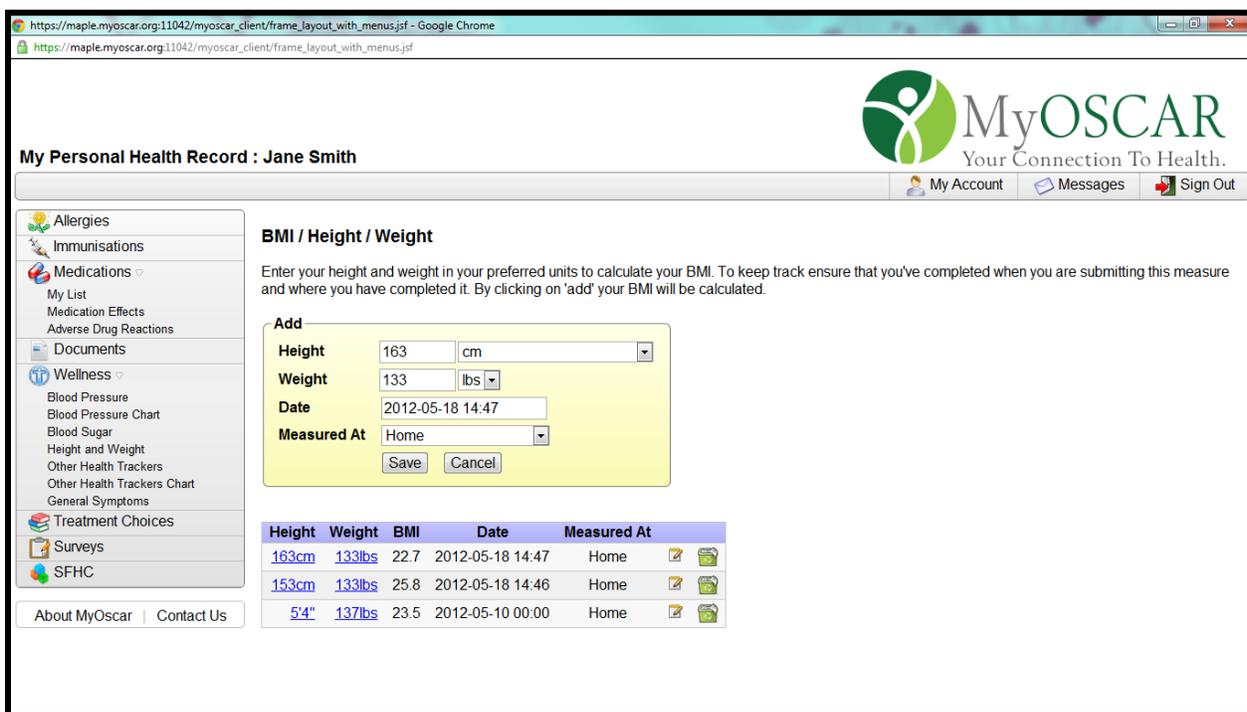
Glucose Value	Date	Measured At	Details
7 mmol/L	2012-06-05 03:00	Pharmacy	after-lunch

In the **Add** box, enter the following for a complete glucose reading:

1. Type in **Glucose Value**, this maybe obtained from an external device.
2. Select the unit of measurement (eg. 7 mmol/L or 126.13 mg/dl).
3. Select the date and time the measurement was taken.
4. Select the location where the measurement was taken.
5. Add any details relating to the measurement (ex. Fasting, post-lunch, pre-dinner, etc.)
6. Click **Save** to insert the reading to your health record, for future reference.

If you want to delete any reading from your record, click on the Trash icon () beside the record you want to remove. If you want to edit any reading from your record, click on the record and edit the appropriate fields.

- o **Height and Weight:** allows user to manage height, weight and BMI.



BMI / Height / Weight

Enter your height and weight in your preferred units to calculate your BMI. To keep track ensure that you've completed when you are submitting this measure and where you have completed it. By clicking on 'add' your BMI will be calculated.

Add

Height: 163 cm
 Weight: 133 lbs
 Date: 2012-05-18 14:47
 Measured At: Home

Save Cancel

Height	Weight	BMI	Date	Measured At		
163cm	133lbs	22.7	2012-05-18 14:47	Home		
153cm	133lbs	25.8	2012-05-18 14:46	Home		
5'4"	137lbs	23.5	2012-05-10 00:00	Home		

In the **Add** box, enter the following fields to obtain a complete reading record:

1. Enter the **Height** and select the unit measure (ex. cm or inches).
2. Enter the **Weight** and select the unit measure (ex. Pounds or kilograms)
3. Select the date and time the measurement was taken
4. Select the location where the measurement was taken
5. Click **Save** to insert this reading into your health record, for future reference

- **Other Health Trackers**
Allows user to track an activity of interest.

To add a new category:

1. Select **Wellness**
2. Select **Other Health Trackers**
3. Select **Define new category**

The screenshot shows a web browser window displaying the MyOSCAR user interface. The page title is "My Personal Health Record : Jane Smith". The MyOSCAR logo is in the top right corner with the tagline "Your Connection To Health.". Navigation links for "My Account", "Messages", and "Sign Out" are visible. A left-hand navigation menu includes categories like Allergies, Medications, Wellness, and Treatment Choices. The "Wellness" menu is expanded, and "Other Health Trackers" is selected. The main content area shows a form titled "Other Health Trackers" with a "Category" section. The form contains three input fields: "Name (what you are tracking)" with the value "Running", "Unit (i.e. hours, calories, etc)" with the value "hours", and "Goal (as a number)" with the value "2 hours a day". There are "Save" and "Cancel" buttons at the bottom of the form.

In the **Category** box, to define a personal measure:

1. Type the name of the activity being tracked
2. Define the unit of measure for the activity
3. Define the goal
4. Click **Save** to insert this tracker into your profile

My Personal Health Record : Jane Smith

My Account Messages Sign Out

Other Health Trackers

Track your health measurements such as cholesterol, hours of sleep, or steps per day etc.

Category

Add

Value

Date

Measured At

Value	Date	Measured At	
.75 hours	2012-07-02 10:00	Home	
.5 hours	2012-07-01 07:00	Home	

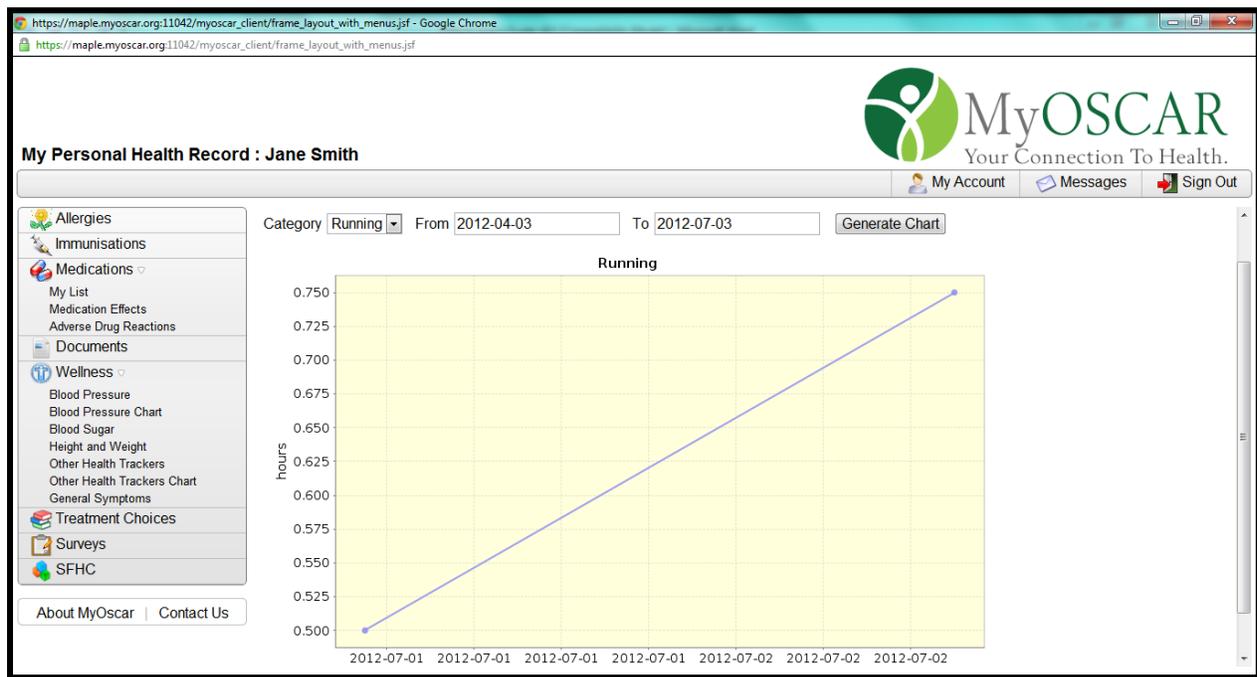
About MyOscar | Contact Us

To enter information into the new tracker:

1. Select Wellness
2. Select Other Health Trackers
3. Select the category being tracked from the drop down menu
4. Type the **value** based on the unit defined earlier
5. Select the **date and time** that the measurement took place
6. Select the **location** that the measurement took place
7. Click **Save** to insert this reading into your health record, for future

- **Other Health Trackers Chart**

Allows user to visualize entries and monitor progress.



To generate a chart:

1. Select the category (if you have more than one) that is to be charted
2. Select the range of the dates to be charted
3. Click [Generate Chart](#)

- **General Symptoms:** allows user to fill out a general symptoms form.

My Personal Health Record : Jane Smith

Please select the box that best describes how you feel for each symptom. Use the following scale to rate the symptoms.

0 - Symptom is absent
 1 - Symptom is present but is not bothersome (i.e. can be ignored if you don't think about it)
 2 - Symptom is bothersome but tolerable (i.e. cannot be ignored, but does not stop you from doing things)
 3 - Symptom is intolerable (i.e. stops you from doing things)

For each symptom, you may select the Priority box to indicate if it is a significant concern (e.g. for discussion with your physician or pharmacist). You can enter how long it has bothered you, your plans and the reason for the symptom.

Symptom	Severity				Priority Concern	Duration	Suspected or known reason for symptom	Plan to address problem
	0	1	2	3				
Fever (high temperature), chills or nightsweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Chills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Nightsweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
General weakness or tiredness (feeling fatigue or drowsiness or lacking enough energy to do the things you normally do)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Problems with movement or sensation								
Difficulty walking or moving due to rigidity or stiffness of legs or arms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tingling or numbness in hands or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

3.2.6 Treatment Choices

Provides users with management tools for 10 most common health conditions.

My Personal Health Record : Jane Smith

The Canadian Pharmacists Association has created a series of documents that provide treatment recommendations for certain health conditions. Each document contains advice based on the most up-to-date medical research. Listed below are summaries related to ten common health conditions. You can read these summaries and access the original document by clicking on the PDF icon.

- Anxiety** [read more](#)
- Asthma** [read more](#)
- Depression** [read more](#)
- Diabetes** [read more](#)
- Dyslipidemias** [read more](#)
- Gastroesophageal Reflux** [read more](#)

3.2.7 Surveys

Allows users to participate in research surveys.

The screenshot shows the MyOSCAR interface for Jane Smith. The 'Surveys' section is active, displaying a dropdown menu with the following options:

- Adverse Drug Reaction (form 8140, 2011)
- Birmingham and Bristol
- Blood Pressure Personal Action Plan
- Blood Pressure Risk Assessment Survey
- Diabetes Risk Survey
- Diabetes Risk Survey (plus satisfaction)
- Exercise-Physical activity
- Final PFI (Self-assessment of Physical Function)
- Final RAPA (Rapid Assessment of Physical Activity)
- HAD Score
- Influenza Pandemic Survey
- Initial Physical Functioning Inventory (PFI)
- Medication use
- MyBP Feedback Survey
- MyMEDS - Reporting How I Feel After New Medication(s)
- New Events
- Online Satisfaction Survey
- Personal Information
- PHQ-15

The 'Start' button is located to the right of the dropdown menu.

3.2.8 SFHC *currently only available for pilot sites*

Allows the user to book appointments online at their clinic.

The screenshot shows the MyOSCAR interface for Jane Smith, displaying the Stonechurch Family Health Centre (SFHC) information. The page includes the following details:

- Address:** 1475 Upper Ottawa Street Hamilton, Ontario L8W 3J6
- Phone Number:**
 - Team A (905) 575-1300
 - Team B (905) 575-7757
 - Team C (905) 574-1444
- NEW!! Online Booking:** A button labeled 'Appointments' is available for clicking.
- Message:** "You can now book appointments online! Try it out the next time you need to schedule an appointment instead of waiting on hold on the phone."