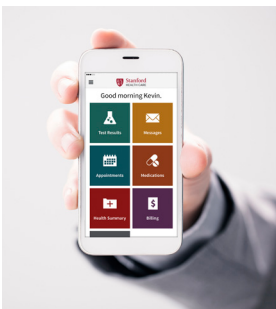




# Access More from MyHealth

Download the  
MyHealth app



Search for “Stanford Health Care MyHealth” in your mobile app store.



We’re making some updates on how you can access even more of your care information from MyHealth

**Beginning this April**, you can access more of your care information and clinical notes from the mobile app or the web version of MyHealth.

We’ve shared clinic and hospital discharge notes with you from your Stanford clinic doctors for years. Now, you’ll see even more information—like clinical notes from all University Healthcare Alliance practices, hospital notes, emergency department notes, surgery notes, and more. You’ll see these completed notes in MyHealth in “Appointment Details.” Look for the date of your appointment or hospital discharge to access those notes.

Most of your test results are visible in MyHealth after they are final. Now these results will be shared with you even more quickly. You may see them before your doctor. Your doctor will contact you with any recommendations about your care.

**For more information go to [stanfordhealthcare.org/informationsharing](https://stanfordhealthcare.org/informationsharing)**

**To request a copy of your medical record, call:**

Stanford Health Care (SHC) HIMS Department at **650.723.5721**

University HealthCare Alliance (UHA) HIMS Department at **510.731.2675**

Stanford Health Care – ValleyCare (SHC-VC) HIMS Department at **925.373.8019**



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# myHEALTH

## Frequently Asked Questions



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### What is MyHealth?

MyHealth is a digital tool (an “app”) that allows you to securely access elements of your health information on your mobile phone or on the internet and engage with your Stanford care team. Scan the QR code on the front of the flyer for more information on how to sign up.

### What are clinical notes?

Your care team writes notes after every visit and typically once a day in the hospital. Notes contain what you, your doctor, and other members of your care team talk about during your visits, plans for your care, and what is recommended to improve your health and wellness. Notes include things like a summary of your visit, your health goals, your questions and concerns, your medicines, home care, and your care plans.

Clinical notes do not always look the same. Care team members may write them in different ways based on their clinical roles and how these notes are used to coordinate your care with your care team. If you do not understand something in your record, please let your doctor know.

### Why do I have even more and quicker access to my health records and test results?

The 21st Century Cures Act was signed into law in December 2016 to make it easier for patients to access their electronic health record and clinical notes. New regulations implementing this law were released in May 2020 and take effect this April. Stanford Medicine fully supports this national effort to make it easier for you to see your care information and use it to improve your health.

### Why should I read my clinical notes?

Your notes are about you. They can help you learn more about your health. When you read your notes, you find out more about what your care team is thinking and planning. Reading your care notes can help you make decisions about your care. Your notes can also help you remember what you need to do and how and why to take your medicines.

### Who can see my clinical notes?

You and anyone you have granted access to your MyHealth account can see your notes (unless you or the provider identify a risk to your privacy or well-being). Since more information is shared, this is a good time to think about who else can see your medical record. To learn more about sharing access to your notes, please follow the link to read our MyHealth FAQ at [stanfordhealthcare.org/informationsharing](https://stanfordhealthcare.org/informationsharing).

### What do I do if I find a clinical note confusing or incorrect or if there is an error on my medical record?

Let your doctor or a care team member know if you have a question, see a note that may not fit what you remember, or if you think something is missing. If you feel that your medical record needs to be changed, please contact our Health Information Management Systems (HIMS) Department by calling:

Stanford Health Care (SHC)

HIMS Department at **650.723.5721**

University HealthCare Alliance (UHA)

HIMS Department at **510.731.2675**

Stanford Health Care – ValleyCare (SHC-VC)

HIMS Department at **925.373.8019**

### Where can I learn more about my health condition?

You have access to lots of health information directly from MyHealth.