

SEE YOUR CHART®

A how-to guide for using our patient
portal



ALIGNING A NEW PATH FOR CANCER CARE

WHAT IS SEE YOUR CHART?

- See Your Chart is an online portal where you (the patient) can see a breadth of information including:
 - - The date and time of your next appointment
 - - Information on your treating physician
 - - Lab results
 - - When and who to call if you are having symptoms or have questions

THIS IS YOUR DASHBOARD

Welcome Ed zTest-Ott

Your membership in SeeYourChart® provided by
Alliance Cancer Specialists--GPHL

Phone: (215)612-5250

HOME

ORGANIZER

RECORDS

CONNECT

BE INFORMED



Need Site Help?



SIGN OUT

Currently viewing information for

Myself

Your Dashboard

Upcoming Appointments ([View your calendar](#))

You do not have any appointments scheduled.

Your Health News

SeeYourChart News

About me (edit)

My mood: [Select a mood](#)



[Add a welcome message about yourself to your friends and family.](#)

Since your last login you have:

[Labs \(0\)](#)

[Messages \(0\)](#)

[Comments \(0\)](#)

Wall of Support

No messages yet.

HOW TO LOGIN

- When you visit our office you will receive information regarding See Your Chart. Within that information you will find a login and password.
- Then visit <https://secure.seeyourchart.com> to find the login page which will look similar to the picture on the right →

See
YourChart®

Existing Users

Where do I enter my PIN? ⓘ

Username: eztest

Password:

☐ Remember me on this computer.

Login

[Forgot your Username or Password?](#)

New Users

Register here

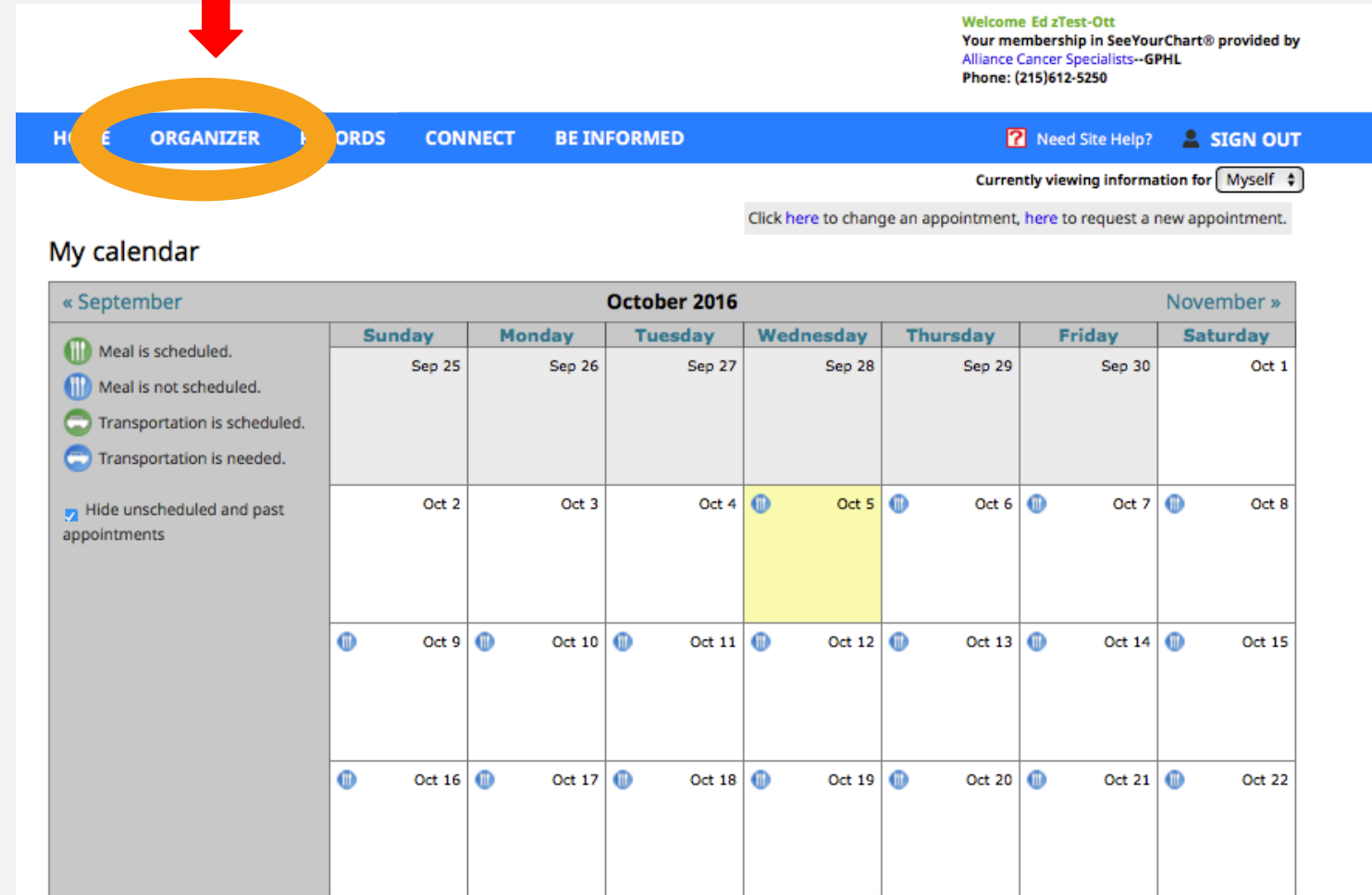


WAYS TO USE SEE YOUR CHART

- See Your Chart is incredibly useful when used frequently to:
 - See your list of current medications
 - Journal your thoughts and document your road to recovery and health
 - Be informed about your disease and what you can expect
 - See important documents such as lab results, vitals, and summaries
 - Connect with other users around you

THE 'ORGANIZER' TAB: CALENDAR

- Under the 'Organizer' tab you can find the information needed to stay organized and up to date
- With the calendar feature (shown right) you can stay on top of your appointments, eating schedule, and medications.



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HOME ORGANIZER RECORDS CONNECT BE INFORMED Need Site Help? SIGN OUT

Currently viewing information for **Myself** ▾

Click [here](#) to change an appointment, [here](#) to request a new appointment.

My calendar

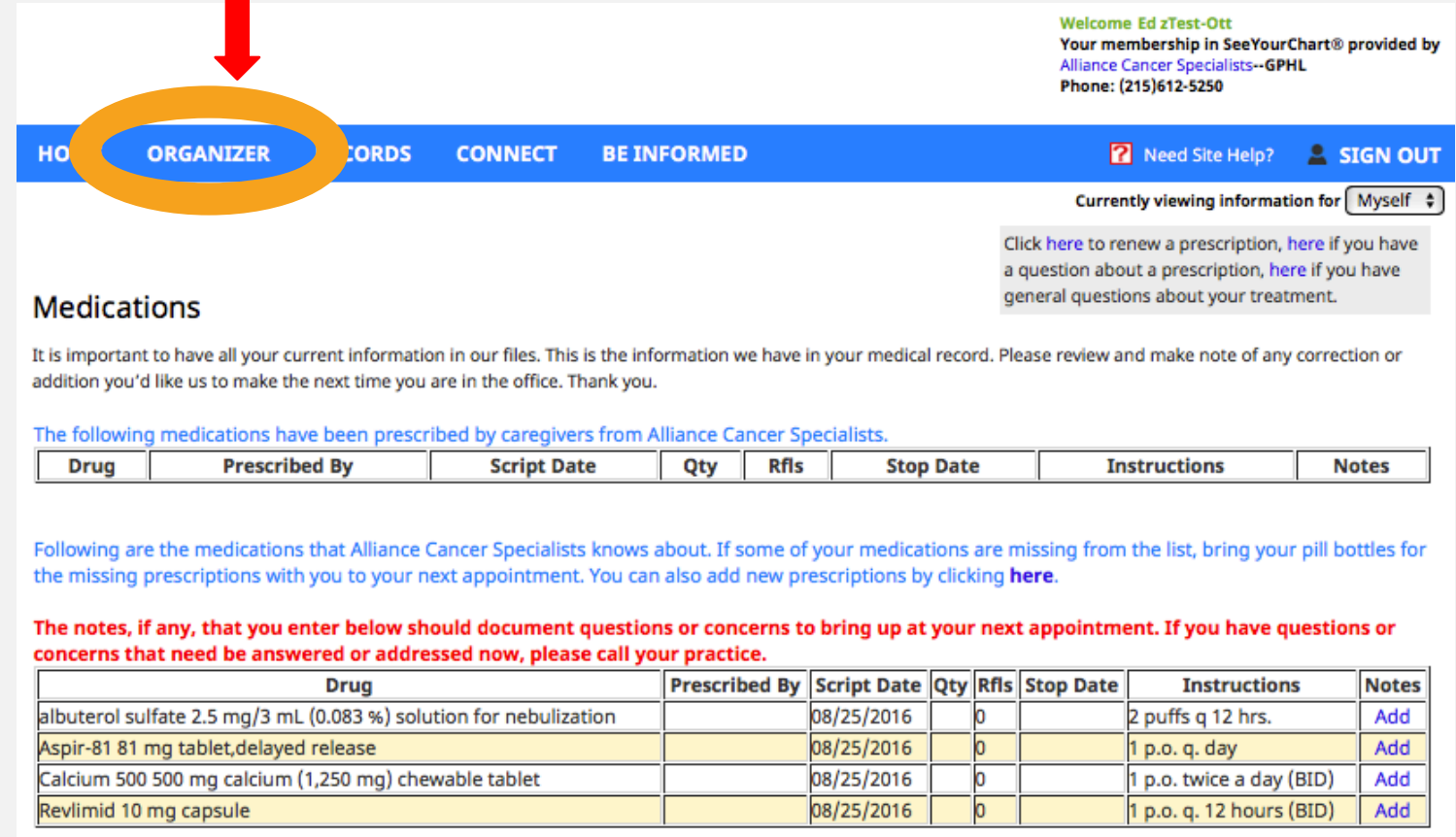
« September **October 2016** November »

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal is scheduled. Meal is not scheduled. Transportation is scheduled. Transportation is needed. <input checked="" type="checkbox"/> Hide unscheduled and past appointments	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30	Oct 1
	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15
	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22

THE 'ORGANIZER' TAB:

MEDICATIONS

- Shown right is the Medications section under the organizer tab. This is a helpful place to see your current medications, how and when you take them, and when you need refills.
- You can also request refills and ask questions about the drugs you are prescribed.



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HO **ORGANIZER** RECORDS CONNECT BE INFORMED

Need Site Help? SIGN OUT

Currently viewing information for: Myself

Click [here](#) to renew a prescription, [here](#) if you have a question about a prescription, [here](#) if you have general questions about your treatment.

Medications

It is important to have all your current information in our files. This is the information we have in your medical record. Please review and make note of any correction or addition you'd like us to make the next time you are in the office. Thank you.

The following medications have been prescribed by caregivers from Alliance Cancer Specialists.

Drug	Prescribed By	Script Date	Qty	Rfls	Stop Date	Instructions	Notes
Following are the medications that Alliance Cancer Specialists knows about. If some of your medications are missing from the list, bring your pill bottles for the missing prescriptions with you to your next appointment. You can also add new prescriptions by clicking here .							
The notes, if any, that you enter below should document questions or concerns to bring up at your next appointment. If you have questions or concerns that need be answered or addressed now, please call your practice.							
Drug	Prescribed By	Script Date	Qty	Rfls	Stop Date	Instructions	Notes
albuterol sulfate 2.5 mg/3 mL (0.083 %) solution for nebulization		08/25/2016		0		2 puffs q 12 hrs.	Add
Aspir-81 81 mg tablet, delayed release		08/25/2016		0		1 p.o. q. day	Add
Calcium 500 500 mg calcium (1,250 mg) chewable tablet		08/25/2016		0		1 p.o. twice a day (BID)	Add
Revlimid 10 mg capsule		08/25/2016		0		1 p.o. q. 12 hours (BID)	Add

THE 'ORGANIZER' TAB: JOURNAL

- Shown below is the Journal section of the Organizer tab.
- The journal allows you to document your journey, write about how you are feeling during the week and express struggles or achievements.
- Additionally, you can share some or all of your journal with your support network so they can follow along with you during your treatment

The screenshot displays the SeeYourChart website interface. At the top left is the SeeYourChart logo. To the right, a welcome message reads: "Welcome Ed zTest-Ott. Your membership in SeeYourChart® provided by Alliance Cancer Specialists--GPHL. Phone: (215)612-5250". Below this is a blue navigation bar with links: HOME, ORGANIZER, RECORDS, CONNECT, and BE INFORMED. On the right side of the navigation bar are links for "Need Site Help?" and "SIGN OUT". Below the navigation bar, it says "Currently viewing information for" followed by a dropdown menu showing "Myself". The main heading is "Journal". Below this, a paragraph states: "Your journal is a place for you to update friends and family and is a way for you to express yourself. When you click the 'Add New Journal Entry' button a small window will open. The window includes a text box where you can write a post that can be shared with anyone you invite to see your journal entries. The post can be a single sentence or many paragraphs. Get started now!". At the bottom left is a blue button labeled "Add New Journal Entry" with a red question mark icon next to it.

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HOME ORGANIZER RECORDS CONNECT BE INFORMED

Need Site Help? SIGN OUT

Currently viewing information for **Myself**

Journal

Your journal is a place for you to update friends and family and is a way for you to express yourself.

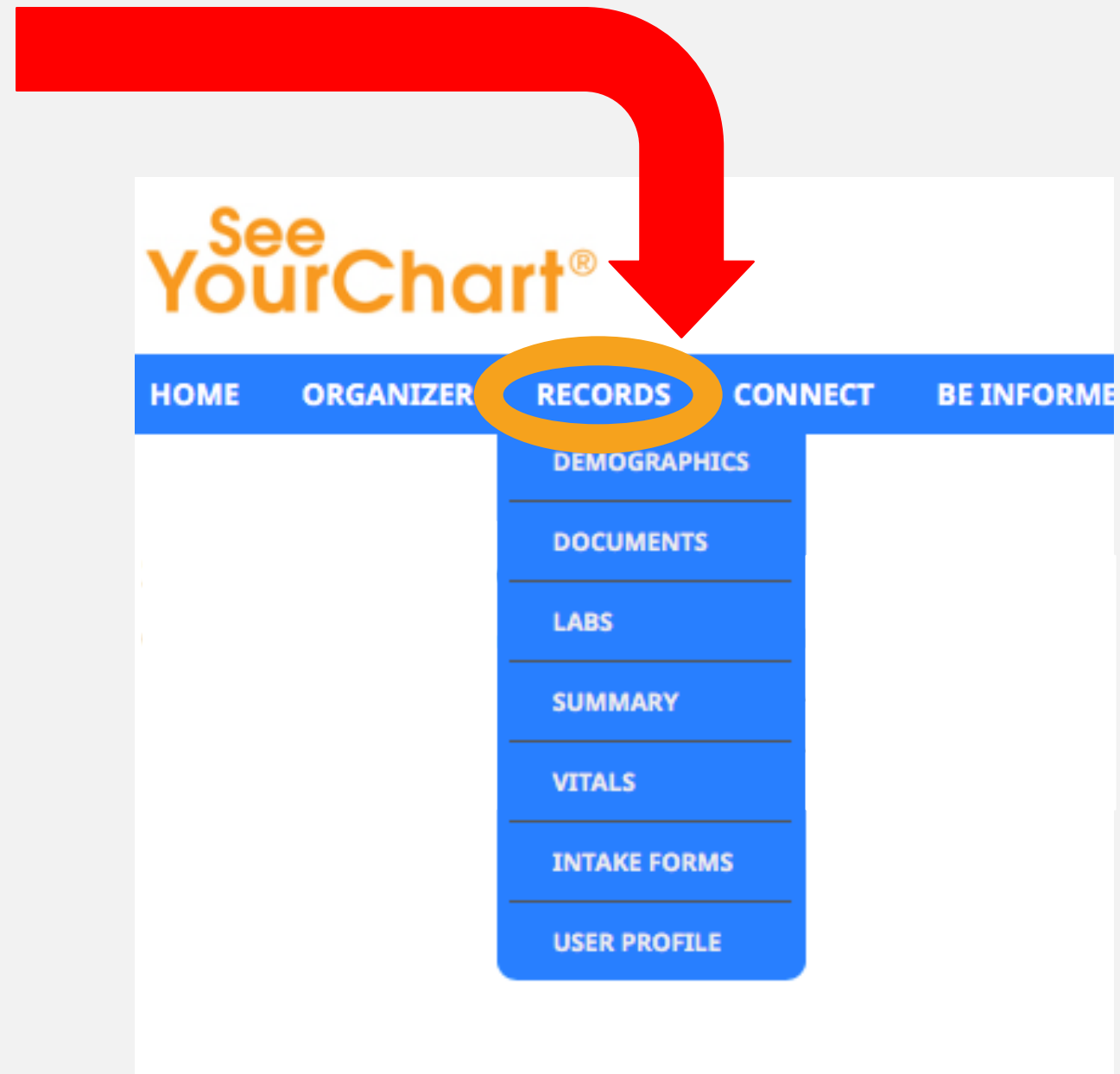
When you click the "Add New Journal Entry" button a small window will open. The window includes a text box where you can write a post that can be shared with anyone you invite to see your journal entries. The post can be a single sentence or many paragraphs.

Get started now!

Add New Journal Entry ?

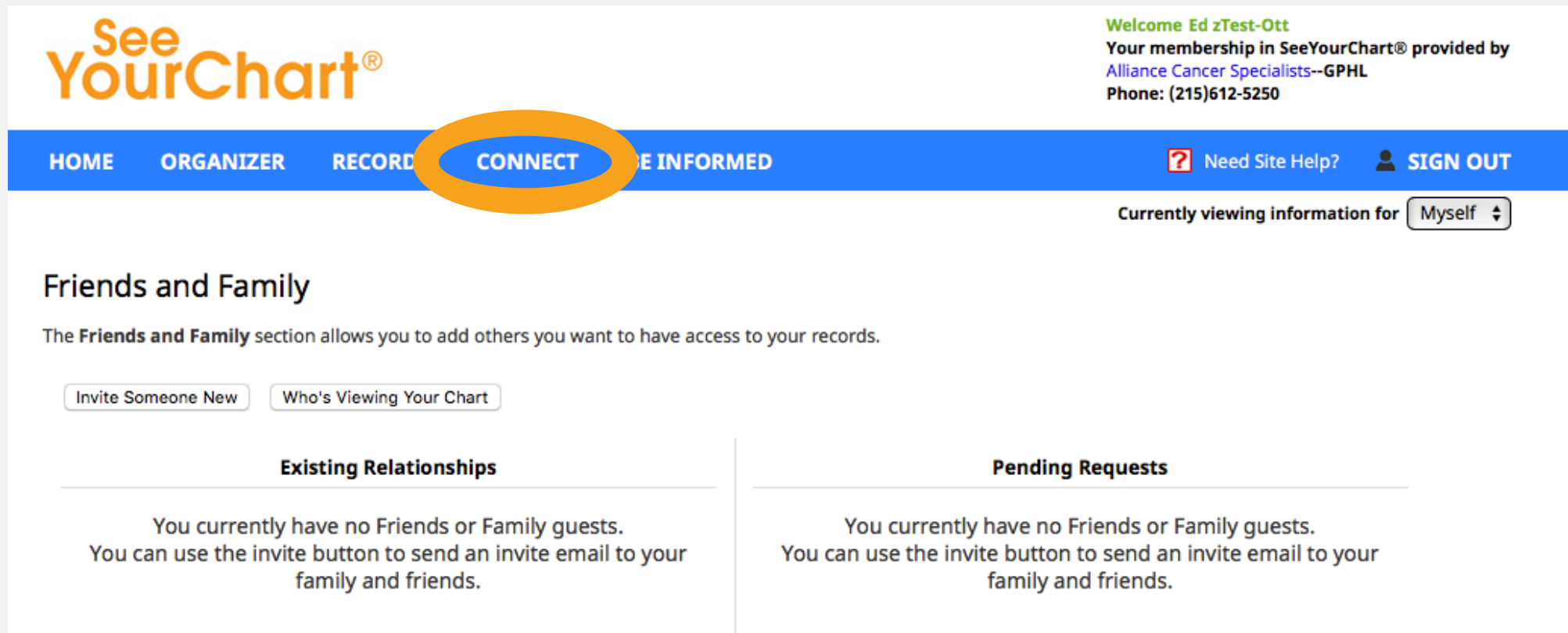
THE 'RECORDS' TAB

- The records tab is useful for staying up to date on the information you need most.
 - Track your lab results
 - Manage your vitals
 - See a summary of your care
 - Manage your info
 - Email address
 - Contact phone



THE 'CONNECT' TAB

- The Connect tab is useful to those who would like to allow other members of their network such as spouse, other family or friends to have access to their records.
- Shown below is the 'Friends and Family' section where you can edit who has this access



The screenshot displays the SeeYourChart website interface. At the top left is the logo "See YourChart®". To the right, a welcome message reads: "Welcome Ed zTest-Ott", "Your membership in SeeYourChart® provided by Alliance Cancer Specialists--GPHL", and "Phone: (215)612-5250". A blue navigation bar contains the links "HOME", "ORGANIZER", "RECORDS", "CONNECT", and "BE INFORMED". The "CONNECT" link is circled in orange. On the right side of the navigation bar, there is a link "Need Site Help?" with a question mark icon and a "SIGN OUT" button with a user icon. Below the navigation bar, it says "Currently viewing information for" followed by a dropdown menu showing "Myself". The main content area is titled "Friends and Family" and includes the text: "The **Friends and Family** section allows you to add others you want to have access to your records." Below this text are two buttons: "Invite Someone New" and "Who's Viewing Your Chart". The content is divided into two columns. The left column is titled "Existing Relationships" and contains the text: "You currently have no Friends or Family guests. You can use the invite button to send an invite email to your family and friends." The right column is titled "Pending Requests" and contains the text: "You currently have no Friends or Family guests. You can use the invite button to send an invite email to your family and friends."

THE 'CONNECT' TAB CONTINUED

- Under the "Connect" tab you will also find "messages".
- Messages works just like email and is a great option for our patients for non-urgent matters
- It work great for messaging us questions regarding billing matters
- Appointment and medical records queries
- And prescription renewal requests
- Simply click "New" at the top of the section to start a new message

The screenshot displays the 'Connect' tab interface. At the top, there are buttons for 'New', 'Reply', 'Move to Keep', and 'Delete'. The 'New' button is circled in orange. To the right of these buttons are two checkboxes: 'Check for New Messages' and 'Hide Read Messages'. Below the buttons is a navigation bar with folders: 'Inbox', 'Keep', 'Sent', and 'Deleted'. A table below the navigation bar shows a list of messages with columns for 'Date/Time', 'From', 'Subject', 'Status', and 'Attachment'. The first message in the list is dated '11/11/16 8:51 AM', from 'Clinical', with the subject 'RE:Test results', and its status is 'Read'. Below the table, the content of the selected message is displayed. It shows a header with 'From: Clinical', 'Sent: Friday, November 11, 2016 8:51 AM', 'To: zTest-Ott, Ed', and 'Subject: RE:Test results'. The body of the message contains the text: 'We will mail you your test results.', 'Thank you,', and 'Emily Robinson'. Below this, there is a horizontal line separating it from a second message. The second message header shows 'From: Ed zTest-Ott', 'Sent: Friday, November 11, 2016 8:49 AM', 'To: Clinical', and 'Subject: Test results'. Its body contains the text: 'I would like my test results.'

Date/Time	From	Subject	Status	Attachment
11/11/16 8:51 AM	Clinical	RE:Test results	Read	

From: Clinical
Sent: Friday, November 11, 2016 8:51 AM
To: zTest-Ott, Ed
Subject: RE:Test results

We will mail you your test results.

Thank you,


Emily Robinson

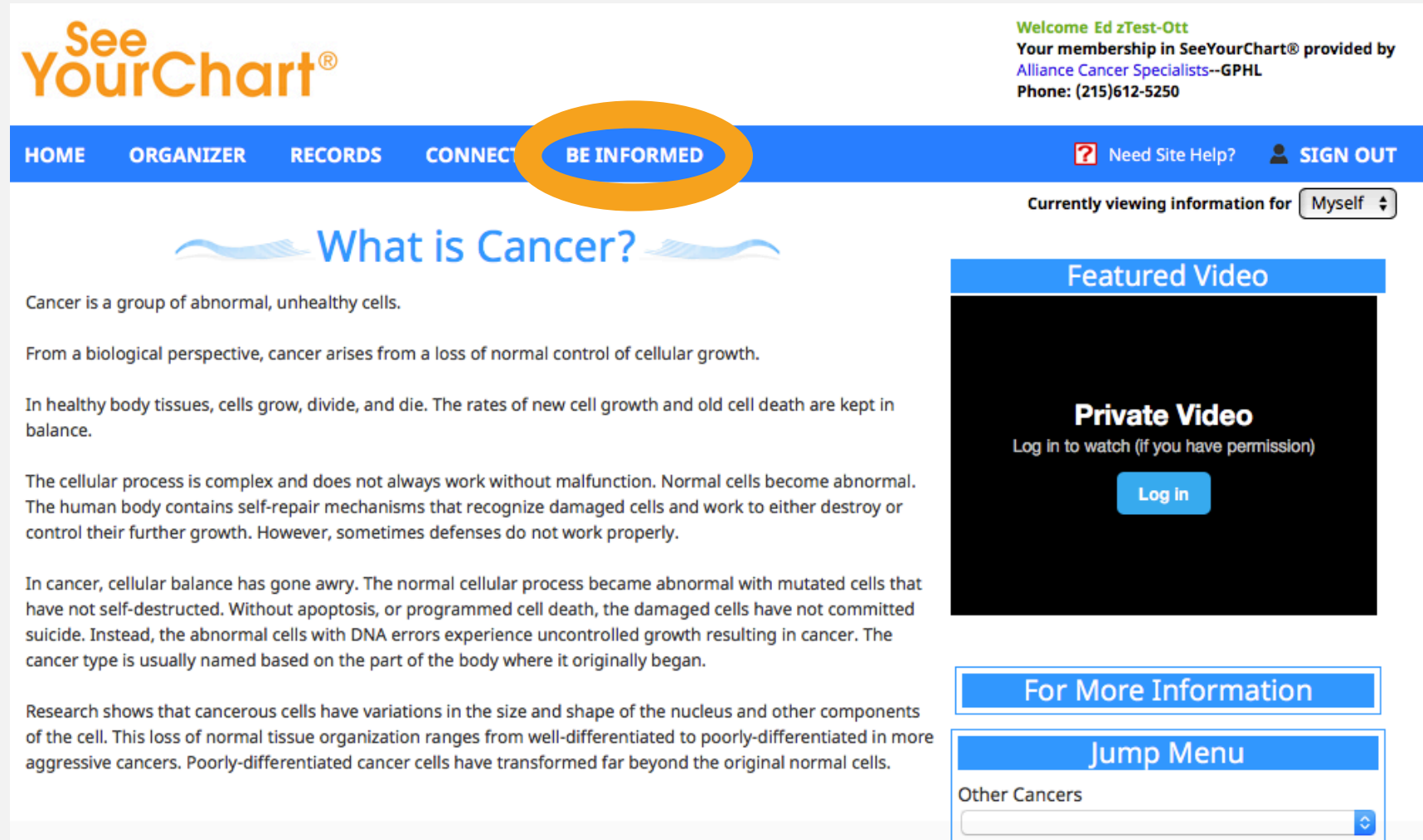
From: Ed zTest-Ott
Sent: Friday, November 11, 2016 8:49 AM
To: Clinical
Subject: Test results

I would like my test results.

THE 'BE INFORMED' TAB:

YOUR DISEASE

- The Be Informed tab has three sections:
 - **Your disease** 
 - Provides information on your disease



The screenshot shows the SeeYourChart website interface. The top navigation bar is blue with white text for 'HOME', 'ORGANIZER', 'RECORDS', 'CONNECT', and 'BE INFORMED'. The 'BE INFORMED' tab is highlighted with an orange oval. To the right of the navigation bar, there is a user greeting: 'Welcome Ed zTest-Ott', 'Your membership in SeeYourChart® provided by Alliance Cancer Specialists--GPHL', and 'Phone: (215)612-5250'. Below the navigation bar, there is a link for 'Need Site Help?' and a 'SIGN OUT' button. The main content area is titled 'What is Cancer?' with a blue wavy graphic. It contains several paragraphs of text explaining cancer. On the right side, there is a 'Featured Video' section with a 'Private Video' placeholder and a 'Log In' button. Below that is a 'For More Information' section and a 'Jump Menu' section with a dropdown menu for 'Other Cancers'.

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HOME ORGANIZER RECORDS CONNECT **BE INFORMED**

Need Site Help? SIGN OUT

Currently viewing information for **Myself**

What is Cancer?

Cancer is a group of abnormal, unhealthy cells.

From a biological perspective, cancer arises from a loss of normal control of cellular growth.

In healthy body tissues, cells grow, divide, and die. The rates of new cell growth and old cell death are kept in balance.

The cellular process is complex and does not always work without malfunction. Normal cells become abnormal. The human body contains self-repair mechanisms that recognize damaged cells and work to either destroy or control their further growth. However, sometimes defenses do not work properly.

In cancer, cellular balance has gone awry. The normal cellular process became abnormal with mutated cells that have not self-destructed. Without apoptosis, or programmed cell death, the damaged cells have not committed suicide. Instead, the abnormal cells with DNA errors experience uncontrolled growth resulting in cancer. The cancer type is usually named based on the part of the body where it originally began.

Research shows that cancerous cells have variations in the size and shape of the nucleus and other components of the cell. This loss of normal tissue organization ranges from well-differentiated to poorly-differentiated in more aggressive cancers. Poorly-differentiated cancer cells have transformed far beyond the original normal cells.

Featured Video

Private Video
Log in to watch (if you have permission)

Log In

For More Information

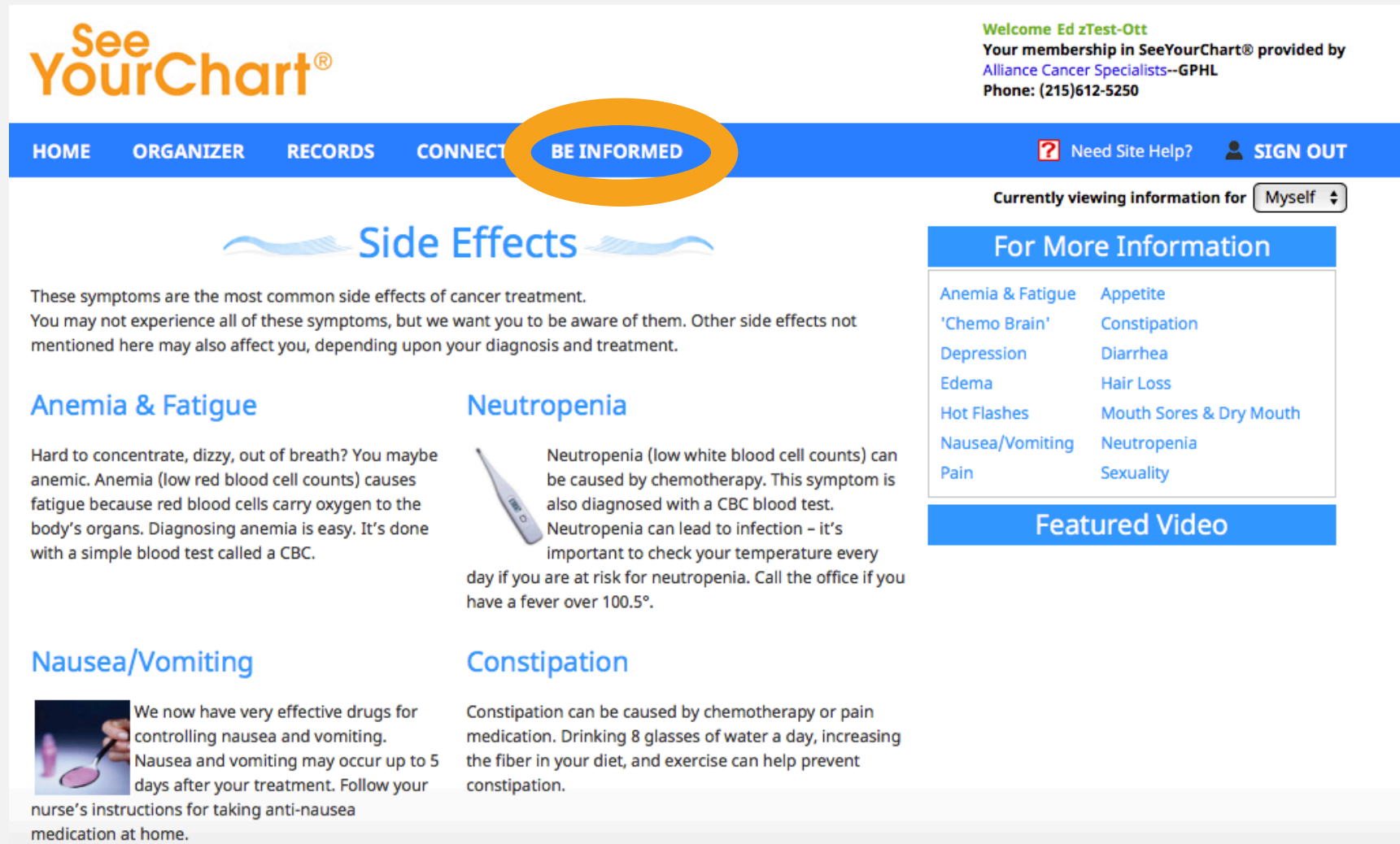
Jump Menu

Other Cancers

THE 'BE INFORMED' TAB:

YOUR DISEASE

- Side Effects 
- Reviews common side effects of treatments



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HOME ORGANIZER RECORDS CONNECT **BE INFORMED** Need Site Help? SIGN OUT

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Side Effects

These symptoms are the most common side effects of cancer treatment. You may not experience all of these symptoms, but we want you to be aware of them. Other side effects not mentioned here may also affect you, depending upon your diagnosis and treatment.

Anemia & Fatigue

Hard to concentrate, dizzy, out of breath? You maybe anemic. Anemia (low red blood cell counts) causes fatigue because red blood cells carry oxygen to the body's organs. Diagnosing anemia is easy. It's done with a simple blood test called a CBC.

Neutropenia

Neutropenia (low white blood cell counts) can be caused by chemotherapy. This symptom is also diagnosed with a CBC blood test. Neutropenia can lead to infection - it's important to check your temperature every day if you are at risk for neutropenia. Call the office if you have a fever over 100.5°.

Nausea/Vomiting

We now have very effective drugs for controlling nausea and vomiting. Nausea and vomiting may occur up to 5 days after your treatment. Follow your nurse's instructions for taking anti-nausea medication at home.

Constipation

Constipation can be caused by chemotherapy or pain medication. Drinking 8 glasses of water a day, increasing the fiber in your diet, and exercise can help prevent constipation.


For More Information

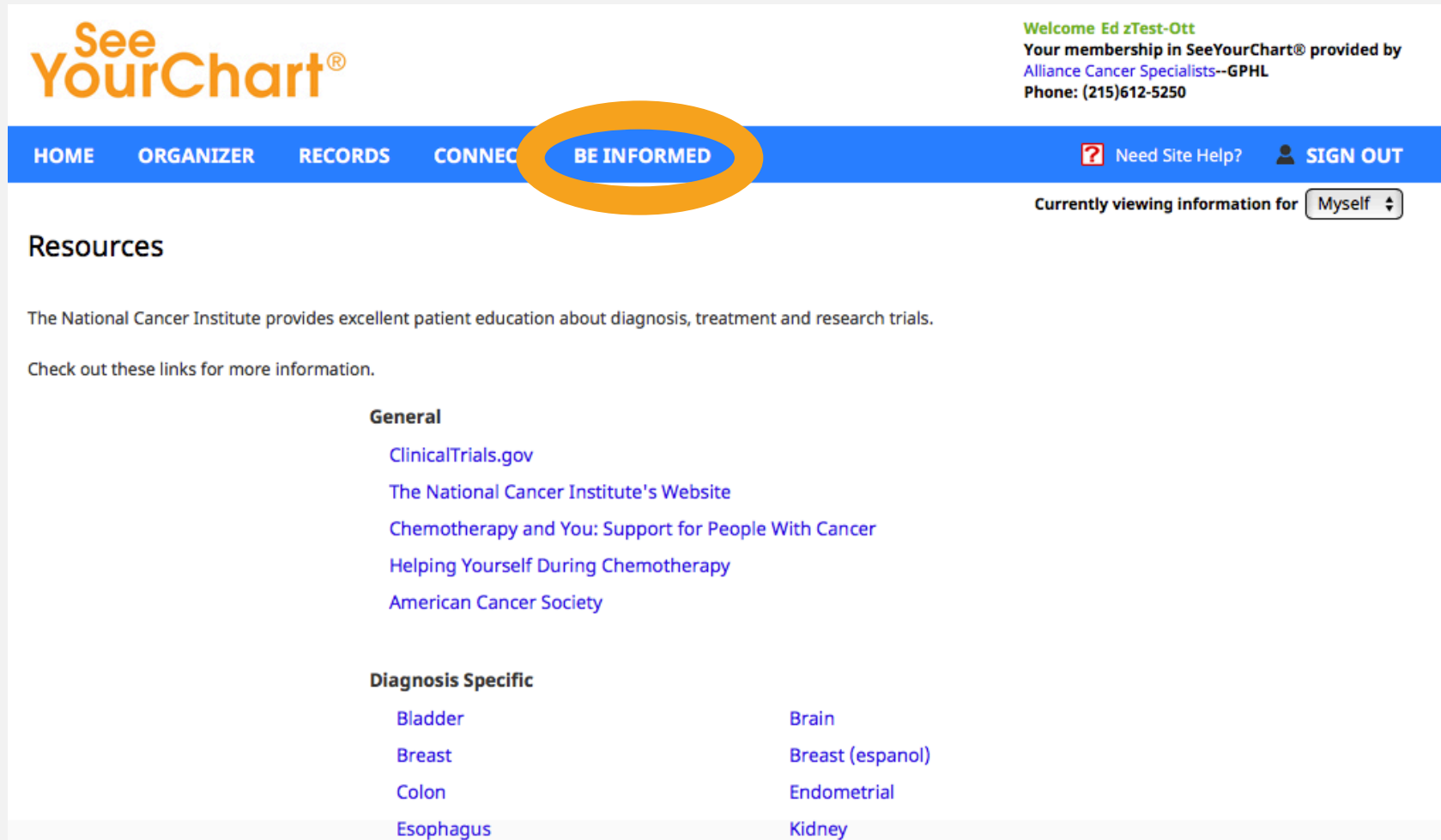
Anemia & Fatigue	Appetite
'Chemo Brain'	Constipation
Depression	Diarrhea
Edema	Hair Loss
Hot Flashes	Mouth Sores & Dry Mouth
Nausea/Vomiting	Neutropenia
Pain	Sexuality

Featured Video

THE 'BE INFORMED' TAB:

YOUR DISEASE

- **Resources** 
- Has many links to outside websites with information regarding any number of topics



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Currently viewing information for **Myself**

Resources

The National Cancer Institute provides excellent patient education about diagnosis, treatment and research trials.

Check out these links for more information.

General

- [ClinicalTrials.gov](#)
- [The National Cancer Institute's Website](#)
- [Chemotherapy and You: Support for People With Cancer](#)
- [Helping Yourself During Chemotherapy](#)
- [American Cancer Society](#)

Diagnosis Specific

Bladder	Brain
Breast	Breast (espanol)
Colon	Endometrial
Esophagus	Kidney

REMEMBER TO ALWAYS CALL THE OFFICE IF YOU ARE EXPERIENCING SYMPTOMS

- While you are on chemotherapy, our goal is to manage your side effects efficiently and avoid unnecessary emergency room visits and hospitalizations.
- Please be proactive if you are having side effects or problems and call your doctor's office during normal business hours M-F (after 9 a.m. and before 4 p.m.).
- We would prefer that you call us prior to going to the emergency room except for life-threatening issues such as chest pain, shortness of breath, confusion, or serious bleeding.

CALL OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS

- Temperature of 100.5° or higher
- Poor appetite and poor intake of fluids for more than 24 hours
- Nausea, persistent vomiting or inability to keep down liquids
- Diarrhea – 3 or more watery bowel movements per day for 2 or more days which does not respond to Lomotil or Imodium
- Bleeding from the nose or mouth, coughing blood, blood in bowel movements/urine
- Difficulty breathing
- New or worsening abdominal pain
- New swelling in arm(s), leg(s) or neck
- Burning, stinging, redness or swelling where your intravenous (IV) line was placed
- New skin rash



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