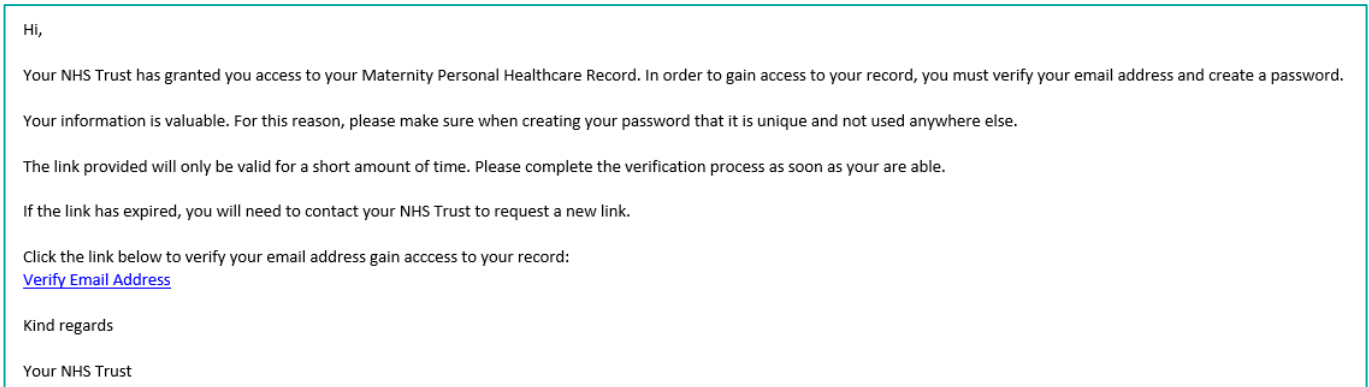


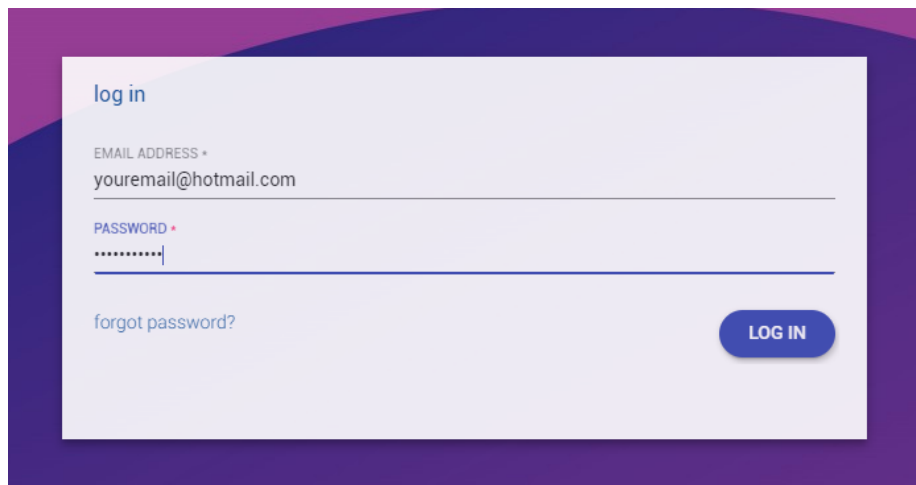
# Guide to viewing your online Patient Health Record (PHR)

## How to access your Maternity Personal Health Record

You will receive an email with a link to the website, and your username and password.



Register as soon as you can because the link will expire after 72 hours. You will be automatically logged out after 30 minutes of inactivity.



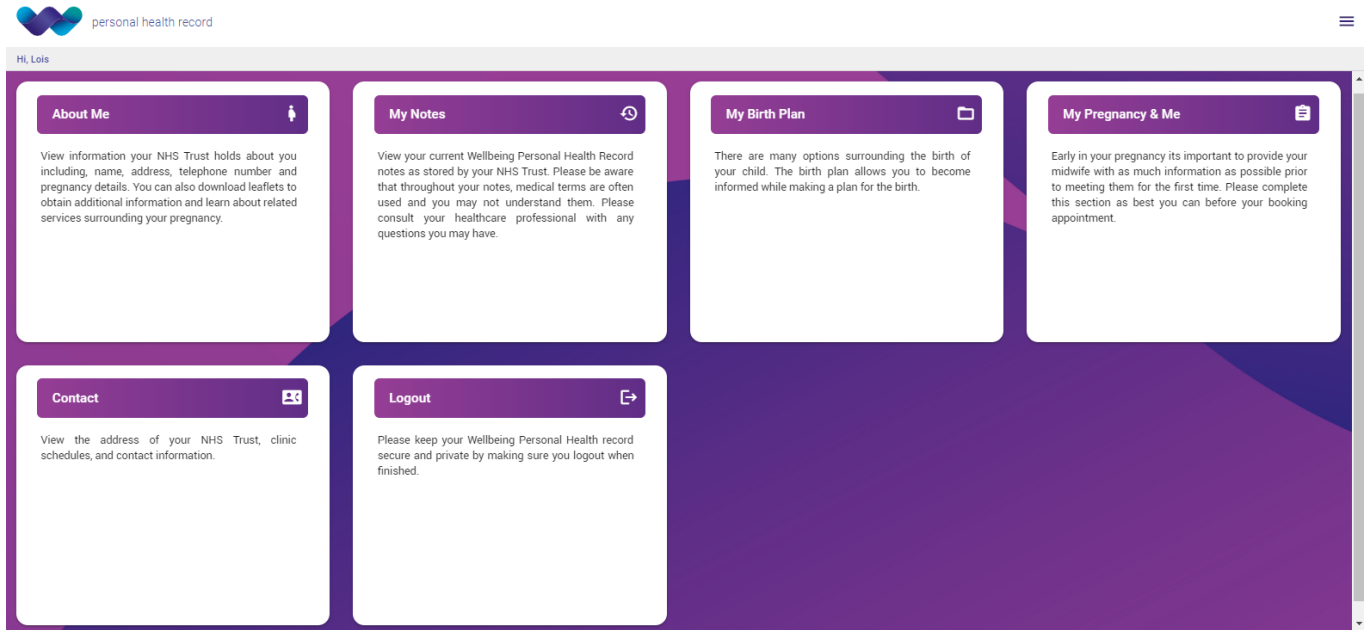
You can access PHR using the following web browsers:

- Chrome
- IE 11
- Firefox
- Opera

You can use either a PC/laptop or standard mobile devices including:

- Android
- iPhone
- iPad

## About Me



personal health record

Hi, Lois

- About Me**: View information your NHS Trust holds about you including, name, address, telephone number and pregnancy details. You can also download leaflets to obtain additional information and learn about related services surrounding your pregnancy.
- My Notes**: View your current Wellbeing Personal Health Record notes as stored by your NHS Trust. Please be aware that throughout your notes, medical terms are often used and you may not understand them. Please consult your healthcare professional with any questions you may have.
- My Birth Plan**: There are many options surrounding the birth of your child. The birth plan allows you to become informed while making a plan for the birth.
- My Pregnancy & Me**: Early in your pregnancy its important to provide your midwife with as much information as possible prior to meeting them for the first time. Please complete this section as best you can before your booking appointment.
- Contact**: View the address of your NHS Trust, clinic schedules, and contact information.
- Logout**: Please keep your Wellbeing Personal Health record secure and private by making sure you logout when finished.

## My Details and Contact Info

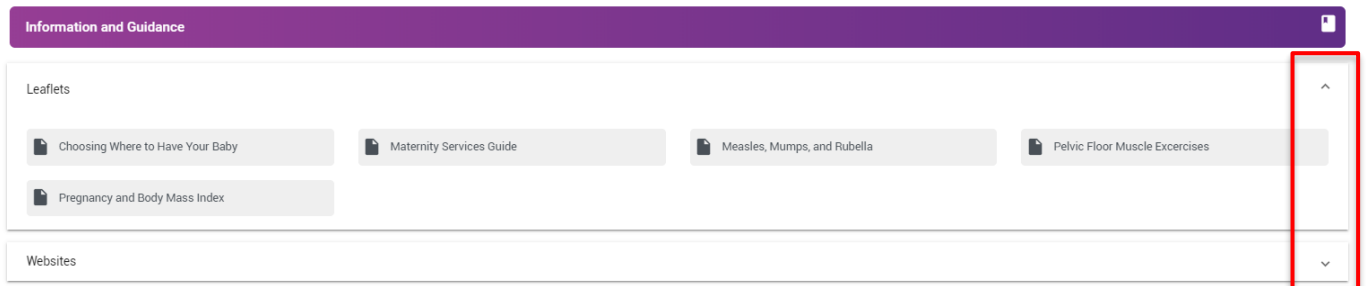
You will be able to view information your NHS trust holds about you as follows:

- Full name
- Date of birth
- NHS number
- Date of last Contact or Previous Appointment
- Gestation in weeks
- Address
- Telephone numbers (Home / Mobile)
- Email address

Please inform your healthcare professional if they are not correct.

## Information and Guidance

This section provides access to relevant Leaflets and Websites to provide additional information and learn about related services surrounding your pregnancy:



Information and Guidance

Leaflets

- Choosing Where to Have Your Baby
- Maternity Services Guide
- Measles, Mumps, and Rubella
- Pelvic Floor Muscle Exercises
- Pregnancy and Body Mass Index

Websites

## My Notes

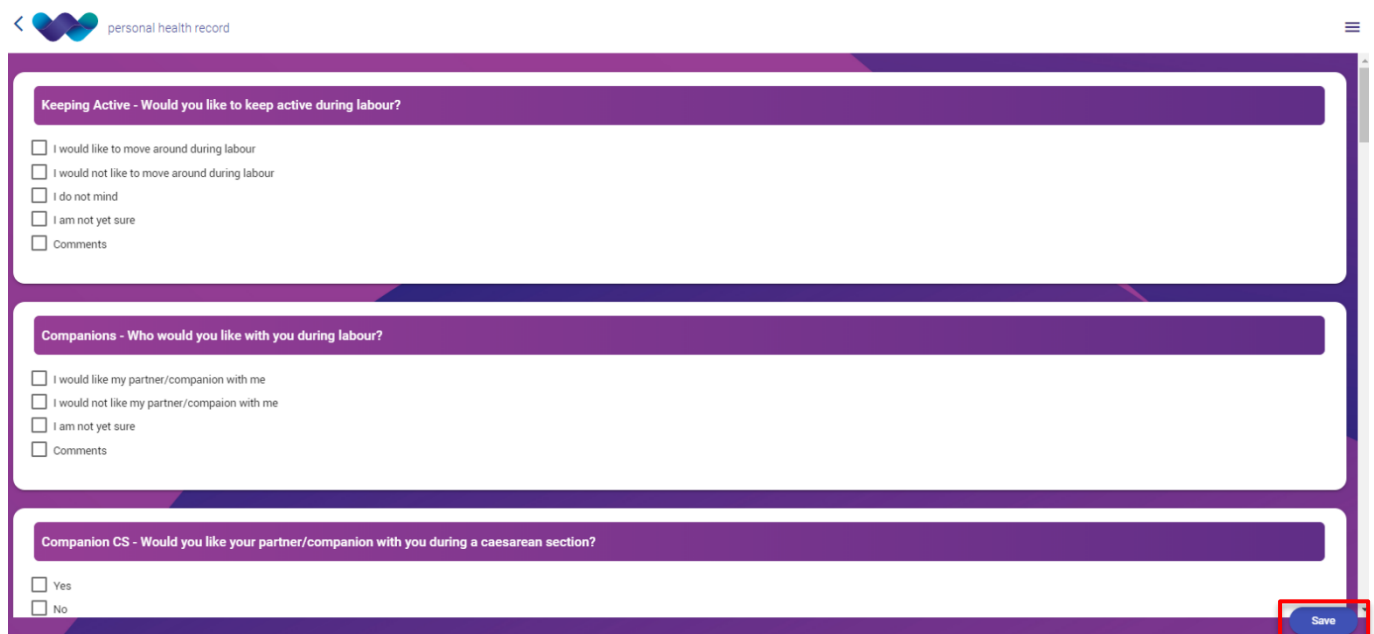
View your current Wellbeing Personal Health Record notes as stored by your NHS Trust. Please be aware that throughout your notes medical terms are often used and you may not understand all of them. Please contact your healthcare professional with any questions you may have.


You will see any activity in your care path under the following headings:

- Antenatal care
- Delivery care
- Postnatal care
- Telephone contact
- Obstetric anaesthetics
- Doctor's procedures
- Grow
- Obstetric management plans
- Birth plans

## My Birth Plans

There are a number of options surrounding the birth of your child. The birth plan allows you to become informed while making a plan for the birth. Once you have completed the on-line questionnaire you should click the [Save] button located at the bottom on the form.



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**Keeping Active - Would you like to keep active during labour?**

I would like to move around during labour  
 I would not like to move around during labour  
 I do not mind  
 I am not yet sure  
 Comments

**Companions - Who would you like with you during labour?**

I would like my partner/companion with me  
 I would not like my partner/companion with me  
 I am not yet sure  
 Comments

**Companion CS - Would you like your partner/companion with you during a caesarean section?**

Yes  
 No

**Save**

## My Pregnancy & Me

Early in your pregnancy it's important to provide your midwife with as much information as possible prior to meeting them for the first time. Please complete this section as best you can before your booking appointment. Once you have completed the on-line questionnaire you should click the [Save] button located at the bottom on the form.

## Contact

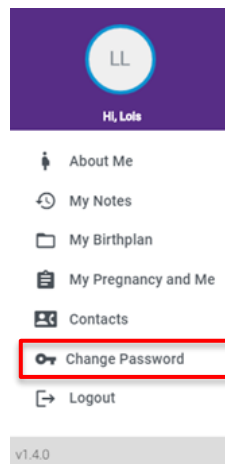
View the address of your NHS Trust, Department Schedules and Contact information.

## Logout

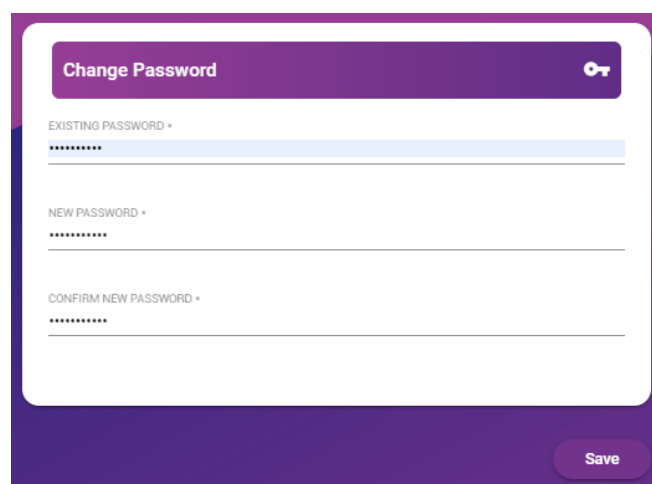
Please keep your Wellbeing Personal Health Record secure and private by making sure you logout when finished.

## Application Menu and Changing Password

Clicking the ☰ ellipsis / burger menu located at the top right-hand side of the screen will display a menu enabling you to navigate to any required section of the application.



This includes the option to [Change password] by entering your existing password followed by a new password before clicking the [Save] button.

A screenshot of the 'Change Password' form. The form has a purple header with the title 'Change Password' and a key icon. Below the header are three input fields: 'EXISTING PASSWORD \*', 'NEW PASSWORD \*', and 'CONFIRM NEW PASSWORD \*'. Each field contains a series of asterisks representing masked text. At the bottom right of the form is a purple 'Save' button.

Your new password must have a minimum of 8 characters, at least one letter, one number and one special character.

## Document Control

| Title          | PHR Patient Guide                             |                  |                                                   |
|----------------|-----------------------------------------------|------------------|---------------------------------------------------|
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| Change History |                                               |                  |                                                   |
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| V1.0           | 29/01/2019                                    | Emma Savage-Mady | First Issue                                       |
| V1.1           | 09/04/2019                                    | Emma Savage-Mady | Added support for Opera and removed Edge Browsers |
| V1.2           | 17/07/2019                                    | Emma Savage-Mady | Amended and updated for PHR v1.4.0                |
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|                |                                               |                  |                                                   |
|                |                                               |                  |                                                   |
|                |                                               |                  |                                                   |
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