

MyChart, powered by Epic, has a feature called Pregnancy Care Companion that allows you to track the progress of your pregnancy week by week. It also includes an option to sign up for a pregnancy care plan with educational materials about:

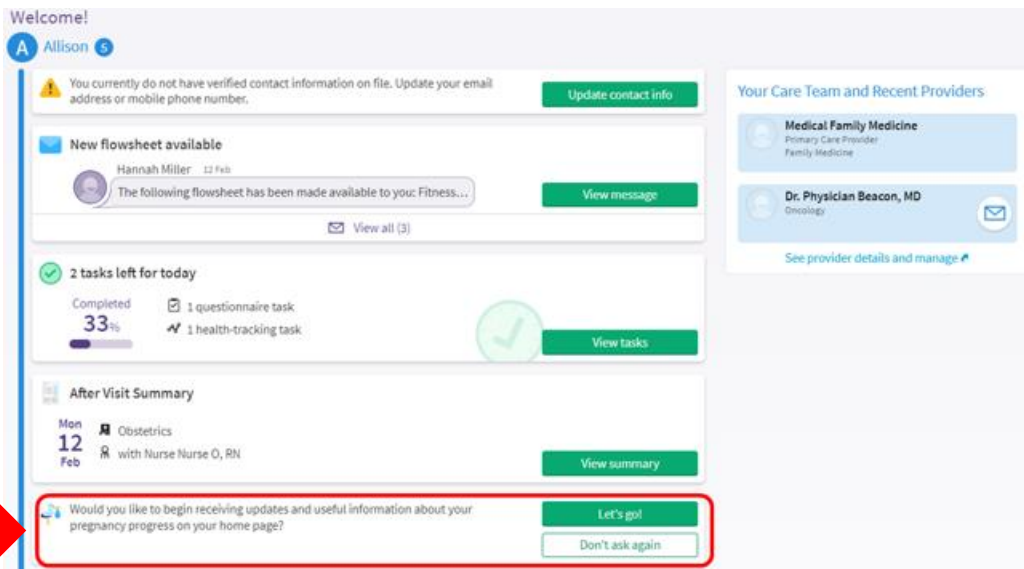
- How to stay healthy while pregnant
- What to expect during prenatal appointments and delivery
- Monthly reminder tasks

The care plan will end 1 month after your expected delivery date.

How do I enroll?

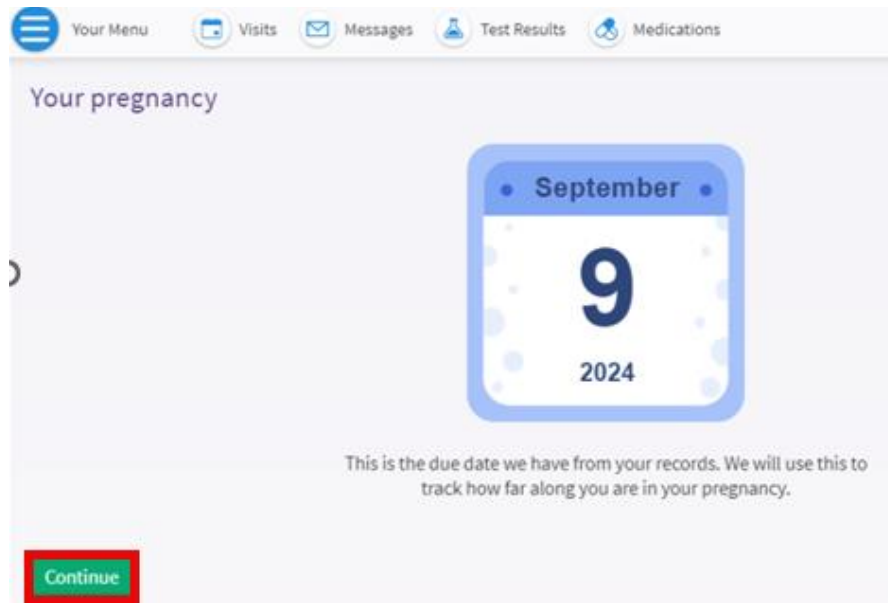
After your care provider has entered your estimated date of delivery in your health record, you can log on to MyChart. You will get an enrollment message asking if you want to receive updates about your pregnancy. You can also enroll in the pregnancy care plan to access educational materials and reminder tasks.

Click on **Let's go!**



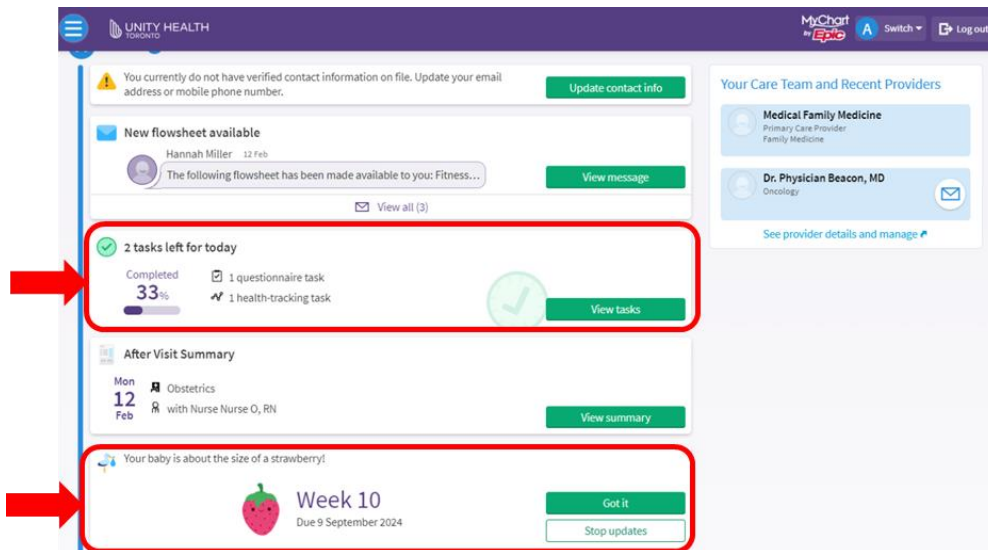
The screenshot shows the MyChart home page for a user named Allison. The page includes several sections: a warning about contact information, a message about a new flowsheet, a task completion progress bar (33% completed), and an after-visit summary. At the bottom, a red box highlights a prompt: "Would you like to begin receiving updates and useful information about your pregnancy progress on your home page?" with two buttons: "Let's go!" and "Don't ask again". A red arrow points to the "Let's go!" button.

Click on **Continue** to enroll.

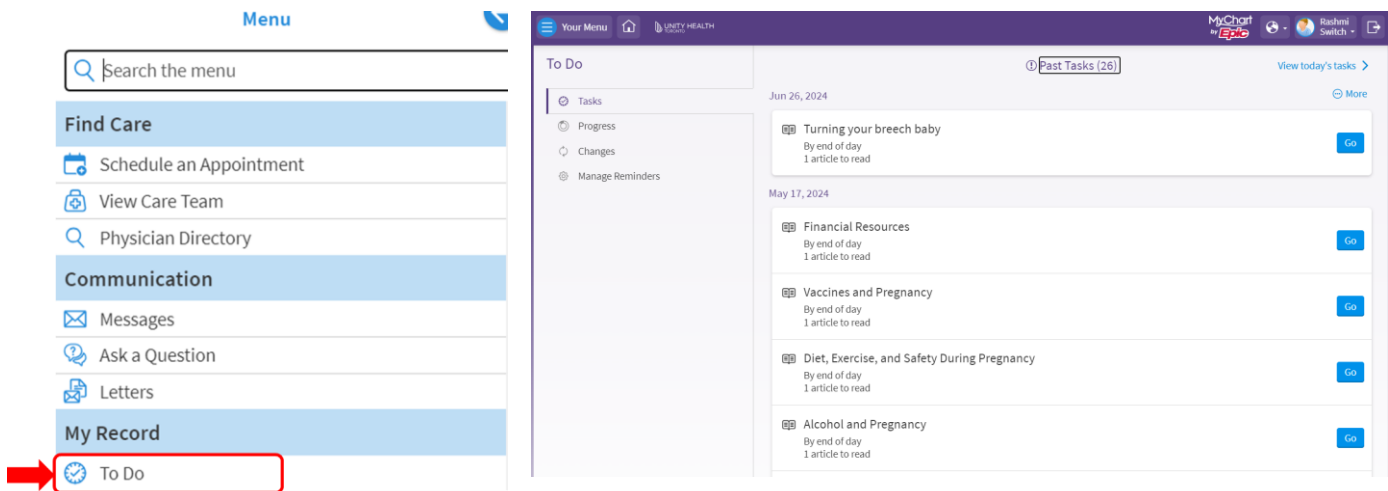


What can I expect once I am enrolled?

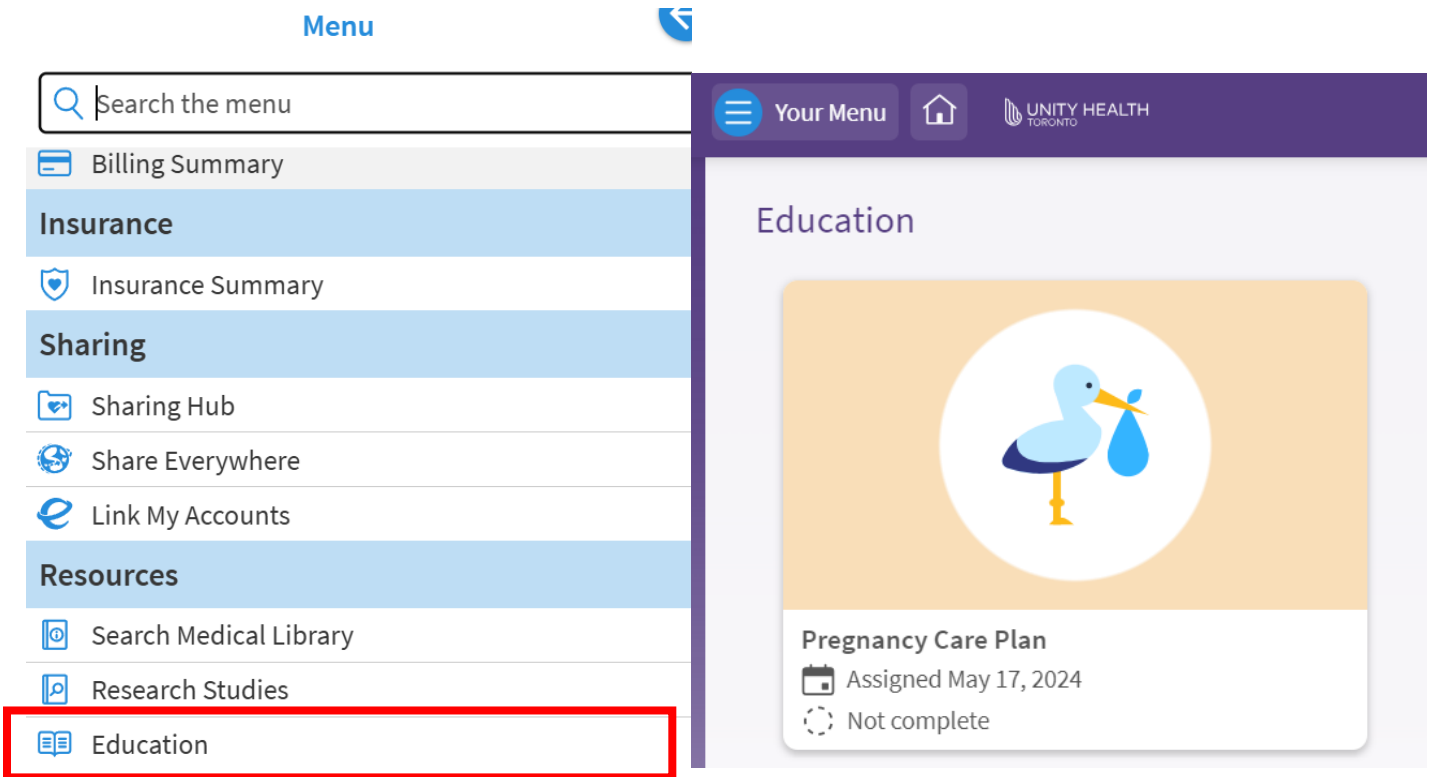
Once enrolled, based on your communication preferences, you will start receiving a weekly fruit card that tells you the size of your baby for that week. You will also see tasks that are due that day.



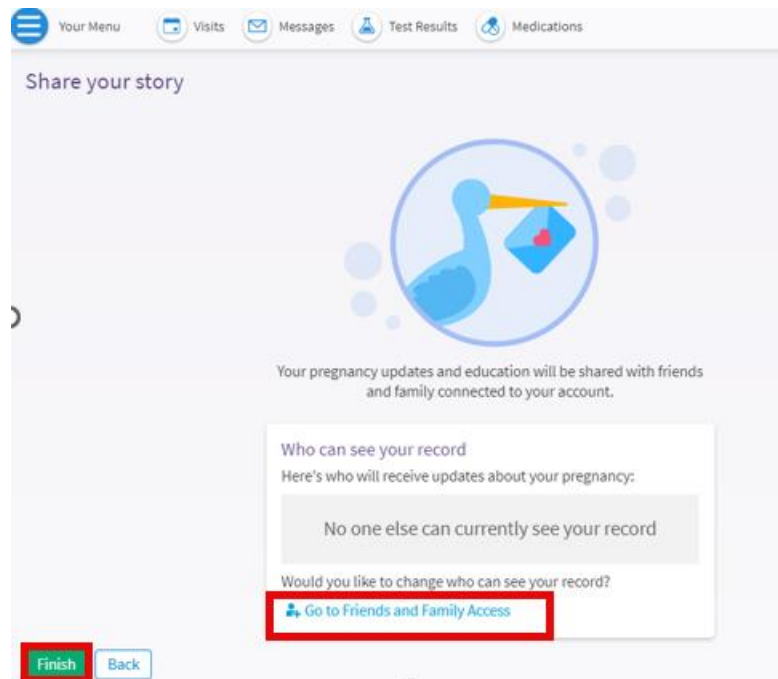
The **To Do** menu will have the list of educational materials and reminder tasks assigned to you.



You can also find the educational material in the **Education** menu. You can do this at any time, even after you have completed the task.



By clicking on **Go to Friends and Family Access**, you can share pregnancy updates with your family or caregivers who have proxy access to your record. When you are finished, click **Finish**.



Contact Us

Contact your care provider for additional information on this feature.

If you have any questions, please contact the Unity Health MyChart Support Team.

Email: mychartsupport@unityhealth.to

Phone: 416-864-5494