

Engaging in Your Health Care



You are an important member of your own health-care team.

By actively participating in your health care, to the greatest extent possible, evidence suggests that care is safer, and better health outcomes are possible. MyChart is one way that patients can engage in their own care.

MyChart connects you to your health information.

MyChart is a secure, online patient portal that makes it easy for you to access your health information from anywhere, at any time and at no cost. Using MyChart can help you to manage and engage in your health care. If you haven't already done so, we encourage you to activate your MyChart account and use the portal to engage in your care.

Real-time notifications sent directly to you.

The Ottawa Hospital MyChart is connected to your health record. If you have your notifications turned on, when tests, labs and reports are ready, you will get a message via email or a notification on your phone, that they are available on your MyChart. It is likely that you will be able to see your results before your health-care team as they are reviewing results for many patients.

Your results and any questions you may have about them will be reviewed with you at your next appointment. If your results are more medically urgent, someone from your health-care team will call you sooner to discuss. Your health-care team is there to support you so that you fully understand the results and can make informed decisions about your care. Your care team can also guide you to trusted sources for health education and information.



You choose when to review your results.

It is important to know that you have a choice when to review results. There are many options so only you can make the decision that is right for you. Whether you want to view your results immediately, wait until closer to your appointment, after your appointment, or view them with your physician during the appointment, the choice is yours. Carefully consider all possible options and what support and health information you might need depending on your decision.

Use trusted sources for health information.

Not all websites will provide you with accurate health information. Searching the internet can lead to worry or may cause patients to misdiagnose themselves for better or worse. Medical expertise is often required for full interpretation of test results.

Evidence based websites for health information:

MyPathologyreport.ca: A medical education tool created by doctors and patient partners to help you read and understand your pathology report. Each article introduces the condition or disease and then highlights important features that may be included in a report. There is also a pathology dictionary which provides plain language definitions for many commonly used words and phrases. There is a direct link to MyPathologyreport.ca on your MyChart home page.

MedlinePlus: This service provides information on the symptoms, causes, treatment, and prevention of over 1,000 diseases, illnesses, and health conditions. MedlinePlus has descriptions of more than 150 medical tests used to screen for, diagnose, and guide the treatment of various health conditions. Each description includes what the test is used for, why a health-care provider might order the test, how the test will feel, and what the results may mean.

Mayo Clinic: A trusted source in patient education, the Mayo Clinic website provides resources on tests and procedures, conditions and illnesses.

If you have questions about The Ottawa Hospital MyChart, please call 613-737-8800, and choose option 1.

