



## Pregnancy in a Pandemic Support Group

This tip sheet provides instructions for patients to self-schedule for the “Pregnancy in a Pandemic” support group.

### Pre-register for your delivery

Call the Admitting department at 613-737-8299 to pre-register for your delivery. Make sure you have your Health Card with you when you call.

With your permission, Admitting will email you a registration link for MyChart.

### Sign up for MyChart

MyChart is a secure, online patient portal that connects you with your medical and personal health information anytime, anywhere. With MyChart, you can self-schedule for the “Pregnancy in a Pandemic” Support Group.

Click on the MyChart registration link to create your MyChart account.

1. From this link, your activation code will automatically populate and you will be asked to enter your personal-verification items, such as your health card number and your date of birth. Click [Next](#).
2. On the next page, choose the following:
  - [MyChart username](#). This should be something that others wouldn't be likely to guess but that is easy for you to remember. It cannot be changed at any time.
  - [Password](#). This should be a unique combination of numbers and letters, using both uppercase and lowercase letters. Your password must be at least eight characters long, and must be different from your MyChart username. Choose a password that you don't use for other websites.
  - [Security question](#). This question will be used to verify your identity if you forget your MyChart password. Choose a security question from the list and enter your answer. Your answer cannot include your MyChart password.
3. On the next page, choose whether you want to receive a notification message in your personal email when there is new information available in your MyChart account. If you opt to receive email alerts, enter your email address.

If you have any questions about MyChart or have troubles signing up, please call our MyChart Support Line at 613-737-8800 Option 1, or email [mychart@toh.ca](mailto:mychart@toh.ca).



Here are the steps to follow once logged into MyChart:

## Schedule an appointment

1. From the main page once logged in, select **Schedule an appointment** from the Quick Links list on the right-hand side.

MyChart Mom One Health Visits Messaging Billing Profile Afficher en français Mom One OBS Log Out

Welcome!  
Video visit patient instructions  
Patient Checklist for Zoom Appointments

Please note: Your results, including lab results, pathology reports, and diagnostic imaging, are now available to you at the same time as the rest of your care team. This may result in you viewing your results before your primary care provider or specialist. We encourage you to discuss any concerns or questions you may have regarding your results at your next appointment. You will be contacted by your care team if the results need urgent attention.

No new notifications.

To Do

Upcoming Delivery with Nika Alavi-Tabari, MD  
Friday 06 November 2020 Time To Be Determined

September 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Quick Links

- View test results
- Schedule an appointment**
- Review health summary
- View billing summary

Care Team

Family Phys Unknown  
Primary Care Provider

External Links

Please click here to visit MyPathologyReport.ca

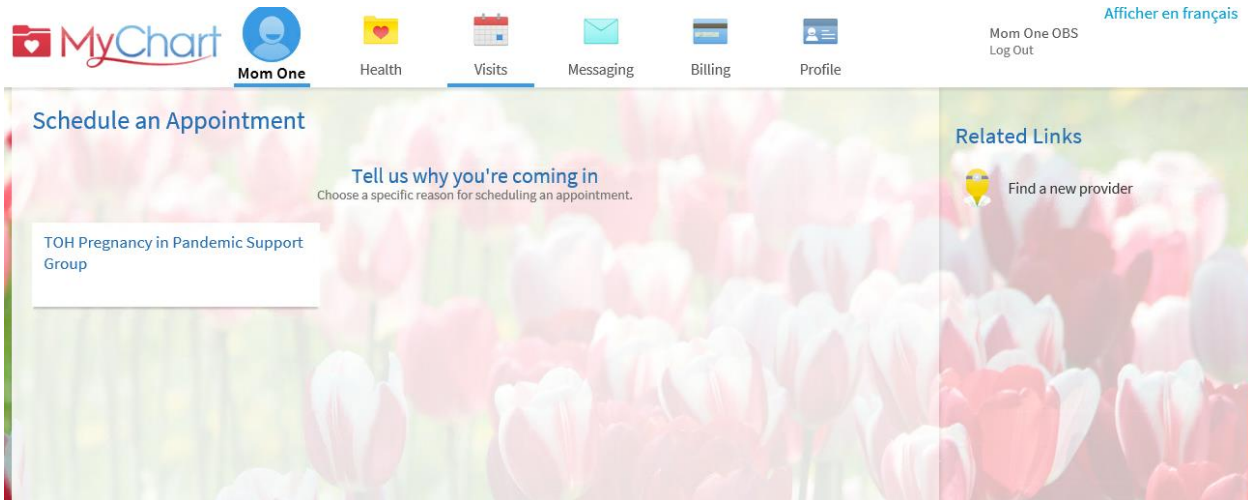
hpmychart01.civic1.ottawahospital.on.ca/MyChartpoc/inside.asp



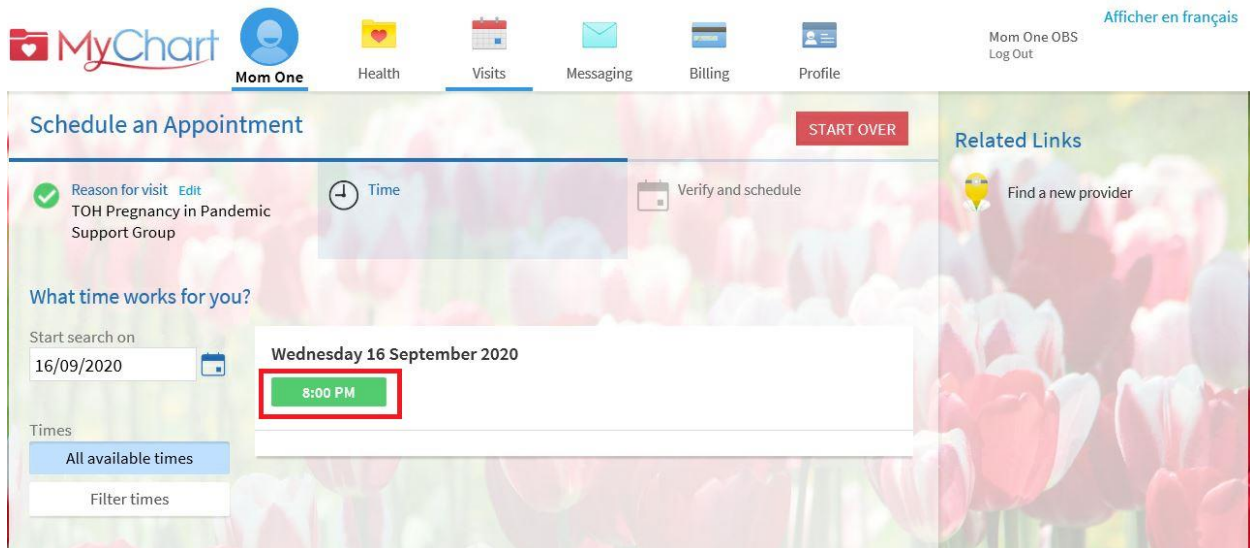
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2. If you qualify for scheduling an appointment, you will see a button for scheduling the support group. Click on the button.



3. Choose an available date and time by clicking on the time.





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4. Click on the **SCHEDULE** button.

The screenshot shows the MyChart interface for scheduling an appointment. The appointment is for 'TOH Pregnancy in Pandemic Support Group' on Wednesday, 16 September 2020 at 8:00 PM. The 'SCHEDULE' button is highlighted with a red box. Other elements include a 'START OVER' button, 'Reason for visit', 'Time', and 'Verify and schedule' options. A 'Before scheduling...' section contains a checkbox for 'Favorite this appointment to easily schedule again later'.

5. Your appointment is now scheduled. Please complete any questionnaires that are presented to you.

The screenshot shows the MyChart 'Appointment Details' page. A green banner at the top states 'Appointment Scheduled' and 'You're all set! You can review details of your upcoming appointment below.' Below this, there is a 'BEGIN VIDEO VISIT' button. A message states 'You cannot join the video visit at this time. Click here to test your connection. Click here to open up the instructions for video visit.' A questionnaire link is provided: 'History (Not Started)'. The appointment details are: 'PREGNANT IN PANDEMIC SUPPORT GROUP with GEN MENTAL HEALTH PREGNANCY SUPPORT' on Wednesday, 16 September 2020 at 8:00 PM EDT (1 hour). A calendar on the right shows the appointment date highlighted.





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- On the day of your appointment, you will need to log into MyChart and select your scheduled visit to join the Zoom session. From your main menu, select the **Visits** icon from the toolbar at the top of the page. You will be presented with a drop-down menu; select **Appointments and Visits**.

**MyChart** Mom One Health Visits Messaging Billing Profile

Afficher en français  
Mom One OBS  
Log Out

**Welcome!**  
Video visit patient instructions  
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Please note: Your results, including lab results, pathology reports, and diagnostic imaging, are now available to you at the same time as the rest of your care team. This may result in you viewing your results before your primary care provider or specialist. We encourage you to discuss any concerns or questions you may have regarding your results at your next appointment. You will be contacted by your care team if the results need urgent attention.

No new notifications.

**To Do**

PREGNANT IN PANDEMIC SUPPORT GROUP with GEN MENTAL HEALTH PREGNANCY SUPPORT  
Wednesday 16 September 2020  
Starts at 8:00 PM EDT

Upcoming Delivery with Nika Alavi-Tabari, MD  
Friday 06 November 2020 Time To Be Determined

September 2020

S	M	T	W	T	F	S
		1	2	3	4	5
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**Quick Links**

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**Care Team**

Family Phys Unknown  
Primary Care Provider

**External Links**

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- You will see your appointment for the support group as well as your pre-admission for delivery. Select the support-group appointment. You will now see a button for **BEGIN VIDEO VISIT**. Once the provider at TOH begins the Zoom session, this button will turn green, and you can join by selecting it.

The screenshot shows the MyChart patient portal interface. At the top, there are navigation tabs: Health, Visits, Messaging, Billing, and Profile. The 'Visits' tab is selected. On the right, there is a user profile for 'Mom One OBS' with a 'Log Out' link and a language toggle for 'Afficher en français'. The main content area is titled 'Appointment Details' and features a large green box with a 'BEGIN VIDEO VISIT' button highlighted by a red rectangle. Below the button, text reads: 'You cannot join the video visit at this time. Click here to test your connection. Click here to open up the instructions for video visit.' To the left of the main content, there is a section for the appointment: 'PREGNANT IN PANDEMIC SUPPORT GROUP with GEN MENTAL HEALTH PREGNANCY SUPPORT' on 'Wednesday 16 September 2020' at '8:00 PM EDT (1 hour)'. Below this, there is a 'History (Not Started)' section. On the right side of the appointment details, there is a calendar for 'September 2020' showing the date '16' selected.

