How to Fill Out Flowsheets in MyChart

1. Log into MyChart
2. Click on the Track My Health Activity located in the “My Record” section of the Menu
3. Flowsheets that your provider has assigned to you will appear here. Click on the Flowsheet you wish to complete and follow the instructions.

Blood Pressure
1. Here you will see the flowsheet assigned to you. Any readings that you entered previously will be visible. Click on “Add New Data” to enter today’s blood pressure reading.

![Blood Pressure Flowsheet](image1)

2. Your screen will look like this. Enter the date and time of your reading (You can click “Now” if you took your blood pressure just before entering the numbers). Enter your Systolic and Diastolic BP numbers. Click “Continue” when you are finished.

![Add Blood Pressure Flowsheet Data](image2)

*If you wish to enter multiple readings, click on “Add Another Reading” as highlighted below. Click “Continue” when you are finished.*
3. Your screen will look like this. Review your readings and click “Submit” when you are ready to enter them.
1. Here you will see the flowsheet assigned to you. Any readings that you entered previously will be visible. Click on “Add New Data” to enter today’s blood glucose levels.

2. Your screen will look like this. Select the date you wish to enter blood glucose levels for on the calendar.
3. Your screen will look like this. You can choose to enter your readings before or after each meal OR you can enter all readings at the end of the day. Enter the time of your reading and your blood glucose level in the “Value” column. Click “Continue” when you are finished.
4. Your screen will look like this. Review your readings and click “Submit” when you are ready to enter them.

5. If you need to edit the readings/add more readings for a day, navigate back to your flowsheet and click on “Edit” as shown. Follow steps 3-4 to add more readings.
How to connect to your Apple Health/Google Fit devices:

1. Log into MyChart Mobile

2. Navigate to Track My Health as highlighted below

3. Flowsheets that your provider has assigned to you will appear here. Click on the flowsheet you wish to complete and follow the instructions.

Blood Pressure Flowsheet
Blood Pressure

Glucose - Follow Your Provider's Guidance Regarding When To Submit
Blood Glucose (PRN)

Blood Pressure
Blood Pressure

Glucose - Daily Fasting and Post-Meals
2 hours pre-Breakfast (Fasting), 2 hours post-Breakfast, 2 hours post-Lunch, 2 hours post-Dinner

Glucose - Daily Pre/Post-Meal and Before Bed
2 hours pre-Breakfast (Fasting), 2 hours post-Breakfast, 2 hours pre-Lunch, 2 hours post-Lunch, 2 hours pre-Dinner, 2 hours post-Dinner, 2 hours Before Bed
4. Once in the flowsheet, you will see a button at the bottom of your screen to connect to your device. If you have a Google device, you will see “Connect to Google Fit”. If you have an Apple device, you will see “Connect to Health”.

5. Click “Connect” to review the Terms & Conditions. Once reviewed, scroll down and click on “Allow” to connect your device to MyChart.
6. Once the connection is successful the data from your device will automatically be entered into the flowsheet your provider has assigned to you. See example below.