

MyPreventiveCare patient portal home page

MyPreventiveCare
Helping you take care of your health

Home Dashboard Library Help Contact Us

Prevention/Wellness

Getting Started . . .

1. Get your medical id from your doctor
2. Register for your FREE account here
3. Answer 10 to 12 health questions

[Login Now](#)

No account?
Just click the button below!

What is it?

MyPreventiveCare is a tool to help you and your doctor work together to keep you healthy. It is a completely personalized way to see what steps you've already taken and what else you can do to check for and prevent illnesses such as:

- Heart disease
- High blood pressure
- Breast cancer
- Osteoporosis
- Vascular disease
- Colon cancer
- Cervical cancer
- High cholesterol
- Prostate cancer
- Diabetes

MyPreventiveCare doesn't just tell you what *people* should do to stay healthy – it is all about what *you* need to stay healthy.

Alert to start *MyQuestions* in the patient dashboard

The screenshot shows the MyPreventiveCare patient dashboard. At the top, the logo features a red heart with a white arrow forming a circle, followed by the text "MyPreventiveCare" and the tagline "Helping you take care of your health". The navigation menu includes "Home", "Dashboard" (highlighted in a blue speech bubble), "Library", "Help", and "Contact Us".

Below the navigation, a breadcrumb trail reads "You are here : Dashboard". The main content area is a grid of colorful tiles:

- Preventive Care You Need Now** (orange tile with a flag icon and a red circle containing the number 9)
- Other Preventive Care** (orange tile with an apple icon)
- Your Medical Record** (teal tile with a book icon)
- Your Labs** (green tile with a flask icon and a red circle containing an exclamation mark)
- Your Medications** (purple tile with a pill icon)
- Your Visit Notes** (yellow-green tile with a notepad icon)
- Update & Report Your Information** (maroon tile with a refresh icon)
- Your Health Trends** (teal tile with a line graph icon)

On the right side, there are several notification tiles:

- Schedule your visit** (calendar icon, date 31, "Coming Soon")
- Email your doctor** (envelope icon, "Coming Soon")
- Update your user account** (person icon)
- Visit Prevention Library** (book icon)

A white alert box with a yellow warning triangle icon is overlaid on the dashboard. The text in the alert reads: "Complete **MyQuestions™**. You have a decision to make about Colon Cancer Screening. [Click here to start.](#) Close".

The Decision about Breast Cancer Screening

Your Information

You have never had a mammogram.

The Decision

The decision to get screening mammograms between the age of 40 and 49 years is an individual one. It depends on your risk for breast cancer. It also depends on your values about the benefits and harms.

Is screening right for you?



We want to give you more information for this decision but first we want to know what questions are at the top of your list. Please click **MyQuestions™** below and take a few minutes to help us learn how we can help you.

Start **MyQuestions™**

[No thanks, ask me about this another time.](#)

MyQuestions Question #1



MyPreventiveCare
Helping you take care of your health

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You are here : [MyQuestions](#)

Have you previously heard that you should or should not have colon cancer screening?

Yes

No

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[Exit and come back later.](#)

MyQuestions Question #2



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Helping you take care of your health

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How far along are you with making a decision about colon cancer screening?

- I have not yet thought about the choice
- I am thinking about the choice
- I am close to making a choice
- I have already made a choice

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Question 2 of 17



[Exit and come back later.](#)

MyQuestions Question #3



 You are here : MyQuestions

If you had to make a choice, what would you do next to decide whether to get colon cancer screening?

Select all that apply


- Do nothing
- Let my gut feelings or instincts guide me
- Attend a lecture or seminar
- Do my own reading and research
- Talk to my health care provider
- Talk to other people I trust: my family, friends, or someone who has been through this

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When it comes to cancer screening, different kinds of information can be very important to your decisions. The next few questions ask you to rate how important information is in making a decision about colon cancer screening.


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MyQuestions Question #4



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For each of the items below, select how important each is to you.

	Very important	Somewhat important	Not that important
What are my options (choices) for getting screened or not getting screened?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much would screening improve my chances of living longer?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does one kind of screening test work better than another?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Are there problems that screening might cause, such as false test results, medical complications, or unnecessary treatments?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
What are the screening guidelines of expert organizations, such as the American Cancer Society?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
How is the screening test performed?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
How common or how dangerous is the cancer?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
What are the costs and what will my insurance cover?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Please specify what else you would like to know about when deciding about cancer screening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How do you want your questions answered?

These days information comes in many different forms. Do you want your questions answered in words, as statistics, or would you prefer pictures? It may depend on the question.


On the next page, you will see each question you rated as important. For each, click the colored box to say what form you want your answer. Also, don't forget to use the slider next to the boxes to say how much detail you want!

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MyQuestions Question #5

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Below are questions about colon cancer screening that you ranked as important.

INSTRUCTIONS: Choose the option that shows the way you would want the topic explained and then adjust the slider to the level of detail you desire for the topic.

	Words	Pictures	Numbers	Stories	Level of Detail
What are my options (choices) for getting screened or not getting screened?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
How much would screening improve my chances of living longer?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Are there problems that screening might cause, such as false test results, medical complications, or unnecessary treatments?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
What are the screening guidelines of expert organizations, such as the American Cancer Society?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	
How is the screening test performed?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
What are the costs and what will my insurance cover?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	


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When you do your own reading and research for a decision like cancer screening, how helpful are...?

	Most helpful	Somewhat helpful	Less helpful	Doesn't apply to me
Internet research or other online information (e.g. Mayo Clinic, WebMD, or Google)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Television programs or commercial videos about screening	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Articles about screening in magazines or newspapers	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Educational materials from a doctor's office or health organizations, such as pamphlets, brochures, flyers, or videos	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Something else	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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What is the best way for you to use statistics, like numbers and percentages, to learn what to expect from different screening options?

INSTRUCTIONS: Enter the numbers 1, 2, and 3 next to the options in the order that best represents your preferences.


Tables



Listed in data tables with rows and columns

Tables

Pictures



Shown in pictures, such as pie charts or bar graphs -- I'm a visual person

Pictures

Plain English



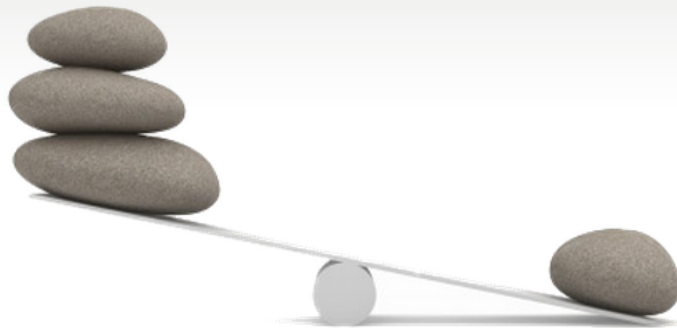
Explained in plain English or the spoken word

Plain English

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When some people make difficult medical choices, they focus on weighing the pros and cons (benefits and risks) on a scale. When other people make difficult decisions, they focus on gut feelings or instincts. The next questions are about how you believe you would make your choice.

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MyQuestions Question #8

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How important to you are your gut feelings or instincts about cancer screening compared with weighing the pros and cons?

INSTRUCTIONS: Drag the slider below to the response that represents how you believe you would make your choice.

▲

Gut feelings or instincts are most important

Gut feelings or instincts are somewhat important

Not sure or neutral

● Weighing pros and cons are somewhat important

▼

Weighing pros and cons are most important

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Question 8 of 17



Exit and come back later.

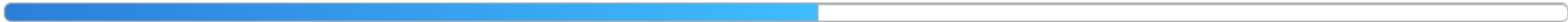
How important are the following fears or worries to your decision about colon cancer screening?

	Very important	Somewhat important	Not that important
Getting cancer or not catching cancer early enough.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
The pain or embarrassment of the test.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Getting bad news when the results come back or finding out I have cancer.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
The costs of screening.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Having complications (risks and side effects) from the screening test.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going to health care providers.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Regretting my decision.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Please specify what else you would like to know about when deciding about cancer screening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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[Exit and come back later.](#)

Patient created “decision aid”

Tiles with information patient said was “very important” (question 4) in the format they wanted to see the information (question 5). Up to four tiles were included, although patients could access all resources (for all topics and all formats) by clicking on “More information about Colon Cancer Screening.”

 You are here : MyQuestions

Get Tested for Colon Cancer

Your Information

You had a colonoscopy on 2/27/2014.
Talk with your doctor about getting another colonoscopy, sigmoidoscopy, or home stool test now.



You said you really wanted to know more about the following topics. [Click the tiles below to read more.](#)

Options for getting screened

Health benefits of screening

Problems that screening can cause

Costs and insurance coverage

More information about Colon Cancer Screening

The Basics

Men and women age 50 to 75 should be screened regularly for colon cancer. Any one of three tests can be used: a **colonoscopy** every 10 years, a **sigmoidoscopy** every 5 years, or a **home stool test** every 1 year.

The Benefits

If you act early, you can significantly reduce your chances of complications or death from colon cancer.

The Risks

Screening isn't perfect and can produce a “false-positive” result when there is no cancer. This can cause anxiety and lead to additional tests. Also, a colonoscopy can sometimes cause bleeding, damage to the colon, or other serious complications.

[Move to Next Steps >](#)

Example of content in patient educational material tile

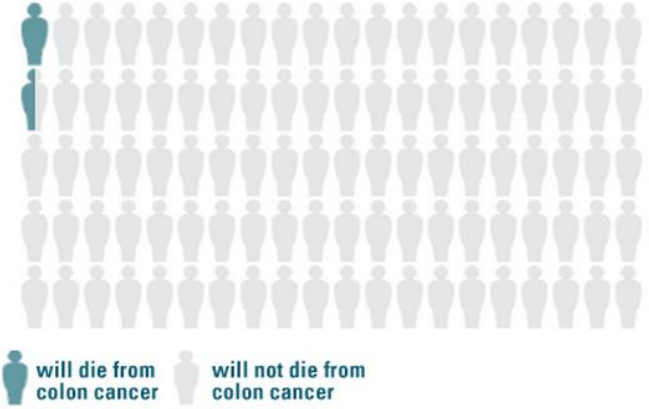
You are here : MyQuestions

Answers to Your Question

Index Print

“How much would screening improve my chances of living longer?”

**Chance of Death from Colon Cancer
In People Who Get Screened**



1 will die from colon cancer **2 will not die from colon cancer**

For every 100 people who are screened for colon cancer, about 1 or 2 fewer people will die of the disease compared to those who do not get screened. In other words, getting tested does not guarantee that you will be cured if you get colon cancer, but it can make a big difference in your life.

Chance of Death from Colon Cancer

serious complications.

Move to Next Steps >

Patient can access a library of all educational material

You are here : MyQuestions

Answers to Your Question

[Index](#) [Print](#)

Question Index

Click on a link in the index below to open the chosen question in the specified format.

"What are my options (choices) for getting screened or not getting screened?"	Words	Pictures	Numbers	Stories
"How much would screening improve my chances of living longer?"	Words	Pictures	Numbers	Stories
"Does one kind of screening test work better than another?"	Words	Pictures	Numbers	Stories
"Are there problems that screening might cause, such as false test results, medical complications, or unnecessary treatments?"	Words	Pictures	Numbers	Stories
"What are the screening guidelines of expert organizations, such as the American Cancer Society?"	Words	Pictures	Numbers	Stories
"How is the screening test performed?"	Words	Pictures	Numbers	Stories
"How common or how dangerous is the cancer?"	Words	Pictures	Numbers	Stories
"What are the costs and what will my insurance cover?"	Words	Pictures	Numbers	Stories
"What do I need to know about logistics, such as preparation, where to go, scheduling, and transportation?"	Words	Pictures	Numbers	Stories
Show All				

"How much would screening improve my chances of living longer?"

**Chance of Death from Colon Cancer
In People Who Get Screened**

serious complications.

[Move to Next Steps >](#)

MyQuestions Question #10



MyPreventiveCare
Helping you take care of your health

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What steps do you want to take next?

- I want to give it more thought.
- I have already decided to get a colonoscopy.
- I have already decided to get a stool blood test.


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MyQuestions Question #11

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Which of the following would you like to do?

- No next steps for now.
- Do more reading and research.
- Fill out a printed or online "decision aid" questionnaire that could help me weigh pros and cons.

Talk with . . . *[check all that apply]*

- . . . my regular health care provider.
- . . . a specialist for a second opinion.
- . . . my family, friends, clergy, or other people I trust.
- Prayer.
- Get a reminder to make this decision.
- Other next steps.

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Please click the button that best describes how you feel about your decision.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I know the benefits and risks of each option for getting screened or not getting screened	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am clear about which benefits and risks from colon cancer screening matter most to me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have enough support and advice to make a decision about getting colon cancer screening	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel sure about the best choice for me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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You are here : MyQuestions

**Would you like to discuss colon cancer screening at your next appointment?
MyPreventiveCare™ can notify your healthcare provider.**

- Yes (If you choose this, MyPreventiveCare™ will send your answers to your provider)
- No (If you choose this, MyPreventiveCare™ will NOT send your answers to your provider)

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MyQuestions Question #14



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What about colon cancer screening would you like to discuss with your health care provider?

- What are my options (choices) for getting screened or not getting screened?
- How much would screening improve my chances of living longer?
- Does one kind of screening test work better than another?
- Are there problems that screening might cause, such as false test results, medical complications, or unnecessary treatments?
- What are the screening guidelines of expert organizations, such as the American Cancer Society?
- How is the screening test performed?
- How common or how dangerous is the cancer?
- What are the costs and what will my insurance cover?
- What do I need to know about logistics, such as preparation, where to go, scheduling, and transportation?
- Something else (please specify)

 Print Checklist

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MyQuestions Question #15



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For the colon cancer screening decision, slide the slider to the phrase that reflects the role you would prefer with your health care provider.

INSTRUCTIONS: Drag the slider below to the role you would prefer with your health care provider.



A. I prefer to make the decision about colon cancer screening.

B. I prefer to make the final decision about colon cancer screening after seriously considering my health care provider's opinion.

C. I prefer that my health care provider and I share responsibility for deciding which choice is best for me.

D. I prefer that my health care provider makes the final decision about colon cancer screening but seriously considers my opinion.


E. I prefer to leave much of the decision regarding colon cancer screening to my health care provider.



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MyQuestions Question #16 – Invitation to have visit audio recorded

 You are here : MyQuestions

Can you help us?

We want to see whether completing **MyQuestions™** helps patients at their doctor's appointment. As part of a study, we are audio-recording about 30 appointments. All you would need to do is arrive a few minutes early for your next appointment to sign a consent form and allow your appointment to be recorded. In return we will thank you with a \$50 Target gift card.

Want to learn more? Please enter your information and a coordinator will call with more details.



I am interested in learning more

Please enter your information and a coordinator will call you with more details.


Name

Number

Best time to contact me

I am not interested in learning more at this time



 You are here : [MyQuestions](#)



You are almost done! One last question . . .

Give us some feedback on the survey. After that you will be returned to your summary page that reviews the plan you've mapped out for colon cancer screening.

When you are done looking at your summary, click on [Return to Dashboard](#) to return to *MyPreventiveCare* and learn about other preventive services.


Thank you for taking the time to complete **MyQuestions™**!

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[Exit and come back later.](#)



 You are here : MyQuestions

Please give us feedback on **MyQuestions™** by indicating how much you agree or disagree.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Disagree strongly
The questions were clear and easy for me to understand	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It took too long to answer the questions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Completing MyQuestions™ helped me with my decision about cancer screening	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Completing MyQuestions™ could help other patients who have diabetes or other diseases and face complex medical choices	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Thank you for completing MyQuestions™. Your answers will help us improve your care.



Get Tested for Colon Cancer





Your Information

You had a colonoscopy on 2/27/2014.
Talk with your doctor about getting another colonoscopy, sigmoidoscopy, or home stool test now.

Your Action Plan

You've said you want to do the following:

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 [Print Action Plan](#)

- I want to give it more thought.
- Get a reminder to make this decision
- Talk with my regular health care provider.
- Talk with my family, friends, clergy, or other people I trust.

You said you would like to notify your doctor that you want to discuss Colon Cancer Screening at your next visit and you specifically want to discuss:

- How much would screening improve my chances of living longer?
- What do I need to know about logistics, such as preparation, where to go, scheduling, and transportation?
- What are my options (choices) for getting screened or not getting screened?
- Does one kind of screening test work better than another?

You said that you would prefer that your health care provider and you share responsibility for deciding which choice is best for you.

You said you really wanted to know more about the following topics. [Click the tiles below to read more.](#)

Options for getting screened



Health benefits of screening



Problems that screening can cause



Costs and insurance coverage



[More information about Colon Cancer Screening](#)

The Basics

Men and women age 50 to 75 should be screened regularly for colon cancer. Any one of three tests can be used: a **colonoscopy** every 10 years, a **sigmoidoscopy** every 5 years, or a **home stool test** every 1 year.

The Benefits

If you act early, you can significantly reduce your chances of complications or death from colon cancer.

The Risks

Screening isn't perfect and can produce a "false-positive" result when there is no cancer. This can cause anxiety and lead to additional tests. Also, a colonoscopy can sometimes cause bleeding, damage to the colon, or other serious complications.

Example of summary of patient responses in the clinician's electronic health record

Results Verification

Order-Result Group Cover TEST, CYNTHIA

1 Items : 8 Active Patient Tasks

Resulted - Requires Verification

Colon Cancer Screening Preferences Shibla, Suzie Final 14Jan2014 12:00AM

Test	Result	Flag	Reference
Current decision (colon ca screening)			na
Patient would like a colonoscopy			
Preferred decision role			na
Patient wants to make the decision			
Topics patient wants to discuss			na
Screening options; Health benefits; Best test			
Patient fears and worries			na
Pain/embarrassment; Complications; Costs			