

# People remember less than half of what their doctors say



“Why was I  
prescribed this  
medication?”

**There is a lot to manage when  
it comes to your health.**

Invite the person you trust most  
to stay connected with your health  
by using a MyChart proxy.

[uofuhealth.org/proxy](https://uofuhealth.org/proxy)



# MYCHART PROXY

MyChart makes it easy to review details about your medical visits. A MyChart proxy lets you share important information about your health with those you trust most.

**Your MyChart proxy will be able to:**



View your medicines, vaccines, visit notes, and test results



Request appointments and prescription refills



Help you communicate with your health care team



Share portions of your chart with other doctors and hospitals

# CHOOSE A MYCHART PROXY

Patients age 18 and older can appoint any adult as a MyChart proxy.

Pick someone you trust to help with your health care. Your proxy can be a close friend, a family member, or someone who lives nearby.

You can appoint more than one MyChart proxy. This is helpful if someone manages your health from far away.

**Who do you trust most with your health care?** *Write their name here and talk with them about it.*

My MyChart proxy:

My proxy's email address:

*MyChart is compliant with federal and state laws. Your health information is private and secure.*

# SET UP YOUR MYCHART PROXY

It is **easy** to set up your **MyChart** proxy.

Do one of the following to get started:

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## > **Online:**

Assign your MyChart proxy online.



Visit:

[uofuhealth.org/proxy](https://uofuhealth.org/proxy)

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## > **Phone:**

Ask for help setting up a MyChart proxy.  
Call Utah MyChart Support:  
801-213-5555

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## > **In Person:**

Ask about a MyChart proxy at your next medical appointment.



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