

FirstHealth MyChart and COVID Testing Results

MyChart provides you with online access to your medical record. It can help you participate in your health care and communicate with your providers.

Steps to access **MyChart**:

Step 1: Access MyChart from a browser/internet) and/or a mobile device

- On your computer, go to **www.firsthealthmychart.org**
- On your mobile device, download the **MyChart** app

Step 2: Sign up for a MyChart account (To sign up for MyChart, you must be at least 18yrs old.)

- After you have been registered, you will receive a text or email with an activation code to the mobile phone or email address provided at registration. If you do not have an activation code, select **Self-Sign Up** (web browser/internet) or **Sign Up Now** (mobile).

Step 3: Use your activation code to sign up

1. From the MyChart login screen on the MyChart website select **I HAVE AN ACTIVATION CODE** or select **Sign Up Now** from the MyChart mobile app.
2. Enter **your** activation code and **your** other personal verification items, such as the last four digits of your Social Security number and your date of birth. Select **Next**.
3. On the next page, choose the following:
 - **MyChart username**. Choose something that others wouldn't be likely to guess but is easy for you to remember. It cannot be changed at any time.
 - **Password**. Choose a unique combination of numbers and letters, using both uppercase and lowercase letters. Your password must be different from your MyChart username. Choose a password that you don't use for other websites.
 - **Security question**. Choose a question you can use to verify your identity if you forget your MyChart password. The answer you enter cannot include your MyChart password.
4. On the next screen, 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.

Step 4: Log in to MyChart

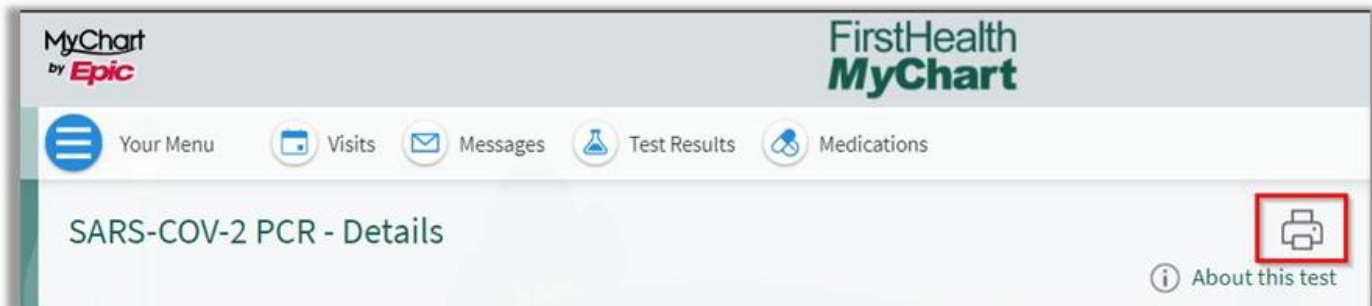
1. In your web browser, enter **www.firsthealthmychart.org** and access the login page or access through the MyChart app on your phone
2. Enter your MyChart username and password, and click **Sign In**.

Step 5: Track your COVID-19 testing

1. Your COVID-19 testing status and recent results will show in the web and mobile version under the COVID-19 menu option.
2. **Documentation of COVID results will be through MyChart. You will not receive a work excuse/release. Results in MyChart are your verified test statement. COVID results can be printed with name and date of birth through the desktop version of MyChart. You may also share your results electronically through the MyChart mobile app. If needed, use one of these options to share results and/or testing status for school or work.**

Step 6: Printing test results from MyChart desktop

- The COVID/SARS-CoV-2 results can be accessed from “Test Results”



CDC Recommendations for Isolation and Quarantine as of December 27, 2021

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

* There is no need to retest after a positive result. In most cases, you will not be retested if you have received a positive PCR test in the last three weeks.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home