

PATIENT PORTAL

How do I sign up for myHealth@UHC?
<https://unityhc.followmyhealth.com>

Manage Your Health Online!
 Unity Healthcare is excited to bring our patients the latest advance in personal health care management. Welcome to **myHealth@UHC** Patient Health Portal, the next big leap in health technology.

myHealth@UHC is a secure, convenient way to manage your personal health care online. This FREE self-service health management tool can improve interactions with your doctor's office, document important health care information and ultimately give you the ability to make more informed decisions about your health.

Powered by FollowMyHealth

The next generation universal health record, FollowMyHealth, combines patient-provider communication with a patient-managed personal health record.

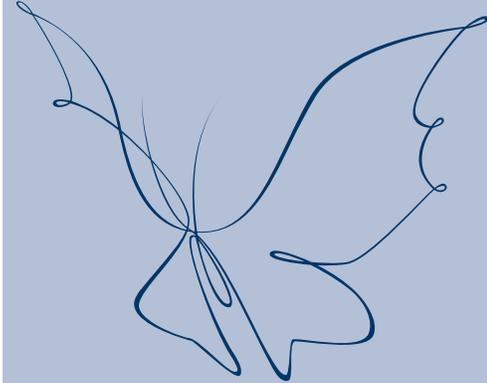
Features

- **ONLINE ACCESS - ANYWHERE, ANYTIME:** View your health information electronically via a web browser
- **THE COMFORT OF A SECURE ENVIRONMENT:** Your health information is posted to a highly secure data repository
- Download, fax, and email select health information – immunizations history, school exam forms, and more
- View personal health information from other participating organizations outside Unity
- Review your personal medical records
- View test and lab results
- **CONNECT WITH YOUR DOCTOR'S OFFICE**
- Request appointments when it's convenient for you
- Request prescription refills
- Send and receive messages from your Doctor's office
- Receive reminders for preventative and follow-up care

FAQs

If a patient has not received an invitation email, but wishes to connect with myHealth@UHC the following should be done:

1. Go to <https://unityhc.followmyhealth.com>
2. Click on Create an Account
3. Fill in the information correctly. Provide an accurate zip code.
4. Choose Unity Healthcare as the organization that you want to connect with.
5. After completing these steps, Unity Healthcare will receive notice of the request for a connection. The request will be processed and a notice of the connection or rejection will be made.



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Recipe

Mini Cheese Pizzas



- 1 (10-biscuit) can flaky refrigerated biscuits
- 1/3 cup tomato sauce
- 1/2 teaspoon dried oregano leaves
- 1/2 cup shredded part-skim Mozzarella cheese

Preheat oven to 450 degrees. Pat each biscuit into a 4-inch circle on a baking sheet coated with nonstick cooking spray. In a small bowl, mix together the tomato sauce and oregano. Spoon the sauce on each biscuit round. Sprinkle the cheese over the tomato sauce. Bake for 8 to 10 minutes or until the cheese is melted.

Calories 117; Protein 4g; Carbohydrate 15g; Fat 5g

Upcoming Events

Look Good Feel Better

When: November 17th

Time: 11:00am – 1:00pm

Where: Tippecanoe Extension Office

Look good feel better holds group workshops that teach beauty techniques to female cancer patients to help them combat the appearance-related side effects of cancer treatment. This is through the American Cancer Society, please call (800) 227-2345 to register.

Survivorship Program...Road to Wellness

When: Thursday, December 11th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Topic: Memories

Open to Lafayette Cancer Care patients, family and their caregivers.

Please RSVP by calling 446-5050.



Lafayette Cancer Care
T-Shirts on Sale NOW,

\$7 Each

Depression

Depression is a distressful disorder characterized by feelings such as sadness, apathy, guilt, hopelessness and irritability that persists consistently for more than two weeks and negatively affects one's daily activities and relationships.

Key Messages:

- Depression is common, treatable side effect among people with cancer.
- It is important to talk with your health care team if you are experiencing symptoms of depression.
- Depression is most often managed by counseling, medication, or a combination of these two treatments.
- Getting involved in a support group may also help relieve symptoms of depression.

Depression and Cancer

Approximately 10% of Americans experience depression. However, depression is more common among people with cancer who often struggle to cope with uncertainty, fear, grief, physical changes, treatment-related challenges, relationship changes and financial burdens. As many as 15% to 25% of people with cancer experience depression. Although depression is more common among cancer patients, it should not be considered an acceptable part of living with cancer. Identifying it and then managing it are important for improved quality of life.

Symptoms of Depression

Depression may occur near the time of diagnosis or anytime during or after treatment. The diagnosis of depression is based on mood-related, cognitive, physical and behavioral symptoms.

Symptoms include:

Mood-related: feelings of sadness, hopelessness, irritability, numbness or worthlessness.

Cognitive: decreased ability to concentrate, indecision, memory problems, negative thoughts

Behavioral: frequent crying, social withdrawal, loss of interest in activities, loss of motivation.

Physical: fatigue, appetite loss, insomnia, hypersomnia, sexual problems.



Clinical depression may worsen the physical side effects of cancer treatment.

Depression also affects a person's quality of life and undermines the emotional and physical strength often required to undergo treatment.

It is important to recognize that most people with depression find it difficult to improve their mood without treatment and support.

Although support from family, friends and support groups can help treat depression, so can a combination of counseling and medication. Your health care team can help you assess what appropriate treatment would be best suited for you.

Resource: www.cancer.net

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videos on

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Treating one patient and one family at a time.