Pre-login

My Health Online
Stay connected with your doctors and access your medical records, anytime, anywhere.
- Schedule in-person appointments online
- Schedule a video visit for non-urgent concerns online
- Message your care team
- View lab and most test results
- Access health records securely
- Get test reminders

Learn more about My Health Online

Schedule a Video Visit
Available for My Health Online Members
Get virtual care with your provider or a Sutter Walk-in Care clinician for non-urgent health concerns. Book a Video Visit through My Health Online to stay on top of your health.

My Health Online App
Download the My Health Online mobile app available at the Apple App Store and Google Play.

Download on the App Store
Google Play

Help and Support
- Online Password Reset
- Problems Signing In?
- My Health Online FAQs
- Managing My Family’s Health
- Through Proxy Access
- My Health Online for Teens

Post-login

Contact-Free Appointment Check-in with Hello Patient
Now you may skip the front desk and check in for your appointment right from your mobile device. Hello Patient is a new option on the My Health Online app that offers contactless check-in for your appointment. It uses your device location to notify front desk staff when you’ve arrived for your appointment. Learn how it works.

Sutter Health
Frequently Asked Questions

WEB

MOBILE

COVID-19 Information
View our COVID-19 resources and learn more about safety precautions across the Sutter Health Network.

My Health Online Frequently Asked Questions

All Frequently Asked Questions
Accessibility Questions  Clinical Questions  Communication Preferences
Cost Estimates  Enrollment Questions  Insurance Questions
Manage My Family’s Health Online  Mobile Access  My Health Online Account Support
My Health Online for Teens  Payments and Online Statements  Scheduling an Appointment
Secure Messaging  Technical Questions  Tests and Results
Video Visits

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Sutter Health

MOBILE

COVID-19 Information
View our COVID-19 resources and learn more about safety precautions across the Sutter Health Network.

Close

Sutter Health

Mobile Access Frequently Asked Questions

FAQs
How do I enable contact-free appointment check-in?
**Home Screen**

**WEB**

- **Quick Links**
  - Schedule an appointment
  - Pay bills
  - Renew a prescription
  - Get test reminders
  - View test results
  - Check messages
  - Send a message

- **My Health Online**
  - You have 4 new messages.
  - View instructions for your appointment on Monday, September 28, 2020 with AMBULATORY, COAST MD, MO.
  - View your 2 new test results.
  - View details for account #9999999, which has a current balance of $76.00.
  - Read your letters. You have 4 new letters.
  - View the After Visit Summaries from your 3 recent visits.

- **To Do**
  - Under ordinary circumstances, we would encourage you to address these reminders. However, this is routine care and is not urgent. In light of the COVID-19 precautions, we would suggest waiting until shelter in place restrictions have been lifted. If you have any questions contact your provider.

  **Children 15 months and younger should still get their immunizations. Please contact your provider to determine what to do.**

  - Thyroid Hormone Monitoring
    - Overdue + 5 years
  - Microalbumin Urine Test
    - Overdue + 5 years

**MOBILE**

- **ACTIVITIES**
  - Appointments
  - Schedule Video Visit
  - Test Results
  - Renew Medications
  - Immunizations
  - Messages
  - Billing
  - Estimates
  - Health Summary
  - Questionnaires
  - To Do
  - Share My Record

- **Read your new message from My Health Online.**
  - Subject: Health Maintenance Reminder - Last Notification
  - You have 8 health reminders.
Test Results

Note: Most results for any tests that were ordered during your visit will be available as soon as they are finalized. This means you may see a result before your provider has had a chance to review it. We ask that you wait for your provider or your clinical team to contact you (typically 3-6 business days) to discuss any interpretation of the results.
Encounter Notes

**WEB**

Appointment Details

**Progress Notes**

**Subjective:** Shoulder are better movement wise, but I am having more muscle tension. I am doing the exercises on my stomach, but my bed is too soft. I am going to set my massage table to I can do them.

Effect of last treatment: Felt better.

**Objective:**

- Pain: 2/4/10 with motion (left abduction the worst)
- Left shoulder active range of motion
- Flexion 120 degrees, pain with lowering

**Treatment Interventions:**

- Therapeutic Exercise—15 minutes:
  - Pulleys X 3 min.
  - Review home exercise program
  - Elevation and flexion 90/90 (pain-free range)
  - Adductors
  - Standing ball rolls X 20
  - Visit Slide with pillow case X 10

**Neuromuscular Re-education—20 minutes:**

**Home Exercise Program**

- PRONE RETRACTION EXTENSION - PRONE T. - Repeat 10 times, Hold 5 seconds, Complete 3 Sets, Perform 1, Times a day
- ERector Spinae, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times a day
- PRONE EXTENSION - Repeat 10 times, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times a day
- PRONE T. - PALM DOWN - Repeat 10 times, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times 1 Day

**MOBILE**

After Visit Summary®

**Progress Notes**

**Ambulatory, Sr Mkd, MD at 09/30/20 16:41**

Treatment Diagnosis: left shoulder pain, right shoulder pain

Start of Care: 1/22/2020 Date of Onset: 4-5 months

Plan of Care: 1/22/2020 to 4/24/2020

Frequency: once a week

Visit Number: 2 as of 2/10/2020

Please submit PN by visit #10

(12th visit must be scheduled in order to request for more visits)

**Physical Therapy Treatment Note / Progress Note**

**Subjective:** Shoulder are better movement wise, but I am having more muscle tension. I am doing the exercises on my stomach, but my bed is too soft. I am going to set my massage table to I can do them.

Effect of last treatment: Felt better.

**Objective:** Pain: 2/4/10 with motion (left abduction the worst)

**Treatment Interventions:**

- Pulleys X 3 min.
- Review home exercise program
- Elevation and flexion 90/90 (pain-free range)
- Adductors
- Standing ball rolls X 20
- Visit Slide with pillow case X 10

**Neuromuscular Re-education—20 minutes:**

**Home Exercise Program**

- PRONE RETRACTION EXTENSION - PRONE T. - Repeat 10 times, Hold 5 seconds, Complete 3 Sets, Perform 1, Times a day
- ERector Spinae, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times a day
- PRONE EXTENSION - Repeat 10 times, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times a day
- PRONE T. - PALM DOWN - Repeat 10 times, Hold 2 Seconds, Complete 3 Sets, Perform 1, Times 1 Day
Encounter After Visit Summary

After Visit Summary

This page contains your personal health information related to a specific office visit. You can review details about your clinician’s location, upcoming appointments and visit instructions, current medications, and allergies.

John ZZtest

Description: Male DOB: 5/1/1980 Provider: Marcus Welty, MD, Department: Alhambra Physical Therapy

Alhambra Physical Therapy
1201 Alhambra Blvd #200
Sacramento CA 95816
Phone: 916-731-7900

We Ordered the Following

- PR ELECTRIC STIMULATION THERAPY
- PR MANUAL THERAPY TECH 1+ REGS EA 15 MIN
- PR THERAPEUTIC EXERCISES EA 15 MIN

No risk assessment data

Your Current Medications Are

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Disp</th>
<th>Refill</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simvastatin (ZOCOR) 20mg Tab</td>
<td>90 Tab</td>
<td>3</td>
<td>3/18/2020</td>
<td></td>
</tr>
<tr>
<td>Amoxicillin (AMoxic) 500mg Tab</td>
<td>90 Tab</td>
<td>3</td>
<td>3/6/2020</td>
<td></td>
</tr>
<tr>
<td>Lisinopril (HCTZ) 20mg Tab</td>
<td>360 Tab</td>
<td>4</td>
<td>3/15/2020</td>
<td></td>
</tr>
<tr>
<td>Losartan (COZAAR) 100mg Tab</td>
<td>90 Tab</td>
<td>3</td>
<td>3/6/2020</td>
<td></td>
</tr>
</tbody>
</table>

Take one Tab by mouth daily at bedtime. Indications: High Blood Pressure Disorder, Type 2 Diabetes - Dial
diabetic pen

MOBILE

After Visit Summary

Cam ZZtest

9/10/2020 3:05 PM Office Visit
MRN: 50001021
Provider: Ambulatory, Sr M, MD
Department: Elk Grove Family Medicine

Elk Grove Family Medicine
8170 Laguna Blvd
Elk Grove CA 95758
Phone: 916-691-5900

To Do List

- Heights, Sutter Walk- 800
- Nurse Swc citrus, in care- 554

As a precaution, you must wear a face mask while entering the medical facility. In order to ensure pr