

Take Charge of your Health

Free online
access to
your medical
history from
anywhere.



- *You're on vacation, but need the record of your last ER visit for heart palpitations...*
- *You want to pre-register online for your upcoming surgery at Mason General...*
- *An out-of-town specialist needs your medical visit summaries...*
- *The clinic is closed, and you can't find the paperwork explaining your last diagnosis...*



MyMasonHealth.com





Access when you need it

Now you don't have to wait for hospital or clinic office hours to access your medical information. Once you are registered at **MyMasonHealth.com** you can access your visit summaries three business days after each hospital or clinic visit – anywhere you have internet access – 24/7, worldwide.

Simplify and save time

MyMasonHealth.com allows you to pre-register online for surgeries and other procedures at Mason General Hospital, saving time. And once your health information is entered, it will be stored in your **Microsoft® HealthVault™** account, and used over and over, reducing the need to fill out paper forms. It also simplifies the discharge process, allowing you to view or get a copy of your discharge summaries, electronically, at any time. If you choose to, you can store them in your HealthVault account and share them with your primary care doctor or specialists.



Organize and manage easily

You can also use HealthVault to organize and manage a wide variety of health information, such as medical conditions and history, medications, immunizations, allergy information, hospital discharge summaries, insurance information, fitness information, and more.

With **MyMasonHealth.com** your hospital/clinic visit summaries, and other personal data entered by you, are only a few mouse clicks away – whether you are seen at Mason General

Hospital or one of our eight clinics... your visit records are available.

(A list of all our clinics is on the back of this brochure.)



MyMasonHealth.com features

Explore the features and benefits of storing your health information at **MyMasonHealth.com** in Microsoft HealthVault.

Take control

By storing and managing your health information in one, easy-to-use online place, you're making the first step toward taking control of your health.



Having access to information such as your medical and surgical histories, doctors' visits, and prescriptions can help you make medical treatment decisions and prepare you for just about any situation in which health information is needed.

Update your current info

You can also manage other types of health information online. For example, if you use a blood glucose meter or blood pressure monitor,



you can hook it up to a computer, send your results to your online record, and use handy, online programs to help track and monitor your condition. All this

gives you a more complete, up-to-date picture of your health, which can help you reach your goals for living well.

Share info

You may also choose to share your health information with family, doctors, and other caregivers you trust (like your grown children), to help assist them with medical treatment decisions.

How do I get started?

Create your account

To create your own account for online, anytime access go to **MyMasonHealth.com** and follow the simple registration steps. Or call (360) 427-9587 for registration assistance or to get more information about this new and valuable service.



View your info

From there, you can view your personal health information – no matter what time of the day. Once registered, your health information follows you at home, work, on vacation – and to your doctor or other hospital visits.

What is Microsoft HealthVault?

Microsoft HealthVault is a free, privacy-and security-enhanced, online service that puts you in control of your health information.

HealthVault lets you store health information from many sources in a single location, so that it's always organized and available to you online.

With HealthVault, you can also access a range of health and fitness web tools, upload data from health and fitness devices, and share health

information with your physicians and others you trust.



You can also use HealthVault to do things like...

- Keep track of weight loss and exercise programs, with useful online tools that can help you meet your goals.
- Manage chronic conditions such as diabetes or high blood pressure.
- Prepare for medical emergencies at home or when you're on vacation by giving doctors access to your comprehensive medical information.





Privacy protection

Microsoft is committed to protecting your privacy and have developed clear HealthVault Privacy Principles, which augment Microsoft's industry-leading corporate privacy policies:

HealthVault privacy principles

- You control the Microsoft HealthVault record you create.
- You decide what goes into your HealthVault record.
- You decide who can see, use and share your information.
- Microsoft won't use your information in HealthVault to personalize ads or services without explicit permission.

Read the full Privacy Statement at www.HealthVault.com/Privacy.



Mason General Hospital

Where caring counts.
Feel the difference.™

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Translation Services Provided. Se habla español.
Equal Opportunity Provider.

www.MasonGeneral.com

MGH Ankle & Foot

1812 N 13th Loop Rd.
Shelton, WA 98584
(360) 427-0366

MGH Eye Clinic

2300 Kati Court, Ste. C
Shelton, WA 98584
(360) 426-8717

MGH Family Health

1812 N 13th Loop Rd.
Shelton, WA 98584
(360) 426-3862

MGH Shelton Orthopedics

939 Mtn. View Dr., Ste. 130
Shelton, WA 98584
(360) 427-0663

MGH Surgery Clinic

1710 N 13th Loop Rd.
Shelton, WA 98584
(360) 426-4142

Mountain View Women's Health Clinic

Operated by MGH
2300 Kati Court, Ste. A
Shelton, WA 98584
(360) 426-0955

Oakland Bay Pediatrics

Operated by MGH
247 Professional Way
Shelton, WA 98584
(360) 426-3102

Shelton Family Medicine

Operated by MGH
939 Mtn. View Dr., Ste. 100
Shelton, WA 98584
(360) 426-2653



Clinics

- 1 Mountain View Women's Health Clinic
- 2 MGH Eye Clinic
- 3 Shelton Family Medicine
- 4 MGH Shelton Orthopedics
- 5 MGH Ankle & Foot
- 6 MGH Family Health
- 7 MGH Surgery Clinic
- 8 Oakland Bay Pediatrics

