

Guide to viewing your online Patient Health Record (PHR)

How to access your Maternity Personal Health Record

Provide your email address

1. Give your healthcare professional (midwife) your email address.
2. Check your inbox for an email with a link to PHR app.
3. Register as soon as you can because the link will expire after 72 hours.

If the link expires, contact your healthcare professional.

Hi,

Your NHS Trust has granted you access to your Maternity Personal Healthcare Record. In order to gain access to your record, you must verify your email address and create a password.

Your information is valuable. For this reason, please make sure when creating your password that it is unique and not used anywhere else.

The link provided will only be valid for a short amount of time. Please complete the verification process as soon as you are able.

If the link has expired, you will need to contact your NHS Trust to request a new link.

Click the link below to verify your email address and gain access to your record:

[Verify Email Address](#)

Kind regards

Your NHS Trust

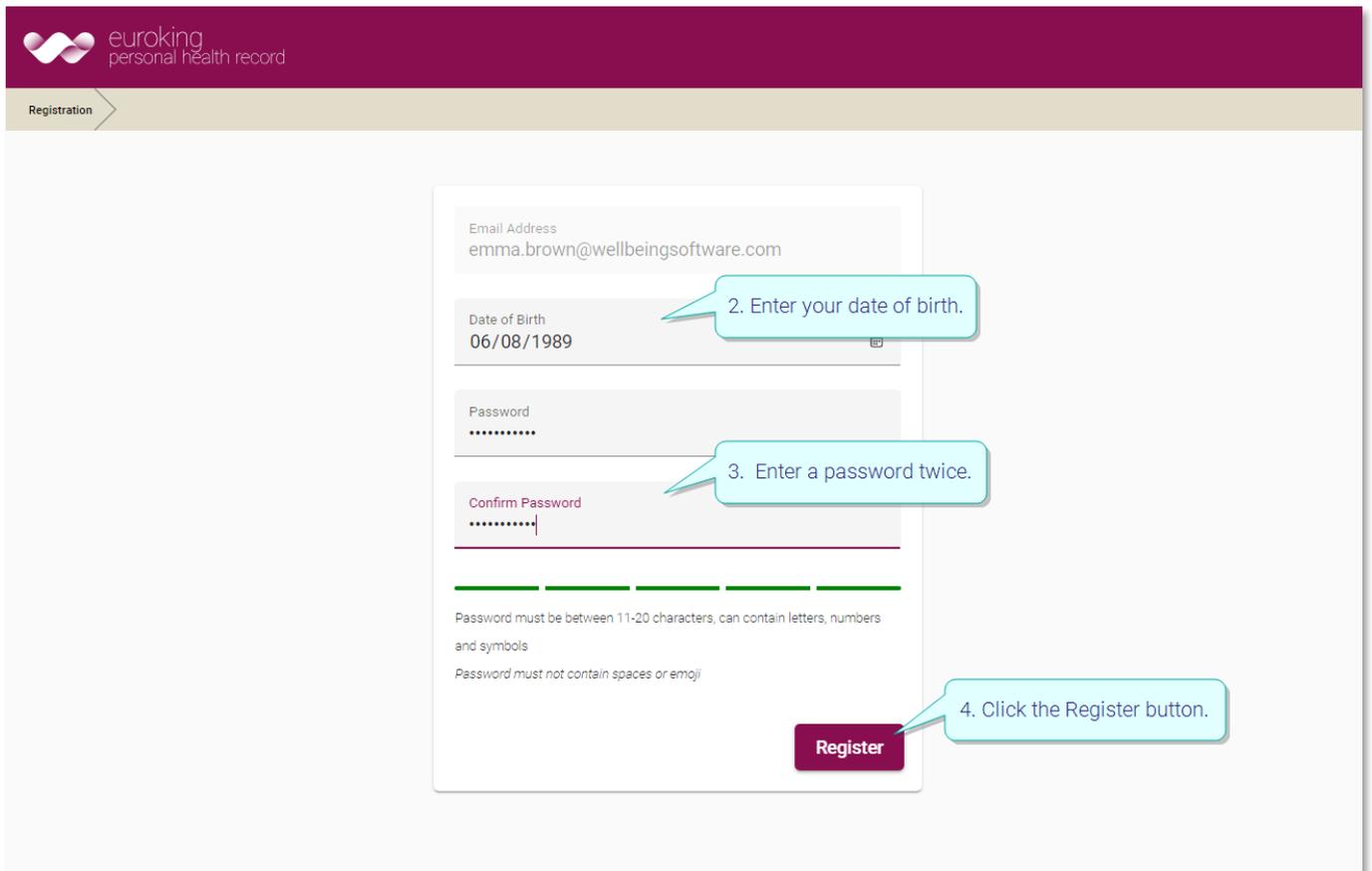
Tip:

Supported Browsers: Chrome, Internet Explorer 11, Edge, Firefox.

Supported Devices: Android, iPhone, iPad.

Register

1. Click the link in the email.
2. Enter your date of birth.
3. Enter a password twice.
4. Click the **[Register]** button.



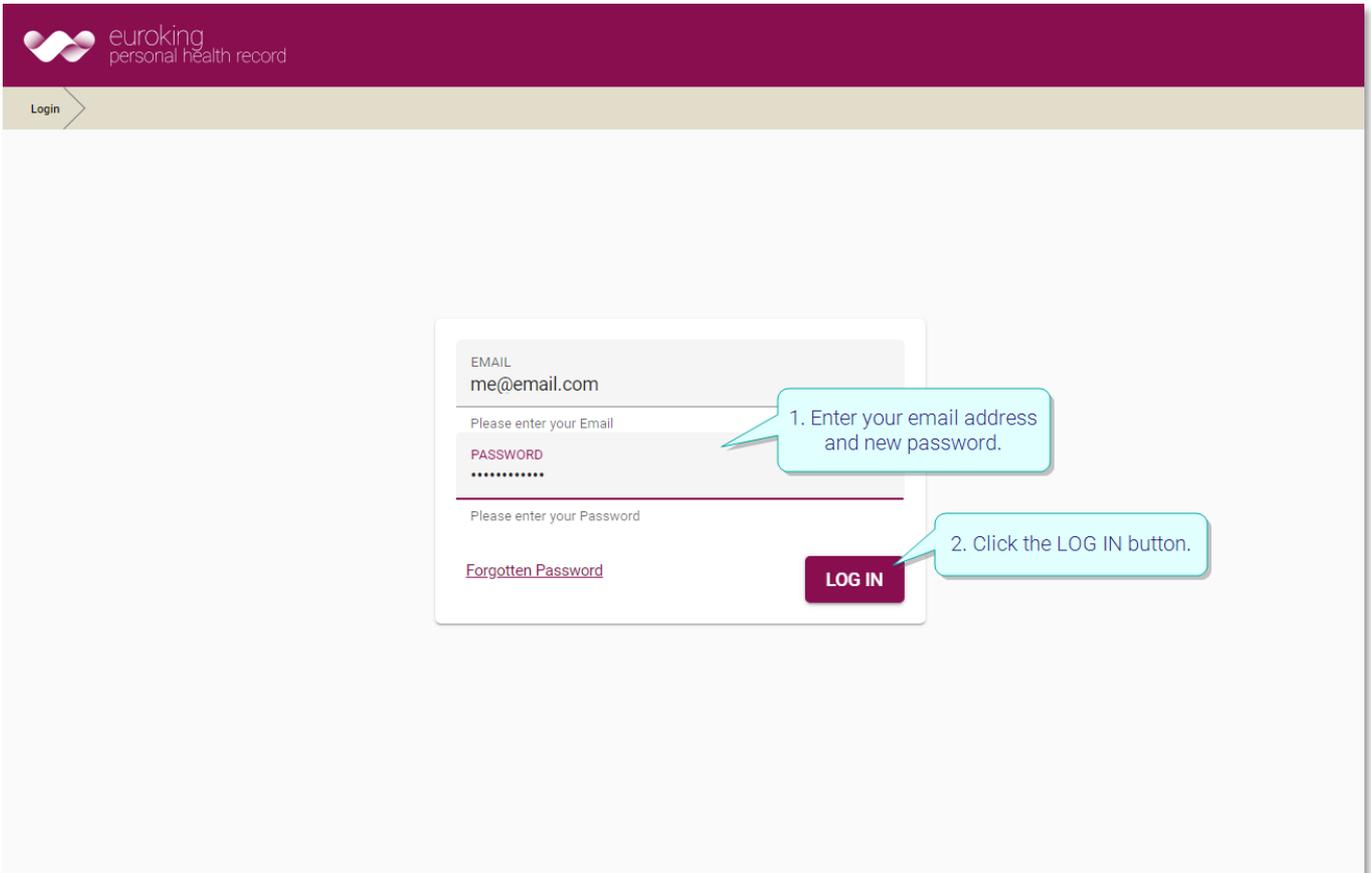
The screenshot shows the registration form for Euroking Personal Health Record. The form is titled "Registration" and includes the following fields and instructions:

- Email Address:** emma.brown@wellbeingsoftware.com
- Date of Birth:** 06/08/1989 (Callout: 2. Enter your date of birth.)
- Password:** [Redacted]
- Confirm Password:** [Redacted] (Callout: 3. Enter a password twice.)
- Register Button:** A red button labeled "Register" (Callout: 4. Click the Register button.)

Below the password fields, there are two lines of text: "Password must be between 11-20 characters, can contain letters, numbers and symbols" and "Password must not contain spaces or emoji".

Log in

1. Enter your username (email address) and password.
2. Click the **[LOG IN]** button.



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Login

EMAIL
me@email.com

Please enter your Email

PASSWORD

Please enter your Password

[Forgotten Password](#)

LOG IN

1. Enter your email address and new password.

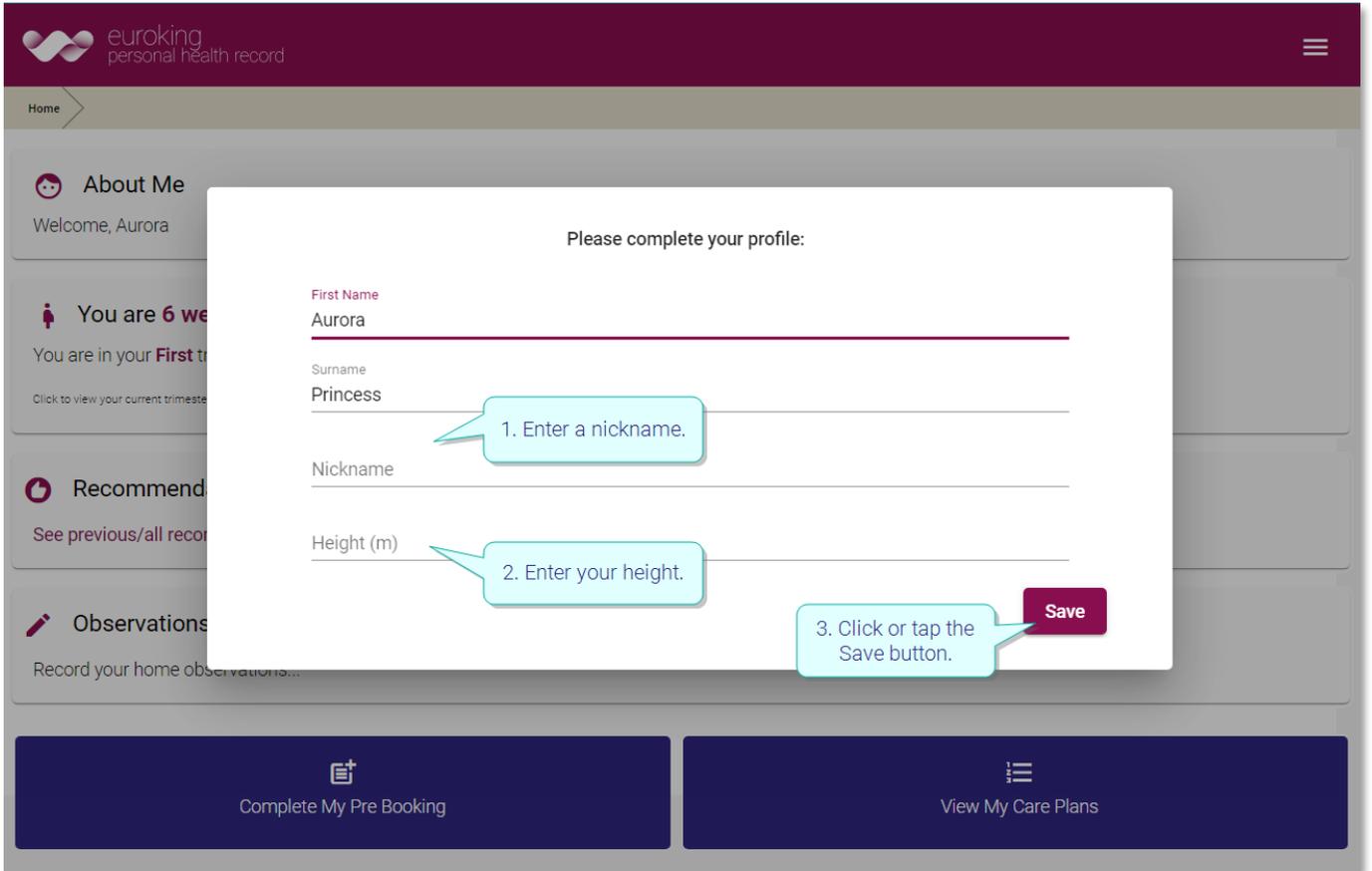
2. Click the LOG IN button.

Tip:

To change your password go to **Menu > My Account > Change Password**.

Complete your profile

1. Optional: Enter a nickname. (The name you would like your midwife to use).
2. Enter your height in metres.
3. Click the **[Save]** button.



The screenshot shows the 'Please complete your profile' form in the euroking personal health record app. The form is overlaid on a blurred background of the app's 'About Me' section. The form fields are:

- First Name: Aurora
- Surname: Princess
- Nickname: (empty)
- Height (m): (empty)

A 'Save' button is located at the bottom right of the form. Three callout boxes provide instructions:

1. Enter a nickname. (points to the Nickname field)
2. Enter your height. (points to the Height (m) field)
3. Click or tap the Save button. (points to the Save button)

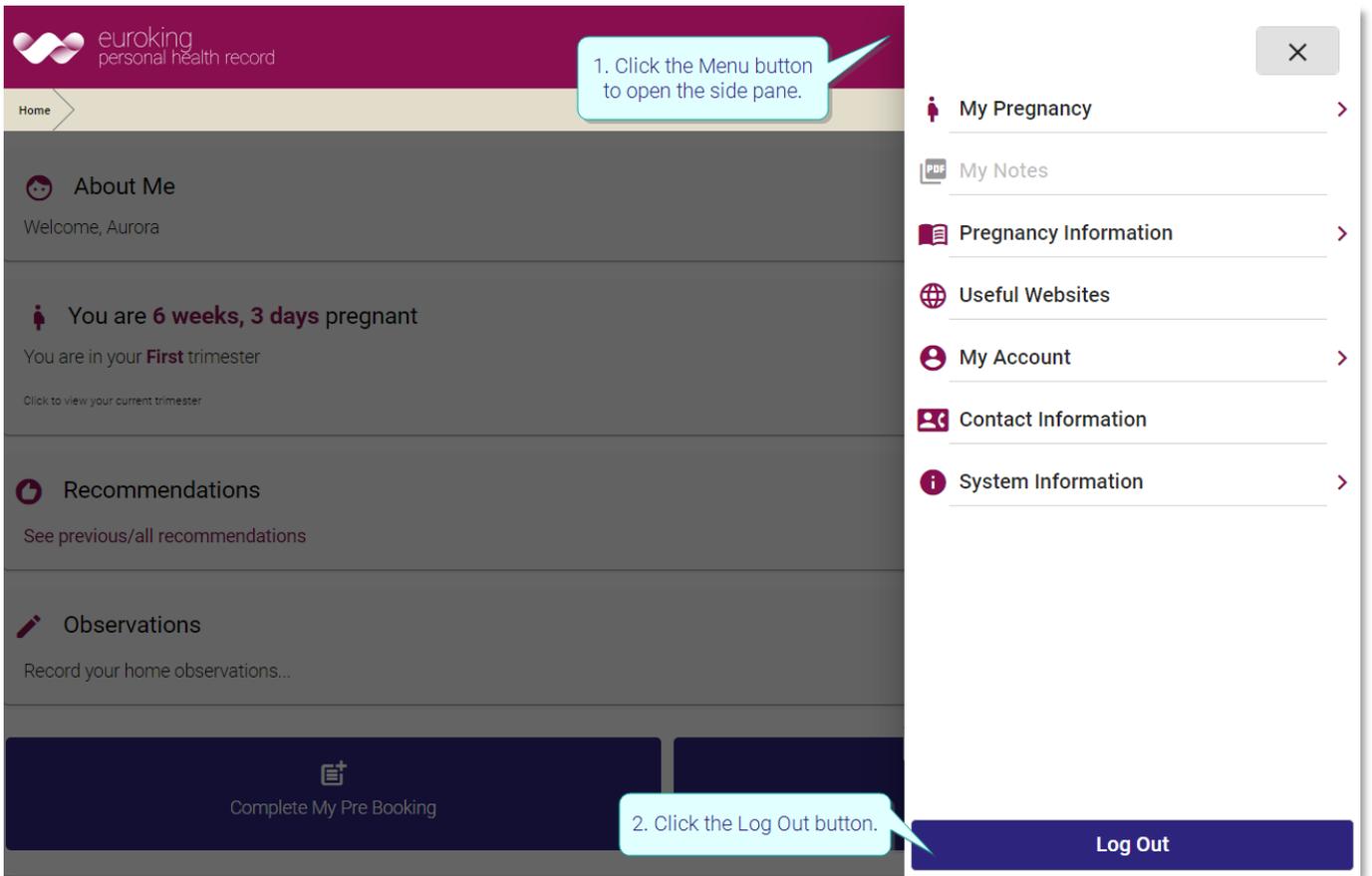
At the bottom of the app screen, there are two buttons: 'Complete My Pre Booking' and 'View My Care Plans'.

Tip:

Height must be in metres, with no more than two decimal places. For example 1.38. To convert feet to metres, use an [online conversion tool](#).

Log out

1. Click the **[Menu]**  button to open the side menu.
2. Click the **[Log Out]** button.



The screenshot shows the Euroking Personal Health Record interface. The top header is maroon with the Euroking logo and text. Below the header is a navigation bar with a 'Home' button. The main content area is dark grey and contains several sections: 'About Me' (Welcome, Aurora), 'You are 6 weeks, 3 days pregnant' (You are in your First trimester), 'Recommendations' (See previous/all recommendations), and 'Observations' (Record your home observations...). At the bottom, there is a dark blue bar with a 'Complete My Pre Booking' button. A side menu is open on the right, listing: 'My Pregnancy', 'My Notes', 'Pregnancy Information', 'Useful Websites', 'My Account', 'Contact Information', and 'System Information'. A 'Log Out' button is located at the bottom right of the side menu. Two callout boxes provide instructions: '1. Click the Menu button to open the side pane.' pointing to the menu icon, and '2. Click the Log Out button.' pointing to the Log Out button.

Note:

You will be automatically logged out after 30 minutes of inactivity.

What information is available in PHR?

PHR contains information (relating to your current pregnancy) that you have given to your care provider / midwife during your first booking and other hospital or community appointments.

You can enter information into PHR yourself. Some information will be sent to your hospital record so your midwife can see it. Some pages are intended for personal notes and will not be displayed in your hospital record.

PHR also has links to useful information and advice relating to pregnancy and birth.

Read about

- **About Me** - Your profile contains your name, nickname, and height.
- **Trimester** - Clicking the Trimester card will open the appropriate page (first, second, or third) with links to advice on pregnancy and birth.
- **Recommendations** - Personalised recommendations based on information you have given. For example, advice on managing diabetes.
- **My Pregnancy Notes** - View hospital notes relating to this pregnancy.
- **My Care Plans** - Your plans for care before, during, and after the birth.
- **Useful Websites** - Links to useful information. For example, maternity services, NHS pregnancy advice, leaflets.
- **Contact** - Contact details for Data Quality, Useful Addresses, and your Hospital Departments.

Enter information for your care providers

Your midwife and other care providers will see anything you enter here, via your hospital record.

- **My Pre Booking** - Provide details about your medical history and current circumstances.

Enter personal notes

Your midwife and other care providers **will not see your personal notes** via your hospital record, although they could access the notes if required. To be safe, don't put anything that your midwife needs to know in your Observations or Journal - contact the hospital directly.

- **Observations** - Keep a record of your weight, blood pressure, and urine test results.
- **Show My Journal** - Keep notes for yourself about any aspect of your pregnancy.

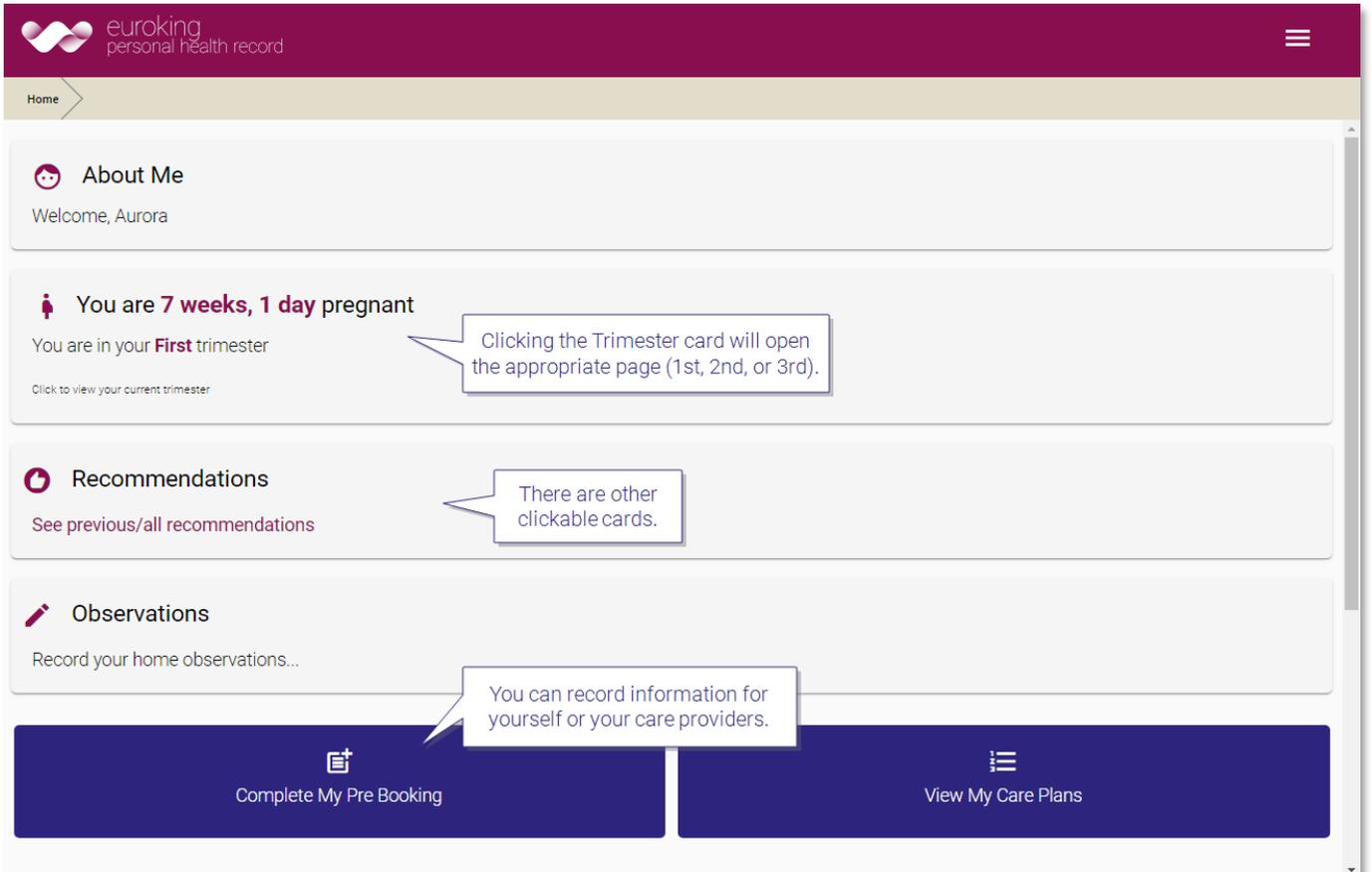
Warning:

This information is for your personal use only. If you have any concerns, please contact your midwife directly.

Home page

PHR opens at the **Home** page. There are cards that you can click to open different pages.

You can also click the **[Menu]**  button to open the side menu.

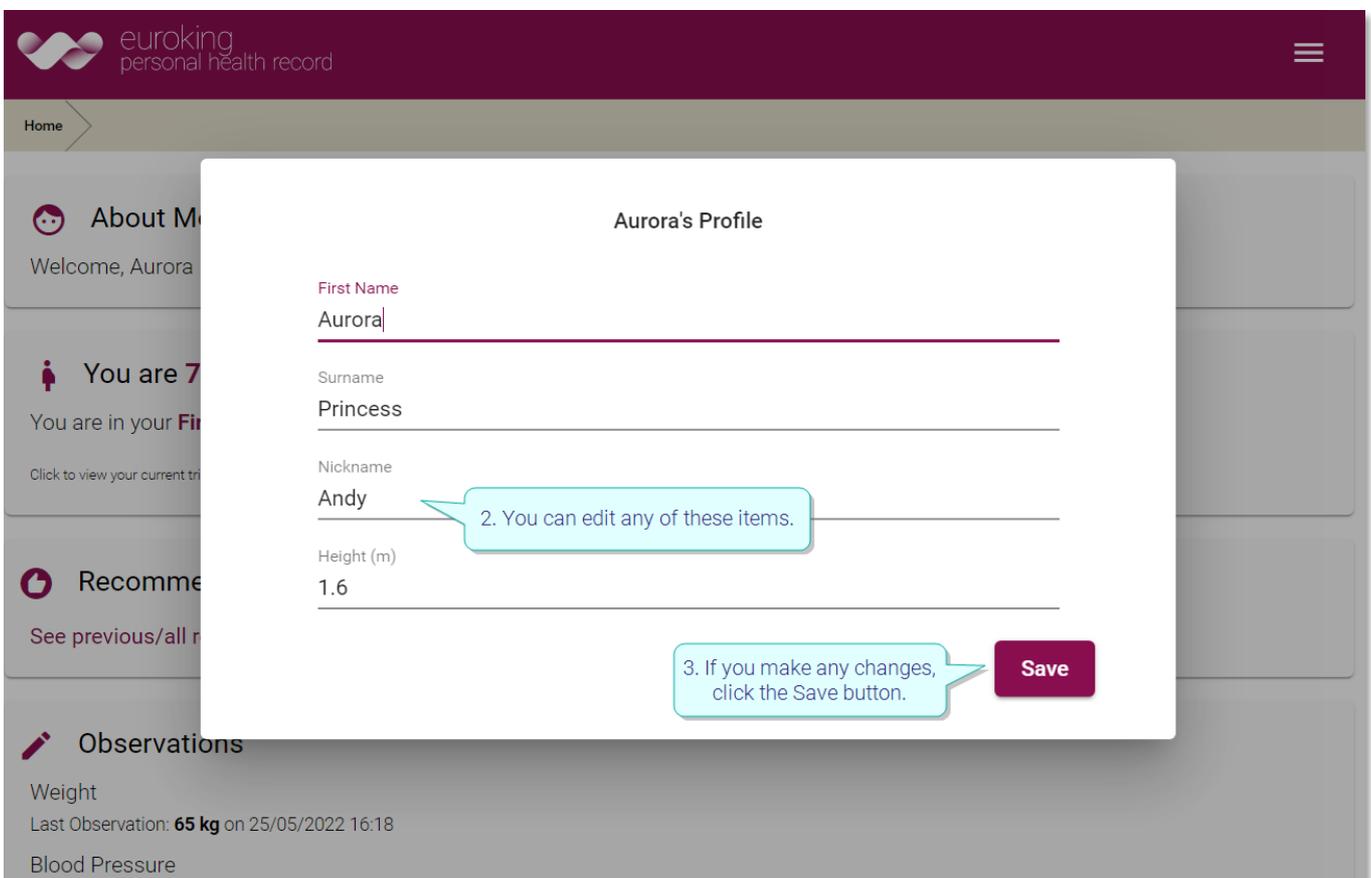


The screenshot shows the 'euroking personal health record' interface. At the top left is the logo and text 'euroking personal health record'. A 'Home' breadcrumb is visible. The main content area contains several cards: 'About Me' (Welcome, Aurora), 'You are 7 weeks, 1 day pregnant' (You are in your **First** trimester, Click to view your current trimester), 'Recommendations' (See previous/all recommendations), and 'Observations' (Record your home observations...). At the bottom are two buttons: 'Complete My Pre Booking' and 'View My Care Plans'. A hamburger menu icon is in the top right. Three callout boxes provide instructions: 'Clicking the Trimester card will open the appropriate page (1st, 2nd, or 3rd).', 'There are other clickable cards.', and 'You can record information for yourself or your care providers.'

About Me

To view your profile:

1. Click the **[About Me]**  card on the **Home** page.
OR
Click the **[Menu]**  button to open the side menu.
Click  **My Account**.
Click  **Profile**.
2. You can edit any of these items:
 - First name (s).
 - Surname.
 - Nickname (The name you would like your midwife to use).
 - Height in metres.
3. If you make any changes, click the **[Save]** button.



The screenshot shows the 'Aurora's Profile' form within the 'euroking personal health record' interface. The form fields are:

- First Name:** Aurora
- Surname:** Princess
- Nickname:** Andy
- Height (m):** 1.6

A red 'Save' button is located at the bottom right of the form. A callout box points to the form fields with the text: '2. You can edit any of these items.' Another callout box points to the 'Save' button with the text: '3. If you make any changes, click the Save button.'

Advice for each trimester

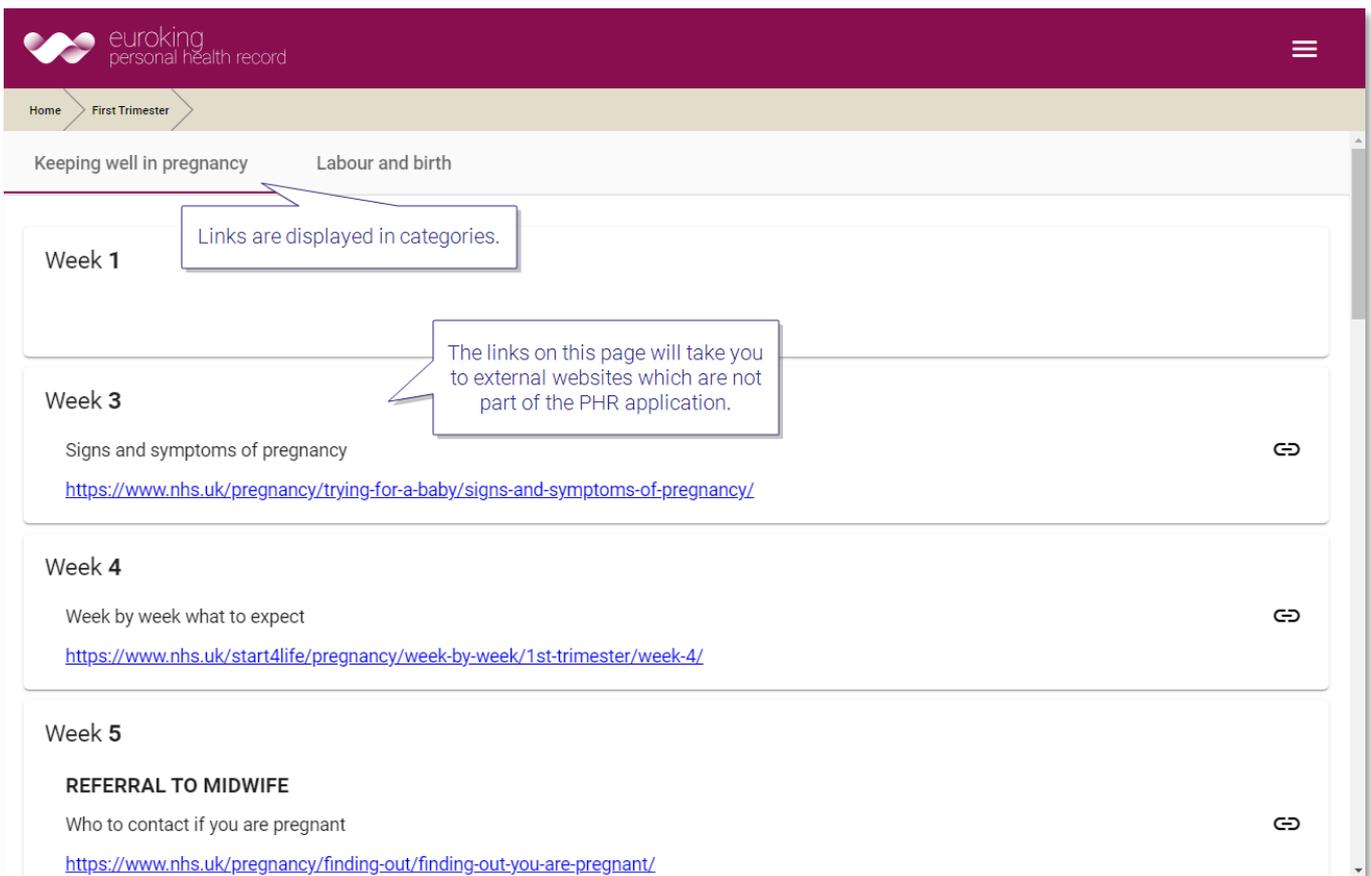
Pregnancy is divided into three trimesters, each lasting for approximately three months. To view information which is relevant during your current trimester:

1. Click the **[Trimester]**  card on the **Home** page.
2. If gestation is between 0 and 12 weeks, the **First Trimester** page opens.
If gestation is between 13 and 27 weeks, the **Second Trimester** page opens.
If gestation is 28 weeks and above, the **Third Trimester** page opens.

OR

1. Click the **[Menu]**  button to open the side menu.
2. Click  **Pregnancy Information**.
3. Select a trimester.

Links are displayed in categories. For example, **Keeping Well in Pregnancy** and **Labour and Birth**.



The screenshot shows the 'euroking personal health record' interface. The top navigation bar includes 'Home' and 'First Trimester'. Below this, there are two main categories: 'Keeping well in pregnancy' and 'Labour and birth'. The 'Keeping well in pregnancy' category is expanded, showing a list of links for 'Week 1', 'Week 3', 'Week 4', and 'Week 5'. Each link includes a title, a description, and a URL. A callout box points to the 'Week 1' section, stating 'Links are displayed in categories.' Another callout box points to the 'Week 3' link, stating 'The links on this page will take you to external websites which are not part of the PHR application.'

Week	Category	Link Title	Description	URL
Week 1	Keeping well in pregnancy			
Week 3	Keeping well in pregnancy	Signs and symptoms of pregnancy		https://www.nhs.uk/pregnancy/trying-for-a-baby/signs-and-symptoms-of-pregnancy/
Week 4	Keeping well in pregnancy	Week by week what to expect		https://www.nhs.uk/start4life/pregnancy/week-by-week/1st-trimester/week-4/
Week 5	Labour and birth	REFERRAL TO MIDWIFE	Who to contact if you are pregnant	https://www.nhs.uk/pregnancy/finding-out/finding-out-you-are-pregnant/

Note:

The links on this page will take you to external websites which are not part of the PHR application.

Recommendations

Recommendations contains personalised advice based on your own health, medication, or circumstances. To view your recommendations:

1. Click the **[Recommendations]**  card on the **Home** page.

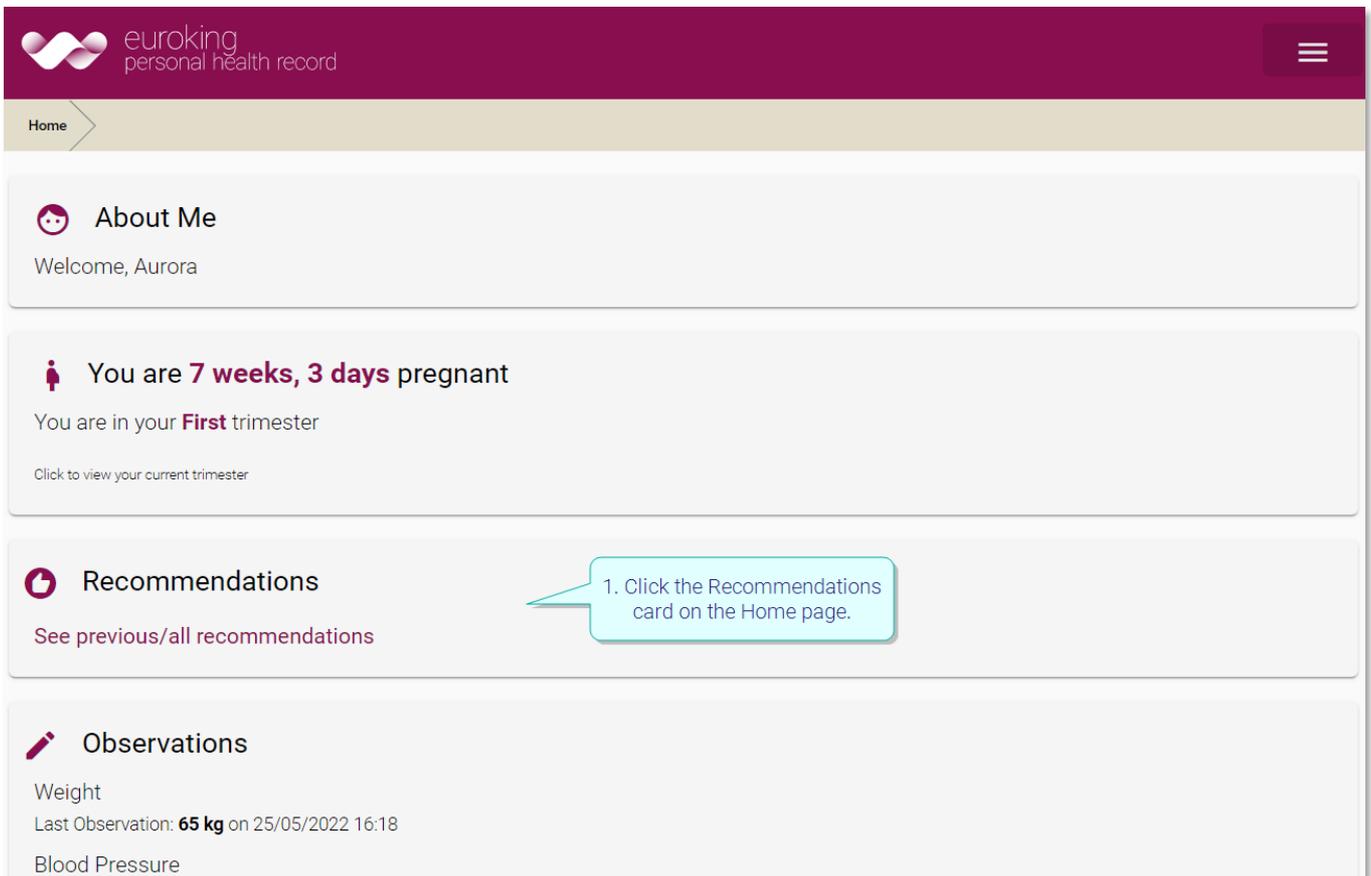
OR

Click the **[Menu]**  button to open the side menu.

Click  **My Pregnancy**.

Click  **Recommendations**.

2. You will see links to relevant advice.



The screenshot shows the 'euroking personal health record' interface. At the top, there is a navigation bar with a 'Home' button and a menu icon. Below the navigation bar, there are several cards: 'About Me' (Welcome, Aurora), 'You are 7 weeks, 3 days pregnant' (You are in your First trimester), 'Recommendations' (See previous/all recommendations), and 'Observations' (Weight, Last Observation: 65 kg on 25/05/2022 16:18, Blood Pressure). A callout box points to the 'Recommendations' card with the text '1. Click the Recommendations card on the Home page.'

Note:

The links on this page will take you to external websites which are not part of the PHR application.

My Pregnancy Notes

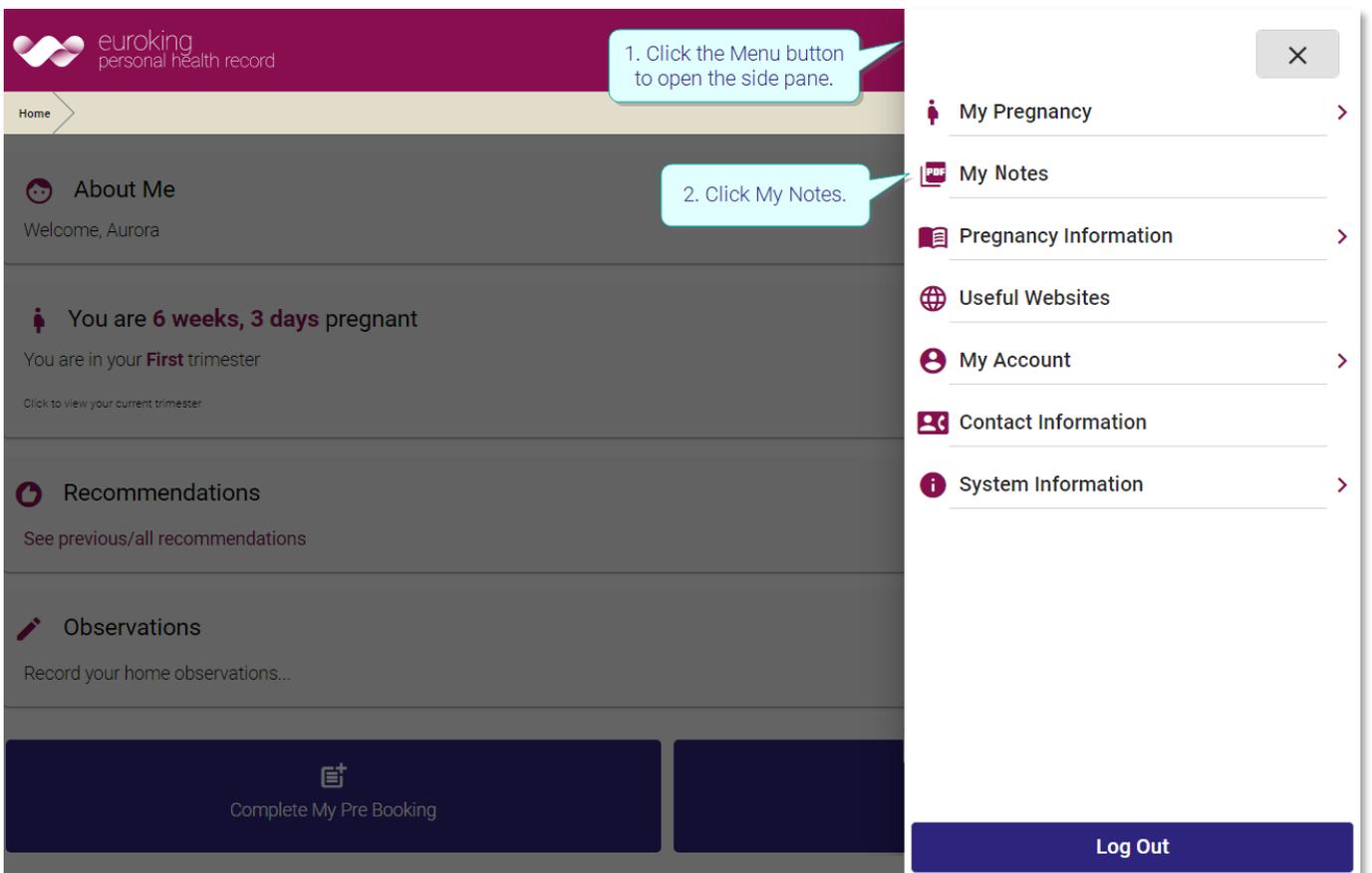
My (Pregnancy) Notes contains information gathered each time you visit or call your midwife. Your notes may include details from antenatal appointments, your labour and delivery, and postnatal care. To view your notes:

1. Click the **[Show My Pregnancy Notes]**  card on the **Home** page.

OR

Click the **[Menu]**  button to open the side menu.

Click  **My Notes**.



The screenshot shows the 'euroking personal health record' interface. The main content area includes sections for 'About Me' (Welcome, Aurora), pregnancy status ('You are 6 weeks, 3 days pregnant'), 'Recommendations', and 'Observations'. A 'Complete My Pre Booking' button is at the bottom. The side menu is open, listing: My Pregnancy, My Notes, Pregnancy Information, Useful Websites, My Account, Contact Information, and System Information. A 'Log Out' button is at the bottom right of the side menu. Two callout boxes provide instructions: '1. Click the Menu button to open the side pane.' and '2. Click My Notes.'

Note:

Your notes may contain unfamiliar medical words or phrases. Please contact your midwife if there is anything you do not understand.

My Care Plans

Care Plans are the preferences and goals you have discussed with your midwife. They can relate to care before (Antenatal), during (Intrapartum), and after (Postnatal) the birth. To view your care plans:

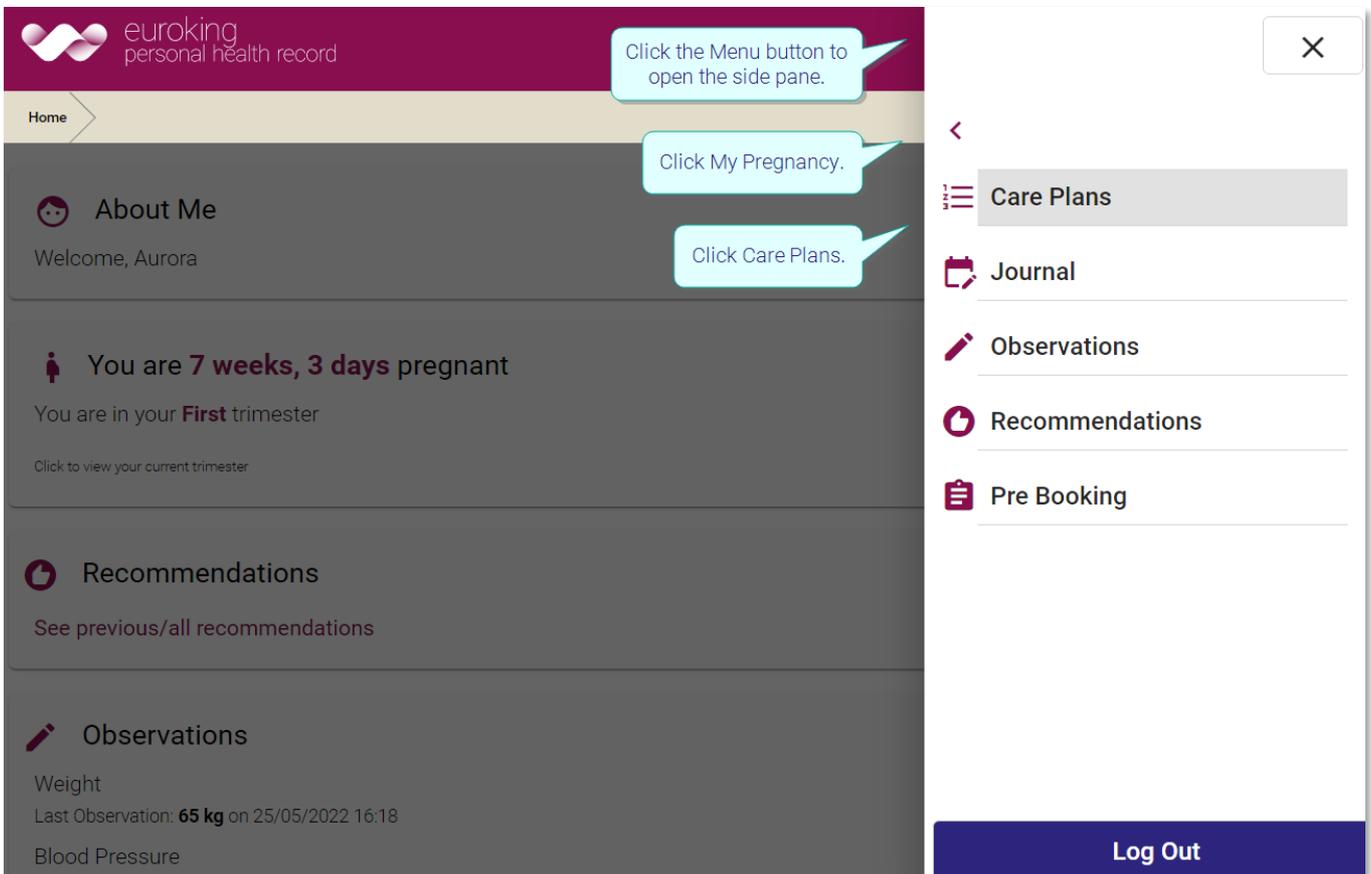
1. Click the **[View My Care Plans]**  card on the **Home** page.

OR

Click the **[Menu]**  button to open the side menu.

Click  **My Pregnancy**.

Click  **Care Plans**.



The screenshot shows the 'euroking personal health record' interface. The main content area includes sections for 'About Me' (Welcome, Aurora), pregnancy status ('You are 7 weeks, 3 days pregnant'), 'Recommendations', and 'Observations'. A side menu is open on the right, listing 'Care Plans', 'Journal', 'Observations', 'Recommendations', and 'Pre Booking'. A 'Log Out' button is at the bottom right. Callout boxes point to the 'Menu' button, 'My Pregnancy' link, and 'Care Plans' menu item.

Note:

Care plans are read-only. If you want to discuss your answers to any questions or add new information, you should contact your midwife.

Note:

If any of your personal information is *incorrect*, you can use your Data Quality Contact details to notify your hospital. You will find the contact details in **Menu > Contact Information > Data Quality Contact**.

Contact Information

To view your healthcare contacts:

1. Click the **[Menu]**  button to open the side menu.
2. Click  **Contact Information**.

Data Quality Contact

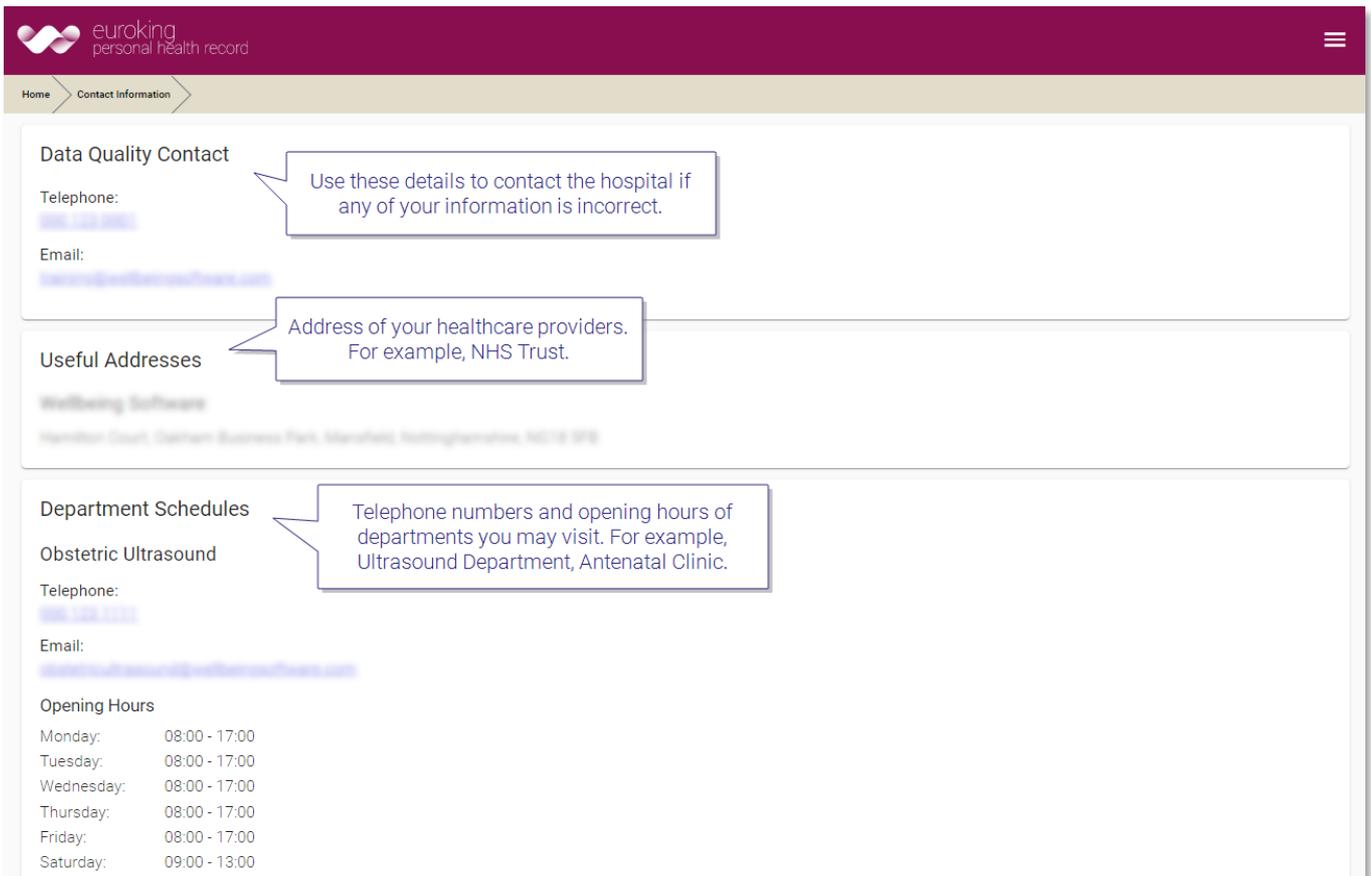
Use these details to contact the hospital if any of your information is incorrect.

Useful Addresses

Address of your healthcare providers. For example, NHS Trust.

Department Schedules

Telephone numbers and opening hours of departments you may visit. For example, Ultrasound Department, Antenatal Clinic.



The screenshot shows the 'Contact Information' page in the Wellbeing Software interface. The page is titled 'euoking personal health record' and has a navigation breadcrumb 'Home > Contact Information'. Three callout boxes provide additional context for the content on the page:

- Data Quality Contact:** A callout box points to the telephone and email information, stating: "Use these details to contact the hospital if any of your information is incorrect." The telephone number is 0800 123 4567 and the email is info@wellbeingsoftware.com.
- Useful Addresses:** A callout box points to the address information, stating: "Address of your healthcare providers. For example, NHS Trust." The address is Wellbeing Software, Heron Court, Garsham Business Park, Marshfield, Nottinghamshire, NG16 9PB.
- Department Schedules:** A callout box points to the telephone and email information for the Obstetric Ultrasound department, stating: "Telephone numbers and opening hours of departments you may visit. For example, Ultrasound Department, Antenatal Clinic." The telephone number is 0800 123 4567 and the email is info@wellbeingsoftware.com.

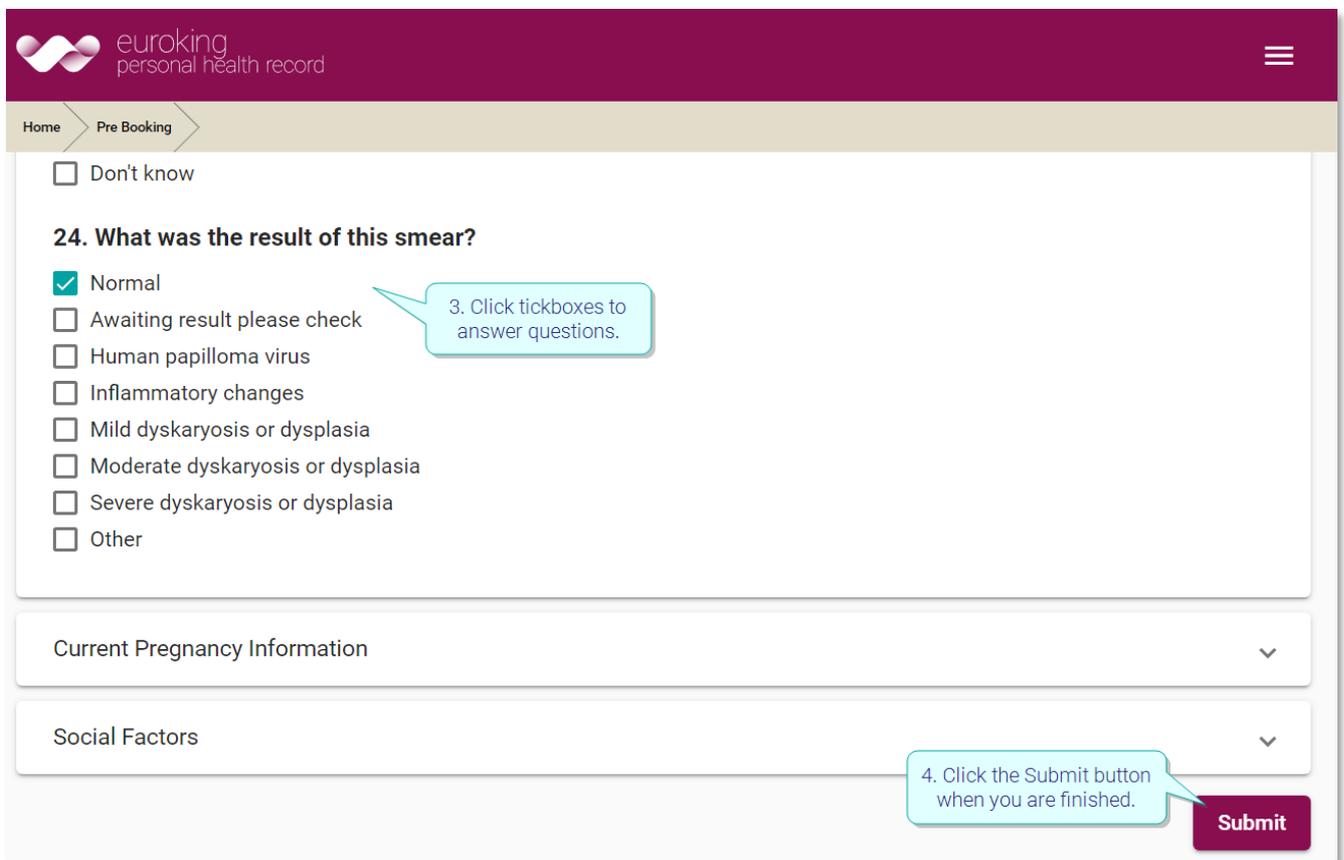
The 'Opening Hours' section lists the following times:

Day	Opening Hours
Monday:	08:00 - 17:00
Tuesday:	08:00 - 17:00
Wednesday:	08:00 - 17:00
Thursday:	08:00 - 17:00
Friday:	08:00 - 17:00
Saturday:	09:00 - 13:00

Pre Booking

Pre Booking information is a combination of medical history and current circumstance. To view your pre booking:

1. Click the **[Complete My Pre Booking]**  card on the **Home** page.
OR
Click the **[Menu]**  button to open the side menu.
Click  **My Pregnancy**.
Click  **Pre Booking**.
2. Click a card to see the questions in that section.
3. Click tickboxes to answer questions.
4. Click the **[Submit]** button when you are finished.



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Home > Pre Booking

Don't know

24. What was the result of this smear?

Normal

Awaiting result please check

Human papilloma virus

Inflammatory changes

Mild dyskaryosis or dysplasia

Moderate dyskaryosis or dysplasia

Severe dyskaryosis or dysplasia

Other

3. Click tickboxes to answer questions.

Current Pregnancy Information

Social Factors

4. Click the Submit button when you are finished.

Submit

Note:

For some questions you can select more than one answer. Sometimes, selecting one answer will deselect another. For example, if you select "No" to the question do you have any allergies?" then you select "Penicillin", "No" will be automatically deselected because your second answer means that "No" cannot be true.

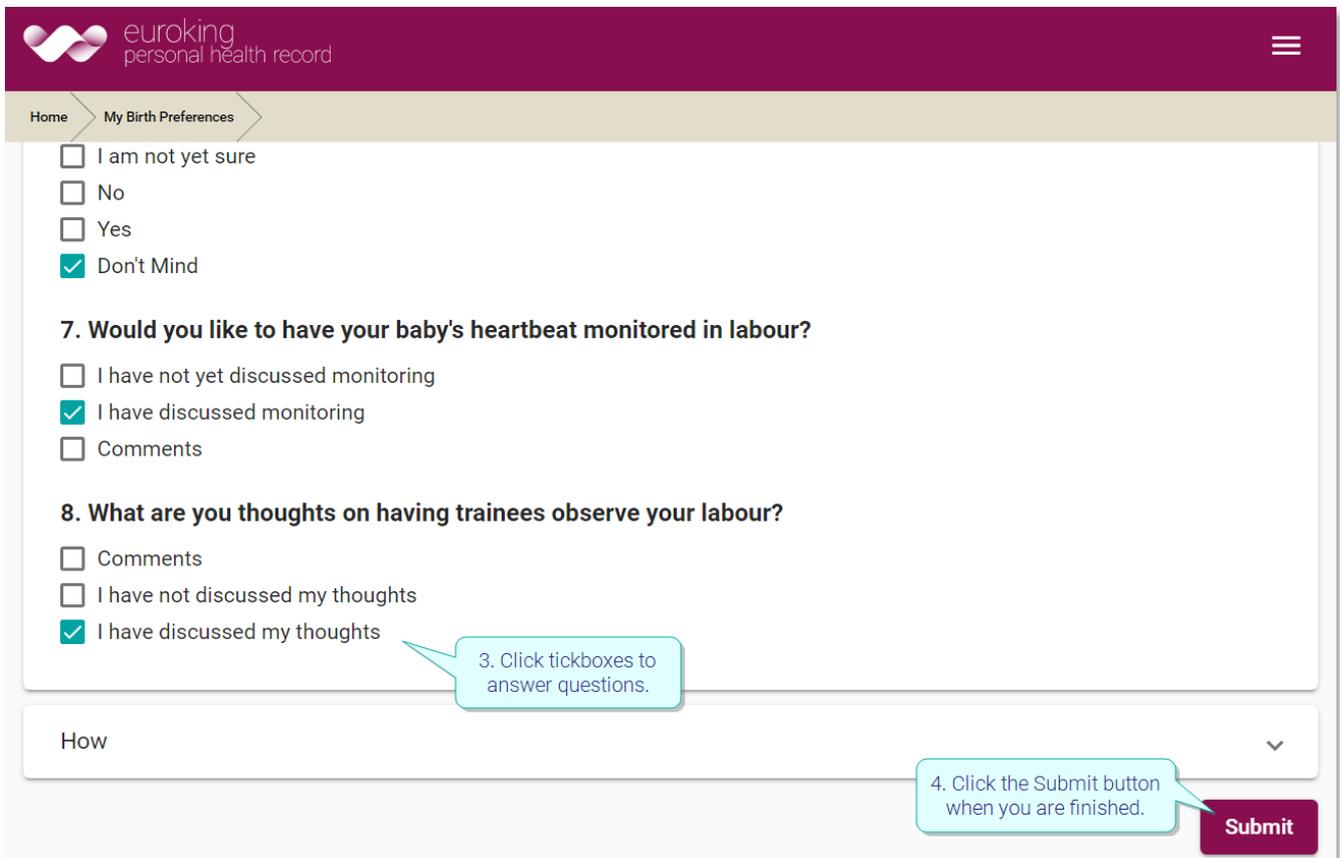
Tip:

You do not have to answer every question to be able to save a questionnaire. If you are unsure how to answer any questions, just answer what you can and your midwife will help you to complete the questionnaire.

Birth Preferences

To view or edit your birth preferences:

1. Click the **[My Birth Preferences]**  card on the **Home** page.
OR
Click the **[Menu]**  button to open the side menu.
Click  **My Pregnancy**.
Click  **My Birth Preferences**.
2. Click a card to see the questions in that section.
3. Click tickboxes to answer questions.
4. Click the **[Submit]** button when you are finished.



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Home > My Birth Preferences

I am not yet sure
 No
 Yes
 Don't Mind

7. Would you like to have your baby's heartbeat monitored in labour?

I have not yet discussed monitoring
 I have discussed monitoring
 Comments

8. What are your thoughts on having trainees observe your labour?

Comments
 I have not discussed my thoughts
 I have discussed my thoughts

How ▼

Submit

3. Click tickboxes to answer questions.

4. Click the Submit button when you are finished.

Note:

For some questions you can select more than one answer. Sometimes, selecting one answer will deselect another. For example, if you select "No" to the question do you have any allergies?" then you select "Penicillin", "No" will be automatically deselected because your second answer means that "No" cannot be true.

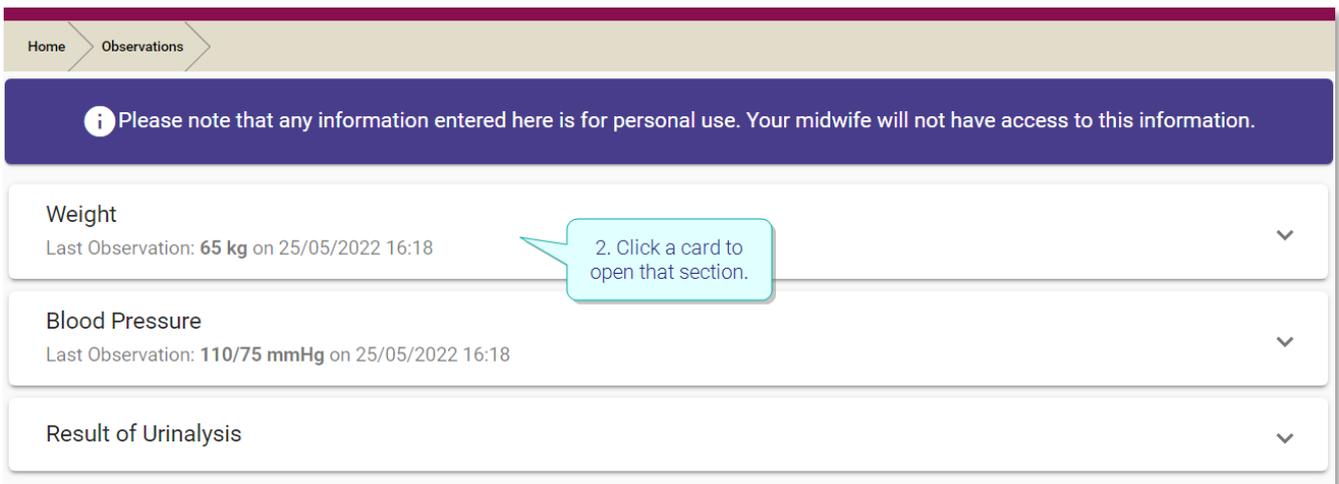
Tip:

You do not have to answer every question to be able to save a questionnaire. If you are unsure how to answer any questions, just answer what you can and your midwife will help you to complete the questionnaire.

Observations

You can keep a record of your weight, blood pressure, and urine test results. PHR shows the data in a graph so you can see how your results change through your pregnancy. To add a new observation:

1. Click the **[Observations]**  card on the **Home** page.
OR
Click the **[Menu]**  button to open the side menu.
Click  **My Pregnancy**.
Click  **Observations**.
2. Click a card to open that section.
3. Click the **[Add Observation]** button.
4. Enter a value.
5. Click the **[Save]** button.
6. Hover over a dot on the graph to see details.



Home > Observations

i Please note that any information entered here is for personal use. Your midwife will not have access to this information.

Weight
Last Observation: **65 kg** on 25/05/2022 16:18

Blood Pressure
Last Observation: **110/75 mmHg** on 25/05/2022 16:18

Result of Urinalysis



Warning:

This information is for your personal use only. If you have any concerns, please contact your midwife directly.

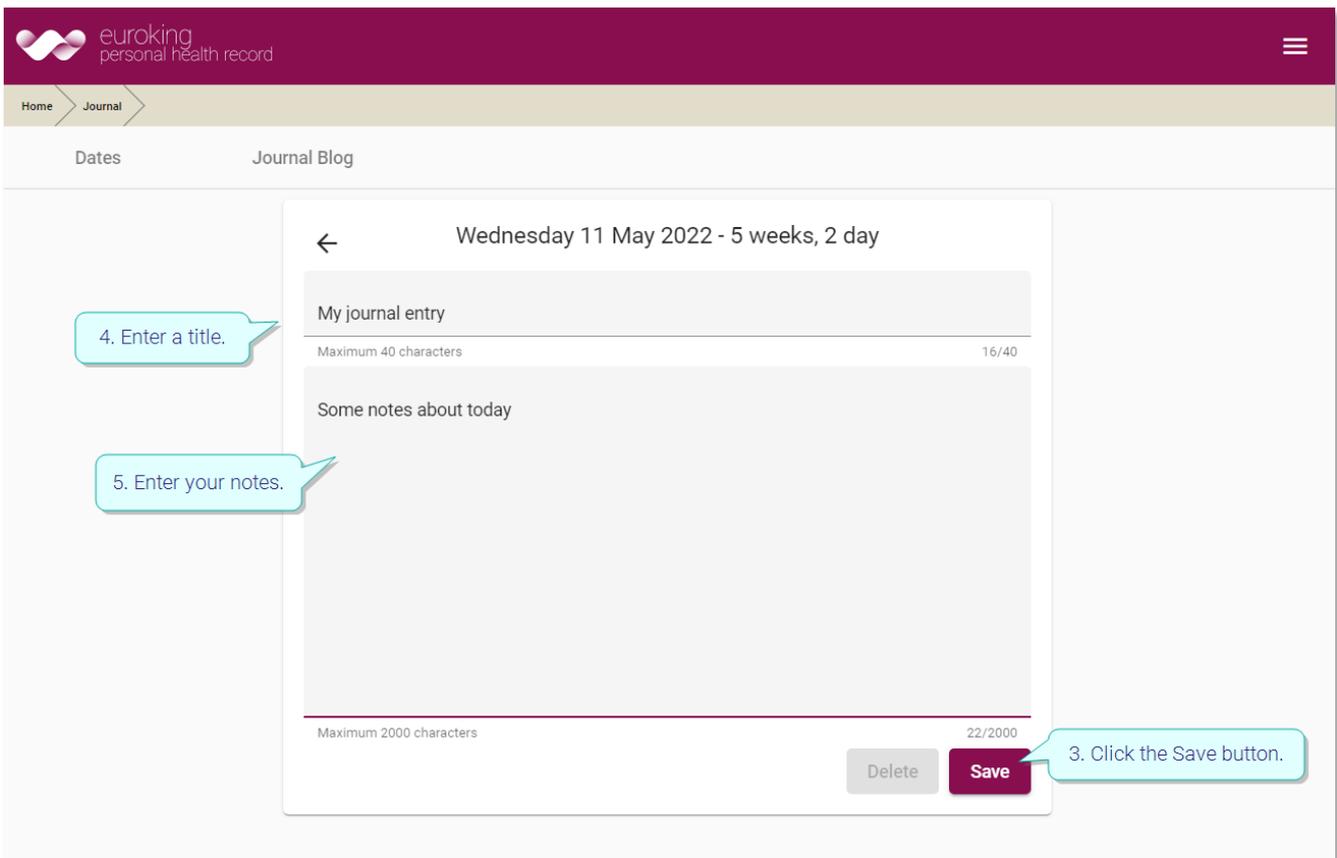
Tip:

Weight must be in kilograms, with no more than two decimal places. For example 65.35. To convert stones to kilograms, use an [online conversion tool](#).

Journal

You can keep a record of your weight, blood pressure, and urine test results. PHR shows the data in a graph so you can see how your results change through your pregnancy. To add a new observation:

7. Click the **[My Journal]**  card on the **Home** page.
OR
Click the **[Menu]**  button to open the side menu.
Click  **My Pregnancy**.
Click  **Journal**.
8. Click a date.
9. Enter a title.
10. Enter your notes.
11. Click the **[Save]** button.
12. Hover over a dot on the graph to see details.



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Home > Journal

Dates Journal Blog

← Wednesday 11 May 2022 - 5 weeks, 2 day

My journal entry

Maximum 40 characters 16/40

Some notes about today

Maximum 2000 characters 22/2000

Delete Save

4. Enter a title.

5. Enter your notes.

3. Click the Save button.

Warning:

This information is for your personal use only. If you have any concerns, please contact your midwife directly.