

Tips for Getting Started

Doctors have found that patients who are stronger before surgery do better after. Even simple walking can help you train for surgery and recover quicker.

MSHOP helps you be as healthy as you can be before surgery and after.

Review this information and call (734) 232-1293 to enroll.

1. Track your physical activity. Gradually increase the number of steps you take.

- If new to exercise, start slow with 5-10 minutes at a time, or less if needed.
- Try to increase your steps by about 10% - 20% each week. Try to work up to 30 minutes per day, on most days of the week. This can be divided up into shorter sessions at different times during the day.
- **Listen to your body!** If you become short of breath, slow down or stop. You should be able to carry on a conversation while walking.
- **Record your daily steps if you have a smartphone, pedometer, or wearable device.** Any activities it cannot track, such as biking or swimming, can be recorded as minutes.
- **Record** the number of **minutes** you walk if you **do not have a step tracker.** A paper tracker is provided.

2. Use the Incentive Spirometer to strengthen your lungs.

- Breathe in slowly and deeply through your mouth. Focus on keeping the yellow valve on the left side of the device in the “best” or “better” range.
- Your goal is 30 breaths per day. Repeat **10 breaths three times each day** to reach this goal. Record this on the paper tracker that is provided.
- If you smoke, start using your spirometer today. If not, begin two weeks before your surgery.



Instructional video:
bit.ly/mshop_breathe

3. Report your activity to MSHOP.

Choose how you would like to report your daily activities from now until two weeks after surgery.

- Phone** - Call **(734) 232-1304 weekly** and leave a message with your daily activity totals.
- Text** - Receive a **daily** text asking you to record your activity from the day before.
- MyUofMHealth patient portal** - Enter your activity data directly into the patient portal using a computer or smartphone. See the page titled “*How to report your activity...*” for instructions.
- Sync your smartphone or Fitbit** - You can sync these devices to your patient portal to track your steps. See the page titled “*How to sync your...*” for instructions.

4. Choose healthy foods.

Eating a balanced diet before (and after) your surgery is important so that your body will handle the stress of surgery and heal quickly without complications.

- **Protein** – Eat at least THREE high-protein food every day BEFORE surgery and FIVE high protein foods every day AFTER surgery. Proteins help your muscles and tissues heal faster. If you do not feel hungry, try to eat the high-protein portion of your meal first.
- **Vitamins and Minerals** – These help your immune system and cell, tissue, and bone growth. Eating at least FIVE fruits and vegetables a day will give you the vitamins and minerals that you need. This is especially important BEFORE your surgery.
- For more detailed information, watch the short video found here: bit.ly/mshop_eat



5. Use strategies to reduce stress.

Stress affects how well you do during and after surgery. Managing the stress of preparing for and going through surgery can be challenging, but there are things that you can do:

- **Deep breathing** – While using your Spirometer listen to the sound of your own breathing. Imagine breathing in positive feelings and blowing out stressful or negative feelings. You can do this without your Spirometer as well.
- **Sleep** – Aim for 6-8 hours a night to help your body and immune system work at its best.
- **Find a support system** – Make time to see friends and family. Ask them to support you in your new healthy habits.
- **Laugh** – It releases tension and brings about positive physical changes in your body.
- **Meditate** – Sit quietly and focus on positive thoughts, your breathing or an image. There are websites and smartphone apps that can guide you.
- **Get active** – Walking can help you feel less stressed, improve your mood and help you sleep.
- **Think positively** – Positive self-talk can help shift your perspective. When you have a negative thought, take a moment to consider whether the thought is reasonable. Try to reframe the negative thought into something more positive. For example, “It will take me months to recover from this surgery,” might be replaced with, “I am doing everything I can to make my surgery go well. Joining MSHOP will help me take control of my recovery.”
- For more additional strategies, watch the short video found here: bit.ly/mshop_relax

How to report your activity in the patient portal.

You must enroll in MSHOP **before** you have access to track activity on the MyUofMHealth patient portal. Please call the phone number on page 1 to enroll.

Computer: Report your activity within the  patient portal.

1. Log in to MyUofMHealth.org

- If you are a new portal user, MSHOP can email you a portal access code and logon instructions.

2. Open the MSHOP flowsheet

- Go to the **Health** dropdown menu at the top of the page and select **Track My Health**. Scroll to the “Active Flowsheets” section and select **MSHOP**.
- **Or** access your MSHOP flowsheet in your Messaging center by clicking on the link in the **new flowsheet available** message.

3. Record your Activity

- Select **Add New Data** and enter the date, select a time and enter your information.
- You can record up to three dates by selecting **Add Another Reading**.
- After entering your information, select **Continue**.
- Review your entries and select **Submit**.
- To record additional dates, repeat the above process.

Smartphone App: Use the MyUofMHealth patient portal app to report your activity.

1. Log in to MyUofMHealth app

- If you are a new MyUofMHealth app user, download the MyUofMHealth app in the App Store or Google Play.
- Read and accept the user agreement to be taken to the log in screen. Enter your log in information.



2. Open the MSHOP flowsheet

- Select **Track My Health**, then select **MSHOP**.

3. Record your Activity

- Select **Add A Reading**.
- Enter the correct date, record your activity data and select **Save**.
- To add additional dates, select **Add A Reading** again.

Instructions on how to sync your smartphone or Fitbit to the patient portal are included on the next page.

How to sync your smartphone or Fitbit

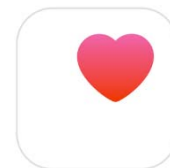
Sync your smartphone with the MyUofMHealth App.

"Health" comes built in to iPhones and tracks your steps via your phone's movement. "Google Fit" can be downloaded to track activity if you're using an Android phone.



Sync your step data to your MyUofMHealth app to automatically update your MSHOP flowsheet:

- Log in to your MyUofMHealth App & select **Track My Health**.
- Select **Manage Connections**. Then click **Connect to "Health"/ "Google Fit"** and follow the instructions provided.



Sync your Fitbit with the web-based *MyUofMHealth* patient portal.

You must sync your Fitbit through the MyUofMHealth website. You are not able to sync it through the MyUofMHealth app.

- Log in to **MyUofMHealth.org**. If you are a new portal user, MSHOP can email you a portal access code and logon instructions.
- Go to the "**Health**" dropdown menu and select "**Track My Health**."
- Scroll down the page to select "**Manage Accounts**."
- Then select "**Connect Account**."
- A window will pop up that will direct the patient to FitBit's website. Select "**Continue to Fitbit, Inc.**"
- Log in to your FitBit account. Once logged in, the page will ask you if you would like Michigan Medicine to be able to access your Fitbit data. Check the box for "**Activity and Exercise**", then select "**Allow**".
- In the next pop-up window select "**Pedometer Steps!**"



Your Fitbit data is now synced with your patient portal. Once the steps are synced, data will automatically be pulled from FitBit and will be viewable in your Patient Portal.