

# Reporting My Activity

Record and report your daily activity **starting now through 2 weeks after your surgery**. Let MSHOP know what works best for you:

- ❑ **Daily text message** – Receive a daily text from (734) 436-3589 asking you to record your activity from the day before. Your responses are saved in your MyUofMHealth patient portal.
- ❑ **MyUofMHealth patient portal entry** - Enter your activity data directly into the MyUofMHealth patient portal using a computer or smartphone. Update your information at least once a week. See *“How to Report My Activity in the Patient Portal”* for instructions.
- ❑ **Sync your smartphone or Fitbit** – Sync your Apple Health app, the Google Fit app, or Fitbit with the MyUofMHealth patient portal. Once synced, your step data will automatically be updated into your patient portal. See *“How to Report My Activity in the Patient Portal”* for instructions.
- ❑ **Phone** - Call us at **(734) 232-1304** weekly. Leave a message with your name, date of birth, and daily activity totals.

