



## PATIENT & CAREGIVER EDUCATION

# How to Use Your MyMSK Goals to Discharge Checklist

When your surgery is over, you'll focus on getting well enough to leave the hospital. To help you track how you're doing, we will send a Goals to Discharge Checklist to your MyMSK account. You can use this electronic checklist to see the goals you need to meet before leaving the hospital and update your progress throughout the day. Your updates also send alerts to your surgical team about your progress.

## How do I use it?

- You must be signed up for MyMSK, MSK’s patient portal. You can access MyMSK at [my.mskcc.org](http://my.mskcc.org). If you’re not sure if you signed up for MyMSK or you don’t remember how to use it, please ask a member of your healthcare team or call 646-227-2593 for help.
- The morning after your surgery you will receive an email informing you that you have a new assessment to be completed. Click the link in the email or go to MyMSK and log in (see Figure 1).
- Select the MSK Engage section (see Figure 2).
- Select the Assessment labeled “Goals to Discharge” (see Figure 3).

You can update your Goals to Discharge checklist as often as you need to.

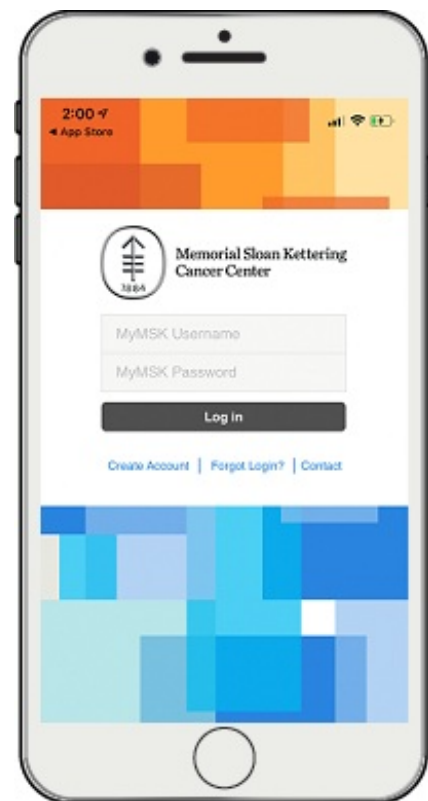


Figure 1. Login screen

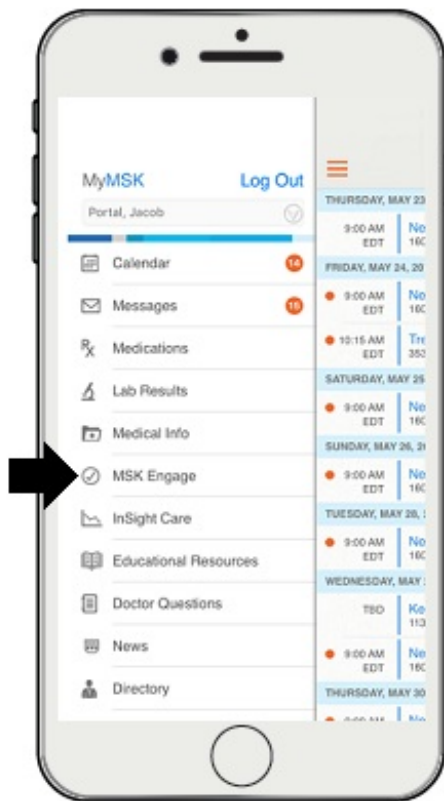


Figure 2. MSK Engage

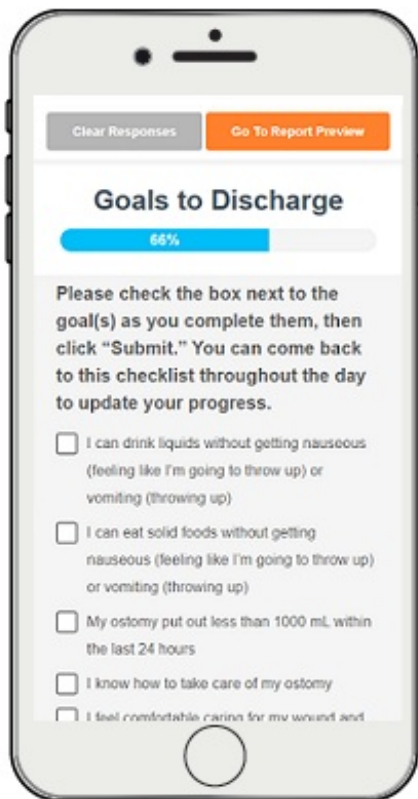


Figure 3. Goals to Discharge

## What happens to the information I enter?

- Your responses will be sent to your surgical care team. They will review your responses to make sure your recovery is going as expected.

## What if I have questions?

- If you have any questions about your Goals to Discharge checklist before your surgery, please contact Program Manager, Michael Hannon at 646-888-7464.
- If you have any questions about your surgery, or questions after you've had your surgery, contact a member of your surgical care team.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

---

How to Use Your MyMSK Goals to Discharge Checklist - Last updated on February 4, 2020

All rights owned and reserved by Memorial Sloan Kettering Cancer Center