





Here's how a myCMC plan can help you.





mycmc

coordinatemycare@nhs.net

Home

Create Care Plan Help

"There may be a time when we need to bring Mary to hospital. Now everyone knows what to do."

Hospital Doctor

Start your CMC Plan

If you're ready to start creating your plan, click here.

View your CMC Plan
If you already have a CMC plan, you can view it here:

User name

Please enter your username

Password

Please enter your password

In Your Own Time

You do not need to finish your plan all at once. Just click on the 'Save' button whenever you want and come back to it later.



What is a 'myCMC plan'?

It shows everyone involved in your care what you want in a medical emergency.

Having a CMC plan means you will always get the care you need in a way that is always right for you.

To create a CMC plan, you complete the first **10 steps** of the simple process below and your doctor or nurse complete the final steps.

If you need any help with the process, a family member, friend or carer can help you.



Your Starting Point

The easiest way to create your CMC plan is **online**.

Type in **mycmc.online** in your web browser and follow the onscreen instructions.



Your Details

Enter your basic **personal information**.

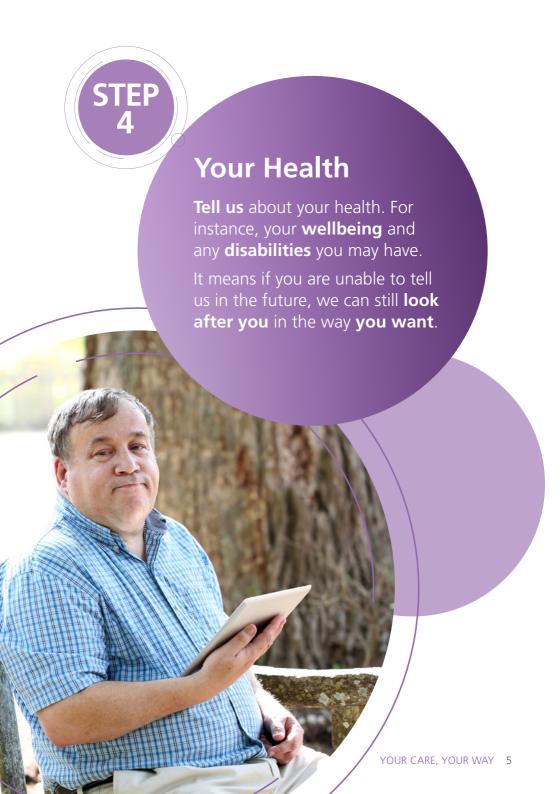
This includes your postcode, **your NHS number** and your email address.



Your Background

This section lets you state what your **preferred language** is, what your **religious beliefs** are, and more.

This information helps our medical professionals to always treat you **like a person, not a patient**.





Your Wishes

Tell us how you would like us to help you in an urgent or emergency situation.

Who has spare keys? Do you have **pets** that need to be cared for?

Providing us with this information means we can help you **more quickly** and more efficiently.





Your Helpers

Give us the details of the person or people who **help you** in your everyday life.

It could be a **family member**, a friend or a personal carer.

Whoever it is, we can let them know **how** you are in an urgent situation.



Your Treatment

If there is a medical emergency, let us know where **you want** to stay.

Do you want to be treated in hospital?

Or would you prefer to **stay at home** if possible?

Letting us know also **helps us** keep family and friends aware of what you want.



Your Decisions

If you are approaching the end of the your life, now is the **time to think** about some important things.

Are there any medical treatments you would or would not want?

How do **you feel** about organ donation?

Remember, you can always talk to your doctor about these questions before letting us know what you want.



Your Requests

This is your chance to let us know about things that might be important during an urgent care situation.

Maybe you have **religious or cultural** needs. Whatever they are, let us know.



Your Submission

Now it's time to **check over** your CMC plan.

You can ask a family member, friend or carer to help make sure you've completed all the steps properly.

Once done, just click on 'Submit'.



Your Doctor

Your doctor, nurse or learning disabilities healthcare professional will receive your **CMC** plan digitally.

They will then add **clinical information** about you and your health.

Plus they can add any documents that they feel are important to **your care**.



Your Appointment

You will be told when your doctor, nurse or learning disabilities healthcare professional has finished their step.

You or your helper can then phone and **book** an appointment with them.

At the appointment, you can check over your plan before officially submitting it.







For more information about how to create **your myCMC plan**, you or your helper can download the full guide here:

https://www.coordinatemycare.co.uk/ wp-content/uploads/2019/11/CMC_ Patient_Flyer_Artwork_v11.pdf



If you have any questions, you can contact us by phone, email or online:

Helpline: 020 7811 8513

Email: coordinatemycare@nhs.net