



coordinate
my care



Your care,
your way



Here's how a myCMC
plan can help you.

mycmc

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**.

STEP 4

Your Health

Tell us about your health. For instance, your **wellbeing** and any **disabilities** you may have.

It means if you are unable to tell us in the future, we can still **look after you** in the way **you want**.



STEP 5

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 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.



STEP 9

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**.



STEP 10

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'**.



STEP 11

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**.



STEP 12

All Change
You can make changes and update your plan whenever you want to.

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**.





What happens next?

Once the plan is submitted, your plan becomes part of the official CMC programme.

Remember, your plan will **only ever be shared** with the healthcare professionals treating you in an urgent or emergency situation.

Your CMC plan means they will always know who you are, what you have, and **how you want** to be treated.



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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**

www.coordinatemycare.co.uk