

# MyChart

## Requesting access to your child's MyChart account

### What is MyChart?

MyChart is our secure online patient portal. Every UVM Health Network patient can sign up for their free account. Within your account, you can see your appointments and medications; check immunization records; view available test results and provider notes; send messages to your care team and more.

### How can I access my child's MyChart account?

To make sure all patient information is private and protected, parents and legal guardians must request proxy access to their child's MyChart account. A proxy is a person allowed access to another person's MyChart account.

### To request proxy access, you must:

1. Have your own MyChart account. Visit [UVMHealth.org/MyChartSignUp](https://UVMHealth.org/MyChartSignUp) or ask for an account during a visit.
2. Submit the required MyChart Proxy Access Request & Authorization form, based on the age of your child. You can find details online at [UVMHealth.org/MyChart/Proxy](https://UVMHealth.org/MyChart/Proxy) or ask for the form during a visit.
  - If your child is 11 or younger, you may submit your proxy access request online.
  - If your child is 12 - 17 or 18+, they must agree to your proxy access and sign the form before it is returned in person or by mail. Online submission is not available.

## **Why must my child, age 12 or older, agree to my access of their MyChart account?**

Parents and guardians make most medical decisions for their children. However, adolescents are legally entitled to privacy when it comes to certain health decisions and information. This includes information presented in their MyChart account.

Health care privacy allows adolescents to practice independence and learn to manage their health as they transition to adulthood. Teens can also discuss health concerns they may feel self-conscious about directly with a provider.

As a parent or guardian to an adolescent age 12 or older, you play a critical role in their health, well-being and medical care. We encourage you to help your child sign up for their MyChart account and discuss what proxy access means for both of you.

## **I used to have full access to my child's MyChart account. When they turned 12, my access became limited. What happened?**

When your child turns 12 years old, they are able to sign up for their own MyChart account. At this time, your access to their account also becomes limited unless they authorize full access.

If your child wants to give you full access to their account, they must complete and sign the MyChart Proxy Access Request & Authorization form before it is submitted in person or by mail.

## **What if I have additional questions?**

Please speak with a member of your child's care team. We're happy to help!