



coordinate  
my care

**NHS**

Your care,  
your way



Here's how a myCMC  
plan can help you.

**mycmc**

“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](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:

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