

# Shared Decision Making with Emmi

## What is shared decision making?

Shared decision making is simply a conversation between two experts: you and your doctor. You are an expert on your life, and your doctor is an expert on your medical care. Together, you can work to find the right treatment for your lifestyle and goals.

## What is Emmi?

Emmi is a partner of Intermountain Healthcare. They provide videos that help patients understand their health conditions and treatment options. Your doctor has prescribed an Emmi educational video for you to view. You can watch it as many times as you need to and share it with your family and friends.

It's a good idea to keep notes as you watch so that you can ask your doctor about any questions you may have at your next appointment. You can use the space on the back of this form to write down any thoughts or questions.

## What happens after I watch the video?

Make an appointment to see your doctor (if you don't already have one) and talk about your treatment options. Some things to consider as you talk with your doctor include your:

- Desire to continue doing the things that mean the most to you
- Additional health concerns
- Ability to care for yourself as your condition progresses or after a surgical procedure
- Insurance coverage and any financial concerns



## What do I need to do next?

- 1 Watch the prescribed video. You can find the link in:
  - Your *MyHealth* portal. Look for "Emmi Enrollment" in the Message Inbox. [myhealth.intermountain.org/login](http://myhealth.intermountain.org/login)
  - Your personal email on file with our clinic. The email will include your 11-digit access code.
  - The handout given to you at today's appointment (see below).
  - Click on the link ([www.startemmi.com](http://www.startemmi.com)) or enter it into the URL (address) bar at the top of your Internet browser.
  - Enter the access code and your birth date (MM/DD/YYYY).  
My access code is: \_\_\_\_\_
- 2 Watch this video by this date: \_\_\_\_\_.
- 3 Go to your follow-up appointment to talk with your doctor about your choices.

If you have any questions or problems accessing your video, contact Emmi support at [support@my-emmi.com](mailto:support@my-emmi.com).

## My follow-up appointment

Date/Time: \_\_\_\_\_

Place: \_\_\_\_\_

Doctor: \_\_\_\_\_

