

Technology: Stay connected with friends and family

- Need help with the latest technology available on phones, tablets or computers?
 - » Ask for our Tips for Virtually Connecting or find at **mmc.org/patientexperience**.
- For use of an iPad, please ask your caregiver.
- Medical information:
 - » With our MyChart Bedside iPads, you can access your medications, lab and radiology results, and educational materials.
 - » Medical and care information can also be shared with loved ones. With a MyChart account, you may grant proxy access to friends and family in the portal by selecting the Health folder and clicking "Share My Record." More information can be found at **mychart.mainehealth.org** or call the help desk number at **855-255-2300**.

Spiritual Care

- Hospital chaplains are here to support you during this time of uncertainty. They can help with lending an ear to concerns about family members, making medical decisions, offering prayer if that is desired or simply comforting with a non-anxious presence. Chaplains are confidential, trustworthy and dedicated to helping people find hope, healing and wholeness.
- Available 24/7. Ask staff to page the on-call chaplain, who can contact you by phone.

Social Workers

- Social workers can help maintain communication between the family and the medical team and connect families with community resources and mental health providers as needed.
- Available 7:30 a.m. to 4 p.m., seven days a week / Call **662-1736**.

Entertainment and online resources

Interested in watching television programs, movies, virtual tours or connecting to meditation apps or classes? We have links on our website at **mmc.org/patientexperience**.

Concierge Menu

Your comfort and well-being are important to us. Concierge Comfort is a complimentary service, available during your stay to address non-clinical needs. This includes games, newspapers and personal care items.

- Email us at patientexperience@mmc.org to order items.
- If you do not have access to email, call us from your room phone at **662-5775**.
- Available 8 a.m. to 4 p.m. Monday through Friday.

Available items:

Things to Do

- | | | |
|-----------------|-------------------|-----------|
| • Newspaper | • Word Find | • Pencil |
| • Journals | Puzzles | Sharpener |
| • Playing Cards | • Greeting Cards | • Markers |
| • Crossword | • Coloring Books | |
| Puzzles | • Colored Pencils | |

Personal Care

- | | | |
|---------------|--------------|------------------|
| • Chapstick | • Men's and | • Readers (weak, |
| • Clippers | Women's | medium, |
| • Toothpaste, | Deodorant | strong) |
| Mouthwash, | • Hairbrush | • Tweezers |
| Dental Floss | • Lens Wipes | |
| • Eye Drops | • Lotion | |

Technology

- | | | |
|-----------------|-----------|------------|
| • Android | • iPhone | • Charging |
| Chargers | Chargers | Blocks |
| (please specify | • Earbuds | |
| USB-C or | | |
| Micro-USB) | | |

Other

- | | | |
|-----------------|-----------|----------------|
| • Pocket Angels | • Crosses | • Stress Balls |
|-----------------|-----------|----------------|

Printing: If you have a picture, quote or document you would like printed, please send it and we will deliver to your room. Send to patientexperience@mmc.org.