

HOW TO UPLOAD YOUR CRMS CHART & SEND TO ME VIA PATIENT PORTAL

CrMS charts should be submitted 48 hours prior to EACH Follow-Up visit.

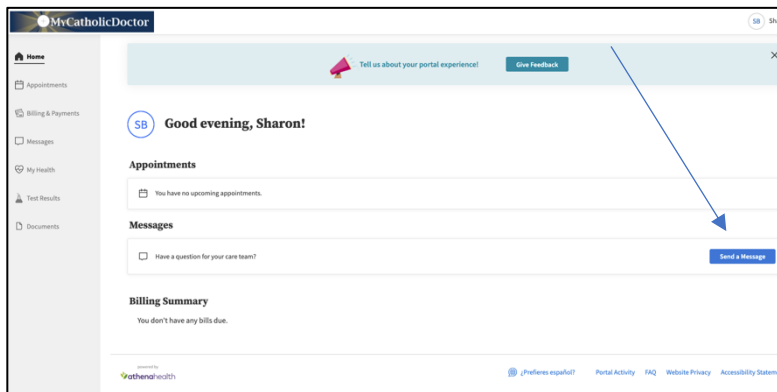
- be sure you have entered length of ppp (post-peak phase) in R margin.
- ask your CFCP to calculate your MCSs (mucus cycle scores) for each cycle and enter this data in the R margin.
- charts should be uploaded in HORIZONTAL orientation, so I can evaluate data effectively.
- charts are sent in to me via the Athena Patient Portal. Please do NOT send to me via email.
- pdf, jpg seem to work well.

Here are step-by-step instructions:

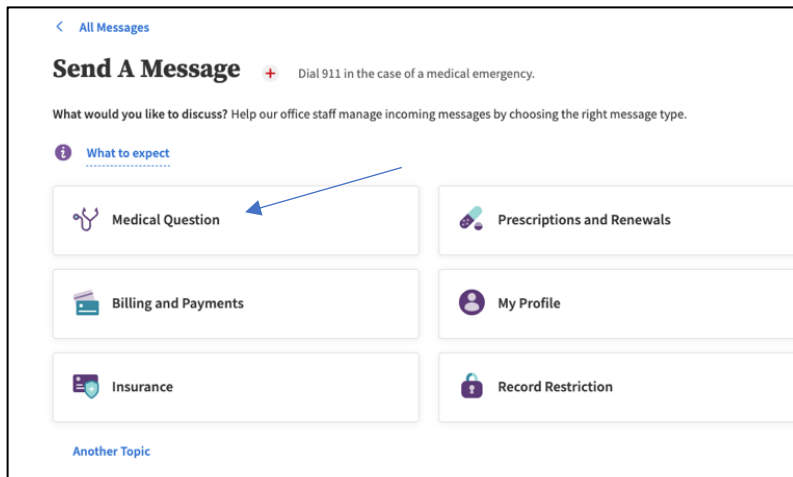
- Sign in to your [Athena Patient Portal](#)



- Click [Send a Message](#)



- Choose  **Medical Question**





HOW TO UPLOAD YOUR CRMS CHART & SEND TO ME VIA PATIENT PORTAL

a) Choose me as your provider

b) choose MyCatholicDoctor for office location

c) Subject: 2026/xx/xx CrMS chart

d) upload CrMS chart



 **Medical Question**  Dial 911 in the case of a medical emergency.


All fields are required.

Provider / Care Team Office location

Subject 22/100

Message 38/800

 2025.04.20 CrmS Sample Chart .jpg 

 [Attach](#) [File requirements](#) 