

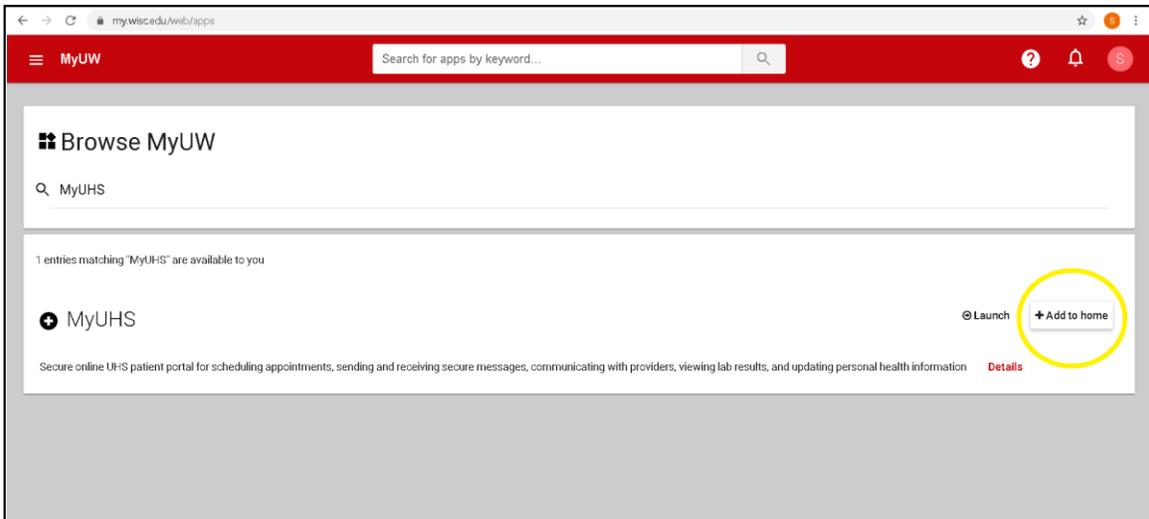
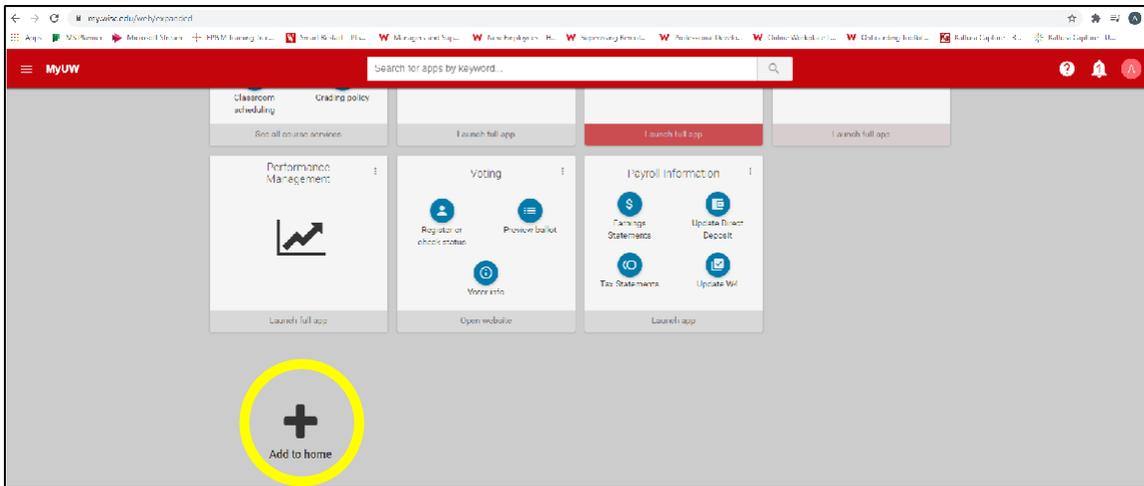
MyUHS को निर्देशनहरू

यदि तपाईंलाई भाषा सहायता आवश्यक भएमा, सांस्कृतिक भाषागत सेवा (Cultural Linguistic Services) मा सम्पर्क गर्नुहोला

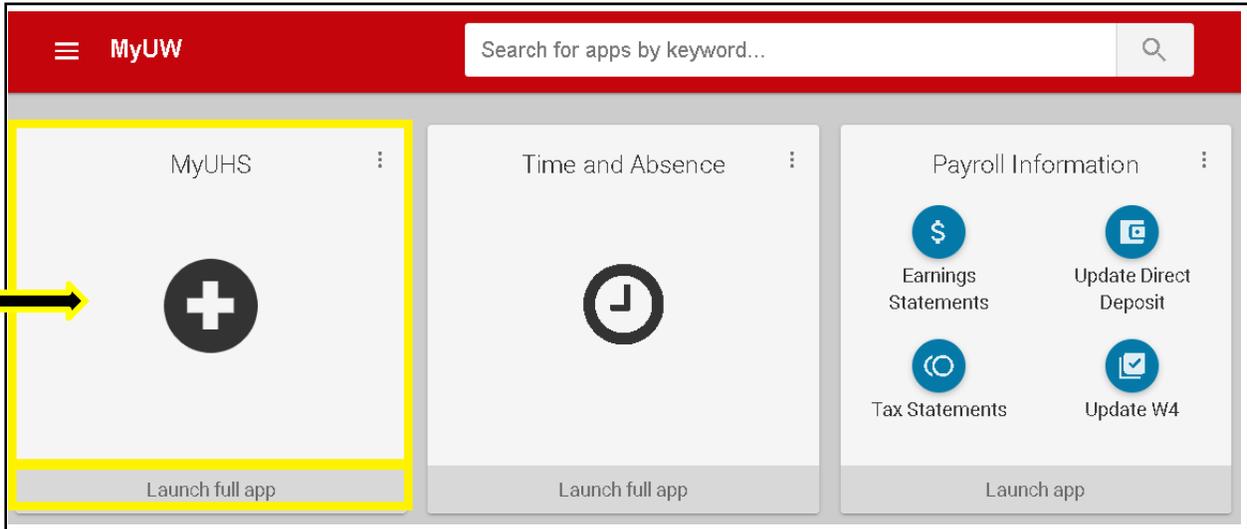
<p>Español / Spanish 608-265-0838 solanabelrodriguez@wisc.edu</p>	<p>Español / Spanish 608-265-1489 joel.mortensen@wisc.edu</p>	<p>Hmoob / Hmong 608-263-2217 jzong.thao@wisc.edu</p>
<p>ཧོ་ཡེ་ཡི། / Tibetan 608-890-2545 yangbum.gyal@wisc.edu</p>	<p>中文 / Chinese 608-890-2628 shuwen.li@wisc.edu</p>	<p>नेपाली / Nepali 608-262-7521 parwat.regmi@wisc.edu</p>

UHS मा लग-ईन गर्ने

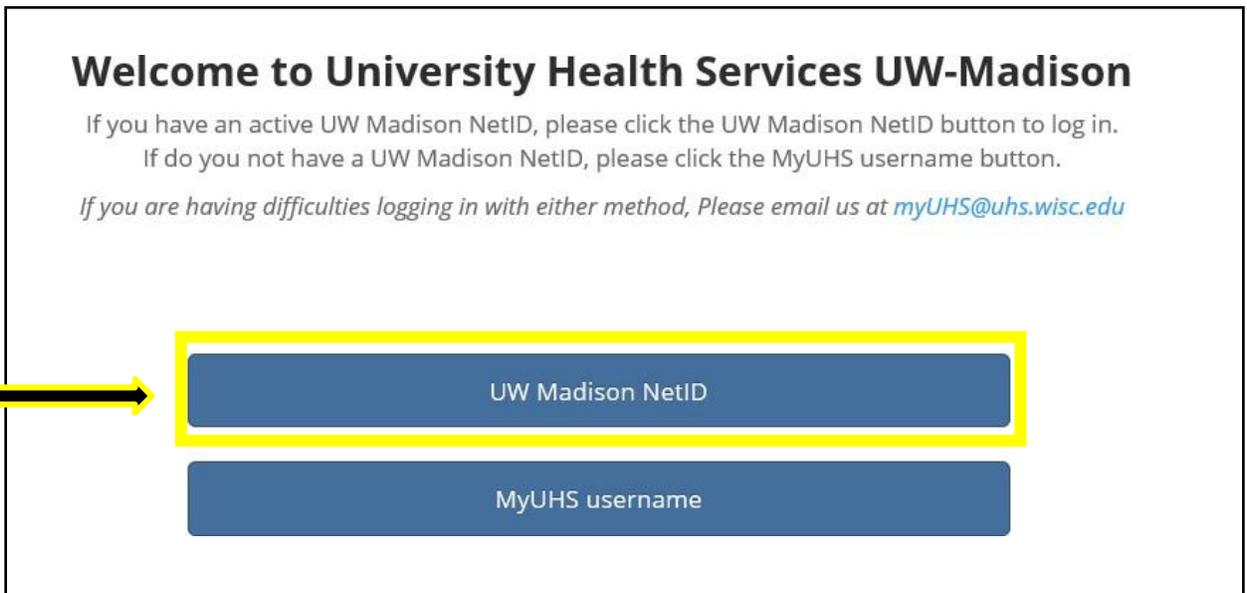
<https://my.wisc.edu/> मा गएर **MyUW** मा लग-ईन गर्नुहोस्
तपाईंको **MyUW** मा **MyUHS Add** गर्नुहोस्



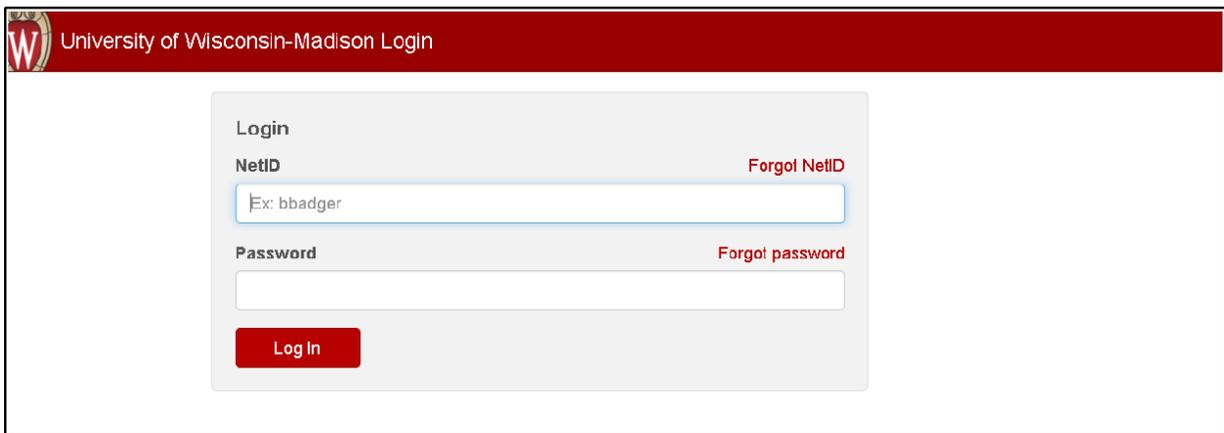
MyUHS खोलुहोस्



The screenshot shows the MyUHS app dashboard. At the top, there is a red header with the MyUHS logo and a search bar. Below the header, there are three main sections: MyUHS, Time and Absence, and Payroll Information. The MyUHS section is highlighted with a yellow box, and a yellow arrow points to the MyUHS app icon (a black circle with a white plus sign). Below the MyUHS icon is a button labeled "Launch full app". The Time and Absence section has a clock icon and a "Launch full app" button. The Payroll Information section has four icons: Earnings Statements, Update Direct Deposit, Tax Statements, and Update W4, with a "Launch app" button at the bottom.



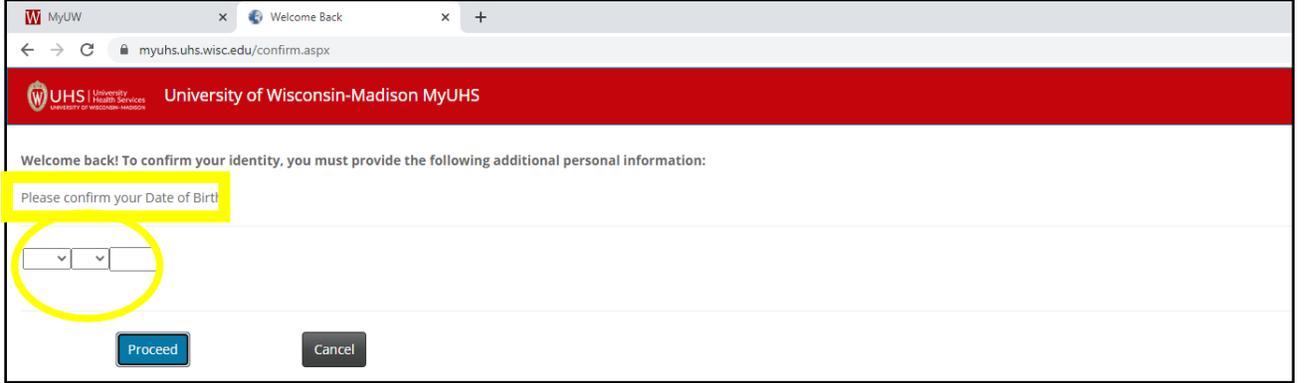
The screenshot shows the "Welcome to University Health Services UW-Madison" login page. The page has a white background with a red header. The main content area contains the following text:
Welcome to University Health Services UW-Madison
If you have an active UW Madison NetID, please click the UW Madison NetID button to log in.
If do you not have a UW Madison NetID, please click the MyUHS username button.
If you are having difficulties logging in with either method, Please email us at myUHS@uhs.wisc.edu
Below the text are two blue buttons: "UW Madison NetID" and "MyUHS username". The "UW Madison NetID" button is highlighted with a yellow box, and a yellow arrow points to it.



The screenshot shows the "University of Wisconsin-Madison Login" page. It features a red header with the University of Wisconsin-Madison logo and the text "University of Wisconsin-Madison Login". Below the header is a login form with the following fields and buttons:
Login
NetID [Forgot NetID](#)

Password [Forgot password](#)

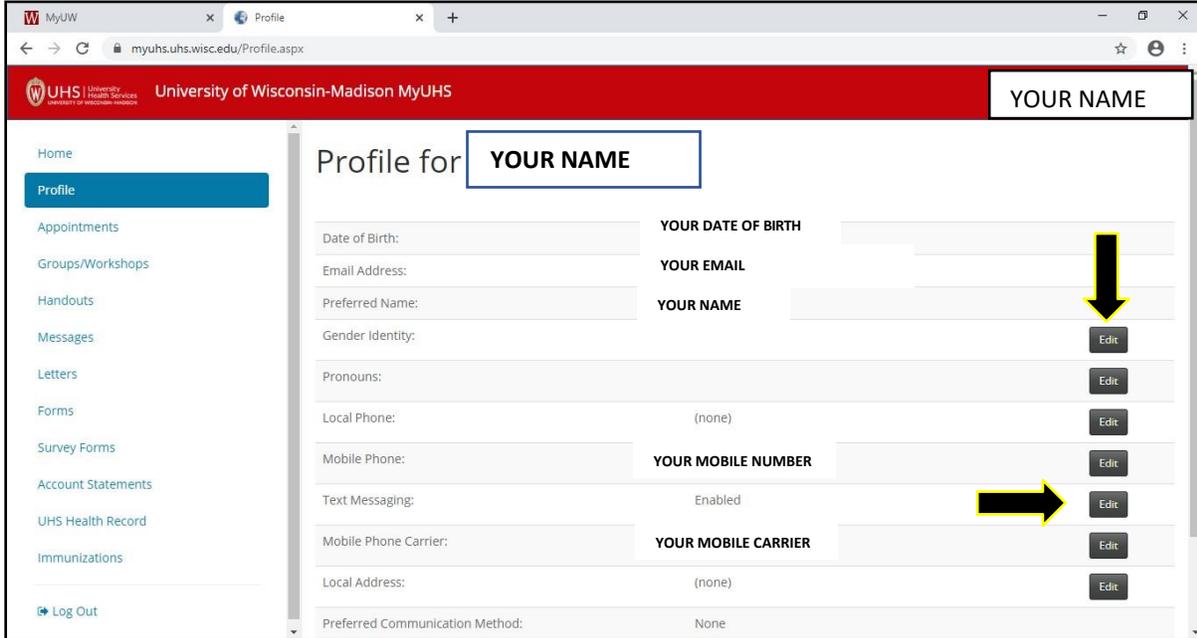
तपाईंको जन्म मिति राखेर तपाईंको पहिचान पुष्टि गर्नुहोस्



तपाईंको प्रोफाइलको समीक्षा र अपडेट गर्नुहोस्:

- ✓ तपाईंको जन्म मिति चेक गर्नुहोस्
- ✓ ईमेल आईडी चेक गर्नुहोस्
- ✓ मोबाईल फोन नम्बर चेक गर्नुहोस्
- ✓ टेक्स्ट मेसेज *enable* गर्नुहोस्

तपाईंको परीक्षणका नतिजाहरू तयार भएपछि UHS बाट सुरक्षित मेसेज पाउनुहुनेछ ।

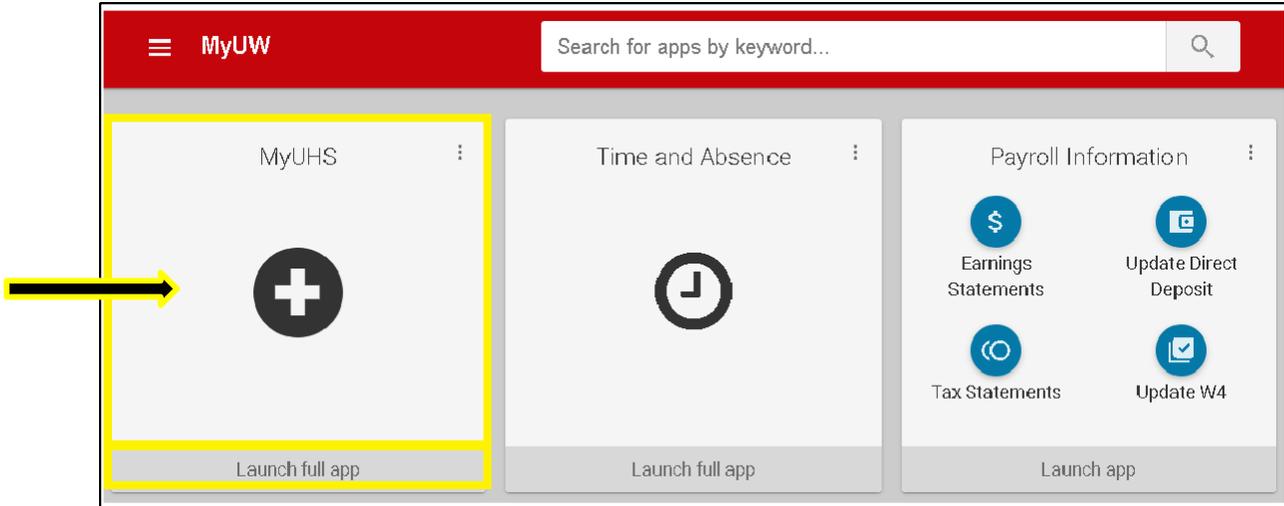


सक्किएपछि तपाईंको गोपनीयता र सुरक्षाको लागि, **UHS** बाट लग आउट गर्न निश्चित गर्नुहोस्!

The screenshot shows the MyUHS interface for the University of Wisconsin-Madison. The header includes the UHS logo, the text "University of Wisconsin-Madison MyUHS", and a placeholder "YOUR NAME". A left sidebar contains navigation links: Home, Profile, Appointments, Groups/Workshops, Handouts, Messages, Letters, Forms, Survey Forms, Account Statements, UHS Health Record, and Immunizations. The main content area displays "Home for तपाईंको नाम" (Home for your name). Below this, it shows the last login time as 7/31/2020 10:00 AM with a "Log Out" link. The quarantine status is "N/A" with a "Show" button. A "Conditions of Use" section is present, followed by a "Welcome to MyUHS" message. The welcome message states: "To protect your private health information you must either log out of MyUHS or close your browser when finished in MyUHS. Simply closing the MyUHS tab will NOT log you out. Failure to do so may result in others being able to view your information. Please click on 'Conditions of Use' above for further instructions on using MyUHS." The version number is listed as [Version: 12.11.4893]. At the bottom left of the sidebar, there is a "Log Out" button.

परीक्षणको समय बनाउने र परीक्षणको नतिजाहरू हेर्ने

<https://my.wisc.edu/> मा गएर **MyUW** मा लग-ईन गर्नुहोस् र **MyUHS** खोल्नुहोस्

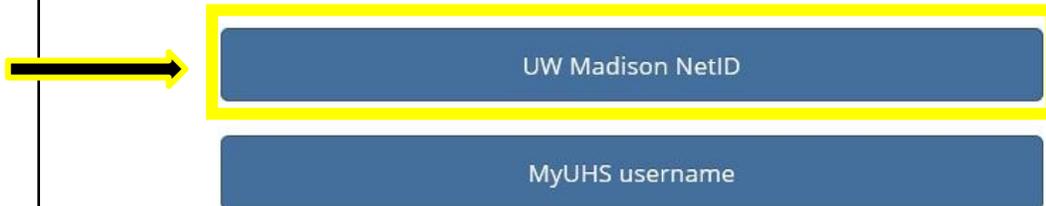


Welcome to University Health Services UW-Madison

If you have an active UW Madison NetID, please click the UW Madison NetID button to log in.

If you do not have a UW Madison NetID, please click the MyUHS username button.

If you are having difficulties logging in with either method, Please email us at myUHS@uhs.wisc.edu



The screenshot shows the "University of Wisconsin-Madison Login" page. It features a "Login" section with a "NetID" field containing the example "bbadger" and a "Password" field. Both fields have "Forgot" links next to them. A red "Log In" button is located at the bottom of the form.

तपाईंको जन्म मिति राखेर तपाईंको पहिचान पुष्टि गर्नुहोस्

MyUW Welcome Back
myuhs.uhs.wisc.edu/confirm.aspx
UHS University Health Services
University of Wisconsin-Madison MyUHS
Welcome back! To confirm your identity, you must provide the following additional personal information:
Please confirm your Date of Birth:
Proceed Cancel

तपाईंको COVID परीक्षणको समय बनाउनु अगाडि, "Forms" लेखेको लिङ्कमा गएर UHS Information and Consent Form हेर्नुहोस्, पूरा गर्नुहोस् र हस्ताक्षर गर्नुहोस्

Click on the blue link(s) below to access the form(s). Once submitted the form will be marked "Completed".

Form Name	Status
UHS Information and Consent Form	Not Yet Complete: Please provide the requested information with special attention to the required fields.
OCCUPATIONAL MEDICINE: 1. Privacy Notice and Consent to Treat	Not Yet Complete: Please provide the requested information with special attention to the required fields.
OCCUPATIONAL MEDICINE: 2. Authorization for Release of Occupational Health Records	Not Yet Complete: Please provide the requested information with special attention to the required fields.
MHS Couples Consent	Not Yet Complete: Please provide the requested information with special attention to the required fields.

सो फाराम हेरेर पूरा गर्नुभएपछि, फारामको अन्त्यमा रहेको "I consent" बाकसमा थिच्नुहोस्। तपाईंको नाम, आजको मिति, जन्म मिति भरेर **Submit Final** थिच्नुहोस्

Appointments
Groups/Workshops
Handouts
Messages
Letters
Forms
Surveys
Account Statements
UHS Health Record
Immunizations

Type in your name below:
** Electronically signed by:
** Date signed:
** Date of birth:
Updated 8-4-2020

Submit Final Click here to submit the final content of the form
(You cannot change items after the form has been submitted.)

Cancel Click here to cancel entering the form
(Currently entered changes will not be saved.)

परीक्षणको समय बनाउनुहोस्

The screenshot shows the MyUHS Appointments page. The left sidebar has a yellow arrow pointing to the 'Appointments' menu item. The main content area has a box around the 'Schedule an appointment' button. A text box on the right contains the name 'तपाईंको नाम' (Your Name). Below the button, there is a 'UHS Services Update: COVID-19' section with text about service changes. At the bottom, a yellow box highlights the text: 'No currently scheduled appointments. A Text Message Appointment: Reminder will be sent 1 hour prior to your appointment time.'

तपाईंको परीक्षणको समय यहाँ पुष्टी हुनेछ । यदि तपाईं *vacation* वा अरु कुनै कारणले परीक्षण गर्ने दिनमा काममा हुनुहुन्न भने, सो समय रद्द गर्नुहोस् ।

The screenshot shows the MyUHS Appointments page with a list of 'Currently scheduled appointments'. A yellow arrow points to the 'Appointments' menu item in the sidebar. The list includes two appointments: one for 'KEENE, JEROD J LAT' and another for 'STINDT, ROBERT W LCSW'. Both appointments have a 'Show Barcode' link highlighted with a yellow circle. The text 'A Text Message Appointment Reminder will be sent 1 hour prior to your appointment time.' is visible at the bottom.

कर्मचारीहरूले प्रत्येक परीक्षणको समयमा “QR Code” देखाउनु पर्ने हुन्छ । यस QR कोडले तपाईंको MyUHS खातालाई तपाईंको परीक्षण नतिजाहरूसँग जोड्नेछ ।

- तपाईंको परीक्षणको समयमा MyUHS को Home वा Appointments मा रहेको QR Code देखाउन तपाईंको स्मार्टफोन लिएर आउने योजना बनाउनुहोस्, **वा...**
- परीक्षणको समयमा जानु अघि MyUHS बाट QR Code प्रिन्ट गरेर लिएर आउनुहोस्
- प्रत्येक परीक्षणको समयमा फरक QR code हुन्छ त्यसैले यदि तपाईं यसलाई प्रिन्ट गर्दै हुनुहुन्छ भने, तपाईंले प्रत्येक पटक नयाँ प्रिन्ट गर्नु पर्नेछ ।

तपाईंले QR Code Home मा भेटनुहुनेछ (Appointments मा पनि छ)

The screenshot shows the MyUHS Home page. A yellow arrow points to the 'Home' link in the left navigation menu. The main content area displays a QR code labeled 'QR Code' and a box for 'तपाईंको नाम' (Your Name). Below the QR code, there is a 'Print this page' link and a 'Log Out' button. The page also includes a 'Welcome to MyUHS' message and a 'Conditions of Use' link.

तपाईंको परीक्षणको २४-४८ घण्टा पछि, तपाईंले तपाईंको परीक्षणको नतिजा उपलब्ध भएको सूचना पाउनुहुनेछ (टेक्स्ट वा ईमेलबाट)
जब तपाईंले तपाईंको परीक्षणको नतिजाहरूको सुरक्षित सूचना पाउनुहुन्छ, नतिजाहरू हेर्नका लागि **MyUW** मा लग-ईन गरेर **MyUHS** खोल्नुहोस्:

The screenshot shows the 'Medical Records for तपाईंको नाम' page. The 'Laboratory Results' tab is highlighted. The table below shows a COVID-19 test result from 7/20/2020.

Coll. Date	Test Name	Result	Flag	Reference	Units
7/20/2020	COVID-19 (SARS-CoV-2) Exact Sciences				
	COVID-19 (SARS-CoV-2) Exact Sc	Negative		Negative	

यदि तपाईंको नेगेटिभ नतिजा आयो भने:
र गएको ७२ घण्टा सम्म कुनै लक्षण देखिएको छैन भने, केही गर्नु पर्दैन

यदि तपाईंको पोजिटिभ नतिजा आयो भने:

काममा नजानुहोस् !

कामको बेलामा परीक्षणको नतिजा पाउनुभयो भने घर जानुहोस् !

अनुपस्थिति लागि तपाईंको युनिटको कल-ईन प्रक्रियाको पालना गर्नुहोस्
र तपाईंको स्थानीय मानव संसाधन विभागलाई खबर गर्नुहोस् ।