



Your Symptoms Matter: How to complete symptom screening at home

'Your Symptoms Matter' (YSM) is a symptom screening tool that you may have done at the hospital or cancer center before COVID-19. Your healthcare team may now ask you to complete YSM online before your appointments.

Completing YSM is important. It allows you to tell your healthcare team what symptoms are a problem for you. This helps you and your healthcare team to:

- Talk about symptoms that matter to you
- See how your symptom scores change over time
- Decide how to manage your symptoms

How to complete 'Your Symptoms Matter' online

You can complete YSM on a desktop computer, laptop, tablet or mobile phone.

- Within 24 hours of your appointment, go to <https://isaac.cancercare.on.ca/> to complete YSM.
- Have your Ontario Health Card Number ready to log into the website.
- Enter your number into the box and press 'start'. You may also be asked to choose your cancer centre from a drop down menu.
- You will then be directed to the YSM questions.
- If you have difficulty completing YSM online, you can complete it upon your next in person visit.
- After completing YSM, your scores will go to your healthcare team to review on the day of your appointment. They will not be reviewed on the weekends.
- **If your situation is urgent please seek help at the nearest EMERGENCY DEPARTMENT. A Telephone Clerk will answer non-emergency calls between 8:30-4:00pm during regular business days. Please call 705-522-6237 ext. 2900 or toll free at 1-877-228-1822 ext. 2900.**

What to do if you need help managing symptoms

Talk to your healthcare team about any symptoms that are impacting your life even if they do not ask you about your YSM scores. Tell your healthcare team about other concerning symptoms that are not asked about in YSM.

You can also find information about how to manage your symptoms here:

www.cancercareontario.ca/en/symptom-management