

# Guide to Submitting Photos for your Dermatology Televisit



## USE A BACKGROUND

1

- Backgrounds should be plain (preferably a solid color) and should not distract from the area of interest. A background is only needed if the subject area does not fully fill the frame.
- When applicable, a background should be placed in contact with the patient in order to minimize shadows.



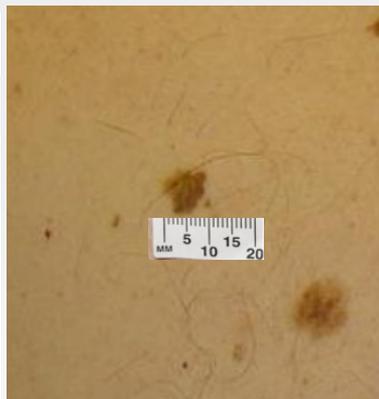
FLASH ON

FLASH OFF

## GOOD OVERHEAD LIGHTING IS IDEAL

2

- Consider using flash if the photo appears dark in artificial light or natural light. Make sure the flash does not overexpose the subject area.
- Lighting should not obscure the details of the photo.



## ALWAYS TAKE AN ESTABLISHING IMAGE FOLLOWED BY A CLOSE UP

3

- If you have multiple areas of interest, then it is difficult to distinguish between pictures if only close-ups are taken. For example, a mole on your leg may look similar to one on your arm, so by taking an establishing image it helps avoid any confusion regarding the location of the lesion.
- As well as the establishing image, a close-up image or a series of close-up images should be taken.

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## TAKE MORE THAN ONE IMAGE



- When taking a photograph, the camera needs to be parallel or directly overlying the lesion.
- To demonstrate the size and shape of the lesion, you could consider taking additional views at different angles.

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## FOCUS ON THE LESION



OUT OF FOCUS

IN FOCUS

- Images must be in focus so that high quality images can be reviewed by your dermatologist.
- Most smartphone cameras have a built in autofocus feature. You may need to wait a second for the autofocus feature to find the lesion.
- If your camera is too close to the lesion, this usually results in an out of focus photograph. Try zooming in and out until you can take a high quality focused photo.

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## SUBMIT YOUR PHOTOS

- Log into Mychart. Click on the 'Messaging' icon on the top of the Mychart home screen.
- Click on 'Ask a Question', then 'New Medical Question' on the following page.
- Find the name of your dermatologist under recipient. If you cannot find their name, choose your primary care provider and ask that they forward the message to dermatology.
- Under the message box, there will be a button labeled "Attach an image" which will allow you to upload your photos. You can only send 3 photos at a time. If you need to send more, you can send a separate message.

**MyCHART**  
Cambridge Health Alliance

Ask a Question

Please select the option that most closely matches your question.  
**Please call 911 if you have an emergency or urgent medical question.**

**New Medical Question**  
You have a simple medical question that doesn't require an immediate response.

**Request a Medication Refill**  
You would like to request a refill or renewal of a current medication.

**Customer Service Question**  
You have a question related to a bill, your insurance, or another non-medical concern.

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**MyCHART**  
Cambridge Health Alliance

This message will go to the treatment team of your provider to help provide a quick response. This message will become a part of your permanent medical record. All messages will be viewable by any user who has access to your chart. Please note that the expected response time for MyChart messages is 1 to 2 business days. The MyChart mailbox is only monitored during regular business hours. While we will do our best to reply to every message, we may not be able to read or reply to non-English messages. **DO NOT** use this feature to send messages that require immediate attention. If you need immediate attention, please call the clinic. If this is an emergency, call 911, or go to the Emergency Department.

Photos submitted through MyCHART have poor resolution and cannot be used for clinical diagnosis or advice. Do not send clinical photos unless specifically asked to do so by your CHA provider. Please make an appointment to see your provider.

To send this message to your clinic, simply fill out the fields on this screen and click the Send button.

Choose a Recipient

Select a Subject

ATTACH AN IMAGE ⓘ

SEND CANCEL

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