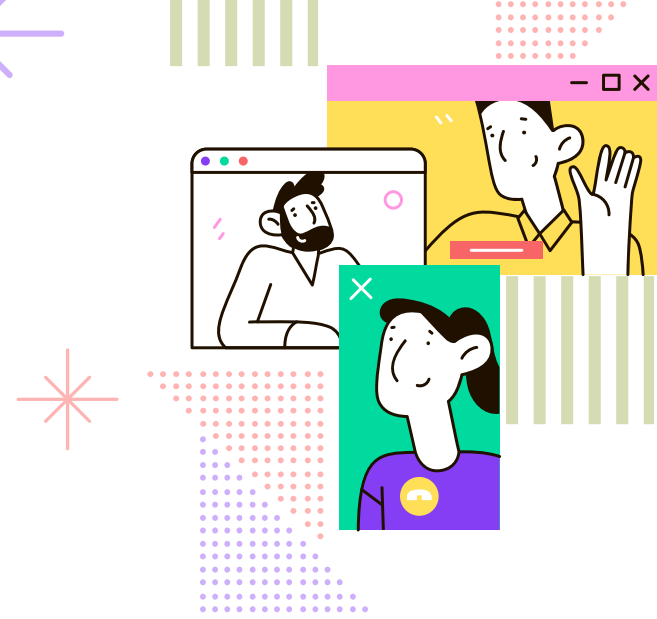


Health Portals for Better Health Communication

What is a health portal?



A patient **health portal** is a website for your personal health care that is run by your doctor or pharmacy. It is an **online tool** that helps you to keep track of your health care **provider visits, prescriptions, test results, billing, and more.** **Health portals are new.** Staff are able to provide support in getting you started and help you along the way.

You can **e-mail your provider questions through the portal.** Most health portals will require you to have an email address to access and receive notifications.

- You can access health portals through a computer, smartphone, or tablet
- Ask your doctor or pharmacy for instructions on how to register and begin

How can a health portal be used?

With a patient health portal, you can:

- Refill prescriptions
- Complete forms
- Check benefits
- Update insurance
- Make payments for visits to your provider's office



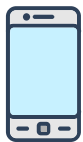
- Make (non-urgent) appointments
- Ask questions through secure e-mail
- Update contact information

Starting a Conversation about Health Portals

Important Questions to Ask



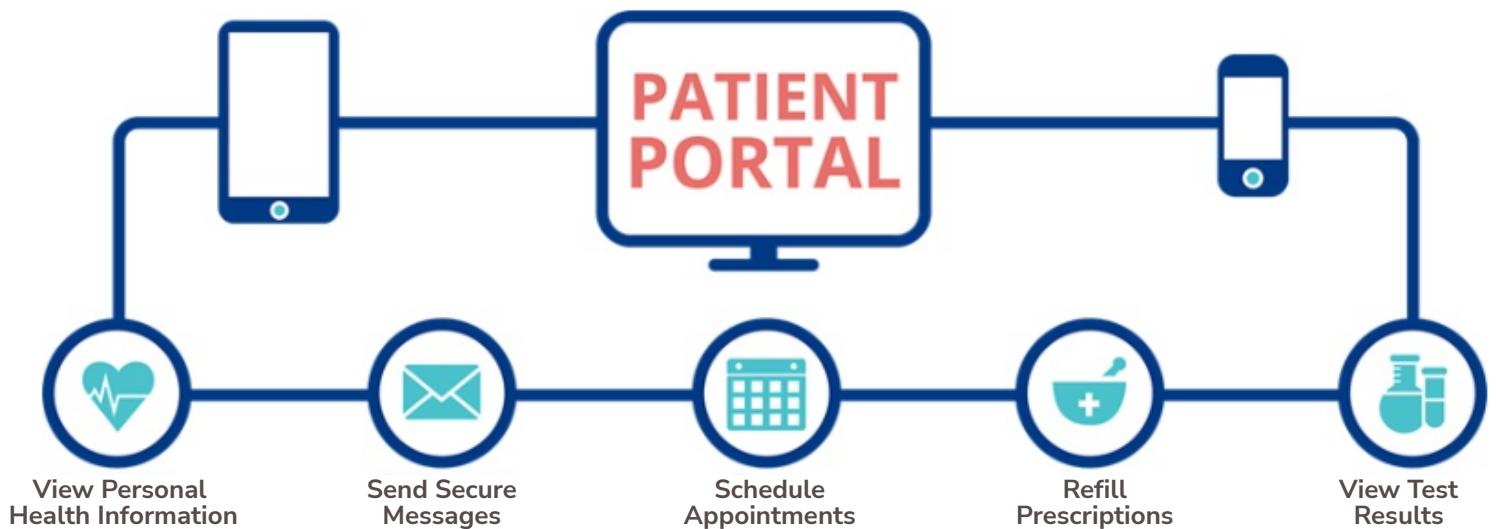
- Do you access the internet?
- What kind of phone do you use? Is it a smartphone?
- Do you use the internet for health information?
- Have you ever used a health portal?
- Would you like some help exploring how to start using the internet and a health portal?



Where can YOU start?

Determine how you can access your online health portal. Some people choose to use a smartphone and others prefer to use a computer.

Reach out to your doctor or healthcare team for instructions on how to create your own health portal account.



Most health portals will require an email address. **Create** an email address and ensure that you are able to access it.



Remember when creating a login and password **NEVER** share or store passwords digitally or on paper.