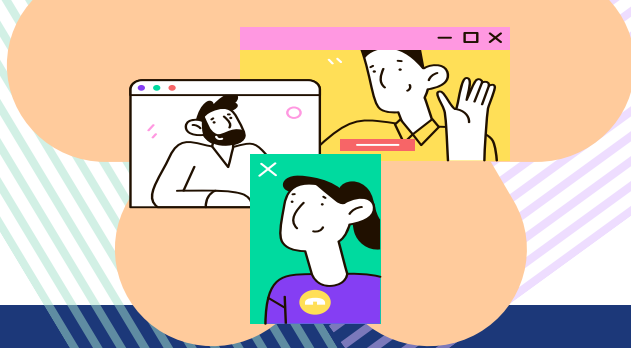# Digital Health 2.0

## What is a health portal?



A patient **health portal** is a website for personal health care that is run by your doctor or pharmacy. It is an **online tool** that helps keep track of 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.

Local pharmacies have online web pages that allow you to view information about prescriptions and make appointments for vaccinations.
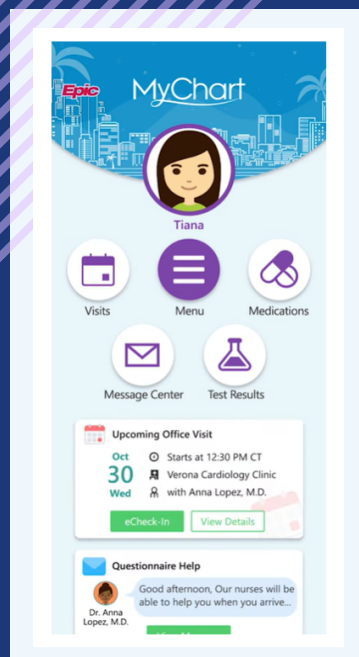


Doctors and medical health providers, including Thresholds health partners, may have an online health portal. These health portals are available to you for accessing your personal health information, making appointments and communicating with your medical care team. A common health portal used is **MyChart**.

### Local health providers use health portals
### (These are a few examples, many more others out there too!)
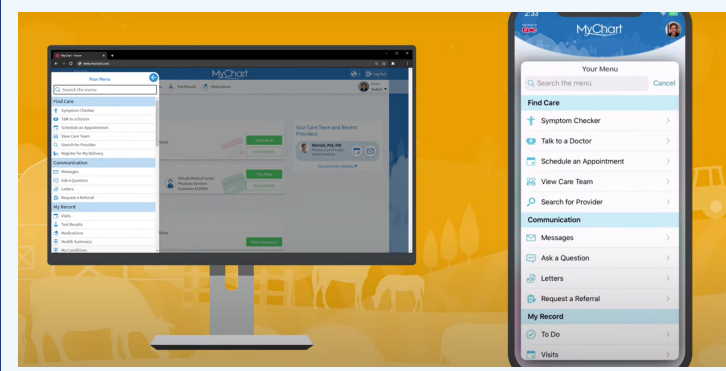


*Ask your community support workers about how they can help you to get started.*
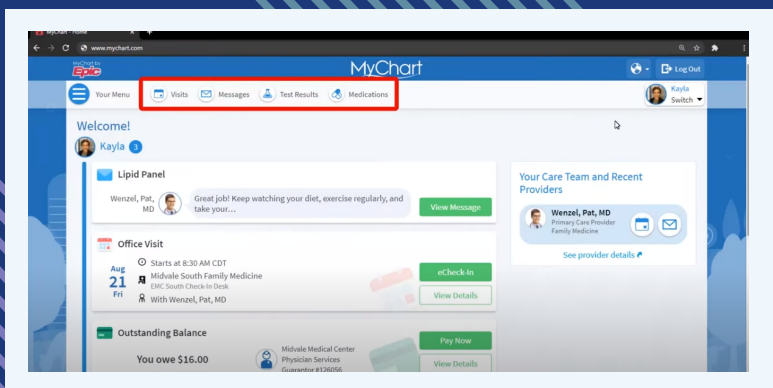
## Getting started with a Health Portal like MyChart? Ask these Questions:

1. Can you access best with a smart phone or a computer/tablet?

2. Do you have an email address and a way to check email? *If not, check out our Email and Voicemail for Healthcare tool!*

3. Create a username and password





## Benefits of Starting to use a Health Portal like MyChart

- Improved communication with healthcare providers
- More complete health information
- Feel more involved in healthcare process
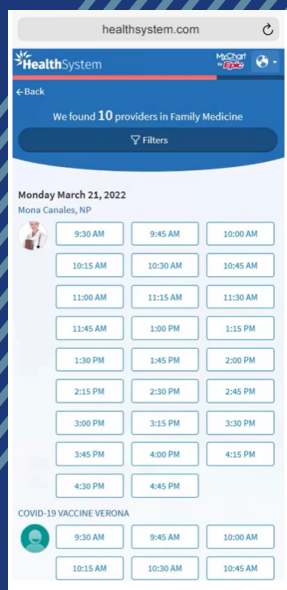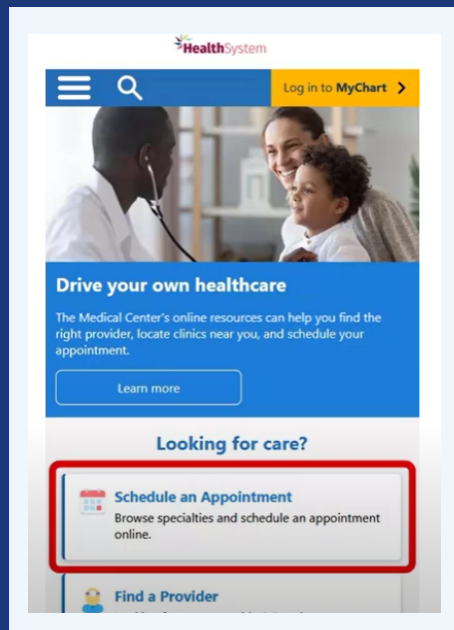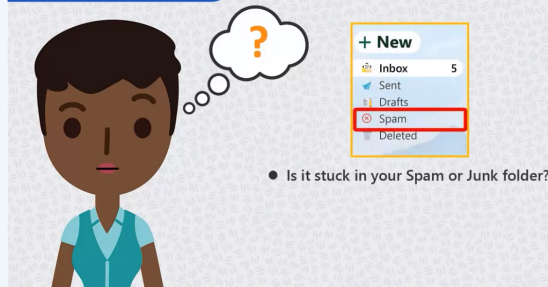- Better patient-provider relationship

## Trouble Logging on?

1. Check your internet connection
2. Make sure your username and password are correct
3. On a smartphone, make sure app is up to date
4. Reach out to your clinical team for help

**Click here or scan QR code to watch a video tutorial**



↓

**Password Reset and Account Management**







**Click here or scan QR code to watch a video tutorial**

→



**Schedule an Appointment without a MyChart Account**