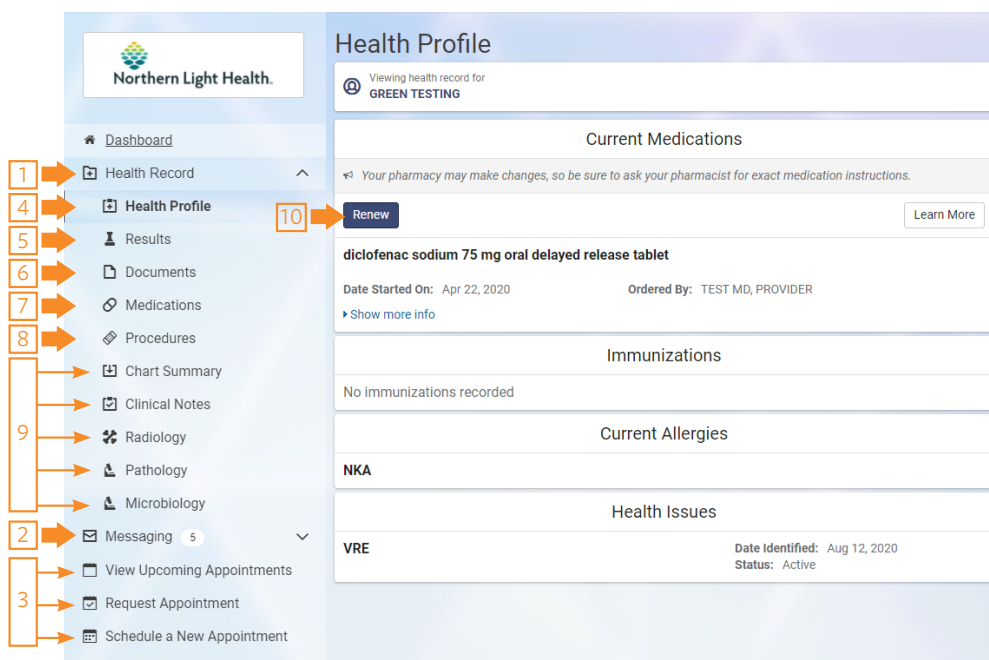


### Site navigation

1. The **Health Record** is where you will find information that one of our providers, or hospitals, may have on file for you or your family member including: medications, immunizations, allergies, lab results, and health conditions. In this area you have the ability to print your health information or request a medication renewal. Please note, at this time provider documentation regarding visits, and results for some tests (including HIV results) are not available.
2. **Messaging** should only be used for non-urgent communications with your provider or practice. Your messaging inbox is a secure place to exchange messages with your family's provider(s) or healthcare teams.
3. **Appointments** gives you the ability to view upcoming appointments, request non-urgent appointments, directly schedule certain appointments such as your flu shot, and cancel or reschedule an existing appointment that is more than 24 hours away.
4. **Health Profile** is a snapshot of your health information based on your last visit with your healthcare provider.
5. **Results** shows your most recent results including blood pressure, vital signs, oxygen saturation, and heart rate.
6. **Documents** contains information within your electronic medical record from visits with your provider(s).
7. **Medications** lists all medications that you are currently taking, based on your last visit with your provider.
8. **Procedures** lists any recent procedures you have had.
9. **Chart Summary** links to snapshots of your visits with providers, able to be filtered by date range.
10. **Renew** button, located within Medications, will allow you to request a prescription renewal. (You may need to click Medications to see the Renew button.)



#### HELPFUL TIPS

Have a question about **myNorthernLightHealth**? Not sure where to go to find something? Forgot your password? The Customer Care line at 1-877-621-8014 is available, 24 hours a day, 7 days a week, and 365 days a year. If you have questions about the health information you see on **myNorthernLightHealth**, please contact your healthcare provider's office.