

## Online Access to Your Health

You shop online. You bank online. You keep in touch with family and friends online. Now Thayer County Health Services has a way for you to manage your health online. All you need is your email address to set up a secure account, and you can access your important health information when its convenience for you.

### Manage your health more easily

Whether you want to reschedule an appointment, see results from a recent test or ask a question, you can get the answers you need on your computer or smart phone.

Thayer County Health Services is able to provide patients access to their Patient Health Information (PHI) through their Patient Portal.

### You can use the Patient Portal to:

- schedule appointments
- receive reminders relating to your care
- message your doctor with questions
- view lab results online
- access information in your medical records
- download health records to share with other healthcare providers

### Patient Portal Benefits

- All your health is available in one place
- You can easily share with family if needed
- Connects all your healthcare providers
- Tracking can help improve your health
- Your health information is always with you
- Your health information is secure



*Exceptional Health... Close to Home*

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# What is a Patient Portal?



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## Why should I set up a Patient Portal?

### Your health information is in one place

Managing your health used to be messy. Visiting information from your doctor, emails, diet and exercise logs and other health information is hard to organize and manage. TCHS provides one place for all of the information you need to manage your health and the health of your family.

#### Patient Portal provides:

- Medications, allergies, and conditions
- Visit information from doctors and hospitals
- Personal measures: weight, activity, blood pressure, blood sugar



### You can share health information with others

Health is a life-long challenge. To succeed, sometimes you need to share health information with trusted family and friends.

#### Patient Portal helps:

- Parents share children's health information
- Young adults share information with parents playing a role providing health-care
- Aging parents share access with adult children assisting in their care.



### It connects you with doctors & hospitals

Connecting with your care team allows your doctor or hospital to electronically provide you with visit documents. A connection may also let you share personal information and measures with condition management and wellness programs or participate in eVisits that eliminate the need for a trip to the doctor's office.



### You can track and Improve your Health

Capturing personal measures helps you and your doctor proactively manage your health trends and track progress against your health goals. Your patient portal allows you to connect to a growing number of activity trackers, scales, blood pressure monitors, glucometers and other personal measurement devices that provide a fact-based view of your current health.

#### Supported measures include:

- Weight
- Blood pressure
- Steps and physical activity
- Blood sugar



### Your health goes with you

Life keeps you on the move. Work, appointments, and the reality of the day-to-day keep you busy. The Patient Portal at Thayer County Health Services gives you access to your personal health information wherever you have Internet access. Seeing a Specialty Doctor somewhere else and need a list of your current medications? No problem, review it in our mobile app.

**Your information, when and where you need it.**

### Your health information is Secure

Through the Patient Portal, TCHS is providing their patients with a way to securely access their health information. Your unique username and password let you safely and securely sign in to your TCHS patient portal account.



### How to set up your Patient Portal

During registration, you should be asked if you want to register with Patient Portal. To sign-up you will need to provide Thayer County Health Services with:

- An email address
- Establish a challenge question.

#### When you receive an email from TCHS:

- You will have 90 days to set up your account with patient portal
- A link will be included in the email; click on it to be taken to the Patient Portal site
- On your initial visit to the site you will need to verify your identity with: your DOB, challenge question, and agree to the privacy policy.

#### From the Patient Portal Link

- Follow the steps outlined on the page
- Fill in the fields to create your account
- Establish a login ID and Password
- Agree to the Privacy Policy
- You will be taken to your account dash board

#### From your portal account you can:

- View a summary of your visits, medications, allergies, and immunizations
- View your lab and radiology results
- Send a message to your provider's office
- View and request appointments
- Start setting up your health record with your important health information

#### Other options:

- Set up access on your mobile device
- Enable password recovery features
- Create a health record for your children or others whose health you manage
- Receive electronic copies of health documents summarizing your doctor and hospital visits
- Connect activity trackers and other devices to easily capture and track important health data

**For assistance call 877-621-8014**