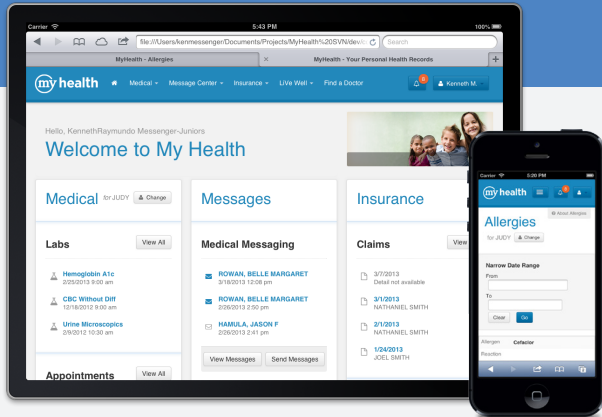


Access your personal information online with My Health from Intermountain Healthcare



With My Health You Can

Contact your doctor's office with non-urgent needs

- Request, reschedule or cancel an appointment
- Ask for information about a recent visit
- Request a referral
- Request a prescription renewal

View sections of your electronic record

- Lab and Microbiology results
- Medications lists
- Imaging / X-Ray results
- Past or Pending Appointments at Intermountain facilities
- Allergy lists
- Health concerns list

How To Register

- 1 Sign up at the clinic where you receive care.** You will receive a handout with your temporary username and password. **Keep this handout secure** as the temporary credentials allow access to your personal information.
- 2 Use the registration handout you received at the clinic and log on to myhealth.intermountainhealthcare.org**
- 3 Enter your temporary username and password and finish the two easy steps to complete your registration.**
- 4 You are now ready to view your electronic medical record** and securely message your doctor. Options available in your own account depends on what services are granted during the registration process. Secure Messaging is granted when the doctor is participating with.

Have Questions?

Contact our Online Services weekdays from 7am to 8pm and Saturdays from 7am to 3pm at (801) 442-5502 (Salt Lake area) or (800) 442-5502



Secure Online Access to Your Personal Health Information





What Can You Do With My Health?

View Your Medical Records

Find lab, microbiology and imaging results, medication, allergy and health concerns lists – just a click away.*

Request a Prescription

My Health allows you to request renewals for any of your current medications ordered by your participating doctor.

Ask A Question

Did you forget to ask your doctor a question on your last visit? *My Health* enables you to ask follow-up questions.

Request A Referral

You can easily request a referral to a specialist or ask your doctor for a recommendation.

* Your secure messages will be documented in your electronic medical record.

Simple to use,
available around
the clock and
completely private.

WHY USE MY HEALTH?

No more phone tag. Contact the clinic anywhere and anytime you have internet access. It's secure, private and password protected. And it's free.

HOW DO I SIGN UP?

My Health is available to Intermountain Medical Group patients who are at least 18 years of age, with internet access and an email address. Simply subscribe at the clinic.



Members of SelectHealth will also see an Insurance section in My Health, connecting you to:

- Claims and coverage
- Pharmacy tools
- Decision support tools
- Personalized health and wellness information
- Learn how to lower your overall healthcare costs