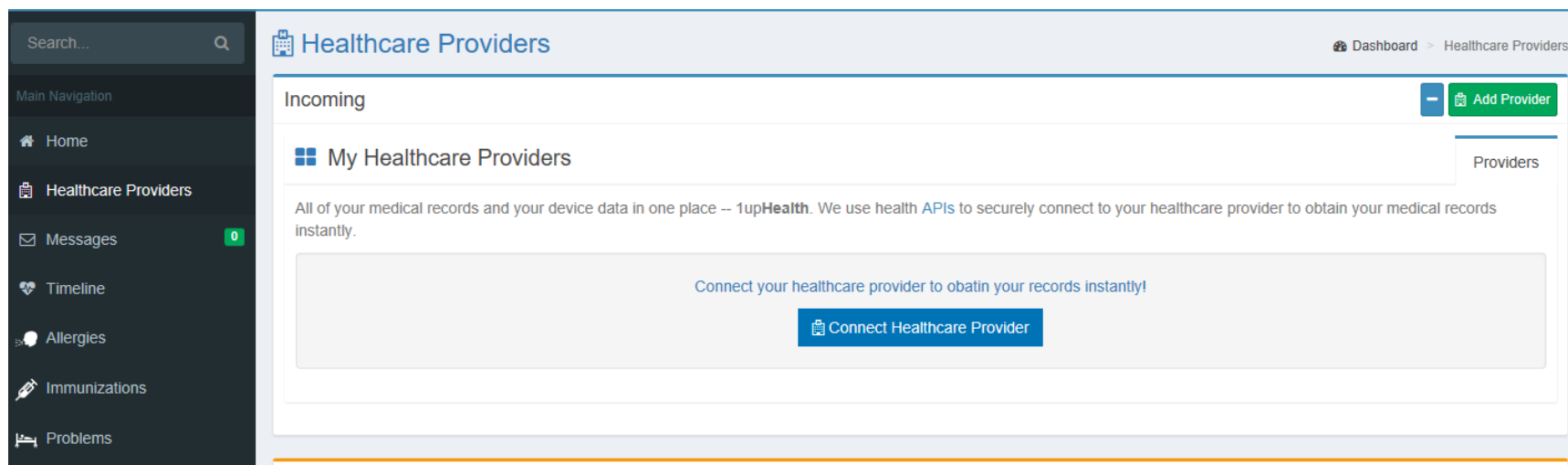


1Up Health App Instructions

09.30.2019

1. Create a free patient account using the Patient App <https://1up.health/products/patient>
2. Once logged in click on Healthcare Providers on the left of the screen.
3. Type the health system you would like to connect to: Northern Light Health



4. Click connect. This will bring you to the patient portal.
5. After entering your user name and password, you will be redirected to an authorization page to grant or deny access to the your records. Click "authorize access to the data."
6. You will see a screen showing that that data is loading before are redirected back into the 1upHealth app and the process is complete.