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. You 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, 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 the information in the electronic medical record with your provider.

7. **Medications** lists all medications that you are currently using, based on your last visit with your provider.

8. **Procedures** lists any recent procedures you have had done.

9. **Chart Summary** links to snapshots of your visits with providers, able to be filtered by date range.

10. **Renew** takes you to a list of current medications prescribed by your provider, allowing you to request a prescription renewal.

**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.