

Thank you for being a valued patient. Your path to wellness just got simpler!

We have upgraded our electronic health record software and now have a **new, easy, and secure way** for you to log in to the Patient Portal.

## What You Need to Do – Two Simple Options

### Email Instructions (we send automatically from portal)

Watch Video [HERE](#).

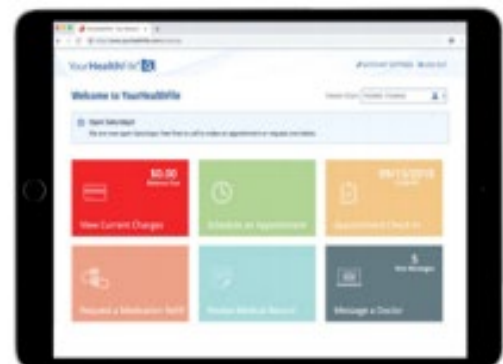
1. Open email and click the registration link (expires in 5 days).
2. Create a username and password.
3. Select and answer a security question.
4. Review and accept the user agreement.
5. Click **Update Account**.
6. Log in with your new username and password.
7. Click **Login**.

### Print Instructions (sent from Focus-MD)

Watch Video [HERE](#).

Temporary login credentials expire in 10 days.

1. Go to <https://www.yourhealthfile.com>.
2. Click **Activate Your Account**.
3. Enter your temporary username and password.
4. Enter your date of birth.
5. Click **Activate Account**.
6. Create a username and password.
7. Enter your email address.
8. Select and answer a security question.
9. Review and accept the user agreement.
10. Click **Update Account**.
11. Log in with your new username and password.
12. Click **Login**.



## What You Can Do on Your Portal

- Schedule telehealth visits with your care team
- Review lab results and previous health records
- Update your personal information
- Request appointments
- Securely communicate with your provider
- Fill out information about your visit

Watch a short video about online e-visits [HERE!](#)