# **USER GUIDE:**

# **PATIENT PORTAL**





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## **Accessing the Patient Portal**

The patient portal is a tool meant to help schedule your medical appointments and provide your clinic with an effective communication channel. Ask your clinic how to access their portal as not every clinic links their patient portal to their website.

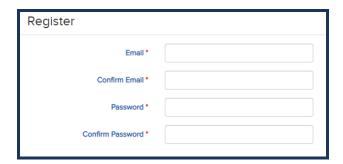
#### **Creating an Account From the Patient Portal**

To create an account in your clinic's patient portal, follow the steps below:

**1.** Click *Register* under the *New Patient?* section.



- **2.** Fill out the fields displayed on the page.
  - o Fields with a red asterisk are mandatory and can vary depending on the clinic.
  - a. Enter your email address and confirm it.
    - You must have an email address to create a portal account. It is not allowed to create more than one portal account with the same email address.
  - **b.** Create your password and confirm it.

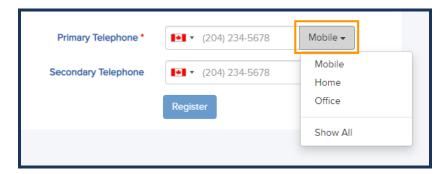


• The password must have 8 characters or more and contain at least one lowercase, one uppercase, one number and one special character (!, @, #, \$...).

**c.** Fill out the personal information fields.



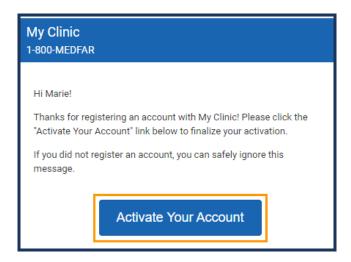
- It is impossible to create an account for a person younger than 14 years old. To
  use the portal for a child, you must first create an account for the parent or
  tutor. You can then ask the clinic to add the child's profile to the parent's
  account. You will then have one account with 2 profiles.
- **d.** Add a phone number where you are easily reachable.
  - i. Click the drop-down list on the right side to specify the type of phone you are adding.



**e.** Click *Register* when you have filled in all the required information.



 If the option is unclickable, it means that at least one field is empty or incorrectly filled. **3.** Activate your portal account by opening the message sent to the email address used to create the account. Click *Activate Your Account*.

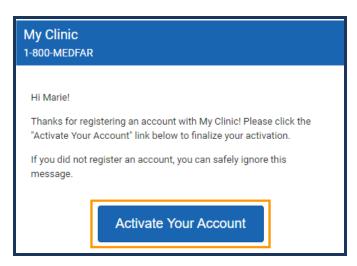


- The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox.
- **4.** Read the patient portal's *Terms and Conditions* and click *I have read, understood and accepted the Terms and Conditions* at the bottom of the page.

#### Creating an Account From the Clinic's Invitation

To create an account using the clinic's invitation, follow the steps below:

**1.** Connect to your email inbox, open the message received from your clinic and click *Activate your account*.



- You are redirected to the patient portal's login page.
- The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox.
- **2.** Fill out the required fields.
  - **a.** Enter the code given to you by the clinic.
    - The code given by the clinic is valid for a 24 to 72-hour period. If you try to
      activate your account past this time limit, the code will have expired. You will
      have to contact the clinic so they can provide you with a new invitation and a
      new code.
  - b. Create your password and confirm it.
    - The password must have 8 characters or more and contain at least one lowercase, one uppercase, one number and one special character (!, @, #, \$...).
  - **c.** Click *Submit* once all the boxes are filled out.



**3.** Read the patient portal's *Terms and Conditions* and click *I have read, understood and accepted the Terms and Conditions* at the bottom of the page.

#### Log Into Your Portal Account

To log into your portal account, you must use the email address and password used while registering. To do so, follow the steps below:

- 1. Enter your email address.
- 2. Enter your password.
- 3. Click Login.



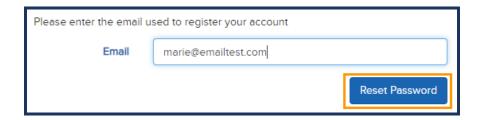
#### Resetting a Forgotten Password

If you get an error message when trying to log in, it is possible that the email address or password entered are incorrect. If, however, you have forgotten your password, you can reset it from the patient portal's login page. To reset your password, follow the steps below:

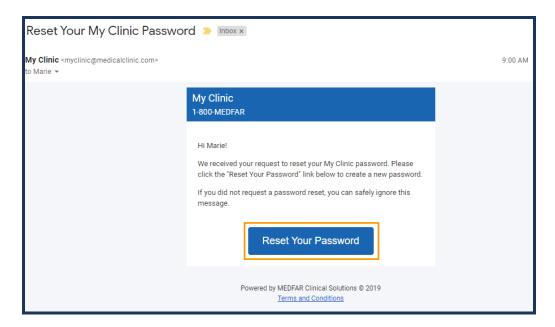
- 1. Check that the email address is correctly entered in the *Email* field.
  - If you have more than one email address, make sure you are using the one registered to your portal account.
- **2.** Click Forgot your password?



Enter the email address used to create your account in the designated field and click Reset Password.



- A message will let you know an email was sent with a recovery link.
- **4.** Connect to your email inbox, open the message from your clinic and click *Reset Your Password*.



- The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox.
- You are redirected to a recovery login page.
- **5.** Create a new password, confirm it and click *Submit*.



- The password must have 8 characters or more and contain at least one lowercase, one uppercase, one number and one special character (!, @, #, \$...).
- You can now browse through your portal account.

# **Managing Your Portal Account**

Clinics offer multiple services available on their online patient portal.

#### **Browsing Your Portal Account**

Your portal account is divided into 4 sections; the header menu at the top, the navigation tabs on the left sidebar, all the recent activity on the right-hand side and the content in the center of the page.

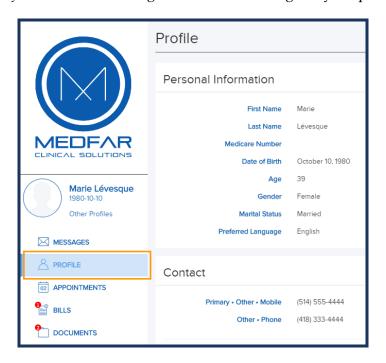
- The header menu features information related to your portal account.
  - o The clinic's name and contact information.
  - o The language settings and logout option.
- The left side menu contains all the navigation tabs to your portal account.
  - The name and information of the currently selected profile gives access to the dashboard.
  - All the tabs giving you access to the clinic's different services.
- The recent activity section displays a chronological timeline of the last few actions related to the current profile.
  - The recent activity lines are clickable so you can be easily redirected to a specific action. This section can be used to navigate quickly within the portal account.
- The content at the center of the page discloses all the information related to the selected tab.

#### **Modifying Your Profile**

You can modify all personal information registered to your account at anytime. However, be aware that the changes made to your portal account, like a new address, will not update the clinic's medical records. You will have to ask the clinic to apply the changes to your file.

To change your personal information on your portal account, follow the steps below:

1. Select the *Profile* tab from the navigation menu to manage all your personal information.

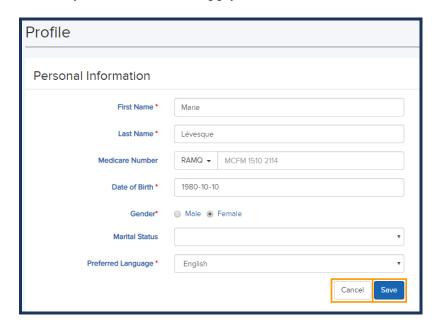


**2.** Click *Edit* in the *Personal Information* section.



- **a.** Edit the incorrect information by modifying the pre-filled boxes.
  - Fields with a red asterisk are mandatory.

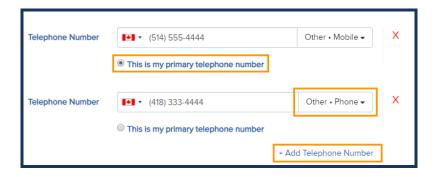
**b.** Click *Save* to update your profile information or select *Cancel* if no changes were made or if you do not want to apply them.



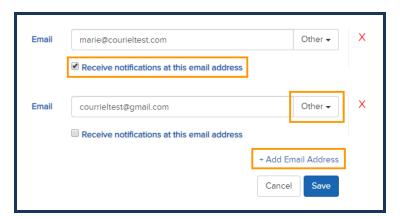
3. Click *Edit* in the *Contact* section to modify your notification settings.



- **a.** Edit the incorrect information by modifying the pre-filled boxes.
- **b.** Add a phone number to your profile by clicking *Add Telephone Number*.
  - i. Enter the new number with the regional code.
  - **ii.** Use the dropdown options on the right to choose the type of telephone you are adding.
  - **iii.** Check *This is my primary telephone number* if applicable.

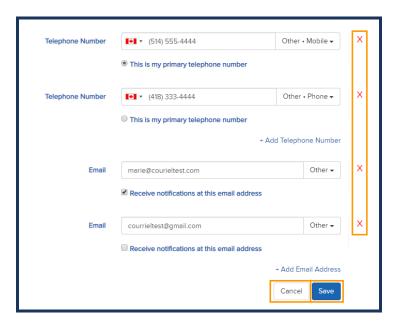


- c. Repeat the previous steps if you wish to add another telephone number.
- **d.** Add a new email address to your profile by clicking *Add Email Address*.
  - i. Enter your email in the dedicated field.
  - **ii.** Use the drop-down options on the right to choose the type of email address you are adding.
  - **iii.** Check *Receive notifications at this email address* if desired.



- **e.** Repeat the previous steps if you wish to add another email address.
- **f.** To remove a telephone number or email address from your profile, click the *X* at the right of the undesired information.

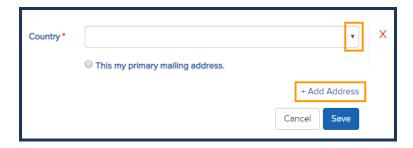
**g.** Click *Save* to update the information or select *Cancel* if no changes were made or if you do not want to apply them.



**4.** Click *Edit* in the *Address* section to change your physical address information.

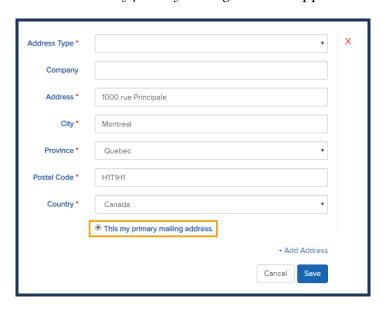


- **a.** Edit the incorrect information by modifying the pre-filled boxes.
- **b.** Add a new address by clicking *Add Address*.
  - i. Choose a country from the drop-down options.

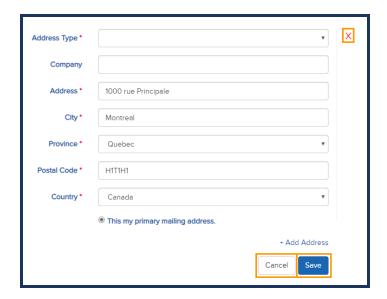


• If you chose the wrong country, you can change it at the bottom of the form.

- Fields with a red asterisk are mandatory.
- **ii.** Fill in the required information and use the drop-down choices in the specified boxes.
- iii. Check *This is my primary mailing address* if applicable.



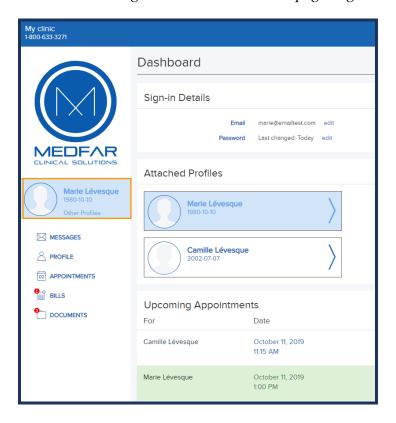
- c. Repeat the previous steps if you wish to add another address.
- **d.** To remove an existing address, click the X next to it.
- **e.** Click *Save* to update your information or select *Cancel* if no changes were made or if you do not want to apply them.



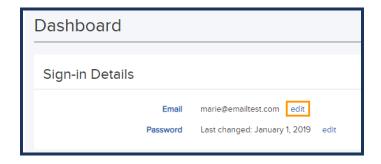
#### **Accessing Your Dashboard**

The dashboard is the landing page of your portal account. From this page, you can manage your login settings, your future appointments and the different profiles linked to your account, if applicable. To learn how to use the *Dashboard*, follow the steps below:

1. Click on your name in the margin on the left side of the page to get to the dashboard.



**2.** Select *edit* on the right side of your email address if you wish to change the login email address of your portal account.

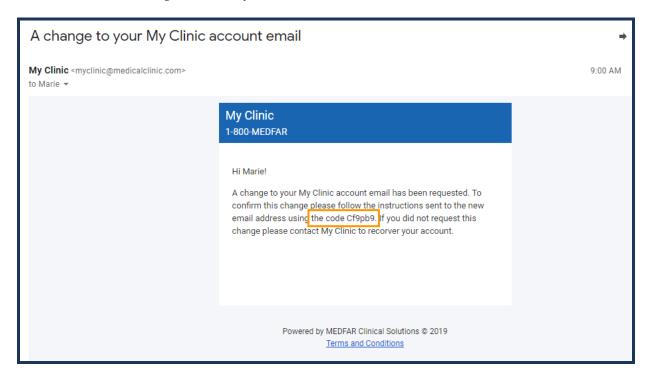


 You will not be able to change the email address to one that is already registered to another portal account.

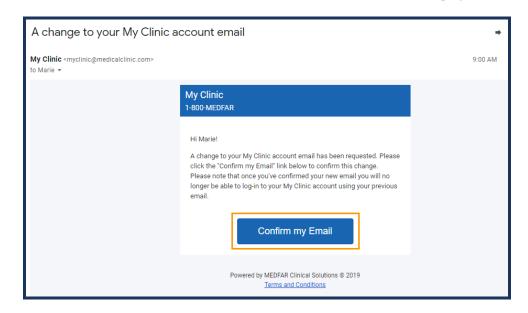
- **a.** Enter your password in the required field to confirm you are the account owner.
- **b.** Enter the new email address and confirm it.
- **c.** Click *Save* to apply the modification.



- **d.** Select *Done* from the pop-up window.
- **e.** A message is sent to your old email address with an activation code.



**f.** A message is sent to your new email address with a link to access the confirmation page.

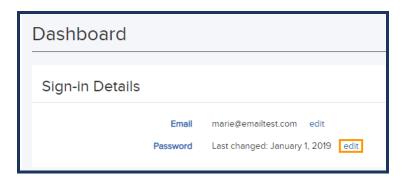


i. Click on the link to be redirected to the confirmation page.

- The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox.
- **g.** Enter the code provided in the *Clinic Code* field.
- **h.** Click *Submit* to access your portal account.



**3.** Select *edit* on the right side of the password section if you wish to change your current password.



- To change your password from this section you must know your current one. If you do not remember your current password, use the *Forgot your password?* on the login page.
- **a.** Enter your current password in *Old Password*.
- **b.** Enter your new password and confirm it.
  - The password must have 8 characters or more and contain at least one lowercase, one uppercase, one number and one special character (!, @, #, \$...).
- **c.** Click *Save* to apply the modification.

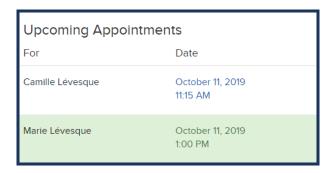


- **d.** Select *Done* from the pop-up window.
- **4.** Select a profile to take actions under it. If no other profiles are linked to your account, your profile will be selected by default.



• The selected profile will turn blue and its name will appear on the left sidebar.

**5.** Use the *Upcoming Appointments* section to have a quick view of the next appointments for all the profiles linked to your account.

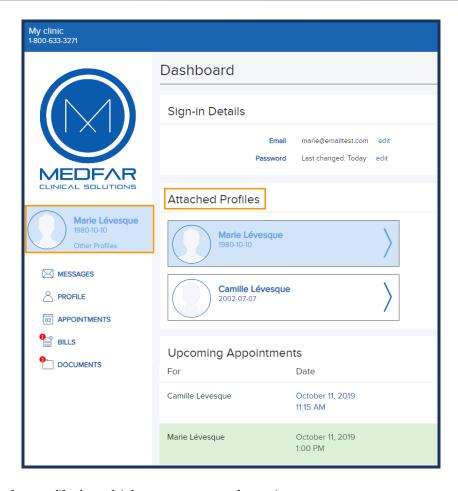


• Your appointments can be managed from both the *Dashboard* and the *Appointments* tab. See how to do so here.

#### Managing Multiple Profiles Within One Account

If you manage someone else's medical care, like a child or elderly person, and have a portal account under your name, you can ask the clinic to add their profile to your portal account. To learn how to manage multiple profiles, follow the steps below:

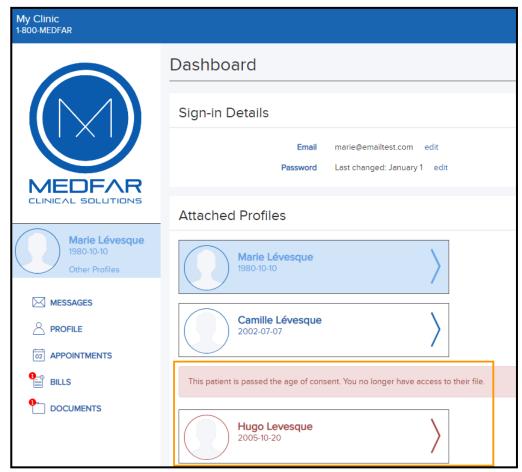
- 1. Communicate with your clinic to add a profile to your portal account.
  - **a.** Call your clinic and ask them to add the profile of the person under your care to your portal account.
  - o If that person is over 14 years old, the clinic will need their approval.
  - **b.** Determine with the clinic which tabs are necessary to manage the profile of the person under your care: booking appointments, viewing bills, documents and messages.
- 2. Log into your portal account.
  - **a.** Click on your name in the left side menu. In the *Attached Profiles* section, you will see all the profiles to which you have access.



- 3. Select the profile for which you want to take actions.
  - Once the profile is selected, its name will appear in the left sidebar. From now on, all the actions you take will affect this profile only.

#### Losing Access to a Profile

Since a person younger than 14 years old is not allowed to have a portal account, a parent or guardian can add the child's profile to their own portal account. However, the day the child turns 14, the parent or guardian will lose access to the child's profile and the following message will be on the account:



For the parent or the guardian to regain the access to the child's profile, they must contact the clinic directly. The child must give their approval for the parent to be granted access to his medical profile.

# **Managing Appointments**

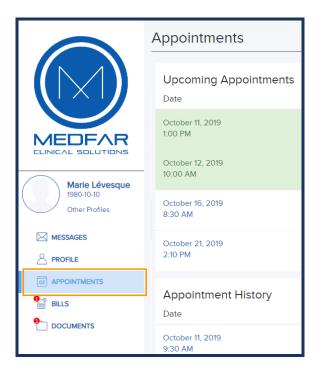
You can book, confirm and cancel appointments with your clinic's healthcare professionals directly from your portal account.

# **Booking an Appointment From Your Portal Account**

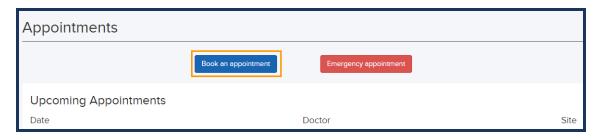
Booking an appointment online lets you view the available slots in a calendar format and makes it easier for you to compare those availabilities to your personal schedule. To book an appointment, follow the steps below:

1. Access your portal account.

**2.** Click the *Appointments* tab.



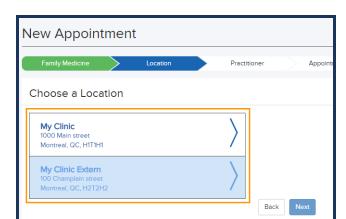
3. Select Book an appointment.



**4.** Choose a specialty that fits the type of consultation you are seeking.

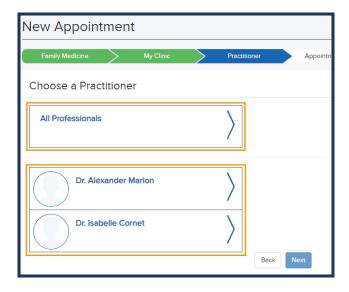


The specialties offered vary depending on the clinic.



**5.** Select the address that fits best with your location if your clinic has multiple site options.

- The clinic's addresses are displayed in the boxes to help you choose the preferred one.
- **6.** Choose the practitioner with whom you want to book the appointment.
  - a. Click All Professionals if you don't have a preference as who will handle your visit.
  - **b.** Choose the name of a healthcare specialist if you only want to select an appointment from their availabilities.



7. Select the type of appointment that best fits your needs.



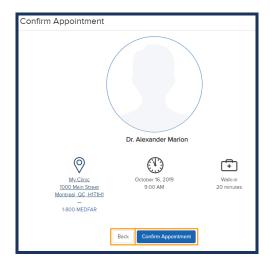
- Every clinic has its own types of appointments.
- **8.** Provide more information to narrow your search.
  - **a.** Use one of the 2 options below to configure the calendar:
    - i. Check *As soon as* to see the next available options.
    - **ii.** Check *Anytime after* to see options starting from that date. Add a date or click the dropdown menu to choose from the calendar.
  - **b.** Use the blank field to add information describing the reason for the appointment.
  - **c.** Click Next.

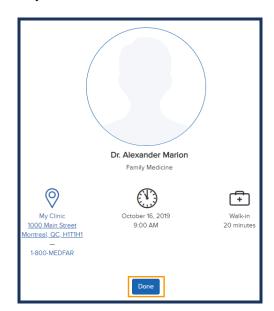




9. Select the time slot that works best with your schedule.

- **a.** Use the arrows at the top of the page to change between weeks.
- **b.** Select an appointment by clicking on the desired slot.
  - o You are redirected on the details page.
  - i. Check the details to make sure that you selected the correct appointment.
- **c.** Click *Confirm Appointment* to book it or select *Back* to return to the schedule and choose a new appointment.





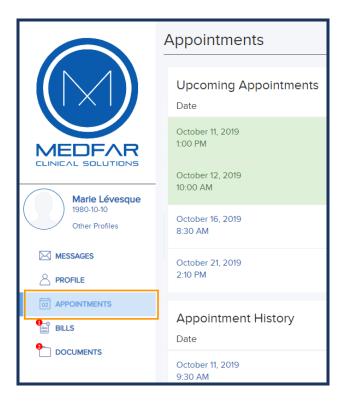
**d.** Click *Done* when your choice is made.

- You are redirected to the *Appointments* tab. You can view and manage your future appointments.
- A booked appointment can only be confirmed 72 hours beforehand.

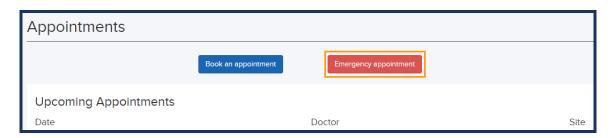
### **Booking an Emergency Appointment From Your Portal Account**

Emergency appointments are meant to book a consultation with a health professional and are reserved for emergencies. To book an emergency appointment, follow the steps below:

- **1.** Access your portal account.
- **2.** Click the *Appointments* tab.



**3.** Choose *Emergency Appointment*.





**4.** Select the address that fits best with your location if your clinic has multiple site options.

- The clinic's addresses are displayed in the boxes to help you choose the preferred one.
- 5. Select the type of appointment that best fits your needs.



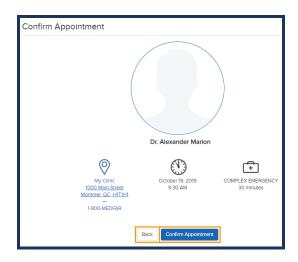
- **6.** Enter the reason for your appointment in the blank field.
  - a. Click Next.

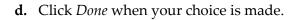


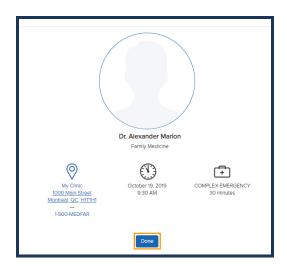


7. Select the time slot that works best with your schedule.

- **a.** Use the arrows at the top of the page to change the week.
- **b.** Select an appointment by clicking on the desired time.
  - o You are redirected on the details page.
  - i. Check the details to make sure that you selected the correct appointment.
- **c.** Click *Confirm Appointment* to book it or select *Back* to return to the schedule and choose a new appointment.







- You are redirected to the appointments tab. You can view and manage your future appointments.
- o A booked appointment can only be confirmed 72 hours beforehand.

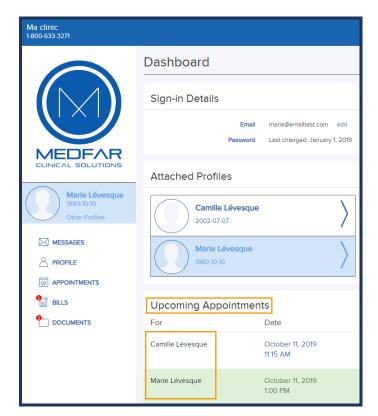
#### Confirming and Cancelling an Appointment From the Portal

You can confirm and cancel an appointment directly from your portal account. Appointments, confirmed or not, can be cancelled online up to 48 hours before their time. If you want to cancel an appointment that is in less than 48 hours, you must call the clinic. To cancel an appointment from the portal, follow the steps below:

- **1.** Access your portal account.
- 2. Manage your appointments using the *Appointments* tab or the *Dashboard*.
  - **a.** Select *Appointments* from the navigation menu to view your entire history.



If you have multiple profiles linked to your account, the history displayed in the
 *Appointments* tab will only show the history associated with the profile selected,
 whose name is in the left side menu.



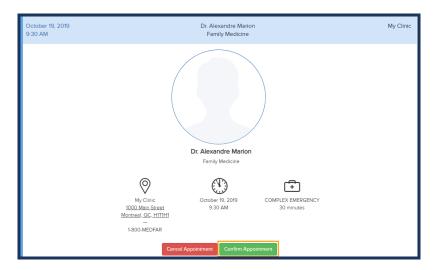
**b.** Click your name in the left side menu to access your *Dashboard* and review the list of future appointments.

- o If you have multiple profiles linked to your portal account, you will be able to see future appointments for everyone on your *Dashboard*.
- 3. View the details of an already booked appointment by clicking on it.
  - Appointments in white are booked and have yet to be confirmed.
  - Appointments in red are cancelled.
  - Appointments in green are booked and confirmed.
  - **a.** Expand the detailed view of an appointment by clicking on the coloured header.

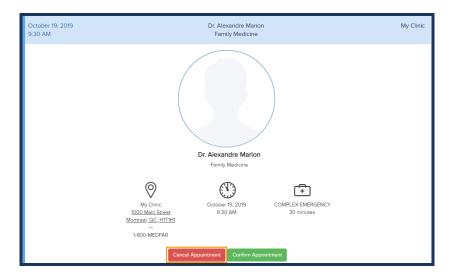
Take one of the 2 following actions:

- **4.** Click *Confirm Appointment* to send the confirmation to the clinic.
  - If you don't have the option to confirm an appointment, it means that the
    consultation is in more than 72 hours. If you want to confirm an appointment you
    need to be within the allowed period.

**a.** Collapse the detailed view of an appointment by clicking on the coloured header to go back.



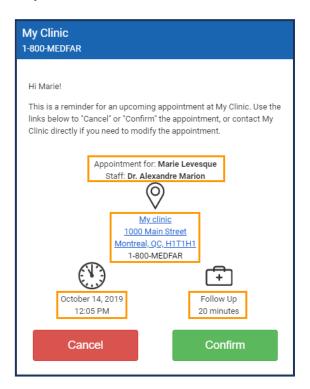
- 5. Click Cancel Appointment if it no longer suits your schedule.
  - Appointments, confirmed or not, can be cancelled online up to 48 hours before their time. If you want to cancel an appointment that is in less than 48 hours, you must call the clinic.
  - **a.** Collapse the detailed view of an appointment by clicking on the coloured header.



#### Confirming and Cancelling an Appointment by Email

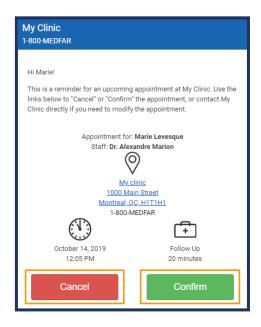
When creating your account, you will receive email notifications and reminders regarding your bookings and communication. To confirm or cancel an appointment by email, follow the steps below:

- 1. Connect to your email inbox and open the message sent by your clinic.
  - The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox
- **2.** Check the details and verify the information.

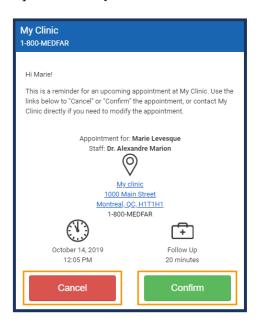


Take one of the 2 following actions:

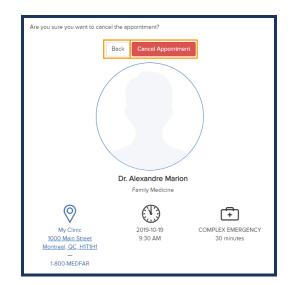
**3.** Click *Confirm* to let the clinic know.



- o A new window opens with a confirmation message.
- **4.** Select *Cancel* if it is incompatible with your schedule.



o If you cancel the appointment by mistake, click *Back* in the new window.



**a.** Click *Cancel Appointment* to confirm the action.

**b.** Log into your portal account to book a new appointment, if needed.

# **Managing Your Communications**

The patient portal offers the clinic a new way of communications information to you. However, note that if you want to contact the clinic, you must call them directly. To manage your communications from your portal account, select one of the following elements:

Managing Your Messages

Managing Your Bills

**Managing Your Notifications** 

#### **Managing Your Messages**

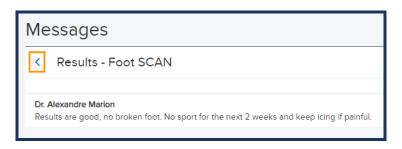
To access the messages sent to your portal account by the clinic, follow the steps below:

1. Click the *Messages* tab in the navigation menu.

**a.** Make sure to select the correct profile if you have more than one linked to your account.



- The red bubble next to the *Messages* tab indicates the number of unread messages you have.
- **2.** Open a message by clicking on it.
  - o A bold text marks an unread message.
- 3. Click the arrow at the top to go back to the message list.



## **Managing Your Bills**

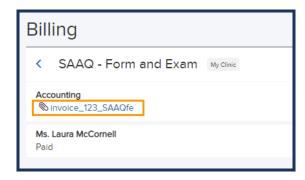
To access invoices sent to your portal account by the clinic, follow the steps below:

**1.** Click the *Bills* tab in the navigation menu.

**a.** Make sure to select the correct profile if you have more than one linked to your account.

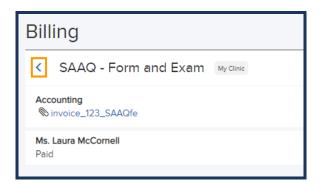


- The red bubble next to the *Bills* tab indicates the number of unread invoices you have.
- **2.** Open an invoice by clicking on it.
  - o A bold text marks an unread invoice.
  - **a.** Open the details of the invoice by clicking on the link.



**b.** View, download or print the invoice from the pop-up window.

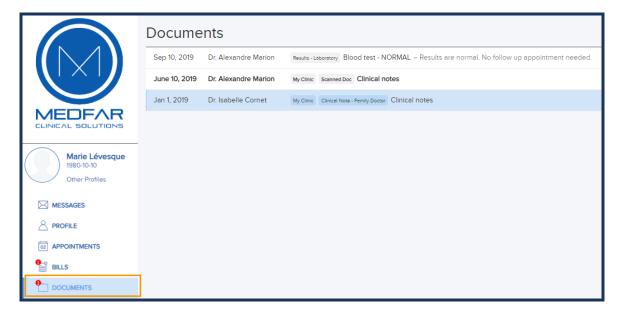
**3.** Click the arrow at the top to go back to the invoice list.



#### **Managing Your Documents**

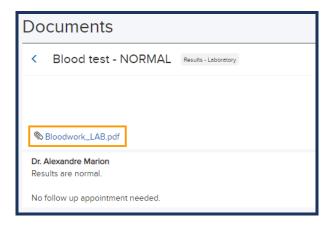
To access documents sent to your portal account by the clinic, follow the steps below:

- 1. Click the *Documents* tab in the navigation menu.
  - **a.** Make sure to select the correct profile if you have more than one linked to your account.

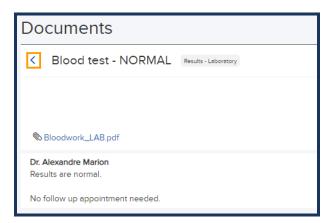


- The red bubble next to the *Documents* tab indicates the number of unread bills you have.
- 2. Open a document by clicking on it.

- A bold text marks an unread document.
- **a.** Open the details of the document by clicking on the link.



- **b.** View, download or print the details from the pop-up window.
- 3. Click the arrow at the top to go back to the document list.

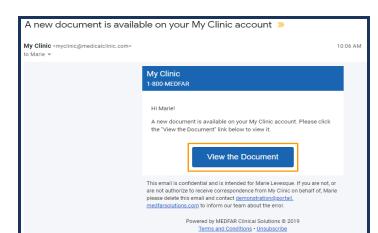


#### **Receiving Email Notifications**

For every communication shared to your portal account, an email notification is sent to you. Contact your clinic if you don't want to receive notifications.

If you unsubscribe directly from an email, you will no longer receive emails from the patient portal, even for password resets.

To view the information shared by the clinic, follow the steps below:



1. Connect to your email inbox and open the message from your clinic.

- The email may be stored in your spam folder. Make sure to check it if you don't find it in your main inbox.
- **2.** Click View the Message or View the Document or View the Invoice.
  - You are redirected to the patient portal login page.
  - **a.** Enter the email address linked to your portal account.
  - **b.** Add your password.
  - c. Click Login.



• You land directly on the new communication page.