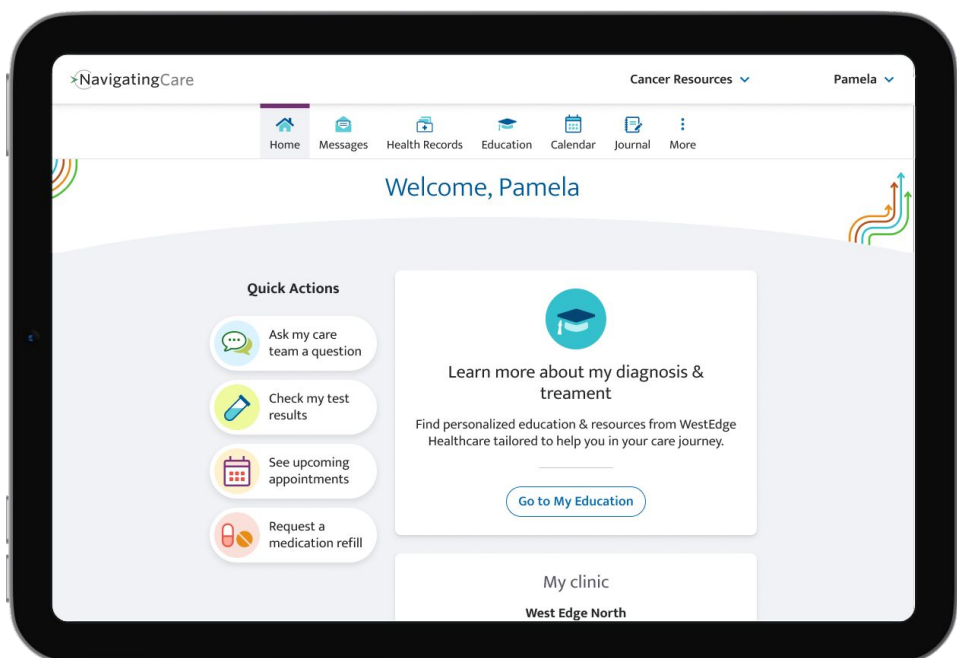


# The 2022 Navigating Care Portal Upgrade Quick-Start Guide

Your upgraded NavigatingCare™ patient portal has been re-designed to allow you to view medical records from your phone, tablet or computer; easily communicate with your clinic via secure messaging; keep track of appointments; and learn about topics related to your health.

## Get to Know Your NavigatingCare™ Patient Portal

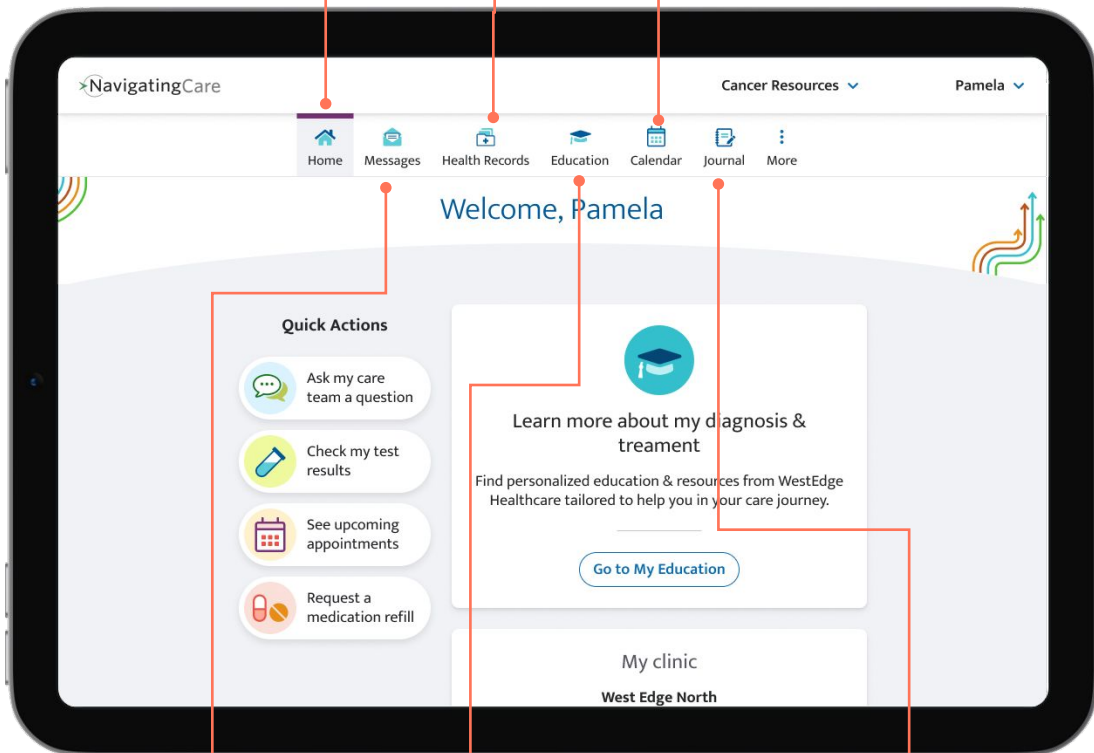
The NavigatingCare™ patient portal has a new, easy-to-navigate look and feel. Use the walkthrough below to help you better understand the new layout and features of your new experience.



**Home** brings you back to your homepage, where you can find your latest notifications and Quick Actions menu

**Health Records** provides you with an overview of test results, vitals, medications, allergies and more

**Calendar** displays upcoming appointments with your clinic

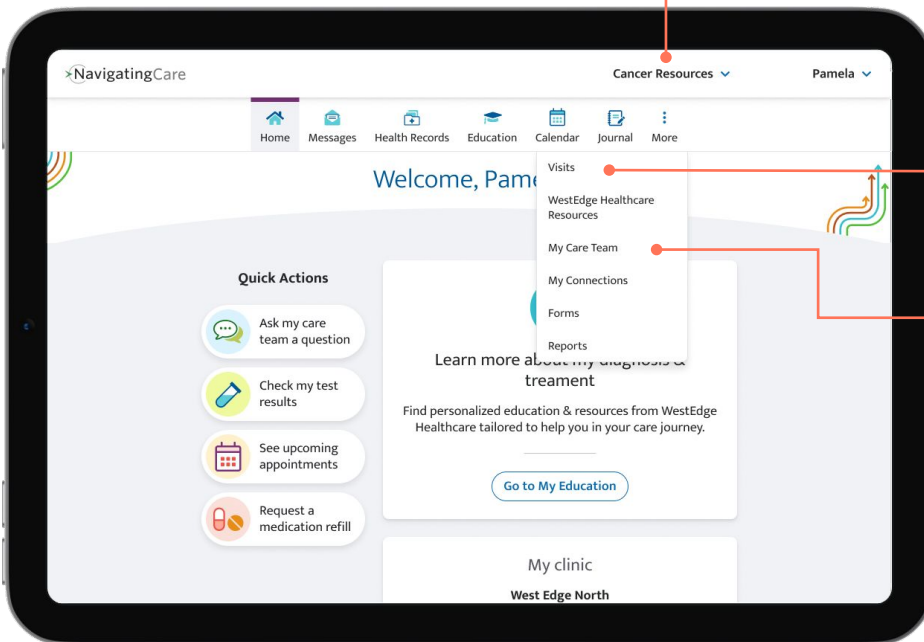


View **Messages** from your clinic and send secure messages. You may also attach a photo or file to send to your clinic.

**Education** allows you to view specific articles and other health information related to your care

**Journal** provides a space to keep track of Health Values and personal information

The **Resources** section provides helpful articles and information, and includes a searchable library



The **Visits** section provides a summary of previous appointments

Stay connected with your care team throughout your healthcare journey