

Member Portal Tutorial

Home Page

Welcome to your Home Page! Take a look around. Visit often and find new links to helpful news, messages, and tools. Use **Let Us Know** to get in touch with your nurse.

Your Personal Health Resource™



Welcome, Demo. Take a look at your new dashboard!

You value good health. That's why is working with to bring you the program. connects with the most recognized leaders in health care to give you a wide range of online tools and resources that can help you stay healthy and feel your best.

Let Us Know!

Do you have questions or comments about your health, your medicines, or something your doctor has told you? List them here for your nurse.

Your Health: 200 Character Maximum

Your Medicines: 200 Character Maximum

Information From Your Doctor: 200 Character Maximum

*If you need to speak with someone all right away, please call . If you have an urgent medical situation, please contact your health care provider or 9-1-1.

Submit

[Update My Personal Profile](#)

You have **0** new Message(s)

Watch our Take a Tour video!

Have you taken a tour of the new site features?

[Click here to view.](#)

Diabetes A1C Check

Are you missing an important health test? If you have diabetes, knowing your blood sugar numbers is essential for good health. [Click here](#) to learn more about healthy blood sugar levels.

Allergies and Asthma

Seasonal allergies can trigger asthma symptoms in children as well as adults. Check out the CDC's page on asthma and get the tips, tools, & help you need.

Parkinson's and Stress

Do you know the link?

Can you think of things that cause stress for you? Do you know how stress can impact your PD? [Click here](#) to read more about taking care of stress when you have Parkinson's.

My Profile

Keep **My Profile** up-to-date so your nurse will know how to reach you, and so that we can know how you want to receive information from us. Make sure we have your current phone number, email, and mailing address.

Your Personal Health Resource™



My Personal Profile



My Personal Profile makes it easy for you to make changes to your online profile and send updates to your Personal Health Care Team. You can change this information at any time. This section of your profile helps your AccordantCare Program team give you the best service possible so you should review your profile each time you log in.

My Personal Information

My Contact Preferences

My Health Care Team

My Personal Profile

Date Joined: 02/22/2012

Basic Information

First Name Demo	Middle Initial none	Last Name Web 06	Salutation none	Suffix none
Address 8400 Koger Blvd	Apt/Suite none	City Greensboro	State NC	Zip Code 12345
Email asimmons@accordant.net	Home Phone EMAIL	Cell Phone none	Work Phone none	

By giving us your information, you agree that we have the right to contact you about your health.

Is there anything else you would like to share with Your Care Team?

Update My Personal Profile

My Contact Preferences

Stay in touch with your health care team in a way that's best for you. Be sure to tell us how to reach you and when it's a good time.

Want to get messages from your nurse in your inbox? Go to **My Contact Preferences**. Let us know how you want to get program mail. You can change these settings at any time. This won't change how you get calls from your nurse.



Choose "Y" to get emails from your nurse, newsletters, and other tips and tools.



Choose "P" if you only want personal emails from your nurse. We'll mail all other items.



Choose "E" if you only want us to email your newsletters. We'll mail all other items.



Choose "N" if you want mail instead. (It may take two weeks for this change to occur.)



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[My Personal Information](#) [My Contact Preferences](#) [My Health Care Team](#)

My Contact Preferences

Method

Preferred Phone Number (for calls)	Preferred Phone Number (for texts)	Permission to Communicate via Email?	Permission to Communicate via Mail?	Alerts
none	none	Y - All program materials	Y - All program materials	Email
Best Time to Call:	Anytime			

Choosing a preference for the items above will not change the regular calls you may have with your nurse. We may also still call you if we have questions or if we have an urgent need to speak with you.

We will email materials to you if you do not choose a contact preference.

When we call you, we will try to call during the time you listed as best time to call. At times, we may need to call you at a different time than you selected as your preferred option.

[Update My Contact Preferences](#)

My Health Care Team

Have you changed doctors lately? Your nurse needs to have the correct information. Update this here in [My Health Care Team](#).

Add a Doctor to My Health Care Team

* Type of Doctor

- Cardiologist
- Cardiovascular Surgeon
- Dermatologist
- Dietician
- Endocrinologist
- Gastroenterologist
- Gaucher Treatment Ctr
- Geneticist
- Gynecologist
- Hematologist
- Hemophilia Treatment Ctr
- Internist
- Nephrologist
- Neurologist
- Oncologist
- Ophthalmologist
- Orthopedist
- PCP (Primary Care Physician)
- Pediatrician

Middle Initial

* Last Name

* Address

Apt/Suite

* State

* Zip

Cancel

Submit

Message Center

Through the **Message Center**, your nurse may send you helpful emails, tips, or articles to read. You can also send your nurse an email about your health here.

Your Personal Health Resource™



Message Center



★ = Favorite

Date	Subject	From	Message
02/04/2014	Hi there	My Care Team	Dear , Got it. Thank you, Member of You...

My Resources

My Resources is where you can search for articles and other tools you can use to take care of your health. Get easy access to:

- **CareConnectionsSM** newsletters- check out the latest issue
- **Disease Information Center**- read about condition specific topics
- **General Health Information**- general information about your health
- **Planning for Your Health**- find tools for support
- **Information Centers**- search links for the health library and other resources

The screenshot shows the 'My Resources' page. At the top, there is a dropdown menu for 'My Resources for' and a 'Show Spanish' button with a plus sign. Below this is a search bar with a 'Search' button. A paragraph of text reads: 'You'll find a number of powerful tips, tools, articles, and support in My Resources. You can always talk to your nurse about any of the articles or links you see on this page.' To the right of the search bar is the heading 'This Month's Featured Content:'. Below this heading are five content boxes:

- CareConnectionsSM Newsletters**: A box with a blue header and a link to 'CareConnectionsSM Newsletters'.
- Disease Information Center**: A box with a blue header and a list of links: 'About My Disease', 'What is Disease?', 'Symptoms', 'Newly Diagnosed', 'Treatment', 'Living with My Disease', 'Vaccines', 'Tools', 'Support for your Disease', 'Nutrition & Exercise', and 'Other Information'.
- Health Information Center**: A box with a blue header and a list of links: 'Asthma and Allergy', 'Bone Health', 'Children's Health', 'Diabetes', 'Digestive and Urinary Health', 'Emotional Health', '•Stress/Anxiety', '•Depression', 'Heart Health', '•Blood Pressure', '•Cholesterol', 'Medicines', 'Men's Health', 'Nutrition & Exercise', 'Other Information', 'Pain', '•Headache/Migraine', 'Smoking & How to Quit', 'Staying Healthy & Safe', 'Tools', 'Vaccines', 'Vitamins Herbs & Other', 'Treatments', and 'Women's Health'.
- Planning For Your Health**: A box with a blue header and a list of links: 'Caregiver Support', 'Making Decisions about Your Care', 'Transitions of Care', and 'Your Health Care Team'.
- Information Centers**: A box with a blue header and a link to 'Health Library'.

Feedback

Tell us what you think! Click on any of the **Feedback** buttons to tell us how we can make the website better for you.

Let us know how we're doing! We are always looking for ways to make this website better for you.

We value your opinion. Share your thoughts about topics you think are important.

Please rate this web page.

Please enter your comments here.

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Content



Design



Ease of Use



Overall



Very Poor -- Poor - Fair +- Good + Very Good ++

Other Questions

Why did you visit our website today?

Please choose one... ▼

Were you able to meet your goal for your visit?

Please choose one... ▼

How likely are you to come back to this website?

Not Likely at All Very Likely
● 0 1 2 3 4 5 6 7 8 9 10

Which topics were the most interesting to you?

Please choose one... ▼