

# How to get started

## OPTION 1

- Go to [www.myLAHealthRecords.com](http://www.myLAHealthRecords.com) and click “NEW USER” at the top of the page. Here you will be able to enter your information, gain access to the Healthwise patient education resources, and securely store your own health information. At this point, if you have participating providers and you wish to be connected to your medical records from these providers, call (844) 424-4371 to complete the set up process. This is the important step that connects you to your health records. You will be asked to complete the following identity verification and payment process:
- Verify your name, date of birth, gender and that you have a credit card in your name for payment of the \$1.99 one-time processing fee.
- Successfully verify your identity through a series of health-related questions that are verified against recent healthcare encounters in your record.
- Pay the \$1.99 one-time processing fee with a credit card in your name.
- Provide your zip code, phone number and email address to create your account.
- Use the Portal ID provided by the operator, retrieve your verification email, and then set up your password and access your account.
- If you do not have participating providers yet, but would like the benefit of storing the health information you already know, you can begin the process of setting up your portal today by entering your own information, then check back in 30 days to perform an updated search of providers and get connected!

## OPTION 2

- Simply visit one of your participating providers and request that they set up your portal access. There is no fee for this option.

*myLAHealthRecords* makes it safe and easy to:

- Review a clinical summary of your last doctor’s visit or hospital stay.
- Keep track of your medications and dosages to avoid harmful drug interactions.
- More closely manage chronic conditions.
- Send information to your doctors.
- Share your child’s immunization and allergy information with schools, sports organizations and camps.
- Share medical information with people you trust, including family members or caregivers.
- Access your health records when you’re traveling or changing doctors.

## Your records. Your health.

### Where can I learn more?

Visit [myLAHealthRecords.com](http://myLAHealthRecords.com) to sign up, search for participating providers and hospitals, or get more information.

(844) 424-4371

# Take charge of your healthcare!



*myLAHealthRecords* is made possible by HealthSYNC of Louisiana, brought to you in partnership by the Louisiana State Medical Society and KAMMCO.

*my* LA  
Health  
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A *myLAHealthRecords* personal health record (PHR) is a smart way to manage your medical information in one online location. This PHR will allow you to access your records any time you need them - everything from medications and allergies to previous illnesses and injuries.

You can update, organize and access your *myLAHealthRecords* using a computer, tablet or smartphone. What's more, you can securely share your medical information with healthcare providers you trust. Doing so gives your doctors an accurate and complete picture of your health.

Instead of sitting in a doctor's office, struggling to recall your medications or test results, let *myLAHealthRecords* serve as your medical memory. You will feel empowered to take charge of your health when you have secure, convenient access to your medical information in an organized fashion through *myLAHealthRecords*.

With *myLAHealthRecords*, you can even create an emergency wallet card and access code that, if activated, gives physicians or emergency responders read-only access to your critical health information.



## CONNECT

- Review a Clinical summary of your doctor visits or hospital stays.
- Keep track of your medications and dosages to avoid harmful drug interactions.
- Easily access your healthcare providers' names and contact information.
- Avoid delays caused by gathering paper records, awaiting faxes or mail.



## SHARE

- Send information to your doctors or other healthcare providers.
- Securely communicate with your providers via DIRECT messaging.
- Share medical information with people you trust, including family members or caregivers.



## MONITOR

- Utilize Healthwise to educate yourself and stay informed about health conditions and prescriptions.
- Access your health records when you are traveling or changing doctors.
- More closely manage chronic conditions.



## SECURE

- Successful completion of multi-factor identity verification is required to set up a portal account and gain access to your medical records as provided by participating providers into the Health Information Exchange.
- Only the healthcare professionals with whom you have a treatment relationship are authorized to access your health records in the HIE.
- The system tracks the healthcare providers who view your medical records. The act of accessing the data in the health information exchange is regularly audited.
- You are responsible for keeping your portal password confidential and for the security of any computer you use to access the service.



## In the Driver's Seat

When it comes to your healthcare data and allowing providers to securely access your information to improve your health outcomes, you are in the driver's seat.

Participating physicians, hospitals, and other healthcare-related entities, who all play a part in caring for you, share your current health information through a secure, electronic health information network.

Your participating healthcare providers have access to your full patient record to include diagnosis, treatment, lab results, medications, etc., in an effort to deliver the most efficient and thorough services possible.

