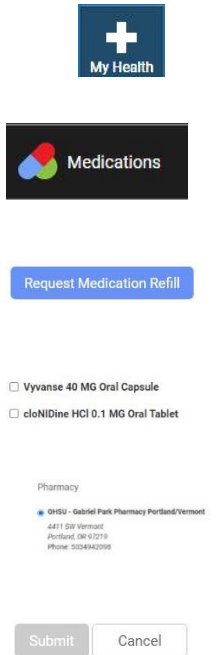
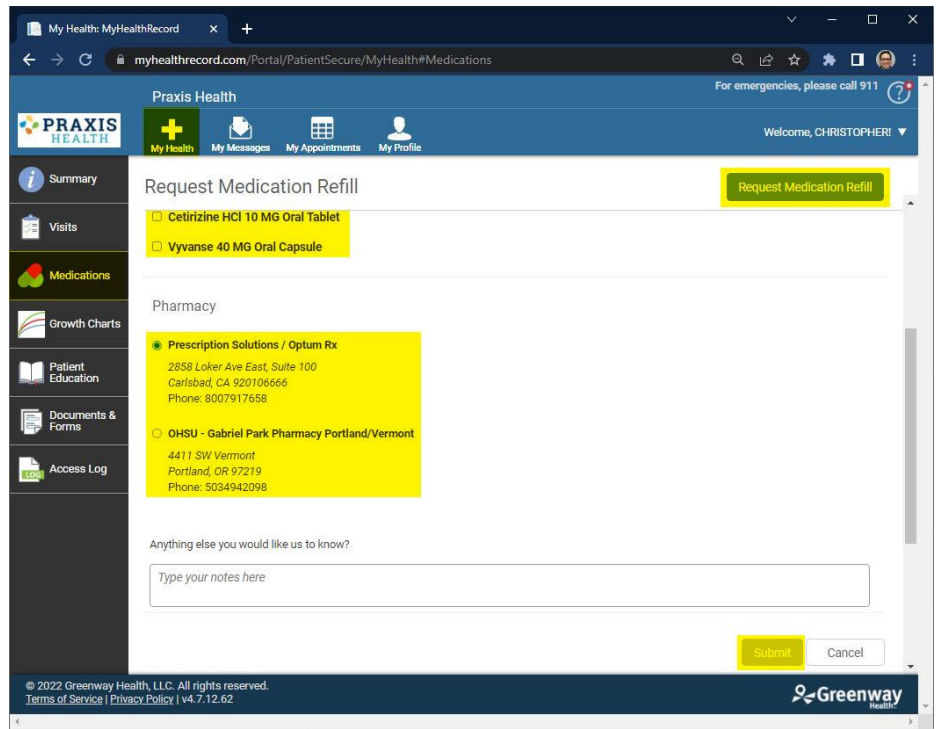


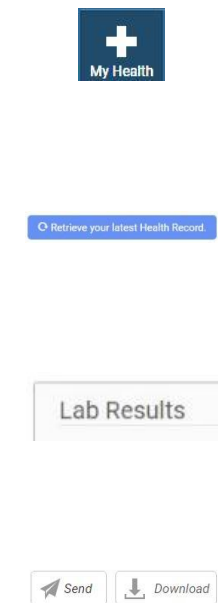
# Requesting Refills



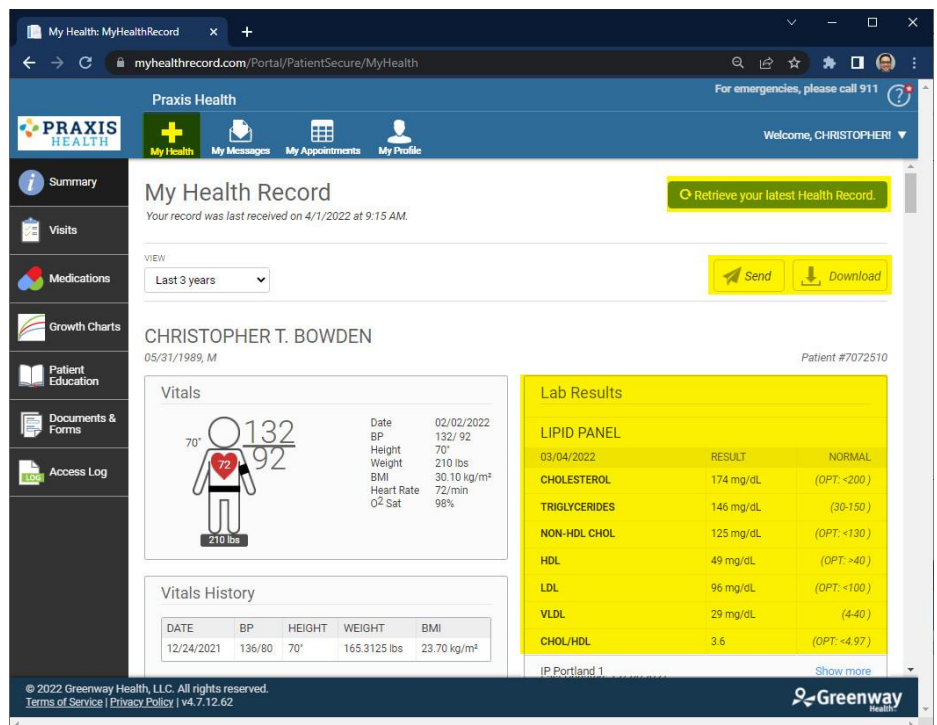
1. Select the **My Health** button.
2. Select **Medications**.
3. Select **Request Medication Refill**.
4. Mark checkboxes by needed refills.
5. Select pharmacy.
6. Select **Submit**.



# Viewing Lab Results



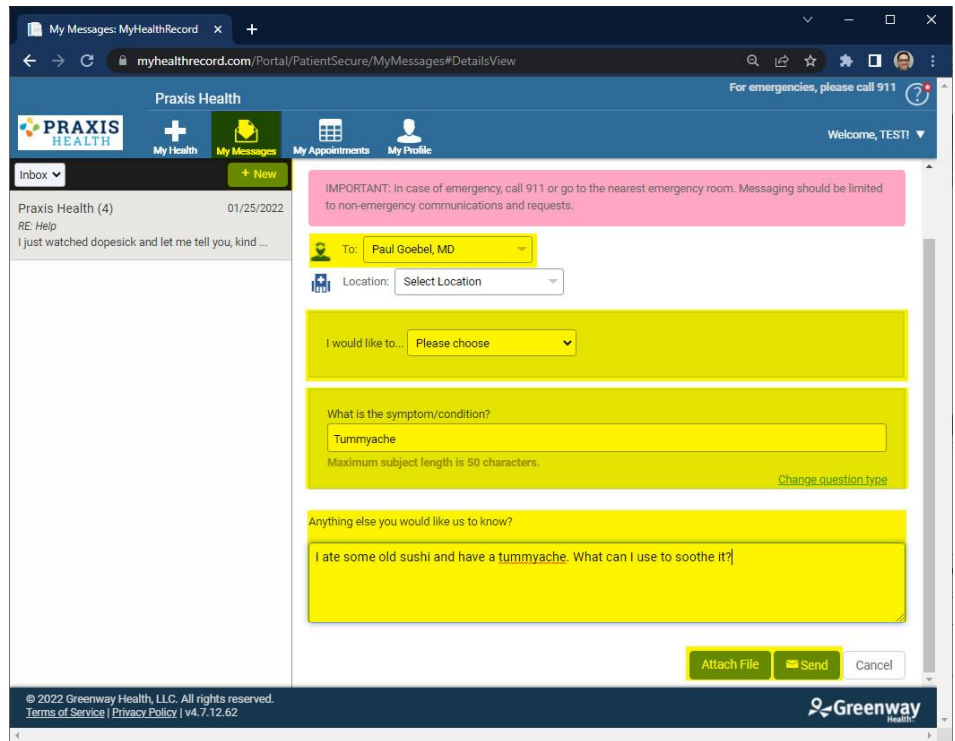
1. Select the **My Health** button.
2. Click **Retrieve your latest health record**.
3. Scroll down to **Lab Results** on right hand column.
4. Scroll up and select **Download** to save your results.



# Sending New Messages



1. Select **My Messages**.
2. Select **New** to create a new message.
3. Select your provider and location.
4. Select the type of message you wish to send.
5. Write the subject of your message.
6. Select **Send** to finish, or **Attach File** to attach a picture or document.



# Replying to Messages



1. Select **My Messages**.
2. Select the gray conversation box on the left column.
3. Select the reply button on the upper right part of the screen.
4. Type your response into the white box.
5. Select **Send** to finish, or **Attach File** to attach a picture or document.

