

## Contact us

### Website

[www.interiorhealth.ca/myhealthportal](http://www.interiorhealth.ca/myhealthportal)

### Email:

[MyHealthPortal@interiorhealth.ca](mailto:MyHealthPortal@interiorhealth.ca)

### Phone toll free:

1-844-870-4756

Or submit your questions by clicking on the **Contact Us** icon on each page on the portal site.

## MyHealthPortal does not provide medical advice

Questions about your health care, including lab results and medical imaging reports, should always be directed to your health-care provider.



For more information go to  
[www.interiorhealth.ca/MyHealthPortal](http://www.interiorhealth.ca/MyHealthPortal)



Secure online access to your **Interior Health** patient record from your computer or smartphone, anytime, anywhere.



## Be informed!

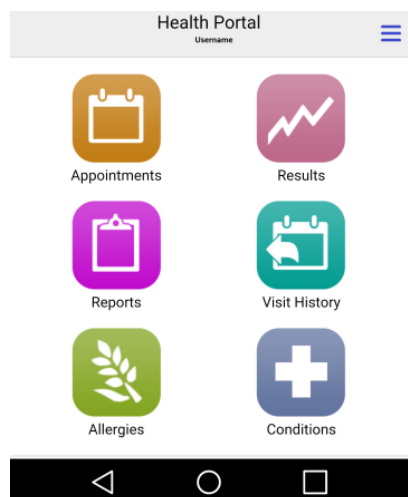
Access your lab results, medical imaging reports, such as X-ray, CT and ultrasound scans, certain transcribed reports, and visit history.

## Be engaged!

Keep your contact information up to date. View and book certain appointments and see patient instructions.

## Features

View your lab results, medical imaging reports (such as X-ray, CT and ultrasound scans), certain transcribed reports, upcoming appointments, and recent visit history. You can also request updates to your contact information, and book certain appointments for Interior Health facilities.



## Computer Requirements

MyHealthPortal will operate on any computer, tablet or smartphone using the latest version of Internet Explorer, Chrome and Safari web browsers.

Download the free mobile App for your Apple or Android Device in the App Store.



MEDITECH MHealth  
Medical

## Security

Your health information remains private and safe on the Interior Health secure network. Passwords are encrypted and the portal page will time-out if you forget to logout.

## Privacy

You play a critical role in protecting your privacy. Never share your login or password information. Take care when viewing your MyHealthPortal at a public location or printing information from the portal.

You can choose to allow other individuals (relatives, caregivers) access to your health information through MyHealthPortal.

For more details on how to do this, read **How to Share my Portal Account** under Tips and resources at [www.interiorhealth.ca/MyHealthPortal](http://www.interiorhealth.ca/MyHealthPortal)

## Minor/Mature Minor/ Incapable Adult Enrollment

You can request access for these special groups via specific forms by the same titles available at [www.interiorhealth.ca/MyHealthPortal](http://www.interiorhealth.ca/MyHealthPortal)



## How to Enrol

1. Have your email address added onto your patient record. This can be done at your next **Interior Health** Lab or Medical Imaging appointment or at any time by visiting Central Registration at your local hospital. Alternatively, you can contact us and we can do a Virtual Portal Enrolment using Zoom. You will require a webcam for this option.
2. Go to:  
**[www.interiorhealth.ca/MyHealthPortal](http://www.interiorhealth.ca/MyHealthPortal)**
3. Complete and submit the online **Request to Enrol** form.
4. You will receive an email with instructions to complete your enrolment.