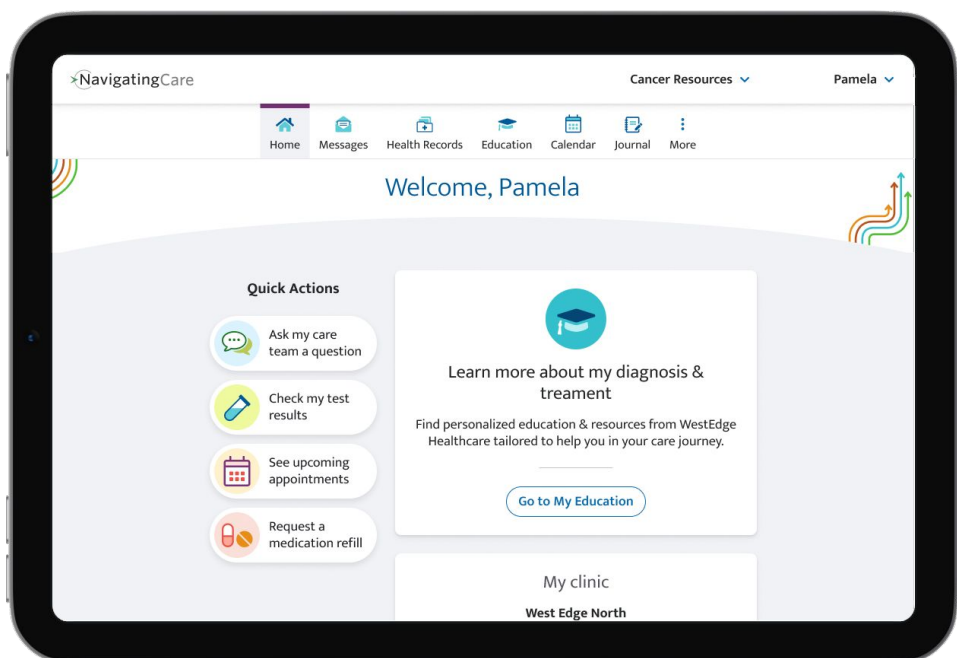


The 2022 Navigating Care Portal Upgrade Quick-Start Guide

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

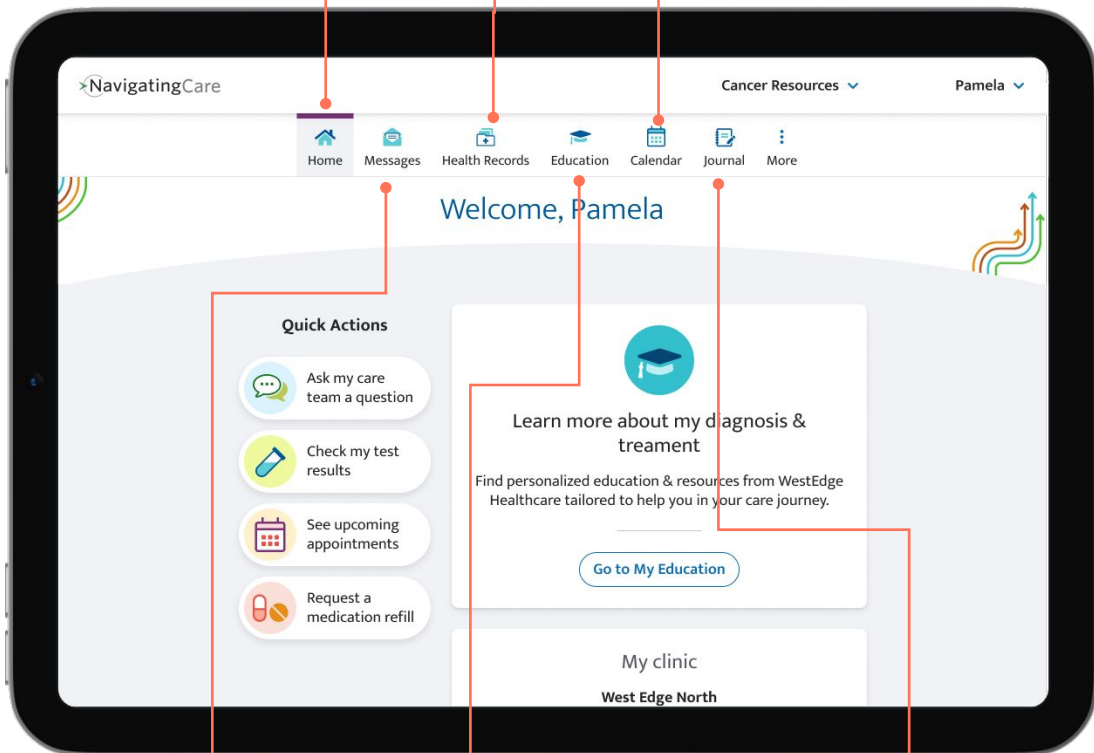
The NavigatingCare™ patient portal has a new, easy-to-navigate look and feel. Use the walkthrough below to help you better understand the new layout and features of your new experience.



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

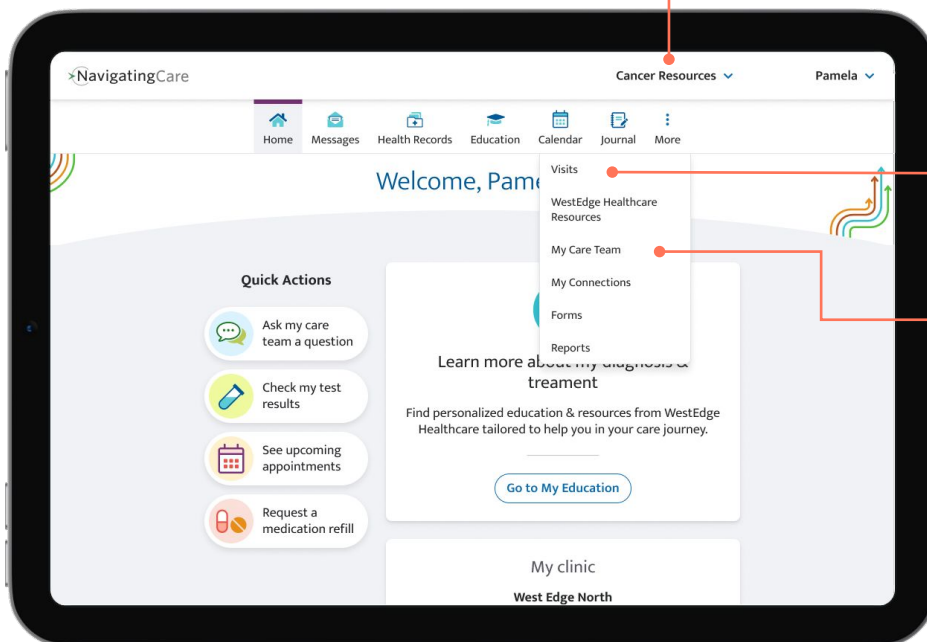


View **Messages** from your clinic and send secure messages. You may also attach a photo or file to send to your clinic.

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