



## Online Patient Portals

The Deschutes Onsite Clinic provides two separate web-based systems for patients to use:

- **The Patient Portal** allows you to schedule appointments at the DOC, request renewal for existing prescriptions, access your medical records, and more.
- **The HRA Portal** allows you to complete your annual health risk assessment and obtain health and wellness information online.

Both systems are secure, easy to use, and available to you year round. Printed below is a summary of how to access both systems. Please note, user names and passwords set up prior to 2013 are no longer valid. You must visit the DOC in person to get your new log on information.

Please do not share your log on information with others to ensure privacy of your medical information. The DOC does not share individual patient health information with anyone without prior authorization from the patient (or, in the case of a minor, the patient's parent or legal guardian). You may find it convenient to select or change your user name and passwords so they are the same on the two systems.

### HRA Portal “WellSuite”

#### USES & BENEFITS

- Complete your Personal Wellness Profile
- Review completed assessment reports
- Find information on current health issues and recommendations for a healthy lifestyle

#### GETTING STARTED

To login for the first time, go to:

<https://wellsuite.com/hramedcor/dochra/>

1. Enter your new user name and temporary password provided by the DOC in the login screen. Remember, both the user name and password is case sensitive.

User Name:

Temporary Password:

2. Change your password. Once you enter your user name and temporary password, you will be directed to change your password and provide contact information. Follow the on-screen instructions.
3. When you have completed the prior steps, you will be redirected to your personalized home page. Your home page provides access to new and completed assessments, reports and more!

#### COMPLETE YOUR HRA ONLINE

1. Take your first HRA assessment by clicking on the box titled “Assess your health now!” Once you complete an assessment, you will be able to view your completed assessment report.
2. **Print your completed assessment report and bring it with you to the DOC for your HRA follow-up appointment.**

### Patient Portal “NextMD”

#### USES & BENEFITS

- Schedule appointments online
- Contact a DOC provider
- Request a prescription renewal
- Access your medical records
- Utilize interactive health tools
- Search health topics
- And much more!

#### GETTING STARTED

To login for the first time, go to: <https://www.nextmd.com/Enroll>

1. Enter the enrollment token provided by the DOC and your email address in the login screen.
2. Choose a user name and password. Your user name and password are case sensitive.

Your user name must be at least 6 characters long and cannot be more than 20 characters long. Your password must be at least 6 characters long, cannot be more than 20 characters long, and must contain at least one number.

3. Select a Login Security Question from the list and provide your answer for this question. Since your NextMD account contains confidential medical information that must be protected you will have to provide the answer to the Login Security Question whenever you log into NextMD.
4. The system will prompt you to set up a secure password reset feature. NextMD will ask you to select a question and provide an answer to it. If you forget your password, you will have to answer this question again to reset it.