



USING YOUR ONLINE HEALTH PORTAL



All the tools you need to stay on top of your health are now at your fingertips.

PeopleOne Health Florida is pleased to offer access to your medical records through **Healow**, an online health portal.

VIEW LAB RESULTS

View reports from lab testing after review from your healthcare provider.

REQUEST REFILLS

Electronically request refills be sent directly to your pharmacy before you run out, without having to make a call.

SEND MESSAGES

Send messages to your care team for anything from an appointment request to a follow-up clinical question.

VIEW MEDICAL HISTORY

View your medical history, including your medical problem list, allergies, immunizations, and medications.

PREPARE FOR APPOINTMENTS

View all upcoming appointments and complete forms or questionnaires ahead of your appointment.

TRACK YOUR PROGRESS

Stay on track between visits by logging everything, from your blood pressure to blood glucose readings to physical activity.



Download for iPhone



Enroll today and take an active role in managing your health!

<https://sdocemployeehealthcenter.net/portal>

Practice code: **DFIJCD**

Download for Android

