

Welcome to the
Patient Portal!



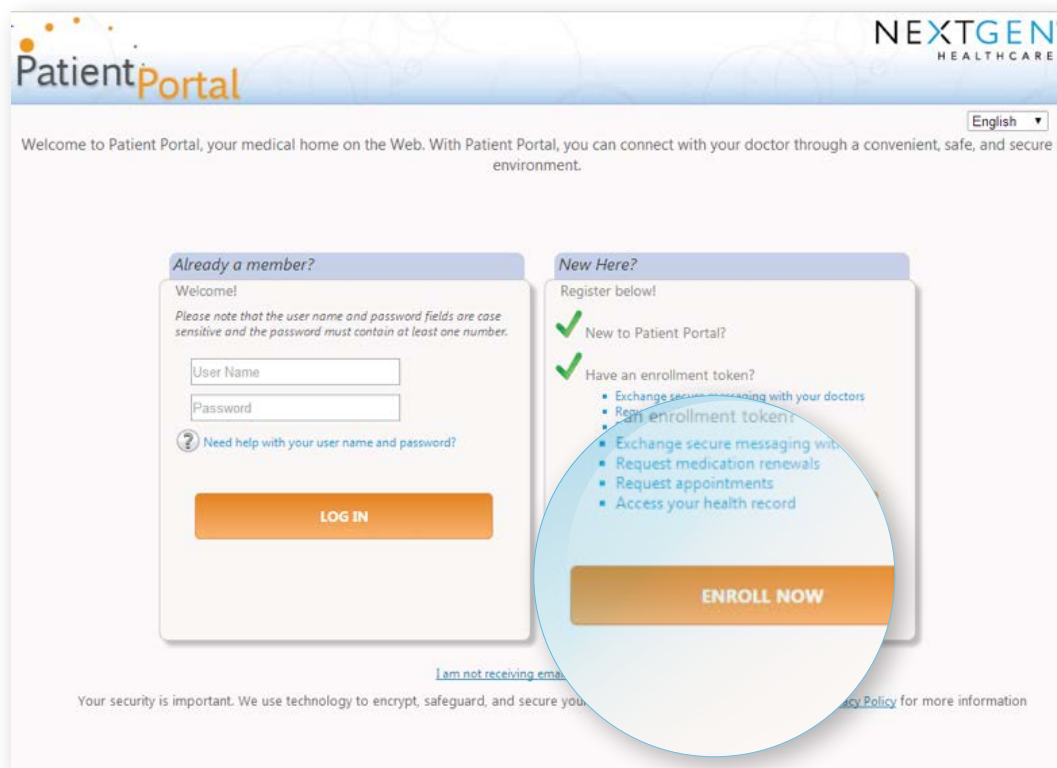
You're about to find out just how **easy** it can be **to communicate** with your healthcare provider, **schedule** and request appointments, **take control** of your medical information, and more. Using this quick reference guide, **find out how simple it is** to start using the Portal. If you have questions about the Portal, please contact your provider's office.

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How to Self-enroll in the Portal

Navigate to the NextGen® Patient Portal website provided by your practice. Click the “[Enroll Now](#)” Button to get started.



The screenshot displays the NextGen Patient Portal homepage. The header includes the 'PatientPortal' logo on the left and the 'NEXTGEN HEALTHCARE' logo on the right. A language dropdown menu is set to 'English'. A welcome message states: 'Welcome to Patient Portal, your medical home on the Web. With Patient Portal, you can connect with your doctor through a convenient, safe, and secure environment.'

There are two main sections for user interaction:

- Already a member?**
 - Welcomes the user.
 - Includes a note: 'Please note that the user name and password fields are case sensitive and the password must contain at least one number.'
 - Contains input fields for 'User Name' and 'Password'.
 - Includes a link: '? Need help with your user name and password?'
 - Features an orange 'LOG IN' button.
- New Here?**
 - Asks the user to 'Register below!'.
 - Includes a green checkmark and the text 'New to Patient Portal?'.
 - Includes a green checkmark and the text 'Have an enrollment token?'.
 - Lists benefits of having an enrollment token:
 - Exchange secure messaging with your doctors
 - Request medication renewals
 - Request appointments
 - Access your health record
 - Features an orange 'ENROLL NOW' button, which is highlighted by a blue circular callout.

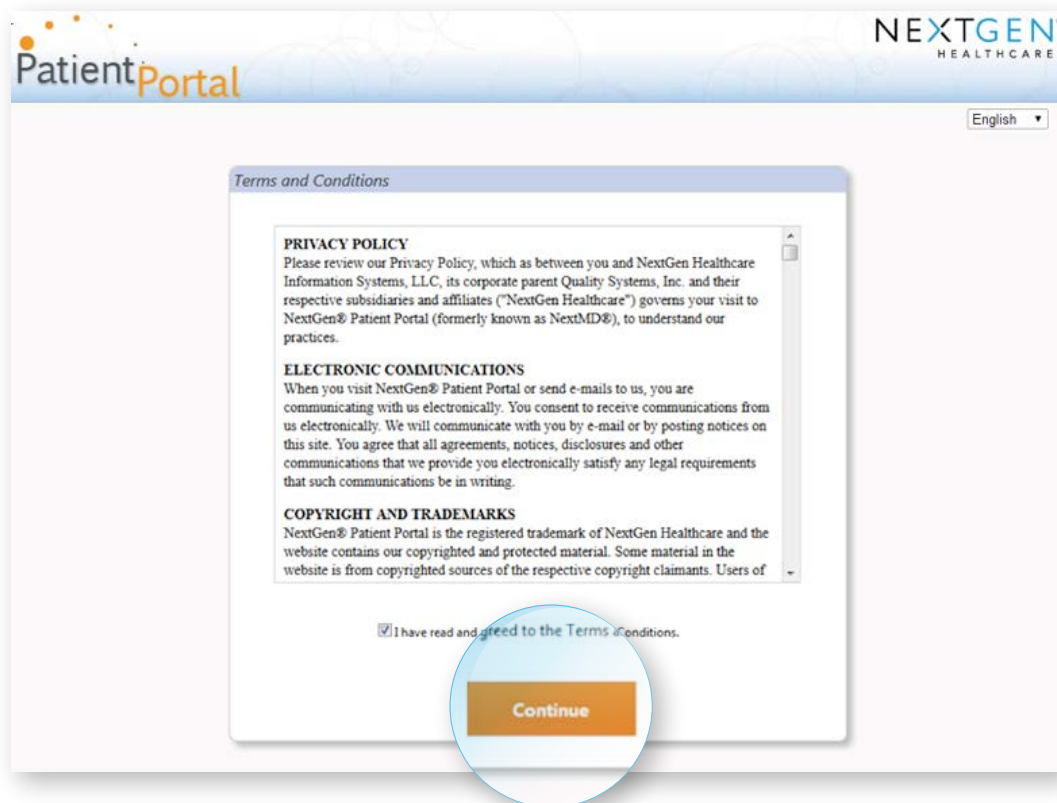
At the bottom, there is a link: 'I am not receiving emails' and a security statement: 'Your security is important. We use technology to encrypt, safeguard, and secure your information. See our Privacy Policy for more information.'



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How to Self-enroll in the Portal

Check the box and click the “Continue” button to agree to the Terms and Conditions.



The screenshot shows the 'Patient Portal' interface for NextGen Healthcare. At the top, there is a header with the 'Patient Portal' logo on the left and the 'NEXTGEN HEALTHCARE' logo on the right. A language dropdown menu is set to 'English'. The main content area is titled 'Terms and Conditions'. It contains three sections: 'PRIVACY POLICY', 'ELECTRONIC COMMUNICATIONS', and 'COPYRIGHT AND TRADEMARKS'. Below these sections, there is a checkbox labeled 'I have read and agree to the Terms & Conditions.' which is currently checked. A blue circular callout highlights the 'Continue' button, which is an orange rectangular button located at the bottom right of the terms and conditions box.

PRIVACY POLICY
Please review our Privacy Policy, which as between you and NextGen Healthcare Information Systems, LLC, its corporate parent Quality Systems, Inc. and their respective subsidiaries and affiliates ("NextGen Healthcare") governs your visit to NextGen® Patient Portal (formerly known as NextMD®), to understand our practices.

ELECTRONIC COMMUNICATIONS
When you visit NextGen® Patient Portal or send e-mails to us, you are communicating with us electronically. You consent to receive communications from us electronically. We will communicate with you by e-mail or by posting notices on this site. You agree that all agreements, notices, disclosures and other communications that we provide you electronically satisfy any legal requirements that such communications be in writing.

COPYRIGHT AND TRADEMARKS
NextGen® Patient Portal is the registered trademark of NextGen Healthcare and the website contains our copyrighted and protected material. Some material in the website is from copyrighted sources of the respective copyright claimants. Users of

☒ I have read and agree to the Terms & Conditions.

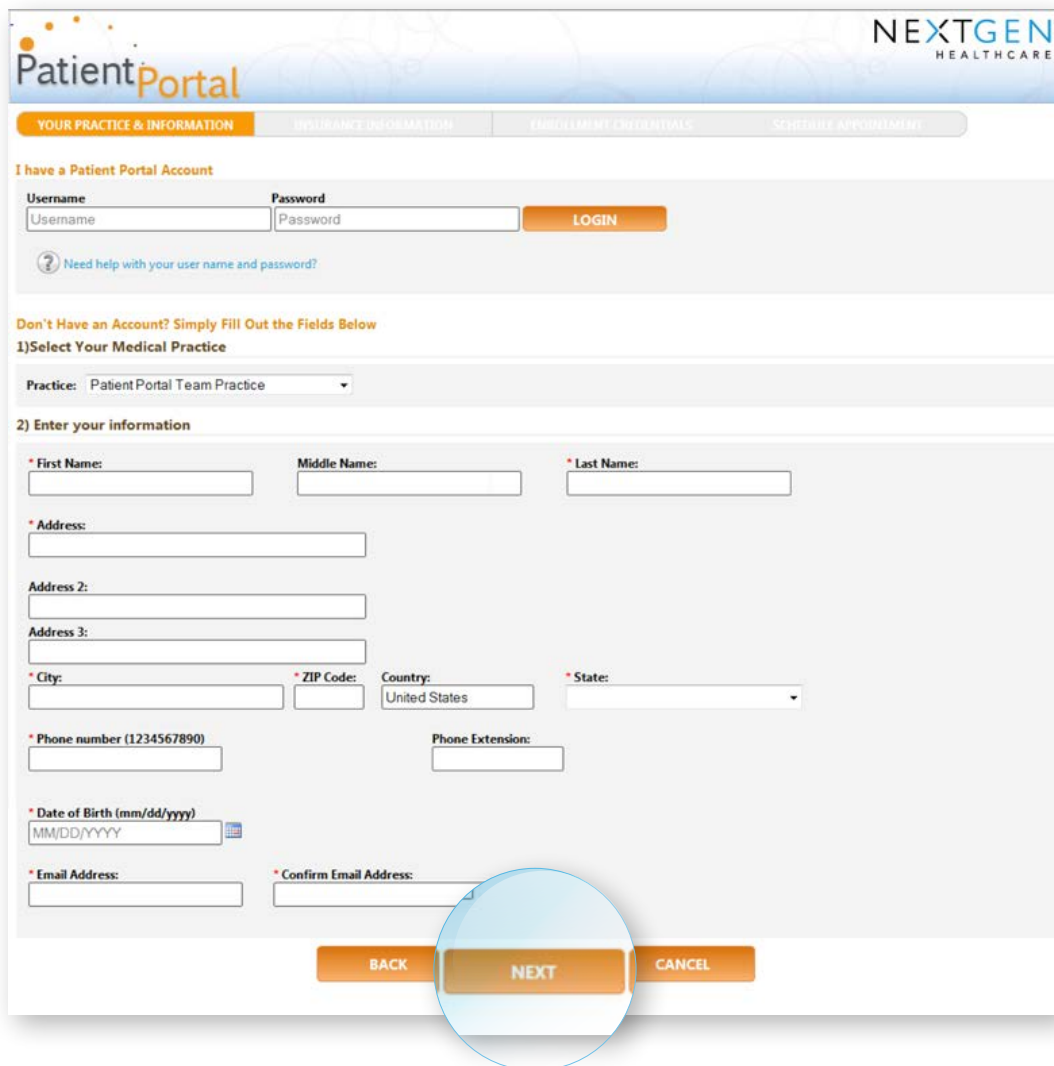
Continue



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How to Self-enroll in the Portal

Using the link provided by your practice, complete the screens below as prompted. Create a username and password and click “**submit**” to send securely to your practice for approval. If your practice chooses, you can also request an appointment at this time.



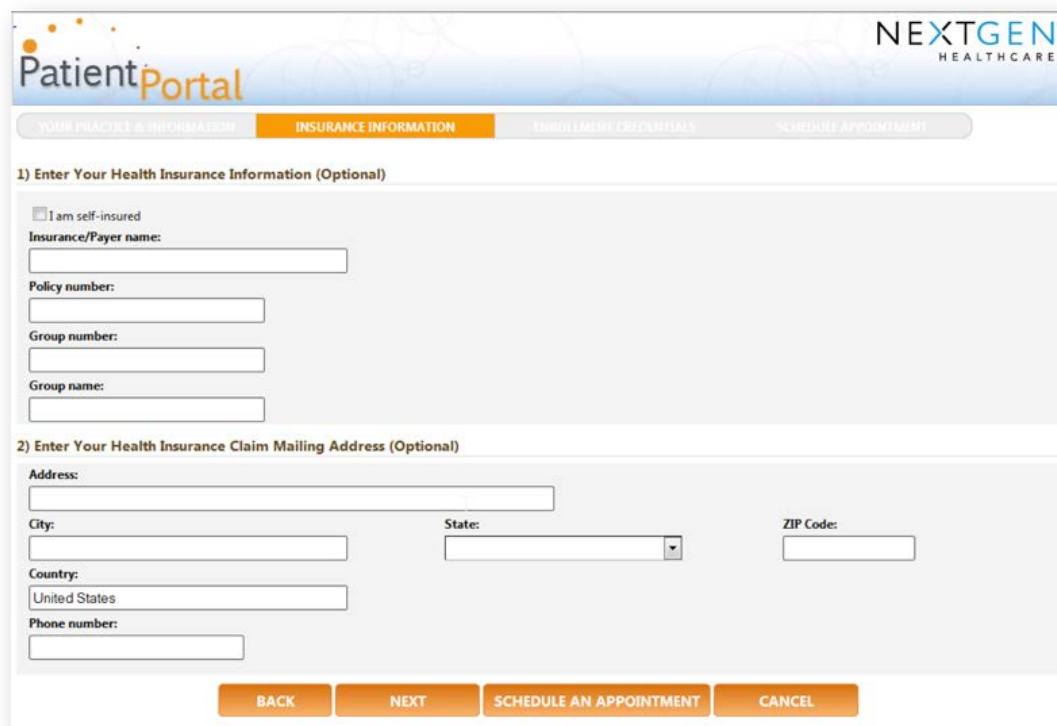
The screenshot shows the 'Patient Portal' enrollment page for NextGen Healthcare. The page has a teal header with the 'Patient Portal' logo and 'NEXTGEN HEALTHCARE' text. Below the header are four tabs: 'YOUR PRACTICE & INFORMATION' (active), 'INSURANCE INFORMATION', 'ENROLLMENT CREDENTIALS', and 'SCHEDULE APPOINTMENT'. The main content area is divided into two sections. The first section, 'I have a Patient Portal Account', contains a login form with 'Username' and 'Password' fields, a 'LOGIN' button, and a link for help. The second section, 'Don't Have an Account? Simply Fill Out the Fields Below', contains a form for new users. This form starts with a dropdown for 'Practice' (set to 'Patient Portal Team Practice'). It then asks for personal information: 'First Name', 'Middle Name', and 'Last Name' (all with asterisks); 'Address', 'Address 2', and 'Address 3'; 'City', 'ZIP Code', 'Country' (set to 'United States'), and 'State' (all with asterisks); 'Phone number (1234567890)' and 'Phone Extension'; 'Date of Birth (mm/dd/yyyy)' with a calendar icon; and 'Email Address' and 'Confirm Email Address' (both with asterisks). At the bottom are three buttons: 'BACK', 'NEXT' (highlighted with a blue circle), and 'CANCEL'.



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Add insurance and address information

Enter optional insurance and address information as desired
and click "[Next](#)."



The screenshot shows the 'Patient Portal' interface for 'NEXTGEN HEALTHCARE'. The 'INSURANCE INFORMATION' tab is selected. The form is divided into two sections: '1) Enter Your Health Insurance Information (Optional)' and '2) Enter Your Health Insurance Claim Mailing Address (Optional)'. The first section includes a checkbox for 'I am self-insured' and input fields for 'Insurance/Payer name', 'Policy number', 'Group number', and 'Group name'. The second section includes input fields for 'Address', 'City', 'State' (a dropdown menu), 'ZIP Code', 'Country' (with 'United States' selected), and 'Phone number'. At the bottom, there are four buttons: 'BACK', 'NEXT', 'SCHEDULE AN APPOINTMENT', and 'CANCEL'.

Patient Portal NEXTGEN HEALTHCARE

YOUR PRACTICE & INFORMATION INSURANCE INFORMATION ENROLLMENT CREDENTIALS SCHEDULE APPOINTMENT

1) Enter Your Health Insurance Information (Optional)

☐ I am self-insured

Insurance/Payer name:

Policy number:

Group number:

Group name:

2) Enter Your Health Insurance Claim Mailing Address (Optional)

Address:

City: State: ZIP Code:

Country:

Phone number:

BACK NEXT SCHEDULE AN APPOINTMENT CANCEL



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Username and Password

Select your username, security question, and password. Click "[Complete Enrollment](#)." Or, if your practice is configured for scheduling and you wish to make an appointment, choose "[Schedule an Appointment](#)." Once you've completed enrollment, you will receive an email notifying you when your enrollment is approved.

The screenshot shows the 'Patient Portal' enrollment page for 'NEXTGEN HEALTHCARE'. The page has a teal header with the logo and a navigation bar with four tabs: 'YOUR PRACTICE & INFORMATION', 'INSURANCE INFORMATION', 'ENROLLMENT CREDENTIALS' (which is highlighted in orange), and 'SCHEDULE APPOINTMENT'. Below the navigation bar is a 'FRAUD WARNING' section with a yellow warning icon and text stating that fraudulent acts are crimes. The main content area is divided into three sections: 1) 'Create Username and Password', 2) 'Create Security Question', and 3) 'Create Password Recovery Credentials'. Each section contains required fields marked with an asterisk (*). Section 1 includes fields for Username, Password, and Retype Password, with instructions on character counts and case sensitivity. Section 2 includes a dropdown for 'Select a Question' and fields for Answer and Retype Answer. Section 3 includes fields for 'Create a Question', 'Enter your answer', and 'Retype Answer'. At the bottom right, there is a CAPTCHA image and a 'Type the text' input field. A 'Privacy & Terms' link is also present. At the very bottom, there are four orange buttons: 'BACK', 'SCHEDULE AN APPOINTMENT', 'COMPLETE ENROLLMENT', and 'CANCEL'.

Patient Portal NEXTGEN HEALTHCARE

YOUR PRACTICE & INFORMATION INSURANCE INFORMATION **ENROLLMENT CREDENTIALS** SCHEDULE APPOINTMENT

FRAUD WARNING

Any person who knowingly with the intent to defraud any medical agency by concealing and filing false information for medical care or treatment may be found to have committed a fraudulent act which is a crime and may be subject to criminal and civil penalties.

1) Create Username and Password

Create a username and password you want to use when you log in to NextGen Patient Portal.

* Username:

User name must be between 6 – 50 characters and is case sensitive.

* Password:

Password must be between 6-20 characters which can be a combination of letters, numbers and special characters and is case sensitive.

* Retype Password:

2) Create Security Question

Choose a login security question and enter your answer. This question will be used as part of the login authorization process. You will be prompted to enter the answer for your selected question when you try to login to your account. Asterisk (*) denotes required field.

* Select a Question:

* Answer:

* Retype Answer:

3) Create Password Recovery Credentials

Create a forgotten password question and enter the answer. This question will be used in the password reset process. You will be prompted to enter the answer for this question in case you need to reset your password in the future. Asterisk (*) denotes required field.

* Create a Question:

* Enter your answer:

* Retype Answer:

Image:

Type the text

Privacy & Terms

BACK SCHEDULE AN APPOINTMENT COMPLETE ENROLLMENT CANCEL



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Portal Login

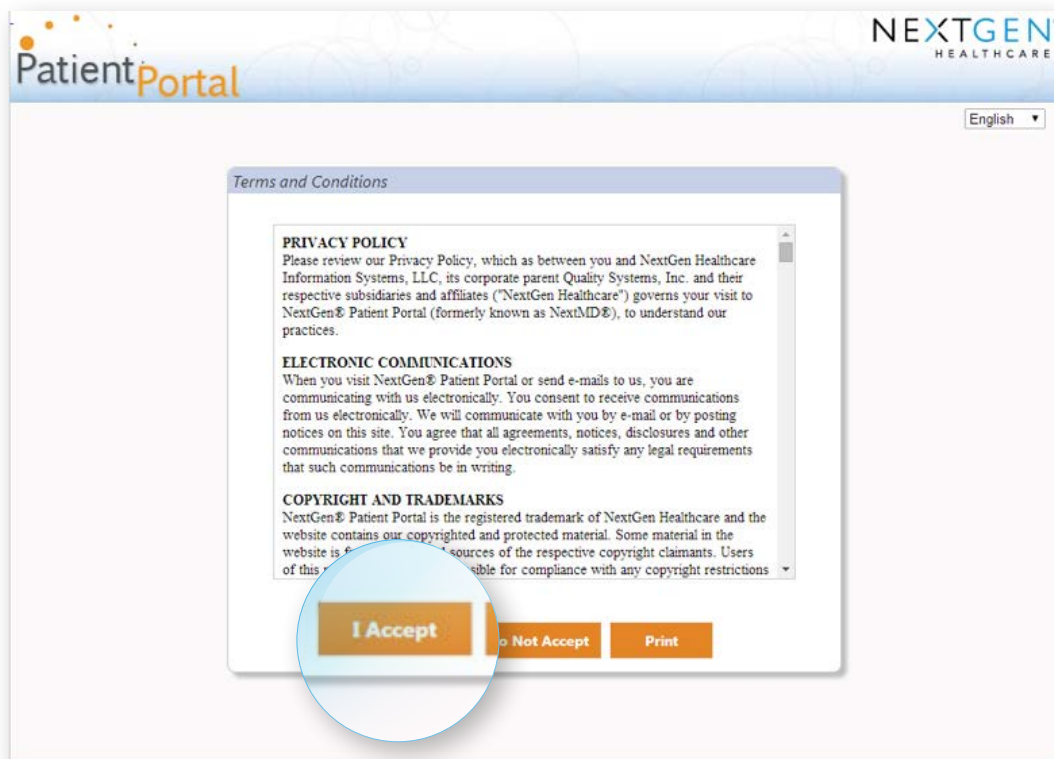
If this is your first time using the Portal, click “[Enroll Now](#)” to create your username and password.



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How to Enroll with a Token Provided by Your Practice

To enter the Portal, follow the link from your healthcare provider. Review the Terms and Conditions, then click "[I Accept](#)."

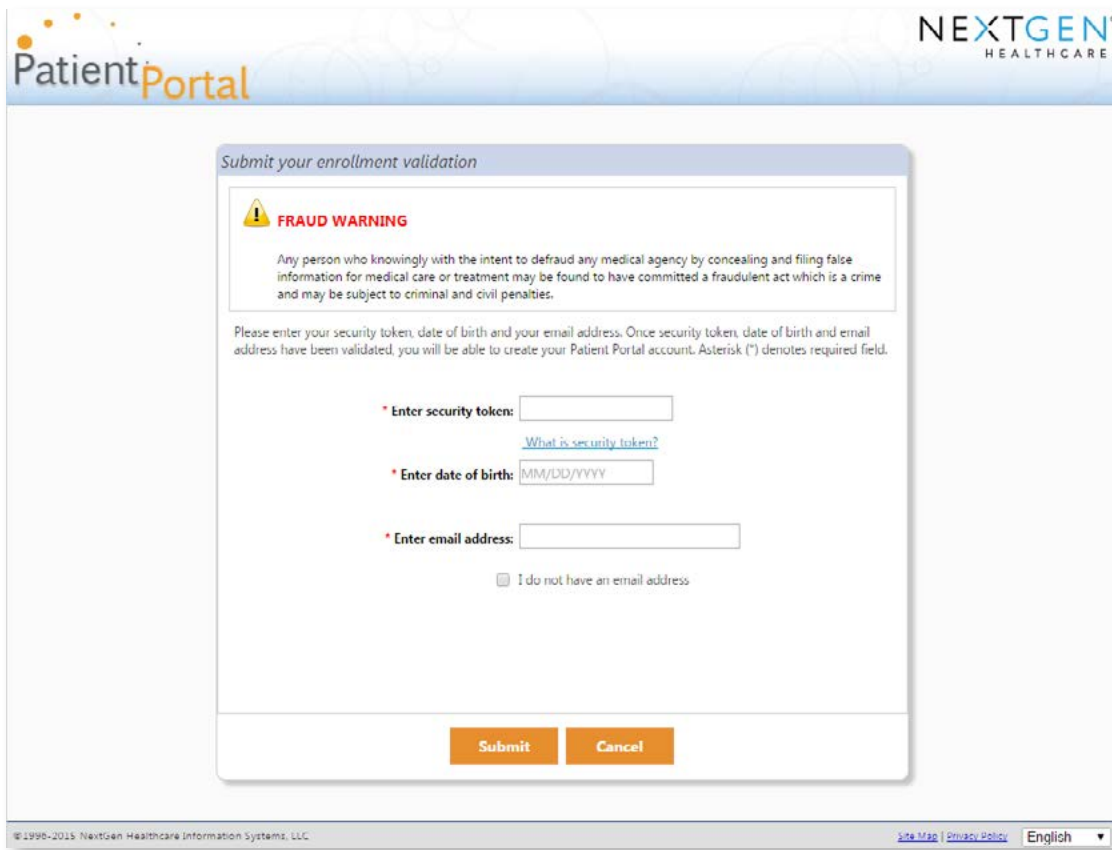


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How to Complete Enrollment

Enter the security token provided by your provider's office. Enter your date of birth. Enter your email address and click "[Submit](#)."

If you do not have an email address, select the I do not have an email address check box and type your last name in the Enter last name field that displays.



The screenshot shows the 'Patient Portal' interface with the 'NEXTGEN HEALTHCARE' logo in the top right. The main heading is 'Submit your enrollment validation'. Below this is a 'FRAUD WARNING' section with a yellow warning icon and text: 'Any person who knowingly with the intent to defraud any medical agency by concealing and filing false information for medical care or treatment may be found to have committed a fraudulent act which is a crime and may be subject to criminal and civil penalties.' Below the warning is a paragraph: 'Please enter your security token, date of birth and your email address. Once security token, date of birth and email address have been validated, you will be able to create your Patient Portal account. Asterisk (*) denotes required field.' The form contains three required fields: '* Enter security token:' with a text input box and a link 'What is security token?'; '* Enter date of birth:' with a date input box showing 'MM/DD/YYYY'; and '* Enter email address:' with a text input box. Below these fields is a checkbox labeled 'I do not have an email address'. At the bottom of the form are two orange buttons: 'Submit' and 'Cancel'. The footer of the page includes the copyright notice '© 1998-2015 NextGen Healthcare Information Systems, LLC', links for 'Site Map' and 'Privacy Policy', and a language dropdown menu set to 'English'.



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Username and Password

Create your username and password. Create your login security information and password recovery credentials. Click "[Submit](#)."

The screenshot shows the 'Create enrollment credentials' page of the NextGen Patient Portal. The page has a header with the 'Patient Portal' logo and 'NEXTGEN HEALTHCARE' text. A language dropdown menu is set to 'English'. The main content area is titled 'Create enrollment credentials' and contains a 'FRAUD WARNING' section with a yellow warning icon and text stating that fraudulent acts are a crime. Below this, there are three numbered steps: 1. 'Create your username and password', 2. 'Create your login security authorization', and 3. 'Create your password recovery credentials'. Step 1 includes fields for 'User name', 'Password', and 'Retype password', with instructions on character requirements. Step 2 includes a dropdown for 'Select a question' and fields for 'Enter your answer' and 'Retype your answer'. Step 3 includes fields for 'Create a question', 'Enter your answer', and 'Retype your answer'. At the bottom of the form are 'Submit' and 'Cancel' buttons. A large, semi-transparent circular watermark with the text 'Create enrollment credentials' is overlaid on the bottom half of the form.

Create enrollment credentials

FRAUD WARNING

Any person who knowingly with the intent to defraud any medical agency by concealing and filing false information for medical care or treatment may be found to have committed a fraudulent act which is a crime and may be subject to criminal and civil penalties.

1 Create your username and password
Enter a user name and password you want to use when you login to NextGen Patient Portal. Asterisk (*) denotes required field.

* User name:
User name must be between 6 – 20 characters and is case sensitive.

* Password:
Password must be between 6-20 characters which can be a combination of letters, numbers and special characters and is case sensitive.

* Retype password:

2 Create your login security authorization
Choose a login security question and enter your answer. This question will be used as part of the login authorization process. You will be prompted to enter the answer for your selected question when you try to login to your account. Asterisk (*) denotes required field.

* Select a question:

* Enter your answer:

* Retype your answer:

3 Create your password recovery credentials
Create a question and answer for your password reset process. You will be prompted to enter the answer for this question when you try to reset your password. Asterisk (*) denotes required field.

* Create a question:

* Enter your answer:

* Retype your answer:

Submit **Cancel**

Enter Insurance Information

On the "Insurance Information" page, select the "[I am self-insured](#)" check box, or enter your insurance/payer details. Click "[Next](#)."

The screenshot shows the 'NEXTGEN Patient Portal' interface. The 'INSURANCE INFORMATION' tab is selected. The page title is 'Enter Your Health Insurance Information (Optional)'. A circular callout highlights the 'I am self-insured' checkbox and the input fields for 'Insurance/Payer name:', 'Policy number:', and 'Group number:'. Below this, there is a section for 'Insurance Claim Mailing Address (Optional)' with fields for City, State, ZIP Code, Country (USA), and Phone number. At the bottom, there are 'BACK', 'NEXT', and 'CANCEL' buttons. The footer includes copyright information and links for Site Map, Privacy Policy, and a language dropdown set to English.



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Congratulations! You're in the Portal

From your welcome screen, you can see and access your inbox, upcoming appointments, lab results, medications, and more.

The screenshot displays the Patient Portal dashboard for Derby Testing. The top navigation bar includes links for HOME, MAIL, SCHEDULE, MY CHART, PAYMENTS, RENEW MEDICATIONS, RESEARCH, and SETTINGS. The user is logged in as Derby Testing (AD) and the last login was on 3/11/2015 at 10:19 AM.

Practice Information

Welcome to the Patient Portal Team website. We appreciate you being a part of our practice.

Traditional Chinese: 歡迎來到德比門診中心網站，我們非常感謝您為我們團隊的一部份。

Spanish: Bienvenido a la página web de Portal Equipo Práctico, Le agradecemos que sea parte de nuestra práctica.

Inbox

Compose an Email

Derby Testing: Patient Portal Team Practice 3/10/2015 Derby Testing's Patient Plan

Derby Testing: Patient Portal Team Practice 3/10/2015 Derby Testing's Excuse for Work

Derby Testing: Patient Portal Team Practice 3/10/2015 Derby Testing's Excuse for Work

Upcoming Appointments

Schedule an Appointment

Derby Testing: Patient Portal Team Practice Your appointment with Apple Integration MD is coming up on Reschedule & Cancel 3/16/2015 at 1:30 PM

Derby Testing: Patient Portal Team Practice Your appointment with Apple Integration MD is coming up on Reschedule & Cancel 3/23/2015 at 1:30 PM

Reminders

There are no reminders

Lab Results

| Patient | Test Panel Name | Ordered by | Performed date | View Results |
|---------------|--------------------------------|------------------------------|----------------|--------------|
| Derby Testing | Panel Description: Sedation | Patient Portal Team Practice | 12/22/2014 | View Results |
| Derby Testing | Panel Description: Urinary | Patient Portal Team Practice | 10/14/2015 | View Results |
| Derby Testing | Panel Description: Cholesterol | Patient Portal Team Practice | 10/14/2015 | View Results |

Medications

| Patient | Medication Name | Dosage | Prescribed By | Refill |
|---------------|-----------------------|------------|----------------------------|--------|
| Derby Testing | ACETADRYL-ACETAMINOF | 300MG-25MG | Patient Portal Team Pra... | Refill |
| Derby Testing | DEPO-PROVERA MEDROX | 150 MG/ML | Patient Portal Team Pra... | Refill |
| Derby Testing | IBUPROFEN | 600 MG | Patient Portal Team Pra... | Refill |
| Derby Testing | ORXYCODONE HCL-IBUPRO | 400MG-30MG | Patient Portal Team Pra... | Refill |
| Derby Testing | PROZAC-FLUOXETINE HCL | 10MG | Patient Portal Team Pra... | Refill |



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Messages in the Portal

Please note: when a new message is available in the Portal, you will also receive an alert sent via text or email to the personal account of your choice. To set up or change the type of notification you receive, in the top navigation bar, under "[Settings](#)," click "[My Information](#)."

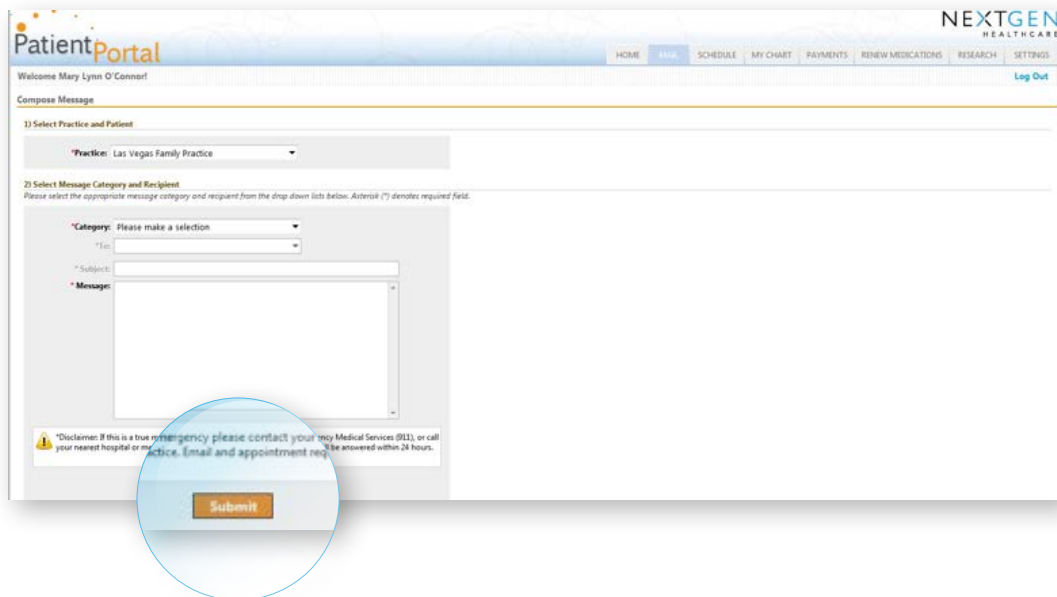
From here, you can set your preferences. You can change your enrollment information at any time by clicking "[Settings](#)" on the right-hand side of the screen, and choosing "[My Information](#)."



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How to Send a Message

Under "Inbox," click "[Compose an Email](#)." Write your message. Click "[Submit](#)." Replies from your healthcare provider will appear in your Inbox.



The screenshot shows the 'Patient Portal' interface for 'NEXTGEN HEALTHCARE'. The user is logged in as 'Mary Lynn O'Connor'. The 'Compose Message' section is active, showing a form with the following fields:

- 1) Select Practice and Patient:** A dropdown menu showing 'Practice: Las Vegas Family Practice'.
- 2) Select Message Category and Recipient:** A section with a note: 'Please select the appropriate message category and recipient from the drop down lists below. Asterisk (*) denotes required field.'
- *Category:** A dropdown menu with 'Please make a selection'.
- *To:** A dropdown menu.
- *Subject:** A text input field.
- *Message:** A large text area for writing the message.
- Submit:** A blue button at the bottom of the form.

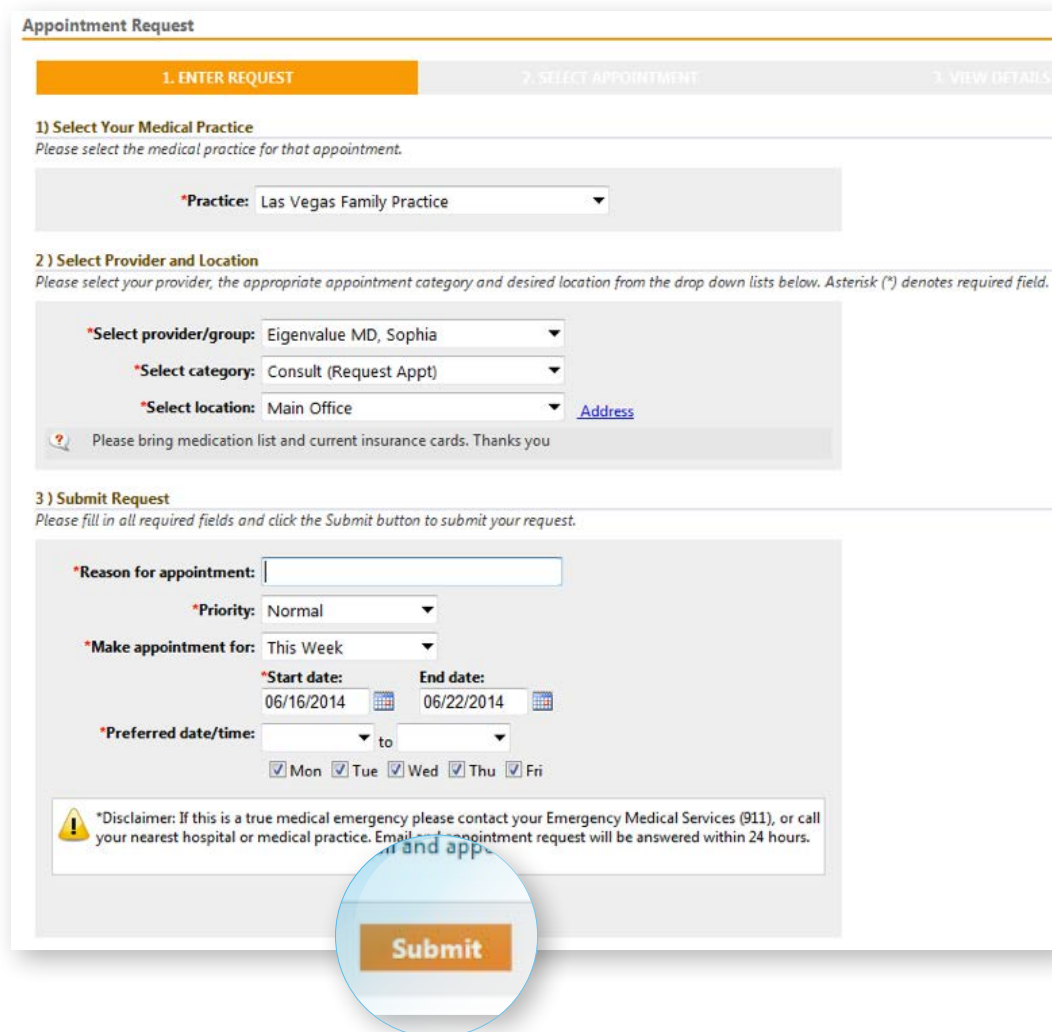
A disclaimer at the bottom of the form reads: 'Disclaimer: If this is a true emergency please contact your primary Medical Services (911) or call your nearest hospital or medical practice. Email and appointment requests are answered within 24 hours.'



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How to Make an Appointment

In the top navigation bar, click "[Schedule](#)." Choose "Request Appointment." Select your parameters. Click "[Submit](#)." You'll receive a "thank you" message indicating your request is pending approval. When your request is approved, you'll receive an email confirmation.



Appointment Request

1. ENTER REQUEST 2. SELECT APPOINTMENT 3. VIEW DETAILS

1) Select Your Medical Practice
Please select the medical practice for that appointment.

*Practice: Las Vegas Family Practice

2) Select Provider and Location
Please select your provider, the appropriate appointment category and desired location from the drop down lists below. Asterisk (*) denotes required field.

*Select provider/group: Eigenvalue MD, Sophia

*Select category: Consult (Request Appt)

*Select location: Main Office [Address](#)

Please bring medication list and current insurance cards. Thanks you

3) Submit Request
Please fill in all required fields and click the Submit button to submit your request.

*Reason for appointment:


*Priority: Normal

*Make appointment for: This Week

*Start date: 06/16/2014 End date: 06/22/2014

*Preferred date/time: to

☒ Mon ☒ Tue ☒ Wed ☒ Thu ☒ Fri

 *Disclaimer: If this is a true medical emergency please contact your Emergency Medical Services (911), or call your nearest hospital or medical practice. Email appointment request will be answered within 24 hours.

Submit



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How to Make a Payment

In the top navigation bar, click "[Payments](#)." Click "[Make a Payment](#)."
After successfully submitting your payment information, click "[Submit](#)."
A confirmation screen will appear. You can print a receipt, if desired.

The screenshot displays the 'Statements' page for 'Las Vegas Family Practice'. The 'Your Statements' section shows a statement for 'Test Ugm' with an amount due of \$205.00 and a statement date of 10/10/2013. A blue circular callout highlights the 'Make a Payment' button. The 'Make a Payment' form is overlaid on the statement, showing fields for cardholder information, payment amount, and a 'Submit' button. A blue circular callout highlights the 'Submit' button. The form includes fields for cardholder's first name, last name, credit card number, expiration date, and CVV2. It also shows the payment amount and a 'Pay Total Due' of USD \$205.00. A 'Select a billing address' dropdown is set to 'NextGen 795 Horsham RD, Horsham, PA 19044'. A warning icon indicates that this is an electronic copy of the statement and that the user should not pay if they have not received the statement online.



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How to Renew Medication

In the top navigation bar, choose “[Renew Medications.](#)”

You will see all active medications prescribed by your healthcare provider. Select desired medications, pharmacy, and renewal information. Click “[Submit.](#)”

The screenshot shows the 'Renew Medications' form with the following sections:

- 1) Select Your Medical Practice:** A dropdown menu showing 'Practice: Las Vegas Family Practice'.
- 2) Select Medications:** A section with instructions and a table of medications. A blue circle callout highlights the table.
- 3) Selected Pharmacy:** A section showing pharmacy details for CVS.
- 4) Submit Renewal:** A section with dropdowns for 'Reason' and 'Send to', a text area for 'Comments', and a disclaimer. A blue circle callout highlights the 'Submit' button.

Table of Medications:

| | Prescription Name | Dose | Frequency | Start Date | Stop Date |
|-------------------------------------|-------------------|-------|------------------------------|------------|------------|
| <input type="checkbox"/> | LIRITOR | | | | |
| <input type="checkbox"/> | ATORVASTATIN | 10 MG | 1 tablet by oral route every | 7/1/2013 | 10/10/2014 |
| <input type="checkbox"/> | CALCIUM | | 1 tablet by oral route every | 10/10/2013 | 5/1/2015 |
| <input checked="" type="checkbox"/> | CLAMMINE | 5 MG | 1 tablet by oral route every | 10/10/2013 | 5/1/2015 |
| <input checked="" type="checkbox"/> | DISOLIPATAMINE | | | | |
| <input type="checkbox"/> | LISINORIL | 5 MG | 1 tablet by oral route every | 10/10/2013 | 5/1/2015 |
| <input type="checkbox"/> | LISINORIL | | | | |
| <input type="checkbox"/> | CRESTOR | | | | |
| <input type="checkbox"/> | ROSUVASTATIN | 5 MG | 1 tablet by oral route every | 10/10/2013 | 5/1/2015 |
| <input type="checkbox"/> | CALCIUM | | | | |

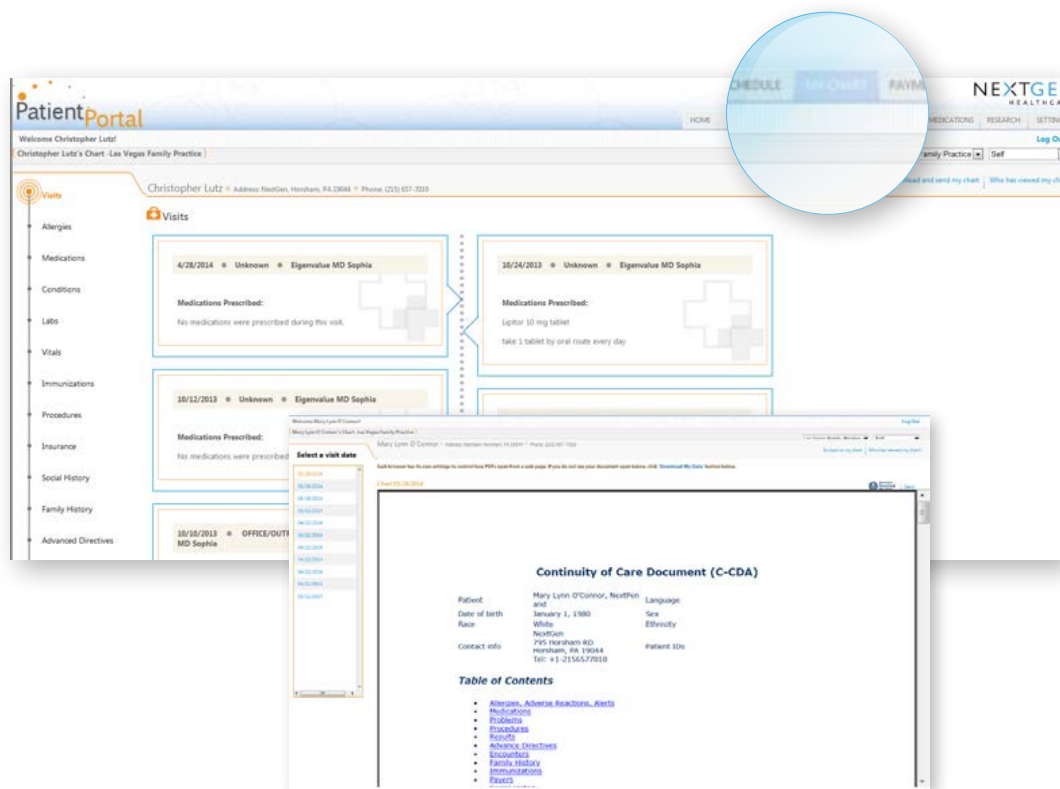
Selected Pharmacy:
Pharmacy Name: CVS
Address: 2750 SOUTH LAS VEGAS BOULEVARD
Las Vegas, NV 89109
Phone Number: (702) 263-9334
Fax Number: (702) 607-4287

4) Submit Renewal:
Reason: Medication Renewal Request
Send to: Ogden MD, Sophia
Comments: [Text Area]
Disclaimer: If this is a true medical emergency, call your nearest hospital or medical practice or Emergency Medical Services (911), or call your nearest hospital or medical practice. You will be answered within 24 hours.

Submit

How to View, Download, and Transmit a Chart

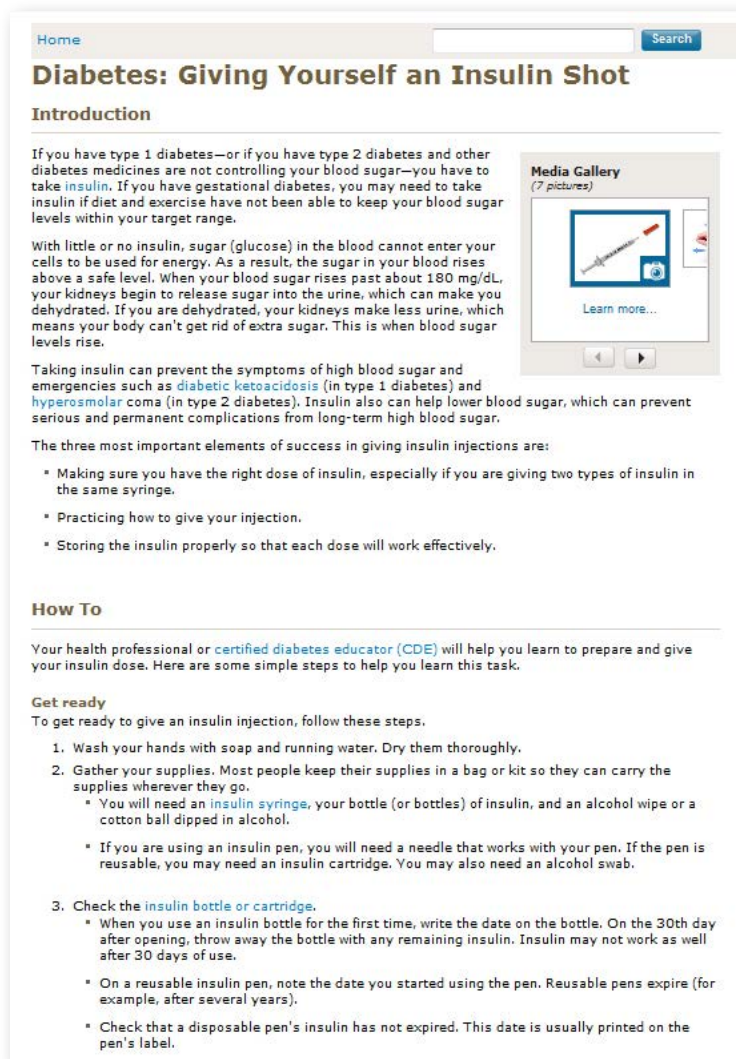
In the top navigation bar, choose **"My Chart."** Click **"View my Chart."** To download your chart, click **"Download and send my chart."** After your chart is downloaded, click **"Send"** at the top right to transmit your chart. Enter your provider's Direct (email) address and click **"Send My Chart."** Or enter his/her name and press **"Search."** To transmit your health record, press **"Send my Chart."** You can also select your dependents' health record information.



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How to Access Research Center

In the top navigation bar, choose “[Research](#).” From here, access health-related information where you can search by topic of interest.



The screenshot shows a web page from a Research Center. At the top, there is a navigation bar with a 'Home' link and a search box. The main heading is 'Diabetes: Giving Yourself an Insulin Shot'. Below this is an 'Introduction' section. The text explains that if you have type 1 or type 2 diabetes and are not controlling your blood sugar, you may need to take insulin. It also mentions that if you have gestational diabetes, you may need to take insulin if diet and exercise have not been able to keep your blood sugar levels within your target range. A 'Media Gallery' section on the right shows a picture of an insulin syringe and a button to 'Learn more...'. Below the introduction, there is a section titled 'How To' which provides instructions on how to give an insulin injection. It includes a list of steps: 1. Wash your hands with soap and running water. Dry them thoroughly. 2. Gather your supplies. Most people keep their supplies in a bag or kit so they can carry the supplies wherever they go. 3. Check the insulin bottle or cartridge. The page also includes a 'Get ready' section with a list of steps: 1. Wash your hands with soap and running water. Dry them thoroughly. 2. Gather your supplies. Most people keep their supplies in a bag or kit so they can carry the supplies wherever they go. 3. Check the insulin bottle or cartridge.

Home Search

Diabetes: Giving Yourself an Insulin Shot

Introduction

If you have type 1 diabetes—or if you have type 2 diabetes and other diabetes medicines are not controlling your blood sugar—you have to take [insulin](#). If you have gestational diabetes, you may need to take insulin if diet and exercise have not been able to keep your blood sugar levels within your target range.

With little or no insulin, sugar (glucose) in the blood cannot enter your cells to be used for energy. As a result, the sugar in your blood rises above a safe level. When your blood sugar rises past about 180 mg/dL, your kidneys begin to release sugar into the urine, which can make you dehydrated. If you are dehydrated, your kidneys make less urine, which means your body can't get rid of extra sugar. This is when blood sugar levels rise.

Taking insulin can prevent the symptoms of high blood sugar and emergencies such as [diabetic ketoacidosis](#) (in type 1 diabetes) and [hyperosmolar coma](#) (in type 2 diabetes). Insulin also can help lower blood sugar, which can prevent serious and permanent complications from long-term high blood sugar.

The three most important elements of success in giving insulin injections are:

- Making sure you have the right dose of insulin, especially if you are giving two types of insulin in the same syringe.
- Practicing how to give your injection.
- Storing the insulin properly so that each dose will work effectively.

How To


Your health professional or [certified diabetes educator \(CDE\)](#) will help you learn to prepare and give your insulin dose. Here are some simple steps to help you learn this task.

Get ready

To get ready to give an insulin injection, follow these steps.

1. Wash your hands with soap and running water. Dry them thoroughly.
2. Gather your supplies. Most people keep their supplies in a bag or kit so they can carry the supplies wherever they go.
 - You will need an [insulin syringe](#), your bottle (or bottles) of insulin, and an alcohol wipe or a cotton ball dipped in alcohol.
 - If you are using an insulin pen, you will need a needle that works with your pen. If the pen is reusable, you may need an insulin cartridge. You may also need an alcohol swab.
3. Check the [insulin bottle or cartridge](#).
 - When you use an insulin bottle for the first time, write the date on the bottle. On the 30th day after opening, throw away the bottle with any remaining insulin. Insulin may not work as well after 30 days of use.
 - On a reusable insulin pen, note the date you started using the pen. Reusable pens expire (for example, after several years).
 - Check that a disposable pen's insulin has not expired. This date is usually printed on the pen's label.

Media Gallery
(7 pictures)



[Learn more...](#)



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Change Account Settings

In the top navigation bar, choose "[Settings](#)." Click "[Account Settings](#)." From here, you can change your username, password, security question, and more. When finished, click "[Submit](#)."

Account Settings

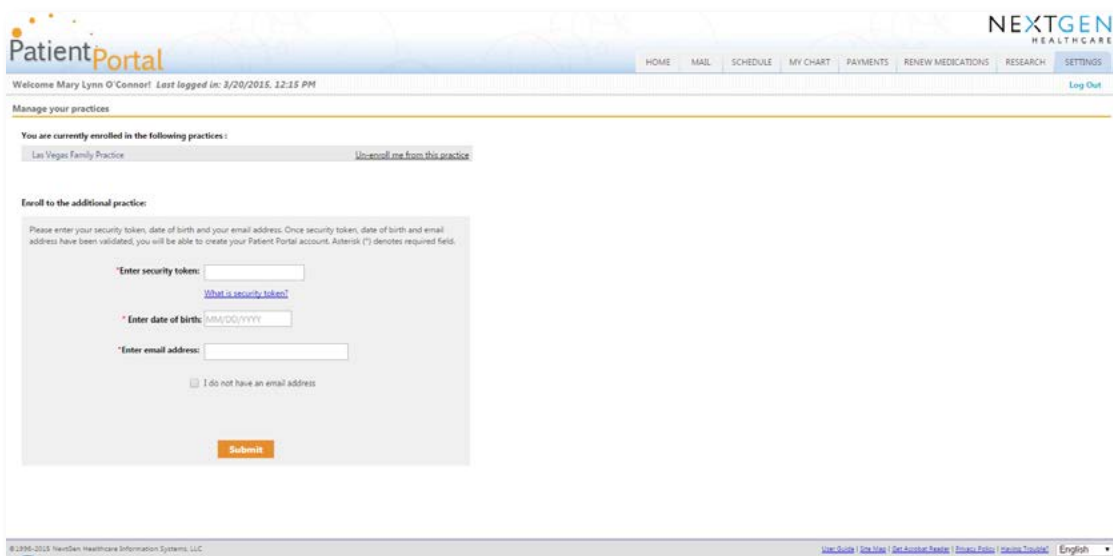
| | |
|--------------------------------------|----------------------|
| <u>User Name</u> | Edit |
| Your User Name | |
| moconnor@nextgen.com | |
| <u>Password</u> | Edit |
| Your Password | |
| ***** | |
| <u>Security Question</u> | Edit |
| To identify you as the account owner | |
| What is your favorite color? | |
| <u>Forgot Password Question</u> | Edit |
| To request a password reset | |
| UGM Year? | |
| <u>Un-enroll from Patient Portal</u> | Edit |
| Delete your Patient Portal account | |



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Manage Practices

In the top navigation bar, choose “[Settings](#)” and click “[Manage Practices](#).” You can enroll in additional practices by entering your security token, date of birth, and email. If you don’t have an email, select the I do not have an email check box and then type your last name.



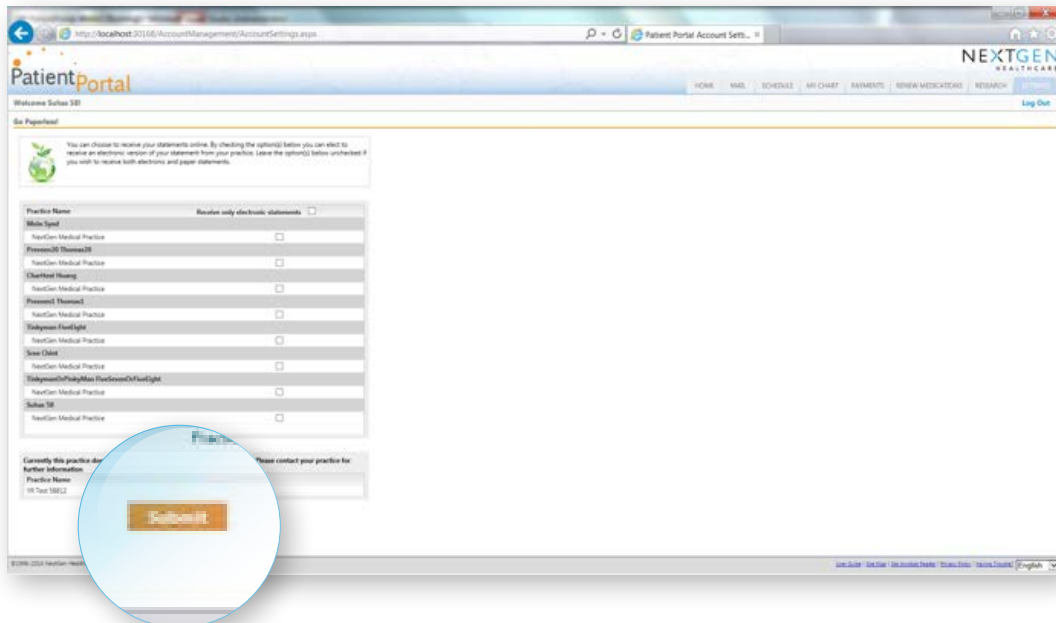
The screenshot shows the 'Patient Portal' interface for 'NEXTGEN HEALTHCARE'. The top navigation bar includes links for HOME, MAIL, SCHEDULE, MY CHART, PAYMENTS, RENEW MEDICATIONS, RESEARCH, and SETTINGS. The user is logged in as 'Mary Lynn O'Connor' with a last login time of 3/20/2015, 12:15 PM. The page title is 'Manage your practices'. Under 'You are currently enrolled in the following practices:', there is one entry: 'Las Vegas Family Practice' with a link to 'Unenroll me from this practice'. Below this, the 'Enroll to the additional practice:' section contains a form. The form instructions state: 'Please enter your security token, date of birth and your email address. Once security token, date of birth and email address have been validated, you will be able to create your Patient Portal account. Asterisk (*) denotes required field.' The form fields are: 'Enter security token:' (text input), 'Enter date of birth:' (MM/DD/YYYY format), and 'Enter email address:' (text input). There is a checkbox labeled 'I do not have an email address' and a 'Submit' button at the bottom of the form. The footer includes copyright information for 2015 NextGen Healthcare Information Systems, LLC and a language dropdown menu set to English.



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Go Paperless

In the top navigation bar, choose "[Settings](#)." Choose "[Statement Notifications](#)." To receive online-only statements, click "[Submit](#)."



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