

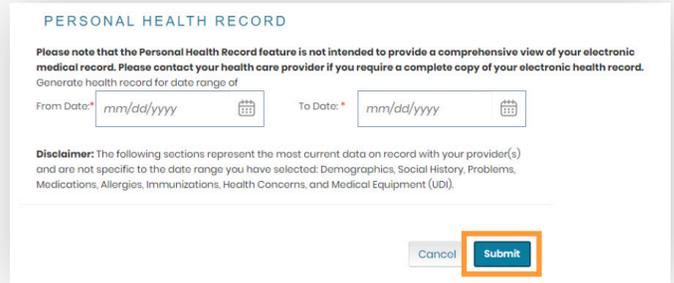


Accessing & Sharing Lab Results – Web Portal

Visit <https://bit.ly/idealooptionportal> to login



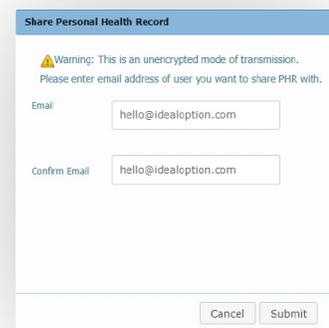
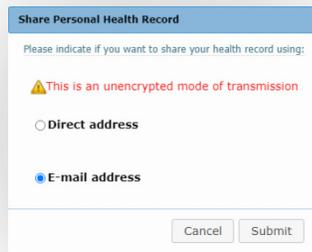
1. From the navigation bar on the left side of the screen, hover on **Medical Records** and click on **Personal Health Record**.



2. Enter a date range and click **Submit**.



3. At the top are options to print or download your health record in PDF format.



4. At the very bottom of the page is a Share button. You can use this option to email your health record directly to an email address. Please note, this form of transmission is unencrypted.