

Accessing & Sharing Lab Results - Web Portal

Visit https://bit.ly/idealoptionportal to login



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

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2. Enter a date range and click Submit.

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

		Share Personal Health Record
Share	Share Personal Health Record Please indicate if you want to share your health record using: This is an unencrypted mode of transmission Olirect address	Warning: This is an unencrypted mode of transmission. Please enter email address of user you want to share PHR w Email hello©idealoption.com Confirm Email hello©idealoption.com
	E-mail address	•
	Cancel Submit	

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.