



Welcome to the Personal Hormones Comprehensive BHRT Program.

This document serves as a road-map to the features of the Personal Hormones Patient Portal. In short, the process can be summarized as follows:

1. Create a Sign-In Account in the BHRT Personal Health Center.
2. Sign-in to your account and complete the on-line Personal Health Interview.
3. Meet with your BHRT Practitioner (e.g. Physician, Nurse Practitioner, Pharmacist) to discuss testing and treatment options.
4. Once treatment begins, return to the Personal Health Center account every 2 weeks to complete a very brief follow-up interview.
5. Return to the Personal Health Center and make notes in your personal electronic diary as often as you like.

If you have any questions, just give us a call or contact us at:

support@personalhormone.com

Sincerely,

The Personal Hormones Team

Your Medical Practitioner will give you a link to their BHRT Information Center Web Page. Usually, your Medical Practitioner will have a web-site of their own, and when you visit their web-site, you can look for a link that says "Click Here to learn more about Hormone Therapy", or something similar.

Here is an example of the BHRT Information Center Web Page:

	<p>The Family Pharmacy 66 West Pike Street Canonsburg, PA 15317 Tel: 724.745.6480 Fax: 724.745.8818</p>	<p>Bio-Identical Hormone Replacement Therapy Information Center</p>		
<p>For complete details regarding our many services, visit our web site at:</p> <p>www.PersonalHormones.com</p> <p>*****</p> <p>These informational lectures are made possible thanks to the Center For BHRT Information. A new lecture will be presented here each month. Create a FREE account to view the full audio-video library.</p> <p>*****</p> <p>Hey there - this is a test. Can you see my announcement?</p>	<div style="text-align: center;">  <p>Personal Hormones Comprehensive BHRT Program</p> </div> <p style="text-align: center;">We proudly present the Personal Hormones Comprehensive BHRT Program!</p> <p style="text-align: center;">Please Sign-in to enjoy all the features of the program:</p> <ul style="list-style-type: none"> • Comprehensive BHRT Information and Audio-Video library. • On-line Medical Interview provides health risk determination and guidance. • Maintain effective communication with your BHRT Practitioner. • Tools to help you take full control of your health! <p style="text-align: center;">Our System is confidential and secure</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p>Registered Users Sign-In:</p> <p>User Name: <input type="text"/></p> <p>Password: <input type="password"/></p> <p><input type="button" value="Sign-In"/></p> <p>Forgot Password? Click Here</p> <p>Terms & Conditions: Click Here</p> <p>Download User Guide: Click Here</p> </td> <td style="width: 50%; padding: 5px;"> <p>Create a FREE account: </p> <p>Email Address: <input type="text"/></p> <p>Password: <input type="password"/></p> <p>Confirm Password: <input type="password"/></p> <p><input type="button" value="Create Account"/></p> <p>Health Care Providers: Click Here</p> </td> </tr> </table>	<p>Registered Users Sign-In:</p> <p>User Name: <input type="text"/></p> <p>Password: <input type="password"/></p> <p><input type="button" value="Sign-In"/></p> <p>Forgot Password? Click Here</p> <p>Terms & Conditions: Click Here</p> <p>Download User Guide: Click Here</p>	<p>Create a FREE account: </p> <p>Email Address: <input type="text"/></p> <p>Password: <input type="password"/></p> <p>Confirm Password: <input type="password"/></p> <p><input type="button" value="Create Account"/></p> <p>Health Care Providers: Click Here</p>	<p>If you are not feeling your best, ask your health care practitioner or pharmacist for a Hormone Health Evaluation.</p> <p>An excess or deficit of hormone levels in the body is frequently at the root of a wide variety of symptoms.</p> <p>Here is just a partial list:</p> <p>In Women:</p> <ul style="list-style-type: none"> • Breast Pain • Irregular Periods • Infertility • Menopause Changes • Hot Flashes • Night Sweats • Vaginal Dryness • Breast Cysts • Ovarian Cysts • Uterine Fibroids • Endometriosis • PMS <p>Men & Women:</p> <ul style="list-style-type: none"> • Moodiness • Irritability • Anxiety • Depression • Foggy Memory • Low Energy • Nighttime Urination • Migraines
<p>Registered Users Sign-In:</p> <p>User Name: <input type="text"/></p> <p>Password: <input type="password"/></p> <p><input type="button" value="Sign-In"/></p> <p>Forgot Password? Click Here</p> <p>Terms & Conditions: Click Here</p> <p>Download User Guide: Click Here</p>	<p>Create a FREE account: </p> <p>Email Address: <input type="text"/></p> <p>Password: <input type="password"/></p> <p>Confirm Password: <input type="password"/></p> <p><input type="button" value="Create Account"/></p> <p>Health Care Providers: Click Here</p>			

After you create a free account, you will sign-in and then see the following:

The Family Pharmacy
66 West Pike Street
Canonsburg, PA 15317
Tel: 724.745.6480
Fax: 724.745.8818

Bio-Identical Hormone Replacement Therapy Information Center

Personal Hormones
Comprehensive BHRT Program

Welcome Jane (patient@xyz.com)
[Click HERE to Sign-Out](#)

You may now view the lecture selection below, or click on one of the following buttons:

- Enter the Learning Center and Browse the full Audio-Video Library
- Complete your Personal Health Interview, Progress Interview or Write in your Patient Diary
- Change your Account Settings

The Family Pharmacy is pleased to present a monthly series of Bio-Identical Hormone Interviews. We believe that the more you know about your health, the healthier you'll be!

Presenting this month:
Rebecca L. Glaser, M.D., FACS

Successful Breast Surgeon Treats All Of Her Patients With Bio-Identical Hormones

If you are not feeling your best, ask your health care practitioner or pharmacist for a Hormone Health Evaluation.

An excess or deficit of hormone levels in the body is frequently at the root of a wide variety of symptoms.

Here is just a partial list:

In Women:

- Breast Pain
- Irregular Periods
- Infertility
- Menopause Changes
- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Breast Cysts
- Ovarian Cysts
- Uterine Fibroids
- Endometriosis
- PMS

Men & Women:

- Moodiness
- Irritability
- Anxiety
- Depression
- Foggy Memory
- Low Energy
- Nighttime Urination
- Migraines

For complete details regarding our many services, visit our web site at:
www.PersonalHormones.com

These informational lectures are made possible thanks to the Center For BHRT Information. A new lecture will be presented here each month. Create a FREE account to view the full audio-video library.

Hey there - this is a test.
Can you see my announcement?

Clicking on either the Pink, Green or Blue box will do the following:

Pink Box:	Enter the Learning Center and Browse the full Audio-Video Library
Green Box:	Complete your Personal Health Interview, Progress Interview or Write in your Patient Diary
Pink Box:	Change your Account Settings

When either the Pink, Green or Blue box is clicked (see above you will see a new screen with a number of RED TABS at the top of the screen:



The four main RED TABS of interest running along the top of the page are:

[Your Profile](#), [Your Interviews](#), [Your Practitioner](#), [Learning](#)

When one of these Red Tabs is clicked, you are presented with a number of additional choices along the left-hand side of the screen:

<p style="text-align: center;">Your Profile</p> <p style="text-align: center;">Your Secure Mailbox</p>	<p>Messages can be sent between you and your Practitioner via the on-line Portal.</p> <p>Rather than sending the actual message over email, your Practitioner receives an email alert to inform them that a message was left in their secure mailbox.</p> <p>Your Practitioner then signs-in to read and respond.</p> <p>The above process works in reverse when your Practitioner sends a secure message to you.</p>
<p style="text-align: center;">Your Profile</p> <p style="text-align: center;">Your Profile Data</p>	<p>Shows your name, address, phone numbers, gender, birth date, emergency contact information as entered by you.</p>
<p style="text-align: center;">Your Profile</p> <p style="text-align: center;">Change Profile Data</p>	<p>Allows you to update your name, address, phone numbers, gender, birth date and emergency contact information.</p>

<p style="text-align: center;">Your Profile</p> <p style="text-align: center;">Change Your Password</p>	<p>Allows you to change your sign-in password.</p> <p>You must supply the old existing password in order to make this change – this prevents an unauthorized party from changing the password if you leave your PC unattended.</p>
<p style="text-align: center;">Your Interviews</p> <p style="text-align: center;">Interview Me!</p> <p>The Comprehensive On-Line Patient Interview.</p>	<p>This is the starting point where you provide information regarding your symptoms, medical history and lifestyle.</p> <p>Once you begin the Interview, you have 30 days to complete it.</p> <p>You can return at any time in those 30 days to review the answers and make corrections. After 30 days, the Interview answers are locked so that we can preserve an accurate historical record of your medical condition.</p> <p>You can return in the future and begin a brand-new Interview at any time, for example if a significant amount of time has passed and/or some aspect of your health has changed significantly.</p> <p>The on-line Personal Health Interview saves both you and your Practitioner a significant amount of time, as you can complete it at your own pace in the comfort of your home, and your Practitioner can easily review your responses.</p> <p>If you don't know how to use a computer, don't have email, or otherwise find the On-Line Interview process to be too complicated then we suggest setting up a time for a consultation with your Practitioner where you can sit down together to complete the Interview.</p>
<p style="text-align: center;">Your Interviews</p> <p style="text-align: center;">My Patient Diary</p>	<p>You can enter notes and comments into this running, on-line personal diary, as frequently as you please.</p> <p>When the Practitioner views his/her own notes, your Patient Diary entries are interleaved chronologically with your comments, thus giving the Practitioner a more complete picture of your progress.</p>

<p style="text-align: center;">Your Interviews</p> <p>My Progress & Trends</p>	<p>After completing the initial comprehensive On-Line Medical Interview, you are encouraged to periodically (preferably at two-week intervals) fill out a small follow-up questionnaire.</p> <p>We take the top-10 most severe symptoms that you rated in your initial On-Line Medical Interview, and ask you to rate the current severity of your symptoms on a scale of 0 to 9.</p> <p>The results are plotted out on a color chart that shows whether your trend is improving, deteriorating or staying the same.</p> <p>In order to get statistically meaningful data, the system does not allow you to answer the follow-up questionnaire more than once in two weeks.</p>
<p style="text-align: center;">Your Practitioner</p> <p>My Practitioner</p>	<p>Shows the Name, Address and Phone information of the Practitioner and displays a staff photo (if one has been provided).</p>
<p style="text-align: center;">Your Practitioner</p> <p>My Treatment Plans</p>	<p>Your Practitioner is encouraged to enter your Treatment Protocol into this area of the Patient chart so that a running history is maintained. This information is made available to you in order to foster a sense of partnership and as a reference in case you forget some aspect of the treatment protocol that has been designed for you.</p>
<p style="text-align: center;">Your Practitioner</p> <p>My Test Results</p>	<p>If you performed lab tests, your Practitioner can upload them to this area where you can view them.</p>
<p style="text-align: center;">Your Practitioner</p> <p>My Documents</p>	<p>If you have old hardcopy of test results or any other document that you would like to share with your Practitioner, you can scan it and upload it to your own chart.</p> <p>Additionally, you may also view documents that your Practitioner uploaded to your chart.</p>

<p style="text-align: center;">Your Practitioner</p> <p style="text-align: center;">Make Appointment</p>	<p>If your Practitioner utilizes this feature, you can choose an appointment time for a consultation with your Practitioner.</p>
<p style="text-align: center;">Learning</p> <p style="text-align: center;">Learning Library</p>	<p>The learning library has basic information regarding the BHRT approach, explanation of the function of the various hormones, symptoms of related hormonal disorders, links to resources, recommended reading, and other downloadable materials.</p>
<p style="text-align: center;">Learning</p> <p style="text-align: center;">Audio-Video Library</p>	<p>Currently contains a selection of 15 different audio and video interviews conducted by Dr. Yaffa on a variety of health topics with experts in the field (the interviews were conducted in the framework of the BHRT World Summit that was organized by Dr. Yaffa in the spring and fall of 2008).</p> <p>Access to the Audio-Video Library is limited to those who have created Patient accounts.</p> <p>Use the dropdown selection to search for programs on specific topics, for example: Menopause, Adrenal Health, and Osteoporosis.</p>