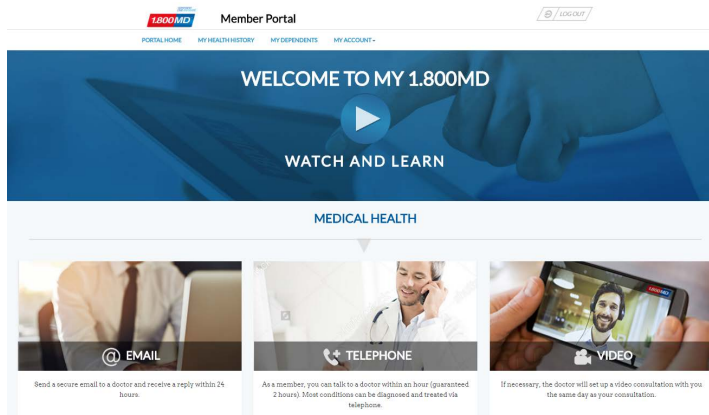




# HOW TO: Complete Your Health History Form

## Once You Have Activated Your Account:

- Go to [www.1800md.com](http://www.1800md.com) to get started
- Select member login then enter username/password
- Welcome to your member portal!



\*The Health History Form can be completed by using **Google Chrome** or **Firefox** browsers, or by using the **1.800MD App**.

- Select the " **MY HEALTH HISTORY** " tab

- Complete entire health history form then click  \*

\*Please make sure you have filled out the form completely before requesting a consult. This ensures that doctors are receiving accurate information to give you the best care possible.