

Select English or Spanish

Create User name and password

Select security question from drop down menu

Enter answer

Sign in

Can't access your account?

Enter User Name and Password

**health portal**

### Welcome to LIFQHC Care Connect

LIFQHC Care Connect Patient Portal offers easy and private access to your medical information, and makes it simple to communicate with your Care Team without having to call the Health Center.

Using your secure portal you will be able to:

- Medical History
- Appointments
- Request Refills from your doctor

**healow Mobile App**

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Your health & online wellness platform

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Click Medical Records to view:

- Lab results
- Visit Summary
- Personal Health Records

Click My Account to:

- View and update demographics
- View and update personal Information
- Reset Password

Click Messages to view incoming messages OR to send a message to the Health Center

Click Appointments to view future and past appointments OR To request a future appointment

Click Questionnaires to access Medical History Information

Click Education to access Health Education Material - Next click Knowledge Base, then under Health Topics click Spanish Health Guide for health materials in Spanish

