

Simplicity Health Associates

Patient Portal Navigation

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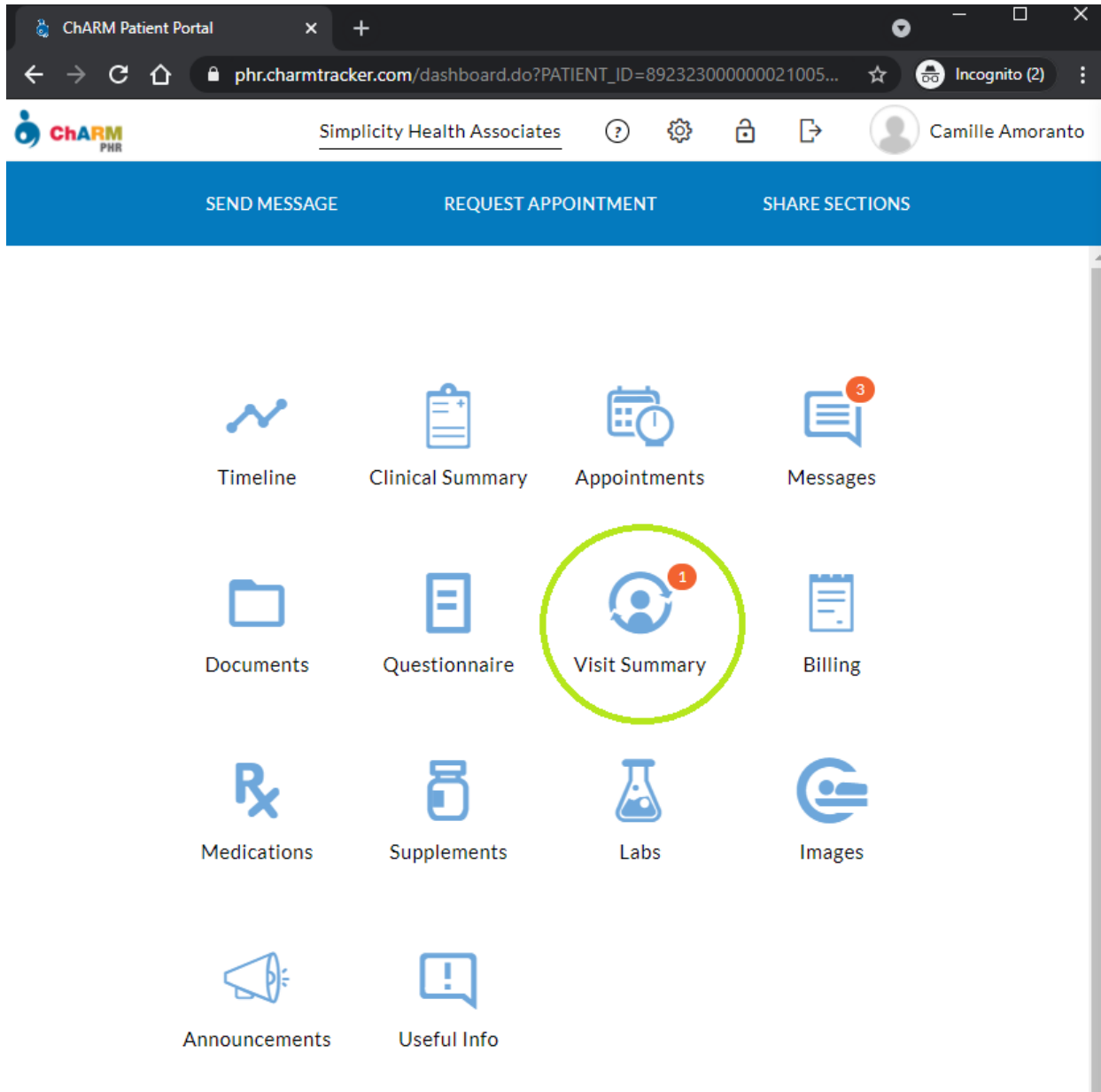
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Access treatment recommendations

1. Click **Visit Summary**



The screenshot shows the ChARM Patient Portal dashboard. The browser address bar displays the URL: `phr.charmtracker.com/dashboard.do?PATIENT_ID=892323000000021005...`. The user is logged in as Camille Amoranto. The dashboard features a blue navigation bar with three main actions: SEND MESSAGE, REQUEST APPOINTMENT, and SHARE SECTIONS. Below this, a grid of icons represents various patient services. The 'Visit Summary' icon, which includes a red notification badge with the number '1', is highlighted with a green circle. Other icons include Timeline, Clinical Summary, Appointments, Messages (with a red badge of '3'), Documents, Questionnaire, Billing, Medications, Supplements, Labs, Images, Announcements, and Useful Info.

SEND MESSAGE	REQUEST APPOINTMENT	SHARE SECTIONS
Timeline	Clinical Summary	Appointments
Documents	Questionnaire	Visit Summary (1)
Medications	Supplements	Labs
Announcements	Useful Info	Messages (3)
		Billing
		Images

2. Select date of appointment

The screenshot shows the ChARM Patient Portal interface. The browser address bar displays the URL: `phr.charmtracker.com/visit.do?method=fetchVisits&PATIENT_ID=892323...`. The user is logged in as Camille Amoranto. The main navigation bar includes "SEND MESSAGE", "REQUEST APPOINTMENT", and "SHARE SECTIONS".

The left sidebar contains a navigation menu with the following items: Timeline, Clinical Summary, Appointments, Messages (3), Documents, Questionnaire, **Visit Summary (1)**, Billing, Medications, Supplements, Labs, Images, Library, and Wellness. The "Visit Summary" item is highlighted in orange.

The central area features a calendar for April 2021. The calendar shows dates from Sunday to Saturday. The date 20th (Tuesday) is highlighted with a blue circle, indicating a visit. Below the calendar, there are sections for "Today Visit(s)" and a "Show all" link.

The right sidebar displays the "Visit Summary" for the selected date, April 20th, 2021. The summary includes the date and day (20 Tue) and the provider information: "Simplicity Health Associates" and "Provider ND. Ivy Branin". Below this, the summary for the previous month, March 2021, is also visible, showing a visit on March 03 (Wednesday) with the same provider information.

3. The PDF file containing treatment recommendations should be displayed.

ChARM Patient Portal

phr.charmtracker.com/visit.do?method=fetchVisits&PATIENT_ID=89232300000021005&PRACTICE_ID=25700000159001...

Simplicity Health Associates

Camille Amoranto

ND. ivy branin-Apr 20, 2021

Chart Note pdf

1 / 1 | 84%

1

Simplicity Health Associates
230 W 13th Street, Suite 1B
New York, New York - 10011

Patient : Camille Amoranto Record Id : PAT0385
Date of Birth : Oct 30, 1992 Age / Gender : 28 / F
Provider : ND. ivy branin, Naturopath Date of Visit : Apr 20, 2021

Supplements

Supplement	Directions	Details
Liver SAP - NFH[Manufactured]	1 capsule(s) Twice a day With breakfast and dinner Oral	Comment : To support the liver
Fem Rebalance - Vitanica[Manufactured]	2 capsule(s) Once a day AM Oral	Comment : Balance hormones
Turksa's Formula - Wise Woman[Manufactured]	0.5 teaspoon Twice a day AM and before bed Oral	Comment : Help to shrink fibroid

Diets

- Avoid Animal Dairy:** this includes milk, cheese, yogurt, butter, kefir from cow, goat, sheep, and buffalo as it contains hormones, causes inflammation and interferes with detoxification which all can lead to breakouts.
 - Best cheese alternatives: Violife, Miyokos, Treeline
 - Best yogurt alternatives: CocoYo, CocoJune, Anita's, Culina, Nancy's Oatmilk yogurt
- Avoid Added Sugar:** no more than 10g from cane, molasses, honey, agave, brown rice syrup, dried fruit
 - 2-3 small squares of 88% dark chocolate usually has less than 5g of sugar or you can try Lily's Stevia Sweetened chocolate or Eating Evolved Keto cups and chocolate bars
 - Ice cream:** So Delicious sugar free Coconut milk ice cream and bars
- Avoid Alcohol:** no more than 1-2 drinks per week
- Vegetables:** make sure to get at least 4 cups of vegetables per day

Instructions

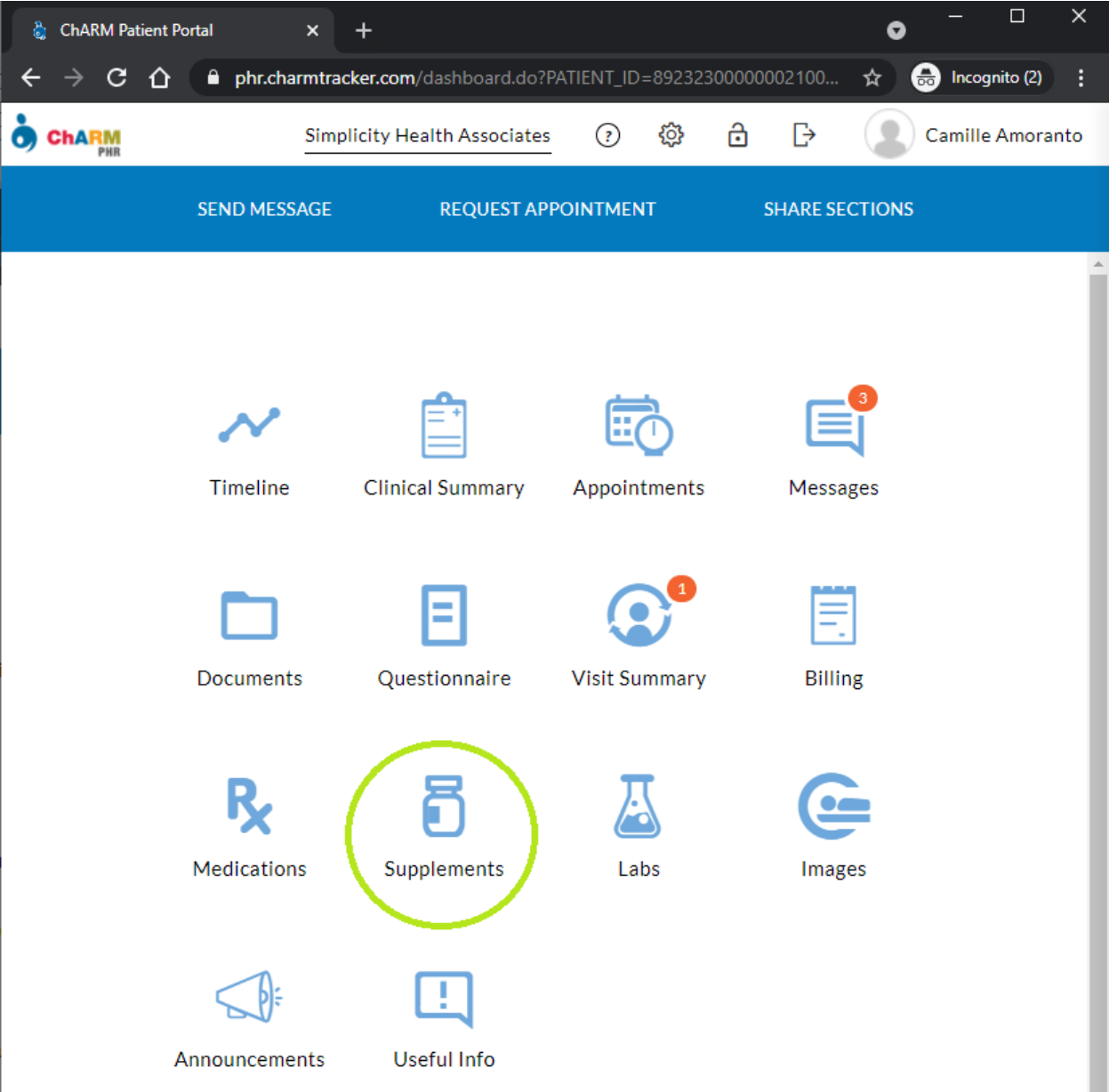
Follow-up Appointment: Monday June 18 at 3pm

Handouts & Educational Resources

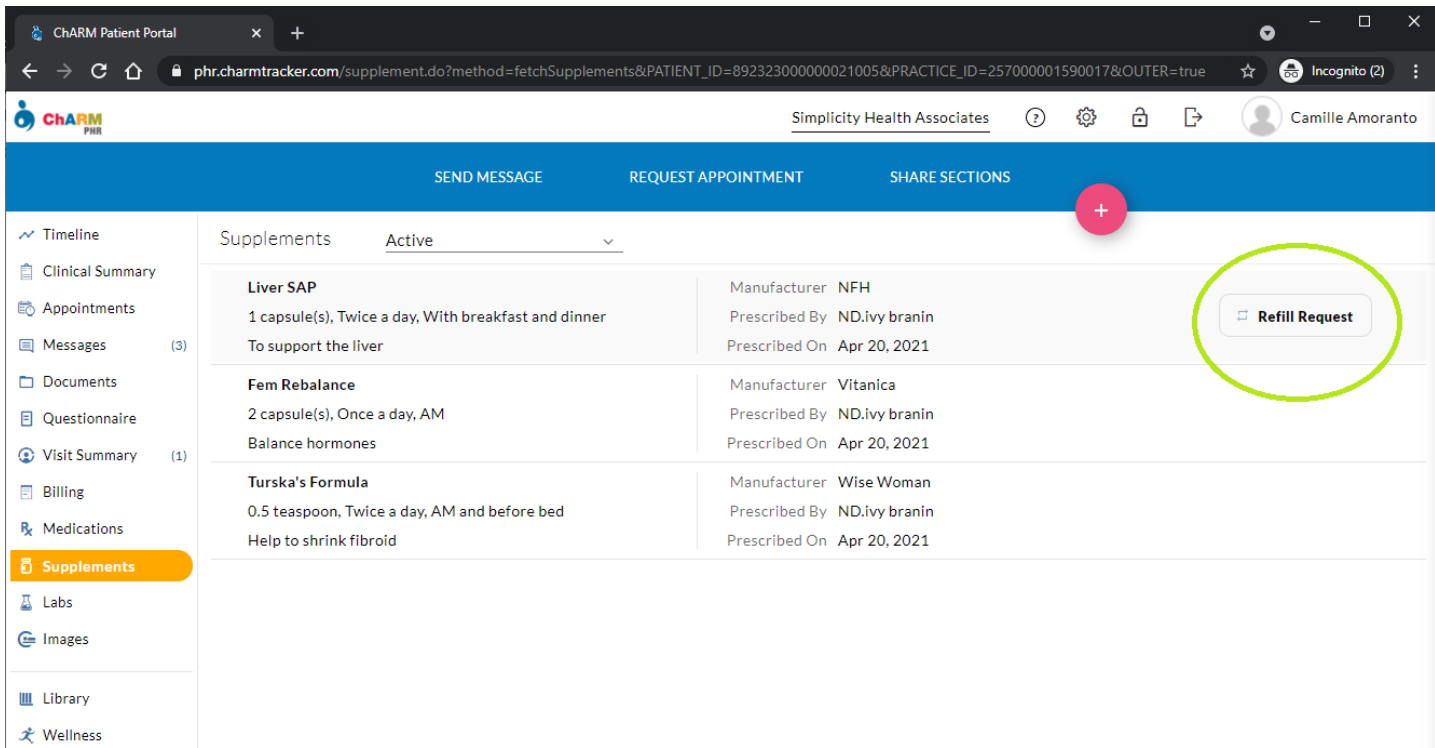
Resources	Link
Handouts	Anti-Estrogenic Diet.doc

Order/View Supplements

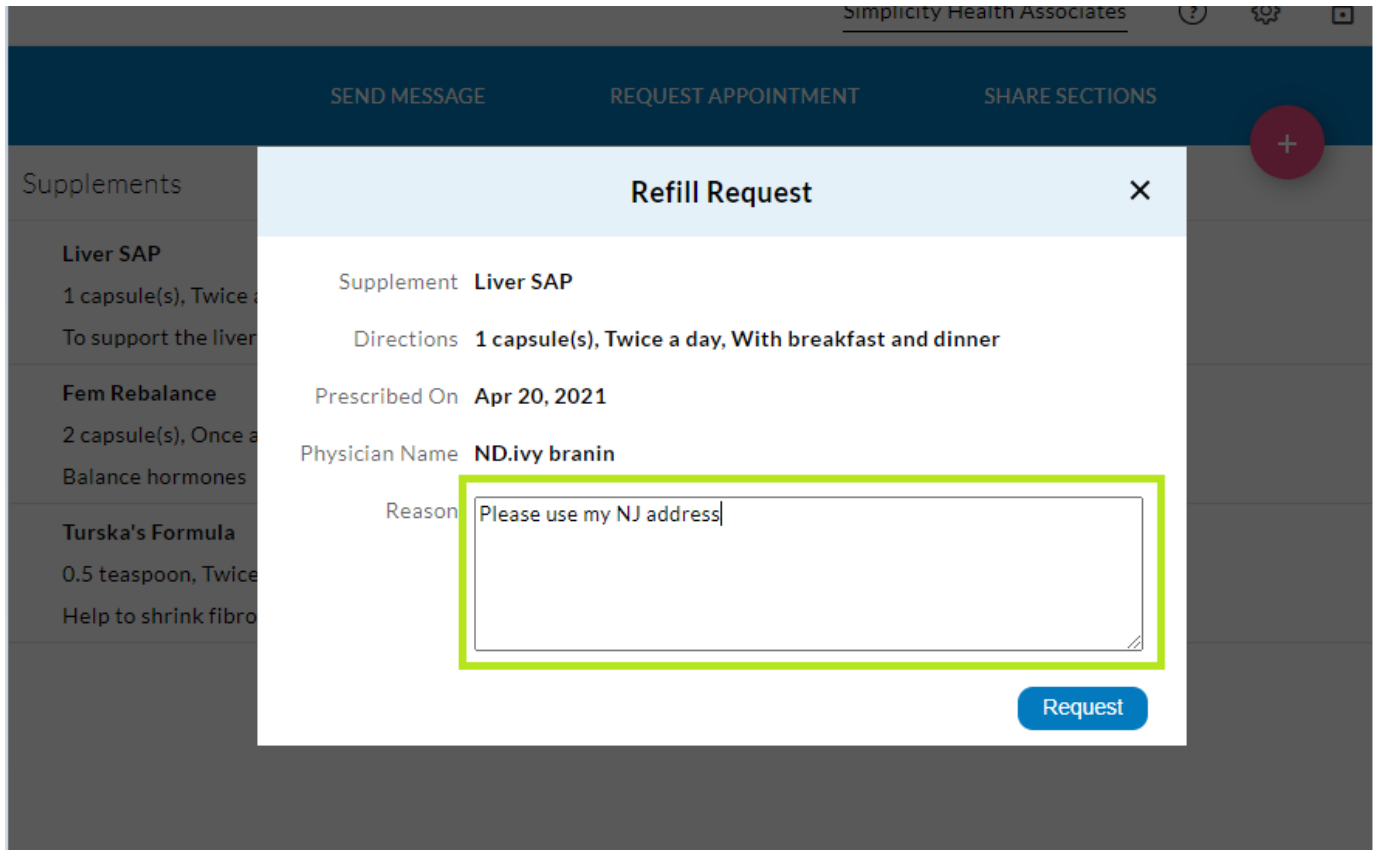
1. Click **Supplements**



2. Place mouse pointer over one of the supplements then click on **Refill Request**



3. The Refill Request window should pop-up, fill out the **Reason** box for any additional details.



4. Click on **Request**

The screenshot shows a mobile application interface for 'Simplicity Health Associates'. At the top, there are three navigation options: 'SEND MESSAGE', 'REQUEST APPOINTMENT', and 'SHARE SECTIONS'. A dark blue header bar contains a red circular '+' icon on the right. Below this is a list of supplements under the heading 'Supplements'. The selected item is 'Liver SAP', with details: '1 capsule(s), Twice a day, To support the liver'. Other items include 'Fem Rebalance' (2 capsules, Once a day, Balance hormones) and 'Turska's Formula' (0.5 teaspoon, Twice a day, Help to shrink fibroids). A modal window titled 'Refill Request' is open, displaying the following information: 'Supplement: Liver SAP', 'Directions: 1 capsule(s), Twice a day, With breakfast and dinner', 'Prescribed On: Apr 20, 2021', and 'Physician Name: ND.ivy branin'. A text input field for 'Reason' contains the text 'Please use my NJ address'. A blue 'Request' button is located at the bottom right of the modal and is circled in green.

SEND MESSAGE REQUEST APPOINTMENT SHARE SECTIONS

Supplements

- Liver SAP**
1 capsule(s), Twice a day
To support the liver
- Fem Rebalance**
2 capsule(s), Once a day
Balance hormones
- Turska's Formula**
0.5 teaspoon, Twice a day
Help to shrink fibroids

Refill Request [X]

Supplement: **Liver SAP**

Directions: **1 capsule(s), Twice a day, With breakfast and dinner**

Prescribed On: **Apr 20, 2021**

Physician Name: **ND.ivy branin**

Reason:

Request

Messages

1. Click on **Messages**

The screenshot shows a web browser window displaying the ChARM Patient Portal. The browser's address bar shows the URL `phr.charmtracker.com/dashboard.do?PATIENT_ID=892323000000...`. The page header includes the ChARM PHR logo, the text "Simplicity Health Associates", and a user profile for "Camille Amoranto". A blue navigation bar contains three buttons: "SEND MESSAGE", "REQUEST APPOINTMENT", and "SHARE SECTIONS". The main content area features a grid of icons for various patient services: Timeline, Clinical Summary, Appointments, Messages (highlighted with a green circle and a red notification badge with the number 3), Documents, Questionnaire, Visit Summary (with a red notification badge with the number 1), Billing, Medications, Supplements, Labs, Images, Announcements, and Useful Info.

2. Click on the message

The screenshot shows the ChARM Patient Portal interface. The top navigation bar includes 'SEND MESSAGE', 'REQUEST APPOINTMENT', and 'SHARE SECTIONS'. A search bar is located at the top right. The left sidebar contains various menu items, with 'Messages (3)' highlighted. The main content area displays a list of messages:

Sender	Subject	Date
ND. ivy branin	Invoice from Simplicity Health Associates	Apr 25, 2021
ND. ivy branin	Invoice from Simplicity Health Associates	Apr 25, 2021
ND. ivy branin	Your Plan	Apr 21, 2021

The message 'Your Plan' is highlighted with a green box.

3. Open the attachment by clicking on the PDF file at the bottom

The screenshot shows the ChARM Patient Portal interface with the 'Your Plan' message details expanded. The message content is as follows:

Your Plan

ND. ivy branin
Apr 21, 2021 08:46 AM (-05:00)
To: Camille Amoranto

Hi Camille,

It was so nice meeting you. You can now access my recommendations from our appointment. Also I've attached a copy of the new patient paperwork. When you get a chance please complete and upload into your documents. Let me know if you have any questions.

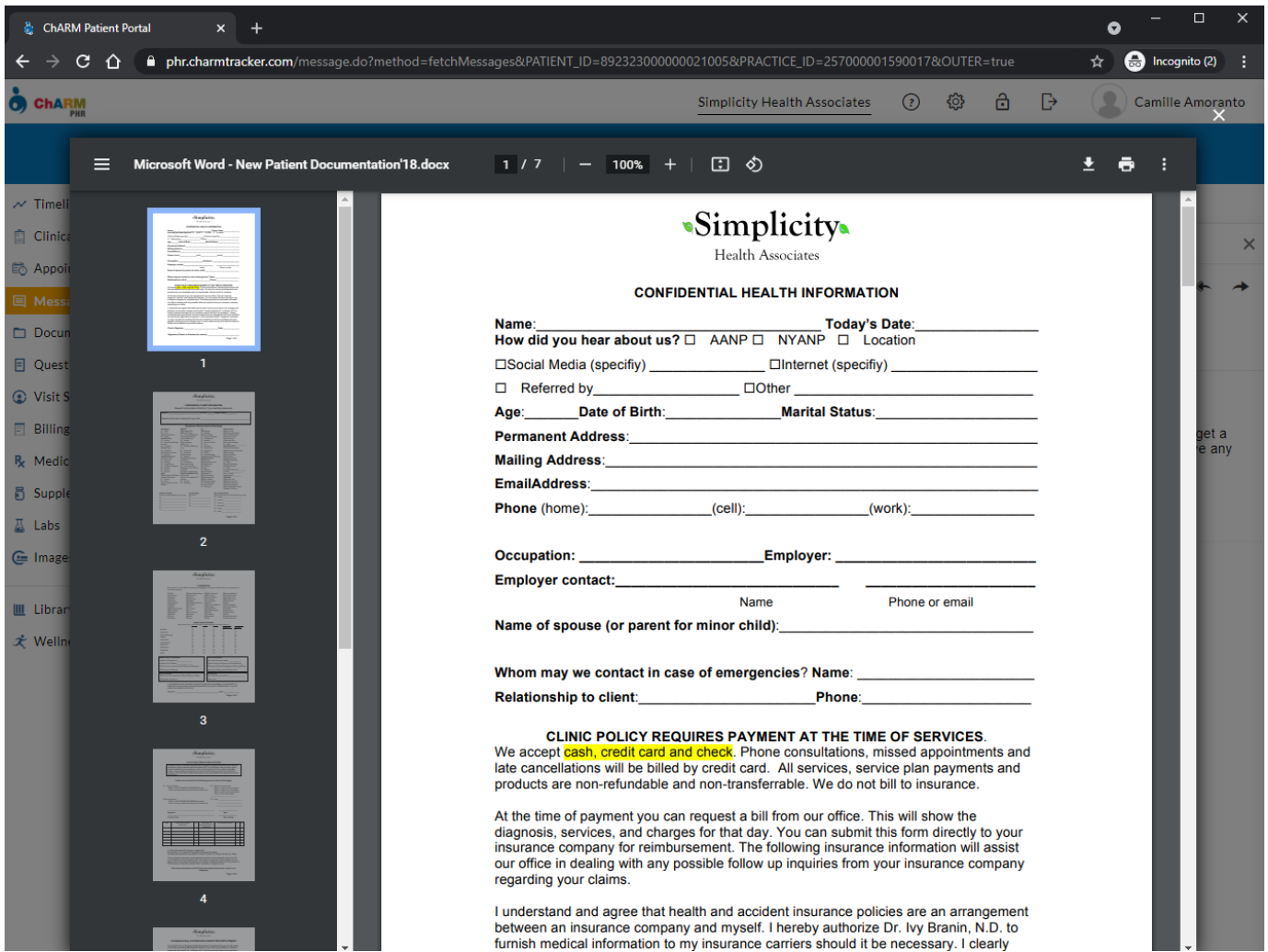
Be well,

Dr Ivy

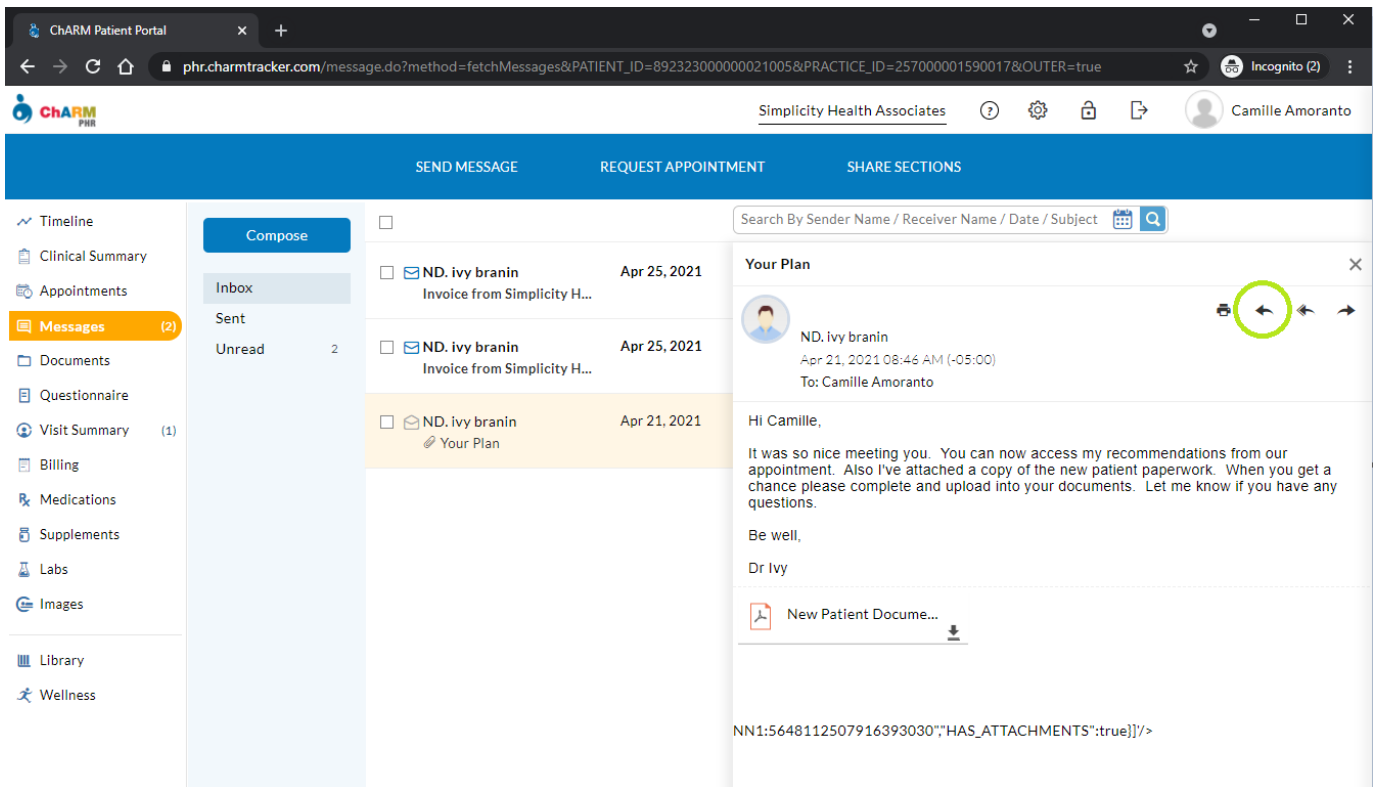
New Patient Docume...

At the bottom of the message, there is a code: `NN1:5648112507916393030";HAS_ATTACHMENTS":true]]/>`

4. Fill out the PDF file



5. Once done filling out the form go back to the message then click on Reply




6. Click on the *clip* icon and attach your accomplished form










SEND MESSAGE REQUEST APPOINTMENT SHARE SECTIONS


Compose Message ✕

From Camille Amoranto

To  ND. ivy branin ✕

Subject Your Plan

B *I* U  **F** 10        

 Attachment

--- On Apr 21, 2021 08:46 AM (-05:00) <ND. ivy branin > wrote ---

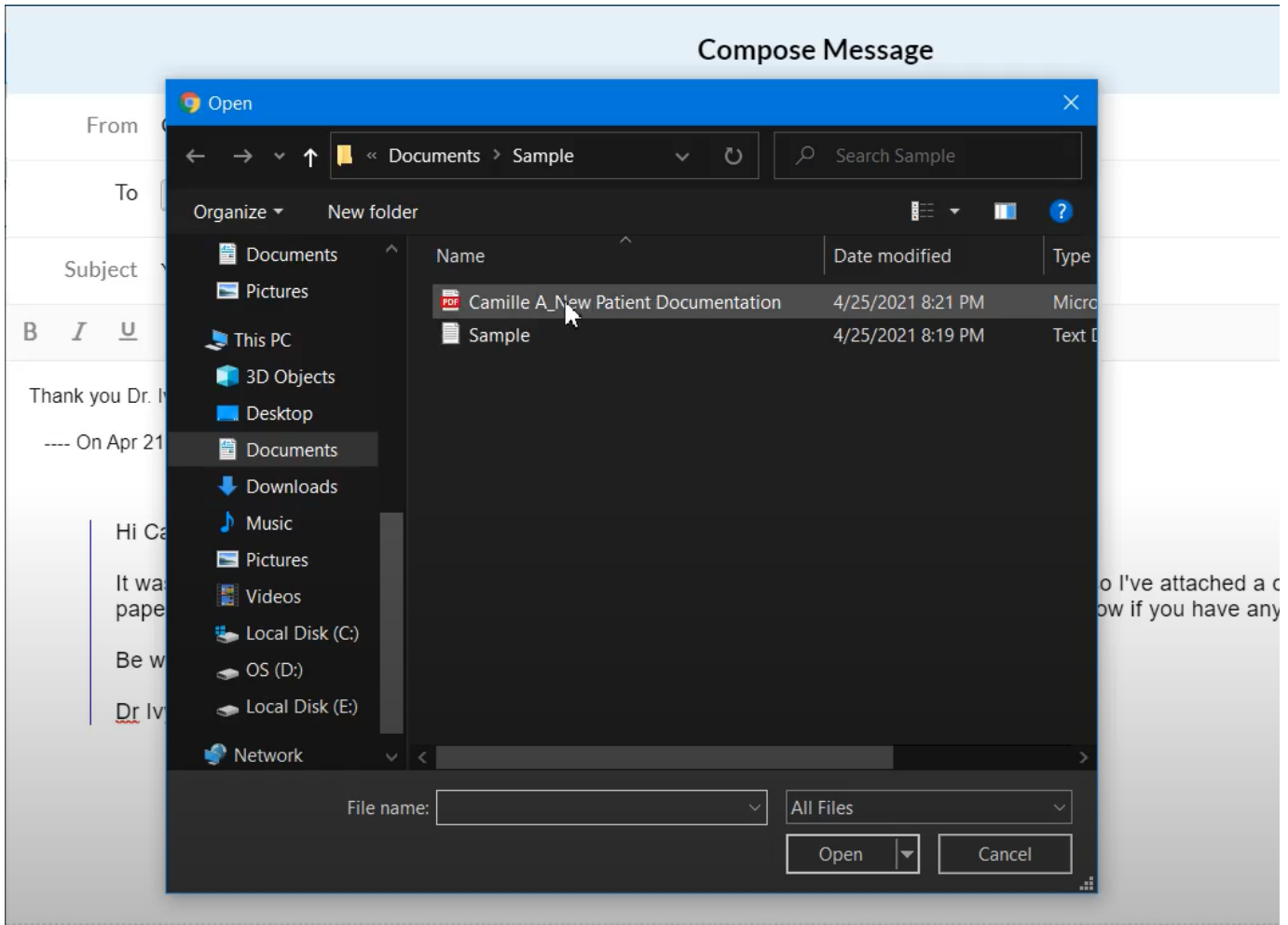
Hi Camille,

It was so nice meeting you. You can now access my recommendations from our appointment. Also I've attached a copy of the new patient paperwork. When you get a chance please complete and upload into your documents. Let me know if you have any questions.

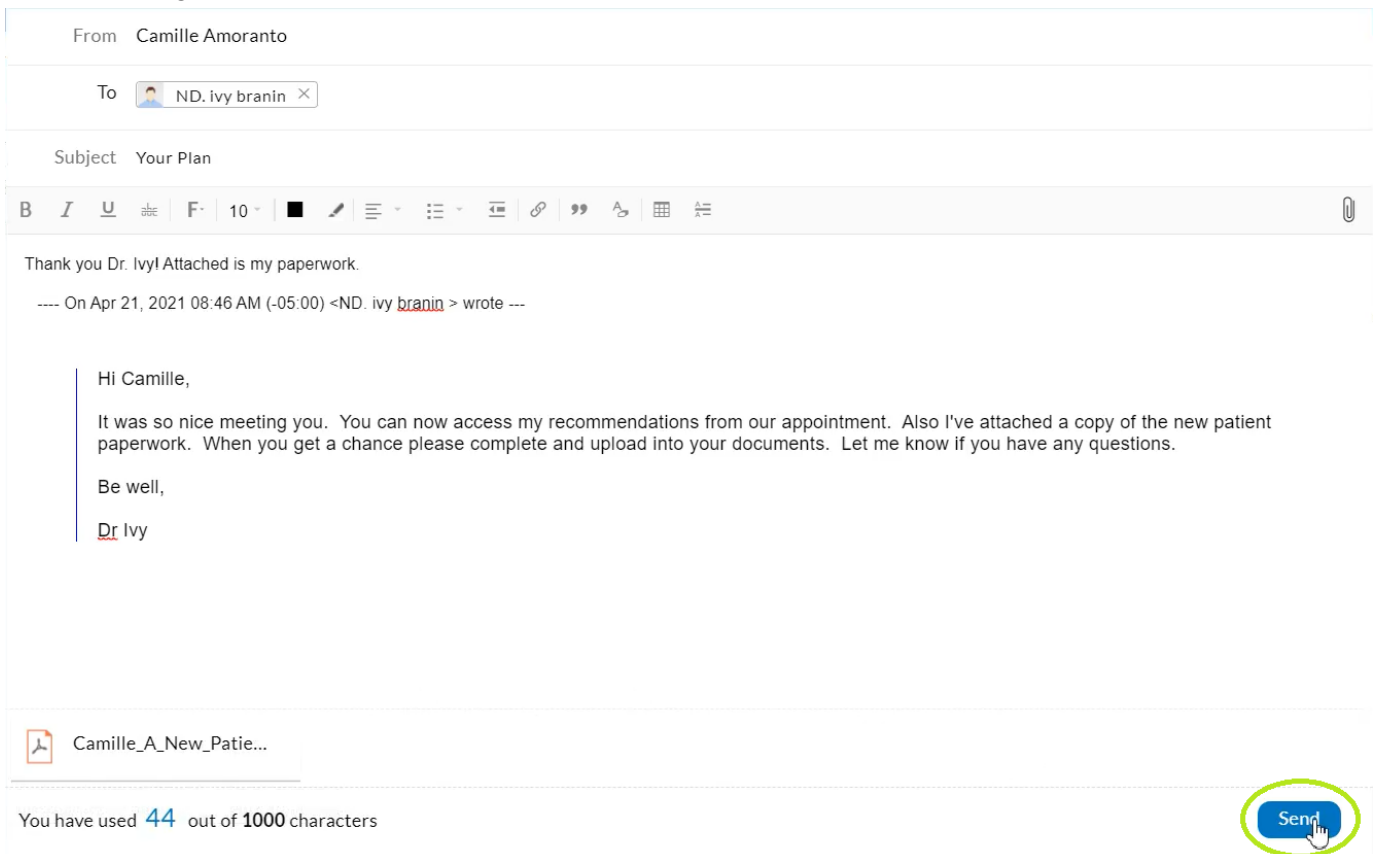
Be well,

Dr Ivy

You have used 0 out of 1000 characters Send

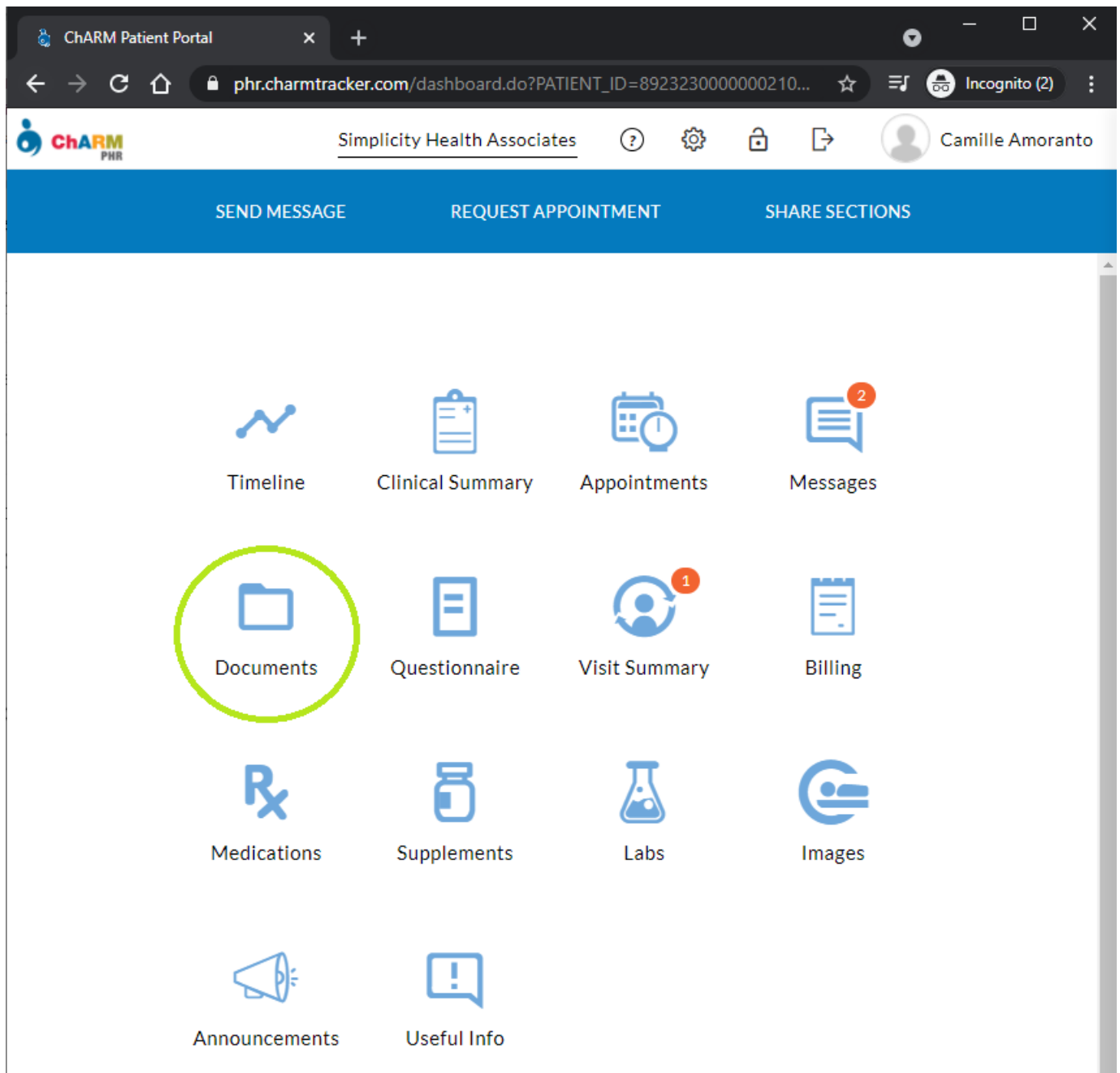


7. After attaching the file, click on **Send**



Documents

1. Click on the **Documents** icon or tab



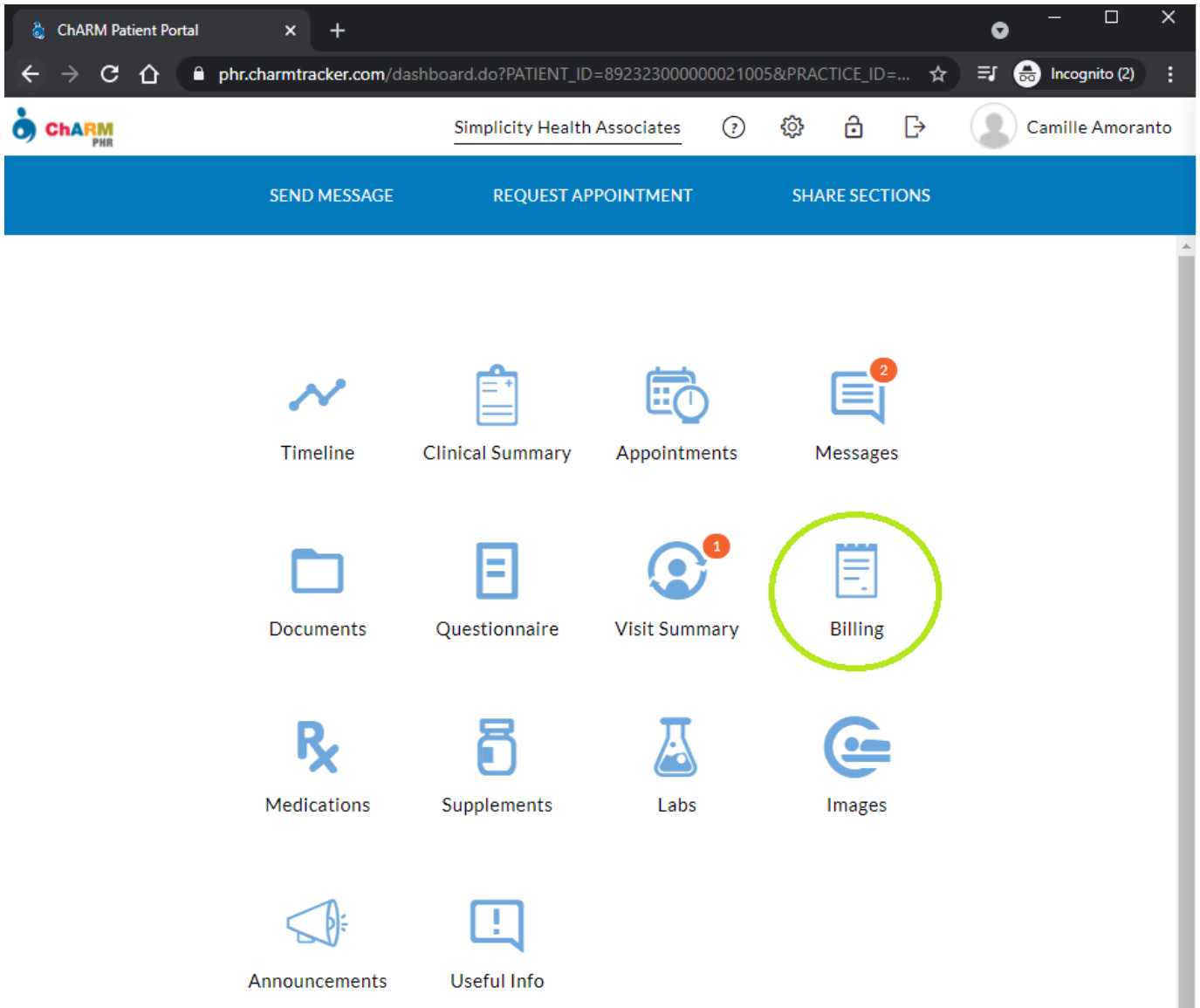
2. Click on the document that you want to open.

The screenshot shows the ChARM Patient Portal interface. The browser address bar displays the URL: `phr.charmtracker.com/document.do?method=fetchDocuments&FILTER_TYPE=All&PATIENT_ID=89232300000021005&PRACTICE_ID=...`. The user is logged in as Camille Amoranto. The main navigation bar includes 'SEND MESSAGE', 'REQUEST APPOINTMENT', and 'SHARE SECTIONS'. The left sidebar contains a menu with options: Timeline, Clinical Summary, Appointments, Messages (2), Documents (highlighted), Questionnaire, Visit Summary (1), Billing, Medications, Supplements, and Labs. The 'Documents' section is active, showing a list of documents. A search bar at the top of the document list reads 'Search By Document Name / Shared By / Category'. The document list includes the following entry, which is highlighted with a green box:

Document Name	Uploaded on	Shared by
<input type="checkbox"/> Anti-Estrogenic Diet.Doc [Handouts] 97.0 KB	Apr 21, 2021	Simplicity Health Associates

Invoice

1. Click on the **Billing** icon.



2. Click on the invoice that you want to open/view.

