

# Welcome to The Langdale Company Health Portal!

## We care about your health . . .

Hello and welcome to The Langdale Company Health Portal, powered by Deerwalk, Inc. This site provides you with the tools you need to manage your health. You can securely view healthcare information online 24 hours/day, 7 days/week, 365 days/year from any computer connected to the internet. The Personal Health Review, Care Alerts, risk calculators and health information available through the web site will help you create your personal health action plan. The trackers allow you to record and follow your progress toward achieving your health goals.

## How to get started

1. Go to the website <https://tlc.hp.deerwalk.com>
2. Click "REGISTER" upper right corner and complete the Registration form
3. You will receive an email with your user name and password
4. Go to the website <https://tlc.hp.deerwalk.com> and sign-in with your new user name and password
5. You will see the Health Portal homepage as shown in the following example

## Quick Tour

*The Health Portal is an up-to-date source of health and wellness information:*

- Available 24 hours per day, 7 days per week, 365 days per year
- At your fingertips anytime you have an internet connection

*"Set your personal health action plan and track your progress toward meeting your health goals online."*

The screenshot shows the Health Portal homepage with several key features highlighted by numbered callouts:

- 1**: User profile area in the top right corner, displaying "Welcome, Mary Smith" and links for "Profile" and "Logout".
- 2**: "COMPLETE THE ASSESSMENT" button located below the "It's time to complete your annual Health Risk Assessment (HRA)" section.
- 3**: "MY CARE ALERTS" section, which lists alerts such as "No annual lipid profile" and "No routine exam in last 24 months".
- 4**: "View My Messages & Reminders" button located in the "MESSAGES & REMINDERS" section.
- 5**: "MY HEALTH ACTION PLAN" section, which lists action items like "Safety: Do not drink alcohol more..." and "Nutrition/Weight: Eat regular meals, more...".

**1** – Click on the “Profile” link to view basic demographic information on yourself and to add a picture if you would like one in your Health Portal profile. Click on “Log-Out” when you are ready to sign off.

**2** – If you would like to read what a health risk assessment is and why you should complete one, click on the “Learn More” link. To complete a health risk assessment, you can click on the “complete the assessment” link or click on the “Assess My Health” tab. **PLEASE NOTE: The Health Risk Assessment (HRA) available through the portal does not replace onsite HRAs that may be required by your employer.**

**3** – “My Care Alerts” shows potential gaps in your health care. These are things you should talk with your doctor about having done.

**4** - “Messages & Reminders” is where you can receive and send messages with your care manager.

**5** - “My Health Action Plan” allows you to set activities you will participate in to reach your health and wellness goals.

### Clicking on one of the tabs in the Health Portal opens additional functionality:

-  **My Health History** This section of the Health Portal gives you a place to keep an online health history for yourself.
-  **Tools & Resources** This section contains health related calculators and trackers. There are learning modules on a variety of topics. In addition, trusted websites for additional health information are listed under the “Other Resources” button. By clicking on one of those resource website links, you will be taken to the website. Use the back arrow to come back to the Health Portal from the other site.
-  **Assess My Health** This section allows you to complete a personal health review or view those that you have previously completed in the Health Portal. This does not apply towards any premium discount, only for your personal use.
-  **Drug Information** This section allows you to look up information on prescription and over-the-counter drugs, identify pills by look if you do not know what the pill is and to check for drug interactions.
-  **Medical Library** This section offers a medical encyclopedia so you can look-up information on topics of interest to you. Contact information for “Ask a Nurse” can be found under this tab also.

**Congratulations on starting your journey toward better health.**

