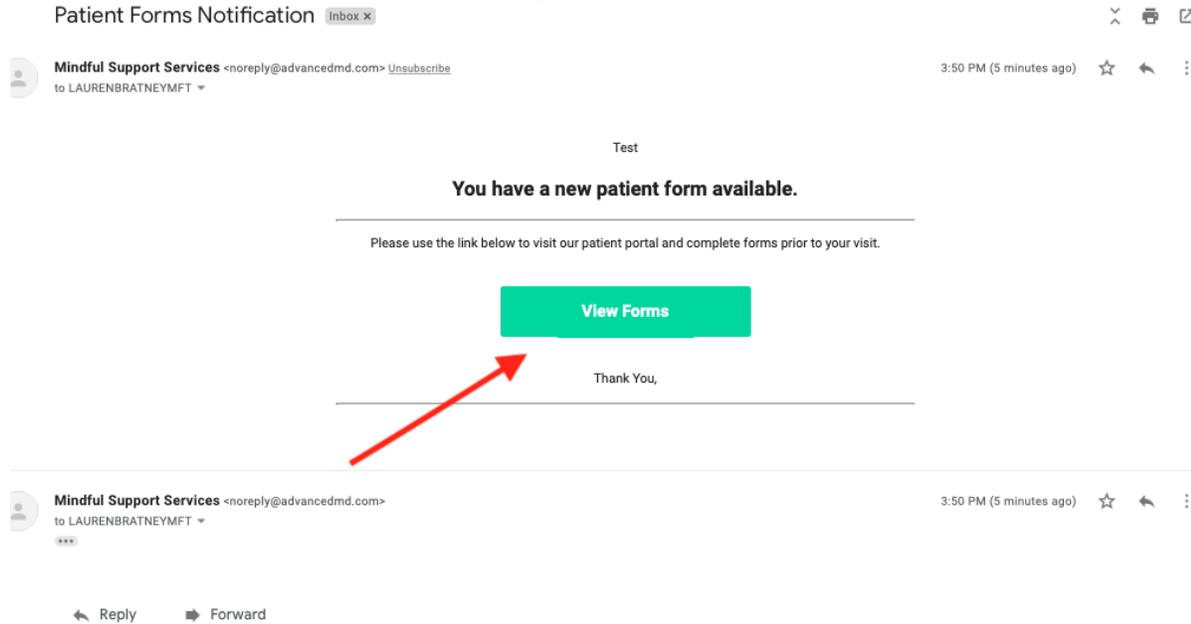
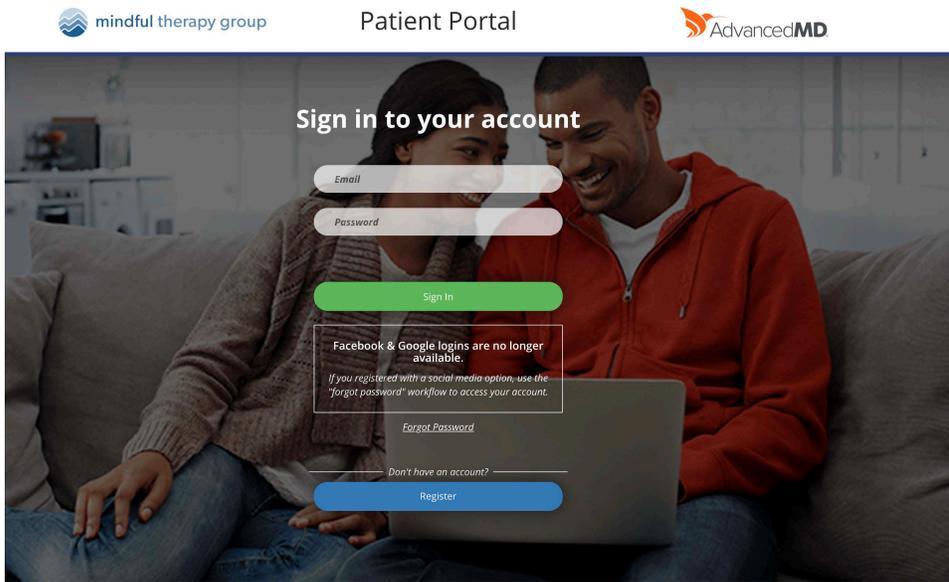


Accessing Your Portal Account

When your provider sends you a form or you schedule an appointment with us for the first time, you will receive the following email from Mindful Support Services:

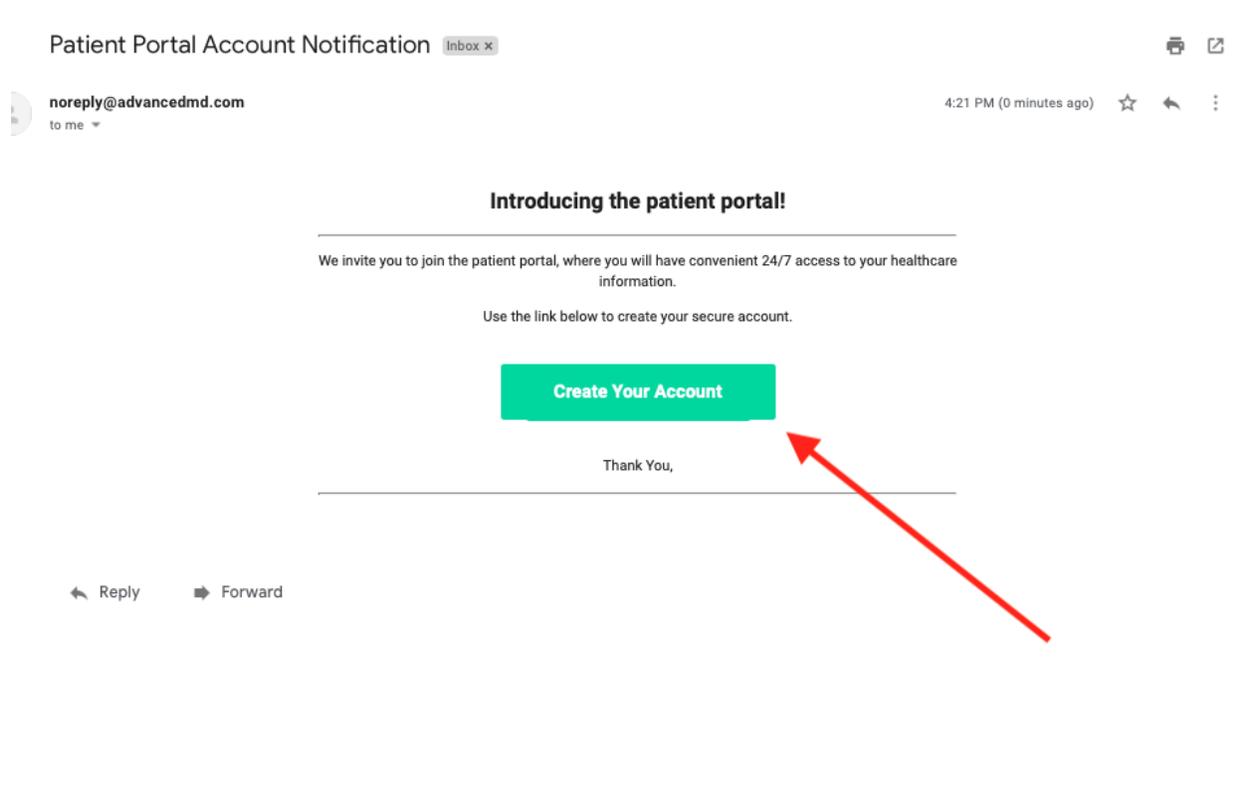


Click on the green rectangle box that reads “Create Your Account” or “Create Your Account.” This will prompt you to a page that appears as the image below.



Click “Register” on the bottom right corner. It will then ask you to enter your email address and first and last name.

This will prompt the below email to be sent to your account:



Click “create your account”

This will take you back to the login page:

Password Requirements | ✖ Length 8+ chars | ✖ Use upper and lower case | ✖ Use a number and a symbol | ✔ Less than 4 repeated chars (e.g. AAA)

Complete Account Registration

Or connect with 

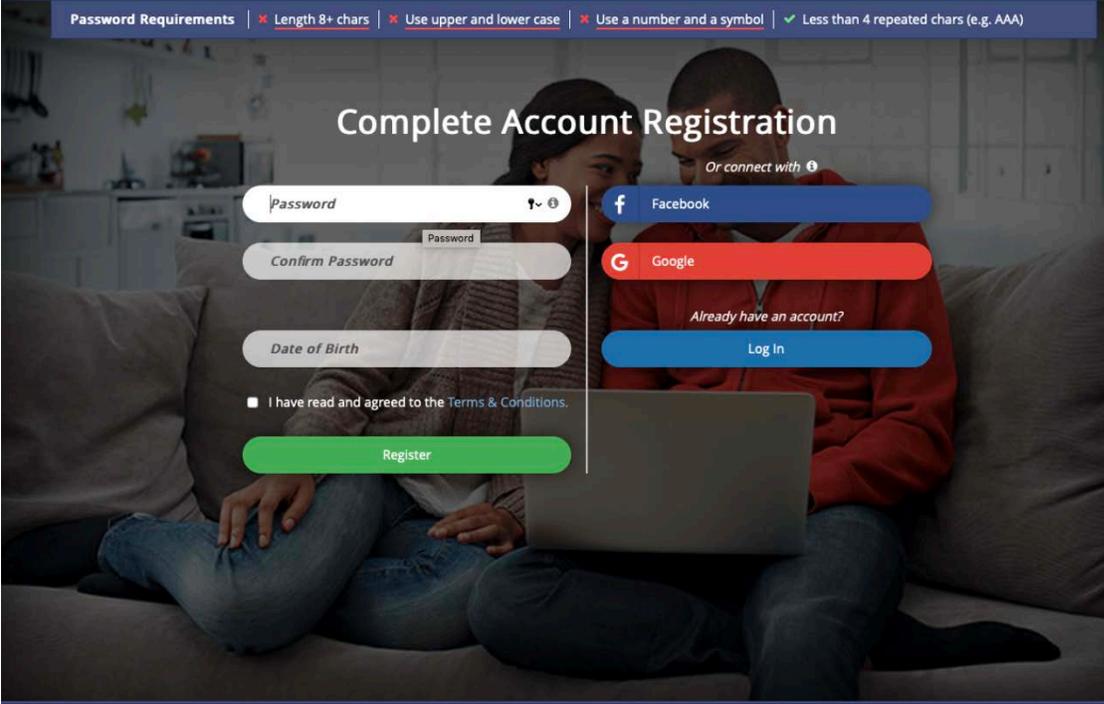
Password 

Confirm Password

Date of Birth

I have read and agreed to the [Terms & Conditions](#).

Already have an account?



On the left-hand side, you would need to create a password, confirm it, and enter the clients Date of Birth. (Side note: if you are a parent and are creating a portal account for your child, because they are the client, then you would need to put your child's DOB.)

Password needs to be 8+ characters long, One uppercase letter is needed, and One symbol and number.

Using your Patient Portal

Once in the portal you will be able to sign forms, pay bills, and ask your provider a question. **Note:** you do not access virtual sessions through the portal. To access your virtual session follow the directions [here](#).

Signing Forms:

To sign your Patient forms click "patient forms" button.

mindful therapy group

Profile Appointments Messages Bills Forms

Home Settings Messaging Pref. Activity ToS Log Out

BRATNEY, LAUREN
7/25/1989
Balance \$0.00
607
535 13TH AVE E
SEATTLE, WA
98102
Next Appointment 11/11/2019 09:30 AM
Last Appointment 11/06/2019 12:30 PM

Reminders Due
No Health Watcher Items Found

Ask a Question Send a message to the
Pay My Bill Pay your account
Patient Forms Access your forms and

When you click on the “Patient Forms” it will take you to the below screen. From there click the “start” button.

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Profile Appointments Messages Bills Forms Records

Log Out

Patient Forms

Patient Name	Appointment Date	Form Name	
BRATNEY, LAUREN	Wed 11/06/2019 12:30 PM	Adam Seward Disclosure	Start
BRATNEY, LAUREN	Wed 11/06/2019 12:30 PM	Therapist Patient Intake Form	Start

After you review the form, you will be able to sign the document in the “sign here” box. Once they have signed they will hit the “Finish and Submit” button in the top right.

Adam Seward Disclosure

Exit Decline Save and Close **Finish and Submit >**

Contacting The Office : You may leave a message at 425-760-5724. I will check these messages on a fairly regular basis. Please limit your phone conversation needs to scheduling appointments and or emergencies.

Emergencies: If you are ever in an emergency during the course of counseling and cannot reach me, please either call 911 or the Crisis Clinic 800 244 5767

I have read and understand the information presented in this form:

Sign here

Clear

Date: 11/06/2019
Print Name Here: Lauren Bratney

Messaging your Provider:

Click the “ask a question” icon.

BRATNEY, LAUREN
7/25/1989

607
535 13TH AVE E
SEATTLE, WA 98102

Balance
\$0.00

Next Appointment
01/14/2020 07:00 AM

Last Appointment
12/26/2019 03:00 PM

Reminders	Due
No Health Watcher Items Found	



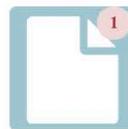
Ask a Question
Send a message to the office staff for medical or billing questions.



Request Appointments
Make an appointment with one of our providers for a sick visit or physical.



Pay My Bill
Pay your account balance online using your credit or debit card.



Patient Forms
Access your forms and update

Under “subject” from the list of options select “ask Physician/Provider Directly.”

The screenshot shows the 'Ask a Medical or Billing Question' form. At the top, there is a navigation bar with icons for Profile, Appointments, Messages, Bills, Forms (with a red notification badge), and Records. Below this is a blue header with 'My Messages' and 'Ask a Question' tabs, and a 'Log Out' link. The main form area has a title 'Ask a Medical or Billing Question'. On the left, a dropdown menu is open, showing options: 'Ask Physician/Provider Directly' (highlighted with a red box), 'Billing & Payments', and 'General Q&A'. To the right of this menu are two buttons: 'Inbox (0)' and 'Sent Messages'. Below the menu is a 'Patient' dropdown menu with the text 'BRATNEY, LAUREN 07/25/1989'. Underneath is a 'Message' text area. At the bottom of the form is a 'Send Message' button.

A new drop down will pop up, select your provider from the list of options.

This screenshot shows the provider selection dropdown menu. The 'Subject' dropdown is set to 'Ask Physician/Provider Directly'. A list of providers is displayed, with 'AGUINAGA, LOLITA, LICSW' selected and highlighted with a red box. The list includes the following names and credentials: ACOSTA, TERESA, LICSW; ADAMS, JEN, LMHC; AGUINAGA, LOLITA, LICSW; AHRENS, JESSICA, LICSW; ALDRIDGE, TURNER, LMHC; ALLEN, SARAH, PSYD; ANDERSON, BARBARA, LMHC; ANDERSON, MARC, LMHC; ANDREINI, RHIANNON, LMHC; APPLE, JASON, LMHC; ARBELO, IRENE, LMFT; ARCIERI, DEZRYELLE, LMFT; ASEFEW, TASHAU, LICSW; ASHLEY, CAROL, LMFT; BAINS, ANITA, ARNP; BASOLO, TERRY, LMHC; BATES, REBECCA, LMHC; BAUER, MARTINA, LMHC; BAXTER, PAUL, LMHC; BEDORE, NICHOLE, LMHC; BENNETT, CARLA, LICSW; BERGESEN, BRADI, LICSW; BERZINSKI, CARMEN, LICSW; BISHOP, ADAM, LMHC; BOHLING, ALEXI, LMFT; BOLAN, ASHLEY, ARNP; BOLENDER, RAQUEL, PMHNP.

In the body write your message and hit the send button at the bottom.

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Profile Appointments Messages Bills Forms 2 Records

My Messages Ask a Question Log Out

Ask a Medical or Billing Question

Subject
Ask Physician/Provider Directly

Physician
AGUINAGA, LOLITA, LICSW

Patient
BRATNEY, LAUREN 07/25/1989

Message

Send Message

Inbox (0)

Sent Messages

To view your sent messages, click on either the inbox button in the right corner or the “my messages” button in the top left corner.

mindful therapy group

Profile Appointments Messages Bills Forms 2 Records

My Messages Ask a Question Log Out

Sent Messages

Viewing: BRATNEY, LAUREN 07/25/1989 Last 30 days Filter

Date	Patient	Subject	To
01/13/2020	BRATNEY, LAUREN	Portal Message	KRISTINE WINK

Ask a Question

Inbox (0)

Reach out to telehealth support at 425-640-7009 x 1018 or your front desk staff for additional support!