Christopher E. Urband, M.D. 11939 Rancho Bernardo Rd. Suite 115 San Diego, CA 92128 P: (858) 705 - 6130 F: (858) 400 - 4080

#### **ACTIVATING YOUR PORTAL**

Why should I use the portal? Our portal allows you to update your contact information, request appointments, view/ change appointments, view your progress notes, communicate with your provider, and much more.

- When you make an appointment, you will receive the following email from "Patient Portal". Click on "Access Portal"
  - a. Be sure to check your Junk/Spam Inbox.
  - b. Or you can search your inbox for "Patient Portal."

| From: Patient Portal < <u>welcome@practicemailer.com</u> >   |
|--|
| Sent: Friday, September 23, 2022 9:07 AM   |
| To:  |
| Subject: Welcome to Your Prestige Orthopaedics & Sports Medicine, Inc. Patient Portal  |
| Welcome to the Prestige Orthopaedics & Sports Medicine, Inc. Portal  |
| Dear Test,   |
| Your credentials:  |
| Username   |
| Practice URL: orthosd.ema.md   |
| Please use the button below to access the patient portal on a Google Chrome or Mozilla Firefox browser.  |
| Access Portal  |
| If you have forgotten your password, use the forget password link on the login page to reset your password.  |
| PocketPatient App Available  |
| After activating your account you can utilize our new Pocket Patient App. Please click on the link below to download the app for your respective device. |

- 2. It will take you to the portal URL: orthosd.ema.md
- 3. Click on "Continue as Patient"



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4. Click on "Forgot Password"

| PRESTIGE ORTHOPAEDICS<br>& SPORTS MEDICINE   |
|--|
| Patient Portal   |
| Lusername  |
| Password   |
| Login  |
| Forgot Password   Provider Login   |
| Version: 6.2.8.2 • Revision: e89db2908a<br>Powered by © 2010-2016 Modernizing Medicine, Inc.<br>For Terms of Service and Privacy Policy please refer to the practice's notices |

5. Fill out the required information. Your username is your email.



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 After you fill out the required information on step 5, you will receive an email with instructions to reset your password. Click on the link provided.

|    | Password Reset from Your Electronic Health Record  |  |
|----|--|--|
| e  | Account Team <account@practicemailer.com> To • Tina Dang</account@practicemailer.com>  |  |
| ur | Dear Test,   |  |
|    | Username: <u>tdang@orthosd.com</u><br>Practice: orthosd.ema.md   |  |
|    | A request was made to reset your account password with Prestige Orthopaedics & Sports Medicine, Inc  |  |
|    | Please click the link below, or copy and paste the link into your browser. Then, follow the instructions to complete the reset password process. |  |
| ➡  | https://orthosd.ema.md:443/ema/ForgotPasswordAuth.action?presentToken&username=tdang%40orthosd.com&token=9E5C6D60-0321-1713-9F9F-B0ADD72CFDA3    |  |
|    | Note: This link will expire after 24 hours.  |  |
|    | If the link has expired, or if this message has reached you in error, please contact your practice.  |  |
|    | Thank you  |  |
|    | Note: This is a system generated message. Please do not reply to this email.   |  |
|    | Prestige Orthopaedics & Sports Medicine, Inc.   11939 Rancho Bernardo Rd Suite 115   San Diego   CA   921282073                                  |  |

7. Enter your birthday and last name.



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- 8. Enter "New Password."
  - Password length must be at least 7 characters
  - Password must contain at least 1 numeric character
  - Password must contain at least 1 uppercase character
- 9. Confirm Password.
- 10. Set Password.

| PRESTIGE ORTHOPAEDICS<br>& SPORTS MEDICINE |                  |  |
|--|------------------|--|
|  | Change Password  |  |
|  | New Password     |  |
|  | Confirm Password |  |
|  | Set Password     |  |
|  |                  |  |