



MyHealthPortal  
Lifeline<sup>PLUS</sup>



[www.mylifeline.co.uk](http://www.mylifeline.co.uk)

## **MyHealthPortal: The future of health care accessible to you FREE today**

As someone who enjoys the benefit of a Lifeline Plus policy, you now have access to MyHealthPortal, a website that places health care resources at your fingertips and can give you access to some of the best medical professionals in the world.

It's interactive, providing health-related help via phone, email, SMS, online chat, Skype or audio/visual web conferencing. The benefits of MyHealthPortal are also available through traditional means and you can call the 24-hour UK Health Centre, or even visit MyHealthPortal's London offices.

However you use MyHealthPortal, please feel free to find out more from your HR Manager, Risk Manager or simply visit MyHealthPortal on [www.mylifeline.co.uk](http://www.mylifeline.co.uk)



## **What MyHealthPortal offers**

### **First Aid guide**

The website includes a helpful First Aid Guide full of easy-to access information and advice on what to do in an emergency. It has useful telephone numbers, essential checklists for the home, and provides resources and links for a number of situations you might encounter. There are also online tutorials on giving First Aid.

### **Cancer Assist**

Cancer touches many of us at some point in our lives. MyHealthPortal can put you directly in touch with specialist cancer nurses online. They can provide you with the latest information, give you advice on treatment, point you towards other specialists and experts in their field, offer practical suggestions and just be there, 24 hours a day, to support you through a difficult time.

### **Nurse Connect**

MyHealthPortal connects you directly to a team of qualified nurses who can provide the latest medical and treatment information and offer practical advice online. Daily support is available whether you're suffering from a cold or coping with a serious illness. The MyHealthPortal nursing team can also assist you in getting back on your feet if you're recovering at home after an accident or operation.

**www.mylifeline.co.uk**  
**020 7486 2300**



### **Health Information**

Get accurate, up-to-the-minute information on health and wellbeing, including holistic medicine and alternative therapies. The MyHealthPortal browser enables you to find what you need to know, with unbiased facts and research. The medical team can help you with your search, and save you scouring the internet, where information could be unreliable or out of date.

### **Electronic Health Record**

With MyHealthPortal, you can establish your own personal medical file online. Your personal data is stored securely, and records your medical history, including medical tests and MRI or CT scans. Every time you use MyHealthPortal, the medical team can access your file and keep detailed transcripts of your interactions and medical status for future reference.

### **Second Opinion**

The Second Opinion service gives you free access to medical specialists from top hospitals around the world, who can confirm your diagnosis or suggest advice on alternative treatments. It's even possible to discuss your case face-to-face through video conferencing over the web, and include your consultant or doctor in the meeting. MyHealthPortal is linked to world centres of excellence, including the John Hopkins Hospital, the Massachusetts General and the Children's Hospital of Philadelphia.



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**For more information contact:  
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