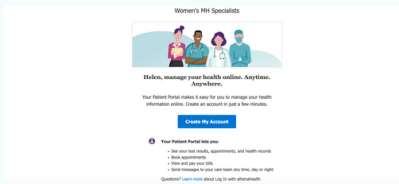


Stay Connected With Your Health

How to Access Your Patient Portal

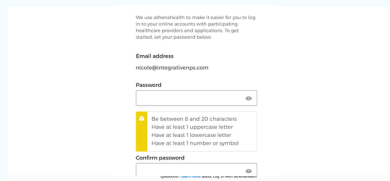
STEP 1

Check your email for an invitation to the Athena patient portal from “Women’s MH Specialists”



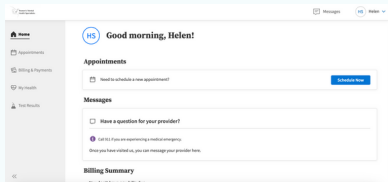
STEP 2

Click on “Create My Account,” which will prompt you to set a new password



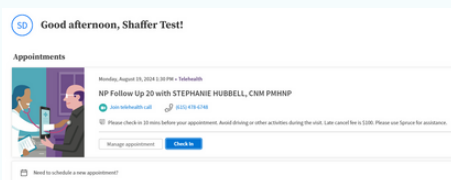
STEP 3

Once your account is created, you'll gain access to the Athena patient portal, where you can schedule appointments, view billing information, and access your health records



STEP 4

Check in to your appointment up to 24 hours in prior, complete all forms, and prepare in advance so you can focus solely on your mental health care during the visit



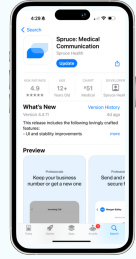
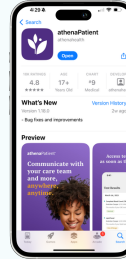
Your Guide to Accessing Your Patient Portal and Messaging App

Athena Patient Portal & Spruce Medical Communication Apps

For any questions email us at hello@wmhs.sprucecare.com

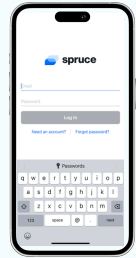
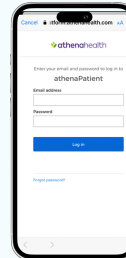
STEP 1

Download the AthenaPatient app and Spruce: Medical communication app



STEP 2

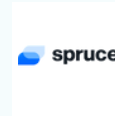
Keep an eye out for your app invitations, and use the same email address where you received the invitation as your login for both the Spruce Medical Communication app and the AthenaPatient app



ATHENA APP: YOUR PERSONAL HEALTH PORTAL

Designed to provide you with easy access to:

- View your health records
- Schedule appointments
- Pay bills



SPRUCE APP: YOUR PERSONALIZED COMMUNICATION HUB

Designed to provide you with easy access to:

- Secure communication with your healthcare provider
- Prompt responses from our office through text, email, or phone call

Get the Most Out of Your Sessions!

The Importance of Checking in Early for Your Appointments

Please complete your check-in through the Athena Patient Portal up to 24 hours before your appointment, but no later than 1 hour prior

1 Share any health updates or concerns, along with updates to your insurance and copay information, to help avoid potential delays during your visit

2 Eliminates the need to rush through check-in, allowing you to enter your appointment calmly and focused on your mental health and well-being

3 Reduces wait times and administrative delays by streamlining your experience with your mental health specialist

We aim to ensure a smooth process and fully address your needs