

## How To Provide Your Health Information in Seven Easy Steps

**Step 1: Log onto TechWeb**

**Step 2: Click on the Student tab, then “My Health”, & “My Health Portal”**

Enter your Date of Birth, which opens the secure portal

**Step 3: Click on “Enter My COVID**

**Vaccination Information”**

Enter dates & upload card (Optional)

**Step 4: Click “Insurance Card”**

Upload images of the front/back card

**Step 5: Click on “Forms”**

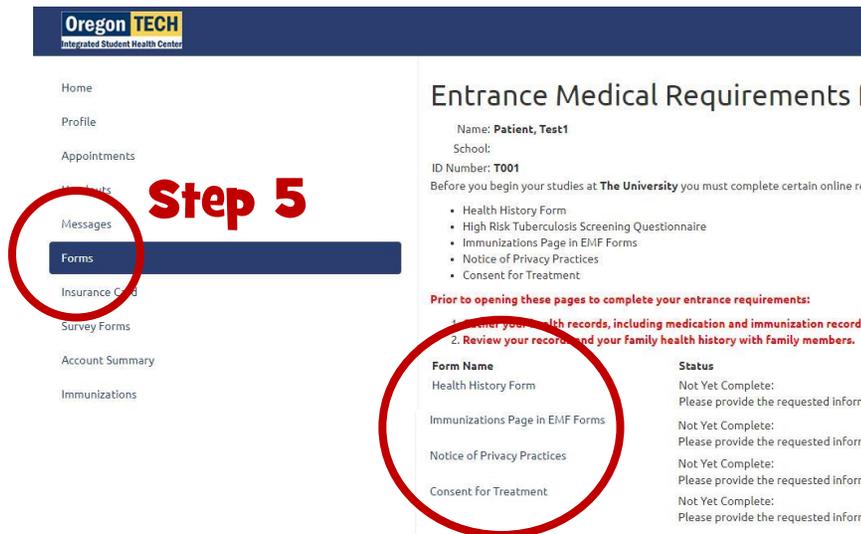
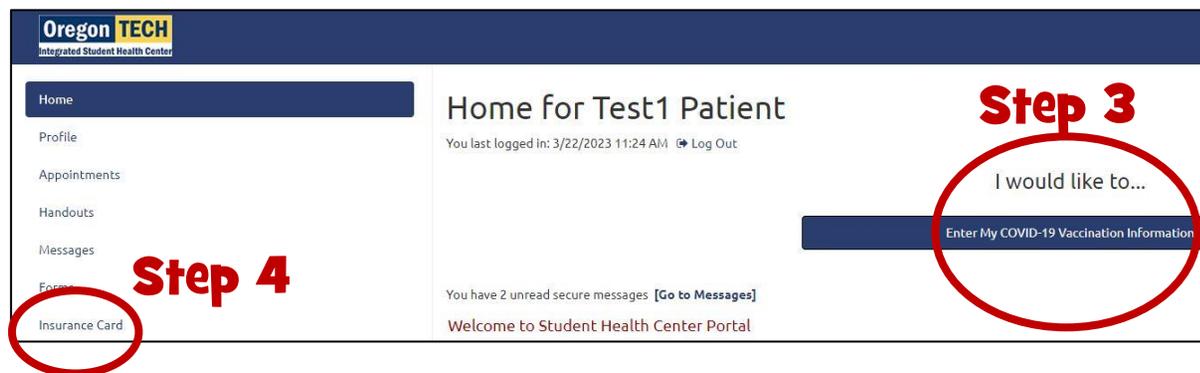
**Step 6: Click on each link & complete (Required):**

- “Health History”
- “Immunizations Page in EMF Forms”
  - Enter dates for 2 Measles-Mumps-Rubella vaccines

**Step 7: Acknowledge “Privacy Practices” & “Consent for Treatment” by clicking each**

**And You’re Done!**

**Questions? Call 541-885-1800**



**Steps 6 & 7**