

Getting Started

Welcome to the West Carleton Family Health Team Portal. The portal is a secure and private way for you receive and review your health information.

How To Access Your Health Portal

To access your health portal, simply open your web browser and go to the following web address:

<https://portal.wcfht.ca/>

Click the “New To This Site? Register Now” link to go to the self registration screen.

Self Registration

The portal provides a self registration feature that will allow you to create a user name and password.

You will need your OHIP number and date of birth to start the registration process.

Your Username and Password

Once you've entered your OHIP number (10 numeric only) and date of birth you will be presented a screen to create a user name (no spaces or special characters) and password. Complete the information to create your account.

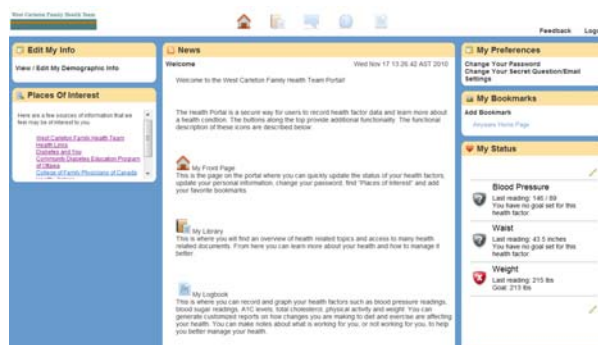
You only have to self register once. The next time you visit the portal you can use this username and password to login.


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Once Logged In

Once logged in you will see My Front Page and a navigation icons running along the top of the page.

The My Front Page is your starting point to other features in the portal. The navigation bar helps you find the tools and information on your health portal.

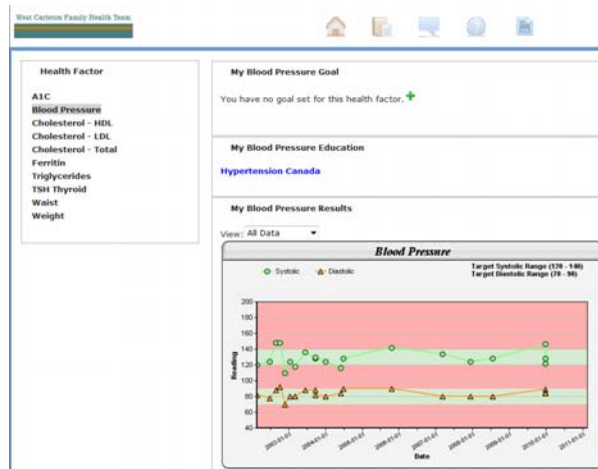


Click on the My Library  icon to find helpful information including a User Manual that will explain many of the features of the Health Portal.

My Logbook

The “My Logbook” tab provides a complete graphical view of your lab results. You can also add information such as Blood Pressure, Waist measurements and your weight.

In this section you also add and update your Goals.



Once logged in you can find more information, links and resources on the portal.