



REQUESTING A PHYSICAL EXAM IN



Please use these instructions for these PE type exams

- Separations
- Airborne
- Commisioning

We have a new message

1. Log in to your RH account and click on "Messages"



MESSAGES

Message your Providers or Care Team



HEALTH RECORDS

Access your Health Records



Messages

Health Records

Providers

Education

Account

Log out, stephen

stephen dechant

- added to your account a day ago
Army-Presidio of Monterey-PCMH-Family Medicine
- has been linked to me. Your patient account has
available to me in order to provide you services via...
- Your Relay Helath Screens Mar 31
rano / Army-Presidio of Monterey-PCMH-Family
- ednesday, April 01 exciting new changes are
Patient Portal. We are hopeful you will be please...
- der added to your account Dec 19, 2014
rano / Army-Presidio of Monterey-
y Medicine
- t has been linked to me. Your patient account
de available to me in order to provide you ...
- ient Accepted Sep 4, 2014

From: Lope Delis

4/20/2015 9:30:32 AM

To: stephen dechant

New provider a



2. Click on
"Providers"

Your account has been linked to me in order to provide you services via RelayHealth. If this was made in error, please deactivate me from your list of providers.

MESSAGE THREAD

Expand all

1 Message



Add Family Member

Providers

Add Provider or Facility for step...

Privacy Preferences

erey-PCMH-Family Medicine

Public - Public

Remove

erey-PCMH-Family Medicine

Public - Public

Remove

HA Provider

erey-PCMH-Family Medicine

Public - Public

Remove



Add Provider or Facility for stephen dechant

At least one field is required. Enter the full or partial name or zipcode for your provider or facility in the fields below.

Search for Provider or Facility

PE

Zip Code

93944

Searches within 50 miles of this Zip Code

[Advanced Search](#)

4. Enter "PE", "93944" and then Search

5. Select "PE Provider, Presidio of Monterey"

Your search found 9 results

Name and Specialty	Address	
PE Provider, Presidio of Monterey Other Specialty	Army-Presidio of Monterey-PCMH-Family Medicine 473 Cabrillo Street, Suite A1A Monterey, CA 93940 (831) 242-5741	Select
Pediatric Group of Monterey	Pediatric Group of Monterey 1900 Garden Road # 110 Monterey, CA 93940 (831) 372-5841	Select



stephen dechant

Add Family Member

A request to add PE Provider, Presidio of Monterey to Your Providers has been accepted.

stephen dechant's Providers

Add Provider or Facility

Provider or Facility

Preferences

Matthew Douglas PA

Public - Public

Remo

Army-Presidio of Monterey-PCMH-Family Medicine

Dr. Larry Norton MD

Public - Public

Remo

Army-Presidio of Monterey-PCMH-Family Medicine

Presidio of Monterey PHA Provider

Public - Public

Remo

Army-Presidio of Monterey-PCMH-Family Medicine

Presidio of Monterey PE Provider

Public - Public

Remo

Army-Presidio of Monterey-PCMH-Family Medicine





Compose

7. Click on "Compose"

- Appointments
- webVisit@
- Inbox (2)
- Sent
- Draft
- Archive

Date
New provider added to your account Lone Del... Army-P... Your account has been linked to me. Your patient account has been made available to me in order to provide you...
New Look To Your Relay Helath Screens... Mar 31 Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family Medicine Starting on Wednesday, April 01 exciting new changes are coming to the Patient Portal. We are hopeful you will be please...
New provider added to your account Dec 19, 2014 Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family Medicine Your account has been linked to me. Your patient account has been made available to me in order to provide you ...
Online Patient Accepted Sep 4, 2014

provider added to your account

Your account has been linked to me. Your patient account has been made available to me in order to provide you services via RelayHealth. If you believe this relationship is not in your best interest, please contact me from your list of providers.

MESSAGE THREAD

1 Message

Important Note

This form of communication is not intended for emergency or same-day requests.

Please call the Provider's office for same day requests. In certain cases another medical staff member from your Provider's office may respond to this message.

Yes, I understand

**8. Click on
"Yes, I understand"**

Compose

Date ▾
New provider ac
Lope Delis / An
Your account ha
been made avai

New Look To Your Relay Helath Screens Mar 31
Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family
Medicine

Starting on Wednesday, April 01 exciting new changes are
coming to the P... will be please...

You
has been m... you ...

Online Patient Accepted Sep 4, 2014 ▾

Provider: Presidio of Monterey PE Provider at Army-Presidio of Monterey-PC

Subject: - Select Subject - ▾

Message

Date stephen dechant

New provider added to your account a day ago
Lope Delis / Army-Presidio of Monterey-PCMH-Family Medicine

Your account has been linked to me. Your patient account has been made available to me in order to provide you with care.

9. In provider section select "Presidio of Monterey PE Provider" on the dropdown.

Starting on 12/19/14, messages are coming to the Patient Portal. We are hopeful you will be pleased with the service.

New provider added to your account Dec 19, 2014
Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family Medicine

Your account has been linked to me. Your patient account has been made available to me in order to provide you with care.

Online Patient Accepted Sep 4, 2014

Send

New Message

Patient: stephen dechant

Provider: - Select Provider -

- Select Provider -
- Matthew Douglas PA at Army-Presidio of Monterey-PCMH-Family Medicine
- Dr. Larry Norton MD at Army-Presidio of Monterey-PCMH-Family Medicine
- Presidio of Monterey PHA Provider at Army-Presidio of Monterey-PCMH-Family Medicine
- Presidio of Monterey PE Provider at Army-Presidio of Monterey-PCMH-Family Medicine**

pose

Date ▼ stephen dechant ▼

New provider added to your account
Lope Delis / Army-Presidio a day ago

Your account has
been made av

New Look To Y
Marlon Zambrano
Medicine

Starting on Wednesday, April 01
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New provider added to your account Dec 19, 2014
**Marlon Zambrano / Army-Presidio of Monterey-
PCMH-Family Medicine**

Your account has been linked to me. Your patient account
has been made available to me in order to provide you ...

Online Patient Accepted Sep 4, 2014 ▼

10. Choose "Message Your Provider /Care Team"



Send **New Message**

To: stephen dechant ▼

From: Presidio of Monterey PE Provider at Army-Presidio of Monterey-PCMH-Fam

Subject: - Select Subject -
- Select Subject -
Message Your Provider/Care Team
Prescriptions
Lab Results
Referrals
Message Office Staff
Update Address or Insurance Info

Date	stephen dechant
New provider added to your account Lope Delis / Army- Presidio of Monterey-PCMH-Family Medicine	a day ago
Your account has been linked to me. Your patient account has been made available to me in order to provide you	
New provider added to your account Marlon Zambrano / Army- Presidio of Monterey-PCMH-Family Medicine	Dec 19, 2014
Your account has been linked to me. Your patient account has been made available to me in order to provide you	
Online Patient Accepted	Sep 4, 2014

11. Enter "Request PE" in the subject box. Enter details regarding request. Click "Send"

Provider: Presidio of Monterey PE Provider at Army-Presidio of Monterey-PCMH-Family Medicine

Subject: Request PE information

I need to schedule a Flight physical. |

Send Save as draft

Message Sent

Your message has been delivered to **Presidio of Monterey PE Provider at PCMH-Family Medicine.**

Office policy is to respond to messages within **1 day** of routine office hours after message delivery. You will be notified by email when your provider replies to your message.

In certain cases another medical staff member from your Provider's office may respond to this message.

Close



- Date ▾
- New provider added to your account
Lope Delis / Army-Presidio of Monterey-PCMH-Family Medicine
 - Your account has been linked to me. Your patient account has been made available to me in order to provide you ...
 - New Look To Your Account
Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family Medicine
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Marlon Zambrano / Army-Presidio of Monterey-PCMH-Family Medicine
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 - Online Patient Accepted** Sep 4, 2014 ▾

****test****

Send Save as draft

Presidio of Monterey-PCMH-Family Medicine



6. Click on "Log out"

- Compose
- Appointments
- webVisit@
- Inbox (2)
- Sent
- Draft
- Archive

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MESSAGE THREAD

1 Mes