

Member Portal: Adding Lab Results

Step 1: To add your Lab Results to the Member Portal, log in using your username and password. If you're new to the Member Portal, you will click the "Need to Register" link below the Sign In button to get started.



Member Account Login

You are allowed 5 login attempts before your account is temporarily locked.

Username

Password

[Sign In](#)

[Need to Register? →](#)

[Forgot Password?](#) | [Forgot Username?](#)

Member Portal

- Claims & Rx
- Deductibles
- Plan Documents
- Flex/HRA Balances
- ID Cards
- Test Results
- Healthgram Trax

Resource Links

- [Find a Doctor](#)
- [Physician Solicitation Form](#)
- [Other Forms](#)
- [Plan Allowance Fee Search](#)
- [ACA Subsidy Calculator](#)
- [Consumer Assistance Programs by State](#)
- [An Employee's Guide to Health Benefits under COBRA](#)

Step 2: From your dashboard, select the "Add Your Lab Results" link in the Portal Alerts section:

The screenshot shows the Healthgram Member Portal dashboard for ABC Company. The user is JANE DOE. The dashboard is divided into several sections:

- HOW CAN WE HELP?**: Includes links for Healthcare Bluebook, Teladoc Telemedicine, Summary of Benefits, Claim Status, ID Card, Ask Your Health Advisor, and Search for a Provider.
- ABC Company 2019**: Shows wellness program compliance and progress in Healthgram Trax. It features two circular progress indicators: "Complete 34 Points" and "Complete 3 Required Modules". A button for "MANAGE YOUR APPS & DEVICES" is also present.
- FIND A DOCTOR**: Displays the Cigna logo and PPO information, along with a "Find a Provider" button and the phone number 1-800-446-5439.
- HEALTHGRAM CONNECT**: Provides contact information for the Connect Team (866.904.9081) and links to FAQ and Send Message.
- HEALTH COACH**: Lists the assigned Health Coach, Egor Kochnev, with contact details (704-944-6180, egor.kochnev@healthgram.com) and a note to please contact for questions.
- STEP TRACKER**: A bar chart showing step counts for Wednesday 2/26, Saturday 2/29, and Monday 3/2. The Monday 3/2 bar is highlighted, showing 74 steps. A note says "Please Update your Healthgram App for IOS 13 Compatibility".
- EXERCISE TRACKER**: A section for tracking exercise, with a "Let's Chat" button.
- MATERNITY MANAGEMENT**: A section for maternity management, also with a "Let's Chat" button.
- PORTAL ALERTS**: A section with a yellow highlight around the "Add Your Lab Results" link, which is due by 03/31/2020. There is also a "Healthgram Trax" link.
- PREVENTION CARE**: A section for recommended preventive care, with a note that the US Preventive Task Force recommends talking to a family doctor about receiving certain preventive screenings based on age, gender, and family history.

Step 3: Enter your Lab Results from a screening:

(1) Fill out the date the test was completed on.

(2) Add all required fields based on your lab results.

- Select "Not Available" for any items that are not available to you or if they're not listed on the form from your employer.
- Note: After entering all values, if you submit this form without uploading a copy of your lab results (the next step), then the values will remain in the fields until proof is attached.

(3) Upload a copy of your lab results if applicable (if you do not see this section it is not required for your group).

(4) Once complete, submit the lab results.

Lab test results

Use this form to submit your Lab Results. Please note that all fields are required, unless marked as Not available or Not applicable, in order to proceed.

Date that tests were completed: 03/02/2020 **1**

3 Lab Results Document
Upload a copy of your results. This document is required, you must upload a copy of your results in order to receive credit.
[Choose File](#) Lab results.pdf
File types allowed are pdf, jpg, doc and docx. Maximum file size is 20MB.

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Height: 70" (5ft 10in) <small>Recorded as 6 inches on 03/02/2020</small>	Weight: 180 <small>Recorded as 180 lbs on 03/02/2020</small>	BMI: 25.82
Waist: 34 <small>Recorded as 34 inches on 02/11/2020</small> View Chart	Hips: 34 <input type="checkbox"/> Not available <small>Recorded as 34 inches on 02/11/2020</small>	Body Fat: % body fat <input checked="" type="checkbox"/> Not available <small>Recorded as 33% on 01/05/2016</small>
Systolic blood pressure: 125 <small>Recorded as 120 on 03/02/2020</small>	Diastolic blood pressure: 79 <small>Recorded as 80 on 03/02/2020</small>	Resting heart rate: 60 <input type="checkbox"/> Not available <small>Recorded as 50 on 03/02/2020</small>
Total cholesterol: 180 <small>Recorded as 212 on 01/20/2010</small>	HDL cholesterol: 70 <small>Recorded as 86 on 11/28/2018</small>	LDL cholesterol: 130 <input type="checkbox"/> Not available <small>Recorded as 155 on 09/29/2015</small>
Triglycerides: 157 <input type="checkbox"/> Not available <small>Recorded as 150 on 12/01/2017</small>	Blood glucose: 125 <input type="checkbox"/> Not available <small>Recorded as 97 on 02/28/2018</small>	If not required by your employer, check 'Not Applicable' A1C: 5.7 <input type="checkbox"/> Not applicable <small>Recorded as 6.5% on 10/14/2015</small>

I agree to these terms

4 [Submit Lab Results](#)

Questions? Please contact your health coach or call 704-944-6200 for help.