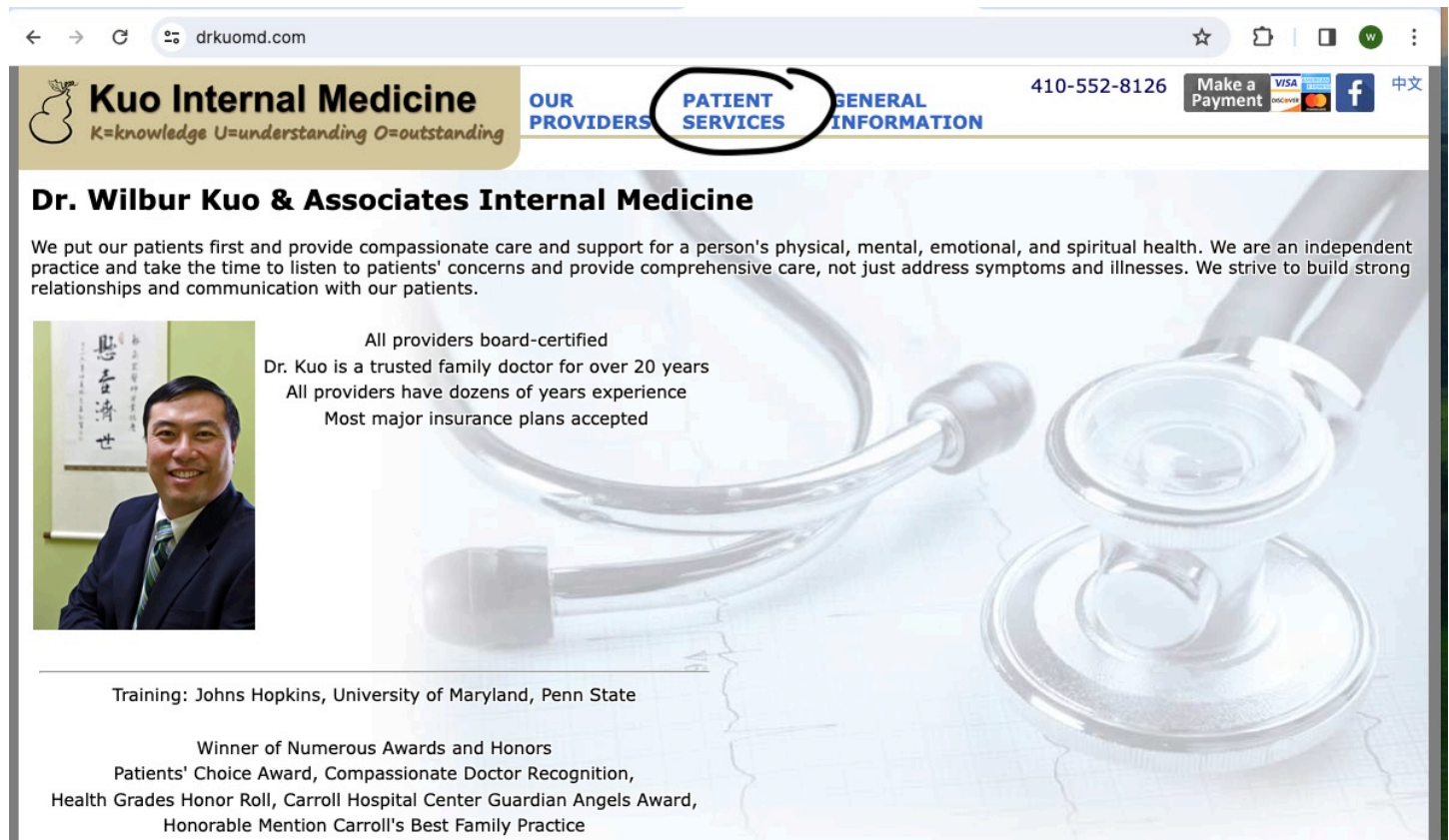


# Using our patient portal

## How to access our portal

1. Go to our website: [drkuomd.com](http://drkuomd.com) and click on "Patient Services"



The screenshot shows the homepage of Dr. Wilbur Kuo & Associates Internal Medicine. The website is viewed in a browser with the address bar showing [drkuomd.com](http://drkuomd.com). The navigation bar includes links for "OUR PROVIDERS", "PATIENT SERVICES" (which is circled in red), and "GENERAL INFORMATION". The phone number 410-552-8126 is displayed, along with a "Make a Payment" button and social media icons for Visa, Mastercard, and Facebook. The main heading is "Dr. Wilbur Kuo & Associates Internal Medicine". Below this, a paragraph states: "We put our patients first and provide compassionate care and support for a person's physical, mental, emotional, and spiritual health. We are an independent practice and take the time to listen to patients' concerns and provide comprehensive care, not just address symptoms and illnesses. We strive to build strong relationships and communication with our patients." To the left of the text is a portrait of Dr. Kuo. To the right, a list of credentials is provided: "All providers board-certified", "Dr. Kuo is a trusted family doctor for over 20 years", "All providers have dozens of years experience", and "Most major insurance plans accepted". At the bottom, the training institutions are listed: "Training: Johns Hopkins, University of Maryland, Penn State". Below this, a list of awards is shown: "Winner of Numerous Awards and Honors", "Patients' Choice Award, Compassionate Doctor Recognition, Health Grades Honor Roll, Carroll Hospital Center Guardian Angels Award, Honorable Mention Carroll's Best Family Practice".


**Kuo Internal Medicine**  
K=knowledge U=understanding O=outstanding

**OUR PROVIDERS** **PATIENT SERVICES** **GENERAL INFORMATION**

410-552-8126 Make a Payment VISA MASTERCARD f 中文

### Dr. Wilbur Kuo & Associates Internal Medicine

We put our patients first and provide compassionate care and support for a person's physical, mental, emotional, and spiritual health. We are an independent practice and take the time to listen to patients' concerns and provide comprehensive care, not just address symptoms and illnesses. We strive to build strong relationships and communication with our patients.



All providers board-certified  
Dr. Kuo is a trusted family doctor for over 20 years  
All providers have dozens of years experience  
Most major insurance plans accepted

Training: Johns Hopkins, University of Maryland, Penn State

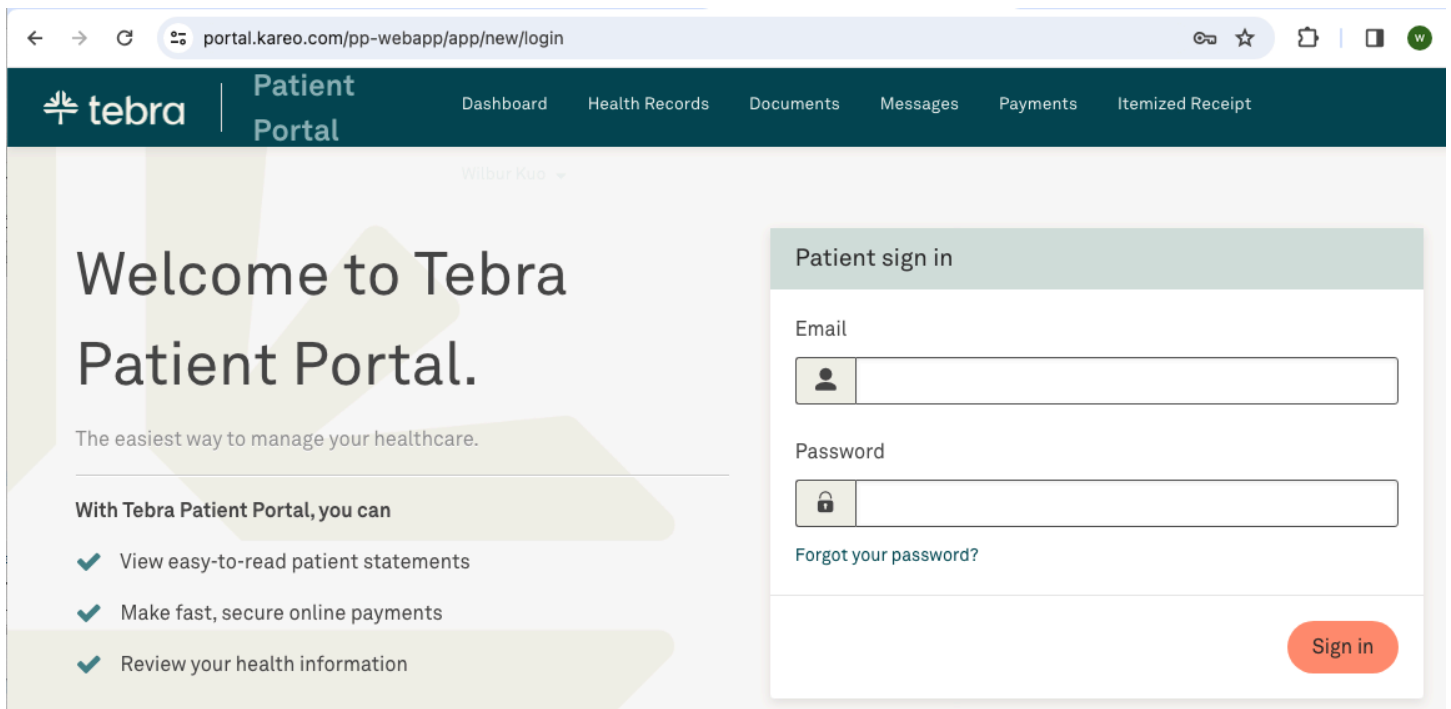
Winner of Numerous Awards and Honors  
Patients' Choice Award, Compassionate Doctor Recognition,  
Health Grades Honor Roll, Carroll Hospital Center Guardian Angels Award,  
Honorable Mention Carroll's Best Family Practice

2. Click on "Patient Portal"



The screenshot shows the homepage of Kuo Internal Medicine. The header includes the logo and tagline "K=knowledge U=understanding O=outstanding", navigation links for "OUR PROVIDERS", "PATIENT SERVICES", and "GENERAL INFORMATION", and a page number "4". The "PATIENT SERVICES" link is circled in red, and a dropdown menu is open showing options: "PATIENT PORTAL" (highlighted in red), "MAKE A PAYMENT" (with Visa, Discover, and Mastercard logos), "PATIENT FORMS", "GIVE US FEEDBACK", and "SNAPSHOTS". The main content area features a large heading "Dr. Wilbur Kuo & Associates Internal Medicine", a paragraph about patient care, a portrait of Dr. Kuo, and text stating "All providers board-certified", "Dr. Kuo is a trusted family doctor for over 20 years", "All providers have dozens of years experience", and "Most major insurance plans accepted".

3. Enter your login information



The screenshot shows the Tebra Patient Portal login page. The browser address bar displays "portal.kareo.com/pp-webapp/app/new/login". The header includes the Tebra logo, "Patient Portal", and navigation links: "Dashboard", "Health Records", "Documents", "Messages", "Payments", and "Itemized Receipt". The main content area features a large heading "Welcome to Tebra Patient Portal." and the tagline "The easiest way to manage your healthcare." Below this, a section titled "With Tebra Patient Portal, you can" lists three benefits: "View easy-to-read patient statements", "Make fast, secure online payments", and "Review your health information". On the right, a "Patient sign in" form is visible, containing fields for "Email" and "Password", a "Forgot your password?" link, and a "Sign in" button.

# What if I don't remember my password?

1. Click on "Forgot your password?"

portal.kareo.com/pp-webapp/app/new/login

tebra | Patient Portal

Dashboard Health Records Documents Messages Payments Itemized Receipt

Welcome to Tebra Patient Portal.

The easiest way to manage your healthcare.

With Tebra Patient Portal, you can

- ✓ View easy-to-read patient statements
- ✓ Make fast, secure online payments
- ✓ Review your health information

Patient sign in

Email

Password

[Forgot your password?](#)

Sign in

2. Enter your email address

Reset your password

Enter the email address you used when creating your account

Reset password Cancel

3. Check your email. You will get a message that looks like this and can use your new password to login.



**Dear WILBUR KUO,**

The password for your Patient Portal account has been temporarily reset to:  
**9GpDXYQFzNtC.**

Please log in and create a new password.

[Create New Password Now](#)

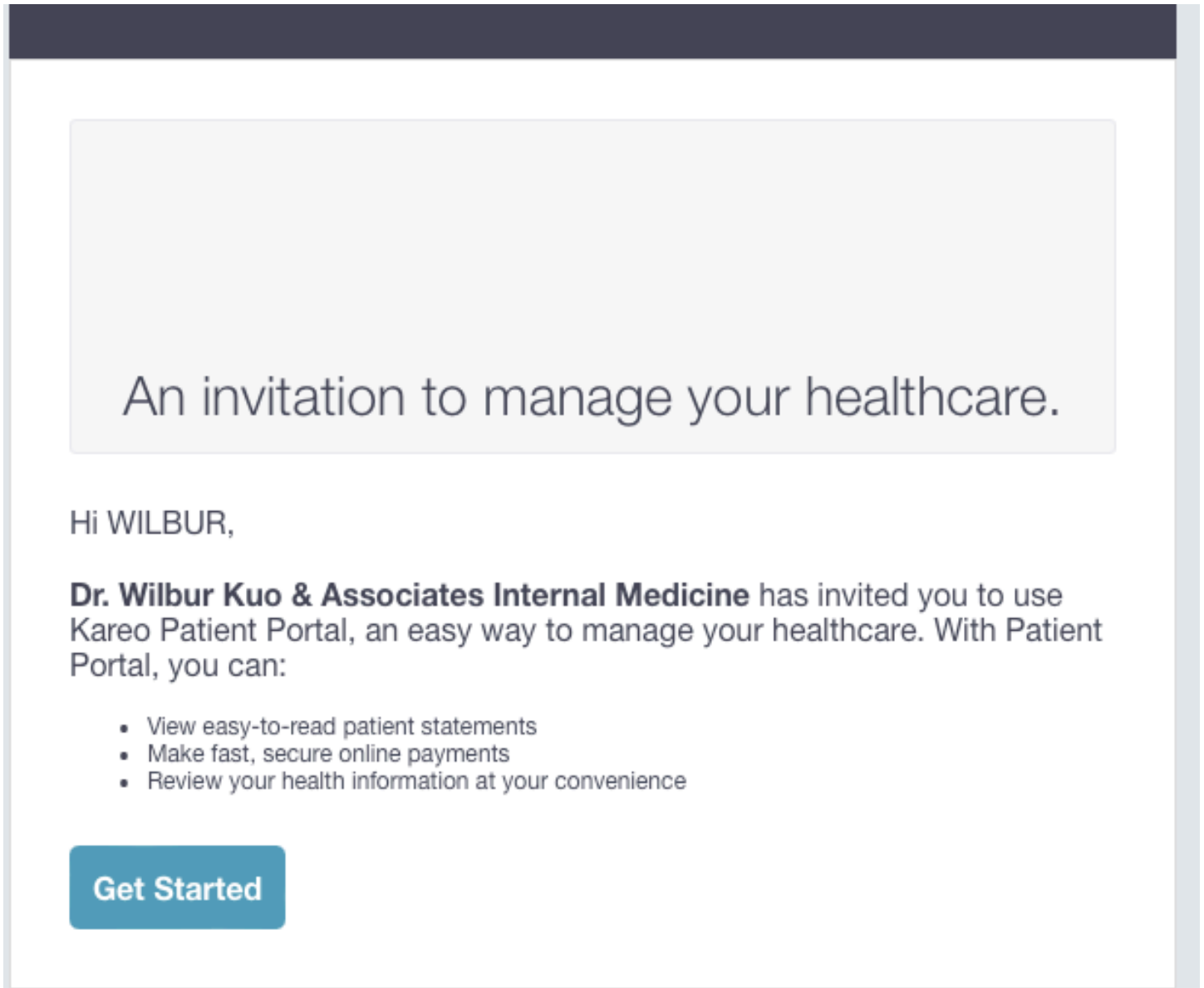
If you did not request your password to be reset, please contact Dr Wilbur Kuo & Associates Internal Medicine.

Sincerely,

The Dr Wilbur Kuo & Associates Internal Medicine Team

## What if I don't have an account?

1. Please contact us with your email address and we will send you an email that looks like this.



2. Click on "Get Started" and you will be able to create an account:

## Create your account

Email



Create Password



Strong Password

Confirm Password



Strong Password

What is your date of birth?







What are the last four digits of your SSN?

XXXX - XX -

Create Account

3. If you get the error message below, then you already have an account. Please follow the forgot password instructions above

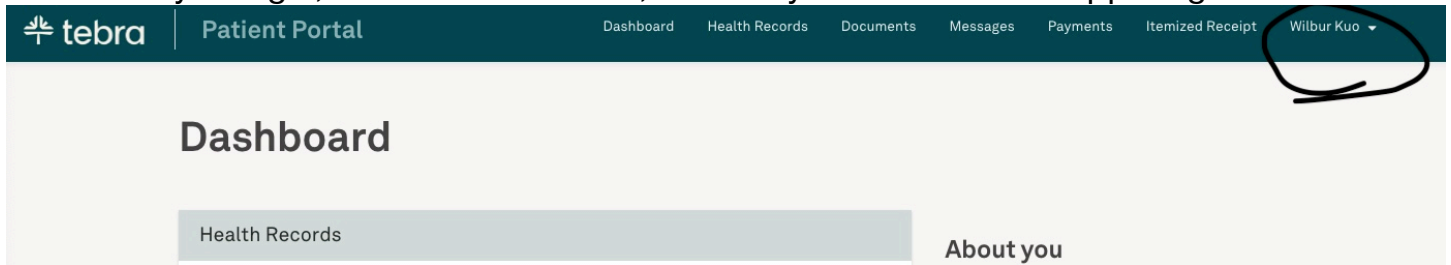


██████████@me.com has already been registered for this site

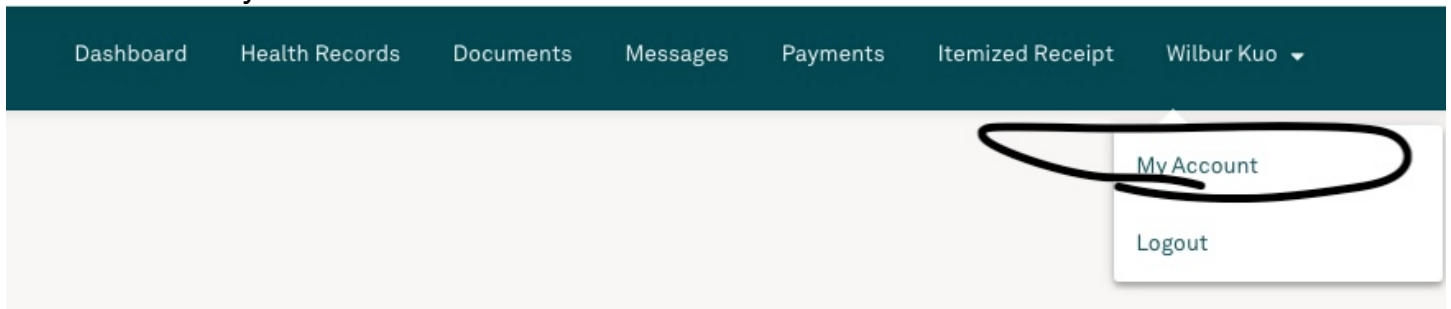
4. If you run into problems, please contact our office.

# How do I change my password?

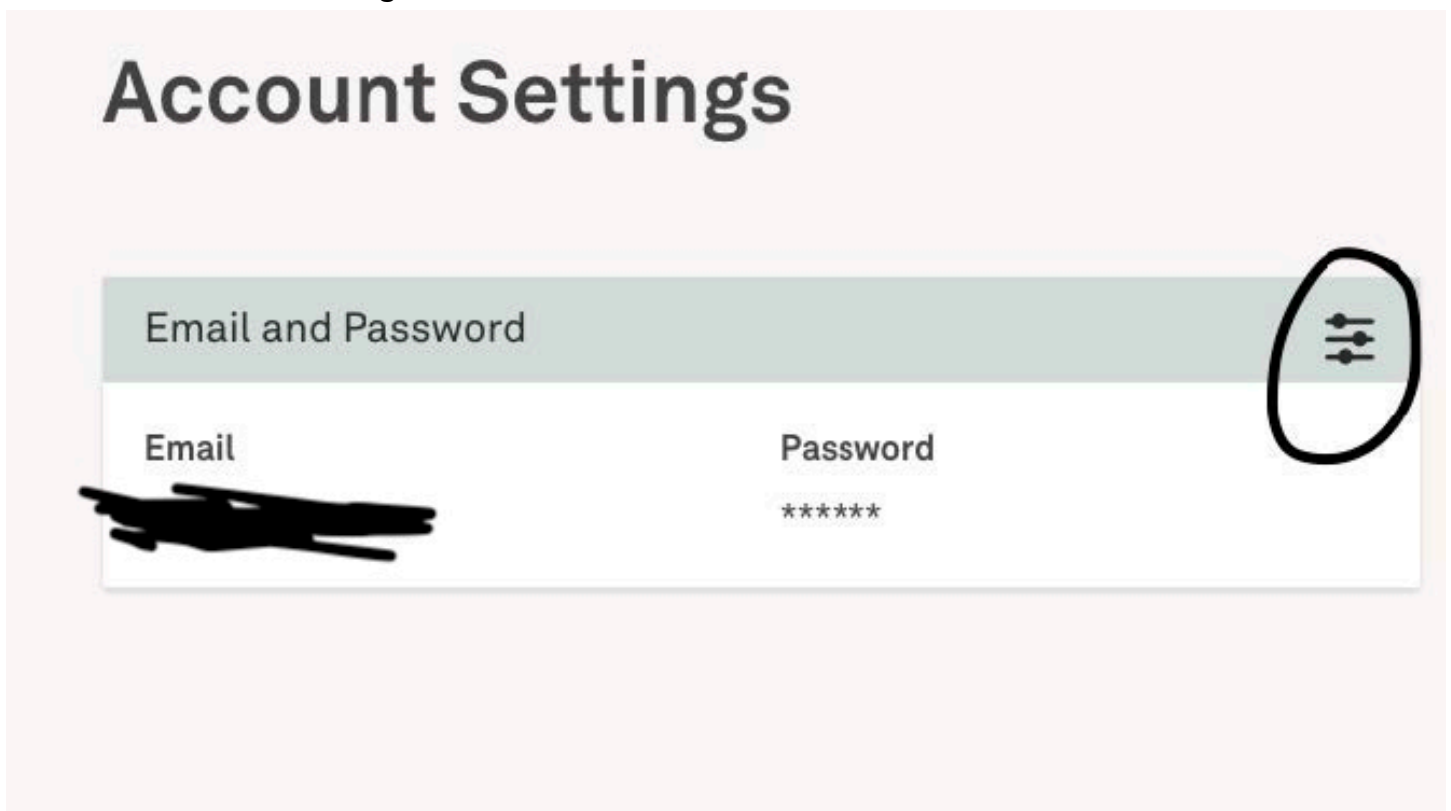
1. After you login, from the dashboard, click on your name on the upper right corner



2. Select "My Account"



3. Click on the settings icon



4. Enter your old and new passwords.

**Current Password**

**New Password**

Must be at least 8 characters

**Confirm Password**

Update Password

# What can I access from my portal?

## Dashboard

### Health Records

With Tebra Patient Portal, you can view your health information.

[View Health Records](#)

### Documents

View documents shared with you by your provider.

[View Documents](#)

### Messages

Send and receive secure messages with your provider. We back Tebra Patient Portal with the latest and greatest security measures.

[View Messages](#)

Payments

(\$0.08)

Current Balance

Make a Payment

Itemized Charge Receipt

View and download the Itemized Charge Receipts of your practice visits.

View Receipts

Under health records, you can see your labs, vitals, medications, and allergies. If you hit “Actions”, you have the option to forward your chart and results to other providers. You can also see what we have listed for your date of birth, address, and phone number.

Under Documents, you can see patient education materials such as diets and exercises, and you can also see any documents we have sent you, such as imaging results and forms.

Under Messages, you can send our office messages and see our responses.

Under Payments, you can see your current bill and pay your bill.

Under Itemized Receipt, you can download copies of your itemized receipts.

## How do I view my lab results?

1. After you login to the portal, select “View Health Records”

### Dashboard

#### Health Records

With Tebra Patient Portal, you can view your health information.

[View Health Records](#)

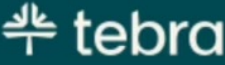
2. Under Labs & Studies, click on the lab whose result you want to see

#### Labs & Studies

COMPREHENSIVE METABOLIC...	04/03/2024	-
CBC (INCLUDES DIFF/PLT)	04/03/2024	-
MAGNESIUM	04/03/2024	-
TSH+FREE T4	04/03/2024	-
IRON, TIBC AND FERRITIN PAN...	04/03/2024	-

3. And you will see your results as well as our comments on your results.

portal.kareo.com

 MENU

Ordered by  
Nile

LIPID PANEL WITH RATIOS

**Physician's Comment**  
Your LDL (bad cholesterol) and triglycerides came back higher than usual. If you're not doing so already, watch your intake of saturated fats and higher cholesterol foods such as red meats, shellfish, and egg yolks. You can try the Mediterranean diet ([www.patient.info/health/mediterranean-diet](http://www.patient.info/health/mediterranean-diet)), which has been proven to be as effective as Lipitor in lowering cholesterol. Aerobic exercise for 30 minutes, 3 times a week and increasing dietary fiber also helps.

Component	Value	Unit	Standard Range
CHOLESTEROL, TOTAL	197	mg/dL	<200
HDL CHOLESTEROL	55	mg/dL	> OR = 50
TRIGLYCERIDES	201	mg/dL	<150
LDL-CHOLESTEROL	110	mg/dL (calc)	-
CHOL/HDL RATIO	3.6	(calc)	<5.0
LDL/HDL RATIO	2.0	(calc)	-
NON HDL CHOLESTEROL	142	mg/dL (calc)	<130