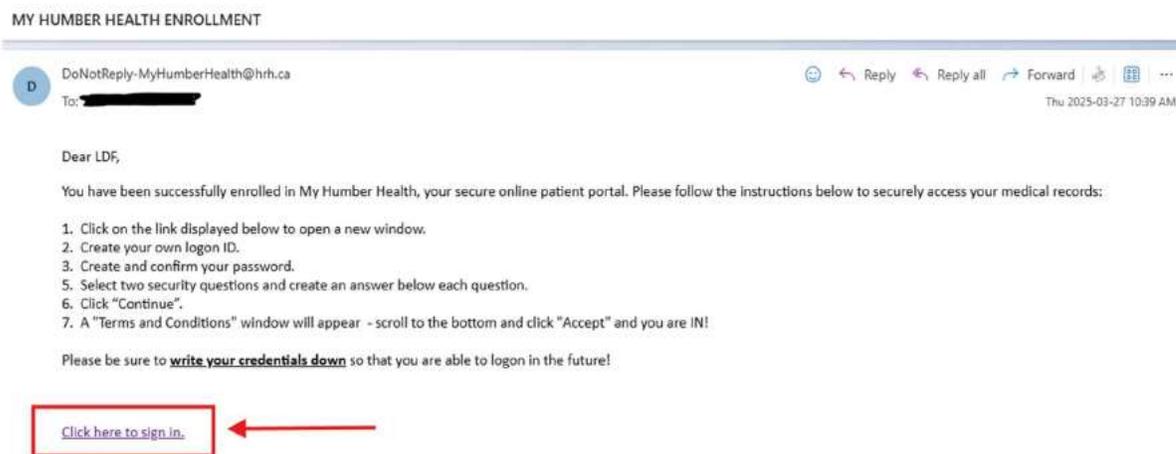


Completing Questionnaires in My Humber Health

You have an upcoming appointment in the Surgical department. **You must complete a questionnaire before your information session.** This guide gives you step-by-step instructions on how to access the questionnaires on **My Humber Health**.

Step 1. Set Up Your **My Humber Health** Account

1. A) Once enrolled in **My Humber Health**, we will send you an email to set up your account. Click on the "**Click here to sign in**" link at the bottom of that email.



- B) Scan this QR code and it will take you directly to the My Humber Health Portal



2. A new browser window will open to the Sign In page for **My Humber Health**. It will have a temporary username and password already entered. Click on the "**Sign In**" button to proceed.

My Humber Health

[Sign in](#) [Create Account](#)

Please note: In order to access My Humber Health, the recommended web browser's are Google Chrome, Safari, Edge and or Firefox (INTERNET EXPLORER is not supported).

Your username/password have been entered. Sign in now to establish your permanent credentials.

Username (required)
TD1422355774

Password (required)

 Show Password

protected by reCAPTCHA
[Privacy](#) [Terms](#)

Sign in

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

3. Enter a new Logon ID (username) and a new password. You will also be asked to choose and provide answers to 2 security questions in the event you forget your password. Once you filled out all fields, click on the **"Continue"** button.

Please select a new Logon ID and Password. Also answer the Security Questions.

Change Logon ID and Password

Logon ID must:

- Contain no fewer than 4 character(s)
- Contain no more than 22 character(s)

Password must:

- Contain no fewer than 4 character(s)
- Contain no more than 22 character(s)

New Logon ID

New Password

Confirm New Password

Security Question
Security Question Answer

Security Question
Security Question Answer

Continue

4. Scroll the User Service Agreement. Click on the **"Accept"** button at the bottom of the screen.



User Agreement

Recommended Security Practices

In this Agreement, you have agreed to take steps to protect your User Name, Password, personal health information, and downloaded information. Once you have viewed information, it is your responsibility to protect it.

Here are the recommended steps you should take to protect your information or, if you are a Proxy, the information of the individual who has granted you access to his or her personal health information (you may choose to take other steps as well):

- Keep your User Name and Password confidential.
 - The **User Name** must have a minimum of four (4) characters, a maximum of twelve (12) characters and must contain at least two (2) numeric characters.
 - The **Password** must have a minimum of four (4) characters, a maximum of twelve (12) characters and must contain at least two (2) numeric characters.
 - Sign out of your account every time when you are finished using the Portal (before closing the Internet browser window or computer you are using).
 - Change your Password immediately if you believe that someone else knows your Password.
 - If asked to "save your Password", you should answer "no". Passwords saved on a local computer or other device increase the risk of someone else accessing your Account.
- Ensure that no one is "shoulder-surfing" or watching you when you are viewing or adding in your information.
 - Choose a private space (like your home) in preference to a public space (e.g., on public transportation) to access the Portal.
 - Avoid using free or untrusted wireless Internet ("Wi-Fi") to access the portal. Free Wi-Fi is easily compromised.
- Protect your health information (e.g., clinic notes and appointments) and general health information (like a pamphlet about a health condition) that you download or print.
 - Do not download documents to a public or shared computer.
 - Store it in a safe location (like a locked cabinet or on a personal electronic device that is encrypted).
 - Transport it securely.
- Be skeptical. Humber River Health will NEVER ask you to respond via e-mail to any requests for personal information or passwords. Please Contact Us immediately if you receive an e-mail request of this nature.

In MY Humber Patient Portal Terms of Use, you agreed to tell us about any suspicious activity. Please click on the Portal's Contact Us link if you think someone is using your account inappropriately.

BY CLICKING ON **ACCEPT** YOU ARE AGREEING WITH THE TERMS AND CONDITIONS OF THIS AGREEMENT.

Please print a copy of this agreement for future reference.

Step 2. Access the Questionnaires from **My Humber Health**

This is **My Humber Health's** homepage. You can get to the Questionnaires in 3 different ways:

- A. By clicking on the **Health Record icon** at the top of the screen.
- B. By clicking on "**What's New Within the Last 30 Days**"
- C. By clicking on your appointment under "**Upcoming Appointments**"

A

LDF TEST



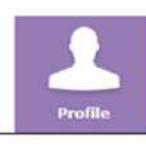
Health Record



Appointments



Billing



Profile

Red Dot indicates new reports/results/questionnaires available that haven't been reviewed.

Announcements
Please note effective Feb 1st, 2025 all Pathology results can be reviewed once the pathologist finalizes the report (approx 5-10 days), there will be a 2 week delay for you to view the final report.

B

What's New Within the Last 30 Days
You have new Questionnaire activity to complete by 8 January 2028.

Any new activity in the last 30 days will show here. Click the "Questionnaire activity" will bring you directly to the Questionnaires that you need to complete

- Helpful Resources**
- BARIATRIC SURG.Resource Page
 - BARIATRIC SRUG. Resource Book
 - BARIATRIC Duodenal Switch Surg
 - Cancer Care Covid Information
 - ChELO:Ethical & Legal Info
 - ChELO Info for Pt's & Family
 - ChELO Info HC Professionals
 - Measuring Health Equity

Your upcoming appointments will be shown here. Clicking on the appointment will bring you directly to your appointment details and the Questionnaires.

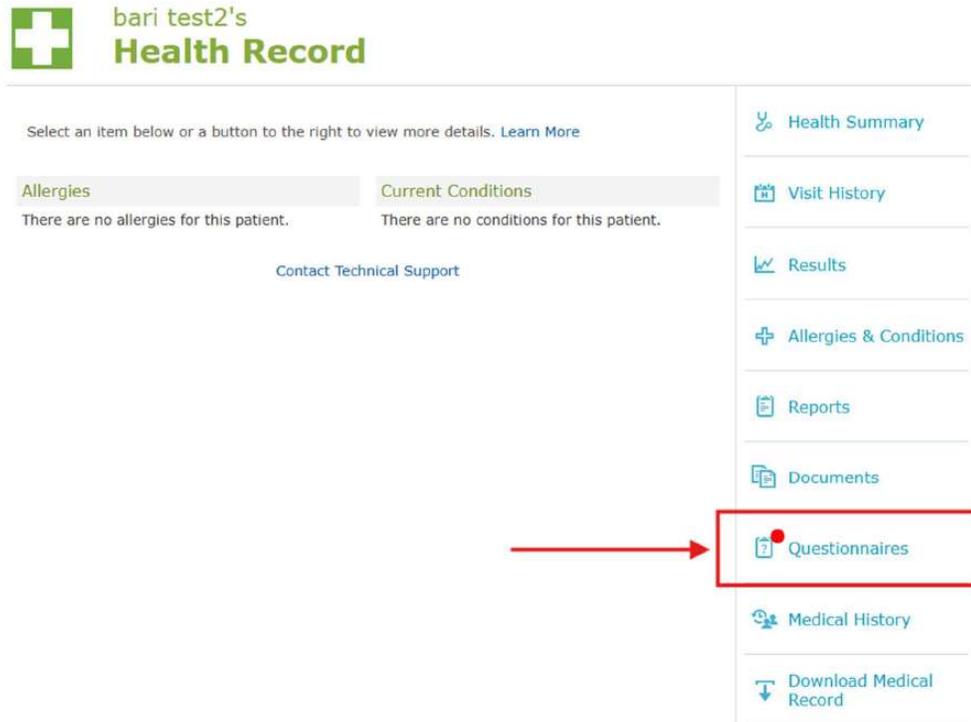
C

Upcoming Appointments

Mon, 14 Apr 2025 6:00 pm EDT	BA MED PATIENT INFORMATION SESSION VIDEO	Wilson Bariatric Med Clinic
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A. If you click on the **Health Record icon**, you will see your reports, results, visit histories, and other health record information.

- Access your questionnaires by clicking on the **"Questionnaires"** link at the right of the page.
- A red dot means it contains a new or pending activity.



B. If you click on **What's New Within the Last 30 Days**, you will see the questionnaires to be completed.

- Access your questionnaires by clicking on the specific questionnaire title.
- To view the questionnaires you have already completed, click on the **"View Completed"** link.



C. If you click on your appointment under “**Upcoming Appointments**”, you will see details about the information session (in the yellow box), and the questionnaires to be completed.

- Click on the **Start** buttons at the bottom of the page to complete the questionnaires.



bari test2's Appointments

View the details of your appointment. If you need to cancel or reschedule your appointment, please call the department directly. [Learn More](#)

BARI SURG DS/SADI INFO SESSION

Tuesday, 1 April 2025 at 1:00 pm EDT

Stefan D Baral

Wilson Bariatric Surg Clinic

Duration

60 minutes

Reason For Visit

info session

Instructions

This is a virtual appointment. You can join the session using the following options:

Microsoft Teams Link: Please type OR copy paste the following link in your web browser: <https://tinyurl.com/ynabu6a6>

Dial-In Option: +1 437-703-4488 Meeting ID: 751 936 668#

Important: Please complete the required forms in the MyHumberHealth portal within 2 weeks. Completing these forms is essential for your upcoming appointment.

If you have any questions or need assistance, feel free to contact us at bariatricclinic@hrh.ca or call us at (416) 242-1000 ext. 23316.

Please note that we will respond to your inquiries within 48-72 hours.

Looking forward to seeing you at the session!

To do prior to your appointment:

Start

Bariatric Program Patient Questionnaire

Start

Bariatric Registration Form

Step 3. Complete the Questionnaires from **My Humber Health**

Once you start a questionnaire, please answer the questions as best you can.

- You can save your progress by clicking on the “**save Draft**” button. You can come back to it at a later time.
- If you have completed all the sections and ready to submit, click the “**Submit**” button at the bottom right of the page. **Note: Once you submit the questionnaire, you will no longer be able to edit it.**
- You can view your completed questionnaires by clicking “**View completed**” as shown in step 2 (either Method A or B on page 4).

bari test2's
Questionnaires

Bariatric Program Patient Questionnaire
Answer the questions to complete your questionnaire.

Step 1 of 1: Bariatric Program

General information

Do you require an interpreter

Yes No

Language required

What is your current weight

Weight measured in

Pounds (lb)
 Kilograms (kg)

What is your current height

Height measured in

Feet/Inches (ft/in)

Cancel Save Draft Submit

Note: Any future appointments that are booked (or questionnaires to fill out) will appear in your **My Humber Health** portal. You will receive emails letting you know that you have a new appointment booked. The emails will look something like these examples below:

Dear bari,

NOTIFICATION EMAIL

You have new items. Click on the link(s) below to view.

- [Questionnaires to submit](#)

You can log on to the Home page of your portal by accessing the link below:
[Click here to sign in.](#)

Dear bari,

NOTIFICATION EMAIL

You have new items. Click on the link(s) below to view.

- [Appointments](#)

You can log on to the Home page of your portal by accessing the link below:
[Click here to sign in.](#)

If you forgot your Username and/or Password on **My Humber Health**

1. Click on the "**Forgot Username?**" or "**Forgot Password?**" link at the bottom of the sign in page.

The image shows two side-by-side screenshots of the 'My Humber Health' sign-in page. Both pages have a header with 'Sign In' and 'Create Account' tabs. Below the header is a note about recommended browsers (Google Chrome, Safari, Edge, Firefox) and that Internet Explorer is not supported. There are input fields for 'Username (required)' and 'Password (required)', a 'Show Password' checkbox, a reCAPTCHA widget, and a 'Sign in' button. At the bottom of each page, there are two links: 'Forgot Username?' and 'Forgot Password?'. In the left screenshot, the 'Forgot Username?' link is highlighted with a red box and a red arrow points to it. In the right screenshot, the 'Forgot Password?' link is highlighted with a red box and a red arrow points to it.

2. If you forgot:

- Your username - enter your email address and click on the "**Send Username**" button.
- Your password - enter your email address **and username** and click on the "**Reset Password**" button.

The image shows two side-by-side screenshots of the 'My Humber Health' recovery pages. The left page is titled 'Send Username' and contains a note: 'An email address must be connected to your account in order to receive your username. Please contact the hospital if you do not have an email address connected to your account.' Below this is an 'Email Address (required)' field with the example 'example_email@example.com'. A note states: 'This will send the current username to the above email address.' There is a reCAPTCHA widget and a 'Send username' button highlighted with a red box. A red arrow points from the 'Send username' button to the 'Email Address' field. At the bottom is a 'Return to Sign in page' link. The right page is titled 'Reset Password' and contains a note: 'An email address must be connected to your account in order to reset your password. Please contact the hospital if you do not have an email address connected to your account.' Below this are two fields: 'Username (required)' and 'Email Address (required)' with the example 'example_email@example.com'. There is a reCAPTCHA widget and a 'Reset Password' button highlighted with a red box. Two red arrows point from the 'Reset Password' button to the 'Username' and 'Email Address' fields respectively. At the bottom is a 'Return to Sign in page' link.

3. In both cases, you will receive an email. Follow the instructions to obtain your username or reset your password.