

Welcome to UWL *MyHealth*

To better understand MyHealth, we want to provide you with some important information:

- MyHealth is located at myhealth.uwlax.edu
- Log in by using your UWL NetID and password
(Western students can log in by using username and password assigned to you by UWL).
- MyHealth is a safe, secure, and confidential web portal for students to connect with UWL Counseling and the Student Health Center. MyHealth messaging is more secure than general email.
- MyHealth is separate from your WINGS account. Only you, UWL Counseling, and UWL Student Health have access to your MyHealth account, and your MyHealth account is protected by the same privacy and confidentiality standards, ethics, and laws as other client/patient records.
- At MyHealth, you can:
 - manage your Counseling or Student Health appointments.
 - send to and receive messages from Counseling or the Student Health Center.
NOTE: We will never send any non-essential information to you. When we do send you a message through MyHealth, you will receive notification through email or text (or both) that you have "a message from UWL Counseling or the Student Health Center". These messages are often time-sensitive, so please check them as soon as you are able. To view your MyHealth messages, log in to MyHealth and click on "messages". You can respond directly to your provider from your MyHealth account if a response is needed.
 - ask a Student Health nurse a question.
 - request refills on your prescriptions (Student Health).
 - connect directly with Student Health Medical Records.

Let us know if you have any questions about UWL MyHealth. You can connect with us through MyHealth, call us at 608-785-8073, or stop in at 2106 Centennial.