

1st Optimal

Health • Hormones • Weight Loss

Getting started with the 1st Optimal Patient Portal is quick and easy using Charm PHR!

(Important: These steps must be completed before your first virtual intake call.)

You should have already received your patient portal invitation link and questionnaire.

If not, please [get in touch](#) with us, and we will resend it via email or SMS.

Complete Your Profile in 3 Easy Steps

Step 1.



Access your Patient Portal [here](#).

Step 2.



Upload the required documents:

1. Click the Documents icon in your patient portal.

2. Upload your recent lab and physical results if applicable.
3. Upload your driver's license or state ID.
4. Select ALL care team members when sharing documents.

[Watch the video tutorial here.](#)

Step 3.

Click the card icon at the top of your patient portal to add your primary payment method.



We now have everything we need to provide optimal care and ensure your personalized treatment plan is a seamless journey!

Need further support?

Contact us via email at membersupport@1stoptimal.com or call (816) 744-6814.

Optimize You, Uplift Others.