



Quick Tips: How to Reset Your Patient Portal ID or Password

To reset your *My Health My Way* Patient Portal Login ID or Password please navigate to the log in screen in your browser or on the app.

Then click the following links and follow the prompts accordingly:

My Health My Way
My Way

Your session has timed out.

Logon ID:

[Forgot Logon ID?](#)

Password:

[Forgot Password?](#)

Reset Logon

* Email Address:

This will reset both your logon id and your password.

* = Required fields

Reset Password

* Enter Logon ID:

* Email Address:

* = Required fields

If you continue to have trouble accessing the *My Health My Way* Patient Portal please seek support from your clinician or contact *My Health My Way* Patient Portal support:

Email: myhealthmyway@ontarioshores.ca

Phone: 905-430-4061

**If you believe that your *My Health My Way* Patient Portal account has been breached or compromised please call 905-430-4061.