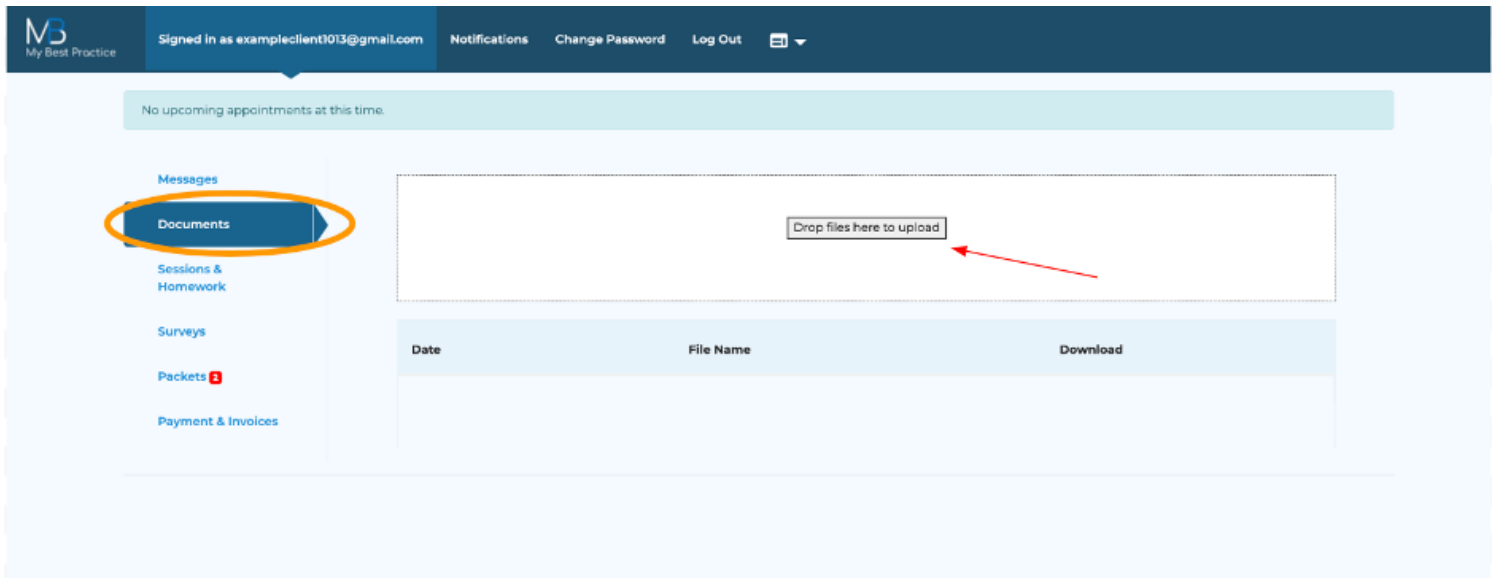


Uploading a Document to My Portal

STEP 1: Log into your portal here: [MBP Portal](#)

STEP 2: Click on the **Documents** tab on the left-hand side.

STEP 3: Drag and drop the file into the white submission field -- or -- Click on the **Drop Files Here to Upload** button to browse your computer's files.



ⓘ Please note: any documents uploaded to your portal will be visible by your clinician.