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Please be advised that I will next send you an encrypted email with your personal health information. This will have as the subject line "PGP Universal Message." (It may go to your spam folder if you don't protect it ahead of time; especially if this is your first email from our office.)

Click on the link in the subsequent email, and you will be directed to the Continuum Health Partners website. Make up your own passphrase to obtain your email, and be sure to keep a record of your login passphrase for all future emails as well. Also save a copy of any attachment in an accessible place, as attachments will eventually expire.