IQHealth
IQHealth is Lafene’s secure online patient portal that allows students to:

- request a routine appointment,
- update demographics (address, phone number, etc.)
- request prescription refills,
- view lab results and immunizations given at Lafene, and
- communicate with Lafene Health Center medical providers in a secure, efficient and easy-to-use manner.

IQHealth's timesaving benefits empower you to take control of your health - anytime, anywhere.

Contact Lafene Health Center at 785.532.6544 or lafene@k-state.edu to request activation of your patient portal. You will need to supply your K-State eID & Wildcat ID to get started.
Participate in every decision about your health care. You have every right to ask questions and to get answers that you can understand. Ask a relative or friend to come along if you think you will have difficulty talking with your healthcare provider about your condition. Follow the treatment plan you and your provider agree upon. Report anything unusual.

Tell your healthcare provider about all medicines you take and about any allergies or bad reactions you have had to medications. Keep a record of all medicines, vitamins, and herbal supplements you use and share this list at all appointments with ALL your healthcare providers, including the pharmacist. When your healthcare provider writes a prescription, ask what the medicine does, what the side effects of the medication are, and about any possible interactions between drugs. Know when and how to take your medication and what side effects you may experience. Your pharmacist or provider can give you this information. Your pharmacist can check for interactions between drugs and other substances when they know exactly what you are using.

Keep track of your medical history and communicate it to your healthcare team. Write down your medical history including any medical conditions you have, illnesses, immunizations, allergies, hospitalizations, all medicines and dietary supplements, and any reactions or sensitivities you have had. Share your health history and up-to-date information about your care with everyone who is treating you.

Talk openly with your healthcare provider and healthcare team about your options. Speak with your healthcare provider about what is best for you. Before you leave, make sure you understand what you should and should not do at home, what new medicines you are taking, and when you need to return for follow-up care.

Do not assume that no news is good news when you have a test or procedure. Ask your doctor or nurse about when and how you will get the results of any tests or procedures you have had performed. If you do not get the results when expected in person, on the phone, or in the mail—contact your healthcare provider and ask about them. Remember that it is okay to ask questions about your care until you are satisfied.

Wash your hands and don’t be afraid to ask others to do the same. Wash hands before eating, after going to the bathroom, before & after tending to someone who is sick or treating someone, after blowing your nose, coughing, or sneezing. Wash with soap and water for 20 seconds. Remember, if soap and water are not available, use alcohol-based gel to clean hands.

Log into IQHealth for your personal view into the electronic medical record that your healthcare providers use to manage and document your care.