FollowMyHealth patient portal

Take a More Active Role in Managing Your Health and Wellness
- Convenient New Online Service That Lets YOU Manage Your Personal Health Information 24/7
- Take a More Active Role in Managing Your Health and Wellness
- Our new patient portal that makes communicating with your doctor even easier!

Features
- Review your medical records online in a safe, secure environment
- Communicate privately with physicians via secure messaging
- View test and lab results, and read medical notes from your doctor
- Update your health information (allergies, medications, conditions, etc)
- Request Rx renewals
- Receive email care reminders
- Request or change appointments
- Fill out and submit forms prior to appointments
- Create proxy accounts for children or dependent adults
- View and pay bills

Benefits
- SAVE TIME! No more waiting on hold to speak to staff or schedule appointments
- IT'S CONVENIENT! Anywhere anytime access lets you communicate on your time
- IT'S PRIVATE: Secure messaging ensures privacy between you and your physician
- MORE CHOICE: Gives patients a new way to communicate with their doctor
- SET & TRACK GOALS: Use the portal to track your health conditions/wellness goals and chart progress
- PATIENT CONTROLLED: You own your portal and all of the data within it and control who sees what

How to Register for a Portal Account

Welcome to the all-in-one personal health record and patient portal that lets you access your medical information in a secure online environment 24 hour a day, 7 days a week from any computer, laptop or smart phone! Just follow these simple steps to get connected today!

Check your email. You will receive an email from "noreply@followmyhealth.com." Click the registration link and follow the onscreen prompts.

Click Sign Up and Connect. If you already have a portal account and want to add an additional provider, click **Sign in and add this connection.**

Create a username for your portal account. By default, your email address that your invitation was sent to will appear in the username box. It is recommended to use this email address as your username.

Next, **create a password** following the criteria noted on the right of the screen. Reenter your password to continue.

Get Connected. Follow the on-screen prompts on the next four screens to complete your connection. These screens include accepting our **Terms of Service,** entering your **Invite Code** and accepting the **Release of Information.**

Registration and Connection is Now Complete. Your health record will now begin to upload. Please note this may take a few minutes.

View the First Time Walk-Through Video. Learn about all the tools your portal has to offer by watching the 3-minute video that appears when you first log in. If you wish to view this video later, you can always access it by clicking on the My Account dropdown in the right hand corner and selecting Preferences.

Congratulations! You can now access your health information and start managing your care online!

How to Set Up a Proxy Account

Use this copy for a step-by-step guide to creating a proxy account.

- To create a proxy account so you can access your child or dependent adult's portal account, please complete these steps after clicking on the link below.

Check your email. You will receive an email from noreply@followmyhealth.com. Click the registration link and follow the onscreen prompts.

Log In to Your Portal Account. If you have an existing portal account – log in using your standard method to add the new connection.

-OR-

Don't have a Portal Account? Click Sign Up and Connect. Enter YOUR name, email address and DOB (not your loved one's) and click "I Accept." *Reminder: provide your information (name, email, birth date, zip code, etc.) when creating a proxy account – not your loved one's information.*

Create a username for your portal account. By default, your email address that your invitation was sent to will appear in the username box. It is recommended to use this email address as your username.

Next, **create a password** following the criteria noted on the right of the screen.

Reenter your password to continue.

Get Connected. Follow the on-screen prompts on the next few screens to complete your connection. These screens include accepting our **Terms of Service,** entering your **Invite Code** and accepting the **Release of Information.**

Your loved one's health record will then begin to upload. Once populated, you'll be logged in to your account. To view your loved one's information, simply click on **Hello (Your Name)** in the top right corner of your portal, and a drop down to your loved one's record will appear.

How to Switch FMH Secure as your Main Login

Use this content if you want to explain to patients, who already have a portal login using a method other than FMH Secure, how to switch to FMH Secure Login as their primary method of logging in to their portal account.

- Do you already have a portal login with Facebook, Google, Yahoo, Microsoft Live ID, or Cerner but would like to use FMH Secure Login instead? Simply follow the step-by-step instructions below:
  — Under My Account, click Preferences and then Login Preferences.
  — Click the Connect button next to the FMH icon.
  — Click the link "Register for a FMH Secure Login if you don't have an account."
  — Create an account by entering a unique username and password, along with your email address.
  — Hit Continue. Then re-enter the username and password you just created.