



Proxy Registration Instructions

With the all-in-one personal health record and patient portal, accessing your child or dependent adult's medical information from any computer, tablet or smartphone is easier than ever!

Just follow these simple steps to get connected today!

1



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

2



Log In to Your Portal Account. If you have an existing portal account – login using your standard method. Skip to **Register as a Proxy**.

-OR-

Don't have a Portal Account? Click Create an Account. Enter YOUR contact information (not your loved one's) and click "I Accept."

3



Choose a Login Method. Create a username and password for your portal account by clicking the FMH Secure Login icon.

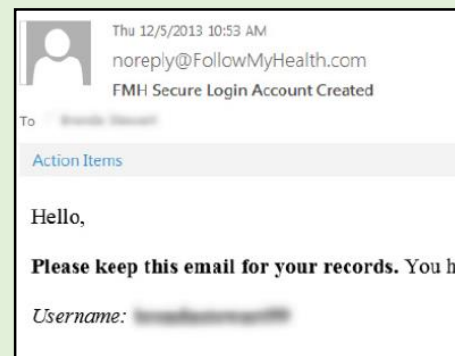
-OR-

Use an existing username and password from Facebook, Gmail, Yahoo, Windows Live or CernerHealth by clicking the respective icon.

If you are creating a FMH Secure Login Account, follow these easy steps:

Provide a unique username and password, along with your email and hit *Continue*.

Enter your FMH Secure Login username and password.



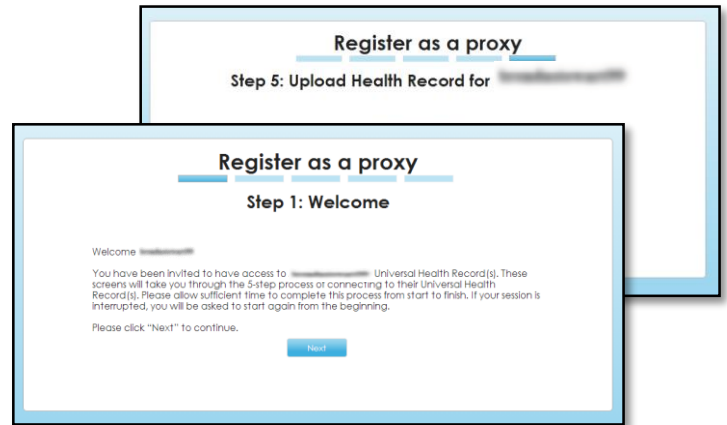
Print and **save** the email containing your username. You will need it if you lose your username or password.



Register as a Proxy

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**.

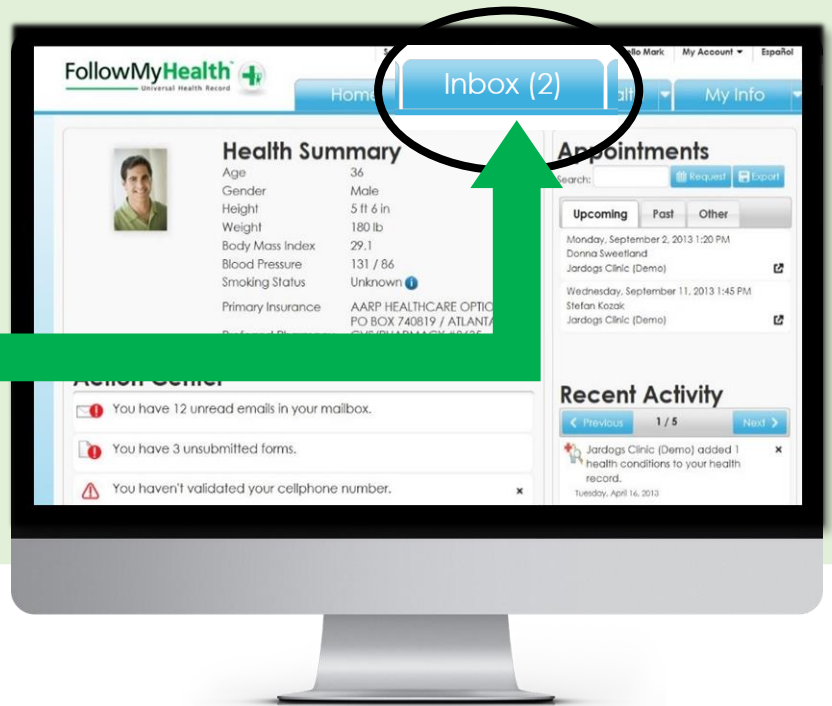
Your loved one's health record will then begin to upload. Once populated, you'll be able to view their information.



Have Questions for Your Loved One's Physician?

Avoid phone tag – communicate with your child or dependent adult's doctor by using the secure messaging feature within the portal. It's quick and easy – just like email!

Click on the **Inbox** tab and **Compose** to start a message.



Circle the method you used to log in, and write your username and password hint below.



Username _____ Password Hint _____