



Portal Registration Instructions

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 hours a day, 7 days a week** from any computer, tablet or smartphone!

Just follow these simple steps to request your connection today!

1



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

2



Click Create an Account. If you already have a portal account and want to add an additional provider, click **Add This Connection**.

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. **Skip to Get Connected on back if you select this option.**

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*.

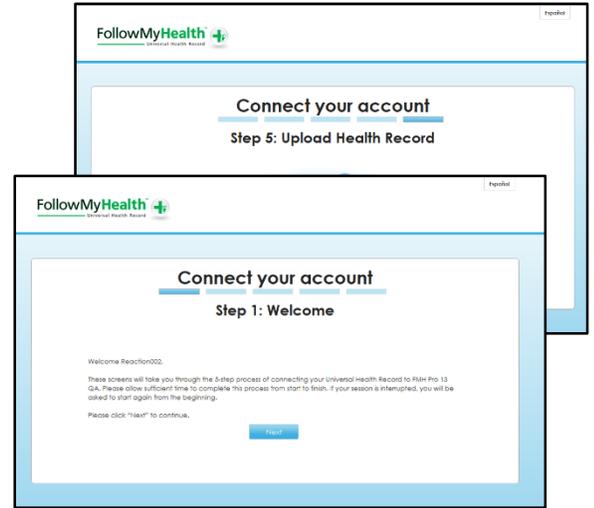
Enter your FMH Secure Login username and password.

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



Get Connected

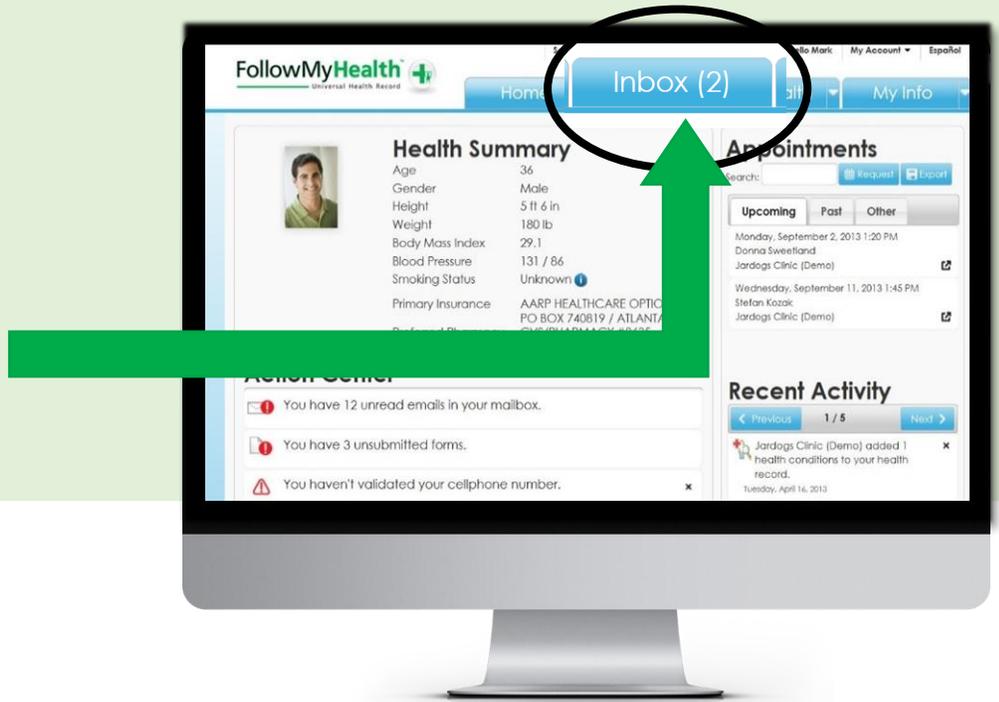
Get Connected. Follow the on-screen prompts on the next four screens to complete your connection. These screens include accepting our **Terms of Service**, entering your **Invite Code** and accepting the **Release of Information**. Your health record will then begin to upload. Once populated, you'll be able to view your account.



Have Questions for Your Physician?

Avoid phone tag – communicate with your 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 _____