

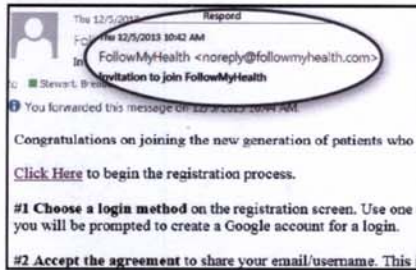


## Portal Registration Instructions

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**



The 12/5/2013 10:42 AM  
From: FollowMyHealth <noreply@followmyhealth.com>  
To: Steven, B...  
Subject: Invitation to join FollowMyHealth

You forwarded this message on Thu 12/5/2013 10:42 AM.


Congratulations on joining the new generation of patients who

[Click Here](#) to begin the registration process.

#1 Choose a login method on the registration screen. Use one you will be prompted to create a Google account for a login.

#2 Accept the agreement to share your email/username. This

**2**



FollowMyHealth +  
Universal Health Record

Welcome to FollowMyHealth™, an innovative health engagement solution that empowers patients to take a more active role in managing their care. FollowMyHealth is used by tens of thousands of physicians on the "ground" behind their hospital or other health system partner.

Whether you're looking to keep on top of your weight, monitor your blood pressure, or manage a chronic condition, FollowMyHealth is the tool for you!

Create an Account

Add This Connection

**3**



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Log In

Download on the App Store  
GET IT ON Google play

Steps | Contact Us

**Check your Email.** You will receive an email from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com). Click the registration link and follow the onscreen prompts.

**Click Create an Account.** it is recommended to use a computer for the initial registration

**Create your log in** Create a username and password for your portal account by clicking the FMH Secure Login icon. **Please do not use** Facebook, Gmail, Yahoo, Windows Live or CernerHealth Credentials.

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



FMH

**Create Your FMH Secure Login**

Already have a FMH Secure Account? [Click Here to log in](#)

Create Your Username  
Username must begin with a letter and may not contain spaces or special characters

Create Your Password  
Password should be at least 8 characters in length, and include at least one numeric

Confirm Password

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



FMH

**FMH Secure Login Creation Successful!**

Enter Your FMH Secure Login Username and Password to continue

Username

Password

Log In

[Forgot your password?](#)

Enter your FMH Secure Login username and password.



The 12/5/2013 10:53 AM  
From: noreply@FollowMyHealth.com  
Subject: FMH Secure Login Account Created

To: Steven, B...

Action Items

Hello,

**Please keep this email for your records. You have**

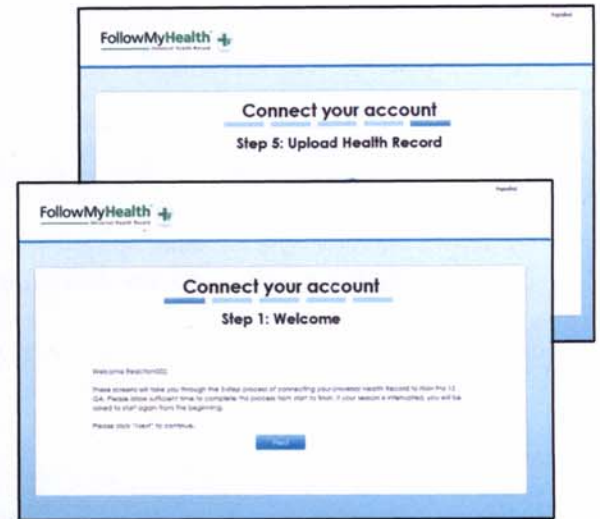
Username: [\[redacted\]](#)

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



# Get Connected

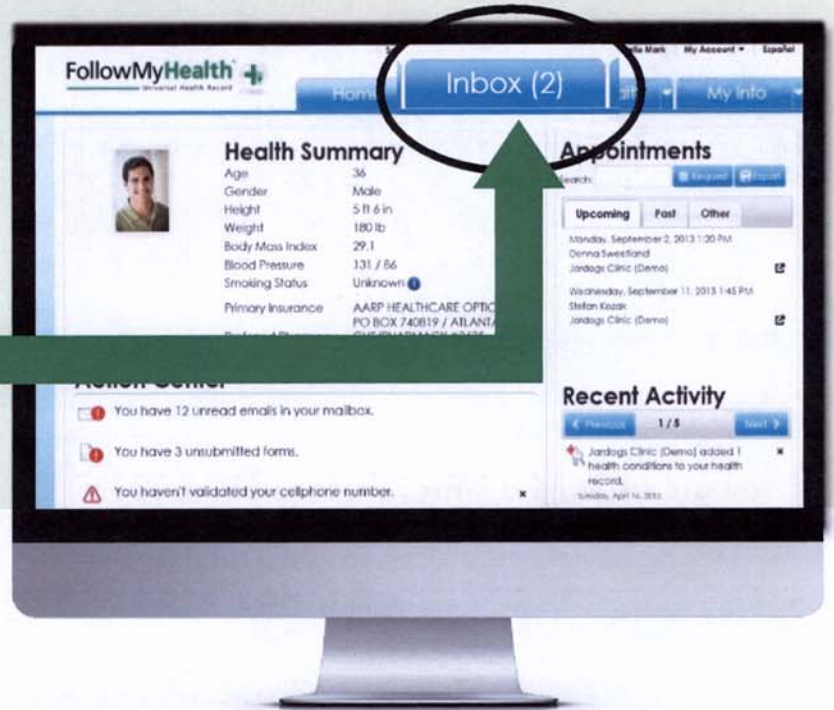
**Get Connected.** Follow the on-screen prompts on the next four screens to complete your connection. These screens include accepting our **Terms of Service**, entering your **Invite Code** (year of birth) and accepting the **Release of Information**. Your health record will then begin to upload. Once 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.



**Username** \_\_\_\_\_

**Password Hint** \_\_\_\_\_