



# FollowMyHealth®

## PORTAL REGISTRATION INSTRUCTIONS

Congratulations on taking the first step toward taking control of your health! FMH 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 steps to access your information today!**

1



**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.

2



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

3



**Create a username** for your portal account. By default, the 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.

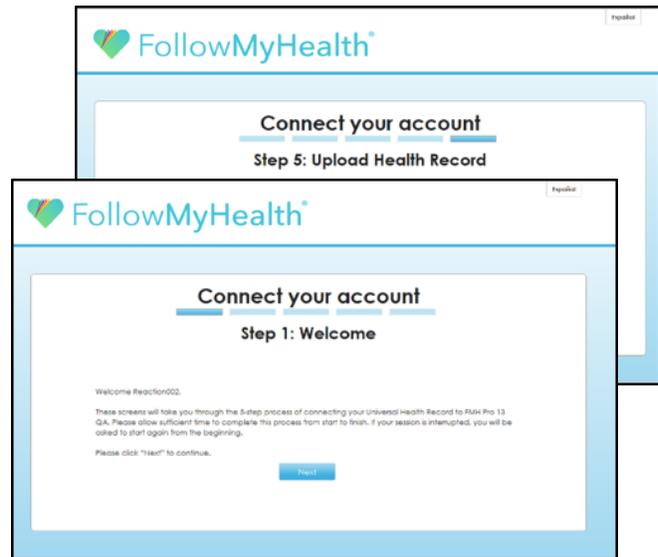
Re-enter your password to continue.



# Get Connected

**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**.

*Note: Your invite code can be found within the original e-mail.*



# Have Questions for Your Physician?

**We want to hear from you!**

Click on the **Send a Message** tab and select your physician to start a new message.

The portal is a great way to ask follow-up questions, address concerns, or provide us with updates after your visit. You can also provide attachments to your message such as pictures or reports.

Avoid phone tag – communicate with us by using the secure messaging feature within the portal.

This is the easiest and most direct way to reach us.

Need help creating your account or Logging In?

Call FMH Support at 888-670-9775.

