



## **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, laptop, tablet, or smartphone!

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



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 select this option, skip to Get Connected on page 2 of these instructions.

If You Are Creating a FMH Secure Login Account, Follow These Easy Steps:

FMH	s//testsecure. <b>followmyhealth.com</b> /Account/Register?returnUrt=%2FOpenId%2FProcessAuth
•	
Create Yo	ur FMH Secure Login
Already have a FMH S	ecure Account? <u>Click Here to log in</u>
Create Your Username	
Username must begin t	vith 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 and one special character, such as: 100
Confirm Password	

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

	$lowmy health.com/Account/LoginTReturnUd=%2FOpends%2FProcessAuthile \mathcal{O} = 0.0000000000000000000000000000000000$
	n Creation Successful! emame and Password to continue
Password	
Log in Forgot your password?	

Enter your FMH Secure Login username and password.

Delete	Respond	Quick Steps		
To Grenda	Thu 12/5/2013 10:53 AM noreply@FollowMyHealth.com FMH Secure Login Account Created Stewart			
Action Items				
Hello,				
Please keep this email for your records. You have requested to c				
Username: brendastewart99				

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

## Page2

**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 (last four digits of your social security number\*) and accepting the Release of Information.

FollowMyHealth	FollowMyHealth
Connect your account Step 1: Welcome Werne Restance. Werne Restance. The second status of the soft approximation of the soft approximation status for 13 A page and soft approximation for the connecting your universal insertion for 16 in 16	Connect your account step 2: Accept Terms of Service Terms of the Service Serv
	By clicking on 1 Accept below you are agreeing to the terms of Service above and the <u>Procestalics</u> .
FollowMyHealth +	FollowMyHealth
Connect your account Bap 3: Enter Invite Code	<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header>
<b>Registration and Connection is Now Complete</b> Your health record will now begin to upload. Please	FollowMyHealth
note this may take a few minutes.	Connect your account

## Connect your account Step 5: Upload Health Record

## View The First Time Walk-Through Video

Learn about all the tools your portal has to offer by watching this 3-minute video.

If you wish to view this video later, you can 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!



