



## Get Connected to Your Medical Information!

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!

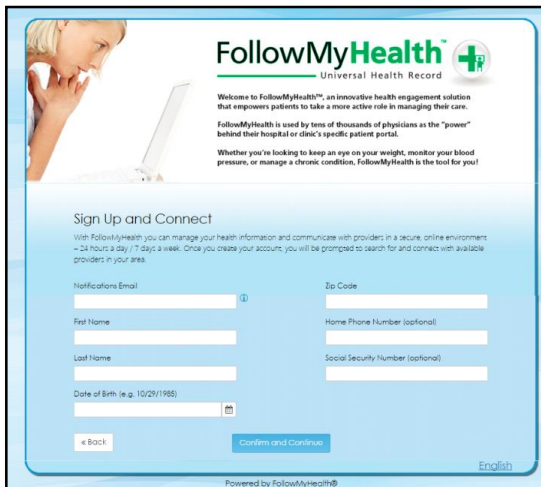
**Just follow these steps to access your information today!**

1



**Go to the Portal Login Page.** Visit [www.followmyhealth.com](http://www.followmyhealth.com) and click **I need to sign up**.

2



**Complete Your Information.** Fill in the appropriate fields, and **accept the Terms of Use**.

3



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

Reenter your password to continue.



# Request Connections to Healthcare Organizations

4

Search:  (Zip Code, Organization, or Provider)

### Search Results

<b>OCI</b> 1301 South Koke Mill Road Springfield, Illinois 62711	<input type="button" value="Connect"/>
<b>St. John's Hospital - Springfield</b> 800 E. Carpenter Street Springfield, Illinois 62769	<input type="button" value="Connect"/>
<b>Memorial Physician Services</b> 701 North First Street Springfield, Illinois 62781	<input type="button" value="Connect"/>

**Click Connect** next to the medical organization(s) you'd like to obtain your records from. When complete, hit **Next**.

Note: if you click **Skip This Step**, you can complete your connection to your healthcare organization(s) at any time by logging in to your account, and selecting **My Account > Connections**.

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### Sign Release of Information Authorization

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Information Authorization agreement and accept or decline the terms below.

Information

Test S

Springfield Clinic, LLP to release any and all healthcare information about me to my FollowMyHealth purposes. I acknowledge that such healthcare information may include the following: x-rays, immunizations, allergies, prescription drug information, mental health screenings, treatment, and testing, laboratory results, HIV/AIDS, infectious disease, sexually transmitted infection, genetic treatment history, clinical procedures, domestic violence, child abuse, family abuse, medical

**Accept the Release of Information** from the organization(s) you wish to connect to.

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### Connection Request Successful

You have successfully requested access to your health data from [redacted]. You will receive an email notification as soon as your health record data is available. [redacted] may also contact you for further proof of identity.

**Complete request** by clicking OK.

You have successfully created your portal account. Your record will be populated with your medical information once your healthcare organization accepts your connection request. Please wait for a response from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com) before taking further action.