



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 access your information 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 Sign Up and Connect. If you already have a portal account and want to add an additional provider, click **Sign in and add this connection**.

3



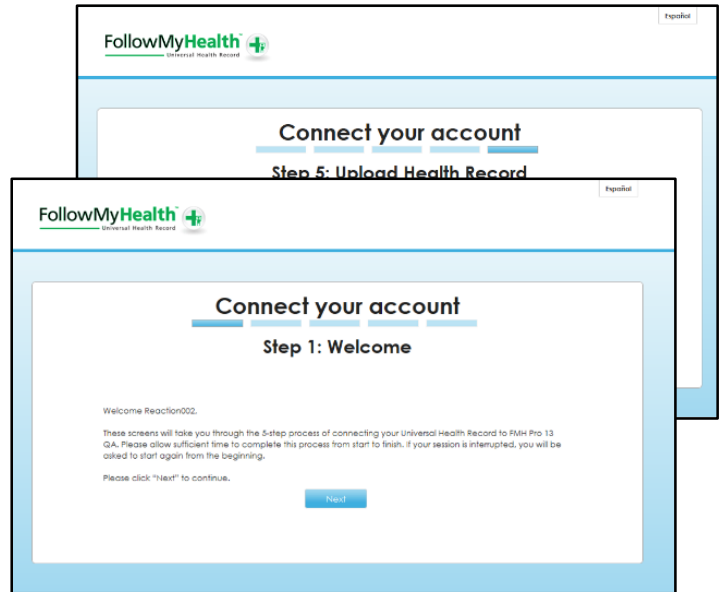
Create a username for your portal account. By default, your email address that your invitation was sent to will appear in the username box. It is recommended to use this email address as your username.

Next, **create a password** following the criteria noted on the right of the screen. Enter your password to continue.



Get Connected

Get Connected. Follow the on-screen prompts on the next five 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 information.



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.

