FollowMyHealth™
Universal Health Record

Create an Account

from an Invitation

Portal Registration Instructions

Welcome to the all-in-one personal health record and patient portal that lets you access our 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!

1

Check your Email. You will receive an email from noreply@followmyhealth.com. Click the registration link and follow the onscreen prompts.

2

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

3

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. **Skip to Get Connected on back if you select this option.**

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

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

Enter your FMH Secure Login username and password.

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** 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.

Don't Forget Your Login Information!

Circle the method you used to log in, and write your username and password hint below.

Username _____   Password Hint _____