

Follow My Health Patient Portal Instructions

In order to start the registration process and get connected to your medical information, follow these steps:

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

Click on “Sign Up and Connect” on the login page.

If you already have a portal account and want to connect with an additional provider, click **Sign in and add this connection**.

Create a username for your portal account. By default, this will be your email address. 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. Follow the on-screen prompts on the next several screens to complete your connection. These screens include accepting our **Terms of Service**, entering your **Invite Code** and accepting the **release of information**.

Registration and Connection is now complete. Your health record will now begin to upload. Please note this may take a few minutes.

View the first time walk-through video. Learn about the tools your portal has to offer by watching the 3-minute video that appears when you first log in. If you wish to view this video later, you can always 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!

For Existing Patient Portal Users:

If you are an existing portal account user, click the Sign In button to log in with your FMH user ID and Password. If you have used an alternate method to log in, such as Google, Yahoo, MSN, etc., then you will first need to Click on **“Or, Use an Alternative”** button so that you can access those icons to log in.