

## Create an Account From an Email Invitation Portal Registration Instructions

With 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 request your connection today!**

1



**Check your email.** You will receive an email from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com). Click the registration link and follow the onscreen prompts. If you don't receive an email, please check your junk/spam folder.

2



**Don't have a Portal Account? Click Sign Up and Connect.** -OR- If you already have a portal account and want to add in 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.** If two people are sharing the same email then one will need to create a unique username

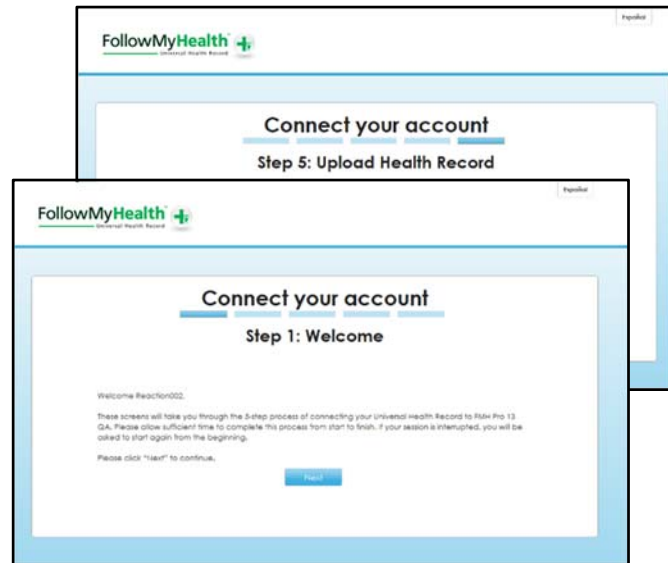
Next, **create a password** following the criteria noted on the right of the screen.

Enter your password to continue.



## Get Connected

**Get Connected.** Follow the on-screen prompts on the next four screens to complete your connection. These screens include accepting our **Terms of Service**, entering your **Invite Code (your last 4 digits of your Social Security, if that does not work then try your 4 digit year of birth)** 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.

