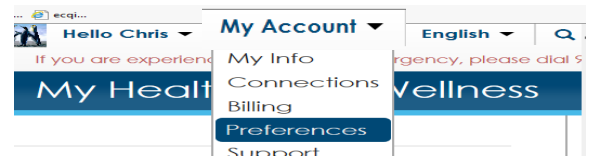


Getting too many email notifications from FollowMyHealth? Would you like to turn some of them off?

Here is how:

- Sign in your FollowMyHealth Portal
- Go to My Account> Preferences> Communication Preferences
- To opt-out of any of the communication preferences, uncheck each of the boxes for email and/or texting, leaving that preference blank. In the example, you can see that there are no boxes checked under the Update to Health Records.



Communication Preferences

Control your inbox and messages with a few clicks.

We get it. There's a lot of unwanted emails and text messages being sent by companies out there. We don't want to be one of them. Help us make sure you're getting the right communications in the way you'd like to receive them. Check the email and/or text message box next to those you want to receive.

Email: [REDACTED] [Change](#) Mobile Phone: [Add a mobile phone number](#)

Notifications From My Healthcare Organization

This includes important updates from your healthcare provider or wellness coach such as appointment reminders, health record updates, and more.

Appointment Reminders	Organization Bulletins
<input checked="" type="checkbox"/> Email <input type="checkbox"/> Text Message	<input checked="" type="checkbox"/> Email <input type="checkbox"/> Text Message
Appointment Updates	
<input checked="" type="checkbox"/> Email <input type="checkbox"/> Text Message	
Updates to Health Record	
<input type="checkbox"/> Email <input type="checkbox"/> Text Message	
Notice of Communication From Provider	
<input checked="" type="checkbox"/> Email <input type="checkbox"/> Text Message	

Notifications About FollowMyHealth

This includes important information about FollowMyHealth such as new updates and information related to using FollowMyHealth features.

Email
 Text Message

Notifications About 3rd Party Partners

This information will come from FollowMyHealth, specially curated just for you. It will include information about trusted partners with products and services that may be helpful to you. On occasion, we may use your data to send you relevant information. You can opt-out of either, or both, by unchecking the boxes.

Email
 Text Message

When do you receive these notification?

- **Appointment Reminders:** an email 2 days before an upcoming appointment
- **Appointment Updates:** an email when an appointment has been scheduled/rescheduled
- **Update to Health Records:** an email when something is updated in “My Health” tab
- **Notice of Communication from Provider:** an email when your provider/staff has sent a message
- **Notifications about FollowMyHealth:** They (FollowMyHealth) will send notification such as new updated or features are being used
- **Notifications from 3rd Party Vendors:** This information will come from FollowMyHealth. It will include information about trusted partners with products and services that may be helpful to you. On occasion, FollowMyHealth may use your data to send you relevant information.
- **Organization Bulletins:** This will come from Primary Care Partners