

## Create an Account

### From an Email Invitation

## Proxy Registration Instructions for Children

With the all-in-one personal health record and patient portal, accessing your child's medical information from any computer, tablet or smartphone is easier than ever!

#### Just follow these simple steps to get connected today!



**Check your Email.** You will receive an email from <u>noreply@followmyhealth.com</u>. Click the registration link and follow the onscreen prompts. If you don't receive an email, please check you junk/spam folder.



Don't have a Portal Account? Click Create an Account. Enter <u>YOUR</u> contact information (not your loved one's) and click "I Accept."

#### -OR-

If you have an existing portal account, Log In to Your Portal Account, login using your standard method and skip to Register as a Proxy – instructions on the next page.



**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 (to verify your identity) from Facebook, Gmail, Yahoo, Windows Live or CernerHealth by clicking the respective icon, then skip to **Register as a Proxy** – instructions on the next page.

## If you are creating a FMH Secure Login Account, follow these easy steps:

FMH	
Create	Your FMH Secure Login
Already have	a FMH Secure Account? Click Here to log in
Create Your U Username mu	semame It begin with a letter and may not contain spaces or special characters
Create Your Password show	assword ald be at least 8 characters in length, and include at least one numeric a
Confirm Passw	ord

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

C	
FMH Secur	e Login Creation Successful
Enter Your FMH Secu Username	re Login Username and Password to continue
Password	
Log in	
Forgot your password?	

Enter your FMH Secure Login username and password.

0	Thu 12/5/2013 10:53 AM noreply@FollowMyHealth.com
То	FMH Secure Login Account Created
Action I	tems
Hello,	
Please	keep this email for your records. You ha
Userna	ame:

Print and **save** the email containing your username. You will need it if you lose your username or password.



## Register as a Proxy

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 (the last 4 digits of the parent's SS#) and accepting the Release of Information.

Your child's health record will then begin to upload. Once populated, you'll be able to view their information.

	Register as a proxy
	Step 5: Upload Health Record for Jardogs18 Zztes
	Register as a proxy
	Step 1: Welcome
Welcome L	laura,
screens will Record(s).	been invited to have access to Jardogs18 Zstest's Universal Health Record (s). These I take you through the 5-step process of connecting to their Universal Health Please allow sufficient time to complete this process from start to finish. If your session is a job will be asked to start again from the beginning.
Please click	k "Next" to continue,
	Fiend



# Have Questions for Your Child's Physician?

Avoid phone tag – communicate with your child's doctor by using the secure messaging feature within the portal. It's quick and easy – just like email!

Remember, that your main FollowMyHealth account is under <u>your</u> name and you need to be sure to click the drop down arrow next to the "HELLO" to send messages under the correct child.





Click on the **Inbox** tab and **Compose** to start a message.

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











Username \_

Password Hint \_