

Create an Account

From an Email Invitation

Proxy Registration Instructions for Adult dependent

With the all-in-one personal health record and patient portal, accessing your dependent adult'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



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 <u>Your</u> 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:



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

FMH		
FMH Secure Log	n Creation Succ	essful!
Enter Your FMH Secure Login Us Username	name and Password to continu	•
Password		
Log in		
Forgot your password?		

Enter your FMH Secure Login username and password.

То	noreply@FollowMyHealth.com FMH Secure Login Account Created	
Action It	ems	
Hello, Please keep this email for your records. You b		

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 patient's SS#) and accepting the Release of Information.

Your loved one'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 Zztest
Register as a proxy
Step 1: Welcome
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Have Questions for Your Loved One's Physician? Primary Care Hello Gracie Home Adele Allscript Avoid phone tag – communicate with your Health Summarv dependent adult's doctor by using the Gende secure messaging feature within the portal. It's quick and easy - just like email! Activity Remember, that your main FollowMyHealth account is under your name and you need Page 1 of 1 to be sure to click the drop down arrow ñol "O Primary Care Partners next to the "HELLO" to send messages for ilth 🝷 My Info Home Inbox (2) the Adult Proxy. pointments **Health Summary** Age Gende Ferry Height Weight 150.07 lb Blood Pressure 100 / 56 Wal-Mar Click on the Inbox tab and Compose to start a message. Action Center **Recent Activity** 4 🗰 You have 1 unread email in your mailbox Page 1 of 2 Your health record contains new clinical items

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











Password Hint

