

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>. Set up needs to be done on a computer/tablet. Click the registration link and follow the on screen prompts. If you don't receive an email, please check your junk/spam folder.

Don't have a Portal Account? Click Sign Up and Connect

-OR-

If you have an existing portal account for yourself Click on "Sign in and add this connection." Log In to <u>Your</u> Portal Account. Skip to Register as a Proxy step #5.

Enter <u>YOUR</u> name, email address and DOB (not your child's) and click "Confirm and Continue". Then accept the Health Records Terms of Use.

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.

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

Register as an authorized individual

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, (If you have multiple children this will need to be for all of them).

Your child's health record will then begin to upload. Once populated, you'll be logged in to your account. To view your loved one's information, simply click on **Hello (Your Name)** in the top right corner of your portal, and drop down to your loved one's record will appear.

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Have Questions for Your Loved One's Physician?

Avoid phone tag—communicate with your child or dependent adult's doctor by using the secure messaging feature within the portal. It's quick and easy—n 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.



