



Steps to Create a Portal Account

- Go to your e-mail inbox and find the **FollowMyHealth** email. Open the “**Click here**” link in the e-mail. A new page will pop up instructing you to set up your online patient portal account.
- Click **Create an Account** and select the account login method (**FMH**)
- **Create a username**, such as your first and last name, or something easy to remember.
- **Create a password** you will remember which must be at least 8 characters, including a number and a special character (!@#\$&*), i.e., Sandy123#
- **Confirm** your password and email address.
- After successfully creating an account, **log into the patient portal** prompted at the next page.
- **Follow instructions** to complete the set up. When prompted for your invite code, enter your four-digit **year of birth**.

Helpful Info

- After you have created your account, you can access the portal anytime by going to followmyhealth.com and clicking login.

Once your account is created, be sure to store your username and password in a secure place; passwords **can** be reset if lost or forgotten, usernames are not stored and **cannot** be retrieved or reset.

Need help or assistance? Call us at 907-567-3970