



Proxy Registration Instructions

With the all-in-one personal health record and patient portal, accessing your child or 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.



Log In to <u>Your</u> Portal Account. If you have an existing portal account – login using your standard method. Skip to **Register as a Proxy**.

-OR-

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."



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 from Facebook, Gmail, Yahoo, Windows Live or CernerHealth by clicking the respective icon.

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

FMH	
Create Yo	our FMH Secure Login
Already have a FMH	Secure Account? Click Here to log in
Create Your Usernam	e
Username must begir	n with a letter and may not contain spaces or special characters
Create Your Password	4
Password should be a	at least 8 characters in length, and include at least one numeric a
Confirm Password	

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

V			
FMH Sec	ure Login Cre	ation Success	ful!
	ecure Login Username and		
Username			
Password			
Log in			_

Enter your FMH Secure Login username and password.

	Thu 12/5/2013 10:53 AM
	noreply@FollowMyHealth.com
	FMH Secure Login Account Created
To	le Theory .
Action It	ems
Hello,	
Please	keep this email for your records. You ha
Userna	me:

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



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** 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
	Register as a proxy
	Step 1: Welcome
screens will take Record (s). Please	vited to have access to Universal Health Record(s). These you through the 5-step process or connecting to their Universal Health allow sufficient time to complete this process from start to finish. If your session is will be asked to start again from the beginning.

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 – just like email!

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.



