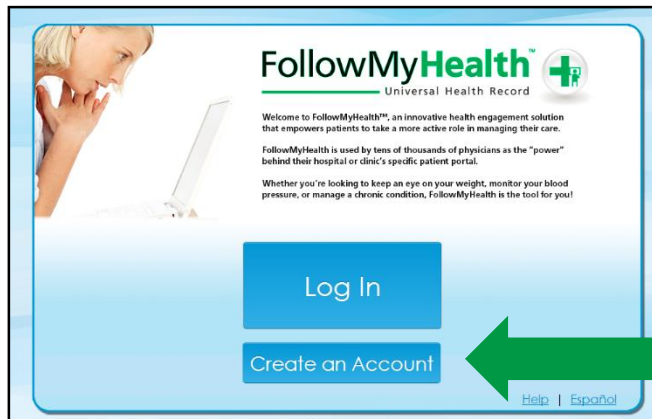




## Get Connected To Your Medical Information!

Welcome to the all-in-one personal health record and patient portal that lets you access your medical information in a secure online environment **24 hours a day, 7 days a week** from any computer, tablet or smartphone!

**Just follow these simple steps to request your connection today!**



1

**Go to the Portal Login Page.** Visit [www.followmyhealth.com](http://www.followmyhealth.com) and click **Create an Account**.

Create an account

With FollowMyHealth you can manage your health information and communicate with providers in a secure, online environment – 24 hours a day / 7 days a week. Once you create your account, you will be prompted to search for and connect with available providers in your area.

Notifications Email  Zip Code

First Name  Cell Phone Number (optional)

Last Name  Home Phone Number (optional)

Date of Birth (mm/dd/yyyy)  Social Security Number (optional)

2

**Complete Your Information.** Fill in the appropriate fields, and **accept the Terms of Use**.



3

**Choose a Login Method.** Create a username and password for your portal account by clicking the FMH Secure Login icon (see *instructions on back*) – **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:

**Create Your FMH Secure Login**

Already have a FMH Secure Account? [Click Here to log in](#)

Create Your Username  
Username must begin with a letter and may not contain spaces or special characters

Create Your Password  
Password should be 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*.

**FMH Secure Login Creation Successful!**

Enter Your FMH Secure Login Username and Password to continue

Username

Password

Log in

[Forgot your password?](#)

Enter your FMH Secure Login username and password.

Tue 7/29/2014 10:28 AM

FW: FMH Secure Login Account Created

To

Hello,

Please keep this email for your records. You have requested access to your health information.

Username: [redacted]

If you did not create this account, click the following link

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

## Request Connections to Healthcare Organizations

Search: 62711 (Zip Code, Organization, or Provider)

**Search Results**

OCI  
1301 South Koke Mill Road  
Springfield, Illinois 62711 [Connect](#)

St. John's Hospital - Springfield  
800 E. Carpenter Street  
Springfield, Illinois 62769 [Connect](#)

Memorial Physician Services  
701 North First Street  
Springfield, Illinois 62781 [Connect](#)

4

**Click Connect** next to the medical organization(s) you'd like to obtain your records from. When complete, hit **Next**.

Note: if you click **Skip This Step**, you can complete your connection to your healthcare organization(s) at any time by logging in to your account, and selecting **My Account > Connections**.

**Sign Release of Information Authorization**

Information Authorization agreement and accept or decline the terms below.

Information

Organization: Test S

Springfield Clinic, LLP to release any and all healthcare information about me to my FollowMyHealth account for purposes of my healthcare. I acknowledge that such healthcare information may include the following: x-rays, laboratory results, HIV/AIDS, infectious disease, sexually transmitted infection, genetic testing, clinical procedures, domestic violence, child abuse, family abuse, medical history, and treatment history.

[I Accept](#) [I Decline](#)

5

**Accept the Release of Information** from the organization(s) you wish to connect to.

**Connection Request Successful**

You have successfully requested access to your health data from [redacted]. You will receive an email notification as soon as your health record data is available. [redacted] may also contact you for further proof of identity.

OK

6

**Complete request** by clicking **OK**.

You have successfully created your portal account. Your record will be populated with your medical information once your healthcare organization accepts your connection request. Please wait for a response from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com) before taking further action.