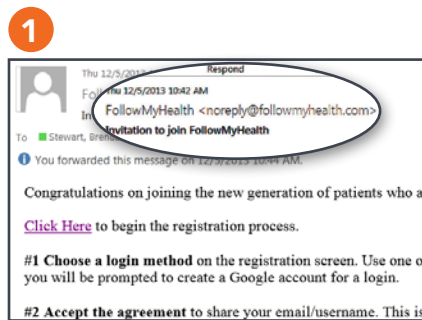


Proxy Registration Instructions

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 noreply@followmyhealth.com. Click the registration link and follow the onscreen prompts.



Log In to Your 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 YOUR contact information (not your loved one's) and click "I Accept."

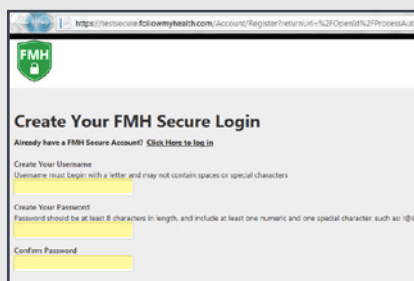


Choose a Login Method. Create a username and password for your portal account by clicking the FMH Secure Login icon.

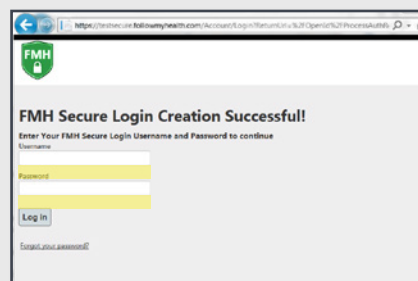
-OR-

Or use an existing username and password from Facebook, Gmail, Yahoo, Windows Live, or CernerHealth by clicking the respective icon.

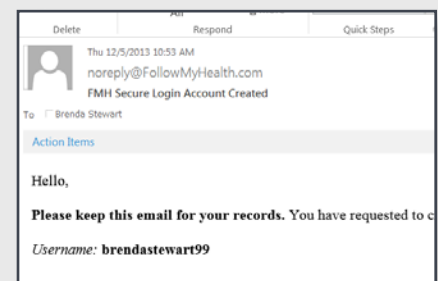
If You Are Creating a FMH Secure Login Account, Follow These Easy Steps:



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

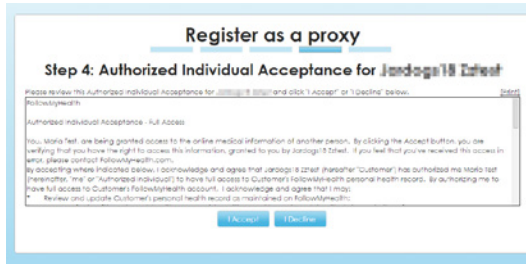
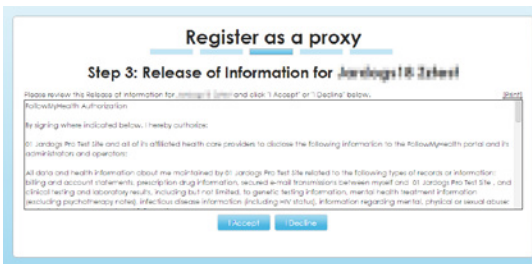
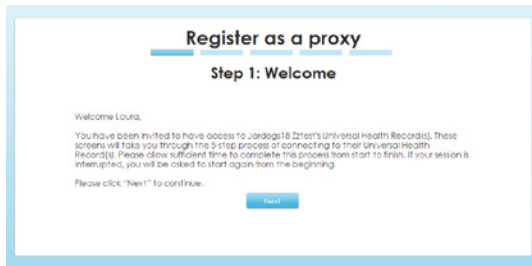


Enter your FMH Secure Login username and password.



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

Register as a Proxy. Follow the onscreen prompts to enter an **Invite Code** (provided by our organization). Click "I Accept" and you will be taken to YOUR portal account.



Registration and Connection is Now Complete

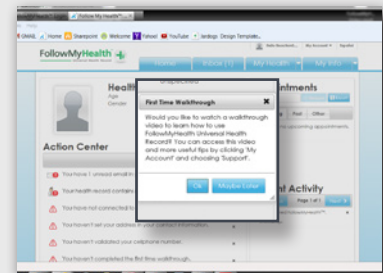
At the top of your portal page, you'll see a dropdown arrow next to **Hello, Name**. Click the name of the child or dependent adult whose account you wish to access.



View The First Time Walk-Through Video

Learn about all the tools your portal has to offer by watching this 3-minute video.

If you wish to view this video later, you can access it by clicking on the **My Account** dropdown in the right hand corner and selecting **Preferences**.



Congratulations! You now have 24/7 secure, online access to our patient portal and your loved one's medical information!