



## 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](https://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*