



# ECHN's Patient Portal FOLLOW MY HEALTH

Welcome to the all-in-one personal health record and patient portal that lets you access your medical information on the go! Create your free online portal account today!

## Features

- **Request your procedure results online in a safe, secure environment**
- **Communicate with physicians via secure messaging**
- **View test, lab results, and clinical summaries from your doctor**
- **Request prescription refills**
- **Receive email care reminders**
- **Request or change appointments**
- **Print out forms prior to appointments**

## Benefits

- **Save Time:** No more waiting on hold to speak to staff
- **Convenient:** Anywhere, anytime access lets you communicate on your time
- **Private:** Secure messaging ensures privacy between you and your physician
- **More Choices:** Gives patients a new way to communicate with their doctor
- **Set & Track Goals:** Use the portal to track your health conditions/ wellness goals and chart progress
- **Patient Controlled:** You own your portal and all your data, so you control who can see your information

Follow the easy steps on the reverse side to get started.

**ECHN**  
Medical Group

# How to Register for a Portal Account

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, laptop or smart phone.

**Follow these simple steps to get connected today!**

**1**

**Complete the tear tab at the bottom of this card.**

Give it to anyone in our office and we will send you an invite through your email account within 36 hours.

**Check your email.** You will receive an email from “noreply@followmyhealth.com.” Click the registration link and follow the on-screen prompts.

**Click “Sign Up and Connect”** in the email you received from us. Or, go to [www.echn.followmyhealth.com](http://www.echn.followmyhealth.com) and click the “I need to sign up” button.

**2**

**Choose a login method.** You can create a username and password specifically for your portal account by clicking the FMH Secure Login icon – **OR** – you can login by using an existing username and password if you have one of the following accounts: Facebook, Google, Microsoft, Yahoo, or CernerHealth. Click on the respective icon and enter your username and password for that account.

**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 (four digits of your birth year) and accepting the Release of Information.

***Registration and connection is now complete. Your health record will now begin to upload. Please note this may take a few minutes.***

**3**

**View the first time walk-through video.** Learn about all the tools your portal has to offer by watching the 3-minute video that appears when you first login. If you wish to view this video later, you can always access it by clicking on **My Account** drop-down in the right hand corner and selecting Preferences.

**Congratulations!** You can now access your health information and start managing your care online!

**If you need help registering, please call Follow My Health customer support at 888.670.9775 or send an email to [support@FMH.com](mailto:support@FMH.com).**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_