



## To Sign Up

- \* Open the email invitation that was sent to you by FollowMyHealth.
- \* In the email, click **“Sign up and connect”** to begin registration.
- \* Your email address may already be displayed as your username. You can also create a different username. Enter and confirm your new password.
- \* Click **Confirm and Continue**.
- \* Click **Next**.
- \* Read the terms of service and click **I Accept**.
- \* Enter the invitation code: this will be the **year of your birth**.

On the sign in page there are also buttons to help with forgetting your password or username, and links to “support” and “help” provide answers to FAQs, a helpful video, and advice on fixing common problems.

## To Sign In

- \* Visit [fmaraleigh.followmyhealth.com](http://fmaraleigh.followmyhealth.com) OR use the link sent in the email
- \* Click **Sign in** and enter your login (usually your email address) and password. If you need help, there are “Forgot Password” and “Forgot username” buttons
- \* If you have two factor authentications enabled, a verification code will be sent
- \* **Accept** all terms
- \* There is a **FollowMyHealth App** for mobile devices too. Check your app store!

## Home Page

The small, blue sections across the top are helpful quick links. They include links to messaging and scheduling and dropdown “My account” links to connections, billing, preferences, support, and help. There is also a magnifying glass ‘search’ feature.

## Main Tabs

**Home Tab:** The Home tab is displayed when you first sign in. You can view your health summary, view recent activity, request appointments, view your billing account, and monitor your app center from the Home tab.

- \* Request appointments: Under appointments, click schedule. Choose the type of appointment you need and “find a provider” to indicate which provider you’d like to see and when. We will contact you to schedule. Going forward, you will see your PCP.
- \* Action Center: notifies you of items that require your attention
- \* App center: Provides access to applications installed on FollowMyHealth as well as how to keep a health journal.
- \* Recent Activity: Shows any changes made to your chart
- \* Billing: Ask questions of our billing department or pay a bill through Phreesia

**Messages Tab:** contains all secure messages that are sent to and received from organizations that are connected to your healthcare record.

- \* Click on “Inbox” to see messages sent to you and “Sent” to see messages you have sent.
- \* If you wish to compose a message to a provider, click “Compose”. At this time, only providers you have seen under the new system show up, but just click “inbox portal” and we will make sure your message gets to the last provider you saw, or you can indicate the provider you’d like the message to go to in the subject line.
- \* Its best to compose a new message when discussing a new issue, not respond to an old message.

**My Health Tab:** Contains all information about your healthcare, including conditions, medications, allergies, immunizations, test results, vital signs, and documents. You can also make a list of your providers from My Health.

**Wellness Tab:** Home to your wellness goals, measurements, and education.

You can also call 919-875-8150 to ask for help, or visit our website at [fmaraleigh.com](http://fmaraleigh.com) for links about the patient portal