

When you receive the invitation click on the link in it to register for Follow My Health. It will say “Click here to begin the registration process”. Once you click that link it will bring you to a page that looks like this:



If you already have a Follow My Health account click the second button, “sign in and add this connection”. If you are creating a new account, click on Sign Up and Connect, and you will see this with your email address defaulted as the username:



# FollowMyHealth Patient Portal

## Sign Up and Connect



Create Username (Using your email is recommended)

- ✘ Must begin with a letter or a number
- ✘ If using your email, must be a validly formatted email address

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Create Password

Confirm Password

- ✘ Must be at least 8 characters
- ✘ Must contain at least one number
- ✘ Must contain at least one special character.  
For example: !@#\$\$%^&\*()-
- ✘ Passwords must match

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[Confirm and Continue](#)

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It is recommended that you use your email address as your username. Create a password that meets the requirements listed, then click "Confirm and Continue." This will bring you to the welcome screen:

## Connect your account



### Step 1: Welcome


Welcome

These screens will take you through the 5-step process of connecting your Universal Health Record to CapitalCare Medical Group. Please allow sufficient time to complete this process from start to finish. If your session is interrupted, you will be asked to start again from the beginning.

Please click "Next" to continue.

Click "Next" to continue. This will bring you to the Terms of Service.

## Connect your account



### Step 2: Accept Terms of Service

Please review the terms of service below: [\[Print\]](#)

**FollowMyHealth Universal Health Record**

**Terms of Use**

Welcome to the FollowMyHealth Universal Health Record. All users of this web site, as well as the FollowMyHealth Universal Health Record and all related products and services (collectively, the "Service"), are subject to the following terms and conditions of use (these "Terms of Use"). Please read these Terms of Use carefully before accessing or using any part of the Service. **By accessing or using the Service, you agree that you have read, understand, and agree to be bound by these Terms of Use, as amended from time to time, and agree to be bound by FollowMyHealth [Privacy Policy](#) which is hereby incorporated into these Terms of Use.** If you do not wish to agree to these Terms of Use and/or the FollowMyHealth Privacy Policy, do not access or use any part of the Service.

**1. Definitions**

(a) **Aggregate Data.** Aggregate Data is PHR Data that: (1) has names and other identifiers removed or altered and (2) is grouped so it does not identify or connect to you as an individual. In other words, Aggregate Data is information that does not identify an individual.

By clicking on 'I Accept' below you are agreeing to the Terms of Service above and the [Privacy Policy](#).

Accept the Terms of Service and you will be asked for your Invite Code. This is either the last 4 digits of your SSN or your 4 digit year of birth.

## Connect your account

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### Step 3: Enter Invite Code

The invite code is a secret between the patient and the healthcare provider with whom you are connecting. If you were not given a code directly from your provider, it will most likely be either the last four digits of your social security number or year of birth (yyyy). Remember, if you are setting up a proxy account for a child or dependent adult, the code applies to that patient and will be the last four digits of his/her social security number or year of birth (unless you were given a specific invite code from the provider for that patient).

For more information, please refer to the invitation email you received from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com) or contact your provider.

Once your Invite Code is entered you will come to the Release of Information.

## Connect your account

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### Step 4: Release of Information

Please review this Release of Information and click "I Accept" or "I Decline" below.

FollowMyHealth  
Authorization Release of Information

First Name: Fmh

Middle initial: Last Name: Test

I, Test, Fmh authorize CapitalCare Medical Group to release any and all healthcare information about me to my FollowMyHealth personal health record for my own uses and purposes. I acknowledge that such healthcare information may include the following: x-rays, clinical diagnosis, histories of present illnesses, immunizations, allergies, prescription drug information, laboratory results, diagnostic screening and testing, clinical procedures, medical research, clinical trials, billing, account, and insurance information.

Once you accept the Release of Information your portal account will begin to update from your record at CapitalCare.



Once this is complete (It may take several minutes depending on the size of the record) you will be connected to the portal. It will look like this with your information in it:



In order to log out click My Account in the upper right, then click log out. In order to log back in go to <http://www.followmyhealth.com> and log in with the username and password that you created. **DO NOT** attempt to log in again by using the link in the invitation that you received. That link is only to be used for creating your account and will not work for logging in after it has been created.