FollowMyHealth™
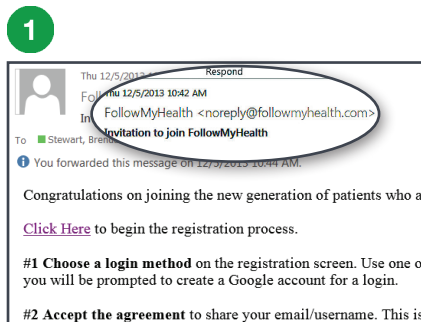## Universal Health Record

Saline Health System

Portal Registration Instructions

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, tablet, or smartphone!

Just follow these simple steps to get connected today!

1

Check your Email. You will receive an email from noreply@followmyhealth.com. Click the registration link and follow the onscreen prompts.
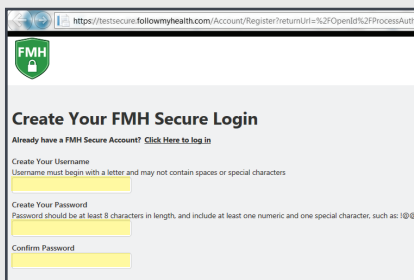
2

Click Create an Account. If you already have a portal account and want to add an additional provider, click **Add This Connection.**
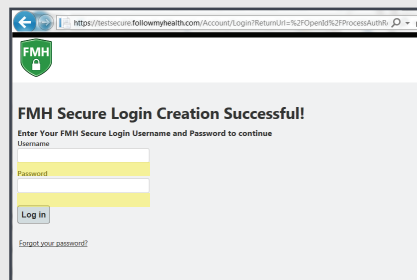
3

Choose a Login Method. Create a username and password for your portal account by clicking the FMH Secure Login icon. **OR** Use an existing username and password from Facebook, Gmail, Yahoo, Windows Live or CernerHealth by clicking the respective icon. **Skip to Get Connected on back if you select this option**.
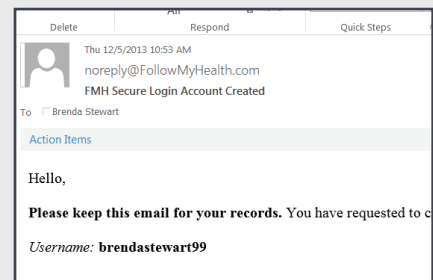
If You Are Creating a FMH Secure Login Account, Follow These Easy Steps:

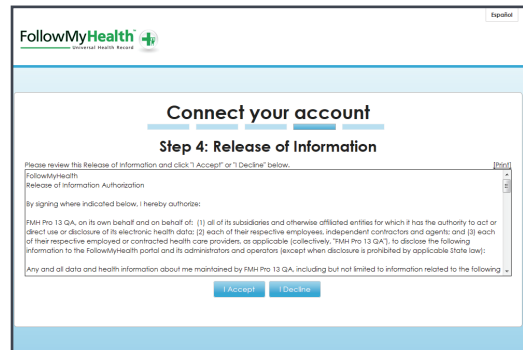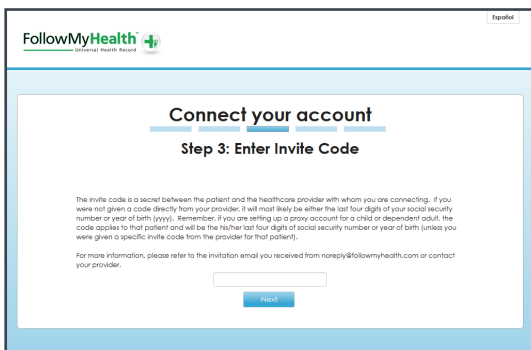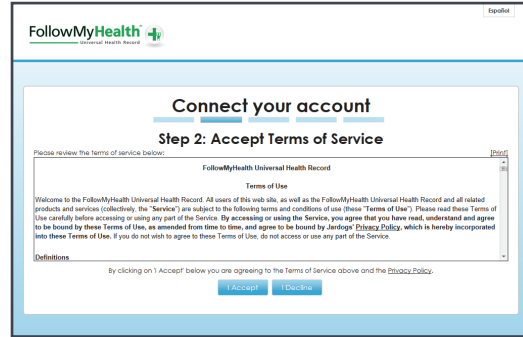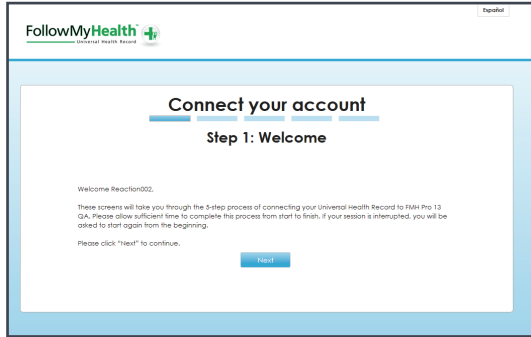Provide a unique username and password, along with your email and hit *Continue.*
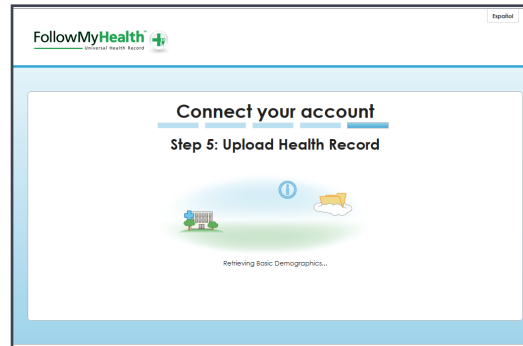

Enter your FMH Secure Login username and password.

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

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 (last four digits of your social security number*) and accepting the Release of Information.

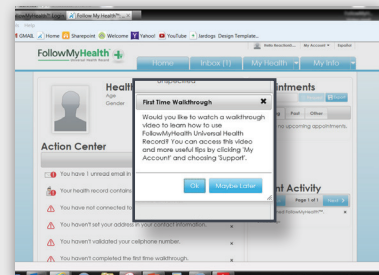## Registration and Connection is Now Complete

Your health record will now begin to upload. Please note this may take a few minutes.

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

Saline Health System

FollowMyHealth™
Universal Health Record

www.followmyhealth.com