

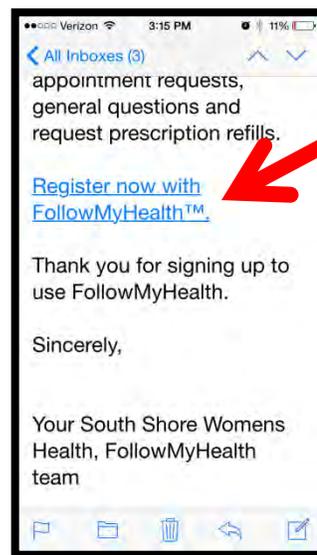


How to Set Up Your Patient Portal Through FollowMyHealth

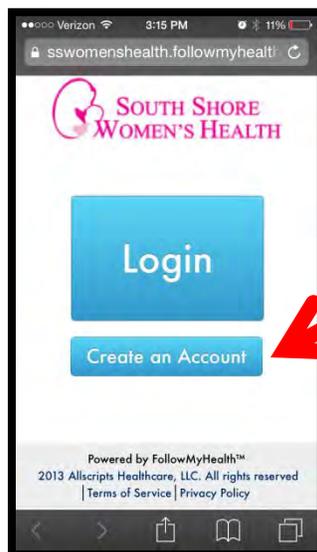
Follow these steps if you have received an email invitation to register for the FollowMyHealth patient portal. For a browser you must be using IE8 or newer, Fire Fox or Google Chrome.

Any questions you may email us at portal@southshorewomenshealth.com

1: From your email invitation, click the link to register. The link will be near the bottom of your email.



2: If you have never used FollowMyHealth, click on Create an Account.



*If you have already created a login with FollowMyHealth, click Add this Connection to add us as your provider.



3: If you want to create a User ID and password specific to FollowMyHealth, click on the green FMH shield icon. This will open a new screen.



Or, if you want to use a User ID and password you already remember, you can choose one of the icons on the right. Log in with the corresponding information. This is only for authentication purposes, and will not connect this account with FollowMyHealth!

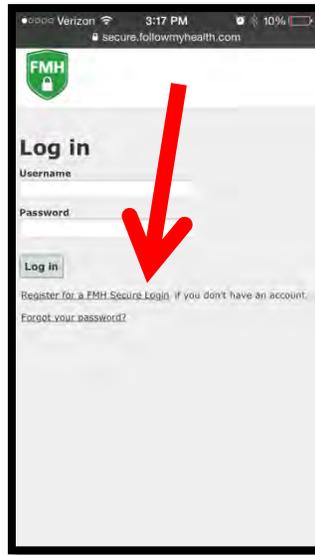
FollowMyHealth, Facebook, Yahoo, Gmail, Microsoft Live ID, Cerner Health

For example, if you wish to use your Google login, in the box that opens you will enter your Gmail email address and your Gmail password.

If you do not use the FMH login method, you can skip down to Step 7



4: If you do NOT have an existing FollowMyHealth account, you will click on Register for a FMH Secure Login if you don't have an account.



5: Create a Username.

Create a password, enter the password again to confirm. You will need to use letter, numbers, and at least one special character.

Enter your email address, enter your email again to confirm. Then click continue.



****Be sure to remember or keep track of your username and password! We do not have access to this information, and cannot retrieve it for you.**



5. Cont'd

You will receive an email that your portal account has been established – BUT your medical records have not yet been connected.

Do not delete your confirmation email. It will provide you with your username and a link to manage your password.

This email will come from noreply@FollowMyHealth.com, and look like the example here.

Hello,

Please keep this email for your records. You have requested to create an account with FMH Secure Login. Your have chosen:

Username: xxxxxxx

If you did not create this account, click the following link to cancel this request: [Cancel Account](#)

You can also manage your FMH Secure Login preferences by logging into your Universal Health Record account and accessing **Login Preferences** under **My Account > Preferences**

Thank you,
FMH Secure Login Services

6: Re-enter your newly created ID and password to log in.





7: Follow the directions on the next screens. (5 steps)



Your invitation code will be your 4 digit year of birth. If your code does not work, please email us at portal@southshorewomenshealth.com and we will send you another invitation with the correct code.

This will connect your portal account with your medical records here!

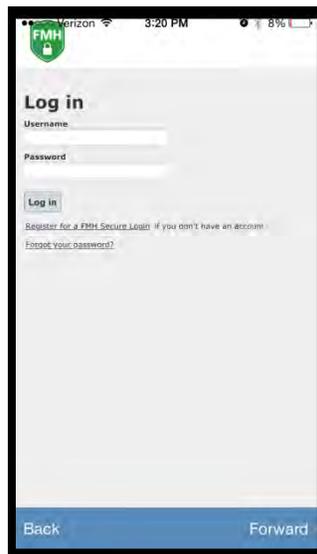




8: Next download the FollowMyHealth App for your Apple or Android



9: Last step is to choose the login method you chose to use for FollowMyHealth and enter your username and password for the chosen method!



To log in in the future on your PC, visit our website www.southshorewomenshealth.com or bookmark this link:

<https://sswomenshealth.followmyhealth.com/login#/Index>

If you have any questions about this process, or using the patient portal, email us at portal@southshorewomenshealth.com