

How to Create a FollowMyHealth Account

1. Use one of the following web browsers to access FollowMyHealth patient portal:

- > Mozilla Firefox® 2.0 or later <http://www.mozilla.org/en-US/>
- > Google Chrome™ 4.0 or later <https://www.google.com/chrome/browser/>
- > Apple® Safari® 3.0 or later (for Windows) <http://support.apple.com/kb/DL1531>
(hold the CTRL down while selecting a link to open the webpage)

Internet Explorer will cause some pages to not open correctly

Turn off popup blockers before trying to Make an Online Payment

2. Input the web address: <https://pinehurstmedical.followmyhealth.com> or go to the Pinehurst Medical website, www.pinehurstmedical.com. Go to the **Patient Center** and select **My Patient Page**
3. Select the option to **“Create an Account”**
4. Fill out the form shown. Please fill in as much information as possible so PMC can match your portal account to your medical chart. That way you will be able to receive results and messages from your provider.

Create an account

With FollowMyHealth you can manage your health information and communicate with providers in a secure, online environment – 24 hours a day / 7 days a week. Once you create your account, you will be prompted to search for and connect with available providers in your area.

Notifications Email	<input type="text"/>		Zip Code	<input type="text"/>
First Name	<input type="text"/>	Cell Phone Number (optional)	<input type="text"/>	
Last Name	<input type="text"/>	Home Phone Number (optional)	<input type="text"/>	
Date of Birth (mm/dd/yyyy)	<input type="text"/>	Social Security Number (optional)	<input type="text"/>	

Please check the account information you've entered above, and review the Terms of Service below:

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**

By clicking on 'I accept' below you are agreeing to the Terms of Service above and the [Privacy Policy \(updated February 14, 2014\)](#)

[Help](#) | [Español](#)

How to Create a FollowMyHealth Account

- Once you complete the account creation page and accept the terms, you will then be taken to a login screen. You have different login methods available.



- By choosing one of the more familiar login methods, you are **ONLY** authenticating who you are. There will be **NO** data shared with any of the sites shown.
 - However, if you still do not feel comfortable using one of those methods, you can create an entirely new username & password by selecting the green **FMH logo**.
- Create your secure login:

FMH

Create Your FMH Secure Login

Already have a FMH Secure Account? [Click Here to log in](#)

Create Your Username
Username must begin with a letter and may not contain spaces or special characters

Create Your Password
Password should be at least 8 characters in length, and include at least one numeric and one special character, such as: !@#%&^)*&#-{}|_~`~!@#%&^)*&#-{}|_~`~

Confirm Password

Enter your valid email address below. This is where we will send future communications regarding your FMH Secure Login account, including resetting forgotten passwords.

Email

Confirm Email

c.

How to Create a FollowMyHealth Account

7. Then login using the new information:



d.

e. If you forget your password, click the link at the bottom of the login screen

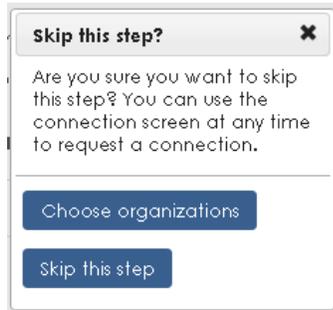
8. You will then be asked to connect to the clinic of your choice. Find the clinic and select Connect. Then select Next. *(PMC will appear once the portal is live)*



f.

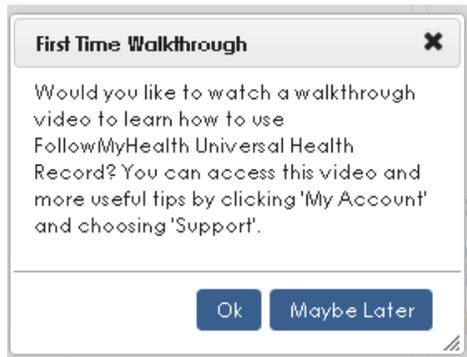
How to Create a FollowMyHealth Account

- g. Or you can select Skip and do this later.



- h.

9. You will then be taken to the Home screen. A message will appear to show you around.



- i.

CONGRATULATIONS! You have now successfully created a FollowMyHealth portal account.

Remember, if you want to be connected to PMC you will have to make sure the connection has been made. If you skipped this step during setup, go to My Account -> Connections to select the clinic.

