




**Registration Instructions with an Invitation Email from Pinehurst Medical Clinic (for patients)**

An invitation email delivered to the designated address. Patient will select the “Click Here” link in the email to begin the registration process.

Subject: Invitation to join the Pinehurst Medical Clinic Patient Portal

**\*\*If you already have a FMH account, please disregard this email\*\***



Dear George Test,

You are receiving this email as an invitation to create an online patient account with the Pinehurst Medical Clinic's patient portal vendor, Follow My Health. Keep reading to find out how to join, what is offered, and see the tips to signing up.

Please read this email as it contains valuable information, then [Click Here](#) to begin the registration process.

**#1 Choose a login method** on the registration screen. You can create your own login using the FMH logo, or use one of the IDs you already have for Google, Yahoo, Facebook, Windows Live or Cerner Health. **NO health information will be shared with any of the other programs.**

**#2 Accept the agreement** to share your email/username. This is solely for the purpose of authenticating your online health record account. Your email will never be shared or sold.

**#3 Enter your Invitation Code.** This is your **birth year**. Click “Agree” to the release of information.

**See Sign Up Tips below for more information.**

You will then be ready to access and manage your personal health record in a secure online environment 24 hours a day / 7 days a week, from any computer.



**FollowMyHealth™**   
Universal Health Record

Welcome to FollowMyHealth™, an innovative health engagement solution that empowers patients to take a more active role in managing their care.

FollowMyHealth is used by tens of thousands of physicians as the “power” behind their hospital or clinic’s specific patient portal.

Whether you’re looking to keep an eye on your weight, monitor your blood pressure, or manage a chronic condition, FollowMyHealth is the tool for you!

[Create an Account](#) ⓘ

[Add This Connection](#) ⓘ

[Help](#) | [Español](#)

Click “Create an Account” if you do not have a FMH account.

Click “Add This Connection” if you already have a FMH account.




Select a login method:

**FMH:** Creates a login specifically for FMH and can be used with any organization that utilizes this software.

**OpenID:** Creates a login to FMH using existing credentials with Facebook, Google, Yahoo, Windows, and Cerner Health.

Click the preferred method to continue registration.



## 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**

Fill out required information, including:

**Unique username**

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

**Secure password**

Password should be at least 8 characters in length, and include at least one numeric and one special character, such as: !@#%&^)\*-&#-({

**Email address**

This is where FMH will send future communications regarding your FMH Secure Login account, including resetting forgotten passwords.

Click 'Continue'



An account creation confirmation will be sent to the designated email address. The email displays your username for future reference and gives you the option of canceling your account if this email was delivered in error. *\*Print for your records.*

Subject: FMH Secure Login Account Created

Hello,

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


*Username:* **testgeorge01**

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

In addition to the email, you will be prompted to login to FMH. Enter credentials and click 'Log In'



## Log in

Username

Password

[Register for a FMH Secure Login](#) if you don't have an account.



Begin a 5 step process to connect your account. Click 'Next'.

## Connect your account

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### Step 1: Welcome

Welcome Jack,

These screens will take you through the 5-step process of connecting your Universal Health Record to Pinehurst Medical Clinic. 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.

Step 2: Accept Terms of Service. Click 'I Accept'.

## Connect your account

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### 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 Jardogs' [Privacy Policy](#), which is hereby incorporated into these Terms of Use.** If you do not wish to agree to these Terms of Use, do not access or use any part of the Service.

**Definitions**

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



Step 3: Enter Invite Code. Click 'Next'.

*\*Remember the default code is your **birth year** (ie 1945). Details are provided.*

## 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 his/her last four digits of 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.

A congratulations email will be generated and delivered to the Inbox inside the Patient Portal.

The screenshot shows the Pinehurst Medical Clinic Patient Portal interface. At the top, there is a navigation bar with the clinic logo, the name "Pinehurst Medical Clinic, Inc.", and a user profile for "Hello george". Below the navigation bar, there are tabs for "Home", "Inbox (0)", "My Health", and "My Info". The "Inbox" tab is selected, showing a list of emails. The first email is from "FollowMyHealth™" with the subject "Welcome to the family!". The email content includes a welcome message and congratulations, along with information about the new generation of patients taking a more active role in managing their own healthcare.



Step 4: Release of Information. Click 'I Accept'.

### 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: Jack

Middle initial:    Last Name: Test

I, Test, Jack authorize Pinehurst Medical Clinic 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, mental health screenings, treatment, including psychotherapy notes, diagnostic screening and testing, laboratory results, HIV/AIDS, infectious


[Print](#)

Step 5: Upload Health Record. Information(meds, pharmacies, problems, results, etc.) will be transferred from the EMR to the personal health record.

### Connect your account

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#### Step 5: Upload Health Record



Retrieving Pharmacy Information...



## Pinehurst Medical Clinic

Confirmation emails will follow.

Subject: Requested connection to Pinehurst Medical Clinic



A connection to Pinehurst Medical Clinic is pending in the FollowMyHealth patient portal.

Please allow 24 business hours for a connection verification. If you sign up over the weekend, connections will not be verified until the next business day.

To best protect your privacy and in order to ensure that patient records are being provided only to the individual requesting a connection, we ask that if you have not already done so, that you verify your identity in connection with this email address the next time you visit one of our facilities.

If you have already performed this verification, we should be able to match you to your medical information shortly.

Regards,  
The FollowMyHealth Patient Portal Team

Subject: Connection to Pinehurst Medical Clinic Successful



Dear george test,

Welcome! You have been successfully registered for the FollowMyHealth Patient Portal.

[View your updated health record at FollowMyHealth.](#)

Please allow 24-48 hours for any Prescription Renewal requests.

Please allow 24 hours for any appointment requests.

Regards,  
The FollowMyHealth Patient Portal Team