



Creating an Account Without an Invitation



We make it easy to track progress, message your doctor, refill your medicine, and more through FollowMyHealth.

Log in below or download our mobile app in the App Store or Google Play Store.



FMH

[Forgot your password?](#)

or, use an alternative

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Select “Sign in ” if you already have a FollowMyHealth account.

Select “Create an Account” if you do not have a FollowMyHealth account, and need to create one.



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Sign Up and Connect

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



An email address is required

Zip Code

Home Phone Number (optional)

Social Security Number (optional)

First Name

Last Name

Date of Birth (e.g. 10/29/1985)



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Confirm and Continue

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Filling out this information helps your medical organization match you with your medical record.

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 agree to be bound by FollowMyHealth Privacy Policy which is hereby incorporated into these Terms of Use.**

By clicking on 'I accept' below you are agreeing to the Terms of Service above and the [Privacy Policy \(updated June 25, 2014\)](#)

I Accept

I Decline

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[New: Terms of Service \(updated June 25, 2014\)](#)

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[New: Privacy Policy \(updated June 25, 2014\)](#)

Click "I Accept" once the information above is filled out. The Terms of Use will be available in the documents section of your FollowMyHealth account if you ever would like to access them. If you are not taken to the next page when you click "I Accept", scroll up and make sure there are no errors on your entered information.

If you click "I Decline", you will be unable to create a FollowMyHealth account.

Request Connections to Healthcare Organizations

Requesting a connection informs your healthcare provider that you would like your medical information to be made available online through FollowMyHealth.

If your healthcare provider is a participant in FollowMyHealth, they will display in the search results below. Use the Search Box to locate available connections by entering your zip code, provider, or healthcare organization. (We have started the process for you by entering your zip code.)

To use FollowMyHealth without adding connections, please click the "Skip This Step" button.

Please note that response times to your connection requests may vary by organizations or providers.

Search: (Zip Code, Organization, or Provider)

Search Results

01 Jardogs Pro Test
Multiple Locations in ... County
Honolulu, Hawaii 96815

Connect

Show More

Skip This Step

Next


This page allows you to select which medical organizations you would like to connect to. By default, we search by the zip code you entered with your personal information. If your medical organization does not show up on this list, click the "Show More" button below.

Click "Connect" next to the names of the organizations you want to connect to, then click "Next" once they all show up in the "My Organizations" box.



FollowMyHealth®

Creating an Account With an Invitation E-Mail

 FollowMyHealth®

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Log in below or download our mobile app in the App Store or Google Play Store.

First time using FollowMyHealth?
Sign Up and Connect

Already a FollowMyHealth user?
Sign in and add this connection

[Help](#) | [English™](#)

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Select “Sign up and connect” if you do not have a FollowMyHealth account, and need to create one.

Select “Add this Connection” if you already have a FollowMyHealth account that you would like to connect to your medical information.

Connect your account

Step 1: Welcome

Welcome Jardogs16,

These screens will take you through the 5-step process of connecting your Universal Health Record to 01 Jardogs Pro Test . 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.

Next

Click "Next" to continue to the next step.

Connect your account

Step 2: Accept Terms of Service

Please review the terms of service below:

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1. Definitions

- (a) **Aggregate Data.** Aggregate Data is PHR Data that: (1) has names and other identifiers removed or altered and (2) is grouped

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I Accept

I Decline

Click "I Accept" to agree to the Terms of Service. The Terms of Service will be available in the documents section of your FollowMyHealth account if you ever would like to access them.

If you click "I Decline", you will be unable to create a FollowMyHealth account.

Connect your account

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 or contact your provider.

Next

Enter your invitation code. Please refer to your invitation email for this information unless you were given a code by your Organization.

Connect your account

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: Jardogs16

Middle initial: Last Name: Zztest

I, Zztest, Jardogs16 authorize 01 Jardogs Pro Test 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 disease, sexually

Print

I Accept

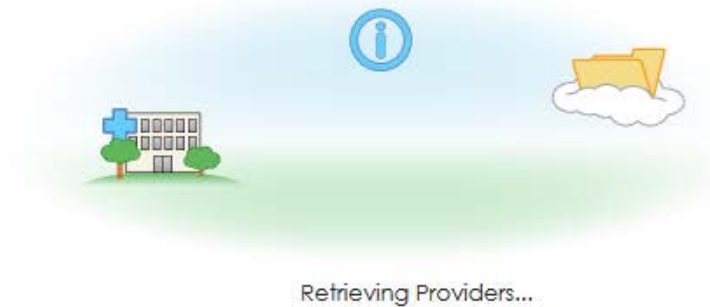
I Decline

Click "I Accept" to agree to the Release of Information agreement. This agreement will be available in the documents section of your FollowMyHealth account if you ever would like to access them.

If you click "I Decline", your FollowMyHealth account will not be created and you will be required to start completely over.

Connect your account

Step 5: Upload Health Record



This step is where we upload your medical information into your FollowMyHealth account. Once this completes you are all done! You will be taken into your account and asked to watch a highly recommended First Time Walkthrough video.

Note: If you are notified that this step is taking longer than expected, tell it that you want to continue into your account by clicking “Yes”. We will continue to upload your information in the background so there is no need to wait.