

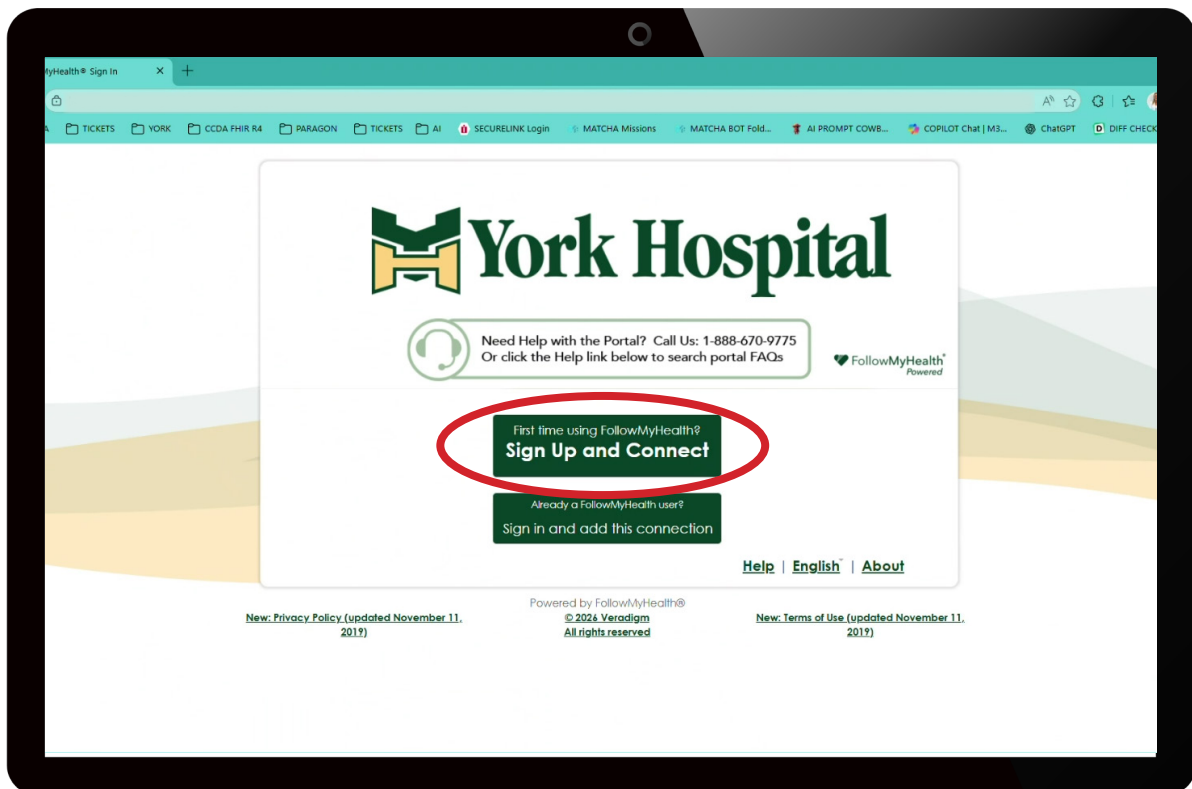
Welcome to Your FollowMyHealth™ Hospital Portal

How do I create an account from an invitation?

To create your FollowMyHealth account from an invitation on a mobile device, please turn to the last page.

If you received an invitation and wish to create a FollowMyHealth account on your computer, please click on the registration link in your email and follow the steps below.

Select the "Sign Up and Connect" option.



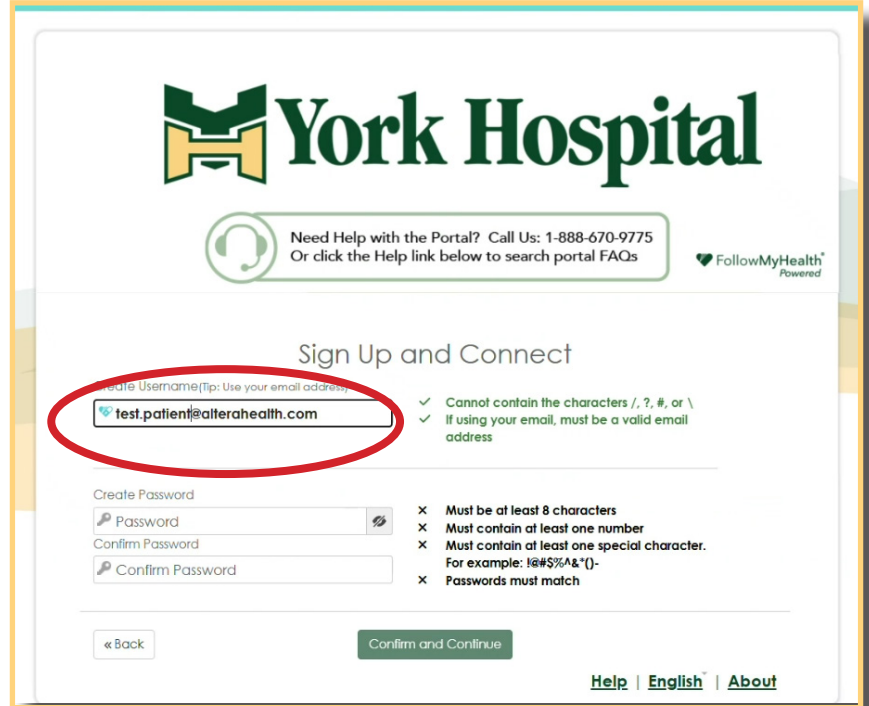
Welcome to Your FollowMyHealth™ Hospital Portal

Username/Password:

Confirm your account username. By default, the email address where your invitation was sent will be in the username field. It is recommended that you use your email address as your username. If you share an email address, or you want to use a different username, you can edit this field.

Next, you will be asked to create a secure password, following the instructions on the screen for the number and kinds of characters.

When you have created your username and password, select **Confirm and Continue**.



York Hospital

Need Help with the Portal? Call Us: 1-888-670-9775
Or click the Help link below to search portal FAQs

FollowMyHealth[®]
Powered

Sign Up and Connect

Create Username (Tip: Use your email address)

test.patient@alterahealth.com

- ✓ Cannot contain the characters /, ?, #, or \
- ✓ If using your email, must be a valid email address

Create Password

Password

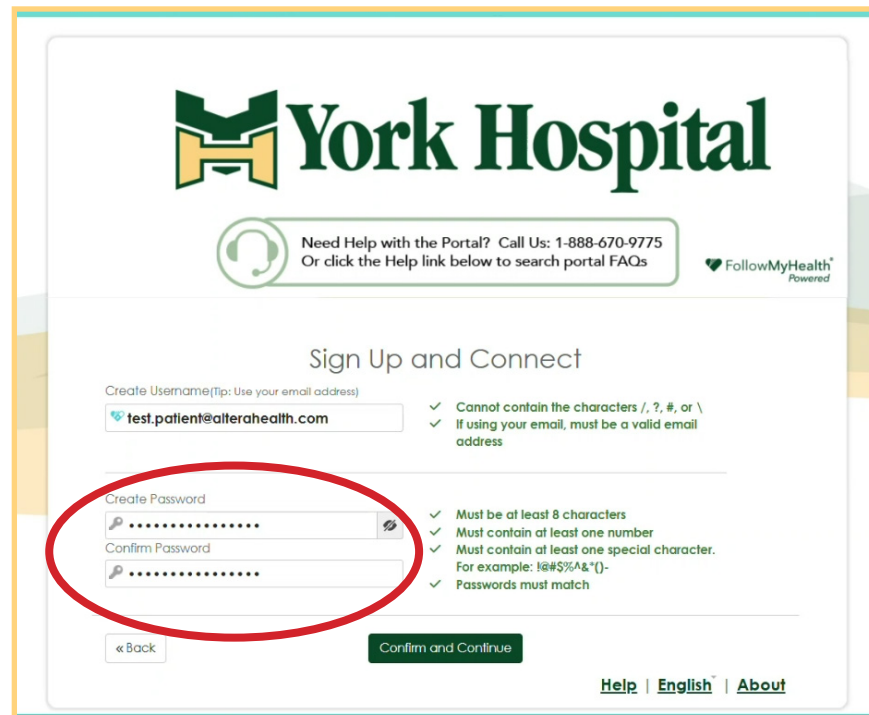
Confirm Password

- ✗ Must be at least 8 characters
- ✗ Must contain at least one number
- ✗ Must contain at least one special character.
For example: !@#\$%^&*()-
- ✗ Passwords must match

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Confirm and Continue

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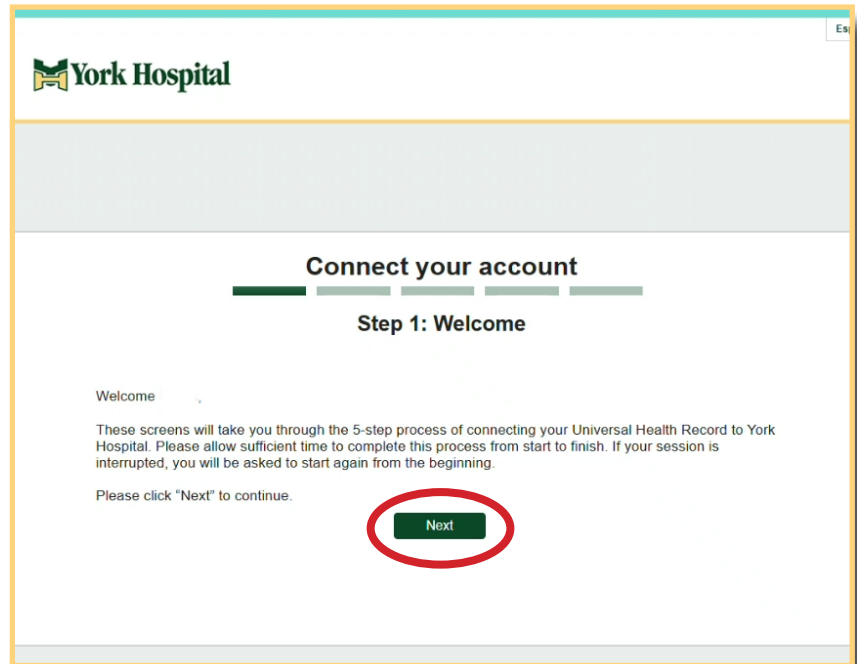
Confirm and Continue

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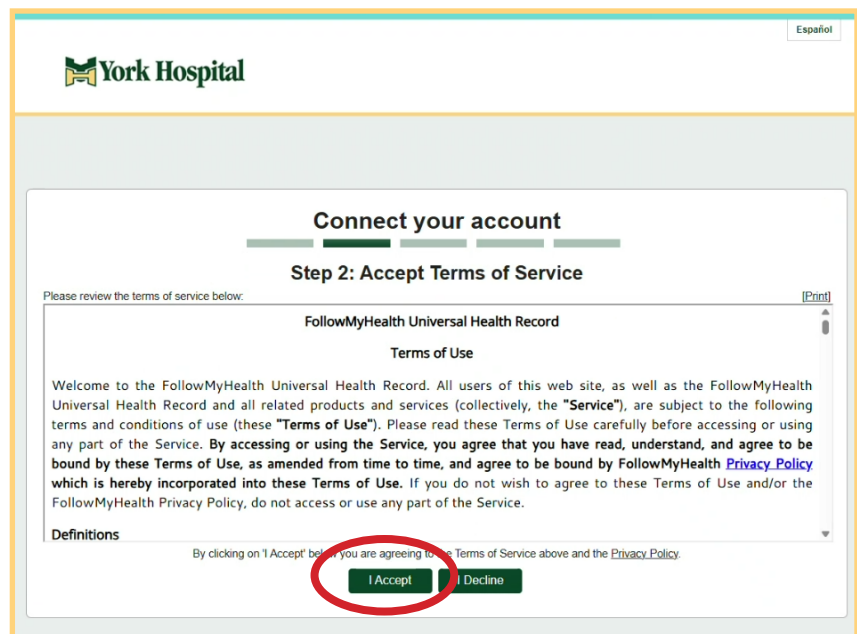
Step 1: Welcome Screen

- Please read the welcome message and be sure you will have sufficient time to complete the process.
- Select “Next” to continue.



Step 2: Terms of Use

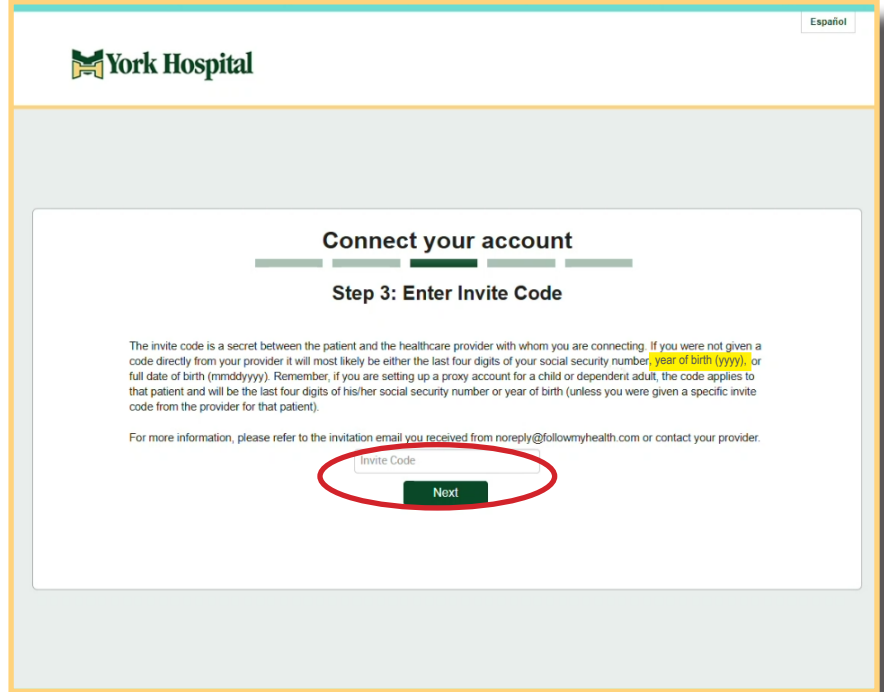
- Read through the Terms of Use and select the “I Accept” button at the bottom of the window.
- Please note that if you select “I Decline,” the account creation process will not complete.



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Step 3: Enter Invite Code

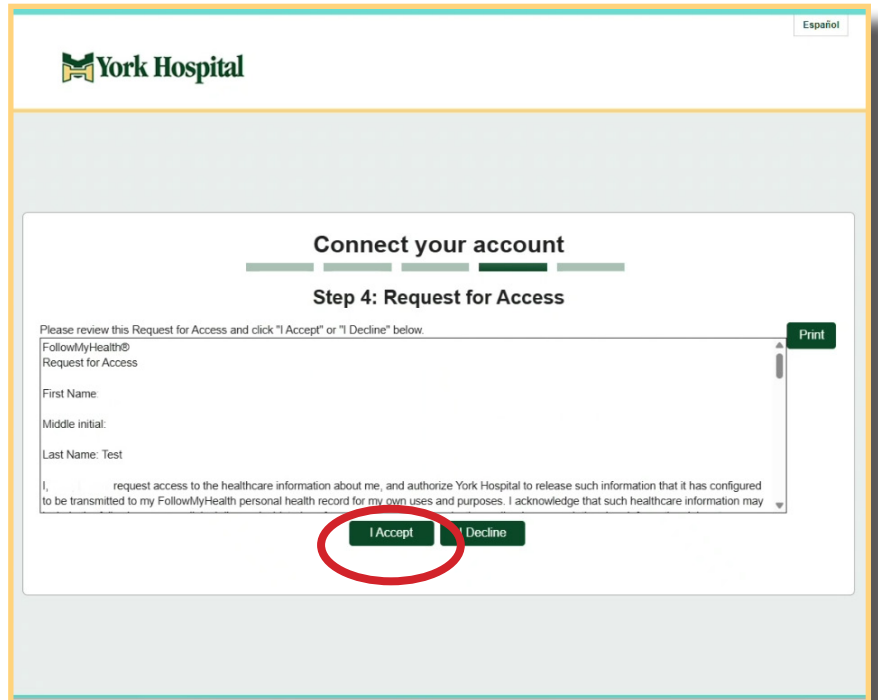
- This is where you enter the **Invite Code** that can be found in the invitation you received from your medical organization.
- Input the Invite Code in the box and select “Next.”



The screenshot shows the 'Connect your account' page for Step 3: Enter Invite Code. The York Hospital logo is in the top left, and a 'Español' link is in the top right. The main heading is 'Connect your account' with a progress bar showing Step 3 is active. Below the heading is 'Step 3: Enter Invite Code'. A paragraph explains the 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, year of birth (yyyy), or full date of birth (mmddyyyy). 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 last four digits of his/her social security number or year of birth (unless you were given a specific invite code from the provider for that patient).' Below this is a smaller line of text: 'For more information, please refer to the invitation email you received from noreply@followmyhealth.com or contact your provider.' At the bottom, there is an 'Invite Code' input field and a green 'Next' button, both highlighted with a red circle.

Step 4: Request for Access

- Read through the **Request for Access** and select the “I Accept” button on the bottom of the window.
- If you select “I Decline,” the account creation process will not complete. You will not be able to see your medical information.



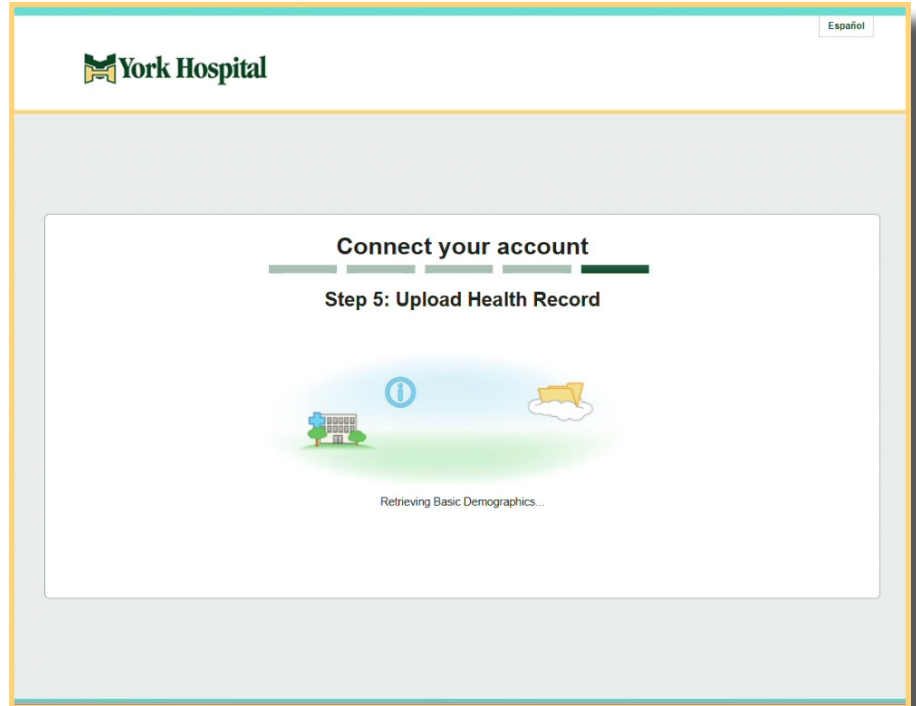
The screenshot shows the 'Connect your account' page for Step 4: Request for Access. The York Hospital logo is in the top left, and a 'Español' link is in the top right. The main heading is 'Connect your account' with a progress bar showing Step 4 is active. Below the heading is 'Step 4: Request for Access'. A paragraph reads: 'Please review this Request for Access and click "I Accept" or "I Decline" below.' Below this is a scrollable area containing the following text: 'FollowMyHealth® Request for Access', 'First Name:', 'Middle initial:', 'Last Name: Test', and a paragraph: 'I, request access to the healthcare information about me, and authorize York Hospital to release such information that it has configured to be transmitted to my FollowMyHealth personal health record for my own uses and purposes. I acknowledge that such healthcare information may'. At the bottom of the scrollable area are two buttons: 'I Accept' and 'I Decline', with 'I Accept' highlighted by a red circle. A 'Print' button is visible in the top right corner of the scrollable area.

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Step 5: Upload Your Health Record

A set of animations will display as aspects of your Health Record are being placed in the platform. Once the upload is complete, you will be brought into your online platform.

Your medical information should then be available for you.



Other Ways to Sign Up for a FollowMyHealth Account

From a Mobile Device:



If you have received an invitation and are creating your account from a mobile device, scan the code (or click on it) for step by step instructions. **Please note:**

You must first install the FMH Mobile App, found in the Google Play store or the Apple App store.

Without an Invitation:

To sign up for FollowMyHealth if you have not received an invitation, please call Medical Records at: (207) 351-2184 M–F, 8 a.m.–4:30 p.m. or email medicalrecords@yorkhospital.com to request an invitation.