Welcome to FollowMyHealth Patient Portal

Welcome to the all-in-one personal health record and patient portal that lets you access your medical information in a secure online environment 24 hours a day, seven days a week from any computer, smartphone or tablet.

With FollowMyHealth Patient Portal you can:

- View your chart notes, medications, immunizations, health conditions, allergies, vitals and results.
- Send a secure message to your provider or care team.
- View and receive reminders for your upcoming appointments

Just follow these simple steps to get connected today:

1. **Check Your Email.** You will receive an email from "noreply@followmyhealth.com." Click the registration link and follow the on-screen prompts.
2. **Click Sign Up and Connect.** If you already have a portal account and want to add an additional facility, click *Add This Connection*.
3. **Create Username.** Create a username and password specifically for your portal account (using your email is recommended).
4. **Get Connected.** Follow the on-screen prompts on the next four screens to complete your connection. These screens include accepting our Terms of Service, entering your Invite Code (year of birth or last four digits of your social security number) and accepting the Release of Information. Registration and connection are now complete. Your health record will now begin to upload. Please note this may take a few minutes.
5. **View the First Time Walk-Through Video.** Learn about all the tools your portal has to offer by watching the three- minute video that appears when you first login. If you wish to view this video later, you can always access it by clicking on the *My Account* dropdown in the right hand corner, selecting *Help*, and typing "Video Walk-Through" in the search field.
   **Not all features shown in the First Time Walk-Through Video are available

Congratulations! You can now access your health information and start managing your care online.

> If you have questions about the patient portal please call **507-389-8694** or email **myhealthinfo@mankato-clinic.com**. Office hours: Monday-Friday, 8:30am-4:30pm.

Mankato Clinic
Together we thrive.

Now That You Are Connected...

Computer

How to send a secure message:
- Log into your FMH account
- Click "Send a Message" or "Inbox"
- Click "Compose"
- Select your provider
- Enter a subject
- Type the message
- Click "Send"

How to manage demographics:
- Log into your FMH account
- Click on "My Info"
- Edit any demographic information

How to set up text/email alerts:
- Log into your FMH account
- Click on "My Account"
- Click on "Preferences"
- Click on "Notification Preferences"
- Check the boxes next to the alerts you would like a text or email for

How to manage login preferences:
- Log into your FMH account
- Click on "My Account"
- Click on "Preferences"
- Click on "Login Preferences"
- Click on "Connect" next to the login method you wish to add

How to manage proxy accounts:
- Log into your FMH account
- Click on "My Account"
- Click on "My Connections"
- Click on "With Family Members, Dependents, etc."
- Click "Add Authorized Individual" to add a proxy to your account
- Click "Remove" under individuals with access to your records to remove a proxy from your account
- Click "Remove" under access to the following individuals' records to remove an account you have proxy access to

FMH Mobile App

How to send a secure message:
- Log into your FMH account
- Select "Messages"
- Select the new message icon
- Select the "+" (Apple) or "Select Provider" (Android) to select your provider
- Enter a subject
- Type the message
- Select "send"

How to manage demographics:
- Log into your FMH account
- Select "My Account"
- Select "General" under "Demographics" (Apple) or "Demographics" (Android)
- Edit any demographic information

How do download FMH Mobile App:
- Click on your **Google Play** or **Play Store** icon (Android) or click on **App Store** icon (Apple)
- Click on the search bar.
- In the **Search** box, type in FMH. Click on the one that states, "**FMH Mobile".**
- Click on **Install**.

Your **FMHmobile** app will now be on the **Home Screen** of your device.

FMHmobile