

The Follow My Health patient portal allows you to:

- * View all health history
- * View all lab results
- * Send messages to your provider
- * Request prescription refills

Please follow the directions listed below to sign up:

1. Give your email address to one of our receptionists.
2. When you receive the invitation email from Follow My Health, click on the link to be taken to the Follow My Health website to create an account.
3. If you already have a Follow My Health account with another provider, click "Sign in and Add this Connection" and skip to step 6. If not, click "Sign up and Connect."
4. Create a username for your portal account. By default, this will be your email address. If you share an email account, or don't want to use your email address as your username, just type in a different username. Next, create a password following the criteria noted on the right of the screen. Confirm your password to continue.
5. Follow the on-screen prompts to connect your portal account to Prism Medical Group. You will be asked to accept our Terms of Service, enter your invite code, and accept the release of information. Your invite code is found in your invitation email, and is unique to each individual. Please note that we will never share your information without your consent.
6. Your medical information will begin loading into your Follow My Health account. This could take up to 24 hours.
7. Be sure to write down your username and password so you don't forget it.