

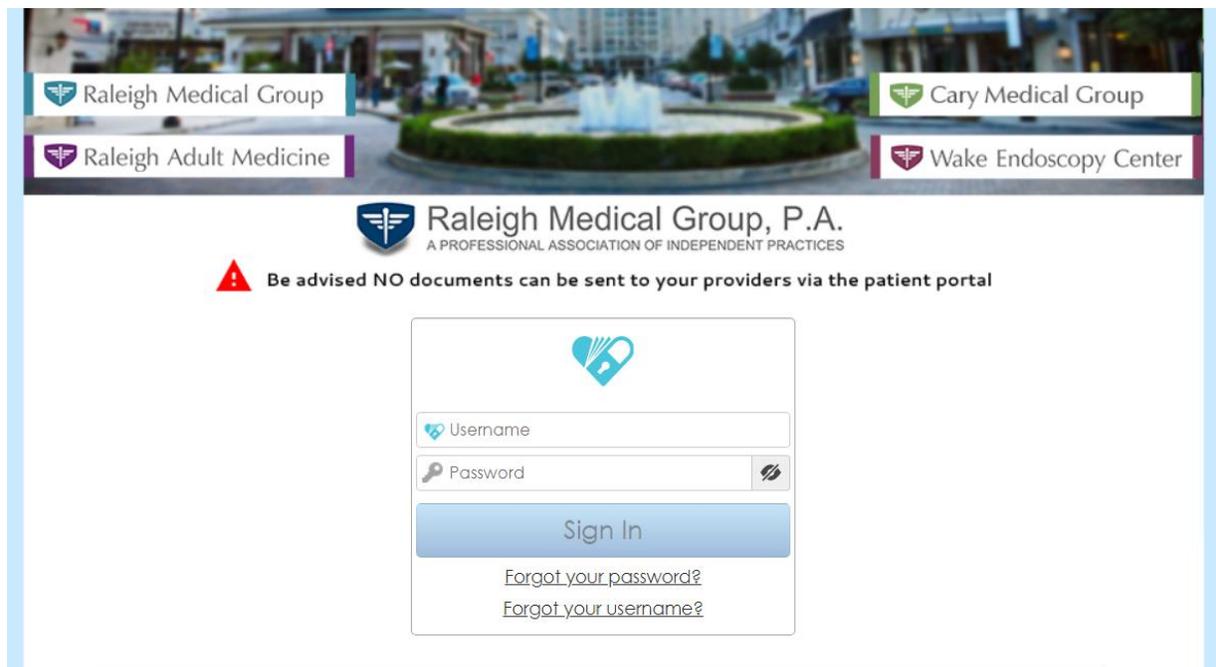
Set up your patient portal from an invitation email.

Follow these steps if you have received an email invitation to register for the FollowMyHealth patient portal.

Please email us at patientportal@raleighmedicalgroup.com with any questions.

1: From your email invitation, click the link to register. The link will be near the top of your email.

2: If you have never used FollowMyHealth, click on “Sign up and Connect.”



Raleigh Medical Group, P.A.
A PROFESSIONAL ASSOCIATION OF INDEPENDENT PRACTICES

Be advised NO documents can be sent to your providers via the patient portal

Username

Password

Sign In

[Forgot your password?](#)

[Forgot your username?](#)

*If you have already created a login with FollowMyHealth (i.e. with a health clinic unaffiliated with Raleigh Medical Group P.A.), click “Sign in and add this connection” to add us as your provider.

3: Choose a username and password. The default username will be the email address the invitation was sent to, however you may change it.

Create your password according to the specified list to the right. As they are completed, the list will turn green with check marks next to each item. Any item still in red means the criteria has not yet been met. Click “Confirm and Continue.”

Sign Up and Connect



Create Username (Using your email is recommended)

- ✘ Must begin with a letter or a number
- ✘ If using your email, must be a validly formatted email address

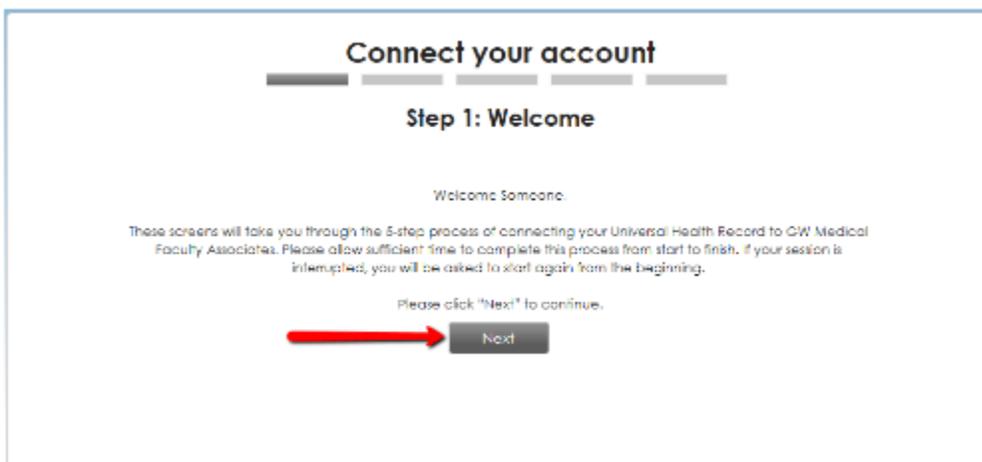
Create Password

- ✘ 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

4. Next you will see a welcome screen. Click “Next” to continue.



5. Read the terms of use, and click *I Accept*. If you click, *I Decline* your information will be erased, and you will be returned to the home page. No account will be created.

 Be advised NO documents can be sent to your providers via the patient portal

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.** If you do not wish to agree to these Terms of Use and/or the FollowMyHealth Privacy Policy, do not access or use any part of the Service.

Definitions

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[I Accept](#)

[I Decline](#)

6. Enter your invitation code. As per the invitation email you received, the code will be the last 4 digits of your Social Security number, or your 4-digit year of birth. Click "Next."

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 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).

For more information, please refer to the invitation email you received from noreply@followmyhealth.com or contact your provider.

[Next](#)

7. Accept the request for access authorization form. This allows us to display your medical information in your portal 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

Preston Medical

3600 NW Cary Parkway, Ste. 104
Cary, North Carolina 27513

Connect

James Jacobs, MD

1110 SE Cary Parkway
Cary, NC 27513

Connect

My Organizations

Once you accept the agreement, your medical information will be automatically uploaded to your new portal account.

You will receive an email that your account has been established. This email will come from noreply@FollowMyHealth.com, and look like the example here:

Hello,

You have created a Username with FMH Secure Login.

Your Username is: **XXXXXX**

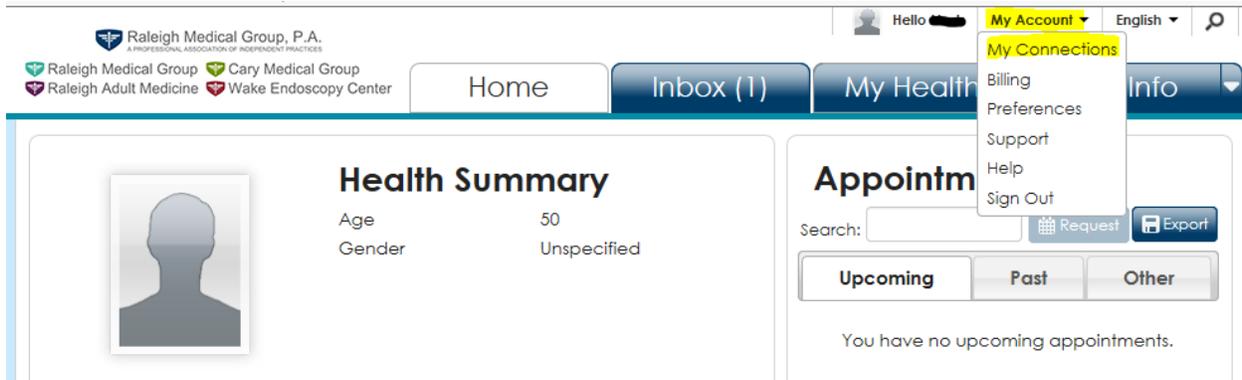
NOTE: FMH does not store usernames or passwords for patient privacy reasons. Do not delete or misplace this email, you will need your username to recover your password.

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

8. You will start on the Home Screen of your portal. You will be able to see your medical information under the *My Health* tab, and your healthcare providers in *My Account > My Connections*.



You can add additional login methods that use your Facebook, Gmail, etc. account information. From your portal home page, go to My Account / Preferences / Login Preferences. Click “Connect” for the login method you wish to add, e.g. Facebook. You will be temporarily directed to Facebook to log in, then returned to your portal account.

To use this additional login method, click “or use an alternative” on the FollowMyHealth home page, then sign in using the method you set up. You will be returned to FollowMyHealth after you have logged in.

This system does not link your medical records to these accounts, we do not have access to your login information, and the system does not store this information.

You can remove this additional login method by clicking “Disconnect.”

To log in in the future, visit our website or bookmark this link:

<https://raleighmedicalgroup.followmyhealth.com>

If you have any questions about this process, or using the patient portal, email us at patientportal@raleighmedicalgroup.com