

## CONNECT WITH YOUR DOCTOR'S OFFICE

Request appointments at your convenience

Request a prescription refill

Send and receive messages from your Doctor's office

Receive convenient reminders for preventative and follow-up care

## How to enroll

**STEP ONE:** Sign up for Follow My Health at your visit today. A receptionist will verify your identity and will notify the Follow My Health™ team that you've signed up.

**STEP TWO:** You will receive an invitation via email to activate your Follow My Health™ account.

**STEP THREE:** Your email invitation will include two links: the first to create a Windows Live™ ID and a second to populate your online health record. You will be required to enter an invitation code, which is the last four digits of your Social Security Number.

**WHAT IS WINDOWS LIVE™ ID?** In order to use Follow My Health™, all users must have a Windows Live™ ID account. These accounts are free of charge and provide necessary authentication technology in the application. Any existing email address for any email provider can be used when creating credentials for Windows Live™ ID. In fact, if you already have a Hotmail account, those accounts are compatible and can be used with Follow My Health™.

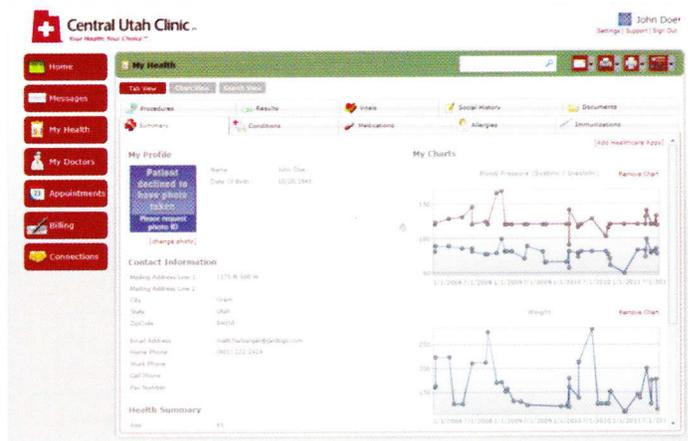
**STEP FOUR:** After you have received your email to activate your Follow My Health account you will have 7 days to use the valid link.



*Sign up today*

Talk to a receptionist or visit us online and get started using these convenient and informative tools.

[centralutahclinic.followmyhealth.com](http://centralutahclinic.followmyhealth.com)



### TECHNICAL REQUIREMENTS:

**Compatible Browsers:** Internet Explorer 7.0 or higher, Mozilla FireFox 2 & 3, Google Chrome 4, Safari 1 & 2

**Operating Systems:** Windows or MAC Microsoft Silverlight 4.0 is required (will be prompted if not installed)

Must have a Windows Live™ ID (or Hotmail)

### SUPPORT:

For support by email, please contact [portal.support@centralutahclinic.com](mailto:portal.support@centralutahclinic.com)

**Online Consults:** Billable online consults with physicians are not available at this time. The messaging feature may be used to ask simple, non-urgent question

### AVERAGE TURNAROUND TIMES:

- View medical record after initial sign up – up to 2 weeks
- Please allow the following intervals for interactions with your health care providers:
  - o Message request for a call back or follow up – 1 business day
  - o Appointment request – 1 business day
  - o Request for Rx refill – 2 business days
  - o View test results – 7 business days
  - o View notes from office visit – within 15 days of the visit



# Look at your health in a whole new way.

## *Online* PERSONAL HEALTHCARE MANAGEMENT

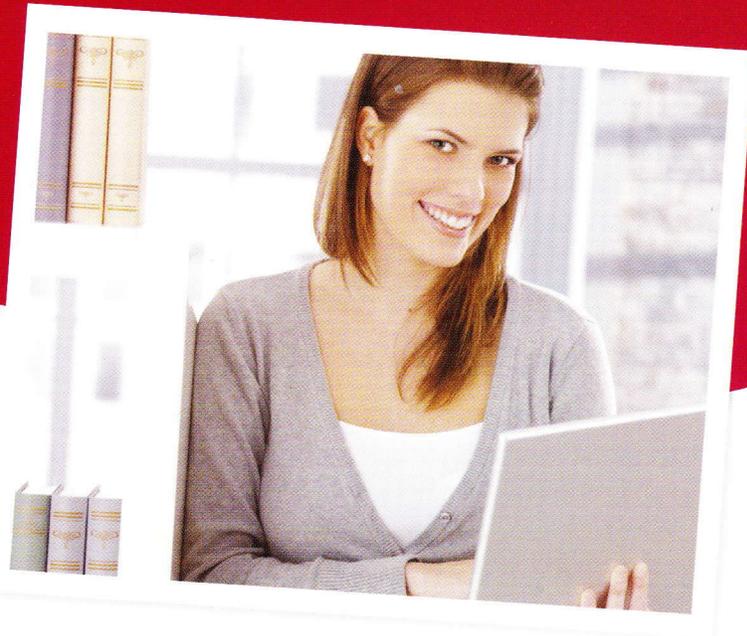
Now you can manage your healthcare online with **Follow My Health™**, the latest advance in personal health care management.

**Follow My Health™** is a secure, convenient way to manage your personal health care and communicate directly with your doctor's office online. This FREE self-service health management tool can improve interactions with your doctor's office, document important health care information and ultimately give you the ability to make more informed decisions about your health!



The next generation universal health record, **Follow My Health™**, combines patient-provider communication with a patient-managed personal health record.

One of the most prestigious features of this technology is the seamless combination of information from multiple health care organizations which creates the potential for all of your health care information in one easy place.



## *Features*

### **ONLINE ACCESS – ANYWHERE, ANYTIME**

View your health information electronically via a web browser

### **THE COMFORT OF A SECURE ENVIRONMENT**

Your health information is posted to a highly secure data repository

### **YOUR INFORMATION – AND YOU MANAGE IT**

Review and update your health history and personal health record online.

Expedite appointment check-ins by completing and submitting forms online

Download, fax, and email select health information – immunizations history, school exam forms, and more

View personal health information from other participating organizations

Review your personal medical record, including office visits, physician notes, conditions, and medications

View test and lab results

***It's your health.  
Get the access you deserve.***