



SMCS Physician Practice Patient Portal Follow My Health Registration Instructions

1. You will receive an email from Follow My Health to the email address you provided at registration.
2. Click on the email and read the welcome note from "Follow My Health."
3. Click on the link "CLICK HERE NOW" to complete your registration and begin using SMCS' Physician Practice Patient Portal.
4. Click on "Create an Account" and follow the instructions.
5. Create your FMH Secure Login by doing the following:
 - Create your Username – Username must begin with a letter and may not contain spaces or special characters.
 - Create your Password – Password should be at least 8 characters in length, and include at least one numeric and one special character as !@#\$\$%^)&*_{
 - Confirm Password – Re-enter your password
 - Enter your valid email address below. This is where we will send future communications regarding your SMCS Physician Practice Patient Portal secure login account, including resetting forgotten passwords
 - Enter Email
 - Confirm Email
 - Click Continue
6. Connect your Account – Step 1: Welcome
7. Connect your Account – Step 2: Accept Terms of Service
8. Connect your Account – Step 3: Enter Invite Code (This code is your four-digit birth year)
9. Connect your Account – Step 4: Release of Information (Please review the release and click "I Accept" or "I Decline" below).
10. Connect your Account – Step 5: Upload Health Record

The SMCS Physician Practice Patient Portal is a free, online service that gives you 24/7 access to your personal health records so you can take a more active role in managing your care.

Think of the SMCS Physician Practice Patient Portal as your "medical communication center." Use it to:

- Communicate with your doctor – send and receive secure online messages.
- View Lab results and medications from your doctor.

Features we will offer access to:

- Your vitals
- Your lab results
- Your immunization records
- Your allergy information
- Your medication records
- Your clinical condition records

AND... you can access all of this at your convenience — 24/7 from any computer, smartphone or iPad!

WELCOME TO SMCS' Physician Practice Patient Portal.