

FollowMyHealth PATIENT PORTAL

INFORMATION AT YOUR FINGERTIPS

Accessing your health information is easier than ever with *FollowMyHealth*, our health information portal.

WITH *FollowMyHealth*, YOU CAN:

1. Access patient information including: lab results, vital signs, and treatment related documents,
2. Make more informed health decisions for you and your family.
3. Access updated health information to share with your other providers.

HOW TO GET STARTED:

1. Contact your provider or front desk/administrative staff and provide your email address so we can send you an invitation.
2. Click the registration link in the email you receive from **noreply@followmyhealth.com**.
3. Create your account by clicking "Sign up and connect".
4. Read the terms of use and click "I accept" and enter the 4-digit invite code

HAVE A *FollowMyHealth* ACCOUNT ALREADY?

Click the link in your invitation email and choose "Sign in and add this connection".

HOW TO USE YOUR *FollowMyHealth* ACCOUNT

Home Page

You will see any new items in the Action Center and Recent Activity. This section may include notifications that you have new information to view about your recent visits.

ABOUT SHEPPARD PRATT

Sheppard Pratt is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country. Sheppard Pratt is consistently ranked as a top national psychiatric hospital by *U.S. News & World Report*.

The services and facilities of Sheppard Pratt and its affiliates are operated on a nondiscriminatory basis. This policy prohibits discrimination on the basis of race, color, religion, gender, sexual orientation, age, national origin, disability, or any other basis proscribed by law. It applies to the provision of services, use of facilities, granting of accommodations, and opportunity to participate in programs or activities.

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My Health

From the "My Health" tab, you will be able to view your health information. Here, you will find detailed information about your medications, any allergies you have, treatment documents and any other documents your provider has shared with you.

Messages

From the "Messages" tab, you can access your inbox and any messages your provider has sent you.

My Account

From here you can update your personal information and account settings, such as your password or communication preferences.

QUESTIONS ABOUT *FollowMyHealth*

If you need technical assistance with your health information portal or need help setting it up, please contact **1 (888) 670-9775** or email **support@followmyhealth.com** or visit **<https://support.followmyhealth.com/>**.

For hard copy/emailed copies of records:

- Contact 410-938-4219 or 410-938-4233
- Visit **<https://www.sheppardpratt.org/for-patients-supports/requesting-medical-records/>** for more information or to download the form.
- Hours of operation for records requests: Monday - Friday from 8:00 a.m. to 4:30 p.m.

Please note that the FollowMyHealth portal is for non-emergency, routine needs only.

If this is a medical emergency, please call 911.