



FollowMyHealth Features Guide: **Viewing Your Health Information**

via Online on the Computer



FollowMyHealth®
An Allscripts Solution

Viewing Your Health Information via Online on the Computer

This guide will display the following types of health information you can view in your FollowMyHealth patient portal:

- 1) Health Summary
- 2) Conditions
- 3) Medications
- 4) Allergies
- 5) Immunizations
- 6) Lab Results
- 7) Vitals
- 8) Documents
- 9) Chart



(I) Health Summary

1. Click on the “My Health” tab at the top of the page.
This tab is where you’ll see all of your health information.

2. Click on the
“Summary” tab to view
a summary of your
health information.

The screenshot displays the Sea Mar Community Health Centers patient portal. At the top, there's a navigation bar with links like 'Send a Message', 'Schedule an Appointment', 'Hello', 'My Account', and 'English'. Below this is a secondary navigation bar with tabs: 'Home', 'Inbox (0)', 'My Health' (selected), and 'My Info'. Under 'My Health', there's a sub-navigation bar with options: 'Summary' (selected), 'Conditions', 'Medications', 'Allergies', 'Immunizations', 'Results', 'Vitals', 'Documents', and 'Chart'. The main content area is divided into sections: 'Demographics' (showing patient info like name, address, and date of birth), 'My Care Team' (with an 'Add Provider' button), 'Diagnoses' (listing various medical conditions), 'Surgical History' (listing past procedures), and 'Allergies' (listing known allergies). A 'Send' dropdown menu is open, showing options: 'Email', 'Email All', 'Print', 'Print All', 'Fax', and 'Export'.

Demographics

Patient
1400 N Laventure Rd
Mount Vernon, Washington
98273
02/05/1956

My Care Team + Add Provider
Click the 'Add' button to create and edit a list of your most frequently used healthcare professionals. This list will be saved to your FollowMyHealth Summary screen, which can then be printed and shared with your physicians.

Diagnoses

- Closed fracture of nasal bone, initial encounter
- Hypertension
- Diabetes (DM), Uncomplicated, Type II (250.00)
- Congestive heart failure
- Normal pregnancy, first
- Tobacco use
- Cancer Screening: Colon (V76.51)
- Pain in wrist, left
- Pregnancy, high-risk (V23.9)

Surgical History

- Adacel vaccine: Tdap vaccine >7 IM (90715) (90715)
- THROMBOEMBOLIC DETERRENT (TED) STOCKINGS CHECK (1180F)
- RT: SPIROMETRY, PRE+POST BRONCHODILATOR (94060)
- Immunization Admin 2+ (90472)
- PNEUMOCOCCAL VACC 13 VAL IM (90670)
- Administration of One Immunization (90471)
- Zostavax (Shingles Vaccine) 3C (90736)
- Tobacco Use Treatment Counseling (4000F)
- COLORECTAL CA SCREEN DOC REV (3017F)
- Administration of One Immunization (90471)
- Pneumococcal Vaccine (90732)
- Bees - Anaphylaxis
- No Known Drug Allergies































Note: This drop-down menu displays options on emailing, printing, faxing, or exporting your health summary.

(2) Conditions

1. Click on the “My Health” tab at the top of the page.

2. Click on the “Conditions” tab to view your active conditions, surgical history, and family health conditions.

The screenshot shows the Sea Mar Community Health Centers patient portal. The 'My Health' tab is selected at the top. Below it, the 'Conditions' tab is also selected, displaying a list of active conditions. A 'Send' drop-down menu is open, showing options for Email, Print, and Fax. A red box highlights the 'Send' button, and another red box highlights the 'Details' icon (a document with a magnifying glass) for the 'Cancer Screening: Colon (V76.51)' condition.

New	Education	Conditions/Procedure	Status	Source	
Active (10 items)					
		Closed fracture of nasal bone, initial encounter...	Active	Sea Mar Community Health ...	  
		Tobacco use	Active	Sea Mar Community Health ...	  
		Hypertension	Active	Sea Mar Community Health ...	  
		Tobacco use	Active	Sea Mar Community Health ...	  
		Cancer Screening: Colon (V76.51)	Active	Sea Mar Community Health ...	  
		Diabetes (DM), Uncomplicated, Type II (250.00)	Active	Sea Mar Community Health ...	  
		Pain in wrist, left	Active	Sea Mar Community Health ...	  
		Congestive heart failure	Active	Sea Mar Community Health ...	  
		Pregnancy, high-risk (V23.9)	Active	Sea Mar Community Health ...	  
		Normal pregnancy, first	Active	Sea Mar Community Health ...	  
Surgical History (39 items)					
Family Health Conditions (6 items)					

Note: This drop-down menu displays options on emailing, printing, or faxing your conditions.


This “Send” option is available on all the tabs under “My Health”.

3. Click on this icon to view the details of the condition.

When this button appears on any of your health information within “My Health”, you can view its details.

(2) Conditions

4. This window will open where it shows the details of your condition.

View Health Condition 

Type:

Health Condition ▼

Name:

Closed fracture of nasal bone, initic

Status:

Active ▼

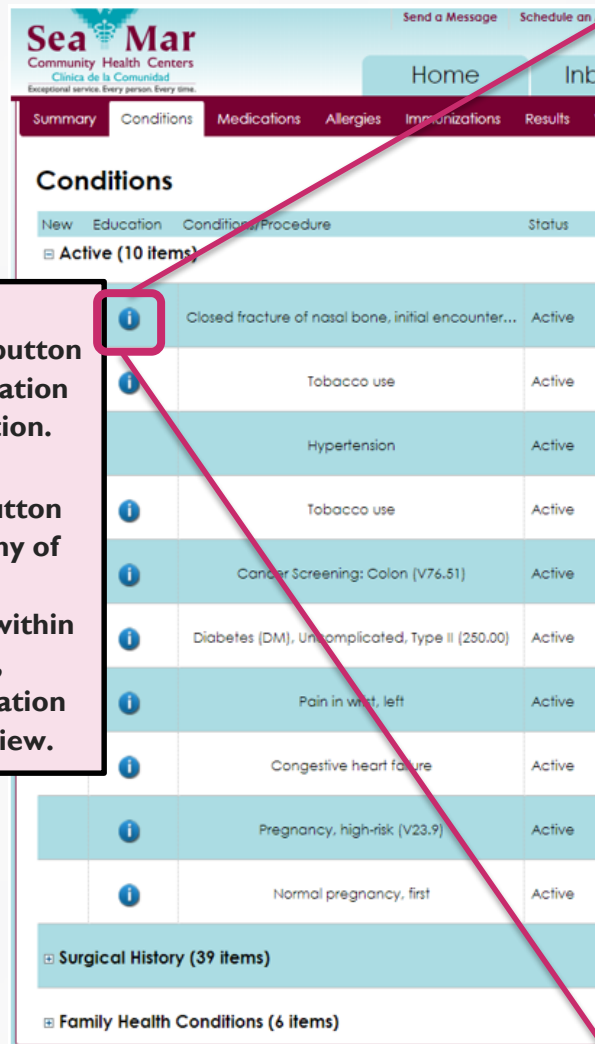
Resolved (e.g. 10/29/1985):

Comments:

Close

5. Click “Close” when you are done viewing the details of this condition.

(2) Conditions



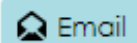
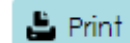
Note: This information button displays education on the condition.

When this button appears on any of your health information within “My Health”, there is education available to view.

New	Education	Condition/Procedure	Status
Active (10 items)			
	i	Closed fracture of nasal bone, initial encounter...	Active
	i	Tobacco use	Active
		Hypertension	Active
	i	Tobacco use	Active
	i	Cancer Screening: Colon (V76.51)	Active
	i	Diabetes (DM), Uncomplicated, Type II (250.00)	Active
	i	Pain in wrist, left	Active
	i	Congestive heart failure	Active
	i	Pregnancy, high-risk (V23.9)	Active
	i	Normal pregnancy, first	Active
Surgical History (39 items)			
Family Health Conditions (6 items)			

Closed fracture of nasal bone, initial encounter

Fractures



https://medlineplus.gov/fractures.html?utm_medium=service&utm_source=mplusconnect

Also called: Broken bone

A fracture is a break, usually in a bone. If the broken bone punctures the skin, it is called an open or compound fracture. Fractures commonly happen because of car accidents, falls, or sports injuries. Other causes are low bone density and osteoporosis, which cause weakening of the bones. Overuse can cause stress fractures, which are very small cracks in the bone.

Symptoms of a fracture are

- Intense pain
- Deformity - the limb looks out of place
- Swelling, bruising, or tenderness around the injury
- Numbness and tingling
- Problems moving a limb

You need to get medical care right away for any fracture. An x-ray can tell if your bone is broken. You may need to wear a cast or splint. Sometimes you need surgery to put in plates, pins or screws to keep the bone in place.

- [Broken bone](#) (Medical Encyclopedia)

(3) Medications

1. Click on the “My Health” tab at the top of the page.

2. Click on the “Medications” tab to view all your active and discontinued medications.

Note: If you would like to request a prescription refill, find the line with the medication you would like to refill. Click on the pill bottle icon in the “Options” column.

Note: If the pill bottle icon is grayed out, this indicates that you do not have any available refills for this prescription. Use the messaging feature to send a message to your provider.

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Send a Message Schedule an Appointment Hello My Account English Q
























Home Inbox (0) My Health My Info

Summary Conditions Medications Allergies Immunizations Results Vitals Documents Chart

Medications

Preferred Pharmacy:
RITE AID

+ Add Medication Collapse All Send Edit

	New	Education	Medication	Directions	Date	Refills	Provider	Source	Options
Active (4 items)									
			Prenatal 27-1 MG Oral T...	1 (one) Tablet Ta...	07/10/2017	3		Sea Mar Communit...	  
			RaNITidine HCl 300 MG ...	1 Tablet at bedti...	01/25/2018	6	Disney, Ce...	Sea Mar Communit...	  
			Tums 500 MG Oral Tablet...	1 (one) Tablet Ta...	01/10/2018	3		Sea Mar Communit...	  
			D3 High Potency (2000U...					Sea Mar Communit...	  
Discontinued (8 items)									
			Cephalexin 500 MG Oral...	1 Tablet two tim...	07/12/2017		Disney, Ce...	Sea Mar Communit...	  
			Fluconazole 150 MG Ora...	1 Tablet At Onc...	06/15/2017	1		Sea Mar Communit...	  

(4) Allergies

1. Click on the “My Health” tab at the top of the page.

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Messages and requests will be responded to within 2 business days. Emergencies call 911.

Home Inbox (0) **My Health** My Info

Summary Conditions Medications **Allergies** Immunizations Results Vitals Documents Chart

Allergies

+ Add Allergy Collapse All Send

New	Allergen	Onset	Reactions	Source	Options
Active (2 items)					
	Bees		Anaphylaxis	Sea Mar Community Heal...	
	No Known Drug Allergies			Sea Mar Community Heal...	
Inactive (1 items)					
	Bees		Anaphylaxis, Difficult...	Sea Mar Community Heal...	

2. Click on the “Allergies”
tab to view all your allergies.

(5) Immunizations

1. Click on the “My Health” tab at the top of the page.

2. Click on the “Immunizations” tab to view all your immunizations.

Send a Message Schedule an Appointment Hello My Account English Q

Messages and requests will be responded to within 2 business days. Emergencies call 911.

Home Inbox (0) **My Health** My Info

Summary Conditions Medications Allergies **Immunizations** Results Vitals Documents Chart

Immunizations

Show Received + Add Immunization View Schedule Send

Email Print Fax

Influenza (3 years and up)	Influenza (3 years and up)	09/15/2016	Received
	Influenza (3 years and up)	02/15/2016	Received
Influenza, inj, quadri, preservative free, ped	Influenza, inj, quadri, preservative free, ped	10/01/2016	Received
	Influenza, inj, quadri, preservative free, ped	01/01/2016	Received
Influenza, injectable, quadrivalent	Influenza, injectable, quadrivalent	11/29/2016	Received
	Influenza, injectable, quadrivalent	10/14/2016	Received
	Influenza, injectable, quadrivalent	10/02/2016	Received
	Influenza, injectable, quadrivalent	09/26/2016	Received
	Influenza, injectable, quadrivalent	09/26/2016	Received
	Influenza, injectable, quadrivalent	09/20/2016	Received
	Influenza, injectable, quadrivalent	09/05/2016	Received
	Influenza, injectable, quadrivalent	08/02/2016	Received
	Influenza, injectable, quadrivalent	08/01/2016	Received
	Influenza, injectable, quadrivalent	06/28/2016	Received
Tdap (7 years and up)	Tdap (7 years and up)	10/01/2012	Received

3. Click on the immunization to view its details.

(5) Immunizations

4. This window will open where it shows the details of your immunization.

View Immunization ×

Immunization:

Date (e.g. 10/29/1985):

Status:

Received ▼

Provider:

Source:

Comments:

× Remove Close

5. Click "Close" when you are done viewing the details of this immunization.

(6) Lab Results

1. Click on the “My Health” tab at the top of the page.

2. Click on the “Results” tab to view all your lab results.

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Home Inbox (0) **My Health** My Info

Summary Conditions Medications Allergies Immunizations **Results** Vitals Documents Chart

Results

+ Add Result Collapse All Send

Email Print Fax

Rapid Strep - In-house only (87880) 05/08/2018 (1 items)

New	Education	Result	Date	Value	Range	Provider	Source	
		Rapid Strep - In-house...	05/08/2018	see details	Normal		Sea Mar Comm...	

A1C (123) 05/08/2018 (1 items)

		A1C	05/08/2018	2	LOW NORMAL HIGH		Sea Mar Comm...	
--	--	-----	------------	---	-----------------	--	-----------------	--

Lead Screening (In-House) (83655) 04/20/2018 (1 items)

		Lead Screening (In-H...	05/08/2018	3 ug/dl	LOW NORMAL HIGH		Sea Mar Comm...	
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Note: This charting feature graphs your lab result over time, if you've done this lab test at least 3 or more times.

Note: This spectrum measures the range of where your lab result is.

(7) Vitals

1. Click on the “My Health” tab at the top of the page.

The screenshot shows the Sea Mar Community Health Centers patient portal. At the top, there's a navigation bar with links like 'Send a Message', 'Schedule an Appointment', 'Hello', 'My Account', and 'English'. Below this is a secondary navigation bar with 'Home', 'Inbox (0)', 'My Health' (highlighted with a red box), and 'My Info'. Under 'My Health', there's a sub-navigation bar with 'Summary', 'Conditions', 'Medications', 'Allergies', 'Immunizations', 'Results', 'Vitals' (highlighted with a red box), 'Documents', and 'Chart'. The main content area is titled 'Vitals' and contains a list of vital signs: Weight (20 items), Height (20 items), Body Mass Index (20 items), Blood Pressure (19 items), Heart Rate (19 items), Temperature (19 items), Respiration Rate (18 items), and Oxygen Saturation (7 items). Each item has a plus icon to its left. To the right of the list are buttons for '+ Add Vital', 'Expand All', and 'Send'. A red arrow points from the 'Weight (20 items)' item to a callout box on the left.

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Home Inbox (0) My Health My Info

Summary Conditions Medications Allergies Immunizations Results Vitals Documents Chart

Vitals

2. Click on the “Vitals” tab to view all your vitals.

+ Add Vital Expand All Send

New	Date	Value	Source	Options
+ Weight (20 items)				
+ Height (20 items)				
+ Body Mass Index (20 items)				
+ Blood Pressure (19 items)				
+ Heart Rate (19 items)				
+ Temperature (19 items)				
+ Respiration Rate (18 items)				
+ Oxygen Saturation (7 items)				

3. Click here to view the details of your vitals.



(7) Vitals

The screenshot shows the Sea Mar Community Health Centers patient portal. The header includes the logo, navigation links (Home, Inbox (0), My Health, My Info), and user information (Hello, My Account, English). The main navigation bar highlights the 'Vitals' tab. Below the header, the 'Vitals' section is displayed with a table of vital signs. A red box highlights the charting icon in the 'Options' column of the first row.

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Messages and requests will be responded to within 2 business days. Emergencies call 911.

Home Inbox (0) My Health My Info

Summary Conditions Medications Allergies Immunizations Results **Vitals** Documents Chart

Vitals + Add Vital Collapse All Send

New	Date	Value	Source	Options
[-] Weight (20 items)				
	12/01/2016	160.0 lbs	Sea Mar Community Health Centers	 

Note: This charting feature graphs your vital signs over time, if you've done these vitals at least 3 or more times.

(7) Vitals

This window will open where it shows a chart of your vital sign over time.

Weight

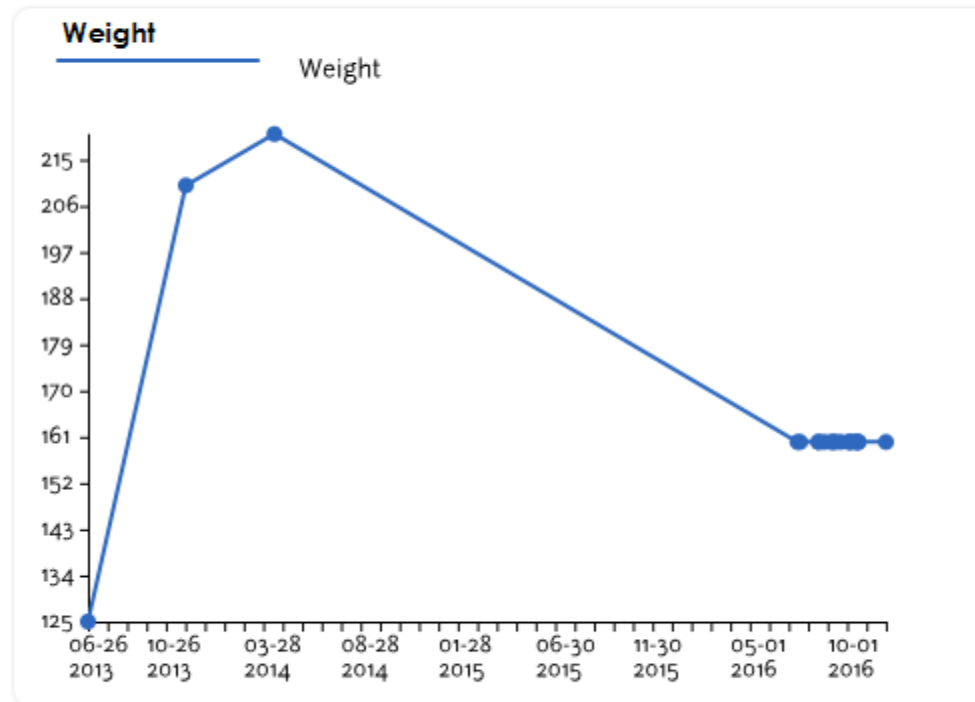


My Charts



Print this Chart

Add a Chart



6/26/2013 [Remove Chart](#) 12/1/2016

(8) Documents

1. Click on the “My Health” tab at the top of the page.

2. Click on the “Documents” tab to view all the documents sent to your portal.

Note: Here are the types of documents you are able to view that are not limited to:

- After-Visit Summaries
- Patient Education
- Lab Letters

The screenshot displays the Sea Mar Community Health Centers patient portal. At the top, there are links for 'Send a Message', 'Schedule an Appointment', and a user greeting 'Hello'. Below this is a navigation bar with tabs for 'Home', 'Inbox (0)', 'My Health' (highlighted with a red box), and 'My Info'. Under 'My Health', there is a sub-navigation bar with tabs for 'Summary', 'Conditions', 'Medications', 'Allergies', 'Immunizations', 'Results', 'Vitals', 'Documents' (highlighted with a red box), and 'Chart'. The 'Documents' tab is active, showing a list of documents. The list has columns for 'New', 'Name', 'Date', 'Provider', 'Source', and 'Options'. There are 10 documents listed, including 'After Visit Summary', 'Letter to Patient', 'Lab Letter With Results', 'Release of Information Authorization', and 'Patient Education' materials. Each document has a download icon and a delete icon in the 'Options' column.

New	Name	Date	Provider	Source	Options
	**Sea Mar After Visit Summary (v2).pdf	07/19/2018		Sea Mar Community Hea...	
	**Sea Mar After Visit Summary (v2).pdf	07/02/2018		Sea Mar Community Hea...	
	**Sea Mar Letter to Patient.pdf	06/01/2018		Sea Mar Community Hea...	
	**Sea Mar Letter to Patient.pdf	06/01/2018		Sea Mar Community Hea...	
	**Sea Mar Lab Letter With Results - ENG.pdf	05/31/2018		Sea Mar Community Hea...	
	Release of Information Authorization Sea Mar ...	05/25/2018		Sea Mar Community Hea...	
	Patient Education - Caffeine in Your Diet: coffee	06/23/2017		Sea Mar Community Hea...	
	Patient Education - Hazards of Smoking *: cig...	12/09/2016		Sea Mar Community Hea...	
	Patient Education - Benefits of Quitting Smokin...	12/09/2016		Sea Mar Community Hea...	


(8) Documents

This is an example of an **After-Visit Summary** sent to the portal.

Sea Mar After Visit Summary (v2).pdf

Email Print Fax

Page 1 of 4 Previous Next



SEA MAR MT VERNON MEDICAL

1400 LA VENTURE RD
MOUNT VERNON, WA 98273
P: (360) 428-4075
F: (360) 542-8796

Clinical Summary for Patient - (Patient Copy)

Date of Encounter: 10/19/2016 07:22 AM

Demographic data on file:
DOB: 02/05/1956; **Sex:** Female; **Race:** White; **Ethnicity:** Refused to Report/Unreported; **Preferred language:** Arabic

Reason for today's visit and reported symptoms

- Office Visit-Established Patient/MA intake

Medical problems addressed today

- Hypertension
- Cancer Screening: Breast
- Tobacco use
- Dietary counseling
- Exercise counseling

(8) Documents

This is an example of Patient Education sent to the portal.

Patient Education - Caffeine in Your Diet: coffee ✕

[Email](#) [Print](#) [Fax](#)

Patient:
Patient

Date Of Birth:
02/05/1956

Written By:
Not Listed

Contents:

Caffeine in Your Diet

What is caffeine?

Caffeine is a stimulant that occurs naturally in tea leaves, coffee beans, cocoa beans, and several other foods. While many people enjoy the stimulating effects of caffeine, too much caffeine can cause unpleasant side effects.

How does caffeine affect the body?

Caffeine affects many parts of the body:

- It stimulates the brain and makes you feel wide awake, energetic, and better able to concentrate.
- It makes your heart beat faster and improves circulation.
- It helps muscles to work better.
- It aids digestion by increasing the amount of acid made by the stomach.

(9) Chart

1. Click on the “My Health” tab at the top of the page.

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Messages and requests will be responded to within 2 business days. Emergencies call 911.

Home Inbox (0) My Health My Info

Summary Conditions Medications Allergies Immunizations Results Vitals Documents Chart

Sort By: Date Date Provider

12/20/2014

Conditions

Closed fracture of nasal bone, initial encounter

Adacel vaccine: Tdap vaccine >7

THROMBOEMBOLIC DETERRENT (TED)

RT: SPIROMETRY, PRE+POST BRONCH

Documents

Patient Education - Caffeine in You

12/01/2014

Conditions

Tobacco use

Immunization Admin. 2+ (90472)

PNEUMOCOCCAL VACC 13 VAL IM

Administration of One Immunization

Zostavax (Shingles Vaccine) SQ (90

Tobacco Use Treatment Counseling

Send

Closed fracture of nasal bone, initial encounter

Source:
Sea Mar Community Health Centers

Status:
Active

Note: You can sort your office visits by date or provider.

3. Click on an item to view its details.

2. Click on the “Chart” tab to view the details of your office visits that are listed by date.

Exporting Health Records

In FollowMyHealth, you have the option to export your health records by email, fax, or print.

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Send a Message Schedule an Appointment Hello My Account English

Messages and requests will be responded to within 2 business days. Emergencies call 911.

Home Inbox (0) My Health My Info

Summary Conditions Medications Allergies Immunizations Results Vitals Documents Chart

Demographics

Patient
1400 N Laventure Rd
Mount Vernon, Washington
98273
02/05/1956

New Photo

My Care Team

+ Add Provider

Click the 'Add' button to create and edit a list of your most frequently used healthcare professionals. This list will be saved to your FollowMyHealth Summary screen, which can then be printed and shared with your physicians.

Import Send

- Email
- Email All
- Print
- Print All
- Fax
- Export

Diagnoses

- Closed fracture of nasal bone, initial encounter
- Hypertension
- Diabetes (DM), Uncomplicated, Type II (250.00)
- Congestive heart failure
- Normal pregnancy, first
- Tobacco use
- Cancer Screening: Colon (V76.51)
- Pain in wrist, left
- Pregnancy, high-risk (V23.9)

Surgical History

- Adacel vaccine: Tdap vaccine >7 IM (90715) (90715)
- THROMBOEMBOLIC DETERRENT (TED) STOCKINGS CHECK (1180F)
- RT: SPIROMETRY, PRE+POST BRONCHODILATOR (94060)
- Immunization Admin 2+ (90472)
- PNEUMOCOCCAL VACC 13 VAL IM (90670)
- Administration of One Immunization (90471)
- Zostavax (Shingles Vaccine) SC (90736)
- Tobacco Use Treatment Counseling (4000F)
- COLORECTAL CA SCREEN DOC REV (3017F)
- Administration of One Immunization (90471)
- Pneumococcal Vaccine (90732)

Allergies

- Bees - Anaphylaxis
- No Known Drug Allergies

1. Select one of the options in this drop-down menu for emailing, printing, faxing, or exporting your health summary.

Exporting Health Records

The screenshot shows the Sea Mar Community Health Centers patient portal. The top navigation bar includes links for 'Send a Message', 'Schedule an Appointment', 'Hello', 'My Account', and 'English'. Below this is a secondary navigation bar with 'Home', 'Inbox (0)', 'My Health', and 'My Info'. The 'My Health' tab is selected, and a dropdown menu is open, showing options: 'Send', 'Email', 'Print', and 'Fax'. The main content area displays a list of health conditions under the 'Conditions' tab. The list includes details such as the condition name, status, and source. A red box highlights the 'Send' option in the dropdown menu.

New	Education	Conditions/Procedure	Status	Source
Active (10 items)				
		Closed fracture of nasal bone, initial encounter...	Active	Sea Mar Community Health ...
		Tobacco use	Active	Sea Mar Community Health ...
		Hypertension	Active	Sea Mar Community Health ...
		Tobacco use	Active	Sea Mar Community Health ...
		Cancer Screening: Colon [V76.51]	Active	Sea Mar Community Health ...
		Diabetes (DM), Uncomplicated, Type II (250.00)	Active	Sea Mar Community Health ...
		Pain in wrist, left	Active	Sea Mar Community Health ...
		Congestive heart failure	Active	Sea Mar Community Health ...
		Pregnancy, high-risk (V23.9)	Active	Sea Mar Community Health ...
		Normal pregnancy, first	Active	Sea Mar Community Health ...
Surgical History (39 items)				
Family Health Conditions (6 items)				

1. If you're in the other "My Health" tabs, select one of the options in this drop-down menu for emailing, printing, or faxing your health information from this tab.

This "Send" option is available on all the tabs under "My Health".

Exporting Health Records

2. For emailing your records, enter the email address where you would like your records to be sent to.

Email Summary

Email Address:

PLEASE NOTE: You are authorizing the transfer of a copy of information from your personal health record to a printer, external storage device (e.g., USB drive) or to a third party at the address or fax number provided. This transmission is unencrypted. If you wish to encrypt please use the "Export" option from the My Health > Summary tab to send via encrypted Email. Once you click "send", "print" or "download", Allscripts does not have control over, and is not responsible for, how that information is used or subsequently disclosed.

3. Click "Send".

Send

Cancel

Print

PLEASE NOTE: You are authorizing the transfer of a copy of information from your personal health record to a printer, external storage device (e.g., USB drive) or to a third party at the address or fax number provided. This transmission is unencrypted. If you wish to encrypt please use the "Export" option from the My Health > Summary tab to send via encrypted Email. Once you click "send", "print" or "download", Allscripts does not have control over, and is not responsible for, how that information is used or subsequently disclosed.

Print

Cancel

2. For printing your records, click "Print."

2. For faxing your records, enter the recipient's name and the fax number of where you would like your records to be sent to.

Fax Summary

To:

Fax Number:

PLEASE NOTE: You are authorizing the transfer of a copy of information from your personal health record to a printer, external storage device (e.g., USB drive) or to a third party at the address or fax number provided. This transmission is unencrypted. If you wish to encrypt please use the "Export" option from the My Health > Summary tab to send via encrypted Email. Once you click "send", "print" or "download", Allscripts does not have control over, and is not responsible for, how that information is used or subsequently disclosed.

3. Click "Send".

Send

Cancel

Exporting Health Records

You will receive a confirmation message in your Inbox that your health record was sent by fax or email.

Fax Confirmation Message

The screenshot shows the Sea Mar Community Health Centers patient portal. The header includes the logo, navigation links (Send a Message, Schedule an Appointment), user status (Hello), and account settings (My Account, English). A message banner states: "Messages and requests will be responded to within 2 business days. Emergencies call 911." The main navigation bar has tabs for Home, Inbox (0), My Health, and My Info. Below this is a toolbar with Back, Search, Compose, Delete, Move To, and Print buttons. The left sidebar shows an "Inbox" with two entries from FollowMyHealth@, both titled "Health Record Sent" and dated 07/26/2018. The main content area displays the details of the selected message: From: FollowMyHealth@, To: Patient, Date: 07/26/2018 3:39 pm, and Subject: Health Record Sent. The body of the message states: "Your health record to 1-999-999-9999 was sent at 07/26/2018 3:39:48 PM PDT."

Email Confirmation Message

The screenshot shows the Sea Mar Community Health Centers patient portal with the same header and navigation as the previous image. The "Inbox" in the left sidebar shows two entries from FollowMyHealth@, both titled "Health Record Sent". The main content area displays the details of the selected message: From: FollowMyHealth@, To: Patient, Date: 07/26/2018 3:40 pm, and Subject: Health Record Sent. The body of the message states: "Your health record to example@gmail.com was sent at 07/26/2018 3:40:56 PM PDT."

FollowMyHealth Support Information

If you need any assistance and/or support for your FollowMyHealth account, please contact:

Support Hotline: 1-888-670-9775

Email: support@followmyhealth.com



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