



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

via FollowMyHealth Phone Application

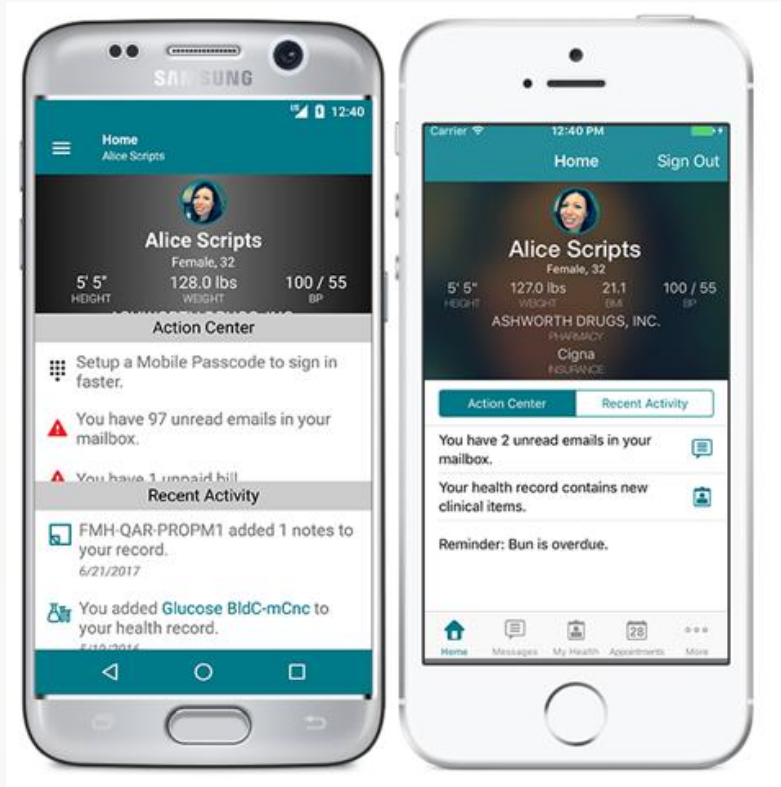


FollowMyHealth®  
An Allscripts Solution

# FollowMyHealth Phone Application

The mobile portal views will look slightly different on an Android phone vs. an iPhone. But, they both have the exact same tab functions.

Please note that the following screenshots will be views from an Android Phone.



Android

iPhone

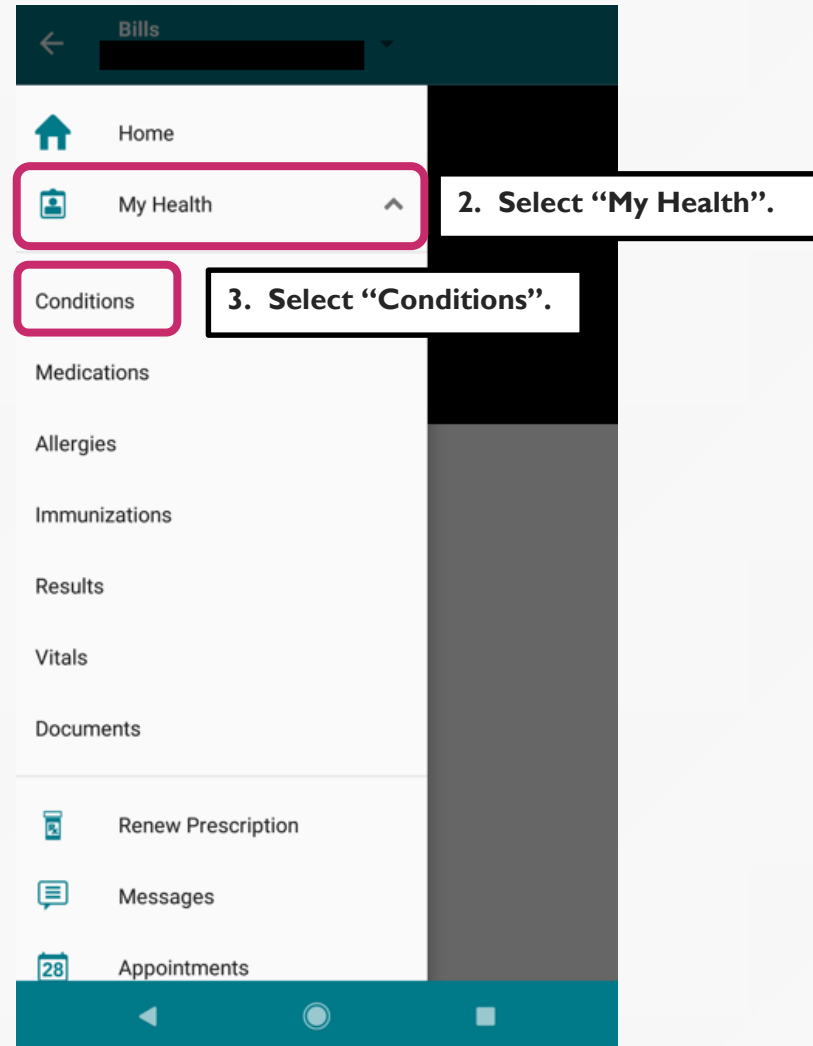
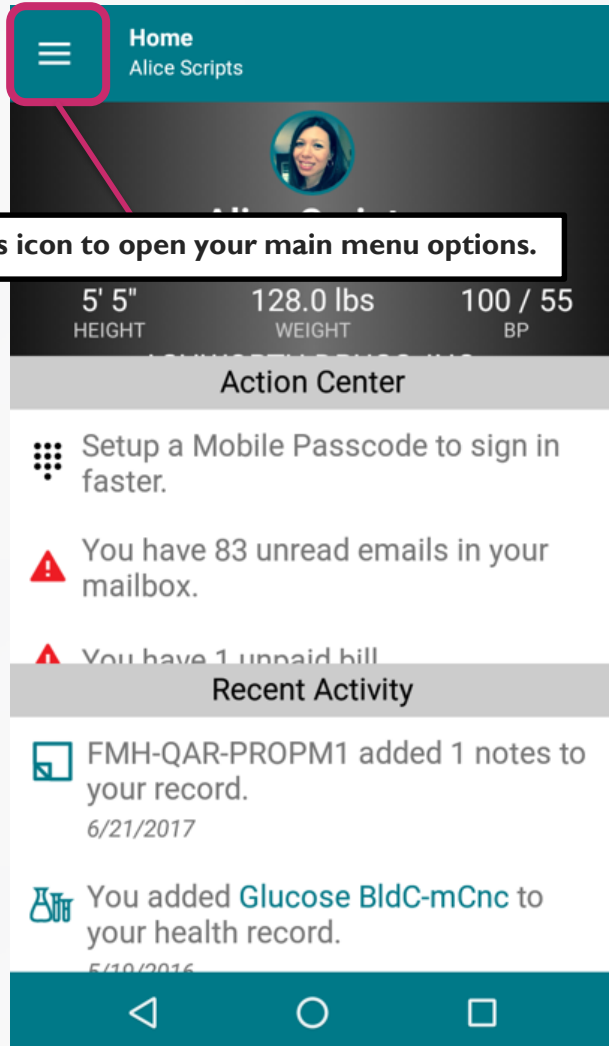


# Viewing Your Health Information via FollowMyHealth Phone Application

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

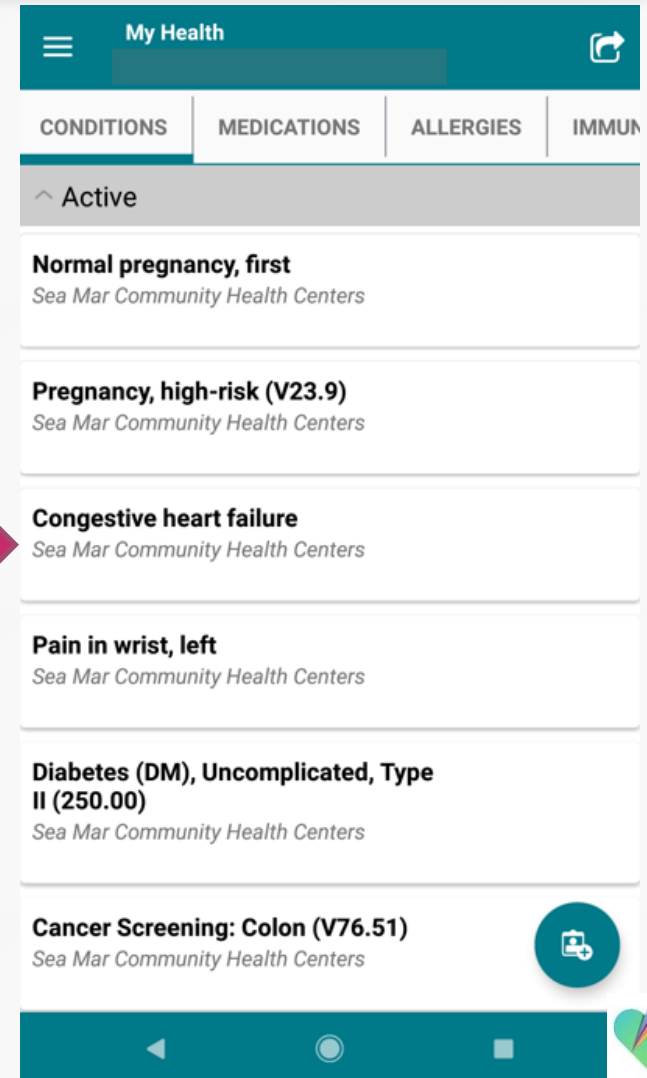
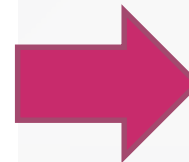
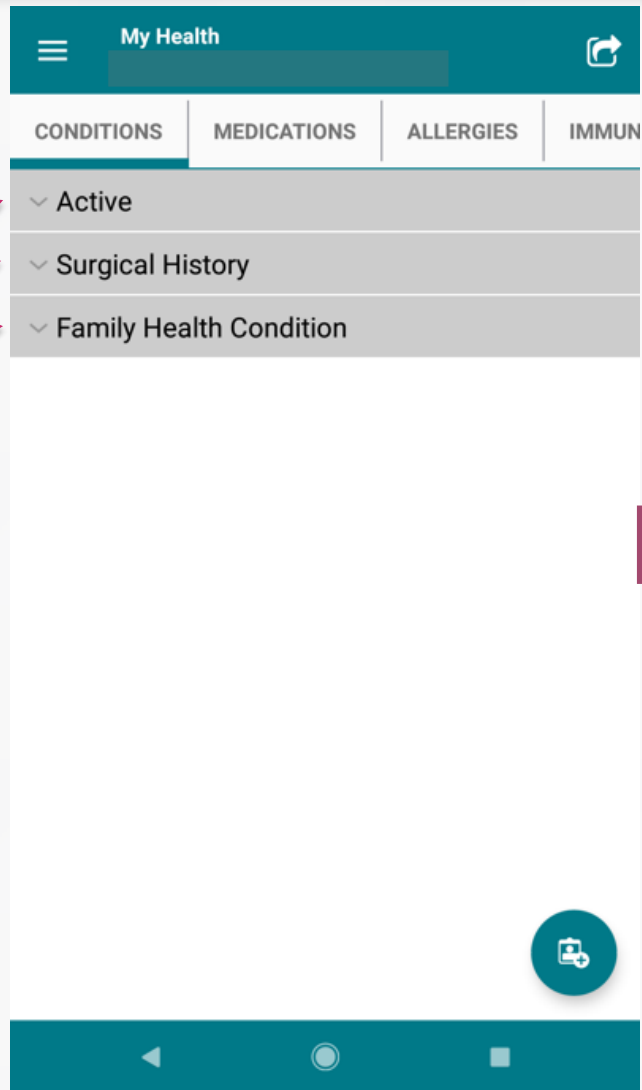
- 1) Conditions
- 2) Medications
- 3) Allergies
- 4) Immunizations
- 5) Lab Results
- 6) Vitals
- 7) Documents

# (I) Conditions



# (I) Conditions

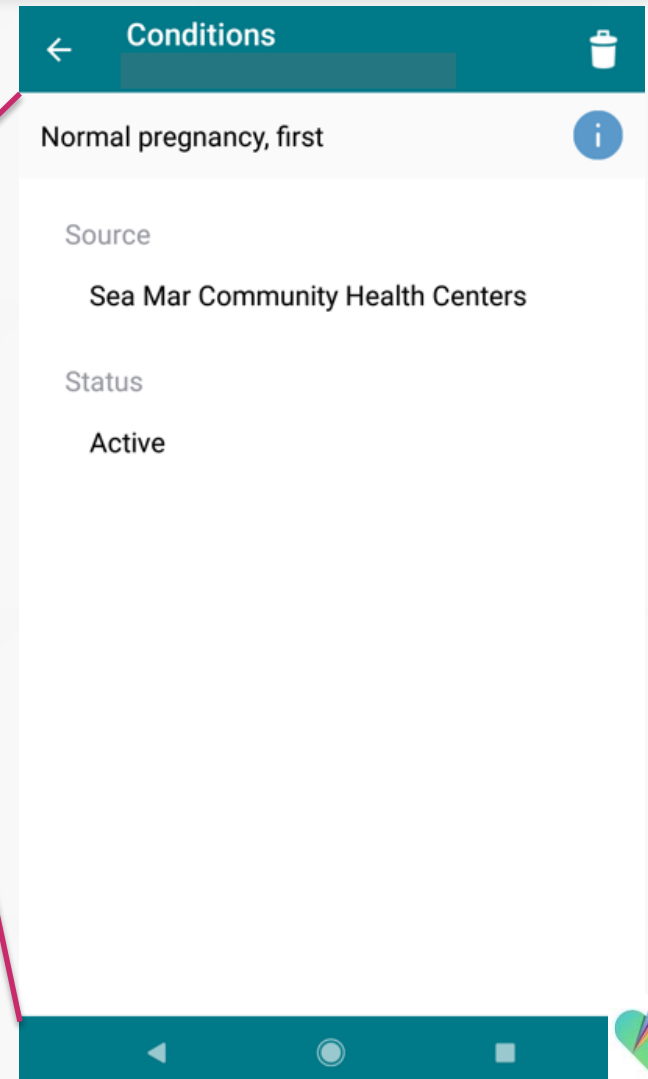
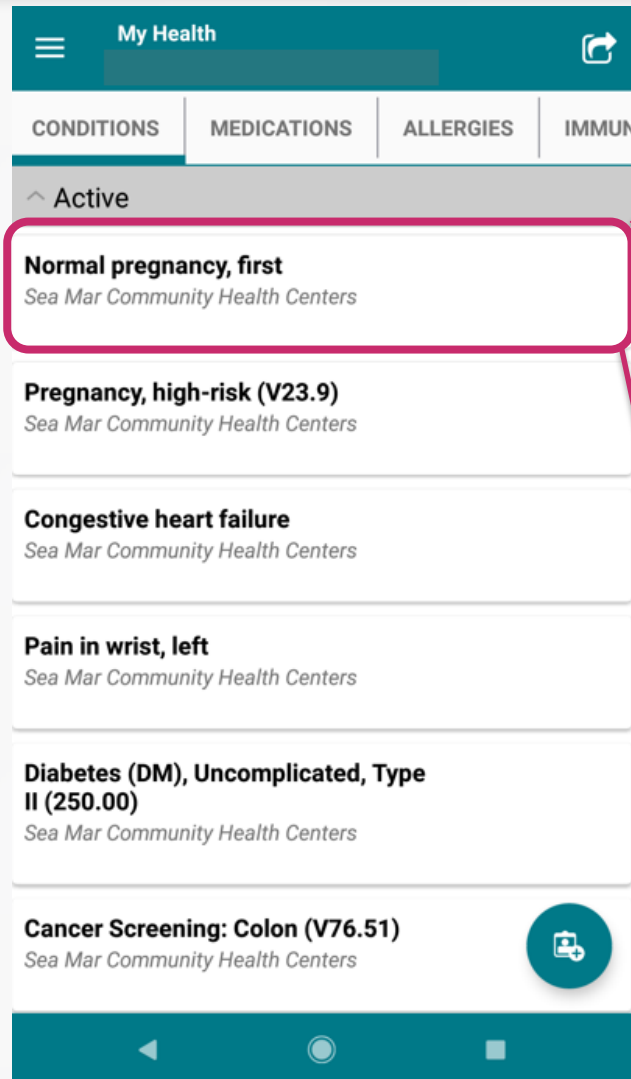
4. Click on the down arrow to view the details of the condition.



# (I) Conditions

5. Click on the condition to view its details.

For any of your health information within “My Health”, you can click on the item to view its details.



# (I) Conditions

**Conditions**

Normal pregnancy, first

Source

Sea Mar Community Health Centers

Status

Active

**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.**

**Conditions**

**Pregnancy**

[https://medlineplus.gov/pregnancy.html?utm\\_source=mpplusconnect&utm\\_medium=service](https://medlineplus.gov/pregnancy.html?utm_source=mpplusconnect&utm_medium=service)

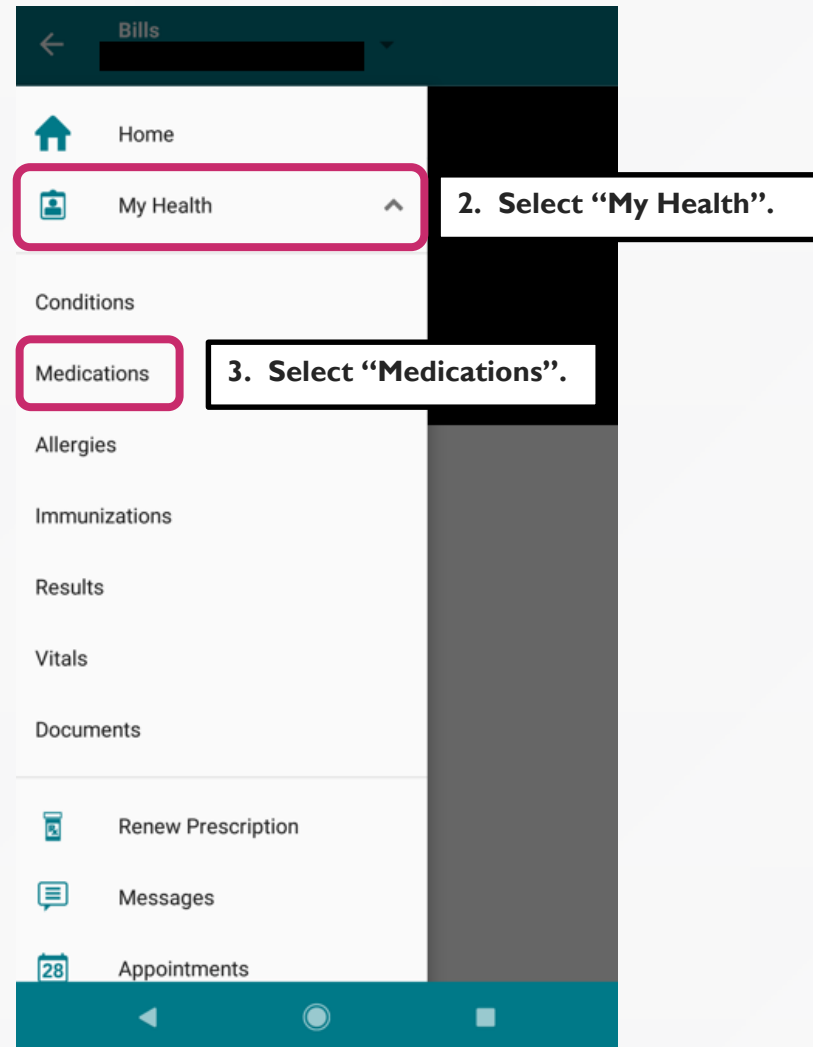
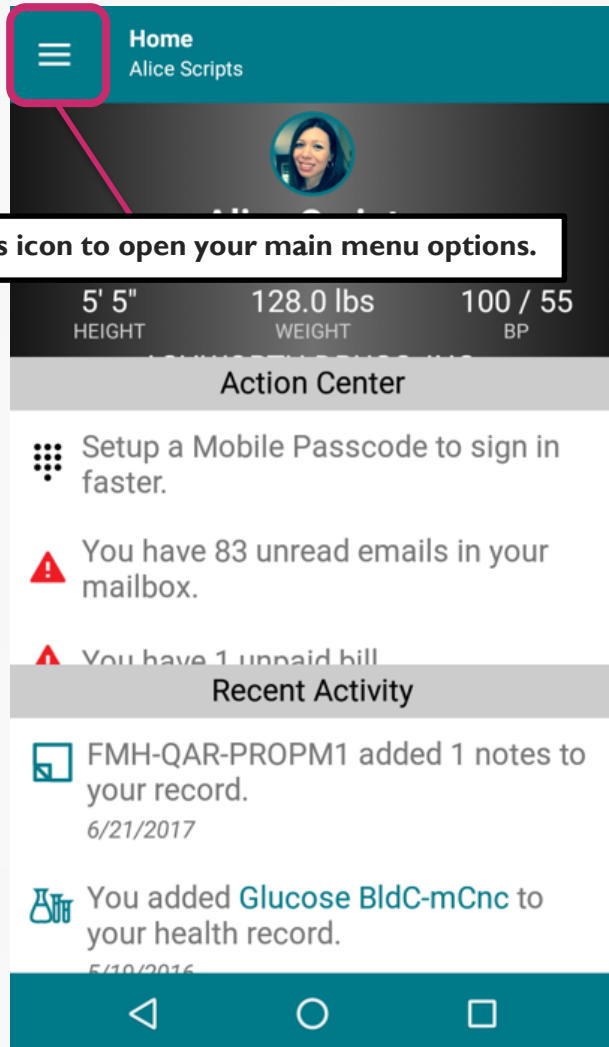
So you're going to have a baby! Whether you are pregnant or are planning to get pregnant, you will want to give your baby a healthy start.

You need to have regular visits with your health care provider. These [prenatal care](#) visits are very important for your baby and yourself. Some things you might do when you are pregnant could hurt your baby, such as smoking or drinking. Some [medicines](#) can also be a problem, even ones that a doctor prescribed. You will need to drink plenty of fluids and eat a [healthy diet](#). You may also be tired and need more rest.

Your body will change as your [baby grows](#) during the nine months of your pregnancy. Don't hesitate to call your health care provider if [you think you have a problem](#) or something is bothering or worrying you.

- [Aches and pains during pregnancy](#) (Medical Encyclopedia)
- [Common symptoms during pregnancy](#) (Medical Encyclopedia)
- [HCG blood test - qualitative](#) (Medical Encyclopedia)
- [Morning sickness](#) (Medical Encyclopedia)
- [Morning sickness](#) (Medical Encyclopedia)
- [Pregnancy and travel](#) (Medical Encyclopedia)

## (2) Medications





## (2) Medications

**My Health**

CONDITIONS MEDICATIONS ALLERGIES

^ Active

**RaNITidine HCl 300 MG Oral Tablet**  
Your Provider  
Sea Mar Community Health Centers

**Tums 500 MG Oral Tablet Chewable**  
Sea Mar Community Health Centers  
Your Provider

**Prenatal 27-1 MG Oral Tablet**  
Sea Mar Community Health Centers  
Your Provider

**D3 High Potency ( 2000UNIT Capsule Oral ) Active: - Hx Entry**  
Sea Mar Community Health Centers  
Your Provider

Discontinued

4. Your “Medications” tab will display all your active and discontinued medications.

If you would like to refill a medication, select the medication you would like to refill.

5. Click “Renew Prescription”

**Medications**

RaNITidine HCl 300 MG Oral Tablet

Provider  
Your Provider , MD

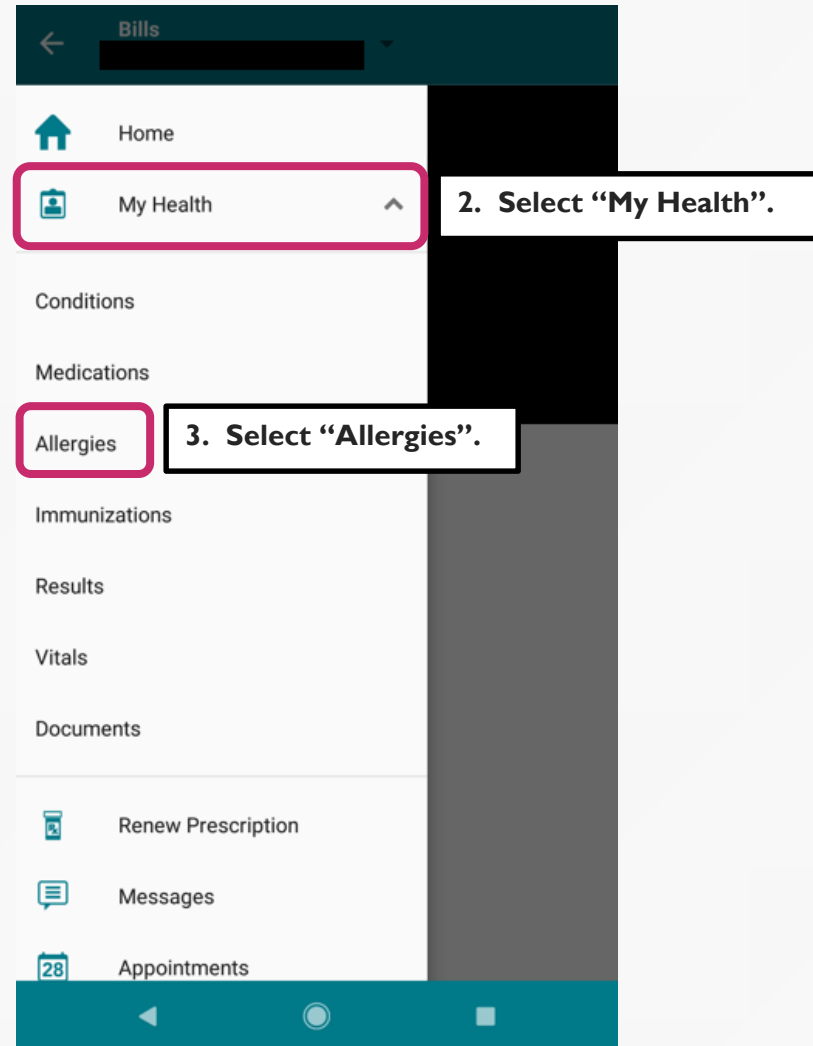
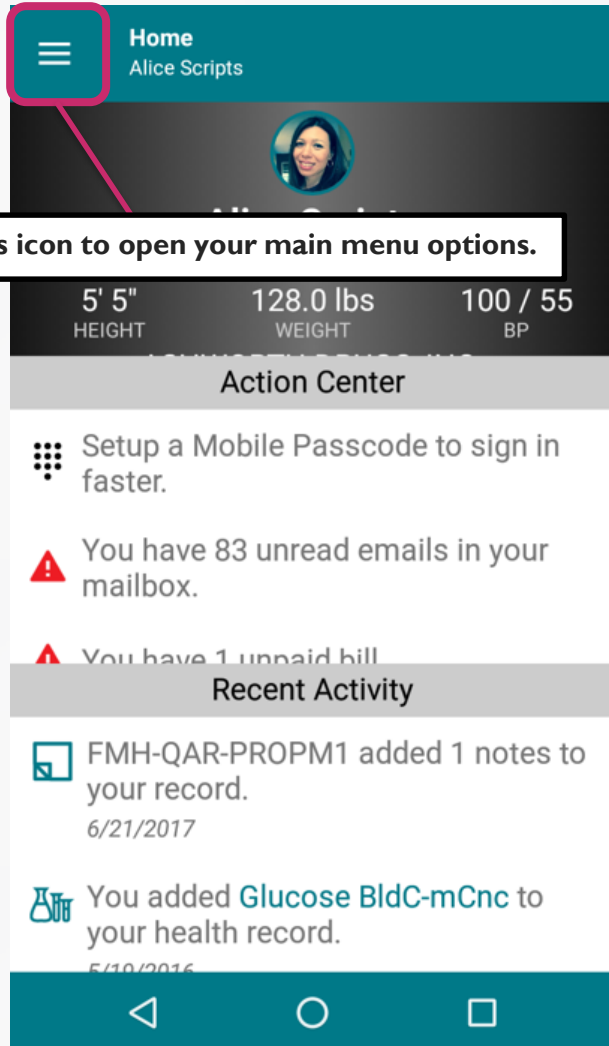
Source  
Sea Mar Community Health Centers

Directions  
1 Tablet at bedtime, #30, 30 days starting 1/25/2018, Ref. x6.

Status

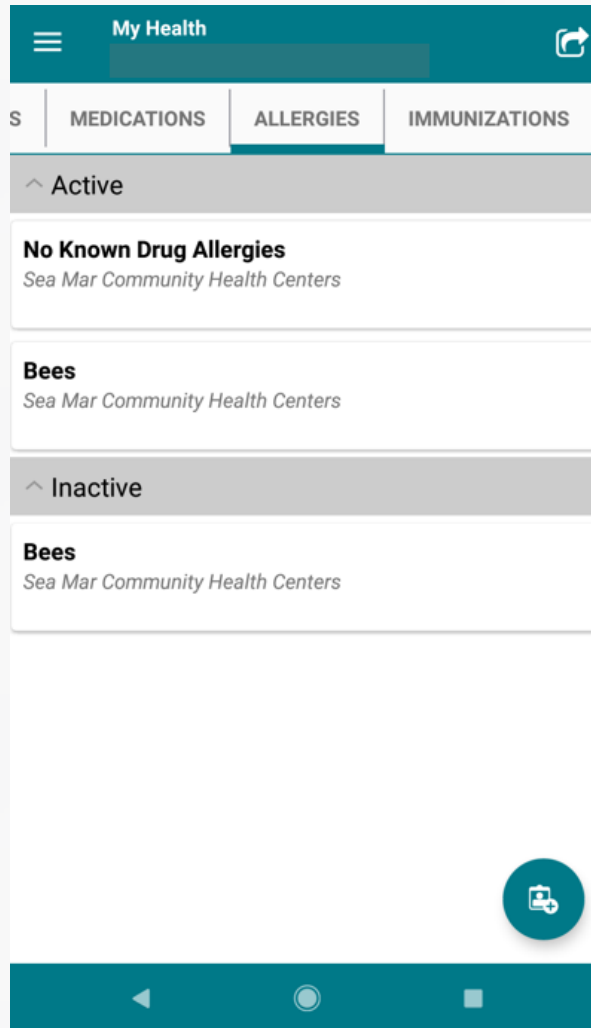
RENEW PRESCRIPTION

# (3) Allergies

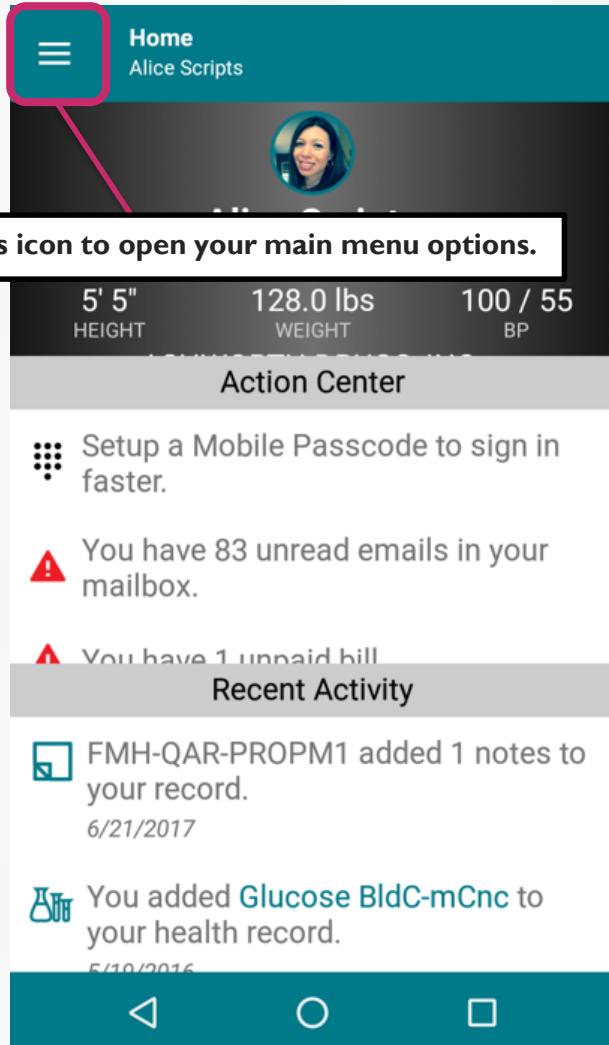


# (3) Allergies

4. The “Allergies” tab shows all your allergies.



# (4) Immunizations



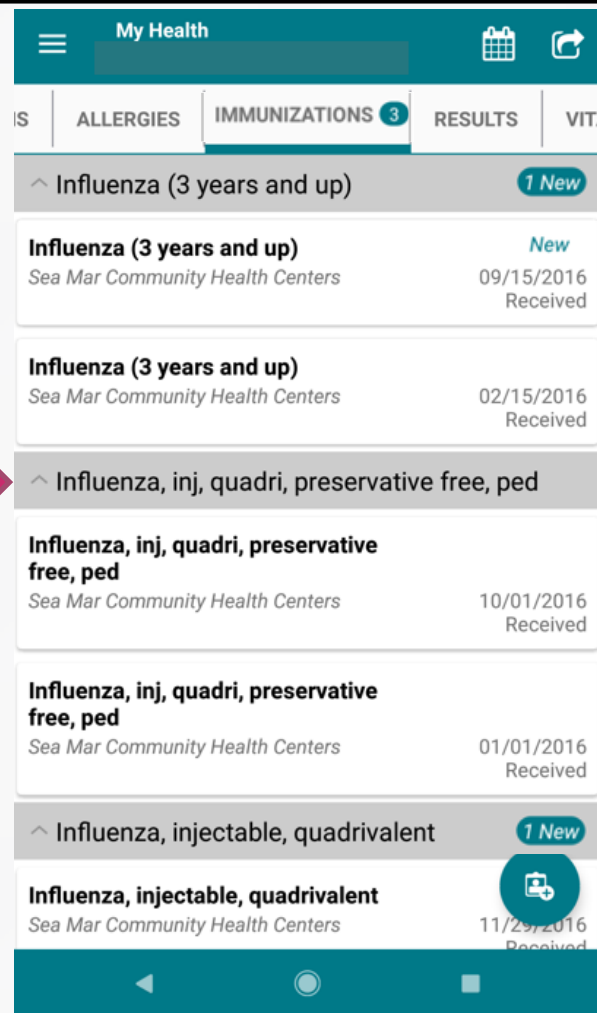
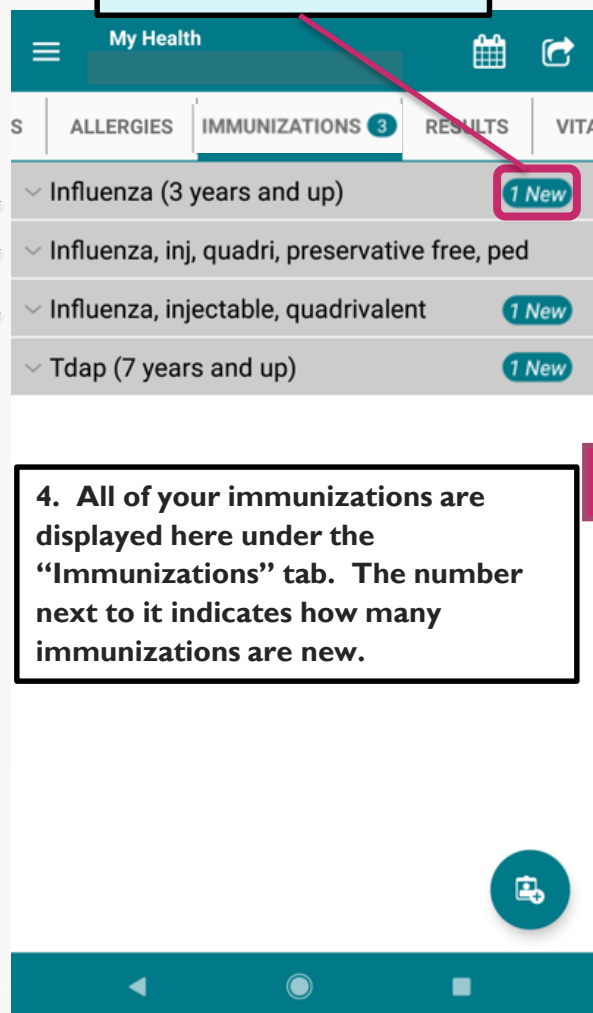
## (4) Immunizations

Note: This indicates that the immunization is new.

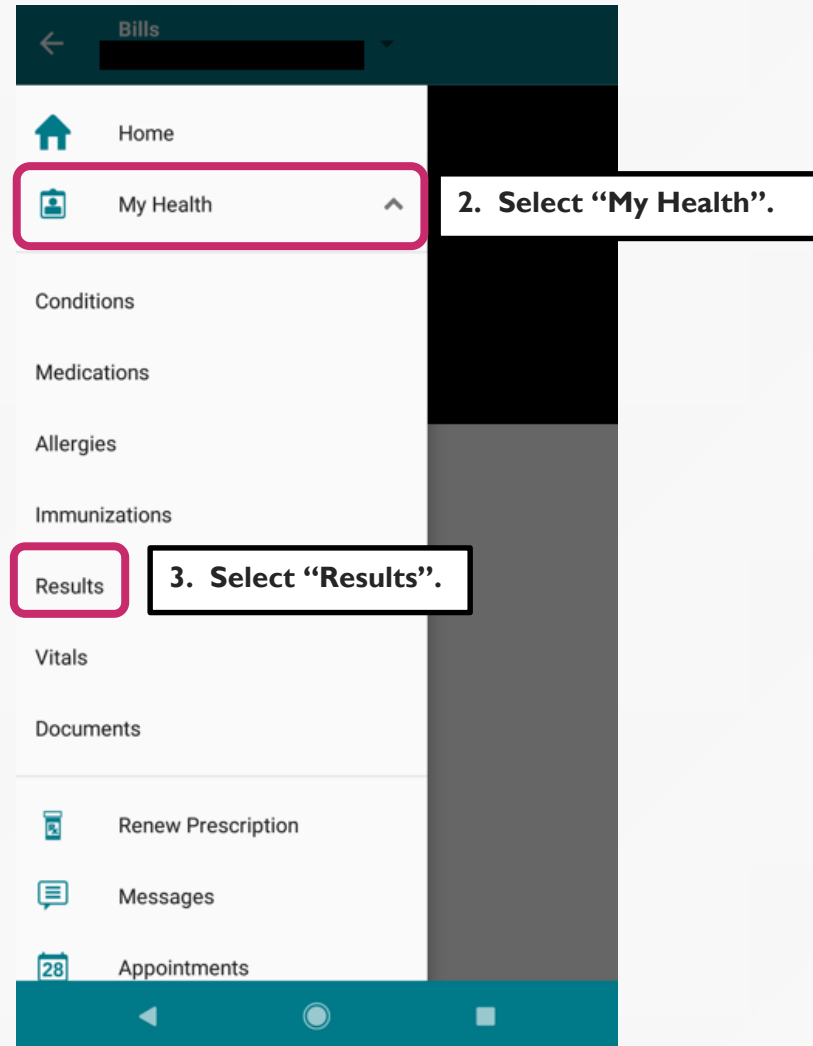
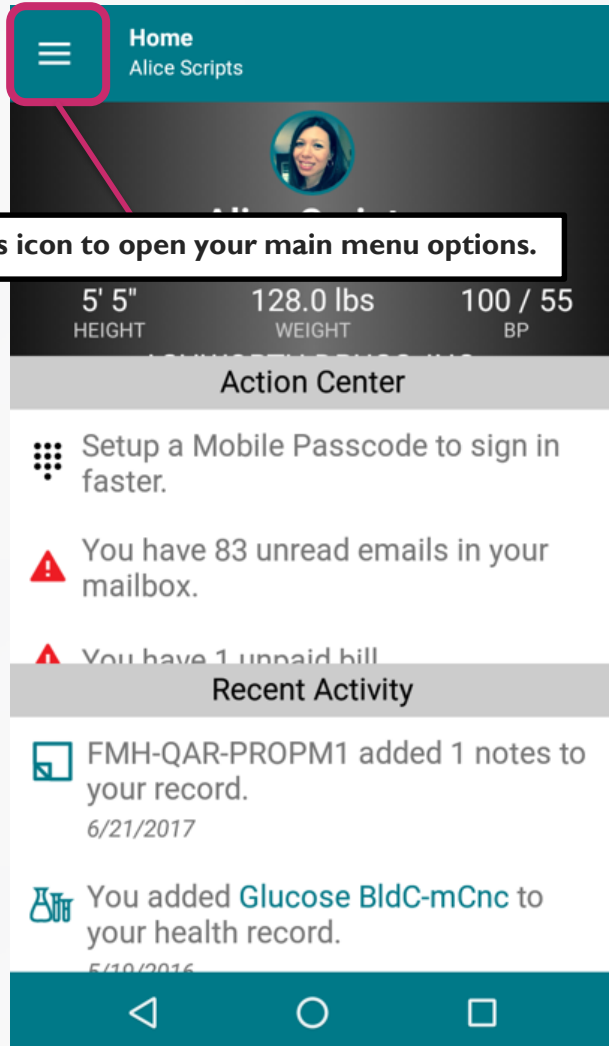
6. Here are the details of the immunizations.

5. Click on the down arrow to view the details of the immunization.

4. All of your immunizations are displayed here under the "Immunizations" tab. The number next to it indicates how many immunizations are new.



# (5) Lab Results

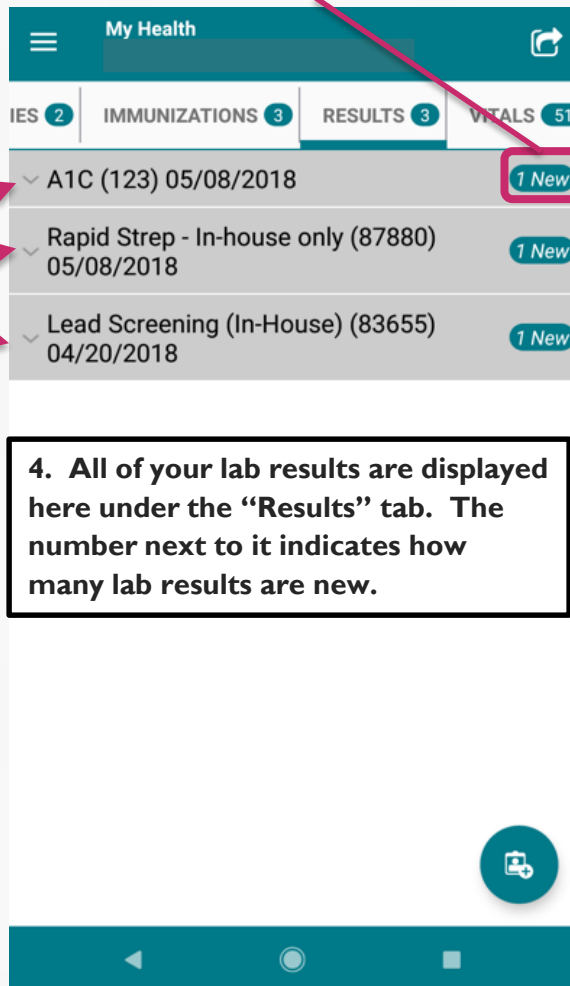


# (5) Lab Results

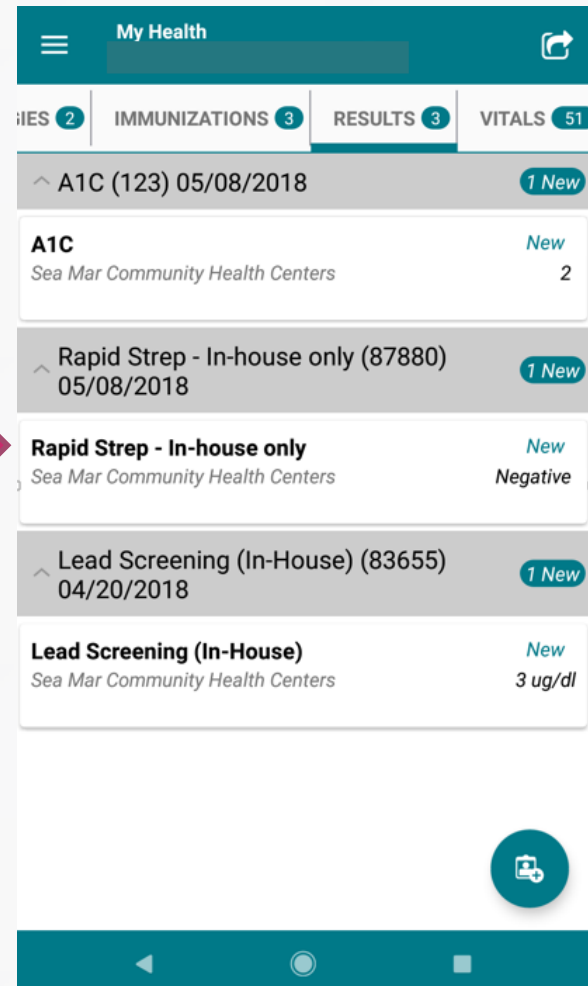
Note: This indicates that the lab result is new.

6. Here are the details of the lab result.

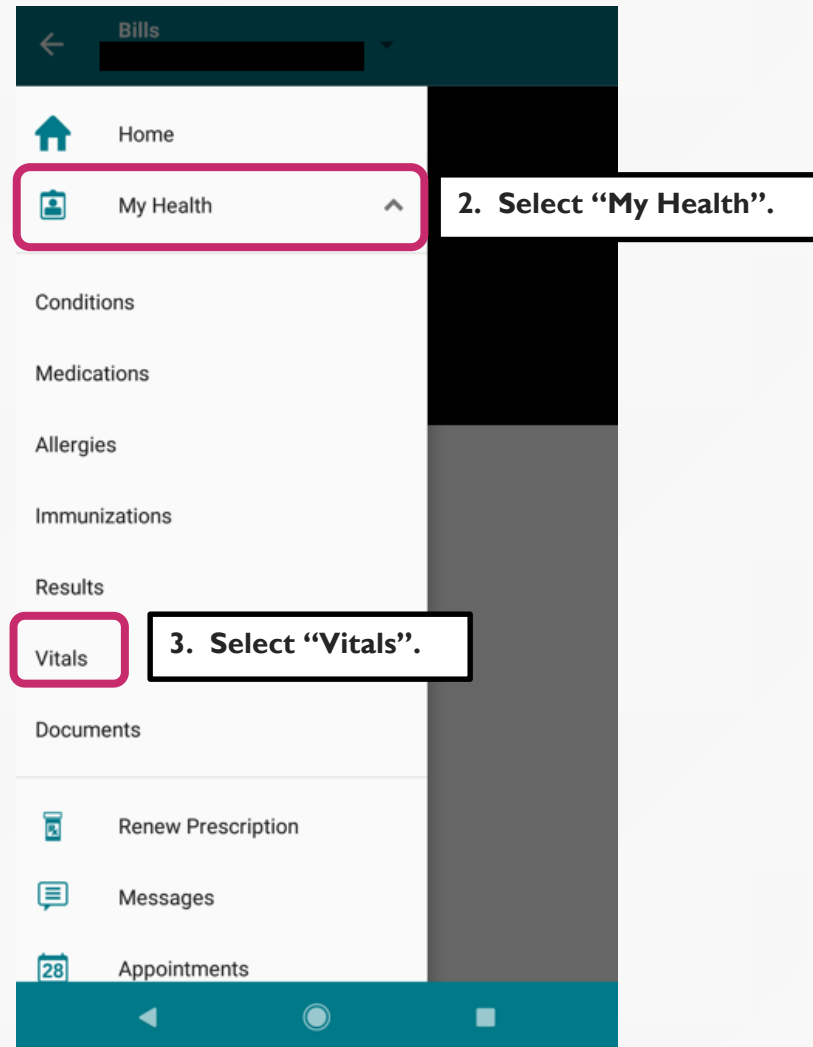
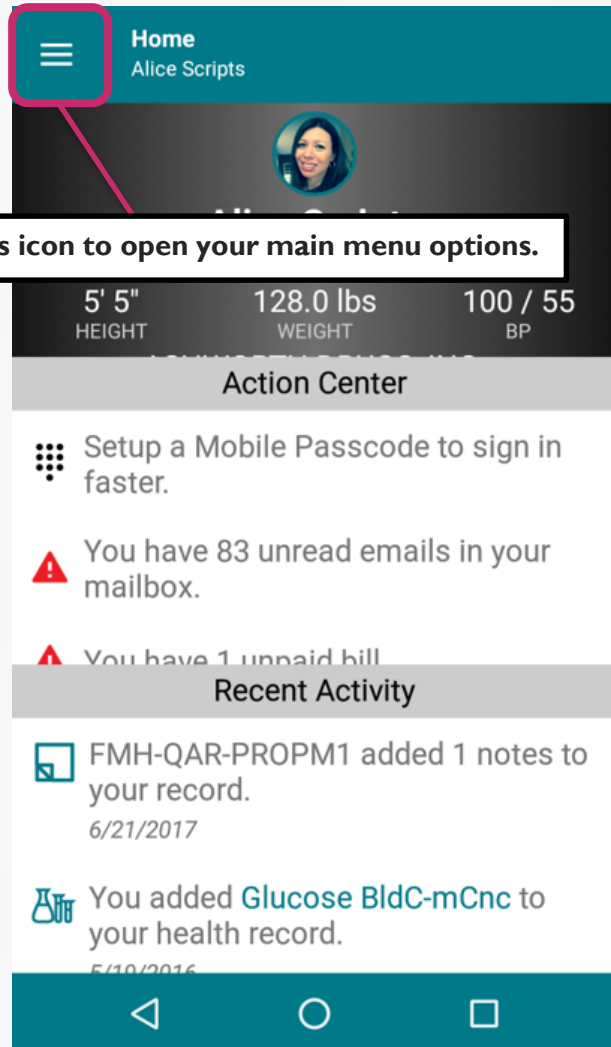
5. Click on the down arrow to view the details of the lab result.



4. All of your lab results are displayed here under the "Results" tab. The number next to it indicates how many lab results are new.



## (6) Vitals

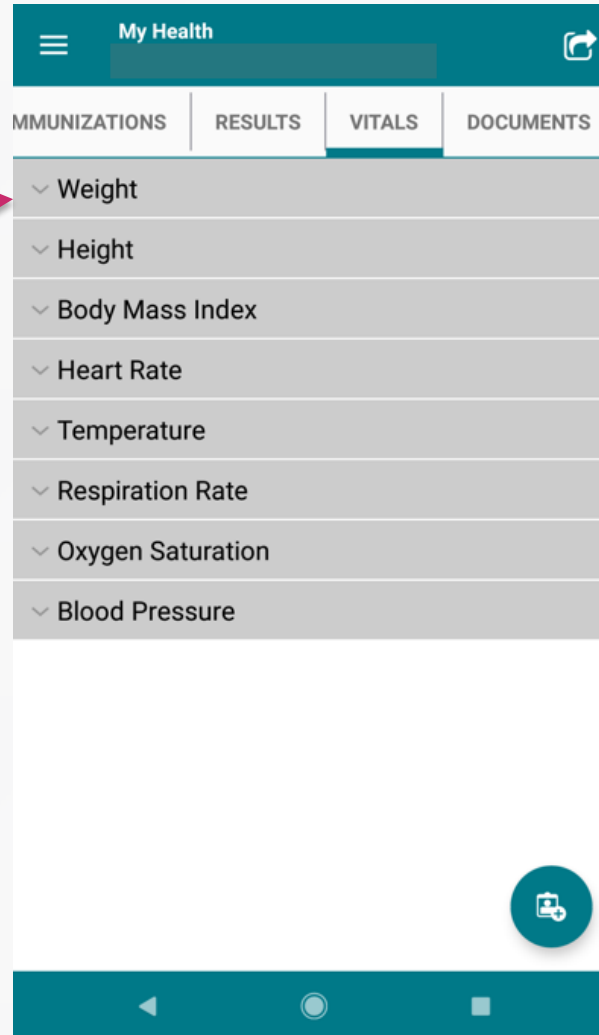




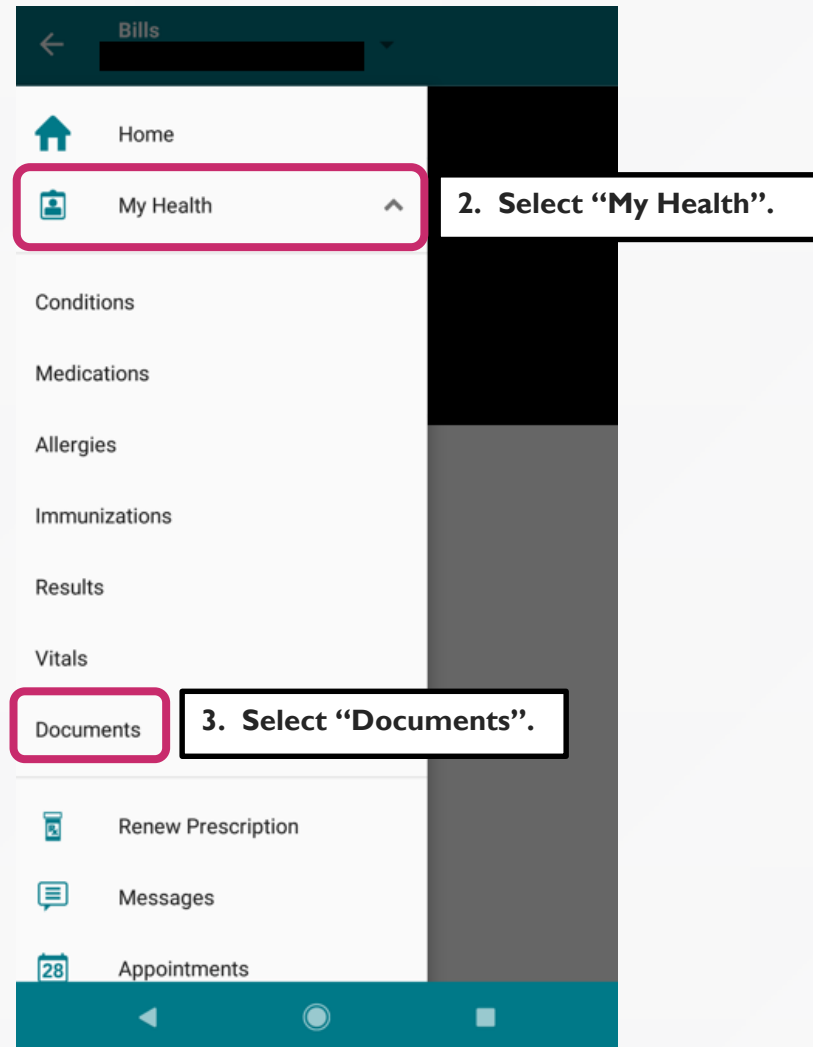
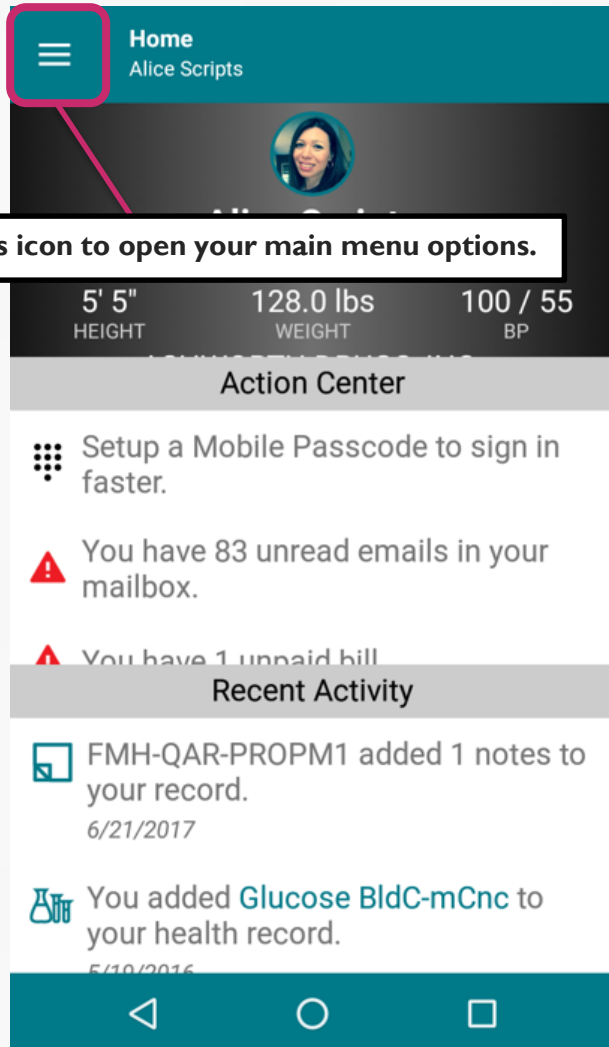
# (6) Vitals

4. The “Vitals” tab shows all your vitals.

5. Click on the down arrow to view the details of your vitals.



# (7) Documents



# (7) Documents

4. The “Documents” tab shows 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 shows a mobile application interface for 'My Health'. At the top, there is a teal header with a hamburger menu icon, the text 'My Health', and a share icon. Below the header is a navigation bar with four tabs: 'IMMUNIZATIONS', 'RESULTS', 'VITALS', and 'DOCUMENTS'. The 'DOCUMENTS' tab is selected and highlighted. The main content area displays a list of documents. Each document entry includes a title, the source (Sea Mar Community Health Centers), and the date. The documents listed are:

Document Title	Source	Date
<b>**Sea Mar After Visit Summary (v2).pdf</b>	Sea Mar Community Health Centers	07/19/2018
<b>**Sea Mar After Visit Summary (v2).pdf</b>	Sea Mar Community Health Centers	07/02/2018
<b>**Sea Mar Letter to Patient.pdf</b>	Sea Mar Community Health Centers	06/01/2018
<b>**Sea Mar Letter to Patient.pdf</b>	Sea Mar Community Health Centers	06/01/2018
<b>**Sea Mar Lab Letter With Results - ENG.pdf</b>	Sea Mar Community Health Centers	05/31/2018
<b>Release of Information Authorization</b> Sea Mar Community Health Centers	Sea Mar Community Health Centers	05/21/2018


At the bottom of the screen, there is a teal navigation bar with three icons: a back arrow, a home circle, and a square.

# (7) Documents

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

← \*\*Sea Mar After Visit Summ... 

PAGE 1PAGE 2PAGE 3PAGE 4

**Sea Mar**  
Community Health Centers  
Clínica de la Comunidad  
Servicios médicos, farmacia, laboratorio

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

**Active promoted medical problems**

- Hypertension: 17128
- Pain in wrist, left: 719.43
- Pregnancy, high-risk: V23.9
- Diabetes (DM), Uncomplicated, Type II: 250.00
- Congestive heart failure: 428.0
- Closed fracture of nasal bone, initial encounter: 802.0
- Cancer Screening: Colon: V76.51
- Normal pregnancy, first: V22.0
- Tobacco use: 305.1
- Tobacco use: 305.1

**Medications**

\*\*No medications ordered or changed today.

**Active medications**

- Losartan Potassium 25MG Tablet 1 Oral daily. Medication was prescribed by cardiologist. Marci Vargas, NCMA

**Medications administered today**

\*\* No Medications administered today

**Current allergies**

- No Known Drug Allergies Lusero De La Cruz, MA-C
- Bees: Anaphylaxis

**Tobacco use/Smoking status**

Tobacco use Status: Heavy tobacco smoker, Tobacco exposure (Last edited: 10/19/2016)  
Tobacco use Status: Heavy tobacco smoker (Last edited: 12/01/2016)


Practiced A. Seaton  
Thursday, July 18, 2018

Patient #: 1597610

DOB: 02/05/1956 (62 years)  
Page 1 / 4

# (7) Documents

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

 Patient Education - Caffeine in You...

Patient Name

Patient

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.

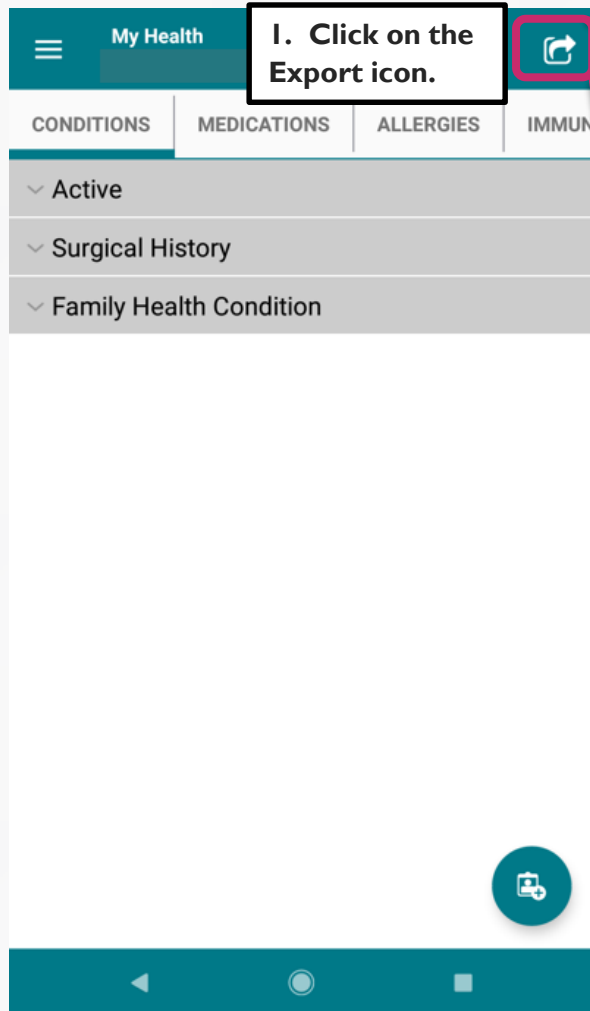
How does caffeine affect the body?

Caffeine affects many parts of the body:

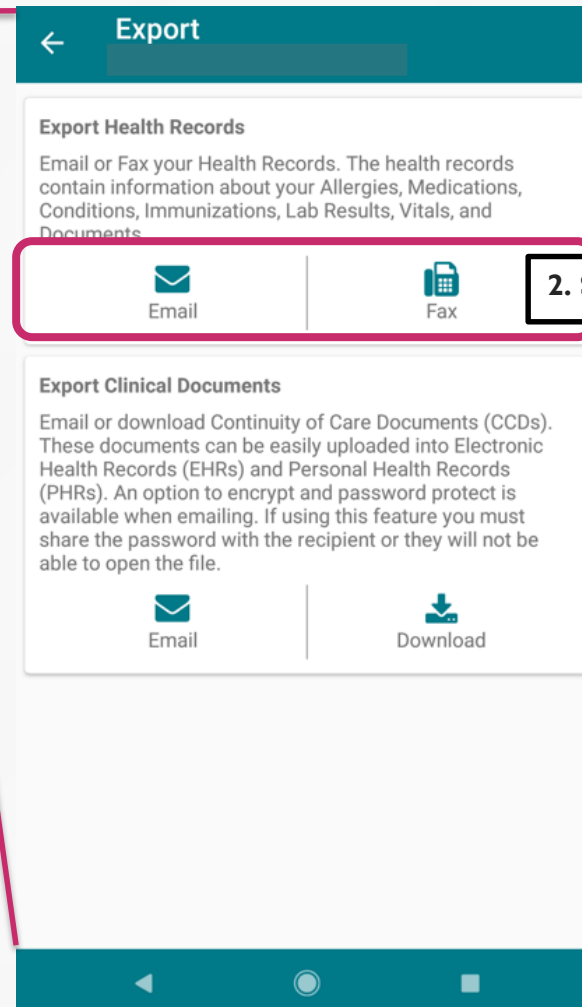


# Exporting Health Records

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



1. Click on the Export icon.



2. Select "Email" or "Fax".

# Exporting Health Records

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

← Email Health Records

example@email.com

Clinical Items to Include

☐ Select All ☐ Summary

☐ Conditions

☐ Medications

☐ Allergies

☐ Immunizations

☐ Results

☐ Vitals

☐ Documents

4. Select the clinical documents that you would like to email or fax.

← Fax Health Records

To Whom

(###) ###-####

Clinical Items to Include

- ☐ Select All ☐ Summary
- ☐ Conditions
- ☐ Medications
- ☐ Allergies
- ☐ Immunizations
- ☐ Results
- ☐ Vitals
- ☐ Documents

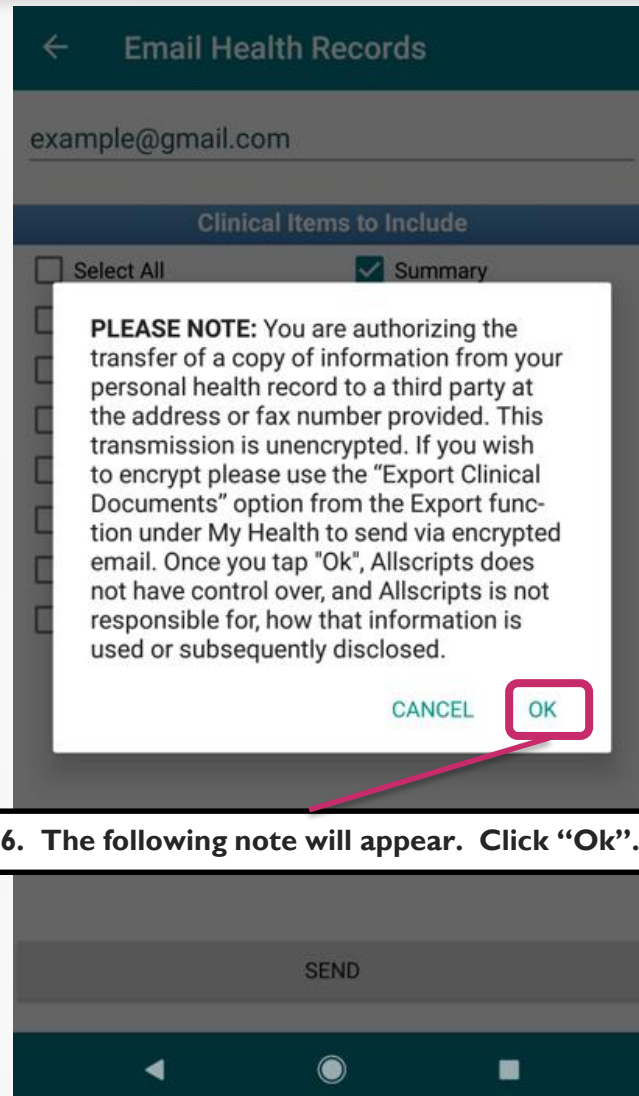
3. For faxing your records, enter the recipient's name and the fax number of where you would like your records to be sent to.

SEND

5. Click "Send".

SEND

# Exporting Health Records

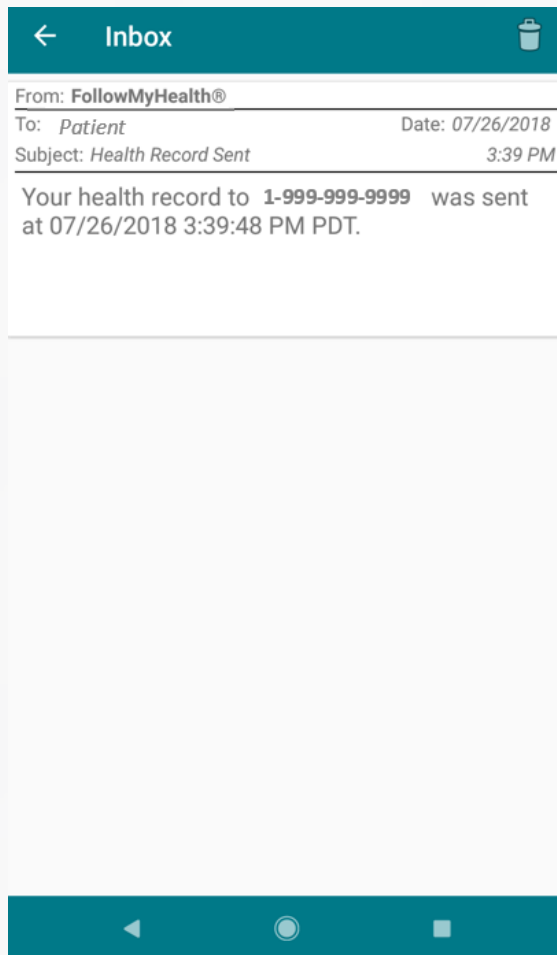


6. The following note will appear. Click "Ok".

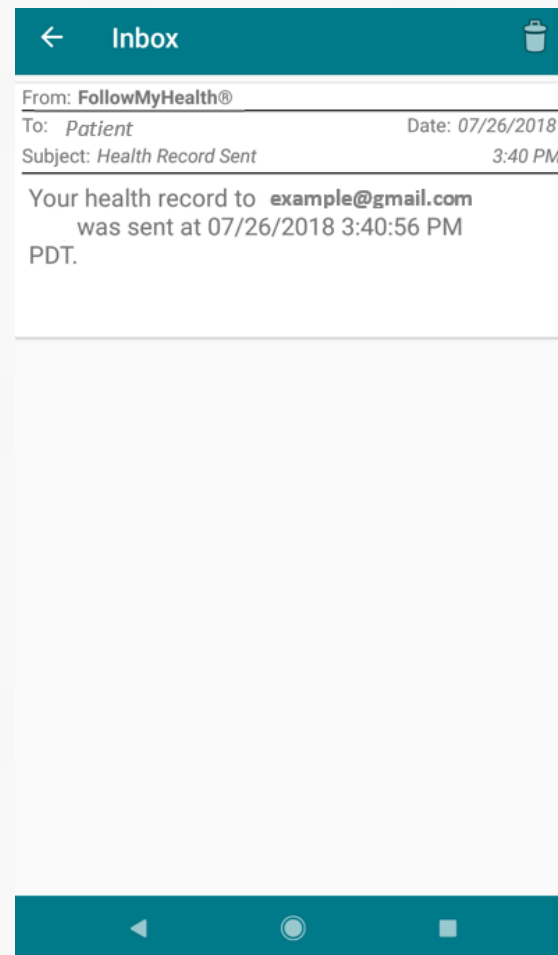


# Exporting Health Records

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



Fax Confirmation Message



Email Confirmation Message

# 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](mailto:support@followmyhealth.com)



FollowMyHealth®