FollowMyHealth Features Guide: Requesting Appointments via 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.
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1. Click on this icon to open your main menu options.

2. Select “Appointments”.
3. Click here to make an appointment request.

Note: This page is the main Appointments page where you'll see your upcoming, past, and other appointments. The first tab shows any upcoming appointments.

4. Click here to choose from a list of providers you would like to have an appointment with.

Note: Sea Mar Community Health Centers will automatically be populated as the location of your appointment.
5. Select the provider you’d like to make an appointment with. Please note that this provider list will only show the providers you’ve seen for a medical appointment.

Note: If you would like to make an appointment with a provider you have not seen before, click on “Additional Providers” where it’ll display all of the providers available at Sea Mar to select from.

6. Click “Next”.

Note: The provider selected will populate here.
7. Select in the drop-down menu when you would like to have an appointment. Then, select the day(s) that you’re available to have this appointment.

8. Select in the drop-down menu your desired time frame for this appointment.

9. Click “Add this time slot.”
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10. If you would like to add another time preference on when you're available for an appointment, click on “Add a time slot”. This will go back to the screenshot on page 5.

11. Click “Next”.

Note: Your date and time preference are saved below.

Note: If you want to remove the time preference to add a different time preference, click on the trash can icon.
12. Type the reason for your appointment in this section. You will not be able to move forward without this section completed. The body of the message is limited to 40 characters.

13. Optional: Type any comments.

14. Click “Send Request”.

Note: If you want to change the time preference, click “Change”. This will go back to the screenshot on page 6.
After sending an appointment request to the clinic, you will receive a message in your Inbox to confirm the date and time of your appointment. Follow the instructions below to go to your Inbox.

1. Click on this icon to open your main menu options.

2. Select “Messages”.

- Setup a Mobile Passcode to sign in faster.
- You have 83 unread emails in your mailbox.
- You have 1 unpaid bill.
- FMH-QAR-PROP1M1 added 1 notes to your record.
  6/21/2017
- You added Glucose BldC-mCnc to your health record.
  5/19/2017

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3. Here is your inbox of messages received from the clinic. Click on the message highlighted in pink.

4. This message is the response from the clinic, confirming the date and time of your appointment.
5. You will also receive an automated confirmation message from the clinic in your Inbox. Click on the message highlighted in pink.

6. This message contains:
   - Date and time of your appointment
   - Provider you will be seeing
   - Clinic location of your appointment
   - Clinic’s contact information
7. Your scheduled appointment will also appear under the “Upcoming” tab in the “Appointments” section of your main menu options.
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