Sea Mar
Community Health Centers
Clínica de la Comunidad

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

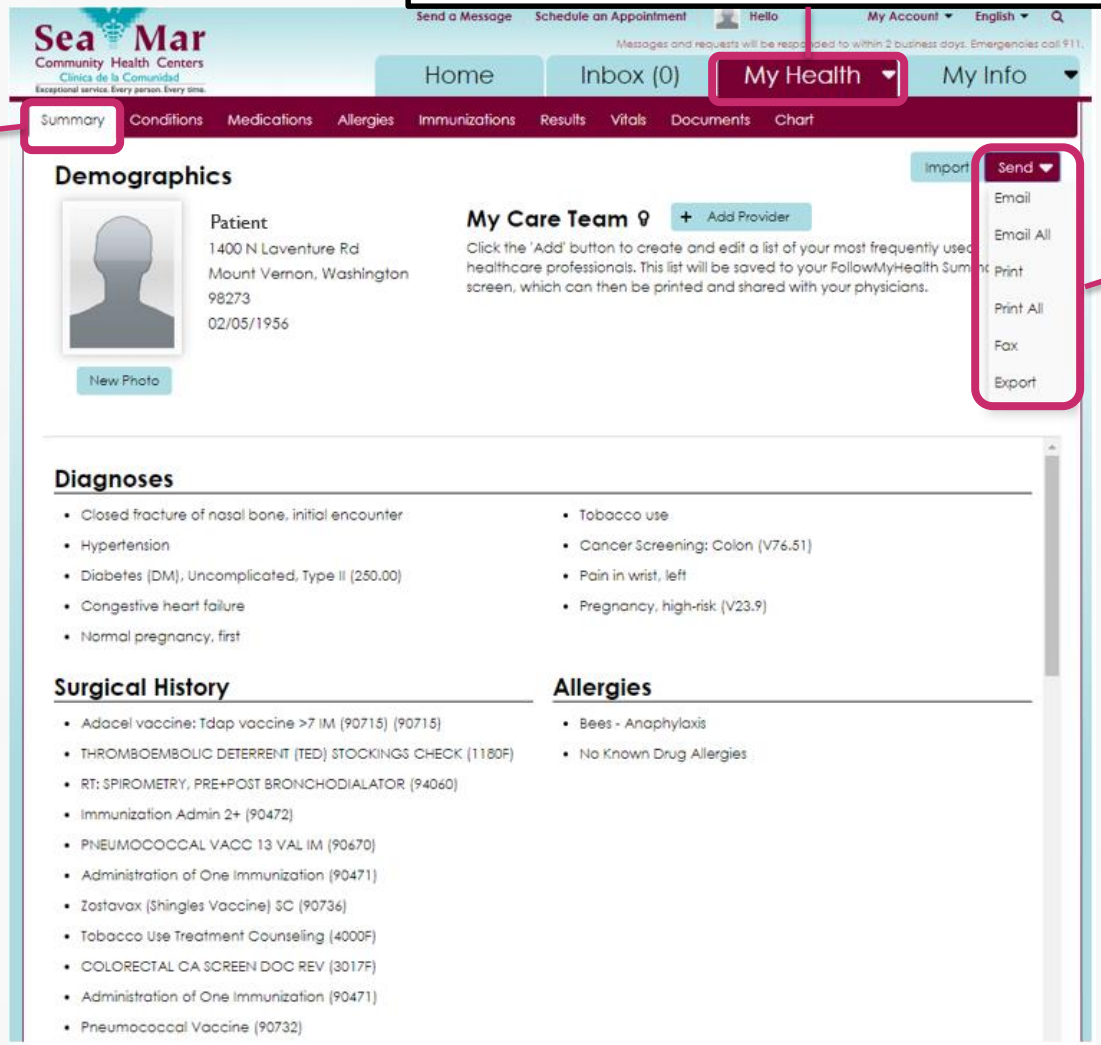
This guide will display the following types of health information you can view in your FollowMyHealth patient portal:

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

(1) 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.

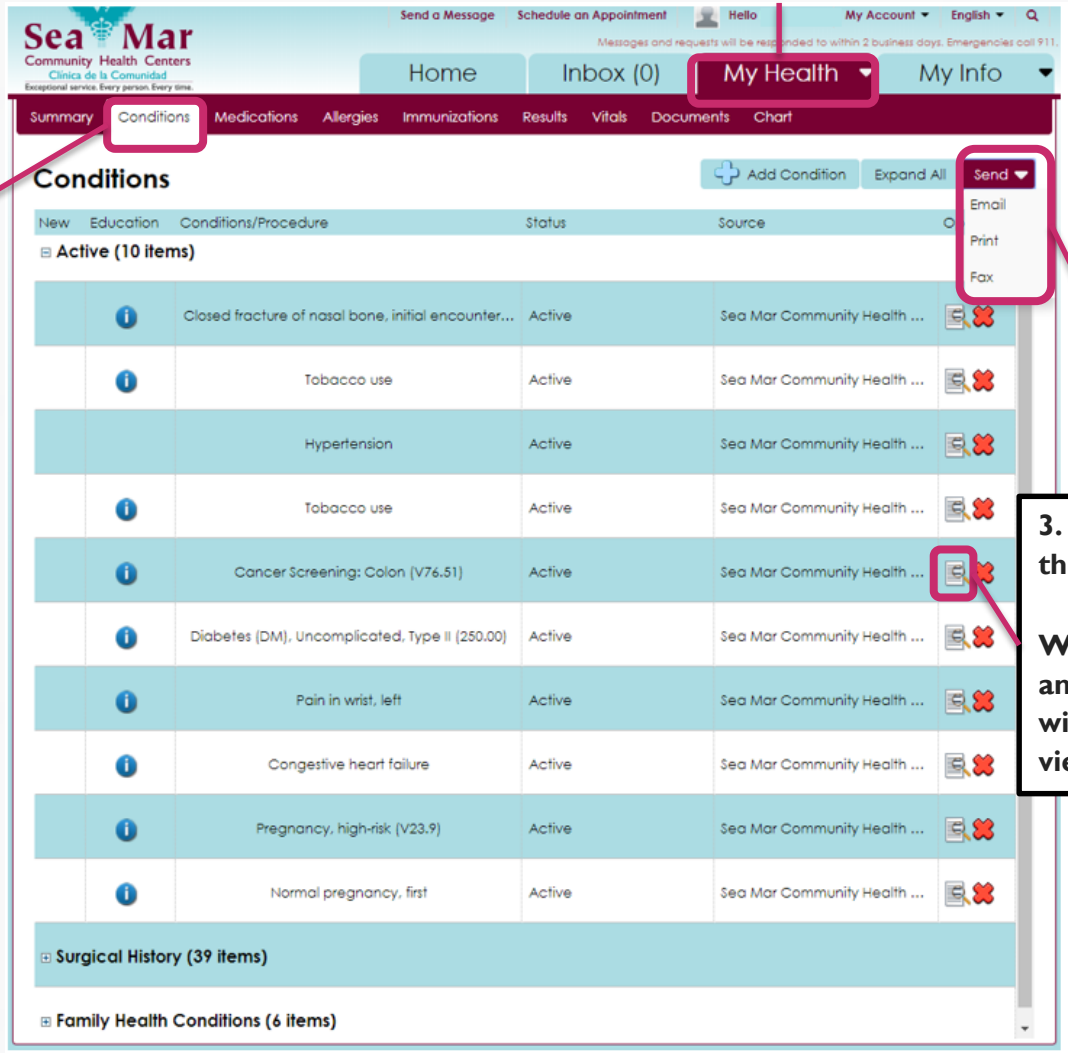


Note: This drop-down menu displays options on emailing, printing, faxing, or exporting your health summary.

(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.



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

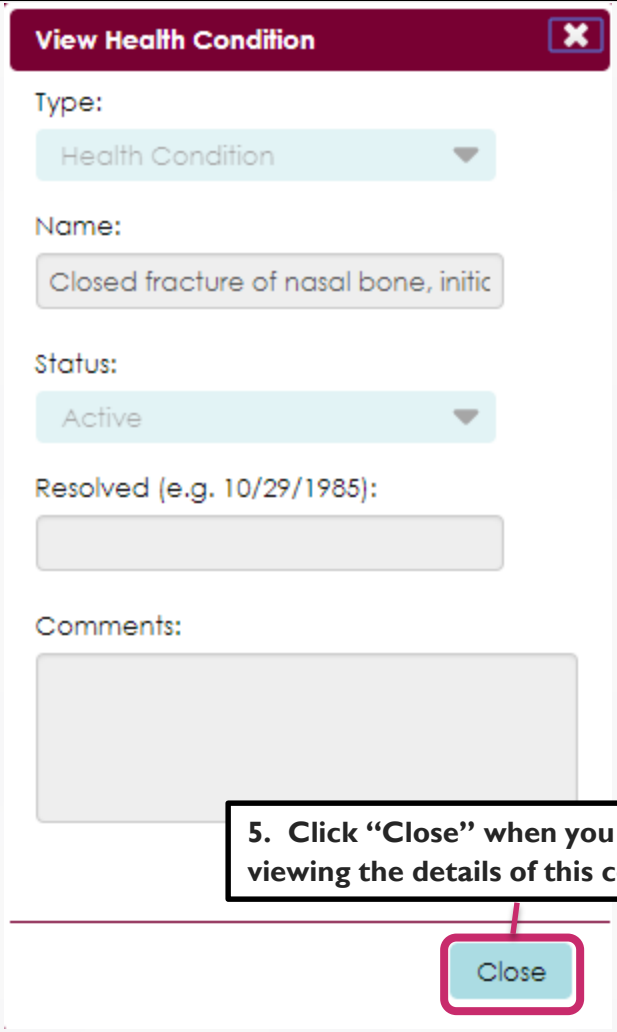
This "Send" option is available on all the tabs under "My Health".

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

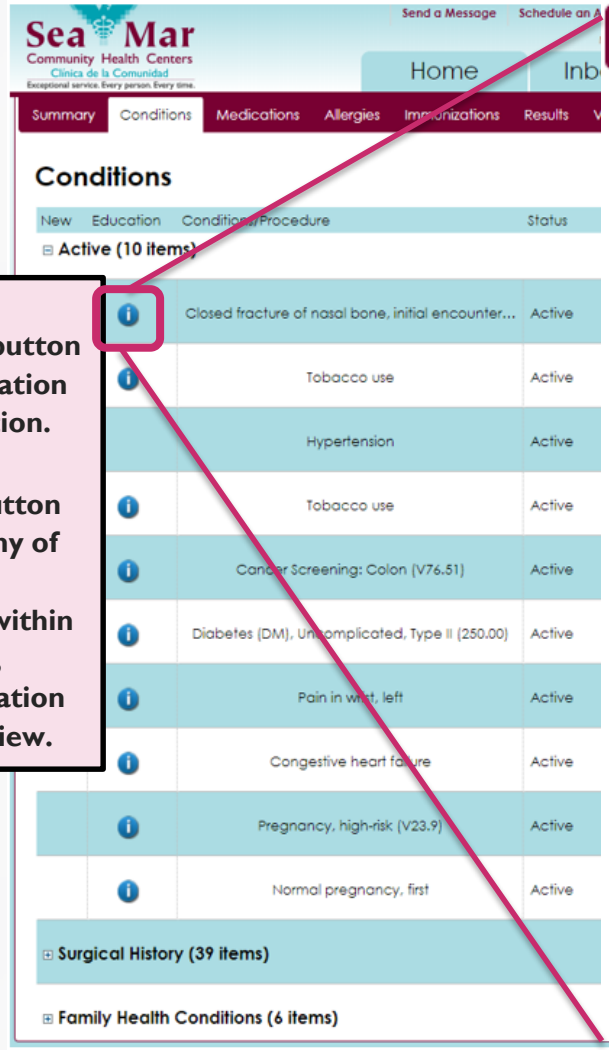
4. This window will open where it shows the details of your condition.

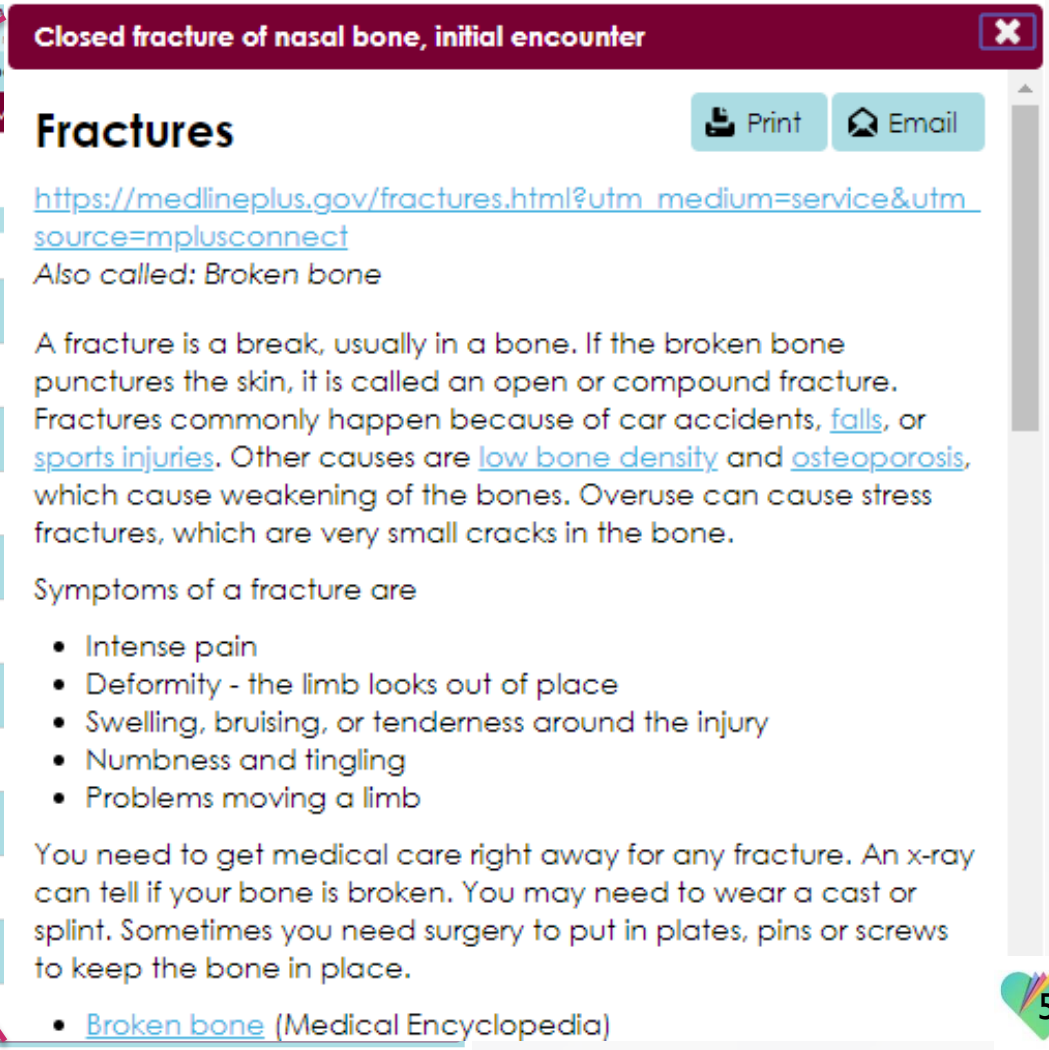


(2) Conditions

Note: This information button displays education on the condition.

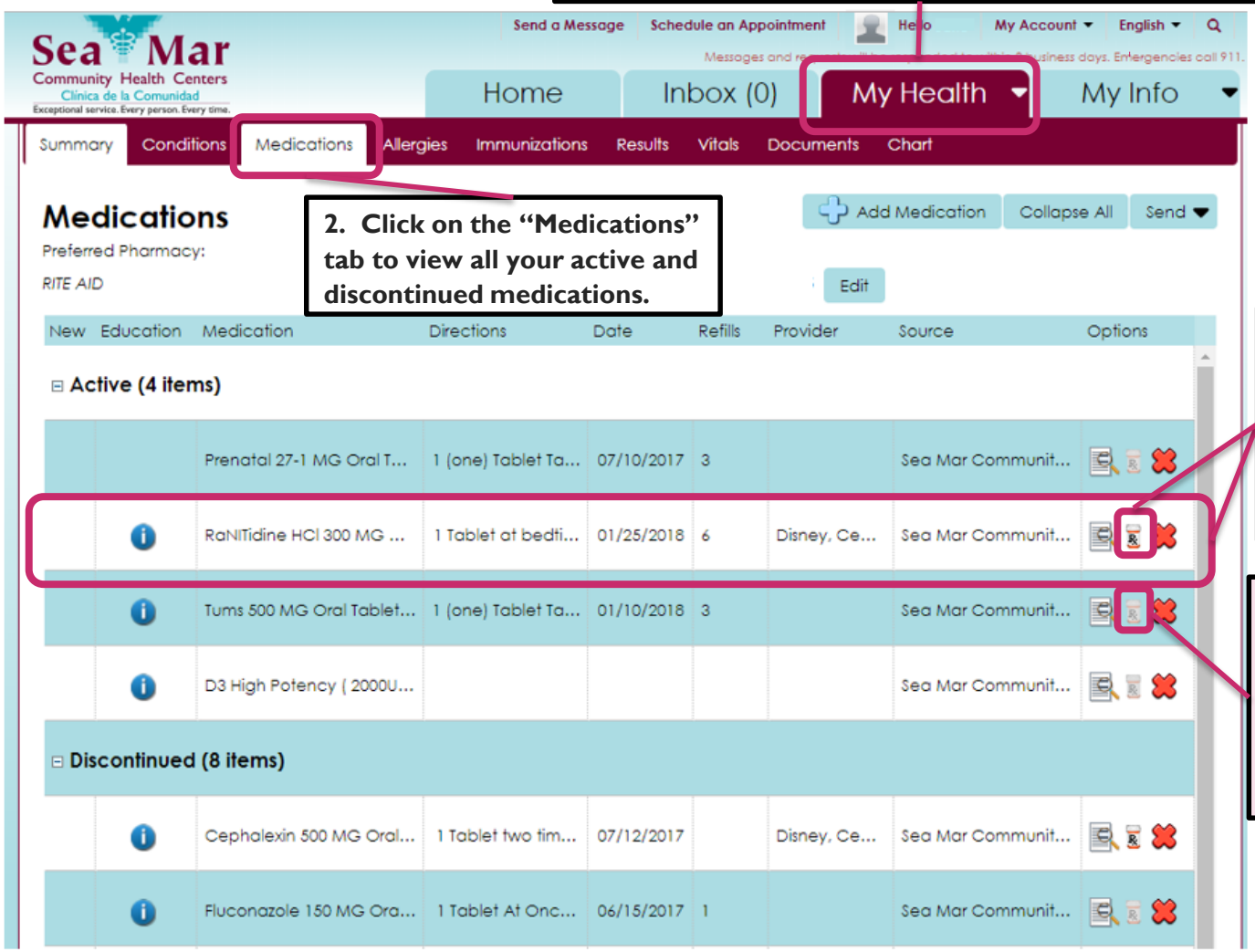
When this button appears on any of your health information within "My Health", there is education available to view.





(3) Medications

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

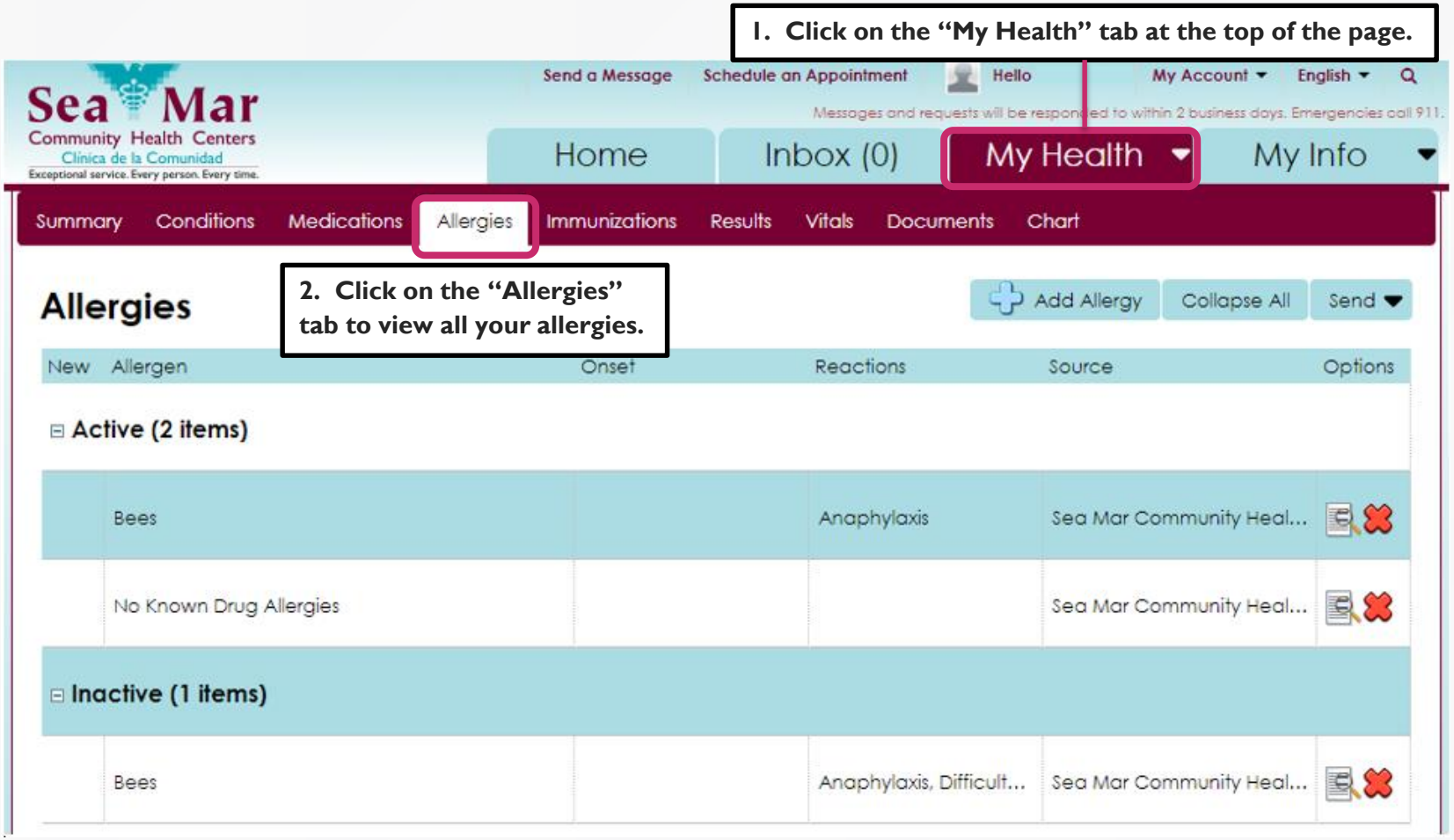


2. Click on the "Medications" tab to view all your active and discontinued medications.

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.

(4) Allergies


1. Click on the "My Health" tab at the top of the page.
Send a Message
Schedule an Appointment
Hello
My Account
English
Messages and requests will be responded to within 2 business days. Emergencies call 911.
Sea Mar
Community Health Centers
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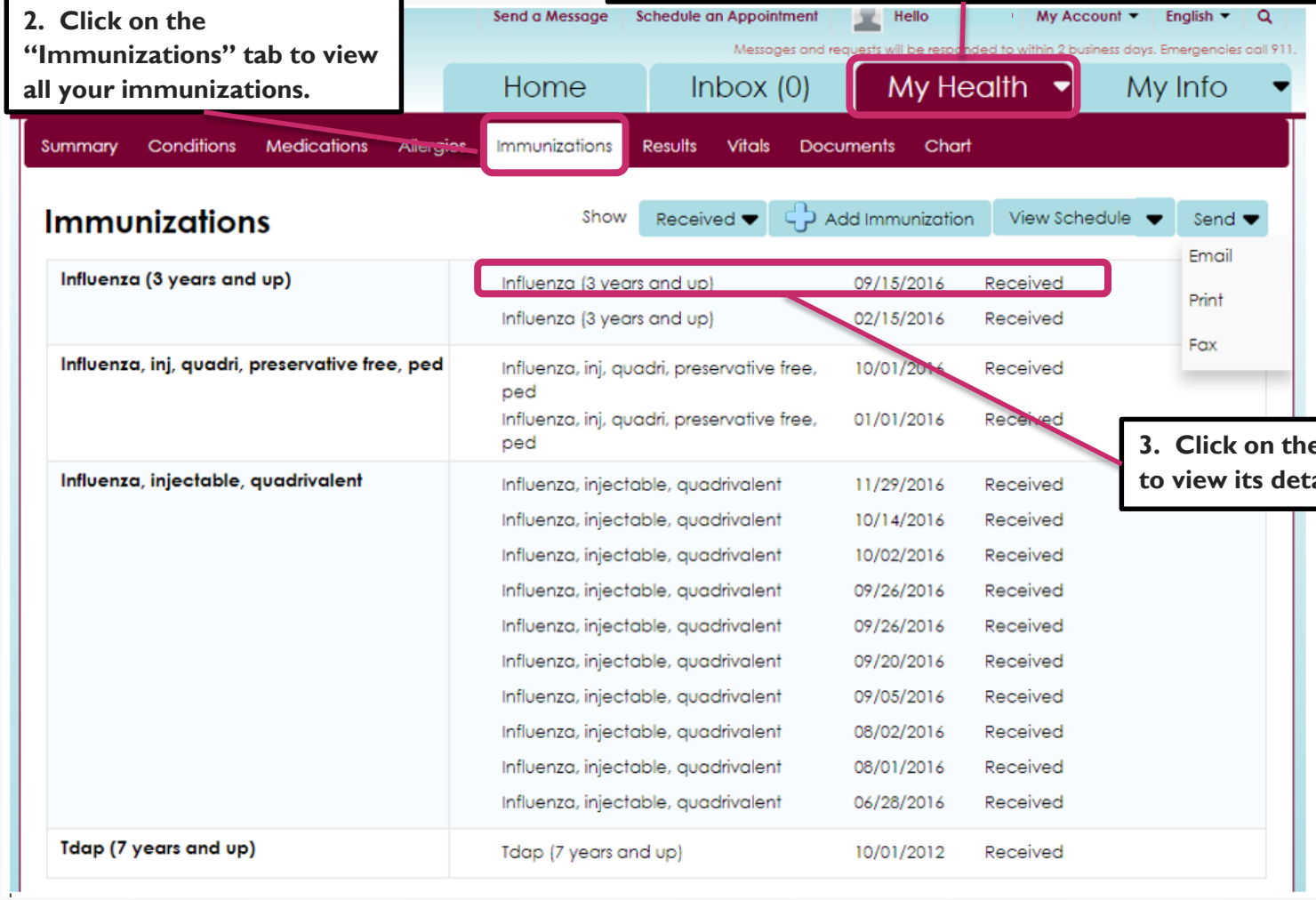
Exceptional service. Every person. Every time.
Home
Inbox (0)
My Health
My Info
Summary
Conditions
Medications
Allergies
Immunizations
Results
Vitals
Documents
Chart
2. Click on the "Allergies" tab to view all your allergies.
Allergies
Add Allergy
Collapse All
Send
New
Allergen
Onset
Reactions
Source
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...

(5) Immunizations

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

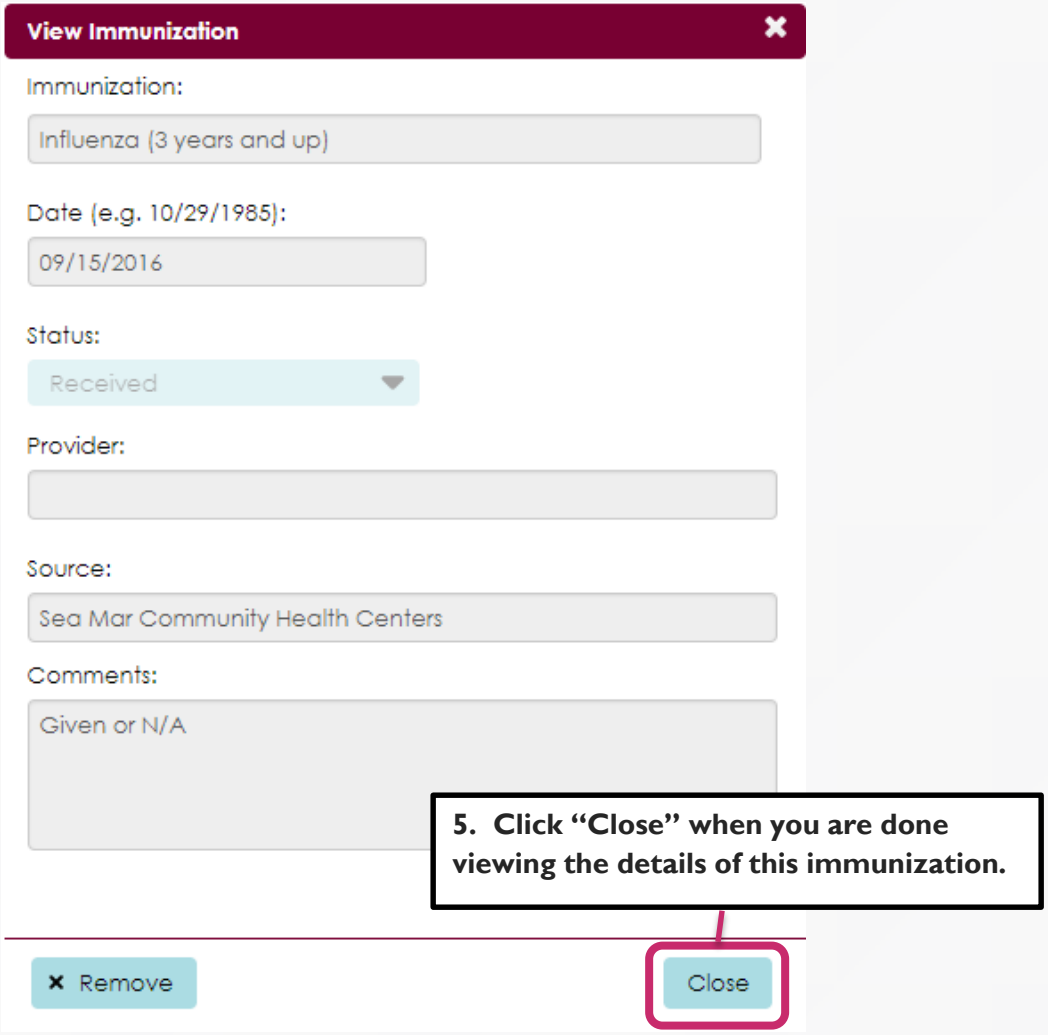
2. Click on the "Immunizations" tab to view all your immunizations.

3. Click on the immunization to view its details.



(5) Immunizations

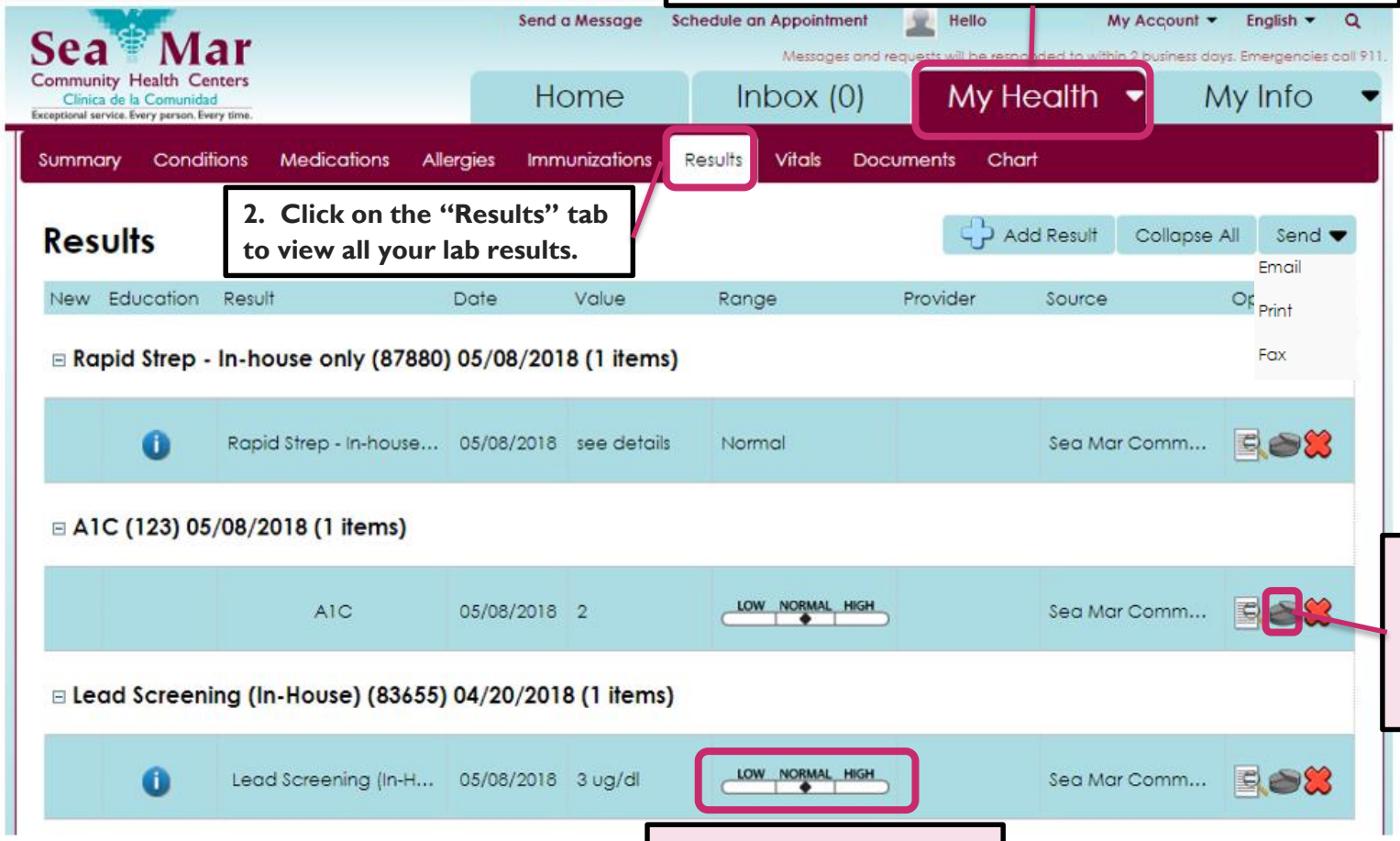
4. **This window will open where it shows the details of your immunization.**



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.



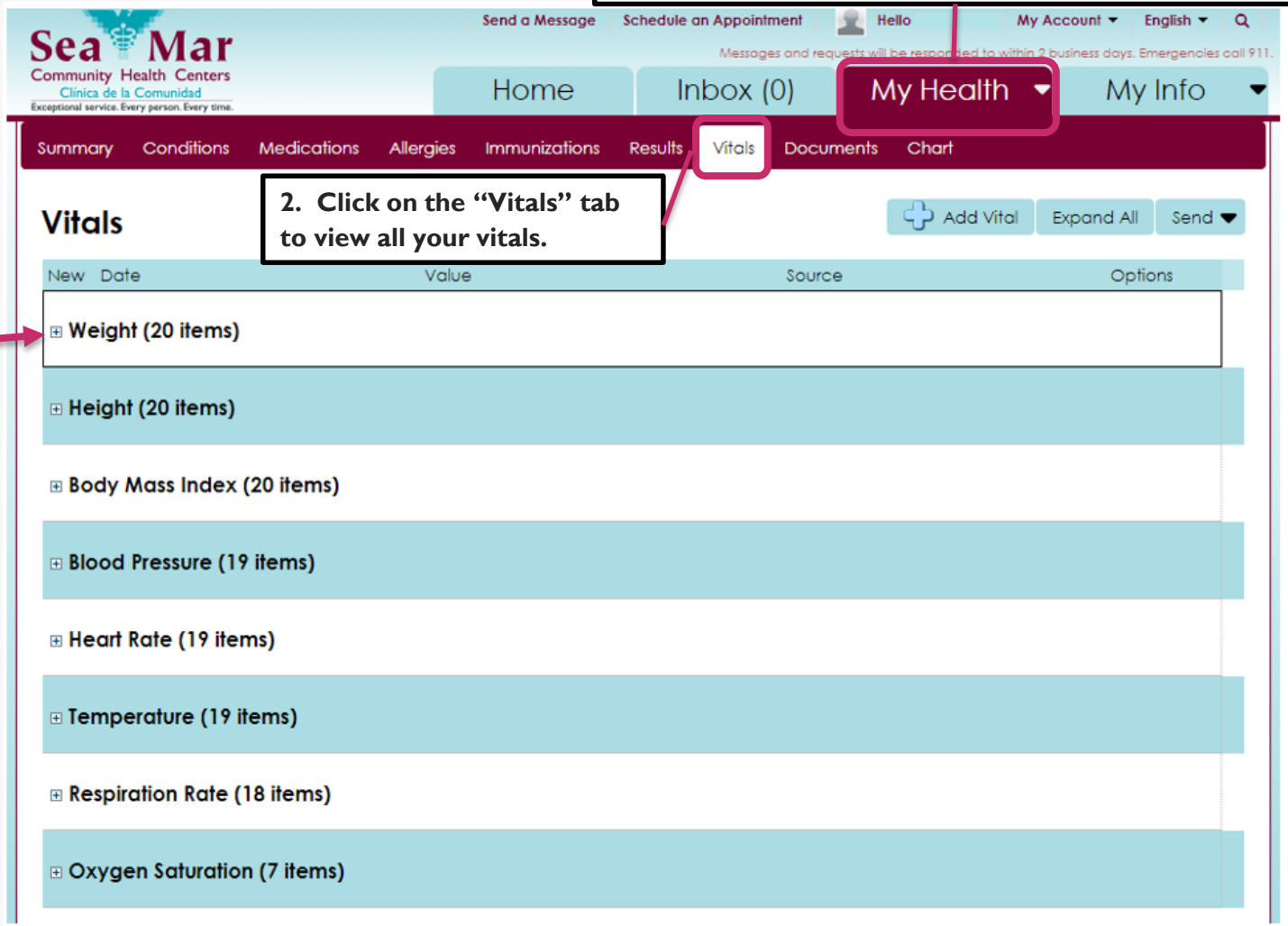
2. Click on the "Results" tab to view all your lab results.

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

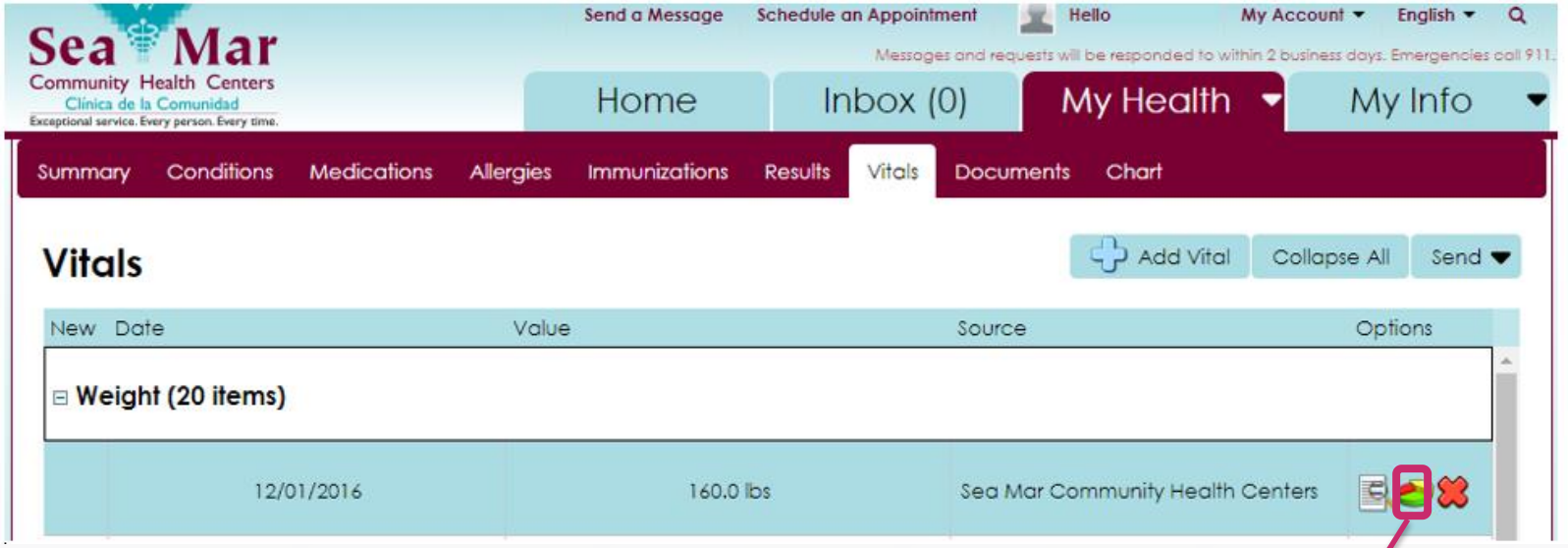
1. Click on the "My Health" tab at the top of the page.



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

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

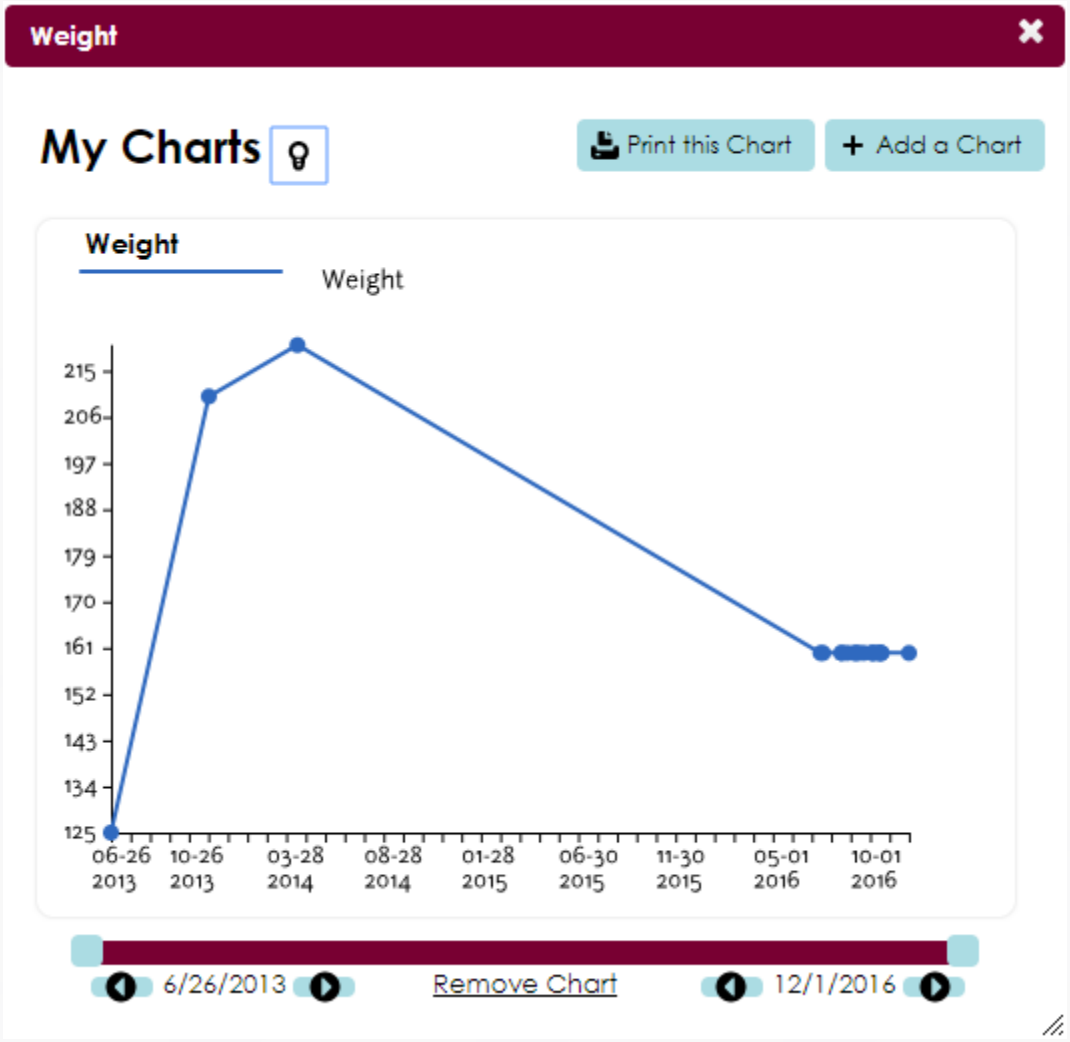
(7) Vitals



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

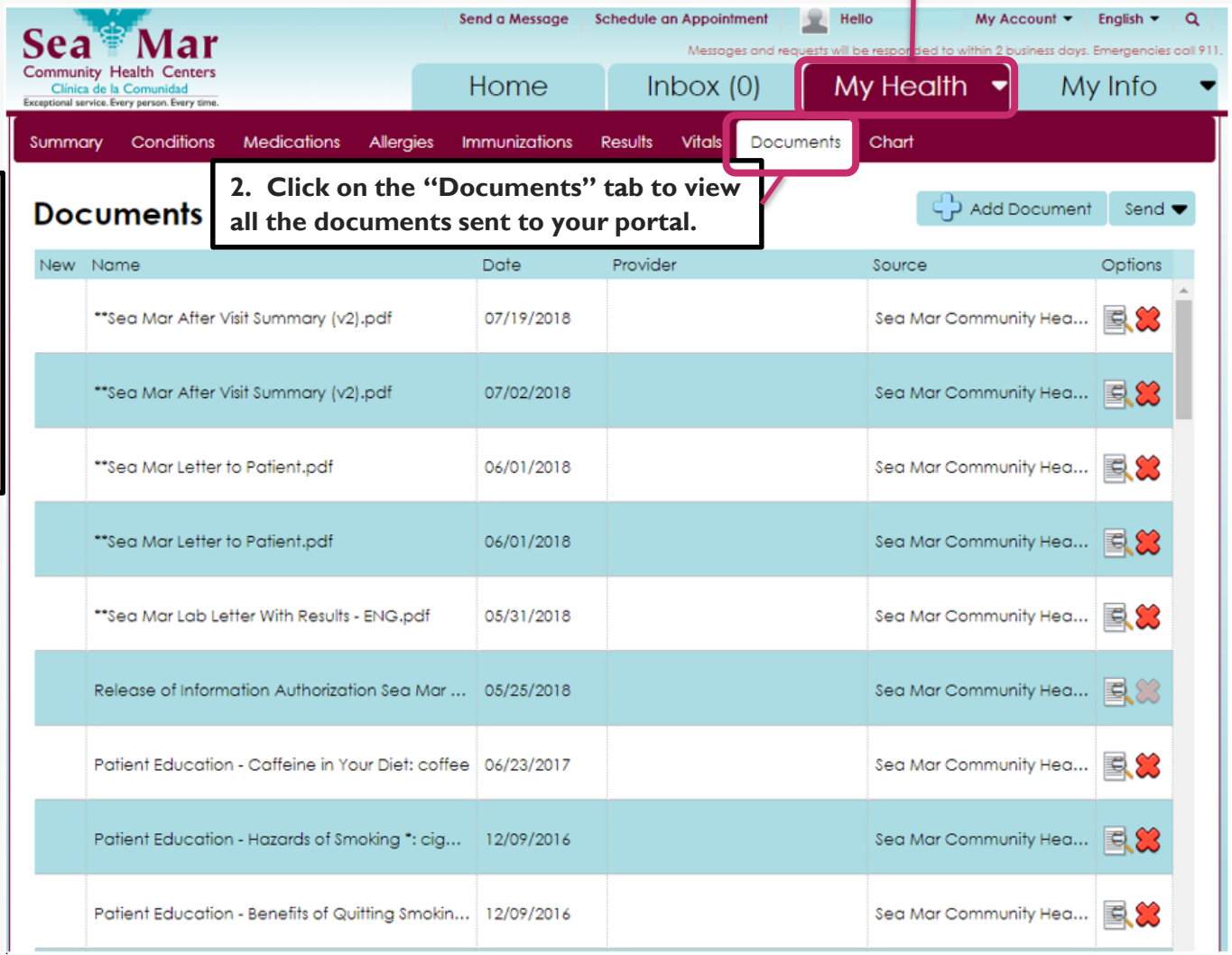
(7) Vitals

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



(8) Documents

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

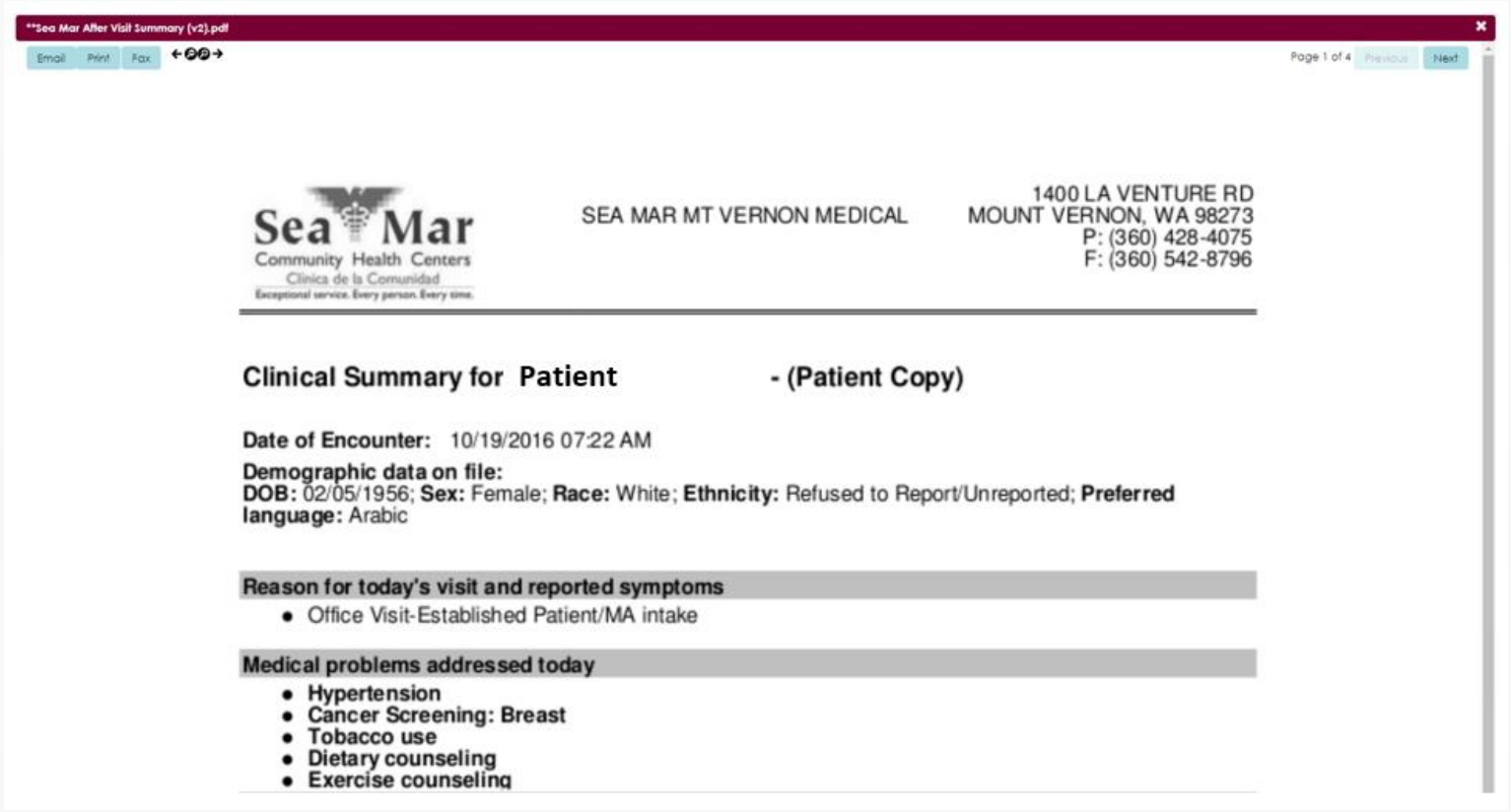


Note: Here are the types of documents you are able to view that are not limited to:

- **After-Visit Summaries**
- **Patient Education**
- **Lab Letters**

(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

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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

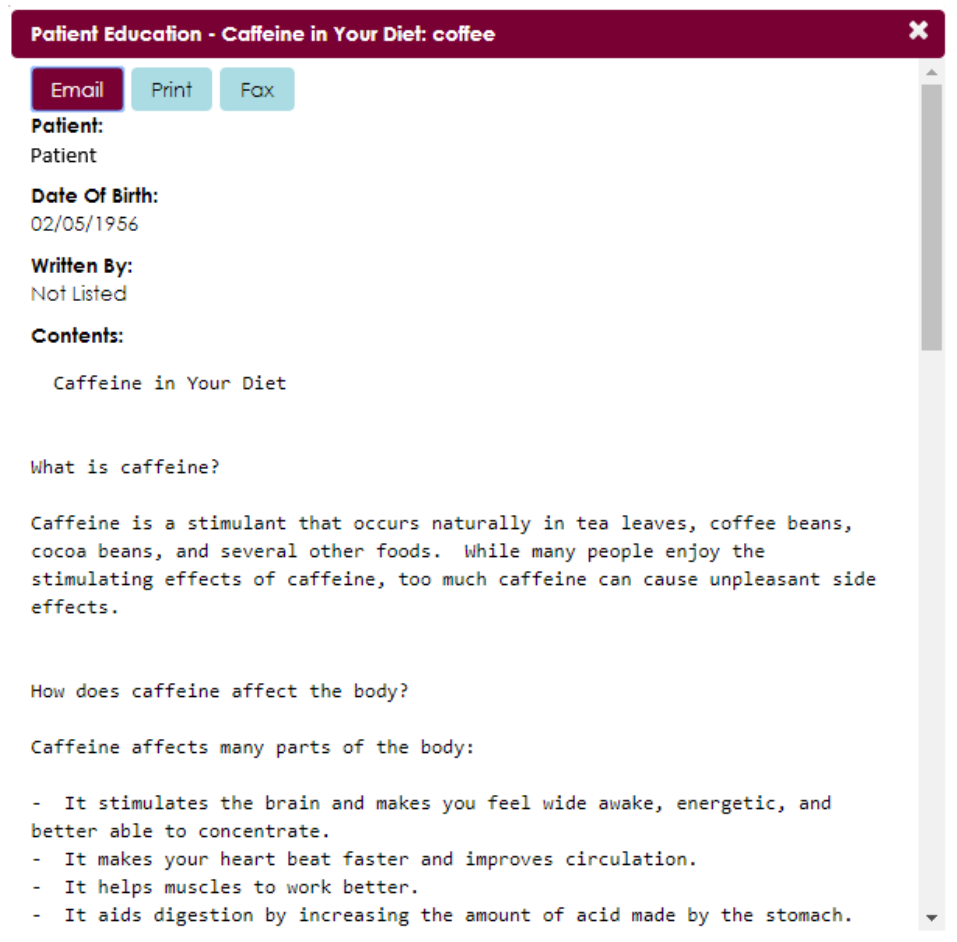
- Office Visit-Established Patient/MA intake

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.

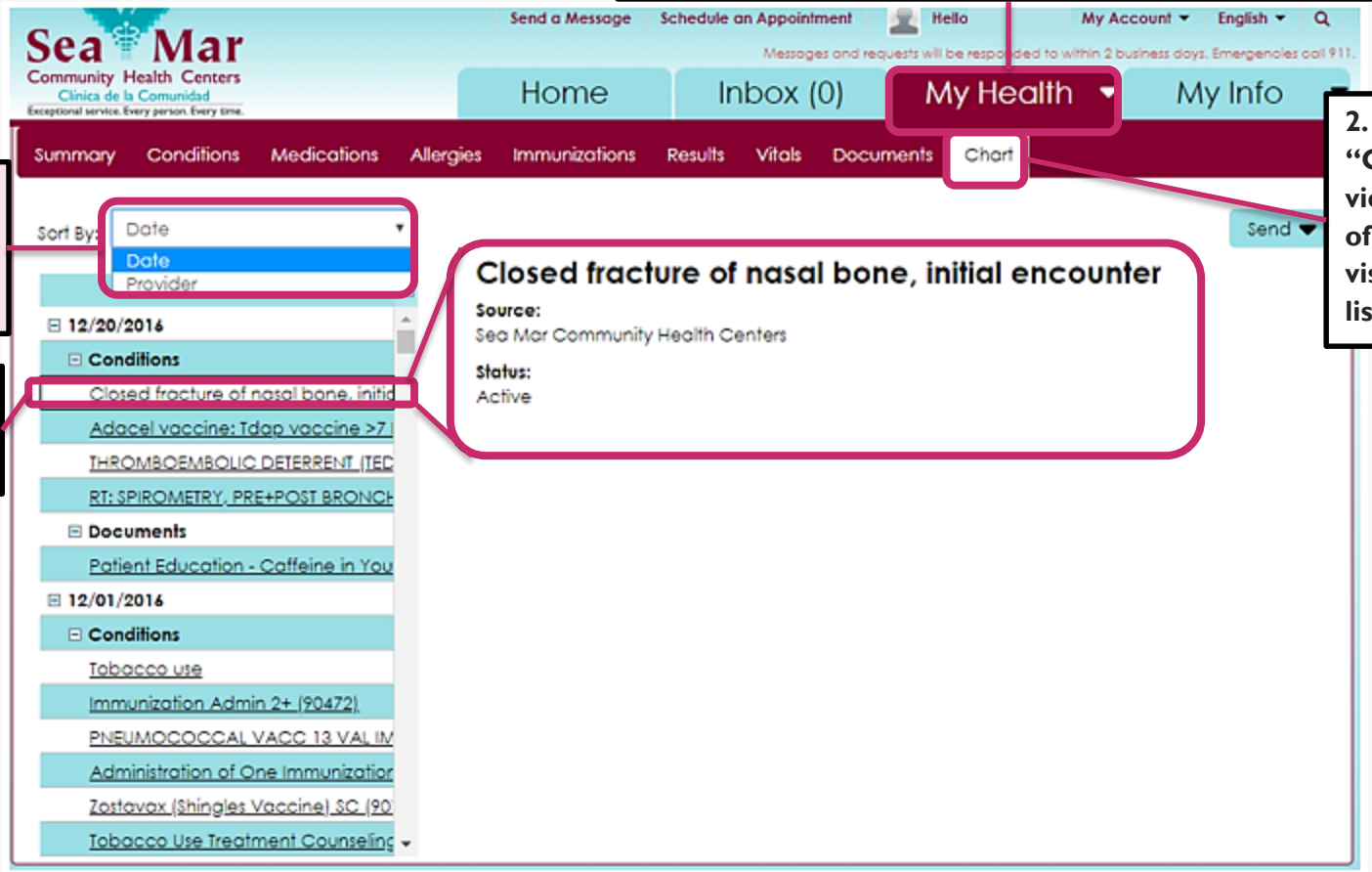
How does caffeine affect the body?

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.



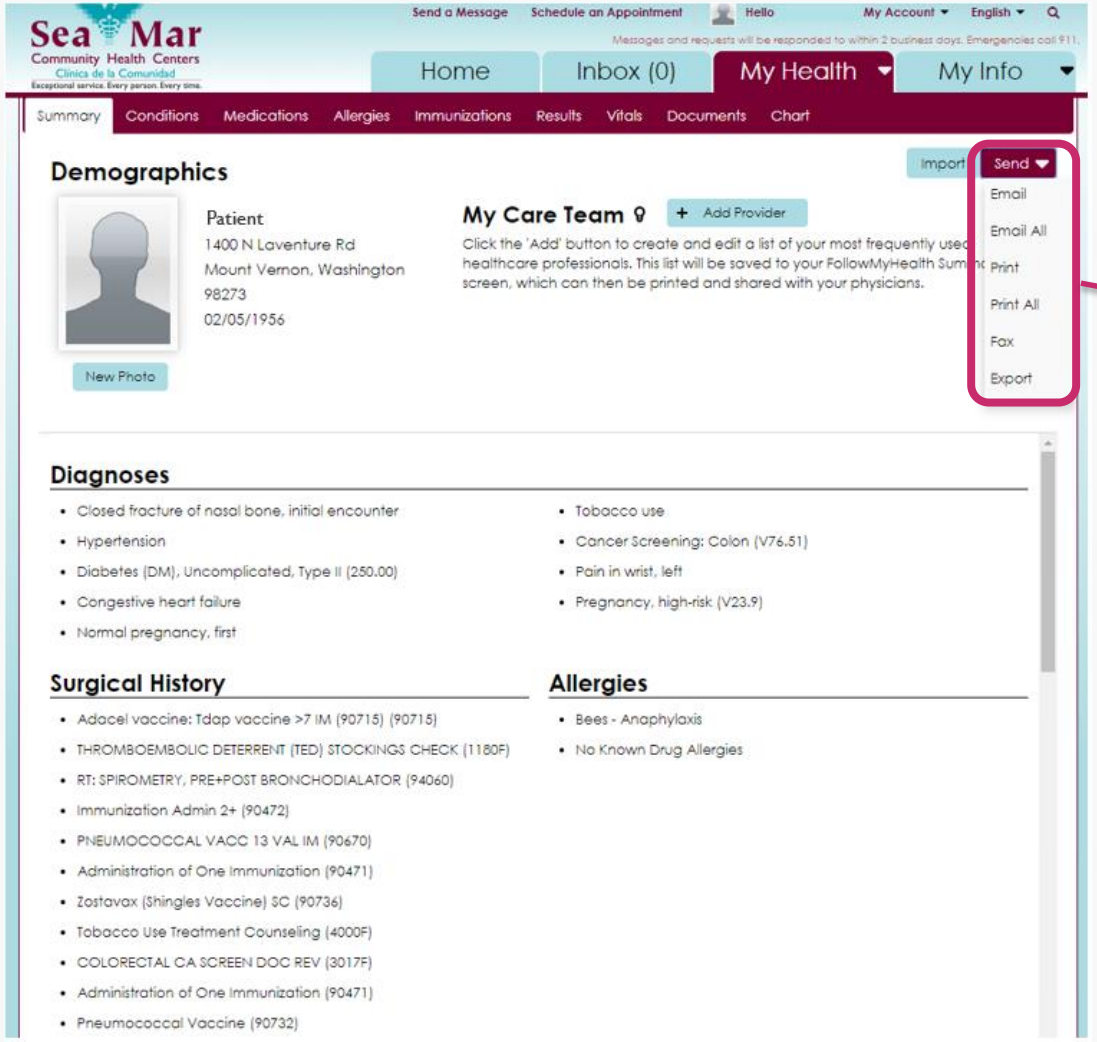
2. Click on the "Chart" tab to view the details of your office visits that are listed by date.

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

3. Click on an item to view its details.

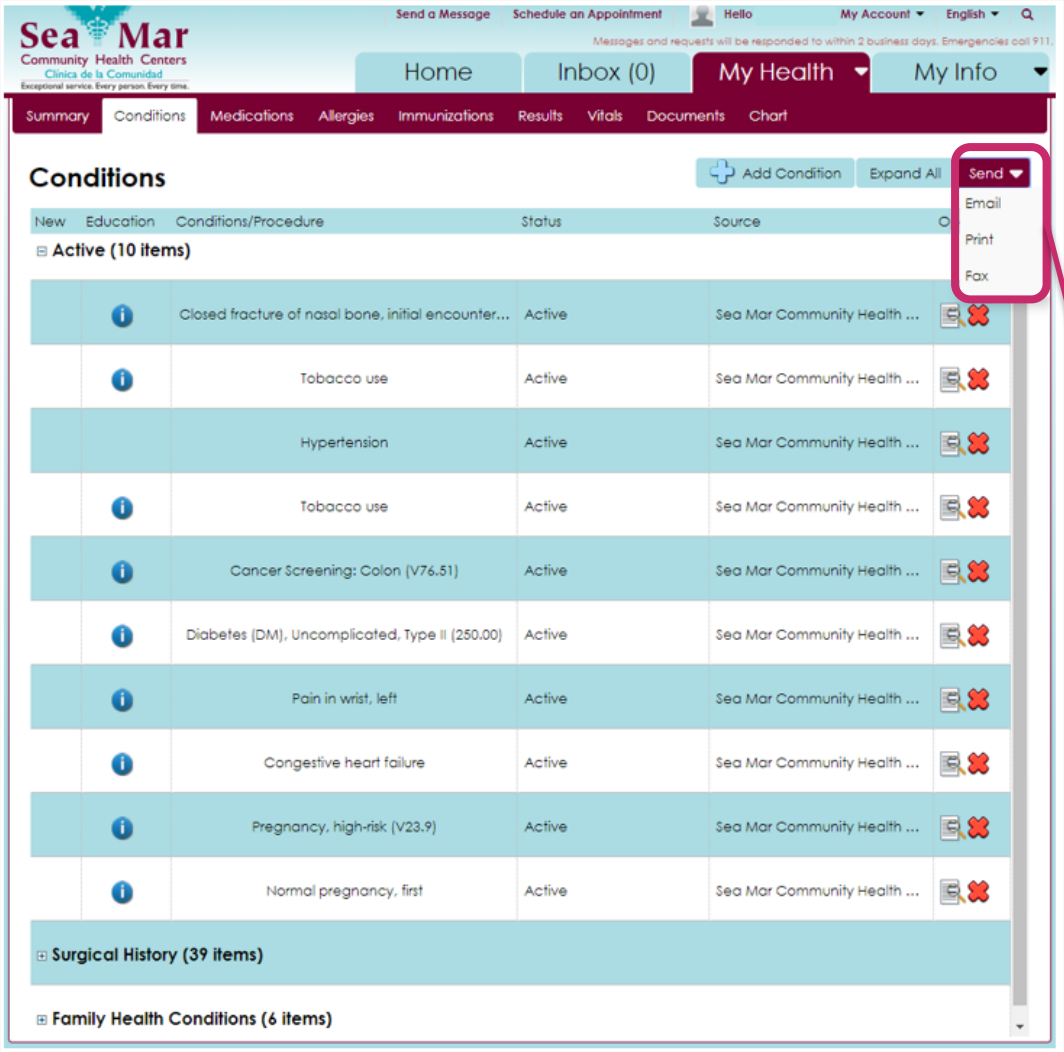
Exporting Health Records

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



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

Exporting Health Records

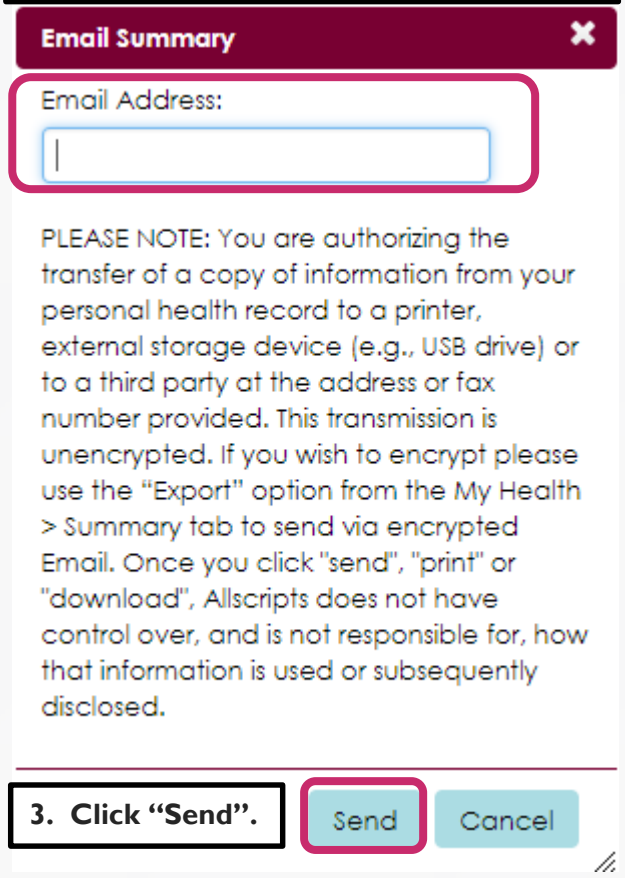


1. **If you're in the other "My Health" tabs, select one of the options in this drop-down menu for emailing, printing, or faxing your health information from this tab.**

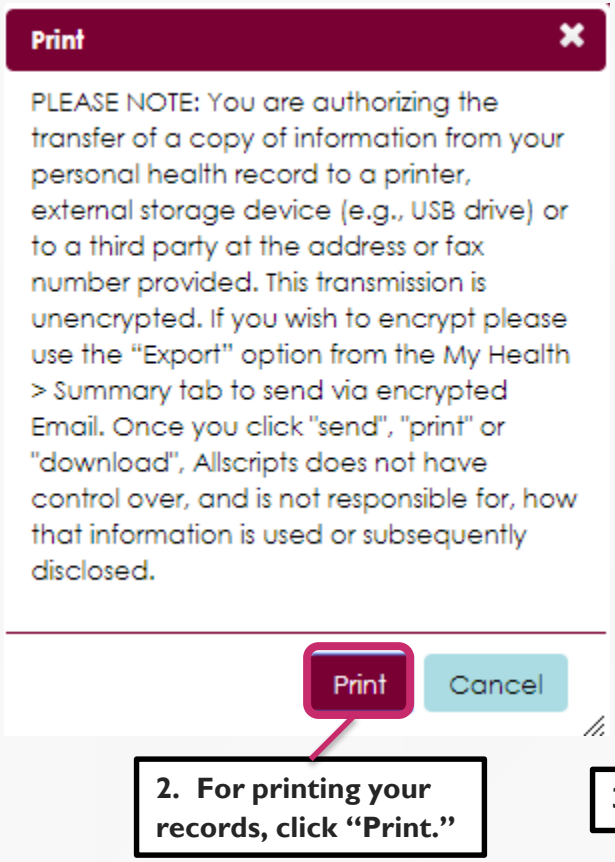
This "Send" option is available on all the tabs under "My Health".

Exporting Health Records

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

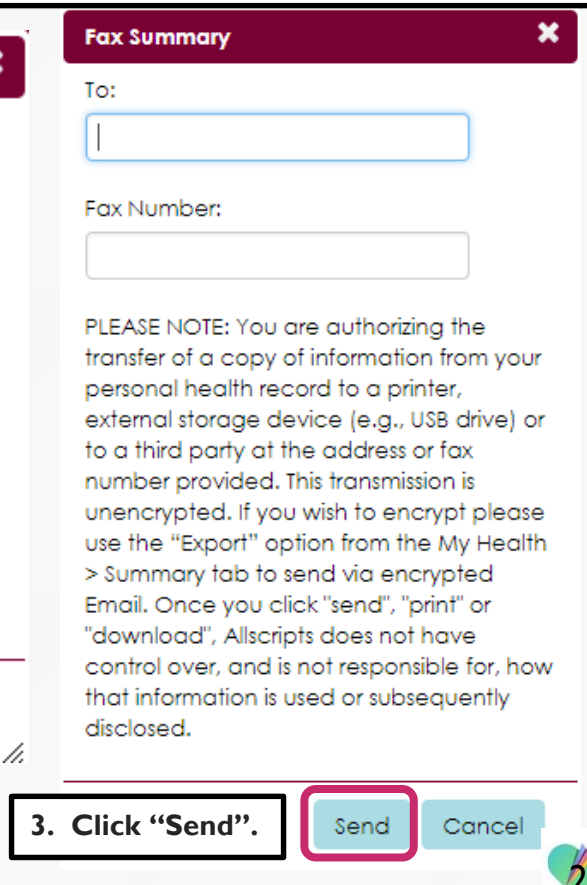


3. Click "Send".



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.

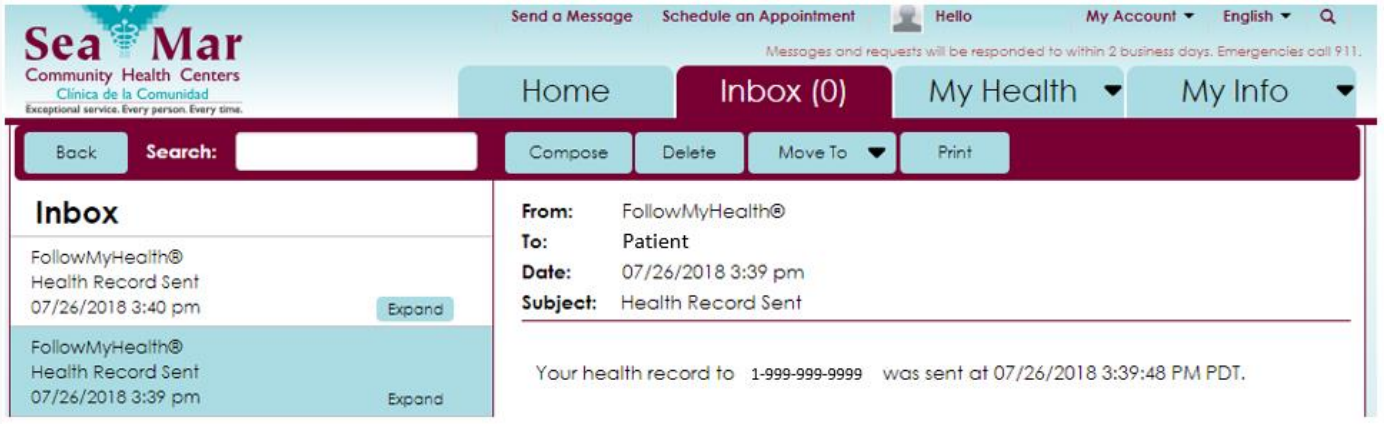


3. Click "Send".

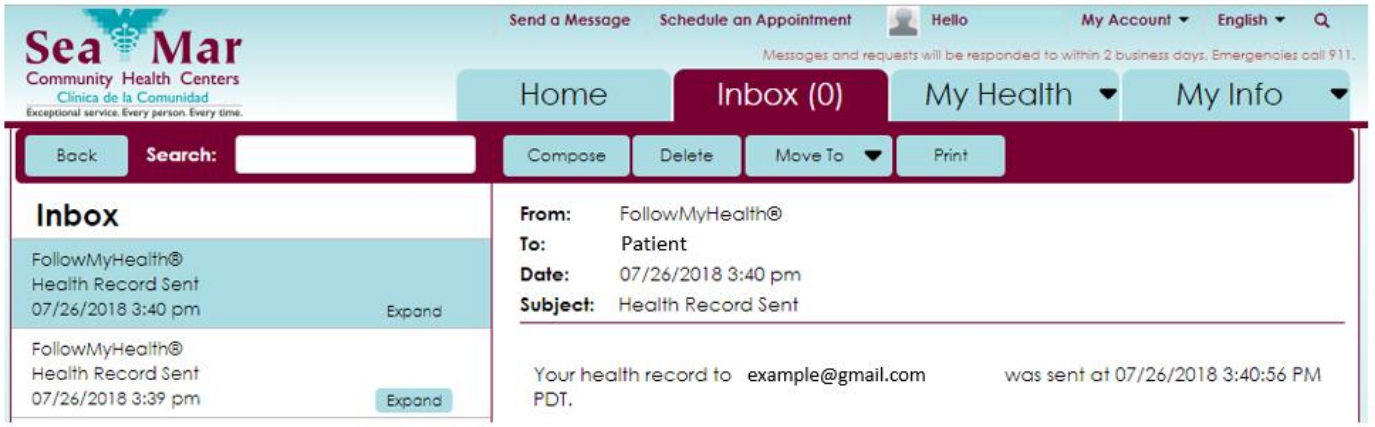
Exporting Health Records

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

Fax Confirmation Message



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

FollowMyHealth®