FollowMyHealth Features Guide: Viewing Your Health Information 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.
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
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “Conditions”.
(1) Conditions

4. Click on the down arrow to view the details of the condition.
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.
(1) 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.

**Pregnancy**


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

2. Select “My Health”.

3. Select “Medications”.
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”
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “Allergies”.

(3) Allergies
4. The “Allergies” tab shows all your allergies.
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “Immunizations”.

(4) Immunizations
(4) 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.

Note: This indicates that the immunization is new.

6. Here are the details of the immunizations.

- Influenza (3 years and up) 1 New
- Influenza, inj, quadri, preservative free, ped
- Influenza, injectable, quadrivalent 1 New
- Tdap (7 years and up) 1 New
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “Results”.

(5) Lab Results
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.

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

6. Here are the details of the lab result.

Note: This indicates that the lab result is new.
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “Vitals”.

(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.

<table>
<thead>
<tr>
<th>Vitals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
</tr>
<tr>
<td>Height</td>
</tr>
<tr>
<td>Body Mass Index</td>
</tr>
<tr>
<td>Heart Rate</td>
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<tr>
<td>Temperature</td>
</tr>
<tr>
<td>Respiration Rate</td>
</tr>
<tr>
<td>Oxygen Saturation</td>
</tr>
<tr>
<td>Blood Pressure</td>
</tr>
</tbody>
</table>
1. Click on this icon to open your main menu options.

2. Select “My Health”.

3. Select “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
This is an example of an After-Visit Summary sent to the portal.
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”.

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

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

5. Click “Send”.

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.
Exporting Health Records

6. The following note will appear. Click “Ok”.

PLEASE NOTE: You are authorizing the transfer of a copy of information from your personal health record to a third party at the address or fax number provided. This transmission is unencrypted. If you wish to encrypt please use the “Export Clinical Documents” option from the Export function under My Health to send via encrypted email. Once you tap “Ok”, Allscripts does not have control over, and Allscripts is not responsible for, how that information is used or subsequently disclosed.
7. You will receive a confirmation message in your Inbox that your health record was sent by fax or email.

Fax Confirmation Message

From: FollowMyHealth®
To: Patient
Subject: Health Record Sent
Date: 07/26/2018 3:39 PM

Your health record to 1-999-999-9999 was sent at 07/26/2018 3:39:48 PM PDT.

Email Confirmation Message

From: FollowMyHealth®
To: Patient
Subject: Health Record Sent
Date: 07/26/2018 3:40 PM

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