FollowMyHealth Features Guide:
Viewing Your Immunizations
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 Immunizations via FollowMyHealth Phone Application

1. Click on this icon to open your main menu options.
2. Select “My Health”.
3. Select “Immunizations”.
Viewing Your Immunizations via FollowMyHealth Phone Application

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

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

Note: This indicates that the immunization is new.

5. Here are the details of the immunizations.

- Influenza (3 years and up)
- Influenza, inj, quadri, preservative free, ped
- Influenza, injectable, quadrivalent
- Tdap (7 years and up)

- Influenza (3 years and up)
- Influenza, inj, quadri, preservative free, ped
- Influenza, injectable, quadrivalent

- Influenza, inj, quadri, preservative free, ped

- Influenza, injectable, quadrivalent

- Influenza, inj, quadri, preservative free, ped
6. Click on the immunization to view further details.

Influenza (3 years and up)
Sea Mar Community Health Centers
09/15/2016
Received

Source
Sea Mar Community Health Centers

Date
09/15/2016

Status
Received

Comments
Given or N/A
### Influenza (3 years and up)

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<td>09/15/2016</td>
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<tr>
<td>Status</td>
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<td>Given or N/A</td>
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**Vaccine Information - Influenza (3 years and up)**

**Influenza, Seasonal, Injectable (Flu)**

Also known as - Afluria; Flulaval; Fluvirin; Fluzone

**Vaccine Information Sheet(s)**

1. [Influenza Vaccine - Inactivated VIS](#)

**Note:** Click on this link to open a document with information on the vaccine.

**Note:** This information button displays education on the immunization.
Here is the document with information on the vaccine.

**Influenza (Flu) Vaccine**
(Inactivated or Recombinant): **What you need to know**

1. **Why get vaccinated?**
   - Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May.
   - Flu is caused by influenza viruses and is spread mainly by coughing, sneezing, and close contact.
   - Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:
     - Fever/chills
     - Sore throat
     - Muscle aches
     - Fatigue
     - Cough
     - Headache
     - Sneeze
   - Flu can also lead to pneumonia and blood infections, and cause other medical issues in children.
   - If you have a medical condition, such as heart or lung disease, flu can make it worse.
   - Flu is more dangerous for some people: infants and young children, people 65 years of age and older, pregnant women and people with certain health conditions or a weakened immune system are at greater risk.
   - Each year thousands of people in the United States die from flu, and many more are hospitalized.
   - Flu vaccine can:
     - keep you from getting flu
     - make flu less severe if you do get it
     - keep you from spreading flu to your family and other people.

2. **Inactivated and recombinant flu vaccines**
   - A dose of flu vaccine is recommended every flu season.
   - Children 6 months through 8 years of age may need two shots during the same flu season. Everyone else usually only needs one dose each flu season.
   - Some inactivated flu vaccines contain a very small amount of a mercury-based preservative called thimerosal. Studies have shown that thimerosal in vaccines is safe, but flu vaccines that do not contain thimerosal are available.
Viewing Your Immunizations via FollowMyHealth Phone Application

Note: Click to view the immunization schedule for any age group.

Select the age group you would like to view the immunization schedule for.

Select the age group you would like to view the immunization schedule for.
This window will open where it shows the immunization schedule by the age group you selected.
If you need any assistance and/or support for your FollowMyHealth account, please contact:

Support Hotline: 1-888-670-9775
Email: support@followmyhealth.com