Check your Email
You will receive an email from noreply@followmyhealth.com. 
Click the registration link and follow the onscreen prompts.

Don’t have a Portal Account?
Click “Create an Account.” Enter YOUR contact information and click “I Accept.”

Choose a Login Method
Create a username and password for your portal account by clicking the FMH Secure Login icon.
OR
Or use an existing username and password from Facebook, Gmail, Yahoo or Windows Live by clicking the appropriate icon.

If You Are Creating a FMH Secure Login Account, Follow These Easy Steps:

Provide a unique username and password, along with your email address and press “Continue.”

Enter your FMH Secure Login username and password.

Print and save the email containing your username. You will need it if you lose your username or password.
Get Connected
Follow the on-screen prompts to complete your account registration, including:

**Step 1: Welcome**
Press “Next” button

**Step 2: Accept Terms of Service**
Press “I Accept” button

**Step 3: Enter Invite Code**
Enter the last four digits of your Social Security number and press the “Next” button

**Step 4: Release of Information**
Press “I Accept” button

**Registration is Now Complete**
Your health record will begin to upload.
This may take a few minutes.

--

**View The First Time Walk-Through Video**
Learn about all the tools your portal has to offer by watching this three minute video.

If you wish to view this video later, you may access it by clicking the My Account dropdown in the right hand corner and selecting Preferences.

--

Congratulations! You can now access your health information and start managing your care online! If you need assistance logging in to the portal, please call 330-375-7878 or email us at summafollowmyhealth@ summahahealth.org.