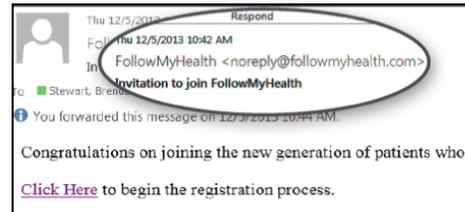


Accessing your health information is easier than ever with FollowMyHealth. Here's how to create your account from an invitation:

### Step 1:

Check your email. You will receive an email from [noreply@FollowMyHealth.com](mailto:noreply@FollowMyHealth.com). Click the registration link.



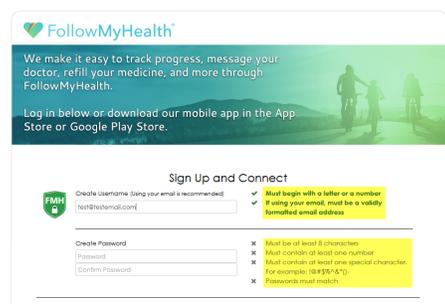
### Step 2:

Click "Sign Up and Connect." If you already have a FollowMyHealth account, click "Sign in and add this connection."



### Step 3:

Create a FollowMyHealth username. By default, your email address will appear in the username box. This will make it easy for you to remember your username and is highly recommended. Next, create a password and re-enter your password to continue.



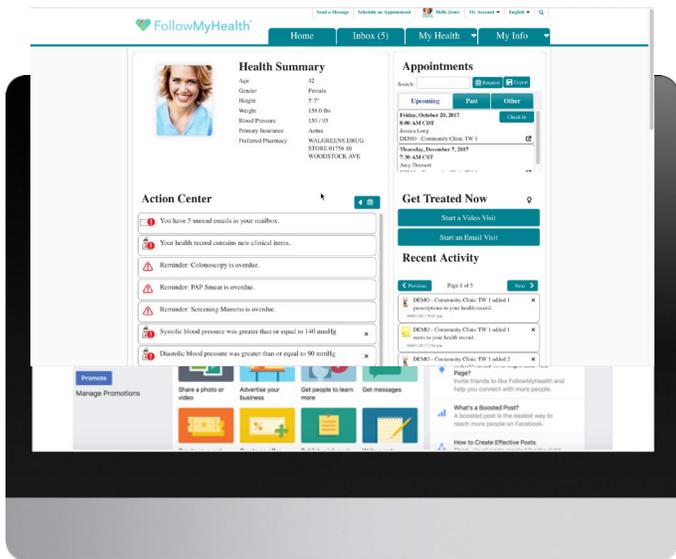
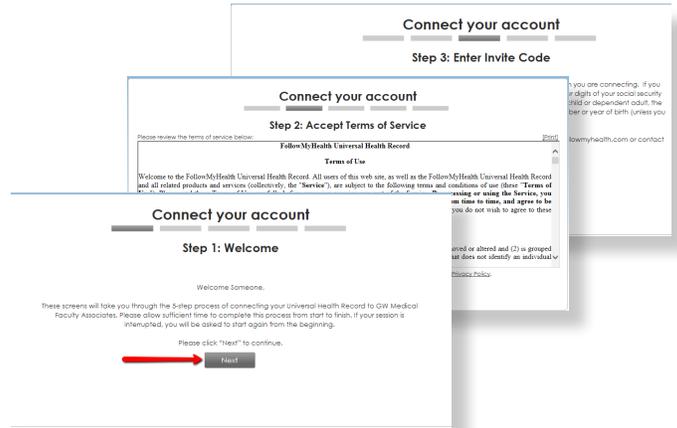
### Need Help with the Portal?

Contact the Health Information Department at 731-644-8564, Monday through Friday between 8 a.m. and 4:30 p.m.



### Step 4:

Once you've created your FMH account, it's time to add your connection to your doctor's office. We walk you through this in the next few screens. Follow the steps of accepting our Terms of Service, entering your invite code, and accepting the Release of Information.



### Congratulations!

You're now able to take advantage of the many great features of FollowMyHealth. With FollowMyHealth, you can manage your health on your terms effortlessly via our mobile app or other devices.

### Accessing the Portal:

After initial registration, you can access the portal from HCMC's website at [www.hcmc-tn.org](http://www.hcmc-tn.org)



Download the FollowMyHealth App and log in with your username and password for access on-the-go!

