

Setting Up Your MyUHCare Personal Health Record from an Email Invite from Your Provider's Office

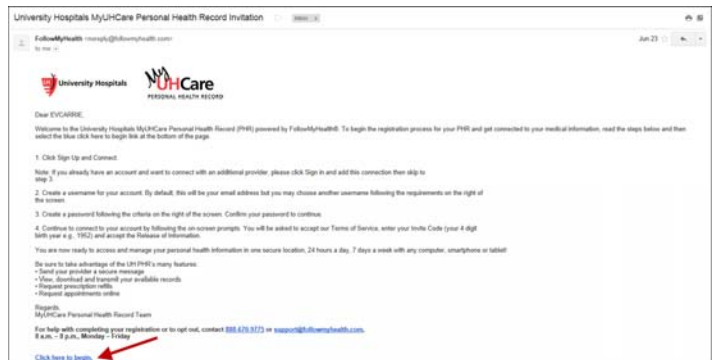
After your provider's office sends you an email invitation to sign up for your MyUHCare Personal Health Record, follow the steps below to get connected.

1. Log into your personal email account and open the email invitation sent from noreply@followmyhealth.com. If you do not see this email, you may need to check your spam or junk folder.

Note: The MyUHCare Personal Health Record is powered by University Hospitals' partner, FollowMyHealth.

FollowMyHealth University Hospitals MyUHCare Personal Health Record Invitation - Dear EVCARRIE, Welcome to the University Hospitals MyUHCare Personal Health Record (PHR)

2. Open the email and select **Click here to begin** at the bottom of the page.



3. The **MyUHCare Personal Health Record** screen appears.

Select the **Sign Up and Connect** button.



4. The **Sign Up and Connect** screen appears.

Create a username and password, following the guidelines on the right hand side.

Note: Your email address will automatically fill in as your username. It is recommended you do not use your email address but instead create a unique username.

Select **Confirm and Continue**.



Sign Up and Connect

Create Username (Using your email is recommended)
Butterfly_79

- ✓ Must begin with a letter or a number
- ✓ If using your email, must be a validly formatted email address

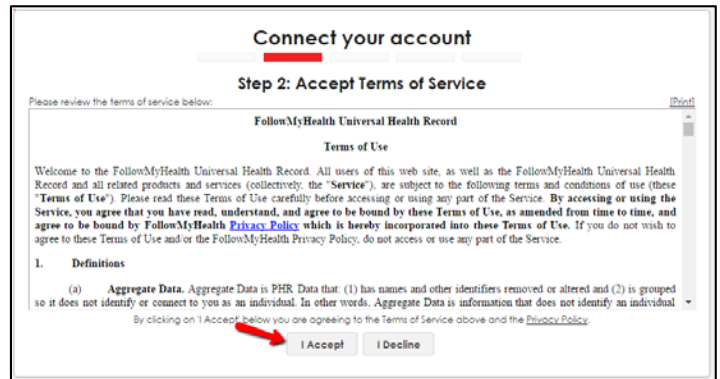
Create Password

- ✓ Must be at least 8 characters
- ✓ Must contain at least one number
- ✓ Must contain at least one special character. For example: !@#\$%^&*()-
- ✓ Passwords must match

◀ Back **Confirm and Continue**

[MyUHCare FAQs](#) | [Help](#) | [English](#)

5. Accept the Terms of Service by selecting **I Accept**.



Connect your account

Step 2: Accept Terms of Service

Please review the terms of service below:

FollowMyHealth Universal Health Record

Terms of Use

Welcome to the FollowMyHealth Universal Health Record. All users of this web site, as well as the FollowMyHealth Universal Health Record and all related products and services (collectively, the "Service"), are subject to the following terms and conditions of use (these "Terms of Use"). Please read these Terms of Use carefully before accessing or using any part of the Service. By accessing or using the Service, you agree that you have read, understand, and agree to be bound by these Terms of Use, as amended from time to time, and agree to be bound by FollowMyHealth [Privacy Policy](#) which is hereby incorporated into these Terms of Use. If you do not wish to agree to these Terms of Use and/or the FollowMyHealth Privacy Policy, do not access or use any part of the Service.

1. Definitions

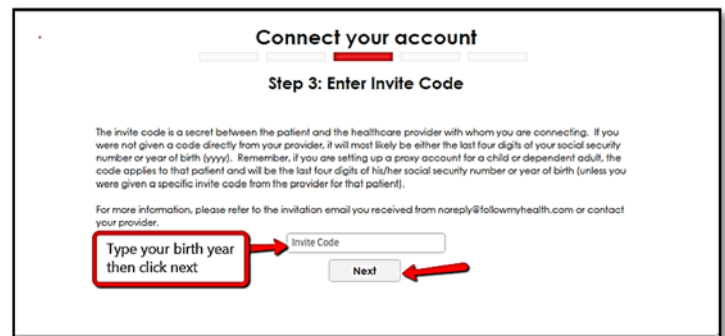
(a) **Aggregate Data.** Aggregate Data is PHR Data that (1) has names and other identifiers removed or altered and (2) is grouped so it does not identify or connect to you as an individual. In other words, Aggregate Data is information that does not identify an individual.

By clicking on I Accept below you are agreeing to the Terms of Service above and the [Privacy Policy](#).

I Accept **I Decline**

6. Type your Invite Code which is your 4 digit year of birth (example: 1956).

Select **Next**.



Connect your account

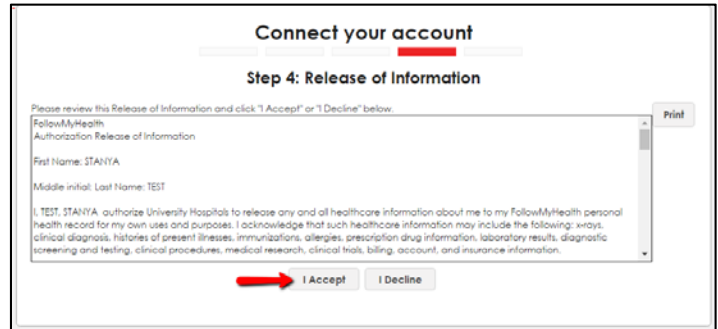
Step 3: Enter Invite Code

The invite code is a secret between the patient and the healthcare provider with whom you are connecting. If you were not given a code directly from your provider, it will most likely be either the last four digits of your social security number or year of birth (yyyy). Remember, if you are setting up a proxy account for a child or dependent adult, the code applies to that patient and will be the last four digits of his/her social security number or year of birth (unless you were given a specific invite code from the provider for that patient).

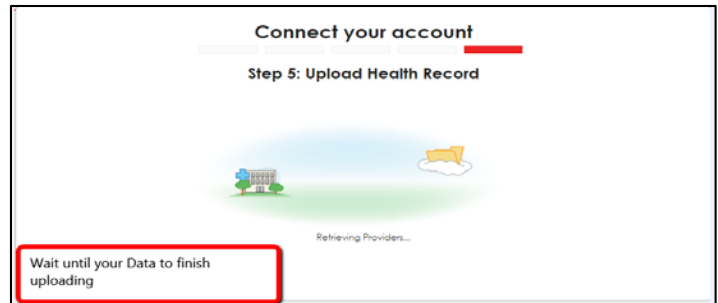
For more information, please refer to the invitation email you received from noreply@followmyhealth.com or contact your provider.

Type your birth year then click next. **Next**

- Accept the Release of Information agreement by selecting **I Accept**.

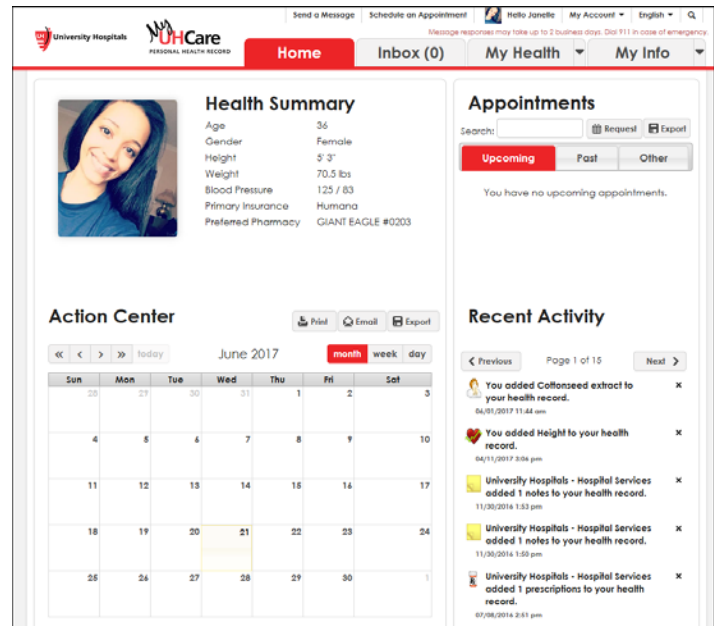


- An animated screen will appear while your information uploads to your MyUHCare Personal Health Record. This may take a few minutes.



- Congratulations! You have successfully completed setting up your MyUHCare Personal Health Record.

To learn how to navigate your PHR, watch our short video demonstration on the Internet located at www.uhhospitals.org/PHRGettingStarted or click [here](#).



Need Additional Assistance?

Please contact Customer Service at 1-888-670-9775, Monday – Friday, 8 a.m. – 8 p.m. or email support@followmyhealth.com