Follow these instructions to access your MyUHCare Personal Health Record (PHR) through the free FollowMyHealth® mobile app on your Android smartphone.

**Note:** Your MyUHCare PHR is powered by FollowMyHealth®. To use the FollowMyHealth® mobile app, you must first have an existing MyUHCare PHR account. If you do not have an account, you can sign up online or at your provider’s office:

- To sign up online visit [uhhospitals.followmyhealth.com](http://uhhospitals.followmyhealth.com) from a PC or laptop and select the **I need to sign up button**. The **I need to sign up button** cannot be used from a mobile phone or tablet.
- Or at your next appointment with your UH provider, ask the front desk to send you an email invitation. From your PC, laptop, tablet or mobile phone open the link in the email from noreply@followmyhealth.com and follow the instructions to set up your account.

1. From the Google Play Store, search for **Follow My Health** in the search box at the top of the screen.
2. Select the FollowMyHealth® FMH Mobile app.

3. The FollowMyHealth® install screen displays.

Select **INSTALL** to begin installation.
4. Allow time for the mobile app to install.

   Installation time may vary depending on your Wi-Fi or mobile network speed.

5. Once the mobile app has finished installing, select **OPEN**.
6. The **Welcome** screen displays.
   
   In the lower right corner, select **DONE** to continue.

7. The **Sign In** screen displays.
   
   Select the blue **Sign In using your FollowMyHealth account** button if you created a unique user ID and password for your MyUHCare PHR account.

   **Note:** If you used your Google, Facebook, Microsoft or Yahoo! sign in to create your MyUHCare PHR, select the white **Or sign in with an alternative...** button.
8. Enter your MyUHCare Personal Health Record account username and password and then select **Sign In**.

**Note:** If you used your Google, Facebook, Microsoft or Yahoo! sign in to create your MyUHCare PHR, select the appropriate button and enter your username and password.

9. The **Loading** screen displays.

Loading time may vary depending on your Wi-Fi or mobile network speed.
10. The **Terms of Service** screen displays.

   Review the terms and select **ACCEPT** to continue.

11. The **What's New** screen displays.

   Select **OK** to continue and view your data.
12. You have successfully set up your **FollowMyHealth® Mobile** app. To learn how to use your new app, visit [uhhospitals.org/FMHMobileApp](http://uhhospitals.org/FMHMobileApp) for instructions.

**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