You can sign up for a MyUHCare Personal Health Record (PHR) using your Android phone by following the steps below.

1. From the Google Play Store search for FMH in the search box at the top of the screen.

   Tap FollowMyHealth to continue to installation.

   **Note:** If you have already downloaded the FollowMyHealth app, open the app and skip to step 6.

2. Tap the Install icon to begin installation.
3. Allow time for the mobile app to install. Installation time may vary depending on your Wi-Fi or mobile network speed.

4. Once the mobile app has finished installing, tap OPEN.
5. The **Welcome To FollowMyHealth** screen displays, tap **Done**.

   **Note:** The Welcome Screen will only appear the first time you open the FollowMyHealth App from your mobile device.

6. Tap the **I need to sign up** button.
7. The **Sign Up and Connect** screen displays. After you have filled in all requested information, tap **Confirm and Continue**.

   **Note:** Home Phone Number and Social Security Number are optional.

8. The **FollowMyHealth Universal Health Record Terms of Use** screen displays.
9. Review the Terms of Use by scrolling to the bottom of the screen. Tap I Accept to continue.

10. The Sign Up and Connect screen displays. The email you entered on a previous screen automatically fills in as your username.

Follow the instructions to create a Username and Password. At the bottom of the screen, tap Confirm and Continue.
11. Tap the **FMH** icon.

12. The **Home** screen of the FollowMyHealth app displays.

   In the **Action Center**, tap **You have not connected to any healthcare providers!**
13. The **Organization Search** screen displays.

Your zip code will automatically fill into the search box. Delete your zip code from the search box and enter 44106.

Tap **Search**.

A list of University Hospitals entries will display. Tap on University Hospitals – Physician Office.

14. The **Request Connection** box displays.

Tap **OK**.
15. The Release of Information screen displays.

Tap Accept.

17. The **Demographics** screen displays. Confirm the information is correct and tap **Next**.

18. The **Contact Information** screen displays. Complete your contact information and tap **Next** to begin the verification process.

   **Note**: Be sure to scroll down to complete all the required contact information.
19. A series of five questions will appear on the screen to validate your identity.

Answer the first four questions and tap **Next** after each. After the last question, tap **Finish**.

20. The **Connection Request Pending** message appears notifying you that you will receive an email when your health information is available.

Tap **OK**.

If you successfully completed the verification process, you will see (Connected) under the University Hospitals Physician Office organization.

To view your health data, tap the Menu icon in the upper left hand corner and select My Health.

For complete instructions on how to use the app, visit UHhospitals.org/FMHMobileApp.

Note: If you do not see (Connected) under University Hospitals Physician Office, check your email for further instructions. It may take up to 72 hours to receive instructions.

22. Communications will be sent to the email account that you provided when you set up your account. Check your email for the following email messages.

Note: The emails will come from FollowMyHealth at noreply@followmyhealth.com. Please check your spam or junk mail folder if you do not find these emails in your inbox.

<table>
<thead>
<tr>
<th>Email subject</th>
<th>Who receives this?</th>
<th>What do you need to do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Portal Account Registration Successful</td>
<td>All patients who create a FMH account</td>
<td>Review information</td>
</tr>
<tr>
<td>FMH Secure Login Account Created</td>
<td>All patients who create a FMH account</td>
<td>Review information. This email contains your username which will be helpful in the future if you forget your password.</td>
</tr>
<tr>
<td>Pending connection to University Hospitals Personal Health Record Information</td>
<td>All patients who create a FMH account and request to connect with University Hospitals</td>
<td>Review information. Wait for further instructions.</td>
</tr>
<tr>
<td>Connection to University Hospitals Successful</td>
<td>Patients who have been granted access to their health information. It may take up to 72 hours to receive this message.</td>
<td>Review information. Use the link in the email to log in to your MyUHCare PHR account to view your health information.</td>
</tr>
<tr>
<td>Connection to University Hospitals MyUHCare Personal Health Record Denied</td>
<td>Patients who have not been granted access to their health information</td>
<td>Review information and reasons your request may have been denied. Please call 1-888-670-9775, Monday – Friday, 8 a.m. – 8 p.m. or email <a href="mailto:support@followmyhealth.com">support@followmyhealth.com</a> for further assistance.</td>
</tr>
</tbody>
</table>

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.