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.

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**.

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

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

   Select **Next**.
7. Accept the Release of Information agreement by selecting I Accept.

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

9. 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