



SIU FollowMyHealth Patient Portal

What is FollowMyHealth and why should I enroll?

FollowMyHealth is a patient portal that allows you to look at your medical records such as: allergies, medications, immunizations, health issues, clinic visit summaries and lab results. FollowMyHealth also allows you to communicate with your provider's team to seek non-emergency medical advice and refill medications. You can access FollowMyHealth electronically anytime from a computer or your smartphone that has internet access, when it is most convenient for you. You can expect a response from a nurse within 48 hours on weekdays. Provide your email address to during check-in at your next appointment to receive your email invitation or ask a staff member how to sign up today!

How do I get started?

Step 1: Invitation email

- Patients who choose to provide their email address during check-in, will receive an invitation email to join FollowMyHealth
- The email includes instructions on how to set up your online FollowMyHealth account

Step 2: Registering for the first time

- At the FollowMyHealth login page, click on the FMH button
 - Select Create an Account
 - Select first time user, and follow the directions to set up your unique username and password
 - The invitation code will be the year of your birth (you will only be required to provide this one time for security)

Step 3: Start benefiting from FollowMyHealth

Whether you are looking to keep an eye on your weight, monitor your blood pressure or communicate your chronic condition, FollowMyHealth is the tool for you!

Support

- Technical support: Call 1-888-670-9775- Friday, 7am-7pm.
- Clinical questions: Please contact your primary care physician at 217-224-9484, or e-mail through FollowMyHealth patient portal.
- Online support resources: Available on the FollowMyHealth website.