



*Leaders in Orthopaedic Health*

## Joining FollowMyHealth in a Few Easy Steps...

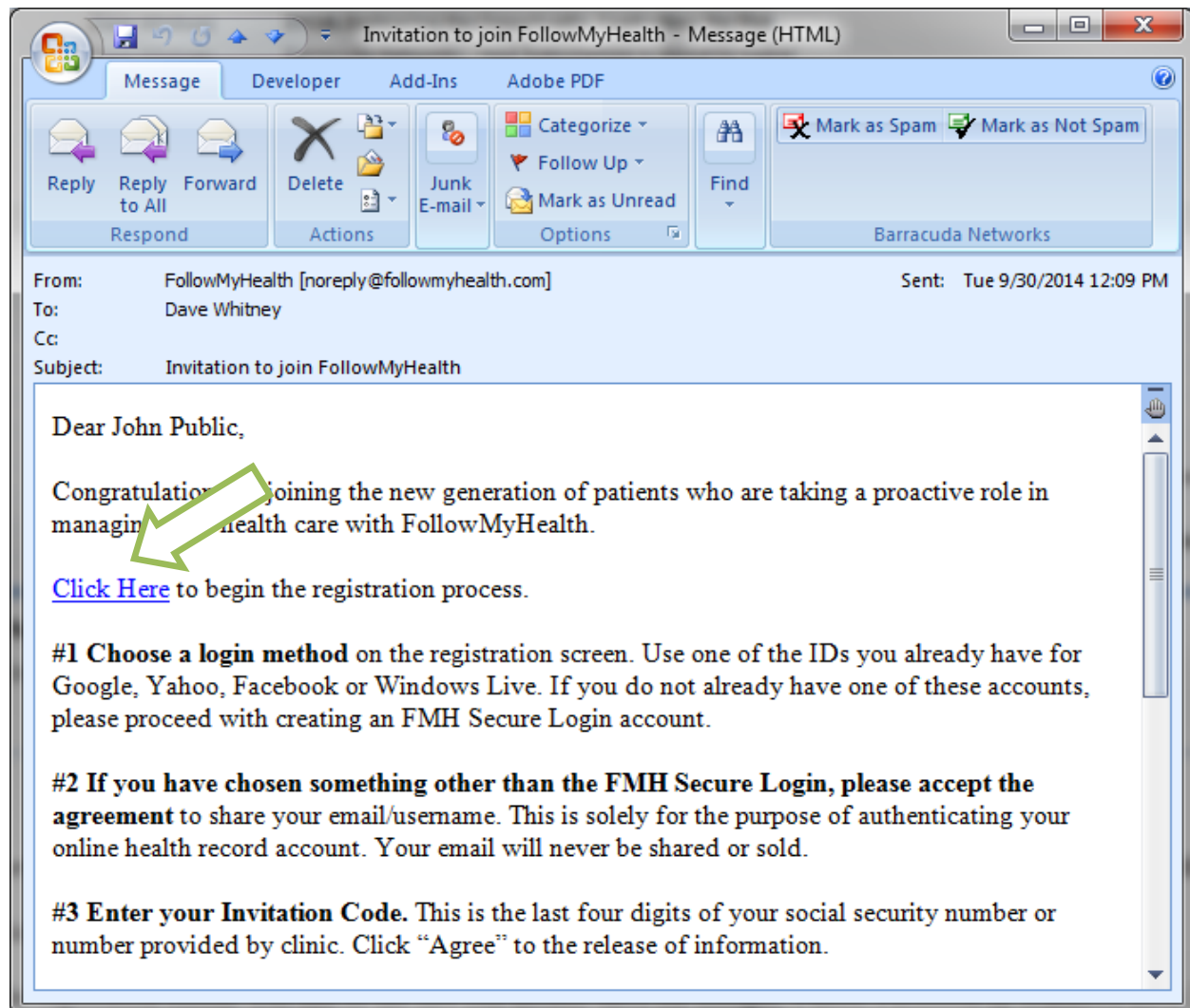
Registering for our patient portal is quick and easy. There are two typical ways to sign up. With an email invitation or without. These instructions contain the steps for both scenarios.

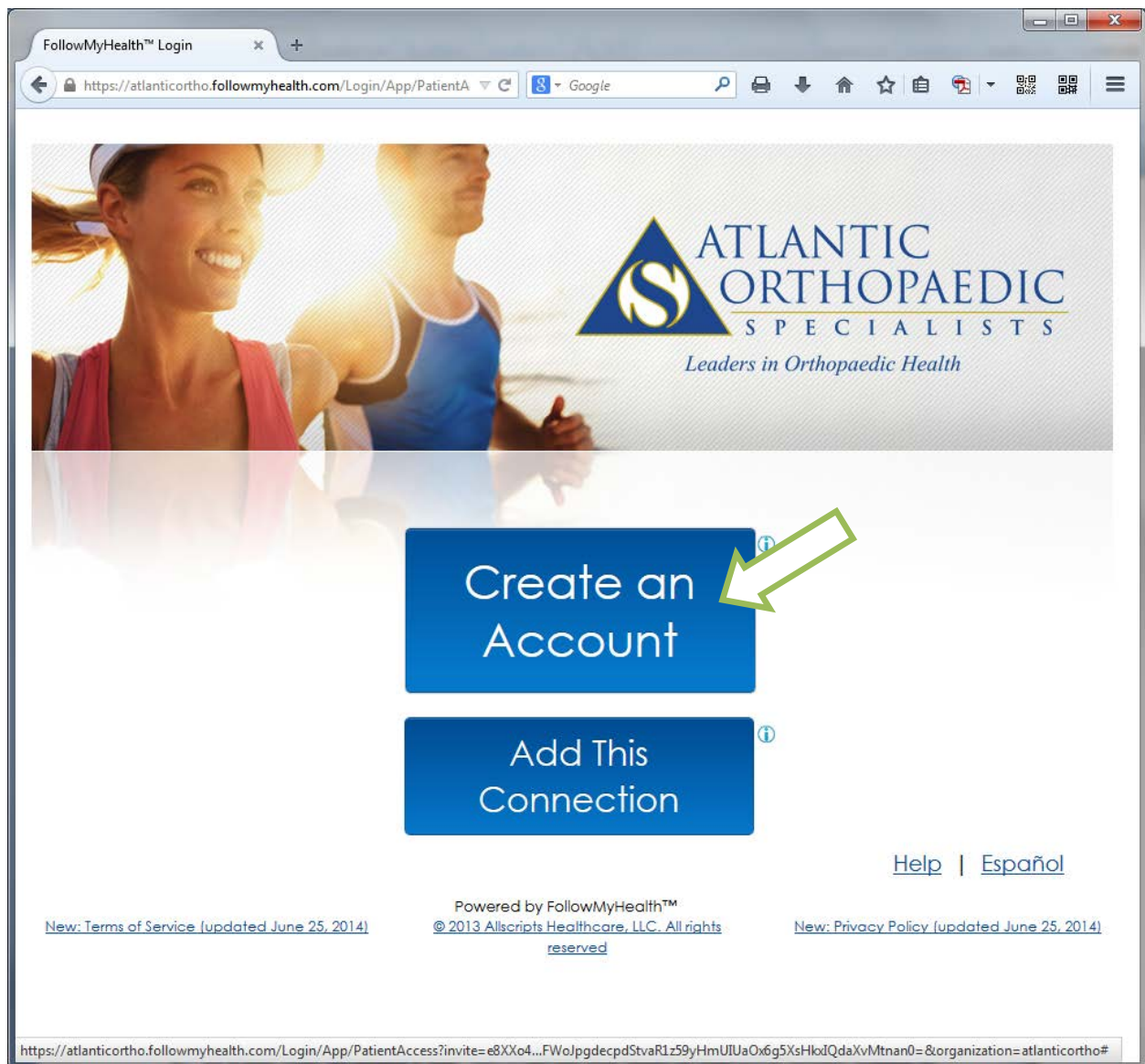
**[I received an invitation Email](#)**

**[I do not have an invitation Email](#)**

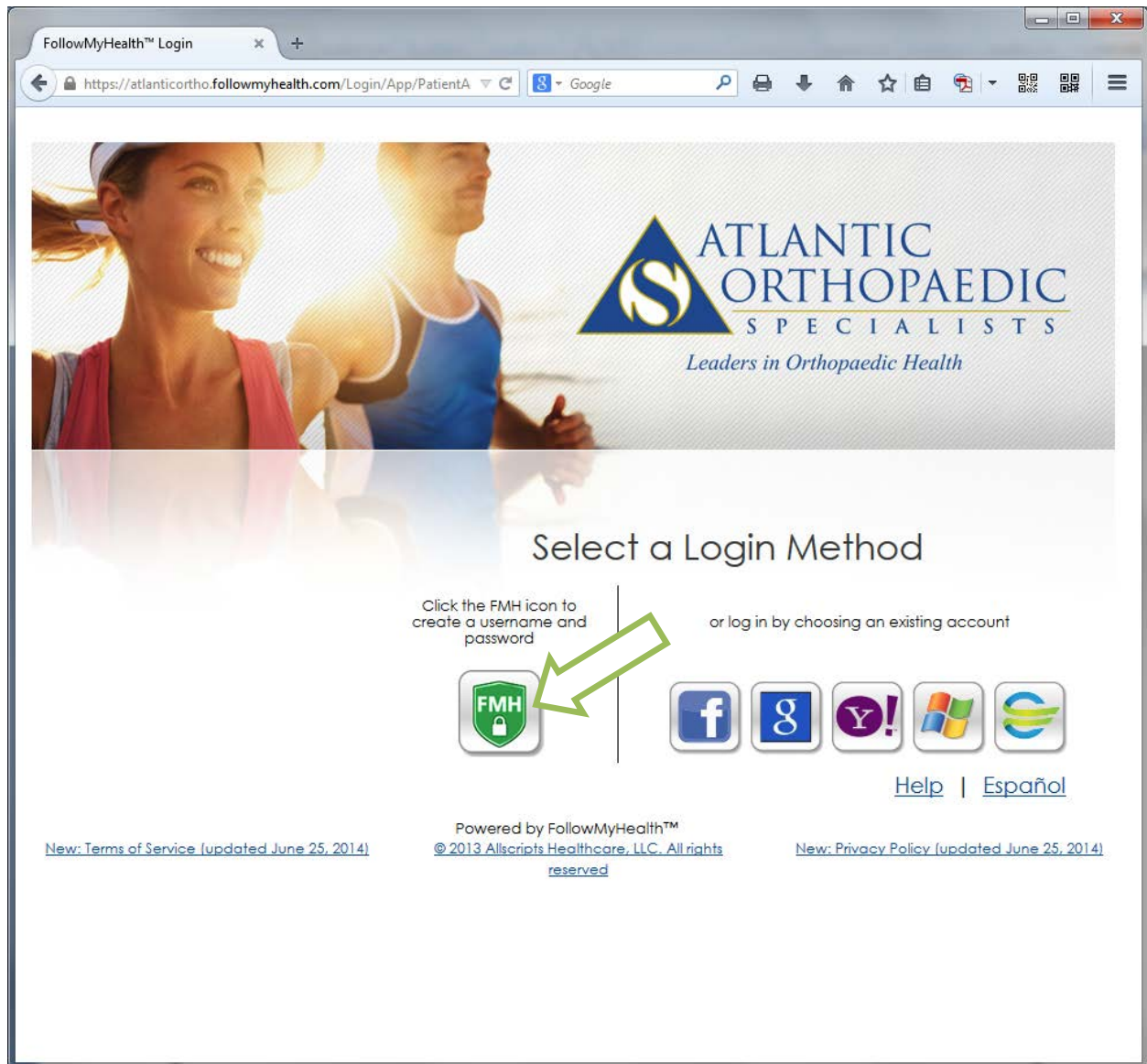
## Registering with an Invitation Email

You should have received an Email from FollowMyHealth with an invitation link. It'll look something like this...






These instructions assume you don't already have a FollowMyHealth account. Click Create an Account.



Several Login Methods exist. We recommend creating an FMH username and password, and using your EMAIL address as your username.

Register - Mozilla Firefox

https://secure.followmyhealth.com/Account/Register?returnUrl=%2FOpenId%2FProcessAuthRequest



## Create Your FMH Secure Login

Already have a FMH Secure Account? [Click Here to log in](#)

**Create Your Username**  
Username must begin with a letter and may not contain spaces or special characters

**Create Your Password**  
Password should be at least 8 characters in length, and include at least one numeric and one special character, such as: !@#\$%^&\*~()

**Confirm Password**

Enter your valid email address below. This is where we will send future communications regarding your FMH Secure Login account, including resetting forgotten passwords.

**Email**

**Confirm Email**

Choose a username – something you’ll remember. You don’t have to use your Email address, but it is highly encouraged that you do for the username. Then, type and confirm your password choice. Please be mindful of the complexity requirements. For your protection, FMH requires that your password be at least 8 characters long, include at least one number, and on special character.

Log in - Mozilla Firefox

https://secure.followmyhealth.com/Account/Login?ReturnUrl=%2FOpenId%2FProcessAuthRequest&RegistrationSuccessful=True

**FMH Secure Login Creation Successful!**

Enter Your FMH Secure Login Username and Password to continue

Username  
johnnyqpublic

Password  
\*\*\*\*\*

**Log in**

[Forgot your password?](#)

After creating your username and password, you will log in for the first time. While the next steps are all important in their own right, STEP 3 is vital to successfully connecting.

Follow My Health™ Universal

ATLANTIC ORTHOPAEDIC SPECIALISTS

**Connect your account**

**Step 1: Welcome**

Welcome John,

These screens will take you through the 5-step process of connecting your Universal Health Record to Atlantic Orthopaedic Specialists. Please allow sufficient time to complete this process from start to finish. If your session is interrupted, you will be asked to start again from the beginning.

Please click "Next" to continue.

**Next**

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**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, understood, 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.

**I. Definitions**

(a) **Aggregate Data.** Aggregate Data is PHR Data that: (1) has names and other identifiers removed or altered and (2) is by clicking on I Accept below you are agreeing to the Terms of Service above and the [Privacy Policy](#).

**I Accept I Decline**

**Next**



Follow My Health™: Universal ...

https://atlanticortho.followmyhealth.com/registration?inviteid=e8>

Google

Español

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## 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 his/her last four digits of 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.

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Next

As noted in your welcome Email. The invitation code is your four digit birth year.

\*This is only different in the case of setting up a proxy account. The invitation Email will tell you what code to use.

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https://atlanticortho.followmyhealth.com/registration?inviteid=e8>

Google

Español

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## Connect your account

### Step 4: Release of Information

Please review this Release of Information and click "I Accept" or "I Decline" below.

Authorization Release of Information

First Name: John

Middle Initial Last Name: Public

I, Public, John, authorize Atlantic Orthopaedic specialists to release any and all healthcare information about me to my followmyhealth personal health record for my own uses and purposes. I acknowledge that such healthcare information may include the following: x-rays, clinical diagnosis, histories of present illnesses, immunizations, allergies, prescription drug information, mental health screenings, treatment, including psychotherapy notes, diagnostic screening and testing, laboratory results, HIV/AIDS, infectious

I Accept I Decline

Follow My Health™: Universal ...

https://atlanticortho.followmyhealth.com/registration?inviteid=e8>

Google

Español

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## Connect your account

### Step 5: Upload Health Record

Relinquish Provider...

You're in! We ask that the first thing you do when you connect successfully is go to your inbox and send a test message to any of your providers.

The screenshot shows a web browser window with the URL <https://atlanticortho.followmyhealth.com/patientaccess#/Home>. The page header includes the Atlantic Orthopaedic Specialists logo, navigation links like 'Schedule an Appointment', 'Hello John', 'My Account', and 'Español', and a disclaimer: 'This portal is not intended for emergencies. If you require urgent medical care, call...'. The main navigation bar has 'Home', 'Inbox (2)', 'My Health', and 'My Info'.

The 'Health Summary' section displays a placeholder for a profile picture and patient information: Age 40, Gender Male. A 'First Time Walkthrough' modal is overlaid on this section, asking if the user wants to watch a video to learn how to use the portal. The modal has 'Ok' and 'Maybe Later' buttons.

The 'Appointments' section has a search bar, 'Request', and 'Export' buttons. It shows 'Upcoming', 'Past', and 'Other' tabs, with a message: 'You have no upcoming appointments.'

The 'Action Center' section lists four items with icons and close buttons: 'You have 2 unread emails in your mailbox.', 'Your health record contains new clinical items.', 'You haven't set your address in your contact information.', and 'You haven't completed the first time walkthrough.'


The 'Recent Activity' section shows two events: 'You connected your health record to Atlantic Orthopaedic Specialists' and 'You joined FollowMyHealth™', both dated '1 minute ago'.



## Registering WITHOUT an Invitation Email

Start out by navigating to <http://www.atlanticortho.com/portal>.

Click Login/Create an Account



**Stay Connected  
with our  
Patient Portal**

Communicate with your physician, update your health information, request appointments, and more!

[Log In/Create an Account](#)


Signup for our Newsletter


Name:

Email:

[SUBSCRIBE](#)

Click I need to sign up.





Email or username

Password

[Sign In](#)

[Forgot your password?](#)

or, use an alternative

[I need to sign up](#)

[click to create a new account](#)

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

[New: Privacy Policy \(updated July 14, 2017\)](#)

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[New: Terms of Use \(updated July 14, 2017\)](#)

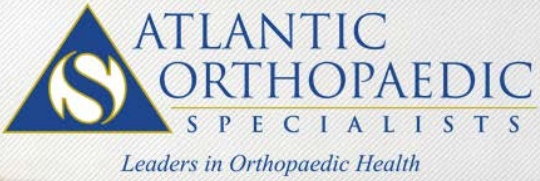
Enter some information about yourself. This information is securely transmitted to Atlantic Orthopaedic Specialists, and staff will match your demographics with your actual medical chart.

FollowMyHealth® Sign In

https://atlanticortho.followmyhealth.com/Login/Hor

Search

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### Sign Up and Connect

With FollowMyHealth® you can manage your health information and communicate with providers in a secure, online environment – 24 hours a day / 7 days a week. Once you create your account, you will be prompted to search for and connect with available providers in your area.

Notifications Email	Zip Code
<input type="text" value="signmeup@atlanticortho.com"/>	<input type="text" value="23320"/>
First Name	Home Phone Number (optional)
<input type="text" value="Jane"/>	<input type="text" value="(201) 555-5555"/>
Last Name	Social Security Number (optional)
<input type="text" value="Doremi"/>	<input type="text" value="....."/>
Date of Birth (e.g. 10/29/1985)	
<input type="text" value="10/16/1984"/>	

[« Back](#) [Confirm and Continue](#)

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

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Review and accept the FollowMyHealth Terms of Use.

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https://atlanticortho.followmyhealth.com/Login/f

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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 Services user.

(b) **Authorized Individuals.** An Authorized Individual is an individual whom you authorize to

« Back

I Accept

I Decline

Help | English

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[New: Privacy Policy \(updated July 14, 2017\)](#)[New: Terms of Use \(updated July 14, 2017\)](#)


Create your username. While it is not strictly required to do so, we recommend using your email address as your username. It makes password recovery a snap, should you ever forget your password.

FollowMyHealth® Sign In

https://atlanticortho.followmyhealth.com/Login/f


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### Sign Up and Connect

 Create Username (Using your email is recommended)

- ✓ 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](#)

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

New: [Privacy Policy \(updated July 14, 2017\)](#)

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New: [Terms of Use \(updated July 14, 2017\)](#)

Since FollowMyHealth is not exclusive to Atlantic Orthopaedic Specialists, you must make a connection request in order to access your Atlantic Orthopaedic Specialists portal.


Follow My Health™: Universal ...

https://atlanticortho.followmyhealth.com/registr

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Español



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## Request Connections to Healthcare Organizations

Requesting a connection informs your healthcare provider that you would like your medical information to be made available online through FollowMyHealth.

If your healthcare provider is a participant in FollowMyHealth, they will display in the search results below. Use the Search Box to locate available connections by entering your zip code, provider, or healthcare organization. (We have started the process for you by entering your zip code.)

To use FollowMyHealth without adding connections, please click the "Skip This Step" button.

Please note that response times to your connection requests may vary by organizations or providers.

Search:  (Zip Code, Organization, or Provider)

### Search Results

<b>Chesapeake Internist</b> 113 Gainsborough Square Suite 113 Chesapeake, Virginia 23320	Connect
<b>Atlantic Orthopaedic Specialists</b> Main Business Office 230 Clearfield Ave, Suite 124 Virginia Beach, Virginia 23462	Connect
<b>Pariser Dermatology Specialists, LTD</b> 6160 Kempsville Circle Suite 200A Norfolk, Virginia 23502	Connect

Show More

### My Organizations

Skip This Step

Next



Review and accept the release of information authorization.

## Sign Release of Information Authorization

### 1 of 1 - Atlantic Orthopaedic Specialists

Please review the Release of Information Authorization agreement and accept or decline the terms below.

Print

FollowMyHealth  
Authorization Release of Information

First Name: Jane

Middle initial:

Last Name: Doremi

I, Doremi, Jane authorize Atlantic Orthopaedic Specialists to release any and all healthcare information about me to my FollowMyHealth personal health record for my own uses and purposes. I acknowledge that such healthcare information may include the following: x-rays.

I Accept

I Decline

I Accept ROI

That's it. Your connection request will be queued with Atlantic Orthopaedic Specialists. As long as you have already been seen in the office, we will have no trouble matching your request to your medical chart.

### Your Connection Request is Pending

Way to go! Your request has been sent to Atlantic Orthopaedic Specialists. You may be contacted for further proof of identity. This is so only you and approved individuals have access to your private information.

You'll receive an email once your health information is ready for you to view. (You'll need to sign out and back in to see your data once you receive this email. Find this under "My Account" in the upper right.) Until then, feel free to explore the features of your FollowMyHealth account. We're glad you're here!

Continue

<http://www.atlanticortho.com/portal> is an excellent page to bookmark for easy access to your portal account, and for answers to common questions! Thank you for choosing Atlantic Orthopaedic Specialists!