

# RALEIGH ENDOCRINE ASSOCIATES

## “FOLLOW MY HEALTH” PORTAL INSTRUCTIONS

**\*THIS IS FOR THE PATIENT TO KEEP\***

If you have a question for the nurse or wish to communicate with your provider at any time, please send a message within the Portal. **This will be the fastest way for us to communicate with you.**

For test results, please allow 10 business days for processing. When the result is available for you to view, you will receive an email notification via the Portal. If you do not see any lab results in your portal account in 10 business days, please feel free to send us a portal message.

### **SETTING UP A PORTAL ACCOUNT:**

You will receive a message in your email box from Raleigh Endocrine Associates asking you to create a portal account. If you did not receive your invitation, first check your spam folder in your email program. If you are unable to find it, please call our main office at 919-876-7692.

### **Follow the instructions to complete your registration:**

1. Choose a login method on the registration screen. Use one of the ID's you already have for Google, Yahoo, Facebook, or Windows Live. If you do not already have one of these accounts, you will be prompted to create a new account.
2. Accept the agreement to share your email/username. This is solely for the purpose of authenticating your online health record account. Your email will never be shared or sold.
3. Enter your Invitation Code. Your invitation code will be your **four-digit year of birth.**

Click “Agree” to the release of information. You are now ready to access and manage your personal health record in a secure online environment 24 hours a day, 7 days a week, from any computer, smartphone, or tablet.

### **ONCE YOUR ACCOUNT IS SET UP:**

Your record will be flagged that your portal account exists letting the staff know you are ready to receive portal communications. You will be receiving emails asking you to log into your account and view any messages sent by our providers or staff.

**You can also log in directly to Follow My Health portal any time, at:**

<https://raleighendocrine.followmyhealth.com>

**For technical support: Please email [support@followmyhealth.com](mailto:support@followmyhealth.com) or call 1-888-670-9775 for assistance. You may also visit [support@followmyhealth.com](mailto:support@followmyhealth.com).**