Get your Lab results and Radiology Reports as soon as they are available. You will be notified by e-mail when they are posted to your Medical Chart.

FollowMyHealth assistance:
(516) 632-4531
E-mail: FollowMyHealth@snch.org
To enroll, go to southnassau.org/fmh

MyLinks assistance:
(405) 703-3010
E-mail: Support@MyLinks.com
To enroll, go to MyLinks.com

Apple Health App assistance:
apple.com/healthcare/health-records

Mount Sinai South Nassau

One Healthy Way,
Oceanside, NY 11572

mountsinai.org/southnassau

06/21

FollowMyHealth Patient Portal

Free Access to Your Patient Records

Mount Sinai South Nassau

Benefits of Your Portal

Using your patient portal, you will have 24-hour access to your medical records, even when you travel, as long as you have access to a computer or smartphone.

With the FollowMyHealth (FMH) patient portal you can:

- View your medications
- View your lab results
- View your radiology reports
- View your discharge visit summaries
- View your allergies
- View your immunizations
- View documents
- Print out your records
- Email and/or fax your records to another physician

If you are interested in becoming a proxy for your child, parent or friend, please call us at 516-632-4531, and we can walk you through the necessary paperwork process.

FollowMyHealth (FMH)
Your FREE Patient Portal

24/7/365 ACCESS

Anywhere, anytime, when you need it via computer, tablet or smartphone (Apple & Android)

MY LOGIN INFORMATION

USERNAME

PASSWORD

If you record your username and password here, be sure to keep this brochure in a secure place. Anyone with these codes can access your account.

Apple is a trademark of Apple, Inc, registered in the U.S. and other countries.

Android is a trademark of Google Inc,

FollowMyHealth and Mount Sinai South Nassau are not associated with, nor endorsed by Apple or Google.

Getting Started with FollowMyHealth

The day after you are admitted, an invitation will be sent to the e-mail address you gave the registrar during your admission.

Setting up your portal is as easy as 1, 2, 3.

1 Look for an e-mail from noreply@followmyhealth.com and click on the registration link.

2 Create your portal login using a unique and newly created FMH account.

3 Enter the Invitation Code you were instructed to use by the registrar when prompted, and then click "Agree" to the Release of Information.

After setting up your FollowMyHealth Patient Portal account, you will receive two e-mails—one welcoming you to FMH and one confirming your connection with Mount Sinai South Nassau.

You now have complete and secure access to FollowMyHealth: the latest advancement in personal health management!

Frequently Asked Questions

Is my health information safe?

Yes. Your FMH Patient Portal has safeguards in place to keep your information safe and secure. Your account username and password are only known to you.

Who can register for the portal?

Anyone who has been a patient at the hospital or has had any Lab or Radiology tests performed here since January 2014 may register.

How do I reset my password?

Click on the "Forgot your password?" link on the logon screen. You will be asked for your user ID and a verification code will be emailed to you. Enter the verification code on the verification code screen. You will then be asked to update your password.

Please contact 516-632-3907 if you need additional support.

FollowMyHealth Assistance 516-632-4531 • Email: FollowMyHealth@snch.org

---

Choices to enhance your FollowMyHealth portal experience

These free apps allow you to gather your medical records from **all** of your doctors and store them in **one place**, to share your health records—such as medications, immunizations, lab results, and more—with whomever you want!

MyLinks
Linking Us Together for Better Care

How to get started using MyLinks

1 To use MyLinks, you must first be signed up for FollowMyHealth or other patient portals. If you are not yet signed up for FollowMyHealth, follow the 1-2-3 directions under "**Getting Started**." Set up your MyLinks account at **www.MyLinks.com** by clicking "**Sign Up**." Once you've filled out your information, a confirmation will be sent to your email to complete your registration.

2 You'll need your **user name and password for each patient portal you want to collect health data from.** If you don't have this information, speak with your healthcare provider about gaining access to their patient portal.

3 Once you're logged in, click "**Gather Health Records**." Search for your healthcare organization, click "**Get Health Record**."

4 You'll then be routed to the login page for your patient portal. Log in with your username and password from Step 2, then click "**Import**" to transfer the data into your MyLinks account. Repeat steps 2–4 to add health data from other clinics or healthcare providers.

Visit MyLinks.com for more information

Health Records on Apple Health App

An alternative to MyLinks for iPhone users, the Health Records feature is part of the Health app.

How to get started using Apple Health

1 Open the Health app and tap the **Summary tab.** Tap your profile picture in the upper-right corner.

2 Under Features, tap **Health Records, then tap Get Started.**

3 Scroll down to Features, then tap **Add Account.** You're prompted to allow the Health app to use your location to find hospitals and health networks near you. Choose either Allow Once, Allow While Using App, or Don't Allow.

4 **Search for Mount Sinai South Nassau,** then tap it. Under Available To Connect, choose an option.

5 **Sign in to your Mount Sinai South Nassau FollowMyHealth patient portal.** You might be asked to save your password. Wait for your records to update. It might take a minute for your information to appear. After this is added, the Health app automatically updates your health records periodically.

Visit apple.com/healthcare/health-records for more information