



Our Office is Online!



*Schedule your next appointment * Obtain our lab results * Send your Provider a message directly * Refill your medications

Provide us with your email address to start managing your healthcare from the web.

Please print clearly



Name: _____

Date of Birth: _____

Email address: _____

MRN (Internal use): _____

We are collecting your email address for our records, and will use it to issue you an invitation to enroll in our online communication service. Enrollment is optional. We will not disclose your address to others without your prior written consent.

Northwest Medical Group, LLC

An ARIZONA COMMUNITY PHYSICIANS PRACTICE

FOLLOW-MY HEALTH PATIENT PORTAL

A secure website to communicate with our office

A patient portal is actually a computer website that acts as a doorway to your medical records and our office. We have a patient portal called Follow My Health. You can now securely message us to request an appointment or to ask a question and you can see part of your patient record securely on your home computer. This information will automatically upload into your own secure Personal Health Record. You can print or download this information and share it with other providers. We are offering this service to you at NO CHARGE.

- You will receive notifications of your appointments and appointment reminders by signing up for the portal.
- Signing up for *Follow My Health* will also allow you to view your personal health record on a smart phone or tablet if you desire.

IMPORTANT: Clinical summaries and lab reports will now be sent to you via the portal rather than mailed or printed in the office (exceptions may apply.) To receive these summaries and your lab results at home, you will want to sign up for Follow My Health.

Here's how to sign up:

- Make sure we have your correct email address.
- Advise the receptionist that you want to sign up.
- If you don't have an email and/or computer, a trusted relative can sign up to receive your health information on your behalf.
- The receptionist will send an "invite" to you via your email today.
- **Please check your email in the next few days after you leave the office.**

If you don't receive an "invite" in your email, check your Junk/Spam mail, look for an email from Follow My Health, and move that message into your inbox. Call us if you can't find the invite.

When you have the "invite" message, do the following:

- Click on the highlighted link in the email.
- Choose one of the four logon options – Facebook, Google (gmail), Yahoo, or MSN Hotmail and log on with your user name and password for that service.