

Changing notification settings

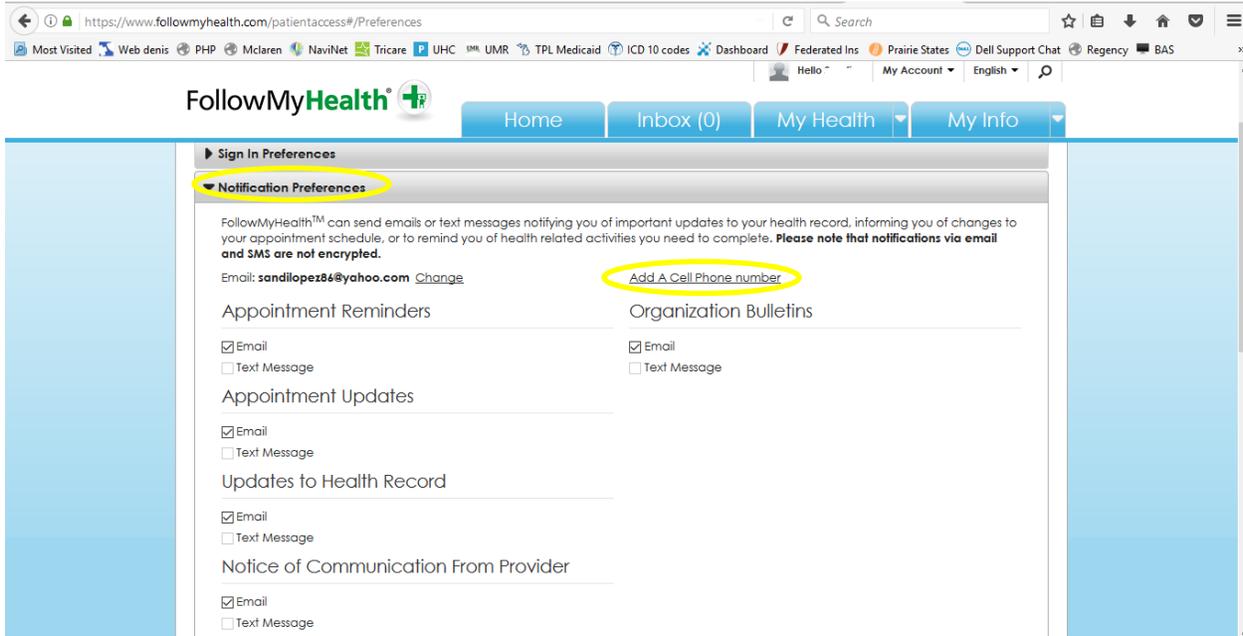
1. Log into portal, do not select patient

The screenshot shows the home page of the FollowMyHealth patient portal. The browser address bar displays <https://www.followmyhealth.com/patientaccess#/Home>. The page features a navigation bar with tabs for Home, Inbox (0), My Health, and My Info. The main content area is divided into several sections: a Health Summary card with a placeholder profile picture and fields for Age (30) and Gender (Unspecified); an Appointments section with a search bar and filters for Upcoming, Past, and Other, displaying a message that there are no upcoming appointments; an Action Center with a notification for Sandi Lopez stating that the health record contains new clinical items and that the user has not connected to any healthcare providers; and a Recent Activity section showing a notification that the user joined FollowMyHealth on 04/19/2016 at 1:10 pm.

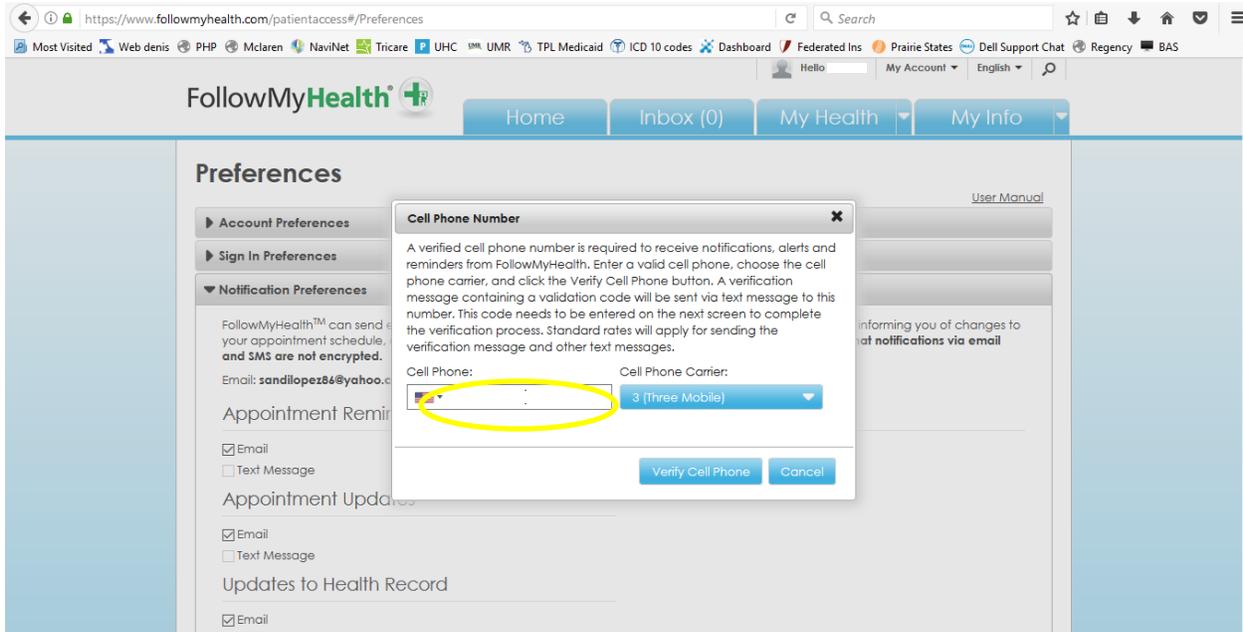
2. Click on my account and Select Preferences

The screenshot shows the preferences page of the FollowMyHealth patient portal. The browser address bar displays <https://www.followmyhealth.com/patientaccess#/Preferences>. The page features a navigation bar with tabs for Home, Inbox (0), My Health, and My Info. The main content area is titled Preferences and contains a list of preference categories: Account Preferences, Sign In Preferences, Notification Preferences, Restore Deleted Items, Activity History Log, and Display Preferences. A dropdown menu is open under the My Account tab, showing options for My Connections, Billing, Preferences, Support, Help, and Sign Out. The Preferences option is highlighted.

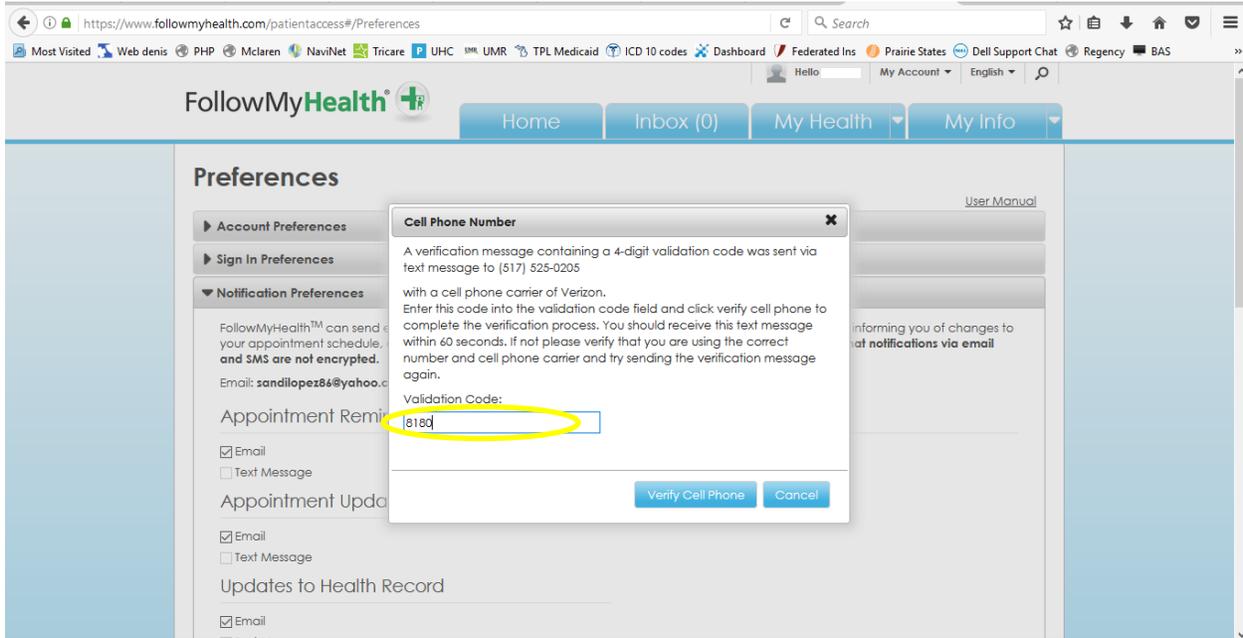
3. Select Notification Preferences and select add a cell phone number



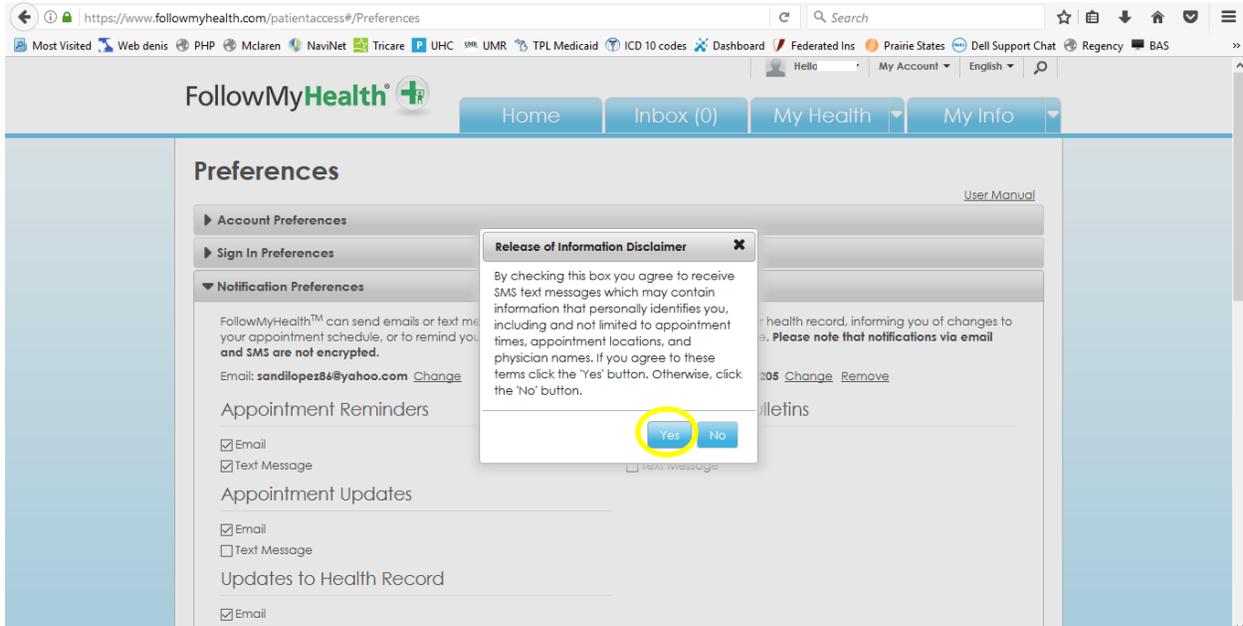
4. Select Add a cell phone number



5. FMH will send a code to your phone to be entered in box



6. Agree to disclaimer



7. Click on text message for all notifications

Capital Area Pediatrics, P.C. Home Inbox (0) My Health My Info

PLEASE USE THE PORTAL FOR NON URGENT COMMUNICATION. THANK YOU

Sign In Preferences

Notification Preferences

FollowMyHealth™ can send emails or text messages notifying you of important updates to your health record, informing you of changes to your appointment schedule, or to remind you of health related activities you need to complete. **Please note that notifications via email and SMS are not encrypted.**

Email: sandilopez86@yahoo.com [Change](#) Cell Phone: [Change](#) [Remove](#)

Appointment Reminders

Email
 Text Message

Appointment Updates

Email
 Text Message

Updates to Health Record

Email
 Text Message

Notice of Communication From Provider

Email
 Text Message

Organization Bulletins

Email
 Text Message