

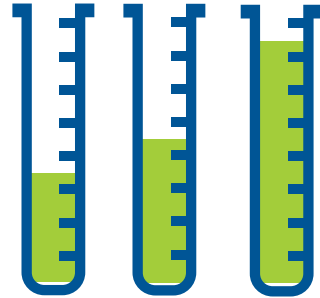
# PATIENT PORTAL

## INFORMATION AT YOUR FINGERTIPS

View your personal medical records, communicate with your healthcare team, and make more informed decisions about your health.



Secure Messaging



View Test/Lab Results



Request Rx Refills



Request Appointments



Receive Reminders



Virtual Visits

# PATIENT PORTAL INSTRUCTIONS

Visit [followmyhealth.com](https://followmyhealth.com) and click “I Need to Sign Up.” Follow the on screen instructions for setting up your account.

1. While signed into your patient portal, click on “My Account” at the top and choose “Connections.”
2. Click “Add Connection” and search for Blessing Health System.
3. Click on Blessing Health System and the connect button.
4. You will be asked to accept an online consent.
5. You will receive a confirmation email from FollowMyHealth once you have been connected to the Blessing portal.

Tutorial videos are available at [blessinghealth.org/patientportal](https://blessinghealth.org/patientportal).

Contact your provider office or Health Information Management at **(217) 223-8400** and a member of the team will walk you through the steps.



## To connect with your **CHILD/DEPENDENT’S** health records:

1. **Complete a request form from your child’s health care provider office or print the form that can be found on our website.**
2. You will receive an email from [noreply@followmyhealth.com](mailto:noreply@followmyhealth.com) with a registration link.
3. Create a portal login using a unique username and password. You may use the same username and password for access to both you and your child’s portal accounts.
4. Enter the invitation code (the year of child’s birth, example “2017”) and click “Agree” on the release of information.

***Parent/Guardian Proxy Access only available from birth to through age 11. Adolescent portal access is available for 12-17 year olds. Contact your provider’s office for access. At age 18, the child is able to request their own portal account.***

Download the FollowMyHealth app.

