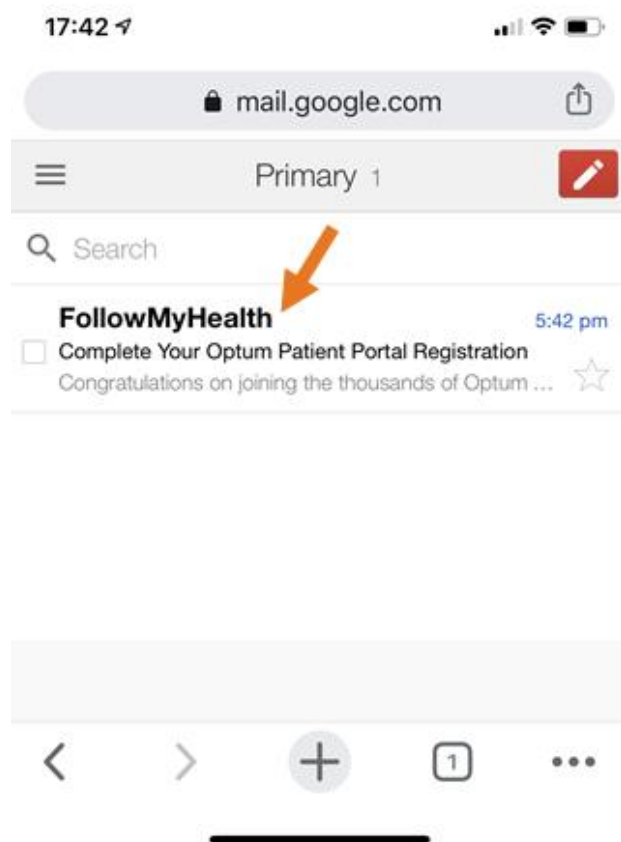


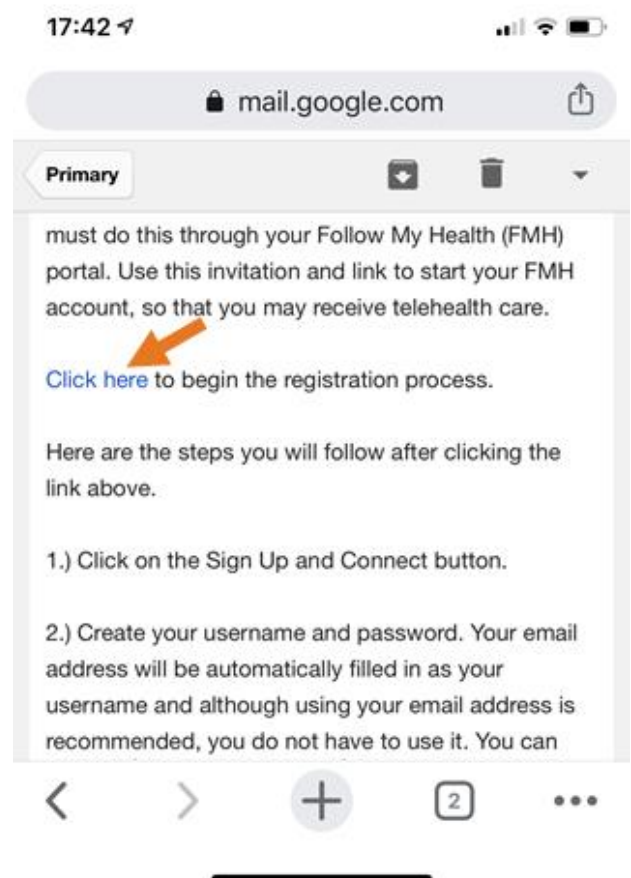
## Register for FMH Patient Portal – Apple device

**Step 1:** Open **e-mail** Program.

**Step 2:** Open e-mail from **FollowMyHealth**.



**Step 3:** Click link within e-mail **Click Here** to begin registration process.



**Step 4:** Click **Sign Up and Connect**.

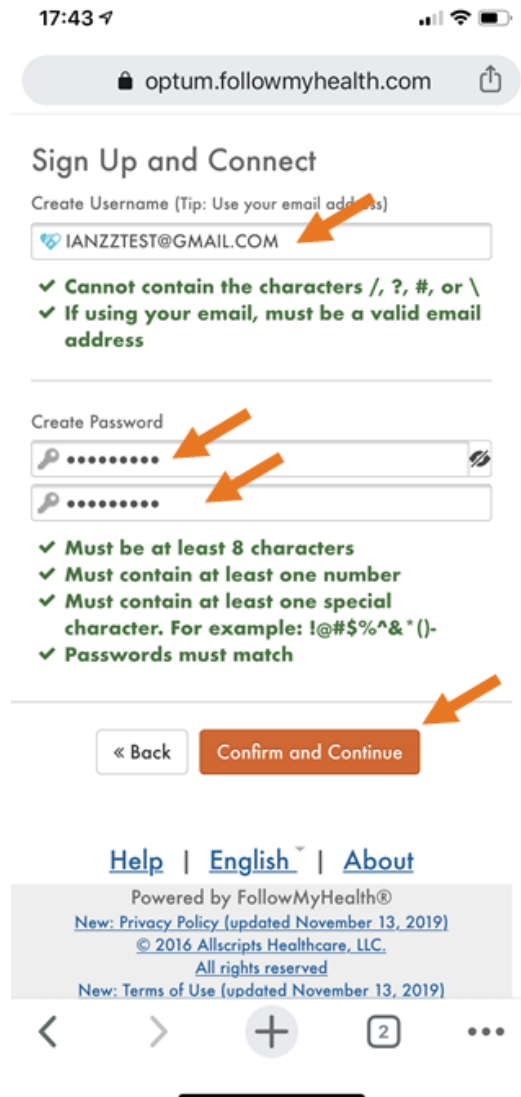


**Step 5:** Create username.

**Step 6:** Create password.

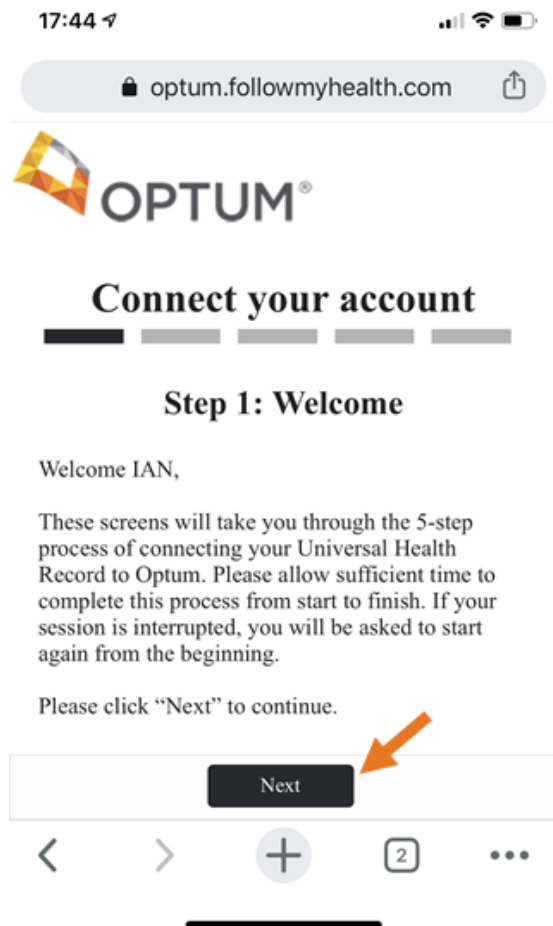
**Step 7:** Confirm password.

**Step 8:** Click **Confirm and Continue**.



Optum® and OptumCare® are trademarks of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

**Step 9:** Click **Next** after reviewing **Welcome** Information.



**Step 10:** Click **I Accept** after reviewing **Terms of Service**.



Optum® and OptumCare® are trademarks of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

**Step 11:** Input **Year of Birth** in **Invitation Code** field.

**Step 12:** Click **Next**.



**Step 13:** Step 5 will now display indicating your **Health Record** is being **Uploaded**.



Optum® and OptumCare® are trademarks of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

**Step 14:** An option to launch the application will be displayed.



Optum<sup>®</sup> and OptumCare<sup>®</sup> are trademarks of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.