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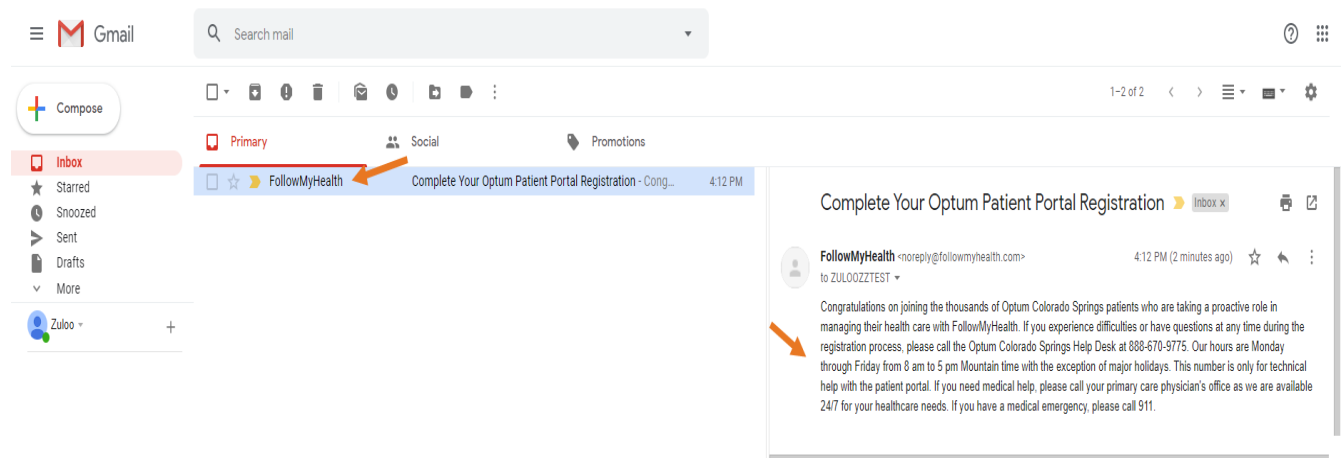
## FMH Patient Portal Registration

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**Step 1:** Open **E-mail**.

**Step 2:** Click on FollowMyHealth e-mail.

**Step 3:** Follow the registration instructions given in the e-mail.



**Step 4:** Input **email** address for notifications.

**Step 5:** Input **First** name.

**Step 6:** Input **Last** name.

**Step 7:** Input **Date of Birth**.



**Step 8:** Input **Zip Code**.

**Step 9:** Input **Phone** number if desired.

**Step 10:** Input **SSN** if desired.

**Step 11:** Click **Confirm and Continue**.

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We're excited to share that DaVita Medical Group recently joined the Optum health care family. You may notice some changes to our look, both in our clinics and on our FollowMyHealth Patient Portal, but please know that helping you feel your best is still our primary focus. The way you use the Patient Portal and your login information will also stay the same.

We are excited to have you with us as we start this next phase of our journey.

For support, call the number listed for your state:  
Colorado 1-888-670-9775 TTY 711  
Florida 1-844-247-8124 TTY 711  
New Mexico 1-505-262-7000 TTY 711

### Sign Up and Connect

With FollowMyHealth® you can manage your health information and communicate with providers in a secure, online environment – 24 hours a day / 7 days a week. Once you create your account, you will be prompted to search for and connect with available providers in your area.

Notifications Email zuloozztest@gmail.com  	Zip Code 80907 
First Name Zuloo 	Home Phone Number (optional)  +17194268485 
Last Name Zztest 	Social Security Number (optional) <input type="text"/>
Date of Birth (e.g. 10/29/1985) 06/15/1975  	

**Step 12:** Review **Terms of Service** and click **I Accept**.

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## FollowMyHealth Universal Health Record

### Terms of Use

Welcome to the FollowMyHealth Universal Health Record. All users of this web site, as well as the FollowMyHealth Universal Health Record and all related products and services (collectively, the "**Service**"), are subject to the following terms and conditions of use (these "**Terms of Use**"). Please read these Terms of Use carefully before accessing or using any part of the Service. **By accessing or using the Service, you agree that you have read, understand, and agree to be bound by these Terms of Use, as amended from time to time, and agree to be bound by FollowMyHealth Privacy Policy which is hereby incorporated into these Terms of Use.** If you do not wish to agree to these Terms of Use and/or the FollowMyHealth Privacy Policy, do not access or use any part of the Service.

#### Definitions

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[Support](#) | [Help](#) | [English™](#) | [About](#)

**Step 13:** Click **Connect**.

## Request Connections to Healthcare Organizations

Requesting a connection informs your healthcare provider that you would like your medical information to be made available online through FollowMyHealth.

If your healthcare provider is a participant in FollowMyHealth, they will display in the search results below. Use the Search Box to locate available connections by entering your zip code, provider, or healthcare organization. (We have started the process for you by entering your zip code.)

To use FollowMyHealth without adding connections, please click the "Skip This Step" button.

Please note that response times to your connection requests may vary by organizations or providers.

Search:  (Zip Code, Organization, or Provider)

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### Search Results

<b>Optum</b> Multiple locations serving the Colorado Springs region Colorado 80903	<a href="#">Connect</a>
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[Show More](#)

### My Organizations

[Skip This Step](#) [Next](#)

**Step 14:** Click **Next**.

## Request Connections to Healthcare Organizations

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Search:  (Zip Code, Organization, or Provider)

---

Search Results	My Organizations
<p><b>Optum</b> Multiple locations serving the Colorado Springs region Colorado 80903</p> <p><b>Already Connected</b></p>	<p><b>Optum</b> Multiple locations serving the Colorado Springs region Colorado 80903</p> <p><b>Remove</b></p>
<p><b>Show More</b></p>	<p><b>Skip This Step</b> <b>Next</b></p>

**Step 15:** Review **Request for Access Agreement**.

**Step 16:** Click **I Accept**.

## Sign Request for Access

### 1 of 1 - Optum

Please review the Request for Access agreement and accept or decline the terms below.

**Print**

FollowMyHealth@  
Request for Access

First Name: Zuloo  
Last Name: Zztest

I, Zztest, Zuloo request access to the healthcare information about me, and authorize Optum to release such information that it has configured to be transmitted to my FollowMyHealth personal health record for my own uses and purposes. I acknowledge that such healthcare information

**I Accept** **I Decline**


**Step 17:** Click **Continue**.

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**Your Connection Request is Pending** ✖

Way to go! Your request has been sent to Optum. You may be contacted for further proof of identity. This is so only you and approved individuals have access to your private information.

You'll receive an email once your health information is ready for you to view. (You'll need to sign out and back in to see your data once you receive this email. Find this under "My Account" in the upper right.) Until then, feel free to explore the features of your FollowMyHealth account. We're glad you're here!


Continue


**Step 18:** The patient will now be directed to their **Patient Portal**.



Hello Zuloo | My Account ▾ | English ▾ | 🔍

In the event of a Medical Emergency DIAL 911

Home
Messages
My Health ▾
Wellness



### Health Summary

Age	44
Birth Sex	Unspecified

#### Action Center

!
You have 1 unread message in your Inbox.

### Recent Activity

< Previous
Page 1 of 1
Next >

You have requested to connect your health record to **Optum**
✕

1 minute ago

You joined FollowMyHealth®.
✕

2 minutes ago

### Devices & Apps

Connecting a device or an app allows health information to be used in FollowMyHealth.

Devices & Apps

### App Center

+ Add Apps

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