
FMH Patient Portal Video Visit

Step 1: Open **Chrome** internet browser.

Step 2: Go to <https://optum.followmyhealth.com/>.

Step 3: Input FMH Patient Portal Username and Password.

Step 4: Click **Sign In**.



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.

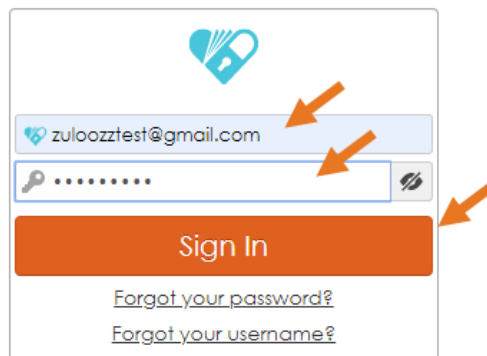
We are excited to have you with us as we start this next phase of our journey.

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



The screenshot shows a login form with the following elements:


- Optum logo at the top center.
- Username field containing "zulooztest@gmail.com".
- Password field with masked characters ".....".
- Orange "Sign In" button.
- Links for "Forgot your password?" and "Forgot your username?".

Three orange arrows point to the username field, the password field, and the "Sign In" button.

Step 5: Review the **Telehealth Terms of Service**.

Step 6: Click **Accept**.

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 **Telehealth Terms of Service**

You must accept the Terms of Service to continue with a Telehealth Visit. Declining will cancel your visit request.

Telehealth Terms of Service for Optum


Please review the Terms of Service for the Telehealth Service Print



Terms of Use
Last Updated: May 2019
CONSENT TO PARTICIPATE IN TELEHEALTH VISIT

1. **PURPOSE.** The purpose of this form is to obtain your consent for a TeleHealth consultation with a physician or other Healthcare team member.
2. **NATURE OF TELEHEALTH CONSULTATION.** TeleHealth involves the use of audio, video, or other electronic communications to interact with you, consult with your healthcare provider and/or review your medical information for diagnosis, therapy, follow-up and/or education. During your TeleHealth consultation, details of your medical history and personal health information may be discussed with other health professionals using interactive video, audio and telecommunications technology. Additionally, a physical examination of you may take place and video, audio, and/or photo recordings may be taken. Recording TeleHealth sessions in any manner or screenshots from patient devices are not allowed.


Accept
Decline

Step 7: Click **Join Visit**.



[Send a Message](#) | [Schedule an Appointment](#) |  Hello Baxter | [My Account](#) | [English](#) | 


Home
Messages
My Health
Wellness



Health Summary

Age	65
Gender Identity	Transgender Male / Female-to-Male
Height	5 ft 1 in
Weight	122.0 lb
Body Mass Index	23.1 kg/m ²
Blood Pressure	118/76 mm Hg
Primary Insurance	Kaiser
Preferred Pharmacy	OPTUM-STUDENT HLTH CTR


Action Center




Appointments

Schedule
Export

Upcoming
Past
Other


 **Video Visit**
 Saturday, March 21, 2020
 2:15 PM MDT
 Mr. Diet Pepsi, MD
 Optum

Join Visit
 Open 15 min. before visit

 **Video Visit**
 Saturday, March 21, 2020
 Open 15 min.

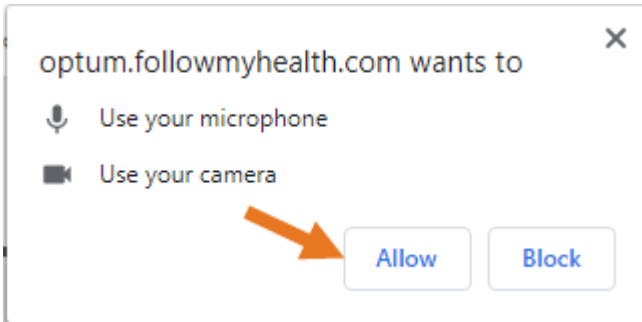
Join Visit

Recent Activity

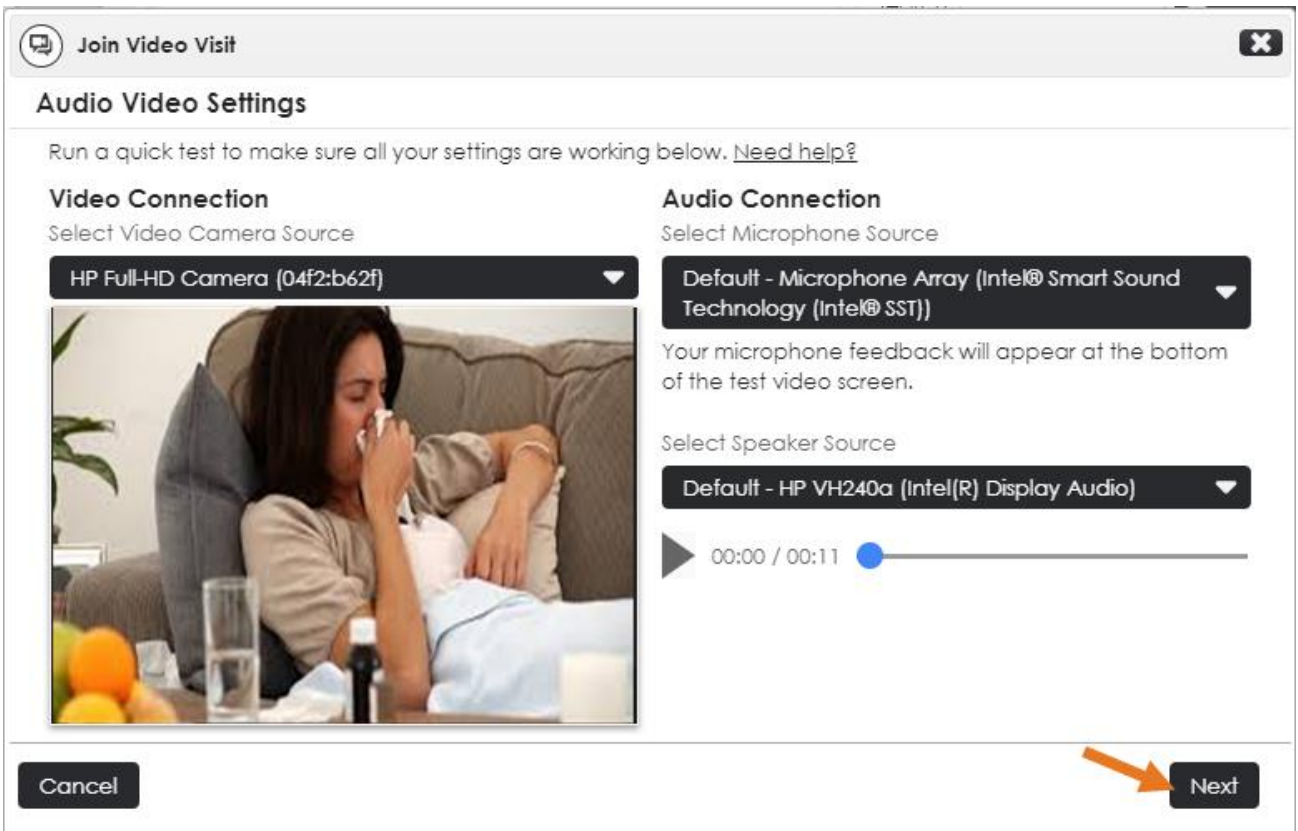
 Optum added 1 appointments to
x

Step 8: Click **Allow** to allow optum.followmyhealth.com to access your camera and audio.

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Step 9: Click **Next**.



Step 10: Attach any attachments as desired.


Step 11: Click **Next**.

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Join Video Visit ✕

Add Attachments

Would you like to attach any files?



[Click here to attach a file](#)

You can add up to 5 files, up to 8 MB per file. You can upload JPG, JPEG and PNG file types.

Cancel Back Next

Step 12: Verify/update phone number and pharmacy if needed.

Step 13: Once Verified/updated, click **Go to Virtual Waiting Room**.

Join Video Visit ✕

Preferred Phone Number

Best number to reach you at if there are questions?*

Mobile +1 719-426-8485

Preferred Pharmacy

What pharmacy do you wish to use for this visit?*


OPTUMRX MAIL SERVICE
2858 LOKER AVENUE EAST SUITE
#100 CARLSBAD, CA 92010
CARLSBAD, CA 92010
+1 800-791-7658

Edit

Cancel Back Go to Virtual Waiting Room

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Step 14: Patient will now be placed in the **Virtual Waiting Room**.

 **Virtual Waiting Room**

Video Visit for TELEHEALTH BRIEF with Optum

Your appointment will start at approximately:

4:40 PM MDT

You will be automatically connected to the visit

[Change Audio/Video Settings](#)

Cancel Visit