



## **PATIENT PORTAL**

- MyUBMD is the name of our Patient Portal (powered by Follow My Health™).
- The Patient Portal is an online method of:
  - Making or rescheduling appointments.
  - Securely sending and receiving private healthcare information.
  - Receiving email reminders from your doctor's office.
  - Viewing some of your lab results.
  - Tracking blood pressure and weight.
  - Requesting prescription refills.
  - Setting-up proxy accounts for dependent children and/or dependent adults.

You have 24 hour/day, 7 day/week access to your records from any computer, smartphone or tablet.

- Tell the front desk staff at your next office visit that you want to participate in the patient portal. You will be given your private invitation/access code.
  - Next, an email invitation will be sent to the inbox of the email account you provided to us.
  - Once you open the email, click on 'Create an Account.'
  - Click on the green FMH or Follow My Health button.
  - Create a username and a password and then click on Continue.
  - Click on Accept the Terms of Service.
  - Enter your Invitation or Access Code.
  - You may view the 3-minute 'how to' video or not.

You are now ready to use the Patient Portal whenever you wish. A telephone call to the office is no longer necessary! Make/change an appointment, refill a prescription, view lab test results.