

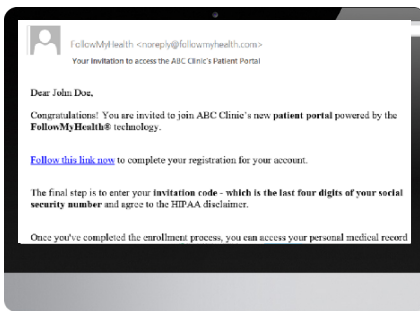
# Getting better starts here



## How to register for the Concentra Patient Portal

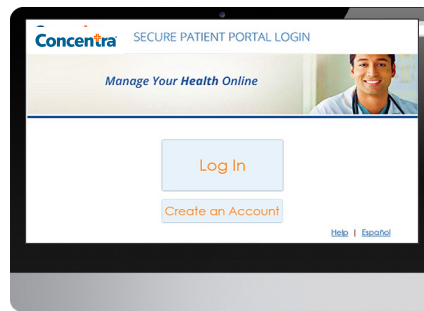
After you receive your registration email, it's easy to sign up for the Concentra Patient Portal and access your health records online. Just follow these simple steps to get connected today.

1



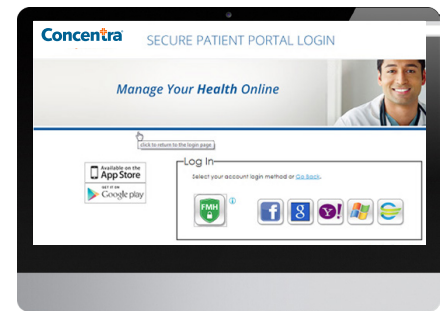
Open your registration email and click the link. The email will come from "FollowMyHealth" and contain your unique invitation code.

2



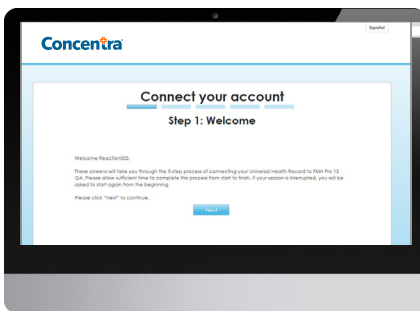
The link will lead to your login screen. Select "create an account." If you already have an FMH portal account and want to add this connection, select "add this connection."

3



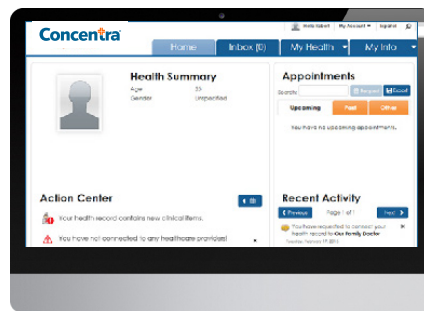
Choose a login method. Create your account by providing your email, a unique username, password, and the invitation code from your registration email.

4



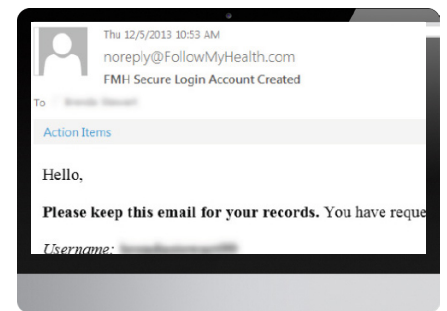
After creating your account, follow the instructions to connect to your medical record.

5



You now have access to the Concentra Patient Portal.

6



After exploring the portal, check your email. You will receive your username and password from FollowMyHealth. Please keep this for your records.



Manage your healthcare online



# Getting better starts here

Using the Concentra Patient Portal

The Concentra Patient Portal gives you secure access to your medical information. With the portal, you can:



Access your medical records anywhere, anytime



Request RX refills



Schedule appointments online



Send and receive secure messaging with your provider's office



**Access your medical information on the go!** Download the free portal app at your Apple or Android store. Enter **FollowMyHealth** in the search field.