

Information

FollowMyHealth portal is not meant for urgent or emergency situations. If you feel you have an urgent matter, contact your physician's office directly or call 911.

FollowMyHealth is organization based. If you are a patient of multiple organizations, you should connect to each separately, and then you can access all connections from one portal with one login and one password.

You will only see health information in your portal from providers that are active in FollowMyHealth and that you have seen for an appointment.

Lab results are released to your portal one day after the physician has reviewed them.

Your portal may not contain all of your health information. For a complete copy of your health record, contact your physicians office directly.

Not all physicians offer the same portal services. Some may choose to allow appointment requests but not prescription requests. If that option does not come up in your choices, it means that the physician doesn't offer that service.

When making changes to your health information in your portal, you are not making a permanent change in your physicians health record. Notify your physician directly either through a portal message or during an appointment.

NEED HELP?

Contact FollowMyHealth Support
1-888-670-9775

support@followmyhealth.com

For navigation and functionality information, visit

Marin Healthcare District's website

www.marinhealthcare.org/followmyhealth/

Cardiovascular Center of Marin
Marin Endocrine Center
Marin Internal Medicine
North Bay Urology
North Marin Internal Medicine
San Rafael Medical Center
Sirona Vascular Center
Tamalpias Internal Medicine
West Marin Medical Center



Creating a healthier Marin together.



NEW!

Online Patient Portal

FollowMyHealth™ 
Universal Health Record

Request Appointments
Message Your Physicians Office
Request Prescription Refills
View Lab Results
Manage Your Health Information
Submit Demographic and Insurance Updates
And much more!

SIGN UP TODAY!

Create an Account & Request Connection

STEP 1

Open an Internet Browser and type marinhealthcare.followmyhealth.com into the address bar and then search.

STEP 2

On the next screen, click "Create an Account."

STEP 3

On the next screen, enter your demographic information and click "I Accept."

STEP 4

Select a login method. Click the green "FMH shield" icon to create a secure internal username and password similar to what you would use for a bank account login. Or, you can use your already existing Facebook, Gmail, Yahoo or Windows Live ID account login credentials.

STEP 5

On the next screen, if you clicked the green shield icon, create a Username and Password and enter your email address.

If you choose to use an existing account, enter the login and password.

STEP 6

Click the blue "Connect" button next to Marin Healthcare District and any other organization you wish to connect with. Click "Next."

STEP 7

The next screen is Release of Information Authorization. Click "I Accept."

The organization you requested connection to will receive a notification. They will match you to your health record within three business days, and you will receive an email when this has been completed. At that time, your health information will load into your portal.



Questions and Answers

What are the technical requirements?

FollowMyHealth patient portal is an HTML5 web-based application. It is best viewed in their supported browsers (Internet Explorer 8 and higher and modern versions of Google Chrome, Firefox, and Safari). Other HTML5-compliant browsers should display correctly, but are not supported.

FollowMyHealth page not displaying properly?

You may need to update your browser or delete your browsing history, cookies and cached files.

Not receiving email notifications?

If you are not receiving emails from FollowMyHealth, such as notifications, your email provider may require you to add noreply@followmyhealth.com to your safe-sender list.

Is FollowMyHealth secure?

Yes. In compliance with federal patient privacy regulations, all transmitted data is encrypted during this process. The data storage is also encrypted for protection. Your login occurs over Secure Socket Layer (SSL, shown as HTTPS in your browser's address bar), which is an industry standard providing secure communication over the internet used by sites such as online marketplaces and financial institutions.

