

## 9 Easy Steps to Join MacGregor's Patient Portal

1. Give your email address to MacGregor employee.
2. You will receive an invitation from Follow My Health. **Email will not come from MacGregor.**
3. Within the email, you will see Click Here to begin the registration process.
4. Choose FMH icon to create an account. **We do not recommend any other login method.**
5. Create your username, password and confirm your email. Then click continue.
6. Check your email for confirmation and see that it displays your username before proceeding.
7. Login with your username and password.
8. Complete the 5 steps to connect your account. Click next after you read each page.
  - A. Step 3 asks for your activation code. **This is the patient's year of birth.**
9. Once your Health Record is uploaded you can access your information.