How To Sign Up:

- Provide your Email Address to one of our staff members and they will send you an "invite" to join

- Often, if time and staffing permit, we can complete your registration with you while you are in the office

- If time does not permit, please check your email for the next few days for a message from "Follow My Health" (If you don't receive the email within 3 days, check your junk folder and if it is not there, call us back)

- Open the Email and click on the highlighted link

- Create a Follow My Health logon. Simply select the Follow My Health Icon and follow the steps to create a new account.

- If you prefer, you may choose one of these logon options (Facebook, Google Gmail, Yahoo, or MSN Hotmail) and logon with your user name and password.

- Read and agree to the Terms of Use

- Save this Website to your 'Favorites'

- Congratulations…you are ready!

If You Need Time To Decide, Follow the Steps Below To Register Directly From Your Home Computer:

Go To:

https://azacp.followmyhealth.com

Select: Create an Account

Enter: Requested Information

Review and Accept: Terms of Service

Approximately 2-3 office days later you should receive an email notification confirming access to your record

Once you receive your notification, then you are Ready to 'Follow My Health'

Follow My Health
Access Your Health Record Online

ACP
ARIZONA COMMUNITY PHYSICIANS

Follow My Health Enables You To:

- *Request an appointment*

- *View lab results, vaccine records, and allergies*

- *Communicate securely with your provider*

- *Update personal, insurance, and pharmacy Information*

- *Consolidate family health information using proxy services*

- *And much more…*

Follow My Health Navigation

- Navigate by clicking on the tabs at the top of the screen

- View your health record by clicking on: **My Health**

- Send a message to your Provider:

  Select **Send a Message** tab from the top of the page. Use the dropdown to choose a **Provider.** Type in message and select **SEND.** Messages to you will arrive in your **Inbox**

- Schedule an Appointment:

  Select **Schedule an Appointment** from the top of the page. Select your **Provider** and designate your preferred appointment time/date. Add any comments and select **Submit**

- Email portions of your medical record:

  Go To: **My Health** and click on the dropdown arrow, then select the desired **Tab.** Once selected, select the **Email** tab, enter the desired Email address and select **Send**
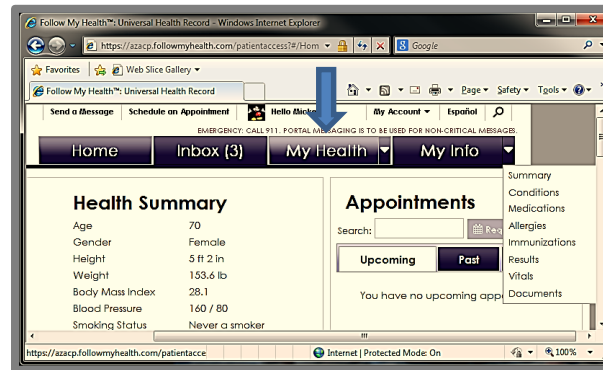
- Request a Medication Refill

  Go To: **My Health** Icon on the top, click on the dropdown arrow, then select **Medications.** Select the **Medication** you wish to fill and submit.

**PLEASE NOTE: THESE SERVICES SHOULD NEVER BE USED FOR URGENT ISSUES AS THEY DO NOT NECESSARILY SEND IMMEDIATELY AND WE MAY NOT HAVE STAFF REVIEWING THESE TASKS ON AN URGENT BASIS.
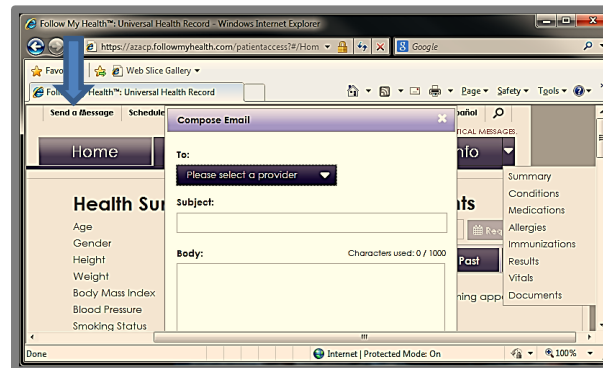
Contact Follow My Health Support:

Need Help? Click on the **Support** link at the very top of the screen in the **My Account** drop down menu or call **1-888-670-9775**
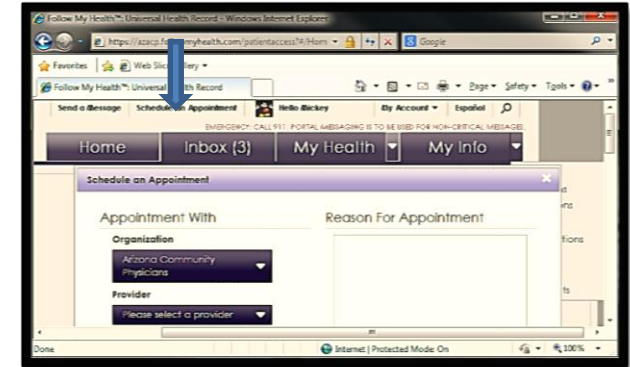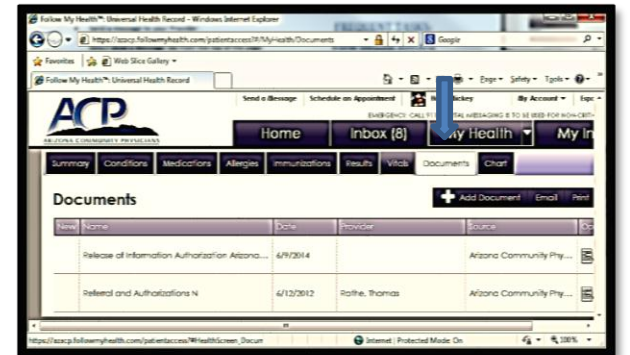
FREQUENT TASKS:

View Health Record

Send a Note to Your Provider

Request an Appointment

View Your Lab Results

Email Portions of your Medical Record