Thank you for signing up to Follow My Health! We’re glad you’re here and we want to help you complete the registration in a few easy steps.

1. **LOOK OUT FOR THE INVITATION EMAIL**
   Upon providing your email address, you’ll receive an invite. Remember to check your junk folder.

   **Dear [Name],**

   Thank you for signing up to Follow My Health, the patient portal from Ridgecrest Regional Hospital! We need a little more information to complete your registration and get you connected to your medical information.

   When you begin the registration process, you will be asked if this is your first time using Follow My Health, or if you are already a user. Click on the right button and follow the easy steps.

2. **CREATE A USERNAME**
   Use your email address or create a unique one.

   ![Create Username Form]

3. **VERIFY YOUR IDENTITY**
   By entering the 4 digits of your year of birth, or the last 4 digits of your social.

   ![Verify Identity Form]
**4. WE’LL UPLOAD YOUR INFORMATION**

If you get prompted by a delay screen, click ‘yes’ and let us do the work.

**5. YOU’RE IN! WELCOME TO THE HOME PAGE**

Explore the four tabs and get familiar with them. The home page displays your profile, your appointments, and recent activity.

**6. ACCESS YOUR HEALTH RECORDS**

Use “My Health” tab to access your results, medications, visit summaries, and more!