



MANAGE YOUR HEALTH ONLINE

## Managing Your Health Online

ExcelaHealth.me is a private, secure, and easy means of managing your personal health information and communicating with your doctor's office online. This free health care management tool can improve communication with your doctor's office while documenting important health care information, giving you the ability to make more enlightened decisions about your health.



## ExcelaHealth.me Offers . . .

- Online access when and where you want it. Your health information is available electronically through a Web browser.
- Confidence that your health information is located in a secure site.
- Convenience to review and update your health information online.
  - Save time when you check-in for your appointments by completing and submitting forms online **prior to** your appointment.
  - Download, fax and/or e-mail health information such as immunization history, school exam forms and others.
  - Check lab and other test results.
  - Review electronic sections of your health record including office visits, diagnoses, conditions and medications.

## Make the Connection to Your Doctor's Office

- Request appointments and prescription refills at your convenience.
- Send and receive messages from your doctor's office.
- Get reminders about follow-up and preventive care.

**Please note:** ExcelaHealth.me accounts link to providers who have agreements with FollowMyHealth. All members of the Excela Health Medical Group participate in the program and care offered through these providers as well as Excela Health hospitals will be documented in your universal health record.



## Is Your Doctor a Participant?



Visit MyExcelaDoc.org and look for the icon identifying members of the Excela Health Medical Group.

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## How Can I Sign Up for ExcelaHealth.me?

- Click on the link you receive in your e-mail invitation from FollowMyHealth™.
- Click on "Create An Account." Fill in the demographic information being asked and accept the Terms of Service.
- Now it's time to select a login method. Excela Health recommends the green FMH secure login icon.
- Next, create a username and password.
- Re-enter your username and password and click Login.
- Click "Connect with Excela Health" and then hit "Next" on the same page.
- Accept Release of Information.
- When prompted, your default invitation code is the last four digits of your Social Security Number.

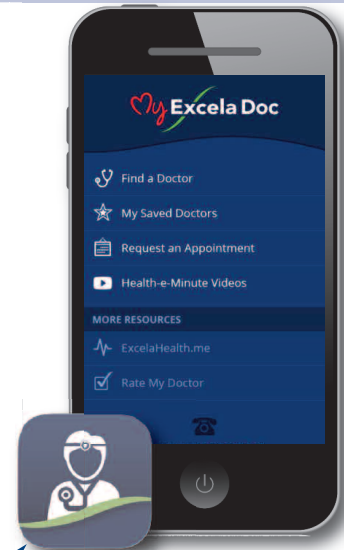


## System Requirements

1. Use Internet Explorer 8.0 or higher, modern versions of FireFox, Chrome and Safari.
2. Use with Windows or MAC.
3. A Windows Live ID, Google, Facebook or Yahoo account is required. Or create a FollowMyHealth™ secure login account.



**DO NOT USE ExcelaHealth.me to report a life-threatening situation or an urgent medical condition. In these instances, call 9-1-1 or go to the nearest Emergency Room.**



Soon, you'll be able to access ExcelaHealth.me from the MyExcelaDoc mobile App.