

Step-by-Step Instructions for Follow My Health

Step 1 – Visit <https://www.carsonatahoe.com/rmcportal.html> and click “Access Patient Portal.” Once on FollowMyHealth, click the “I need to sign up” button.

(You can also bookmark this page and click “Sign In” to access your account after creation).

Step 2 – Fill out your legal name, and personal information. Once filled in, click the “Confirm and Continue” button.

Step 3 – Please read and click “I accept” to the Terms of Use.

Step 4 – Create a FollowMyHealth username (the default is your email address) and password, which must be at least 8 characters long, and include a letter, number, and special character, such as !@#*. Once completed, click “Confirm and Continue”

Step 5 – Request a Connection to Healthcare Organization. Enter “89703” in the search box. When Carson Tahoe Health appears in the window, click “Connect” and then click “Next” (Note: if you click “Skip This Step” your account will not connect to your records.)

Request Connections to Healthcare Organizations

Requesting a connection informs your healthcare provider that you would like your medical information to be made available online through FollowMyHealth.

If your healthcare provider is a participant in FollowMyHealth, they will display in the search results below. Use the Search Box to locate available connections by entering your zip code, provider, or healthcare organization. (We have started the process for you by entering your zip code.)

To use FollowMyHealth without adding connections, please click the "Skip This Step" button.

Please note that response times to your connection requests may vary by organizations or providers.

Search: (Zip Code, Organization, or Provider)

Search Results

Carson Tahoe Health 1600 Medical Parkway Carson City, Nevada 89703	Connect
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My Organizations

[Show More](#) [Skip This Step](#) [Next](#)

Step 6 – Please read and click “I Accept” to electronically sign the Release of Information document, to authorize FollowMyHealth to access CTH records.

Step 7 – After accepting, you will be able to access your FollowMyHealth account, and receive an email informing your account’s creation. Please allow one business day for your records to be entered in to your account. You will receive an email when the records have been added. If you do not receive the confirmation email please call 775-445-8929 for support.



(775) 445-8000

GET CARE NOW



FIND A PROVIDER

FIND A LOCATION

SERVICES

HELPFUL INFO

JOIN OUR TEAM

Carson Tahoe Regional Medical Center Patient Portal

For any questions or help with our Patient Portal, please do the following steps:

- [Click here](#) to view a step-by-step PDF guide for setting up your account.
- [Click here](#) to request a Carson Tahoe representative call you to help. You will need to briefly explain the issue you are experiencing, and include times you are available for a call back if they are unable to do so immediately.

You've got too many things to keep up with. When it comes to healthcare, our patient portal does the tracking for you.

This doctor, that procedure, those medications ever feel like you've got too much medical information floating around? Carson Tahoe Health's new Patient Portal, *FollowMyHealth*, consolidates your medical record and stores it all in one convenient place.

With *FollowMyHealth*, you can:

- Now available - access radiology reports
- Give long-distance loved ones access to view and help manage your medical information
- View, print, email or fax your medical information securely 24 hours a day, 7 days a week from any computer, smartphone or tablet

Access Patient Portal



CARSON TAHOE — HEALTH —

Sign Up and Connect

With FollowMyHealth® you can manage your health information and communicate with providers in a secure, online environment – 24 hours a day / 7 days a week. Once you create your account, you will be prompted to search for and connect with available providers in your area.

Notifications Email

An email address is required

Zip Code

First Name

Home Phone Number (optional)

Last Name

Social Security Number (optional)

Date of Birth (e.g. 10/29/1985)

« Back

Confirm and Continue

| English



CARSON TAHOE

— HEALTH —

FollowMyHealth Universal Health Record

Terms of Use

Welcome to the FollowMyHealth Universal Health Record. All users of this web site, as well as the FollowMyHealth Universal Health Record and all related products and services (collectively, the "Service"), are subject to the following terms and conditions of use (these "Terms of Use"). Please read these Terms of Use carefully before accessing or using any part of the Service. **By accessing or using the Service, you agree that you have read, understand, and agree to be bound by these Terms of Use, as amended from time to time, and agree to be bound by FollowMyHealth Privacy Policy which is hereby incorporated into these Terms of Use.** If you do not wish to agree to these Terms of Use and/or the FollowMyHealth Privacy Policy, do not access or use any part of the Service.

1. Definitions

(a) **Aggregate Data.** Aggregate Data is PHR Data that: (1) has names and other identifiers removed or altered and (2) is grouped so it does not identify or connect to you as an individual. In other words, Aggregate Data is information that does not identify an individual Services user.

(b) **Authorized Individuals.** An Authorized Individual is an individual whom you authorize to access your FollowMyHealth Universal Health Record on your behalf.

« Back

I Accept

I Decline

| [English](#)



CARSON TAHOE

— HEALTH —

Sign Up and Connect



Create Username (Using your email is recommended)

Email or username

- ✘ Must begin with a letter or a number
- ✘ If using your email, must be a validly formatted email address

Create Password

Password

Confirm Password

- ✘ Must be at least 8 characters
- ✘ Must contain at least one number
- ✘ Must contain at least one special character. For example: !@#\$\$%^&*()-
- ✘ Passwords must match

« Back

Confirm and Continue

| [English](#)

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Search: (Zip Code, Organization, or Provider)

Search Results

Carson Tahoe Health
1600 Medical Parkway
Carson City, Nevada 89703

Connect

Show More

My Organizations

Skip This Step

Next

Sign Release of Information Authorization

1 of 1 - Carson Tahoe Health

Please review the Release of Information Authorization agreement and accept or decline the terms below.

Print

FollowMyHealth
Authorization Release of Information

First Name: John

Middle initial:

Last Name: Smith

I, Smith, John authorize Carson Tahoe Health to release any and all healthcare information about me to my FollowMyHealth personal health record for my own uses and purposes. I acknowledge that such healthcare information may include the following: x-rays, clinical diagnosis,

I Accept

I Decline