

# Accessing Your Health Information at Methodist Hospital



## Take charge of your healthcare by accessing your health information through our Patient Portal

You have the ability to view your health information from a desktop computer or download the Follow My Health app from the App Store or Google Play store as it is compatible with both Apple and Android devices. We have conveniently provided the links to both on our patient portal login in page.

You can access your Patient Portal account a couple of ways:

1. If you provided an email address during your visit simply click the link in your email to create your account.
2. If you did not provide an email address during your visit or you opted out previously and would like to opt back in, visit <https://methodisthospital.followmyhealth.com> to create your account.



Types of information available in your Follow My Health account are:

- Lab Results
- Immunization History
- Medication History

Also, if your provider participates, you can communicate with them via secure messaging.



or, use an alternative



[How is this information used?](#)

[I need to sign up](#)

You also have the ability to use other third-party health applications to manage all of your health information in one central application after you have requested and received it into your FollowMyHealth account. You will be required to authenticate your identity within the third-party health application using your secure FollowMyHealth account. For a current list of available third party health applications that are known to be able to connect to our Electronic Health Record, please visit our website [www.methodisthospital.org](http://www.methodisthospital.org) and click on the "Patients & Visitors" tab.