

# FOLLOWMYHEALTH

Electronic Patient Portal

## WHAT IS IT?

FollowMyHealth is an online personal health record that is linked to your Pariser Dermatology Specialists electronic chart. Pariser Dermatology sends clinical data updates and messages to your FollowMyHealth account, and allows you to communicate with your provider electronically.

With FollowMyHealth, you can:

- Review your medical records online in a safe, secure environment
- Communicate privately with your healthcare providers via secure messaging
- Update your health information (allergies, medications, conditions, etc.)
- Request Rx refills
- Schedule or change appointments, and more!

## HOW TO ACCESS IT?

Your Patient Portal account is available 24 hours a day, 7 days a week via any computer, tablet, or smartphone. To access your account, go to [www.pariserderm.com](http://www.pariserderm.com) and click on the Patient Portal link at the top right.



You can download the FMH Mobile app in order to access your portal account on a mobile device.

## HOW TO SIGN UP?

Once at the Patient Portal, click on “I need to sign up” in the middle of the screen. Fill out your information and then accept the terms of use. After that, create your username and password. When you get to the section to request connections to healthcare organizations, scroll down to find Pariser Dermatology and click Connect.

You can also search for your other healthcare providers and, if they are members, you can connect to them.

Search:  (Zip Code, Organization, or Provider)

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Search Results	My Organizations
<p>Main Business Office 230 Clearfield Ave, Suite 124 Virginia Beach, Virginia 23462</p>	
<p><b>Pariser Dermatology Specialists, LTD</b> 6160 Kempsville Circle Suite 200A Norfolk, Virginia 23502</p>	<p>Connect</p>
<p><b>The Hand Center</b> 6160 Kempsville Circle, Suite 102A Smithfield Bldg., West Entrance Norfolk, Virginia 23502</p>	<p>Connect</p>
<p><b>Elite Women's Care</b></p>	<p>Connect</p>

