How do I send a message to my provider?

Please note: for life-threatening conditions, do not send a FollowMyHealth message to your doctor. Please call 911 or visit your nearest ER.

FollowMyHealth™ allows you to safely and securely message your provider in three ways.
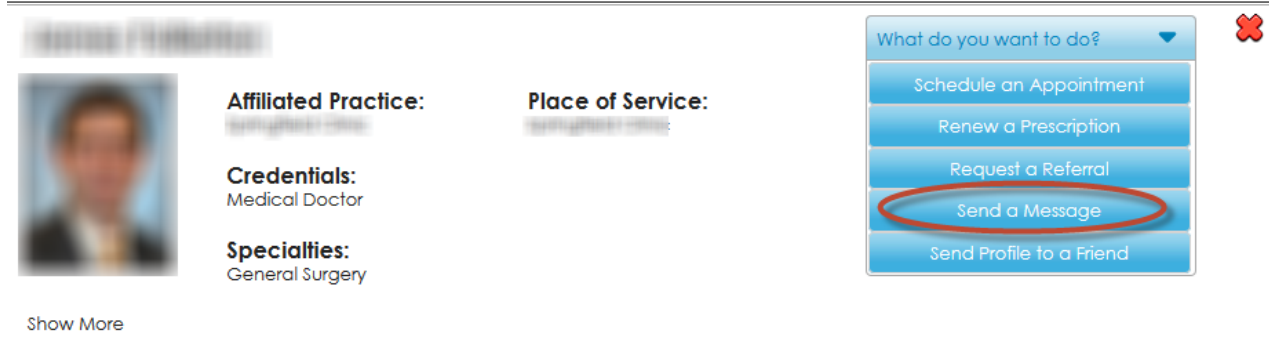
1. Click on the "Inbox" tab at the top of the page, then select the "Compose" button. (circled in red in the image below)

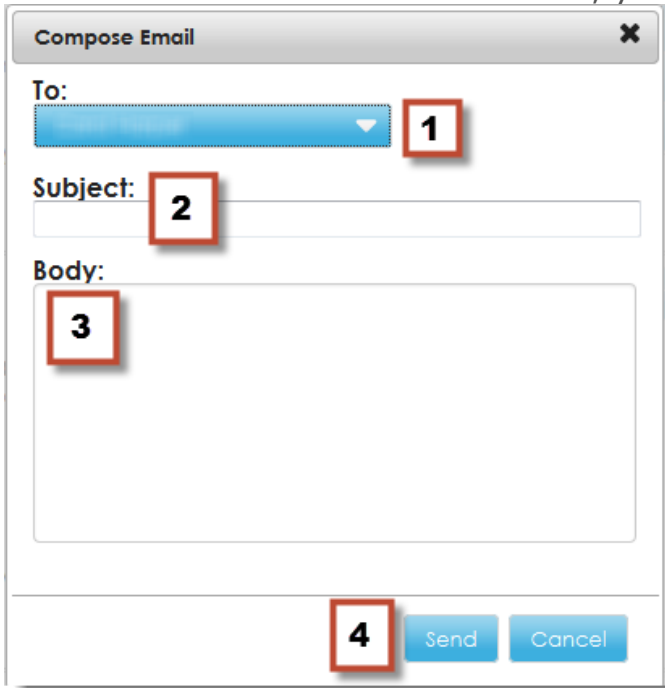2. Click the drop-down button next to "My Info" and click "Providers".
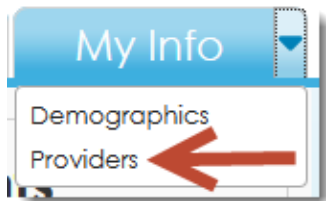
In the box with the provider's name that you want to schedule the appointment with, click the button that says "What do you want to do?", then select "Send a Message".

3. Click on "Send a Message" on the very top of the screen, to the left of your name. This will be available no matter where you are in the site.

This will bring up a box with three sections: a drop-down for provider name (1), a box for the subject of the message (2), and a box for the body of the message (3). Once these three sections are all filled out, you should be able to click the "Send" button (4).

Fill in the boxes shown above and select SEND. You will get a confirmation pop up that your email was sent.

Also, in you Sent folder on the Inbox tab, there will be a record of your sent email. *if there is not a copy in your sent folder, please send again. This means there was some disconnect with the sending and receiving servers and your message may not have reached your provider.