

Information At Your Fingertips



Access FollowMyHealth from any computer, smartphone or tablet to:

- Check Your Personal Records
- Pay Your Bill
- Schedule an Appointment
- Refill Your Medications
- Receive Clinic Closing Notifications

Here's how to get started:

1. Make sure we have your correct email address to send you an invitation.
2. Check the registration link in the email you receive from noreply@followmyhealth.com
3. Create your portal login using a unique username and password.
4. Enter the invitation code provided by us and click "Agree" on the release of information.

Already have a FollowMyHealth account?

Click the link in your invitation email and log in with your existing account. This will keep all of your health information in one place.

Access your FollowMyHealth at:
fammedspec.followmyhealth.com



Download the FollowMyHealth app:
search FollowMyHealth and log in with
your username and password.



Ask your nurse or our front desk for more information!

Our portal is for non-emergency routine needs only.
If you need an immediate response, please call our office at: 308-995-4431, or if necessary, call 911.