



Covina Arthritis Clinic

RHEUMATOLOGY ARTHRITIS OSTEOPOROSIS
Board Certified in Rheumatology & Internal Medicine
Assistant Clinical Professor of Rheumatology at USC

Welcome to our patient portal (Follow my health)

Using our portal, you will be able to:

- Access your secure medical records.
- View and print copies of Lab/Radiology performed in our office.
- View your health information and summary of your visit.
- Send and receive secure email to/from our staff that's non-urgent
- View current and past medications written by our office. You can also request refills
- Update address, phone number, insurance, etc.
- You can view upcoming appointments. Please call office directly for any changes within 3 days of scheduled appointment(s).

INSTRUCTION FOR PATIENT PORTAL (FOLLOW MY HEALTH)

You can access your records by going to our website:

1. Go to covinaarthritisclinic.com
2. Click on the Patient Portal link on the upper right hand side.
3. Register for a FMH Secure Sign In.
4. Create a username and password.
5. Choose a healthcare organization
6. Accept agreement

Or you can go directly to followMyHealth portal:

1. <https://www.followmyhealth.com>
2. Enter your information
3. Create a username and password
4. Choose healthcare organization
5. Accept agreement