

## FOLLOW MY HEALTH

### What to do:

Step 1-Open the "Follow My Health" email found in your personal inbox.

Step 2-Click on the link found in the email and create a new account.

Step 3-Choose your login method (Gmail, Facebook, Yahoo Mail).

Step 4-Accept the agreement.

Step 5-Enter the invite code: year of your birth  
(eg. 1954).

Step 6-Accept the agreement. Click next.  
Continue until registration is complete.

Step 7- Go to the top of your screen where it says "Send a Message". Choose Robert M Johnson DPM as your provider and create a message (eg. "I joined" or "I am a member").

THANK YOU!