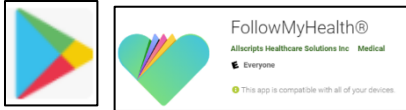




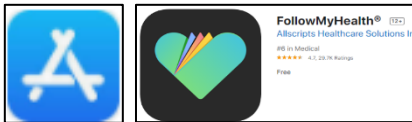
I will be using my SmartPhone or Tablet to request an email visit

Step 1: Download FollowMyHealth App

Android:

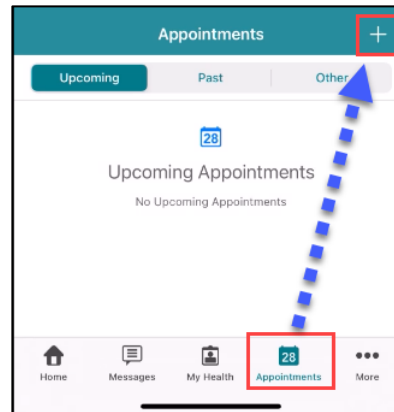


IOS:

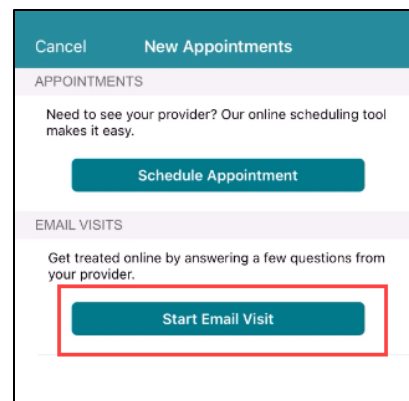


Step 2: Request an Email Visit

- Go to **Appointments** Icon
- Select the + sign



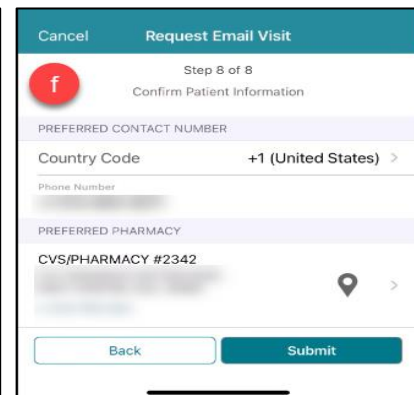
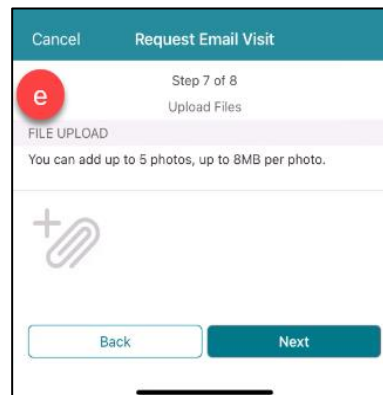
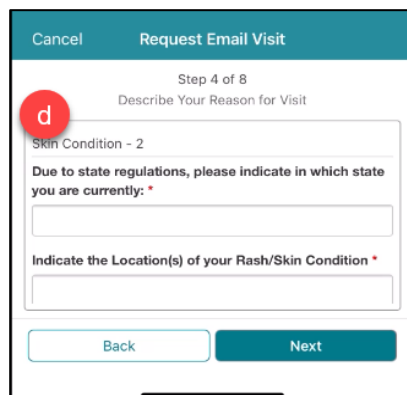
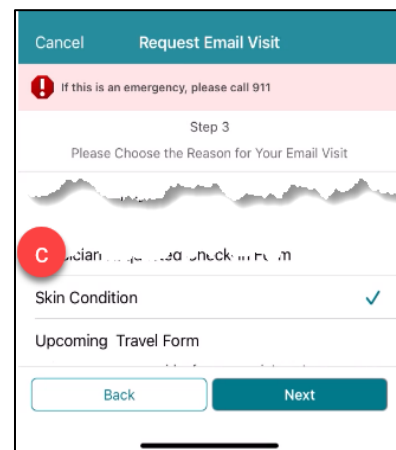
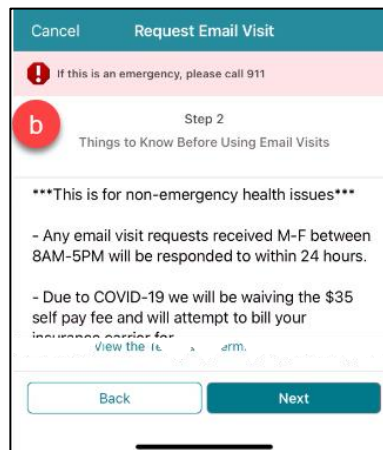
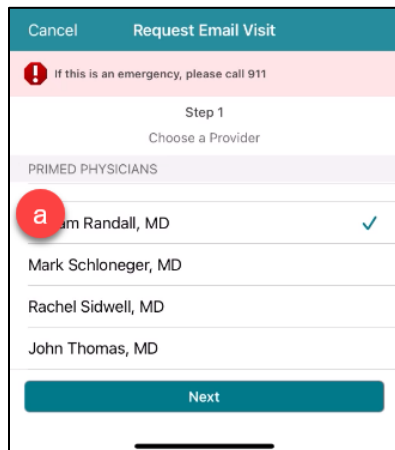
- Select **Start Email Visit**





Step 3: Follow Prompts to Request an Email Visit

- a) Select Provider > Next
- b) Review Things to Know > Next
- c) Select Reason for email visit > Next
- d) Respond to questions > Next
 - a. Any question with a red asterisk * is a required question
- e) Upload a photo (if applicable)
- f) Confirm best number and pharmacy > Submit
- g) Review Email Visit Request details > OK



Step 4: Review Provider's Response

- a) Response can be seen and responded to through Messages





I will be using my PC/Computer to request an email visit

Step 1: Log-In to your Follow My Health Account

- Use this link: <https://primedphysicians.followmyhealth.com/patientaccess#/Home>
- Enter your *credentials (Log-in and password)*

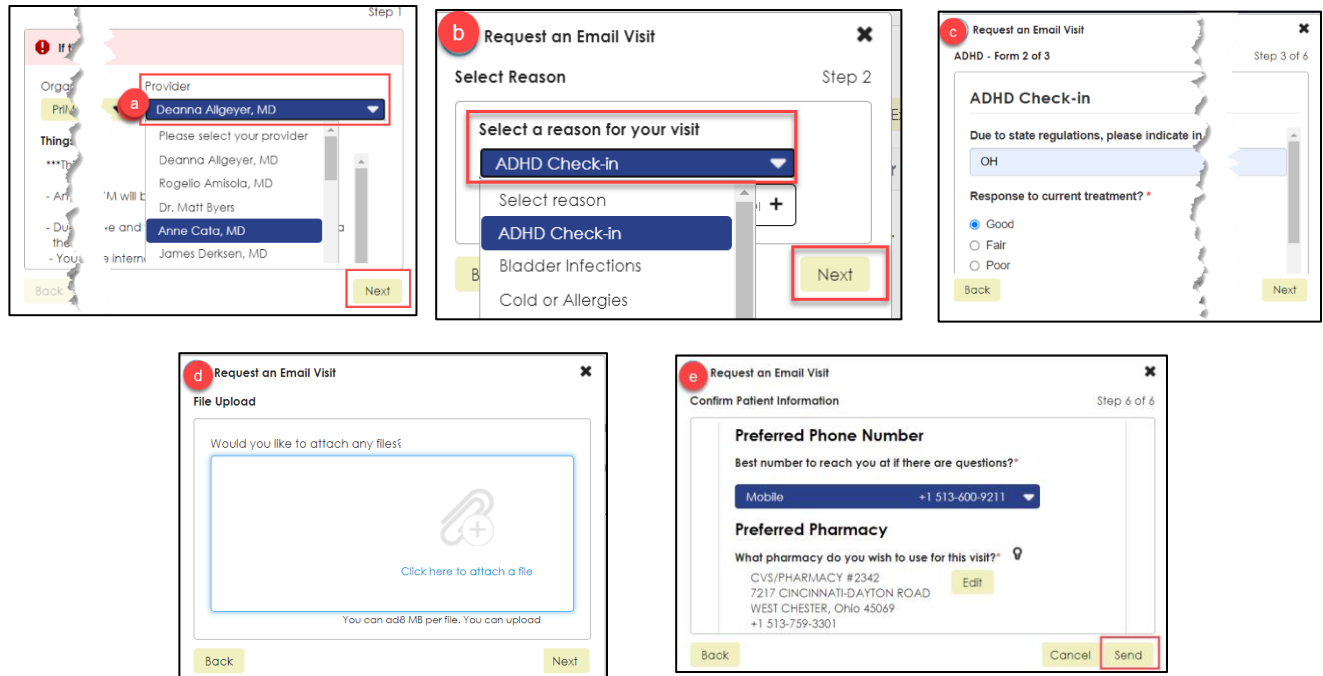
Step 2: Request an Email Visit

- On the main screen, select **Start an Email visit**



Step 3: Follow Prompts to Request an Email Visit

- a) Select Provider > Next
- b) Select Reason for email visit > Next
- c) Respond to questions > Next
 - a. Any question with a red asterisk * is a required question
- d) Upload a photo (if applicable)
- e) Confirm best number and pharmacy > Send

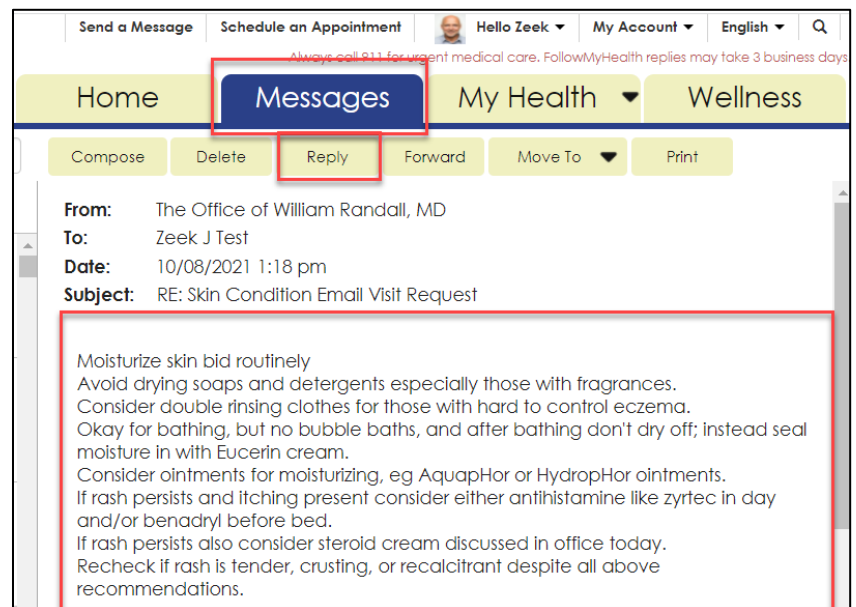


The screenshots illustrate the following steps:

- a) Select Provider:** A dropdown menu shows a list of providers, with 'Anne Cala, MD' selected.
- b) Select Reason:** A dropdown menu shows 'ADHD Check-in' selected from a list of reasons.
- c) Respond to questions:** A form titled 'ADHD Check-in' with a question 'Response to current treatment?' and radio button options: Good (selected), Fair, and Poor.
- d) File Upload:** A screen asking 'Would you like to attach any files?' with a 'Next' button.
- e) Confirm Patient Information:** A screen for 'Preferred Phone Number' and 'Preferred Pharmacy' with a 'Send' button.

Step 4: Review Provider's Response

- Response can be seen and responded to through **Messages**



The screenshot shows an email interface with a 'Messages' tab selected. The email details are:

- From:** The Office of William Randall, MD
- To:** Zeek J Test
- Date:** 10/08/2021 1:18 pm
- Subject:** RE: Skin Condition Email Visit Request

The response text is highlighted in a red box:

Moisturize skin bid routinely
 Avoid drying soaps and detergents especially those with fragrances.
 Consider double rinsing clothes for those with hard to control eczema.
 Okay for bathing, but no bubble baths, and after bathing don't dry off; instead seal moisture in with Eucerin cream.
 Consider ointments for moisturizing, eg Aquaphor or HydropHoc ointments.
 If rash persists and itching present consider either antihistamine like zyrtec in day and/or benadryl before bed.
 If rash persists also consider steroid cream discussed in office today.
 Recheck if rash is tender, crusting, or recalcitrant despite all above recommendations.