Follow My Health™ Appointment Request Instructions

PLEASE NOTE: Portal appointment requests should not be used for same day appointments.

1. Provider needs to be selected

2. Check which day you are available, then pick anytime, or specific times for that day. You need to do this separately for each day of the week that you are available.

3. Click “Add this Time Slot”

4. Once a time slot has been added, it will populate here.

5. Reason for visit is required

6. Once all fields are populated, the submit button will indicate that you can click “submit”.

Click on “Schedule an Appointment”