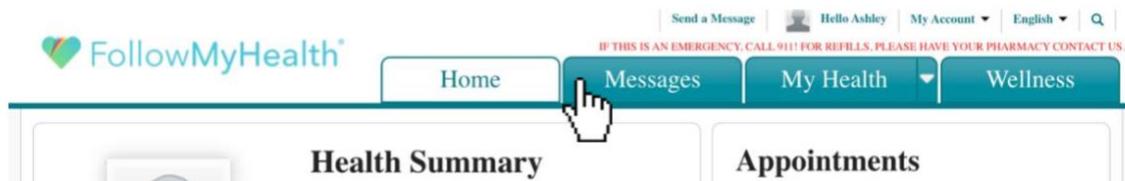


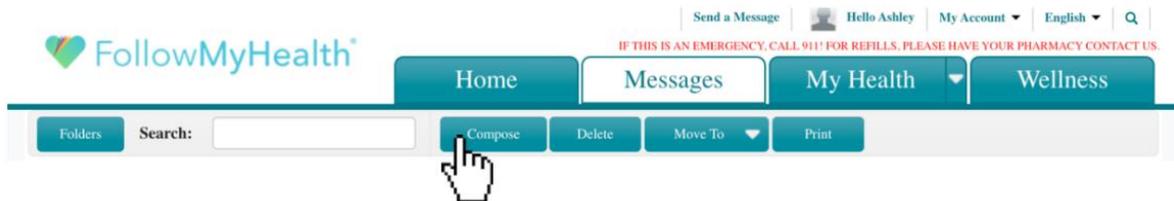
Communicating with your Medical Team

Log in to your client portal at <https://www.followmyhealth.com/Login>

1. Click on **Messages** in the top navigation panel.



2. Click on the blue **Compose** in the middle navigation panel.



3. **Select Recipient** for your message: Ashley Palmer, RN, or Jane Epstein, CNP.
4. Write a **Subject** and then your **Message**.
5. You may add **Attachments** by clicking the paperclip icon.
6. Click **Send** in the lower right corner.
7. Allow **3 Business Days** for a response.
8. **Urgent Issues** can be addressed by calling Ashley Palmer, RN at (505) 705 1109.
9. For **Emergencies**, call 911 or seek emergency services.