

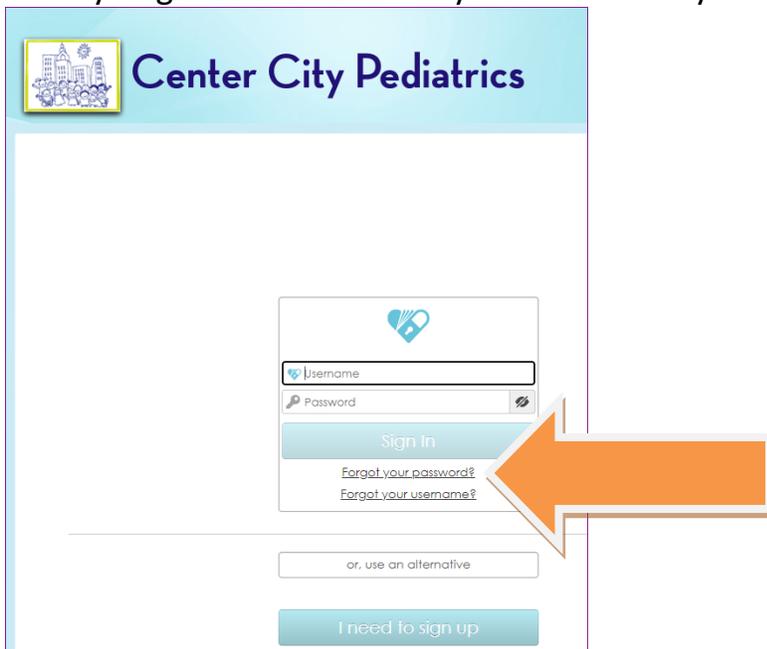
Instructions for PROXY to reset password:

You can only reset your password if it was originally created by you in Follow My Health. If you used an alternative method to login, you will not be able to reset that password.

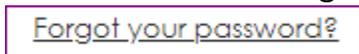
Here are the alternative logins available:



- 1) When you go to our website, follow the instructions to find the Follow My Health website address, there is a button that says existing users' login
- 2) Once you get to the Follow My Health screen you will see this



- 3) Then click on the Forgot Password link



4) Next follow the instructions on the next page

Recover Your Password
To reset your password enter your username below. If the username is recognized, we will send a verification code to the email associated to your account.

Username

I'm not a robot  reCAPTCHA
Privacy - Terms

5) After that, click continue

6) This message will populate:

Verification code sent.
Almost there! If the username was recognized, then a verification code was just sent to the email on your account. Enter the code below to update your password.

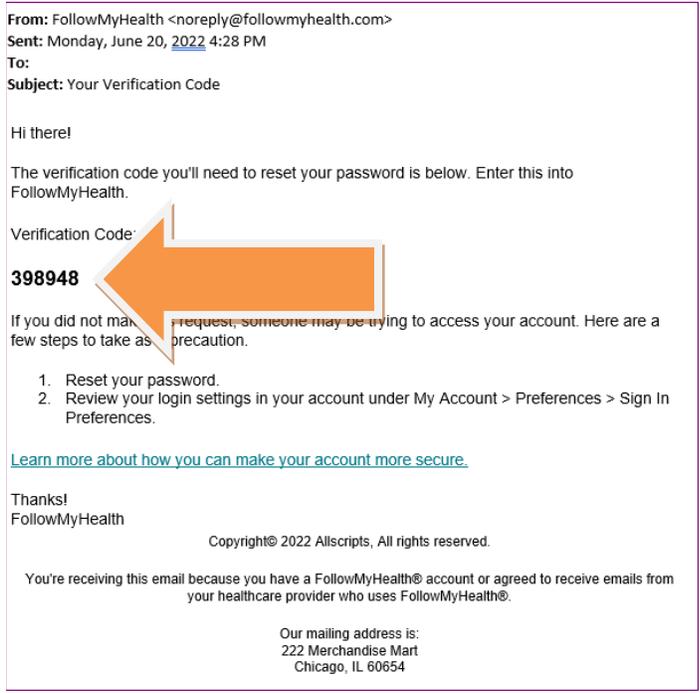
Verification Code

[Resend verification code](#)

Not receiving a code? Make sure you entered the right username. If you're not sure what your username is, click the link below to recover it now.

[Forgot your username?](#)

7) Check your junk, clutter and spam mailboxes as this is the email you will receive with the code:



8) Obtain the verification code and enter on the webpage then click continue

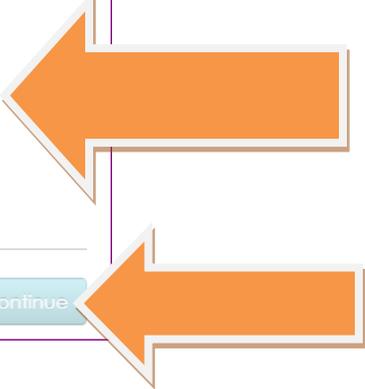


9) This page will allow you to create a new password, follow the instructions, write down the password for future use and click continue

Update Password
Please enter a new password below. Choose a strong password and don't reuse it for any other sites.

Create Password

<input type="text" value="Enter New Password"/>	✘ Must be at least 8 characters
<input type="text" value="Confirm New Password"/>	✘ Must contain at least one number
	✘ Must contain at least one special character. For example: !@#\$\$%^&*()-
	✘ Passwords must match



After you create the new password, you will be automatically logged into FMH, be sure to update the app on your cell phone with the new password.

You will have received an email by now that states the password has been changed, here is what that email looks like:

From: FollowMyHealth <noreply@followmyhealth.com>

Sent: Monday, June 20, 2022 4:33 PM

To:

Subject: Your Password was Changed

Hi there!

Your password for FollowMyHealth has been changed.

If this was you, no further action is required. Thank you for keeping your account up-to-date!

If you did not make this request, someone may be trying to access your account. Here are a few steps to take as a precaution.

1. Reset your password.
2. Review your login settings in your account under My Account > Preferences > Sign In Preferences.

[Learn more about how you can make your account more secure.](#)

Thanks!
FollowMyHealth

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Our mailing address is:
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