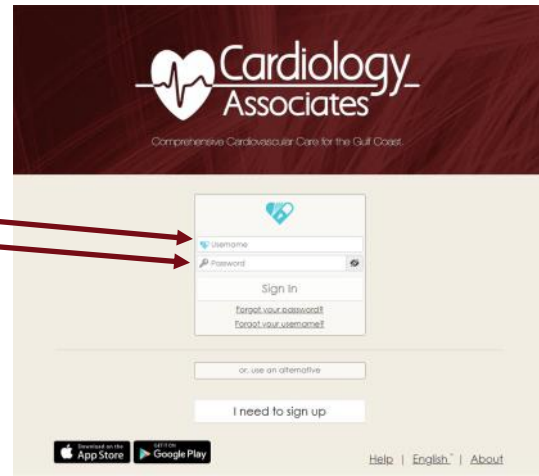


Accessing Medical Records with FollowMyHealth

1. cardassoc.followmyhealth.com

Sign into FollowMyHealth patient portal with username and password.



2. Under "My Health" drop down select the information you would like to access.



3. Based on your selection under the "My Health" drop down you will get one of these two windows to select to either email or print your records.

