

FollowMyHealth (FMH) Patient Portal

Colorado Mountain Medical

[Log into your CMM FollowMyHealth Portal](#)

To save a message thread

1. Click on the "Messages" tab
2. Click on the specific message you would like to save
3. Above the message you'll see a list of options, select "Print"
4. Read the disclaimer confirming you are ok with printing this email.
 - (Disclaimer summary: Please note this email may contain sensitive information about your medical record.)
5. If you are okay with this, press "print"

To download all documents, which may include the following:

- Copies of scanned files on file (such as your photo ID, insurance card, and signed forms).
- Clinical visit summaries (including your conditions, allergy list, immunizations, and prescribed medications).
- Provider order sheets and referral forms.

1. From the dashboard, select the "My Health" tab
2. On the "Demographics" page, click the green "Send" button
3. Select from a dropdown menu, including "Email All," "Print All" or "Export All My Data"
 - a. Selecting "Print All" will allow you to print all of the data. Please note, this can be many pages depending on how many doctor visits you have had over time.
 - b. Selecting "Export All My Data" will allow you to download a file to your computer. This process may take a few minutes.

- i. Once complete, a popup window will appear that shows when the file was created and has a link to "Download the existing file."
Select that link to start the download process
- ii. On the next screen select "Download"
- iii. Save the .zip file to your computer.
- iv. Open the file and view any of the documents inside of it.

Please note: Standard lab reports and imaging results are primarily stored in the "Results" section of your portal and likely won't show up in this download.

To save lab reports

1. Click the purple "Results" tab
2. Click the green "Send" drop-down button
3. Select the "Print" button. It will print all lab results.
 - a. Note: to print a specific lab result, click the magnifying glass under "Options" and press "Print"

To print or email the information on a specific page within the "My Health" section

1. Navigate to the tab that contains the information you would like to keep
2. Click the "Send" button
3. Three options will appear: Email, Print or Fax
 - a. "Email" will ask you to enter a valid email address. The information will arrive in that Inbox a few minutes later.
 - b. "Print" allows you to print to a printer or as a PDF.