SAS Health Care Center Patient Portal

[Create a FollowMyHealth account](#) today and connect to SAS Health Care Center to view and manage your health information anywhere, anytime.

HCC patients can use FollowMyHealth to:

Request appointments online

Select days and times convenient for you. Request appointments for acute care, follow-ups, lab work, nutrition consults, routine physicals, virtual visits (when reason for visit is appropriate) and more.

View upcoming appointments & complete paperwork

Save time! Update contact information and complete forms before you arrive for your appointment. View scheduled appointments and change or cancel appointments if needed.

Access your health information

View notes, immunizations, vitals and other records. Need more complete information? Call the HCC at 919-531-8809 to request your medical records from our Health Information Management (HIM) team.

View lab and test results

See lab and other test results as they are released. Track your results over time.

Communicate with your clinical care team

Send secure messages to your care team with non-urgent medical questions or needs.

Request prescription refills that require provider authorization

If you have refills remaining on your prescription, contact the pharmacy directly.

Use the portal to request refills when:

- there are no authorized refills remaining on your prescription
- the dosage or directions have changed since your last refill

Call the Health Care Center (919.531.8809) if your original prescription or previous refill was from another practice.

Act as a proxy for family members

Authorized user access is available for parents, legal guardians and caregivers. Help manage the care of a child or an adult loved one. View health information, request appointments, review test results and more.

Full access: the authorized user will have the same level of access as the patient, i.e., full access to their FollowMyHealth record, ability to manage appointments and communicate with their health care provider.

Read-only access: user will be authorized to access the patient's FollowMyHealth health record ONLY, and will NOT be able to communicate with or otherwise engage in transactions with their health care provider.

An Authorized User Form must be completed for patients under 18 years old to gain access to the Patient Portal.

Authorized user access for Parents and Caregivers

Patients 12 years and under

- A parent/guardian must complete an Authorized User Form to request access to their child's patient portal.
- Completed forms may be returned to the HCC in person, via secure fax 919-354-6800 or in an encrypted email to sas_hcc@sas.com.

Patients 13 to 17 years old

- When the patient turns 13 years old, they will need to complete an Authorized User Form and create their own FollowMyHealth account with their own email address.
- 13-17 year olds can grant Read Only or Full Access to an authorized user by bringing their completed Authorized User Form to the Health Care Center.

Patients 18 and older

- Once a teen turns 18, all proxy accounts are disabled.
- Patients 18 years and older can grant access to other FollowMyHealth users via the patient portal.

Download the FollowMyHealth App

The FollowMyHealth app for both Android and iOS allows you to access your SAS Health Care Center account and participate in virtual visits from a phone or tablet.

Additional Information

- Visit support.followmyhealth.com for tips on Getting Started with your new patient portal and for answers to popular questions.
- For additional assistance, call FollowMyHealth support at 1-888-670-9775 or send email to patientsupport@followmyhealth.com.
- For general patient portal questions send email to sas_hcc@sas.com.
- Call the HCC at 919-531-8809 for Medical Records & Health Care questions.

FollowMyHealth is not to be used for urgent needs. If you are experiencing a medical emergency, please dial 911.

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