1. From the myFHR app, click join to create an account.

2. Select the categories you wish to share with my FHR
3. Scroll to the bottom and click Share Current Records

4. Select the method in which you choose to share your records, click done.
5. Select anything else you would like to share with my FHR via other “health” apps.

6. Be sure to validate your email address.
7. Once your email address is validated via the email my FHR sends to the provided email address you can close out this window and proceed back to the app.

8. Search for Northern Light Health and select it from the list.
9. Once Northern Light Health is selected the connection starts to occur

10. This screen will appear once the connection is made
Once information starts to download from the Cerner portal you will see the following message. As information is pulled in it will start to display within the app.