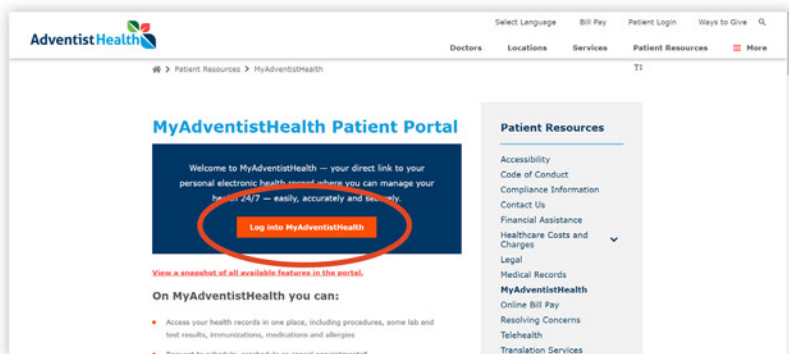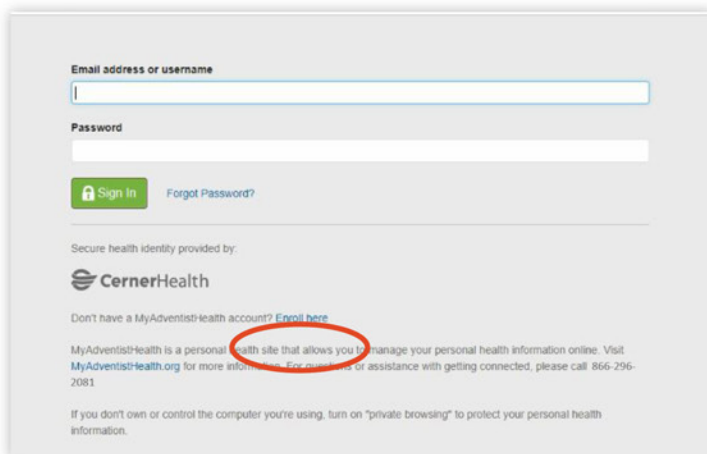# Sign up for MyAdventistHealth with self-enrollment

Patients who are 18 years of age or older may self-enroll in the patient portal.

1. Visit **MyAdventistHealth.org** and click on **Log in to MyAdventistHealth**.

2. Then click **Enroll here** in the lower portion of the login page.

3. Complete the required fields: **First name**, **Last name** and **Date of birth**. Then choose how you want to verify your account. Choose **Email address, Personal identifier(s)** or **Text message** and type in that information. Click the check box under **Identity verification** and click **Next.**

4. Check both boxes for **Identity verification** and **Terms of use**, and then click the **Next, Create Your Account** button.

5. Under **I Need an Account**, enter your email address and select **Sign Up**.

5. Complete all fields: **First name**, **Last name**, **Email address**, **Gender** and **Date of birth**.
Then create a **Username** and **Password** which you will use to access your account in the future.
Next, select a **Security question** and enter your **Security answer**.
Finally, select the checkbox to **Agree to the terms and conditions** and click the **Create Account** button at the bottom of the screen.

6. Once your account is created, you can begin managing your health online. To log in later, visit **MyAdventistHealth.org**