

# myD-H Adolescent Sign-up Instructions

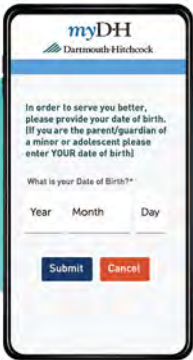
myD-H makes it easy for you to be involved with your health care. To create an account, follow these step-by-step instructions:



1. Visit the [www.myD-H.org](http://www.myD-H.org) website and choose "create an account".



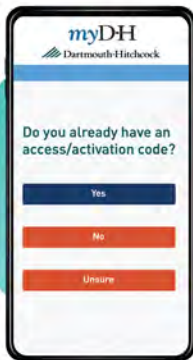
4. If you do not have an activation code, you will now be asked to enter your information.



2. Enter your date of birth.



5. You will also be asked to complete information about your parent or legal guardian. Once you have filled out the information, click the submit button.



3. You will be asked if you have an activation code. If you have an activation code, click the "yes" button. If you do not have a code, click the "no" button.



6. You will receive an email once your account has been created.

Congratulations, you will now have your own myD-H account!