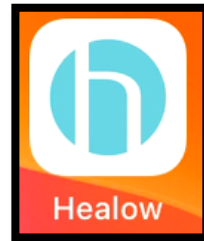
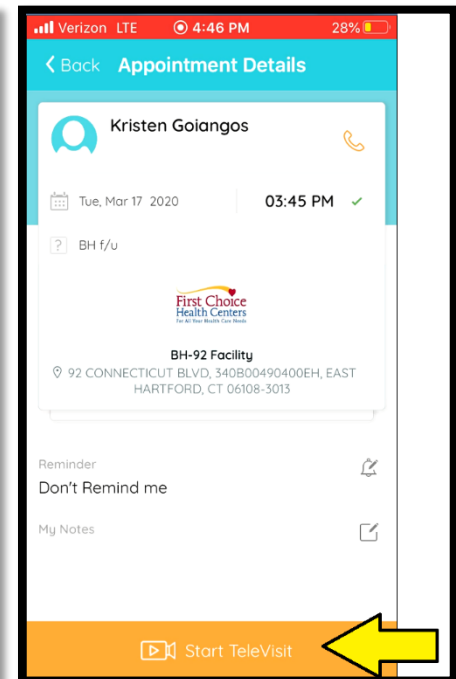
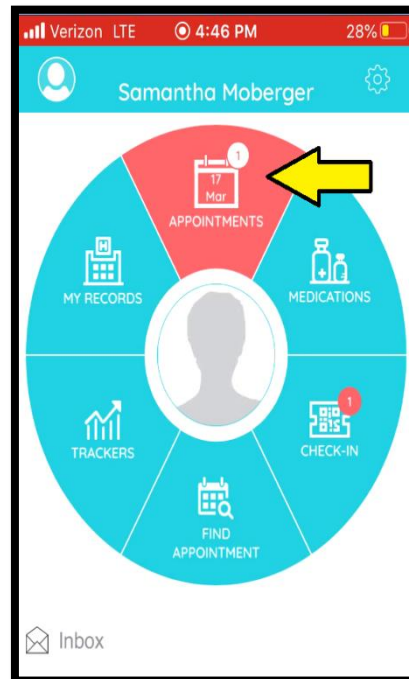


Open the Healow app on your phone/tablet



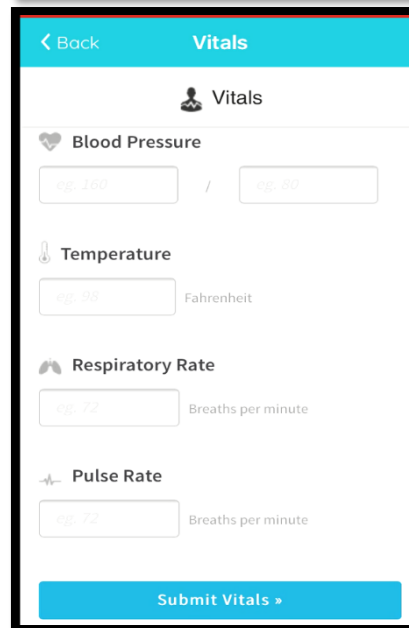
Click "Appointments" and select the appointment you are attending.

Verify this is the correct appointment date, time, and provider and click "Start TeleVisit"



You may be asked to enter your Vitals. This is *not required* to proceed, and you can select "Submit Vitals" with all fields blank.

**NOTE:** If you have the ability to check vitals at home and this is a **medical** visit, please enter whatever you can.



Click “Start TeleVisit”

This will alert the provider that you are ready, and they will connect with you to start the visit. As always, we try our best to limit wait times, but the connection may not be instant.

You are now connected!

To end the call, click the red button.

