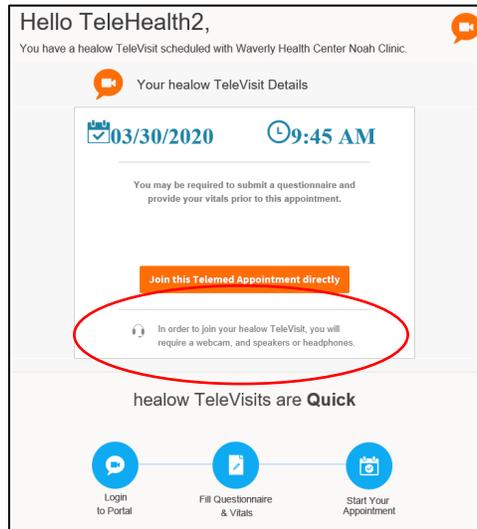


# Connecting to your TeleVisit

There are two options to connect to your TeleVisit.

---

**Option #1:** Use the link in the email confirming your TeleVisit.



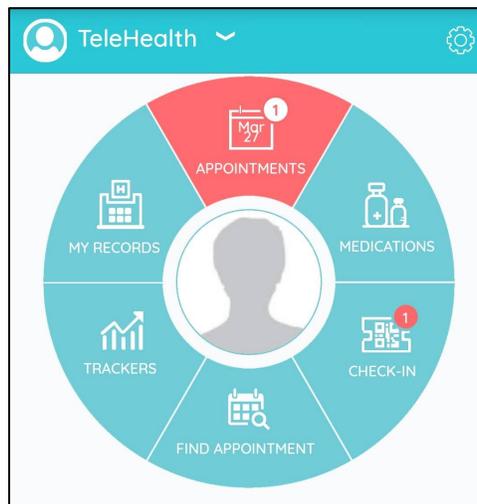
**Option #2:** Use the Healow App.

1. Launch the Healow App on your smartphone or tablet.



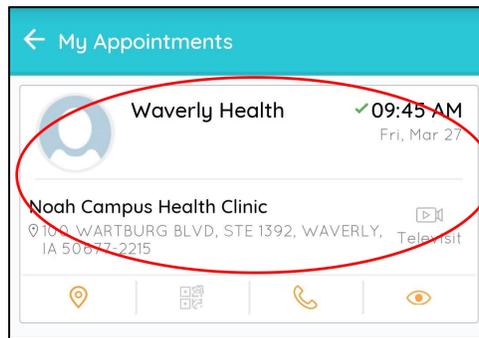
2. Enter your PIN number.

3. Select the 'Appointments' slice of the wheel.

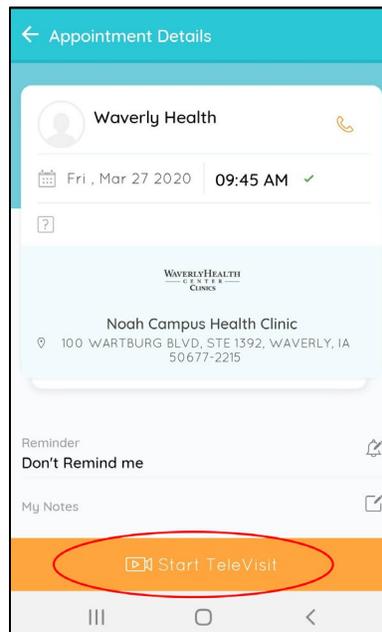


# Connecting to your TeleVisit

4. Select anywhere in the appointment information of your visit to open the Appointment Details screen.



5. Select the 'Start TeleVisit' button (circled in red) at the bottom of your screen.



## Connecting to your TeleVisit

- Click the **'Submit Vitals'** button (circled in red). At this time, please leave all fields blank.

Weight  
eg. 200 Pounds

Blood Pressure  
eg. 160 / eg. 80

Temperature  
eg. 98 Fahrenheit

Respiratory Rate  
eg. 72 Breaths per minute

Pulse Rate  
eg. 72 Breaths per minute

Submit Vitals >

- Select **'Start TeleVisit'** button (circled in red).

Ready?

Start TeleVisit

The Vitals has been submitted successfully.

Review Vitals

## Connecting to your TeleVisit

8. Your provider is notified you are ready to start the appointment. Please wait for the visit to start.

