1. Using your iPhone or Android smartphone, install Healow via the App Store or Google Play.

2. Launch the Healow app and press Get Started.

3. Enter METRO’s Practice Code: HBGDBD.

Using the METRO patient portal and Healow app, you can direct message your provider, request refills, check lab results and make and reschedule visits in just a few clicks, and at any time.

Setting up your Healow App and connecting with METRO only takes a few minutes! A METRO representative is available to assist you, step-by-step. Contact 727-321-3854 x 9002 for assistance if needed.
4. Enter your METRO Patient Portal login info, then accept Terms & Conditions.

5. Create and confirm a 4-digit PIN to use when logging into your Televisit.

6. Allow Camera and Microphone access and verify mobile number.

7. If prompted to allow notifications, click Settings.

7. Select Notifications.

8. Turn on Allow Notifications.

Visit our site to learn about the range of METRO’s inclusive programs and services: METROTAMPABAY.ORG