

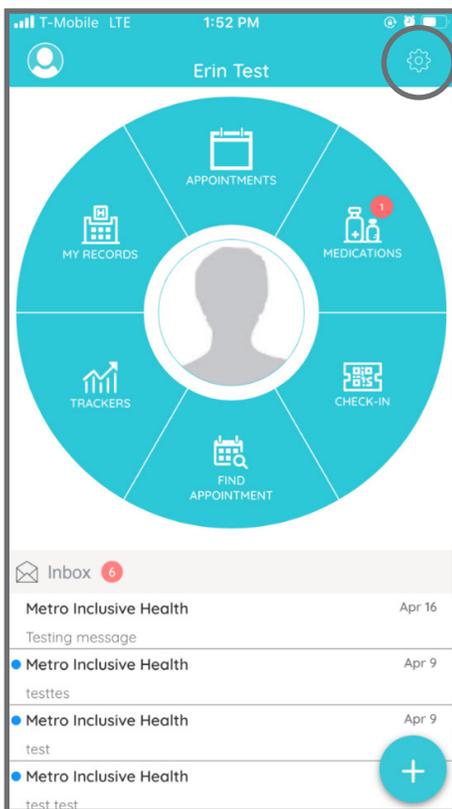
ENROLL IN HELLO2HEALOW

For Audio & Video
Appointments

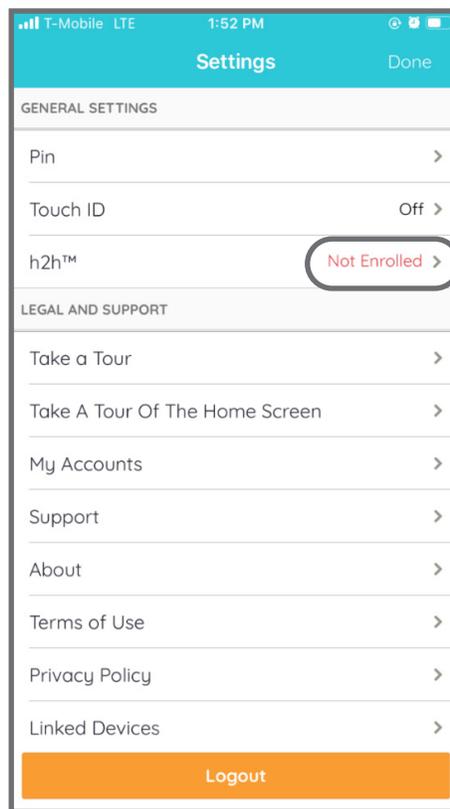
Using the METRO patient portal and Healow app, you can direct message your provider, request refills, check lab results and make and reschedule visits in just a few clicks, and at any time.

Preparing for your Televisit only takes a few easy steps! A METRO representative is available to assist you, step-by-step. Contact **727-321-3854 x 9002** for assistance if needed.

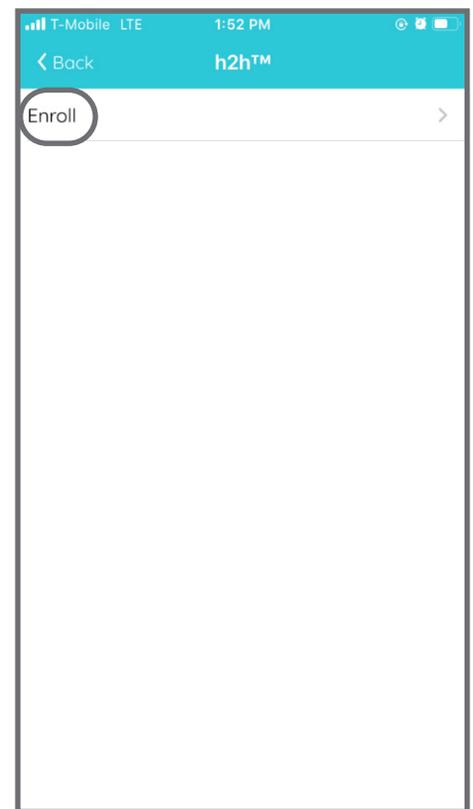
OPEN YOUR HEALOW APP TO GET STARTED



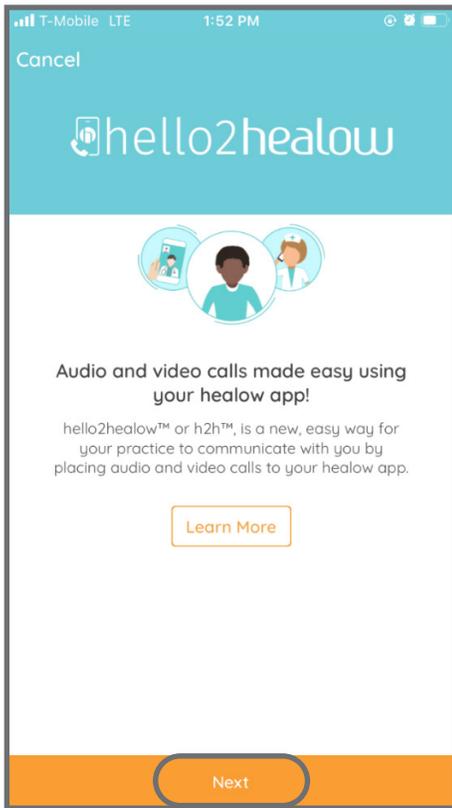
1. Select the gear cog in the **top right corner** of your Healow home screen.



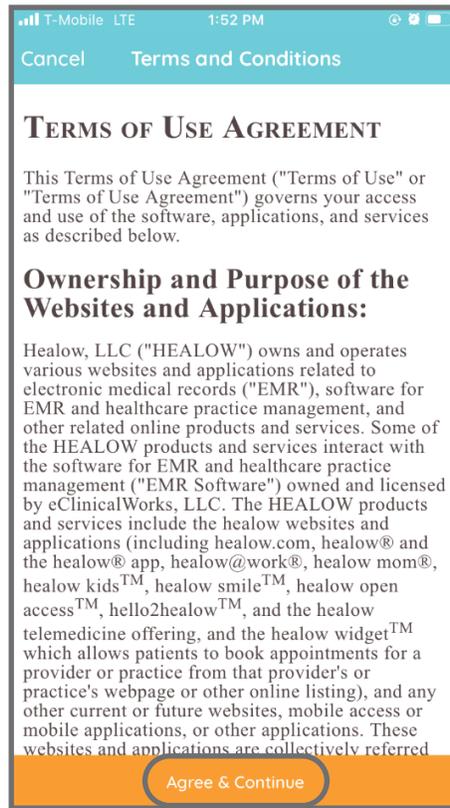
2. Select **h2h** if it says **Not Enrolled**.



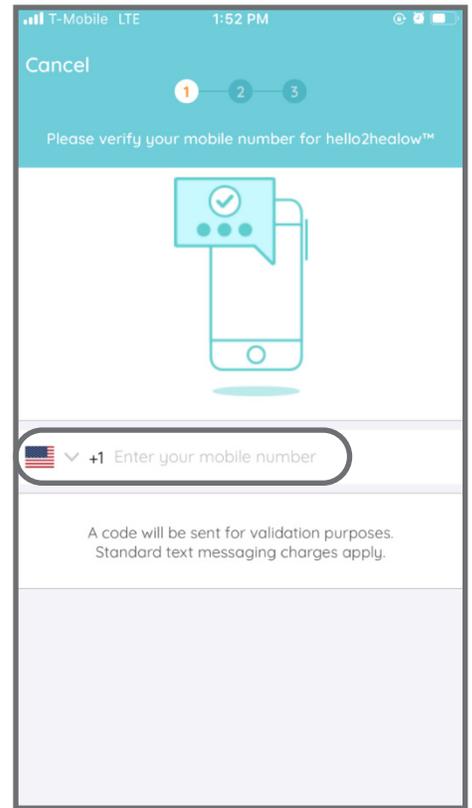
3. Select **Enroll**.



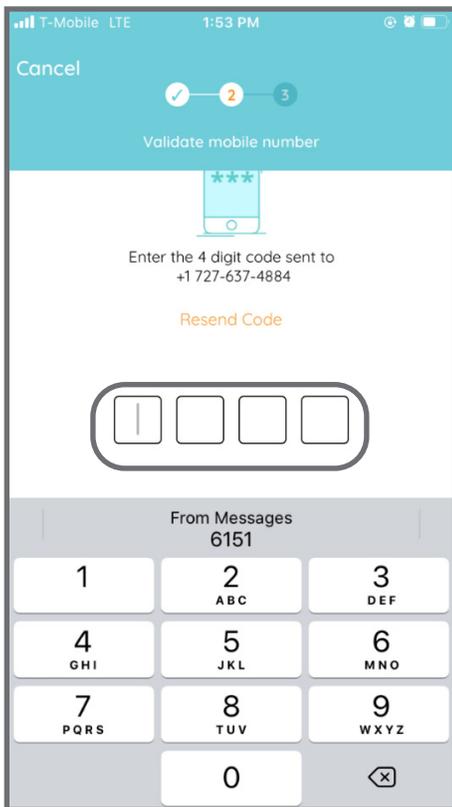
4. Select **Next**.



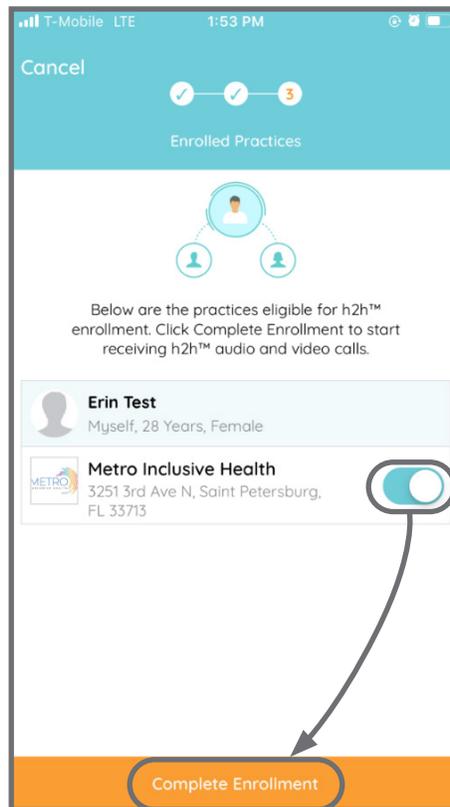
5. Read the terms and select **Agree & Continue**.



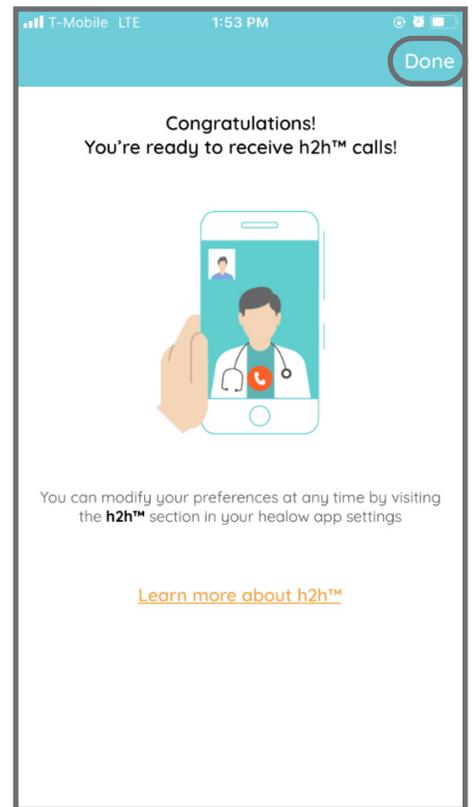
6. Enter your cell phone number.



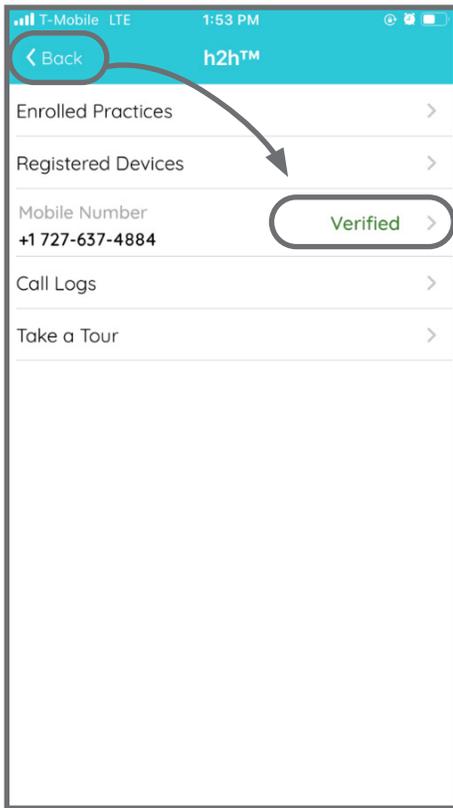
7. Enter the **verification code** you received from the text message.



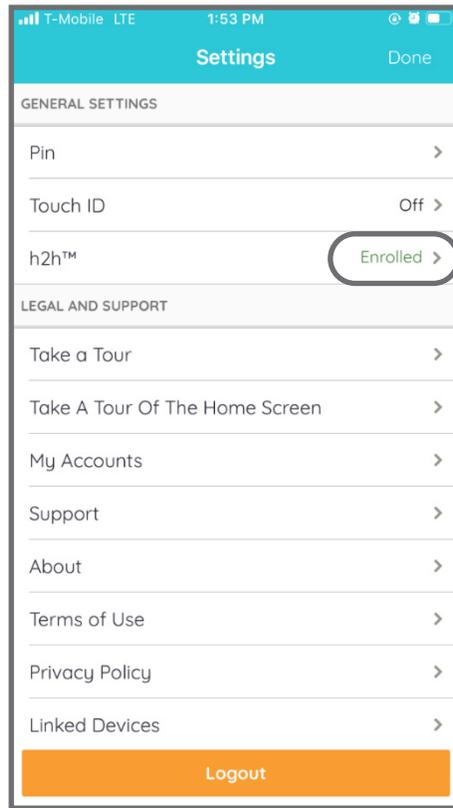
8. Ensure the **Metro Inclusive Health** button is blue. Select **Complete Enrollment**.



9. Select **Done**.



10. Your phone number should now say **Verified**. Select **Back**.



11. Confirm your h2h says **Enrolled**.



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