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.

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
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](http://METROTAMPABAY.ORG)