

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.

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Terms of Use		>					
Privacy Policy		>					
Linked Devices		>					
Logout							



2. Select **h2h** if it says **Not** Enrolled. 3. Select Enroll.



4. Select Next.



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



websites and applications are collectively referred Agree & Continue

other current or future websites, mobile access or mobile applications, or other applications. These

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



6. Enter your cell phone number.



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



9. Select Done.

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				Terms of Use		>
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10. Your phone number should now say **Verified.** Select Back.

11. Confirm your h2h says Enrolled.

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