

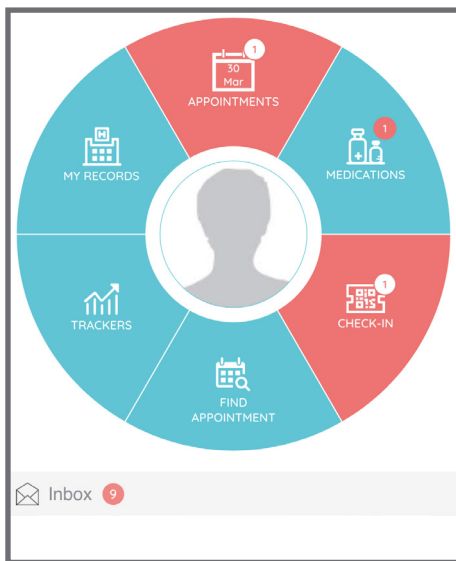
ACCESS YOUR SCHEDULED TELEVISIT

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 a few clicks, at any time. A METRO representative can assist you at **727-321-3854 x 9002**.

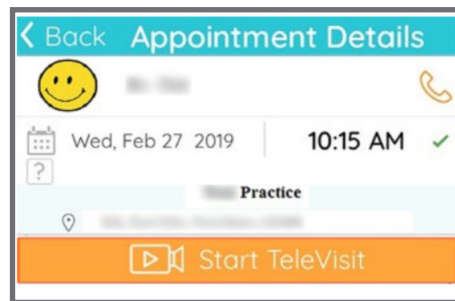
ACCESS VIA EMAIL

A few minutes before your Televisit is scheduled to begin, you will receive a **Televisit Reminder Notification** via email. You can access your appointment easily by opening the email and clicking **Join This Telemed Appointment Directly**.

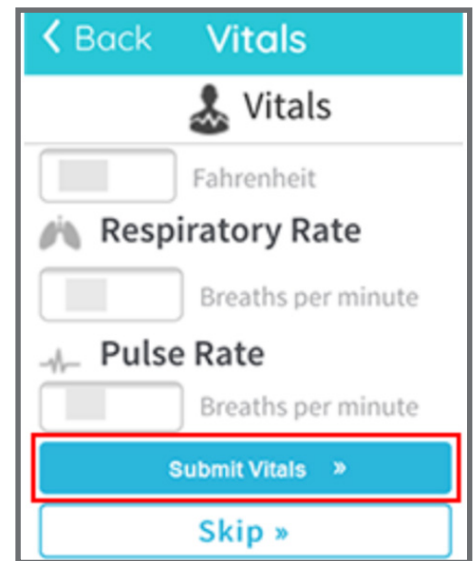
ACCESS VIA THE HEALOW APP



1. Launch the Healow app on your smartphone and click the red highlighted Appointment tab.



2. Click the **Start Televisit** button.



3. **Submit Vitals** or **Skip** this optional step. Then press the **Start Televisit** button.

NOTE: You may be prompted to confirm access to your smartphone's camera and microphone. This is necessary to begin your appointment.