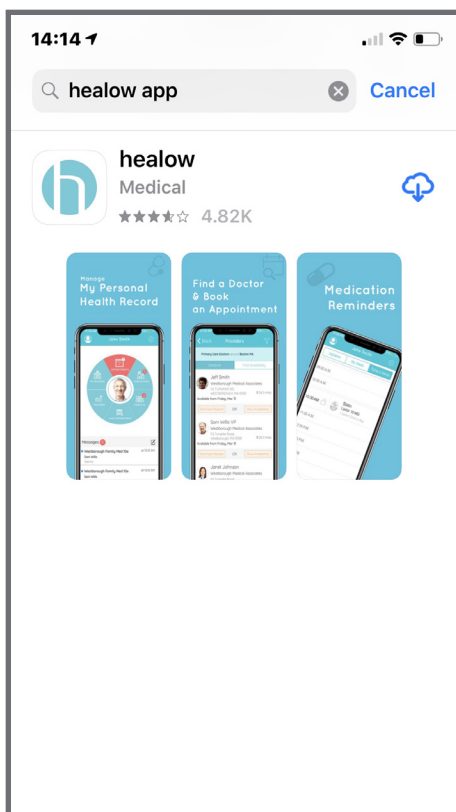


# SET UP THE HEALOW APP for METRO TeleHealth Appointments

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.

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.

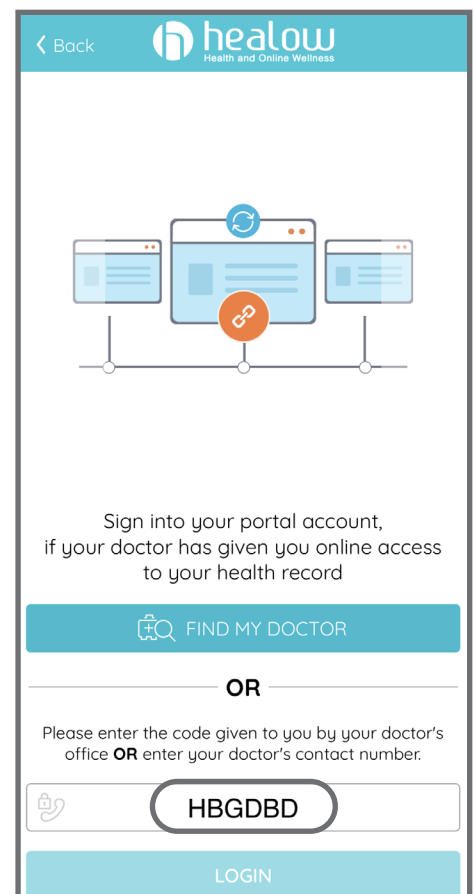
## SETTING UP YOUR HEALOW APP



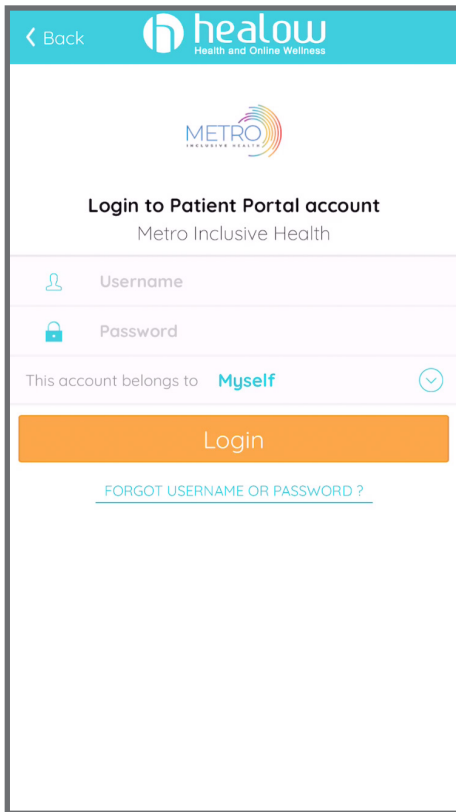
1. Using your iPhone or Android smartphone, install **Healow** via the **App Store** or **Google Play**.



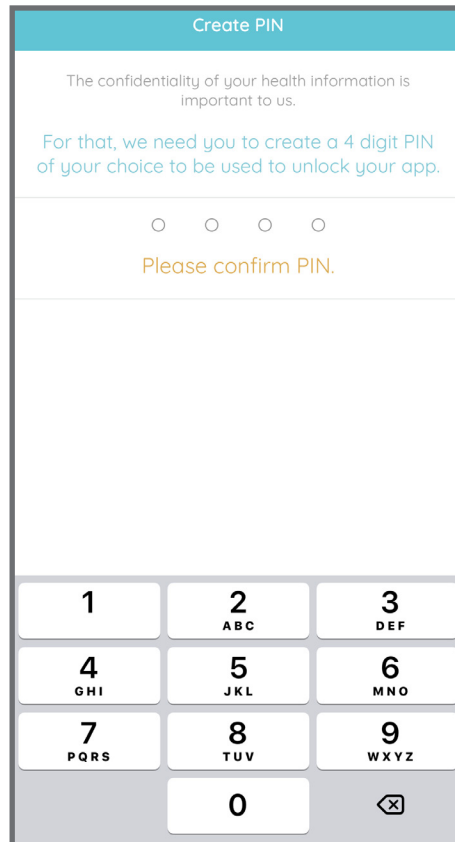
2. Launch the Healow app and press **Get Started**.



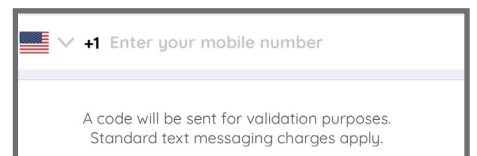
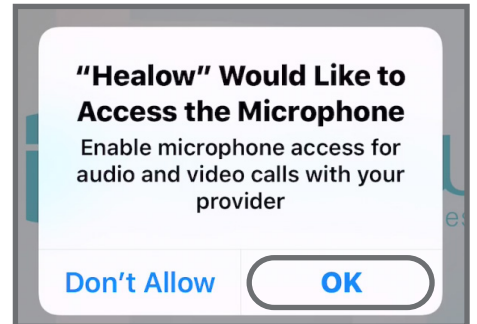
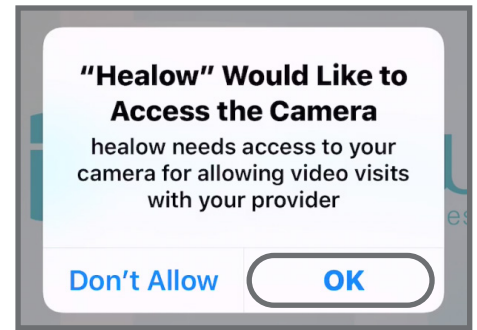
3. Enter METRO's Practice Code: **HBGDBD**.



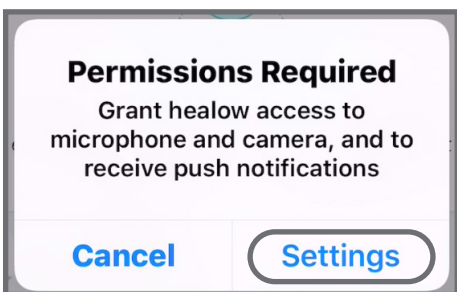
4. Enter your **METRO Patient Portal login** info, then accept **Terms & Conditions**.



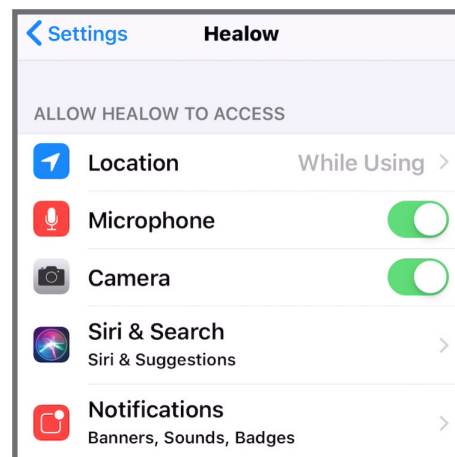
5. **Create and confirm a 4-digit PIN** to use when logging into your Televisit.



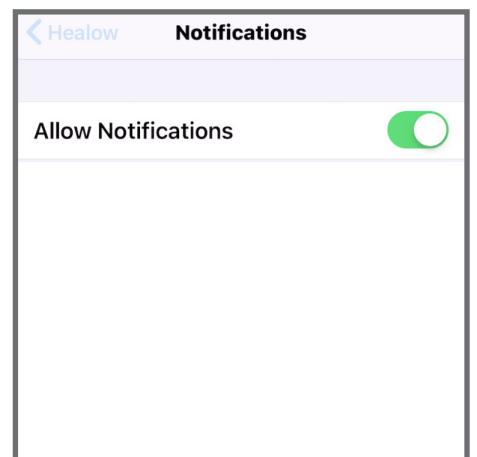
6. **Allow Camera and Microphone access** and **verify mobile number**.



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**