

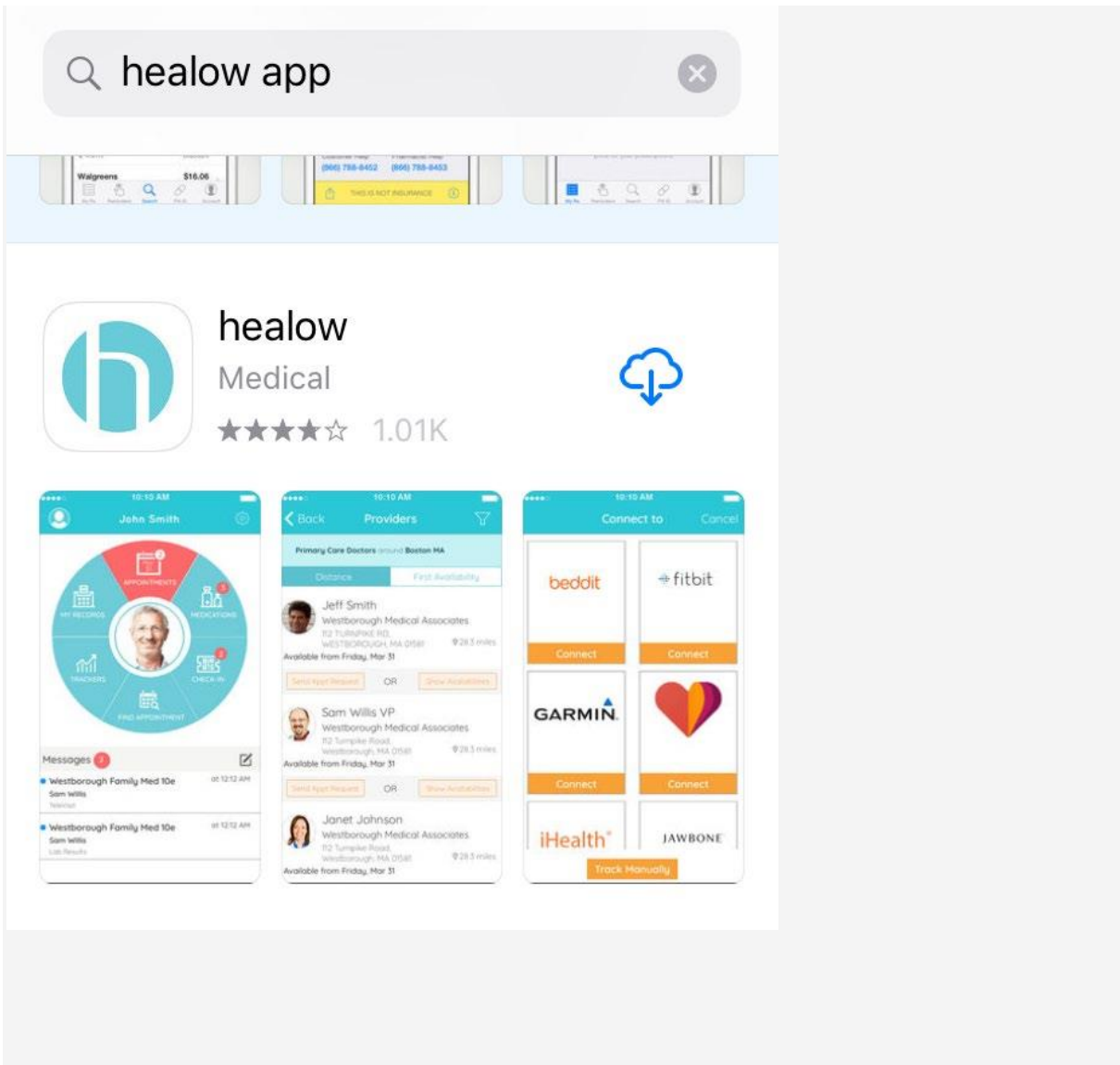
# Healow Instructions

1. Download the free Healow app.

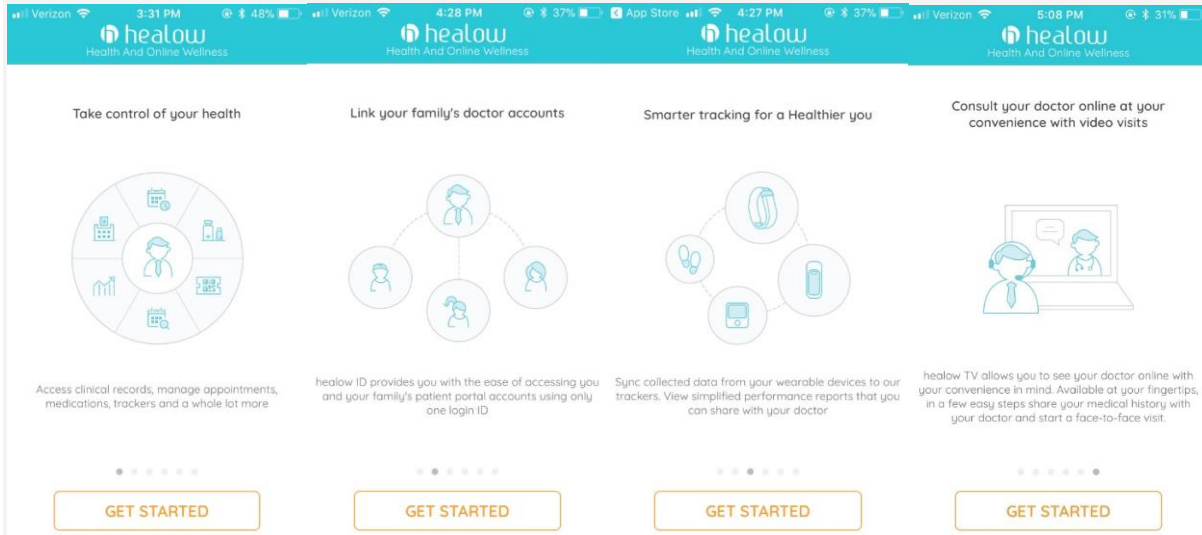
Download the Free Healow app on:



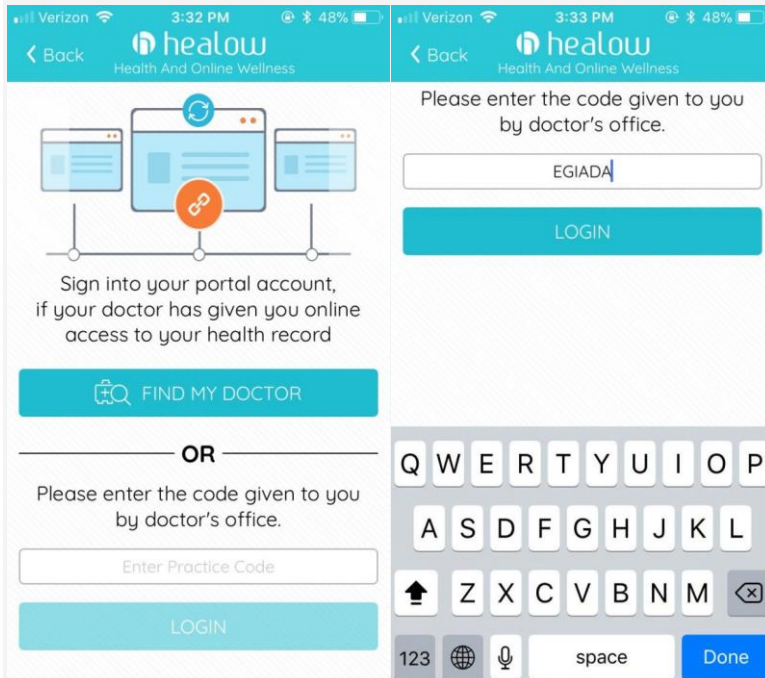
When you search the app on the apple store, it will look like the image below.



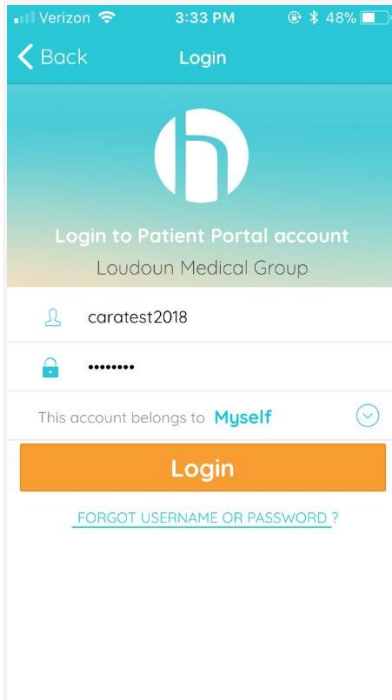
- After you've downloaded the application, swipe through the tutorial of benefits the Healow app has for you! Then press "Get Started".



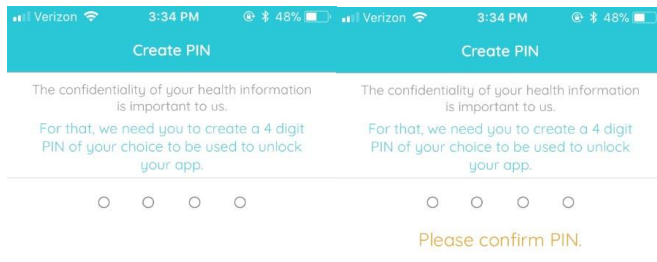
- Type in the code for NTPHP Frisco, which is BFGJAD. (Please type this code in all CAPS)



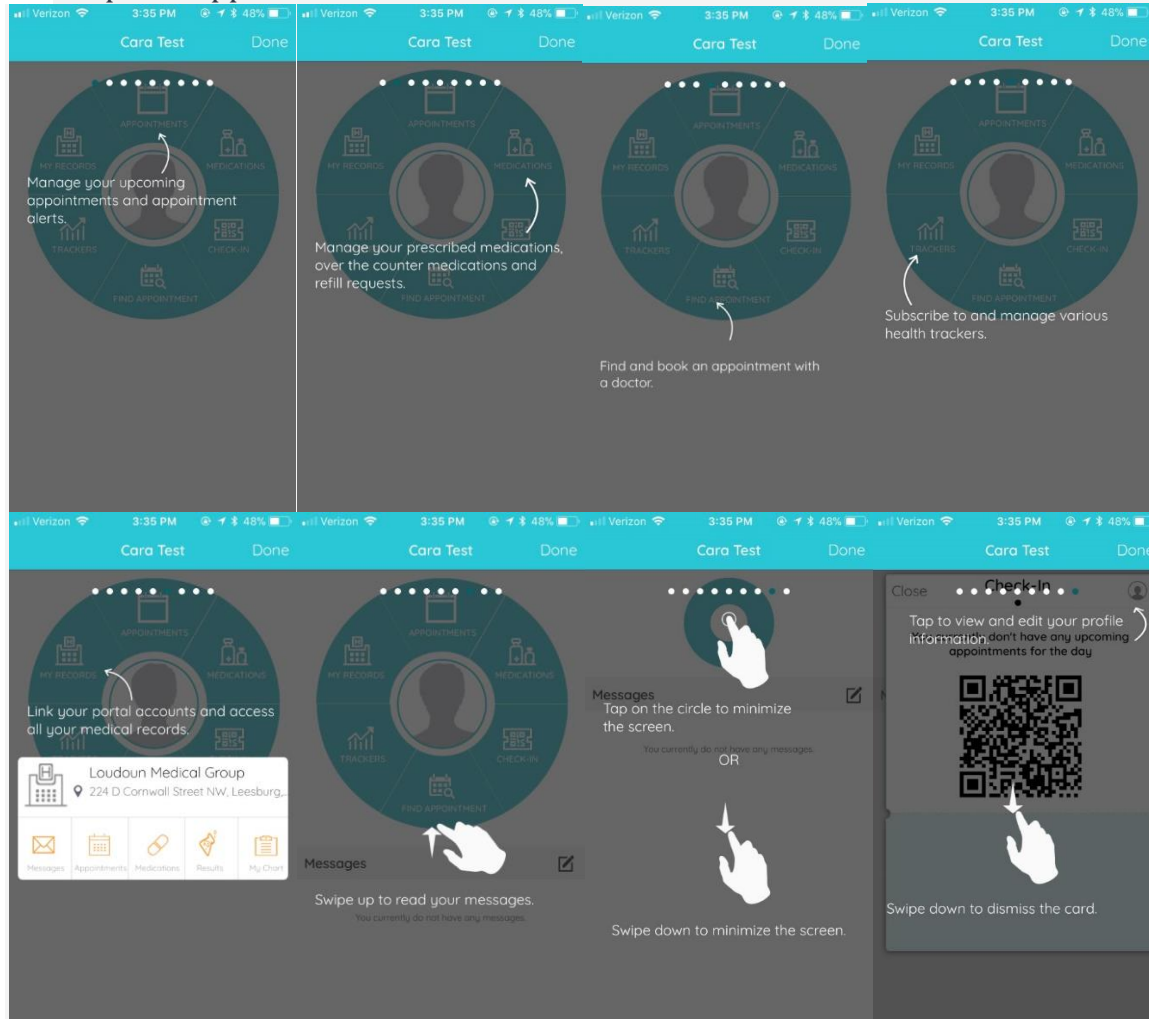
4. Login with your patient portal account username and password and click “Login”.



5. Create and confirm a security pin for easy and secure access.



6. Swipe through the automatic tutorial to understand different features of the patient portal app and how to utilize it.



7. Click done when complete.

Explore other features of the app including sending non-urgent messages to your provider by picking a subject (Lab Messages, Referral Messages, or General Messages), facility and a provider.

