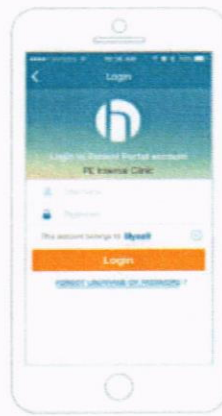## Step 1

Download healow app from App Store (iPhone) or Google Play (Android phone).
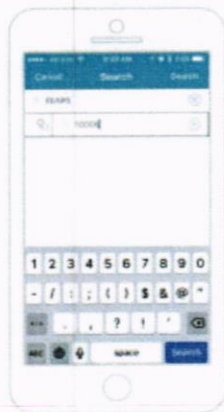
Step 3

Enter your portal username and password to log in.

Step 2

Search your practice by entering Practice Code – HDDADA

Step 4

Setup PIN to securely access your health record.