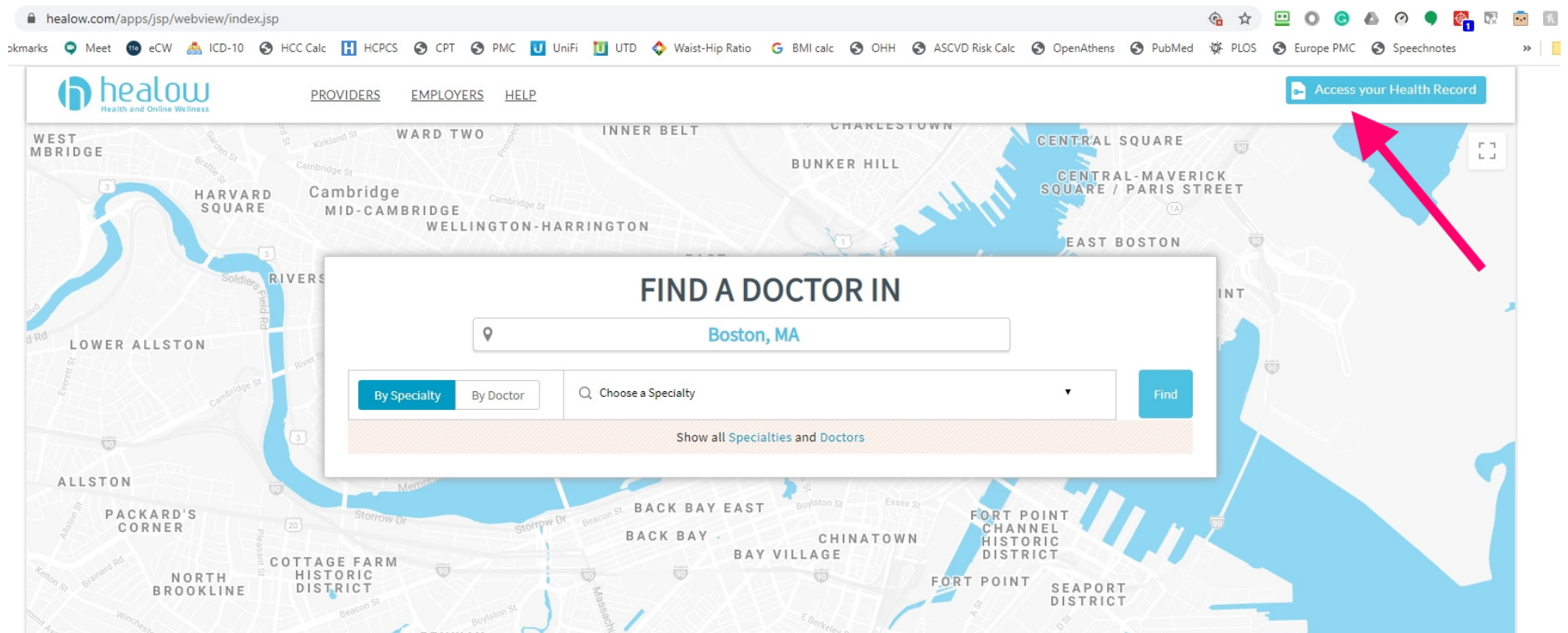


# How to log into Healow Online using browser on laptop or computer

Please ensure you have a webcam and microphone on your laptop or computer if you wish to use this method.

Type **Healow.com** on your browser address bar and it will take you to the Healow home page as shown below.

Click on “Access your Health Record” icon in top right corner



The screenshot displays the Healow website interface. At the top left is the Healow logo with the tagline "Health and Online Wellness". Navigation links for "PROVIDERS", "EMPLOYERS", and "HELP" are visible. In the top right corner, a blue button labeled "Access your Health Record" is highlighted with a red arrow. Below the navigation bar is a map of Boston, MA. Overlaid on the map is a search box titled "FIND A DOCTOR IN" with "Boston, MA" entered. Below the search box are two tabs: "By Specialty" (selected) and "By Doctor". A search input field contains "Choose a Specialty" and a "Find" button. At the bottom of the search overlay, a link reads "Show all Specialties and Doctors". The browser's address bar shows "healow.com/apps/jsp/webview/index.jsp" and the top of the browser window displays various extension icons.

Type in Practice Telephone Number **(352) 597-1011**

healow.com/apps/jsp/webview/signIn.jsp

healow Health and Online Wellness

PROVIDERS EMPLOYERS HELP

Access your Health Record

### Sign In To Access Your Health Record

If your doctor has given you online access start by finding your doctor

Search By:  Provider Name  Practice Name  Practice Code/Phone

352-597-1011

100,000+ Providers | 50,000+ Locations

Download Our App

Available on the App Store

Android App on Google Play

On the next Page your will see our practice login page

The screenshot shows a web browser window with the URL `healow.com/apps/jsp/webview/signIn.jsp`. The browser's address bar and tabs are visible at the top, including links for 'marks', 'Meet', 'eCW', 'ICD-10', 'HCC Calc', 'HCPCS', 'CPT', 'PMC', 'UniFi', 'UTD', 'Waist-Hip Ratio', 'BMI calc', 'OHH', 'ASCVD Risk Calc', and 'OpenAthens'. The healow logo is in the top left corner, with navigation links for 'PROVIDERS', 'EMPLOYERS', and 'HELP'. A modal window titled 'Sign In To Access Your Health Record' is centered on the screen. It contains a sub-header 'If your doctor has given you online access start by finding your doctor'. Below this is a card for 'Premier Medical Care' with a profile picture, address '4428 Commerical Way, Spring Hill, FL 34613', and a 'Remember my selection' checkbox. A 'Change' button is in the top right of the card. Below the card are two input fields: one for 'MyUserName' and one for a password (masked with dots). A blue 'Login' button is at the bottom left, and a link 'Forgot username/password?' is at the bottom right.

Enter Your User Name and Password. (Please note user names and passwords are Case Sensitive.)

You will then validate your identity by entering your date of birth or phone number and click next.

You will then see your home page with your appointment time and date.

The screenshot shows the Healow patient dashboard. At the top, the URL is `healow.com/apps/jsp/webview/dashboard.jsp`. The navigation bar includes various tools like eCW, ICD-10, HCC Calc, HCPCS, CPT, PMC, UniFi, UTD, Waist-Hip Ratio, BMI calc, OHH, ASCVD Risk Calc, OpenAthens, PubMed, PLOS, Europe PMC, and Speechnotes. The user is logged in as "Hi, Your Name".

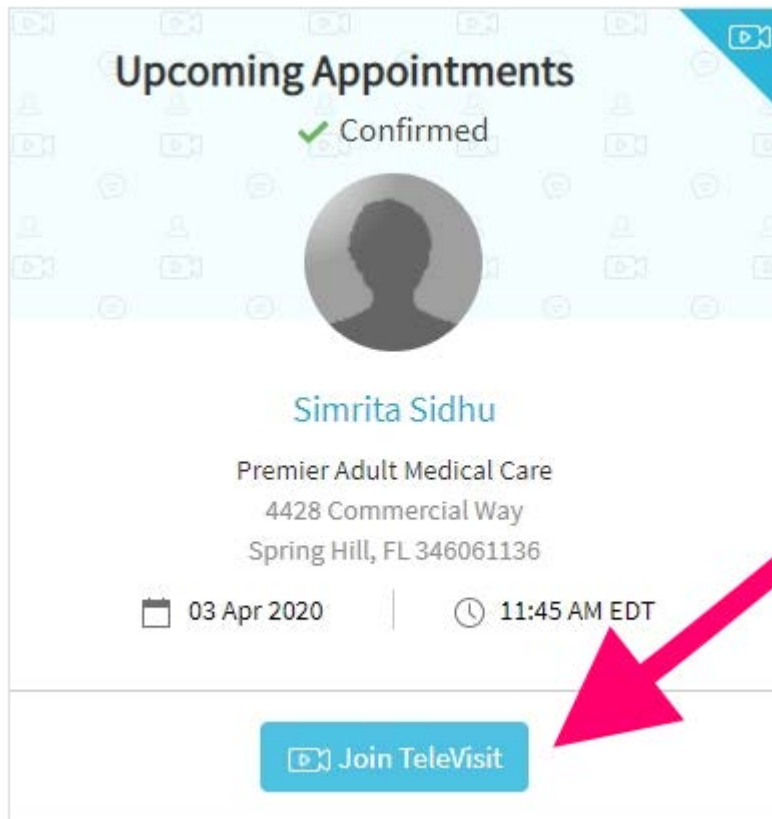
The main content area features a message: "Your doctor has not published your health records online. Please contact your doctors office if you need access to your health records." Below this is a "Suggestions" section with three cards:

- Blood Pressure**: "Keep your BP in check with our tracker. View comprehensive summary and share it with your doctor effortlessly." Includes a "Subscribe" button.
- Add Family Member**: "Take charge of your loved ones health by adding them to your circle of care. Book Appointments and Manage their accounts effortlessly." Includes an "Add Family" button.
- Link Another Account**: "Take charge of your loved ones health by adding them to your circle of care. Book Appointments and Manage their accounts effortlessly." Includes a "Link Another Account" button.


A sidebar on the left contains icons for profile, documents, telehealth, calendar, messages, charts, and other features.

The "Upcoming Appointments" sidebar shows a confirmed appointment for Simrita Sidhu. The appointment is for Premier Adult Medical Care at 4428 Commercial Way, Spring Hill, FL 346061136, on 03 Apr 2020 at 11:45 AM EDT. A "Join TeleVisit" button is available. Below this is a section titled "Looking for an Appointment?" with the text "Search and book from a network of 2000+ doctors" and a "Search" button.

Below Your appointment date is the Join TeleVisit button.



**Upcoming Appointments**  
Confirmed



**Simrita Sidhu**  
Premier Adult Medical Care  
4428 Commercial Way  
Spring Hill, FL 346061136

03 Apr 2020 | 11:45 AM EDT

[Join TeleVisit](#)

15 minutes prior to your appointment click on the button and enter your vitals. You will then be in the virtual waiting room.

The Nurse and Doctor will then connect with you around your appointment time.