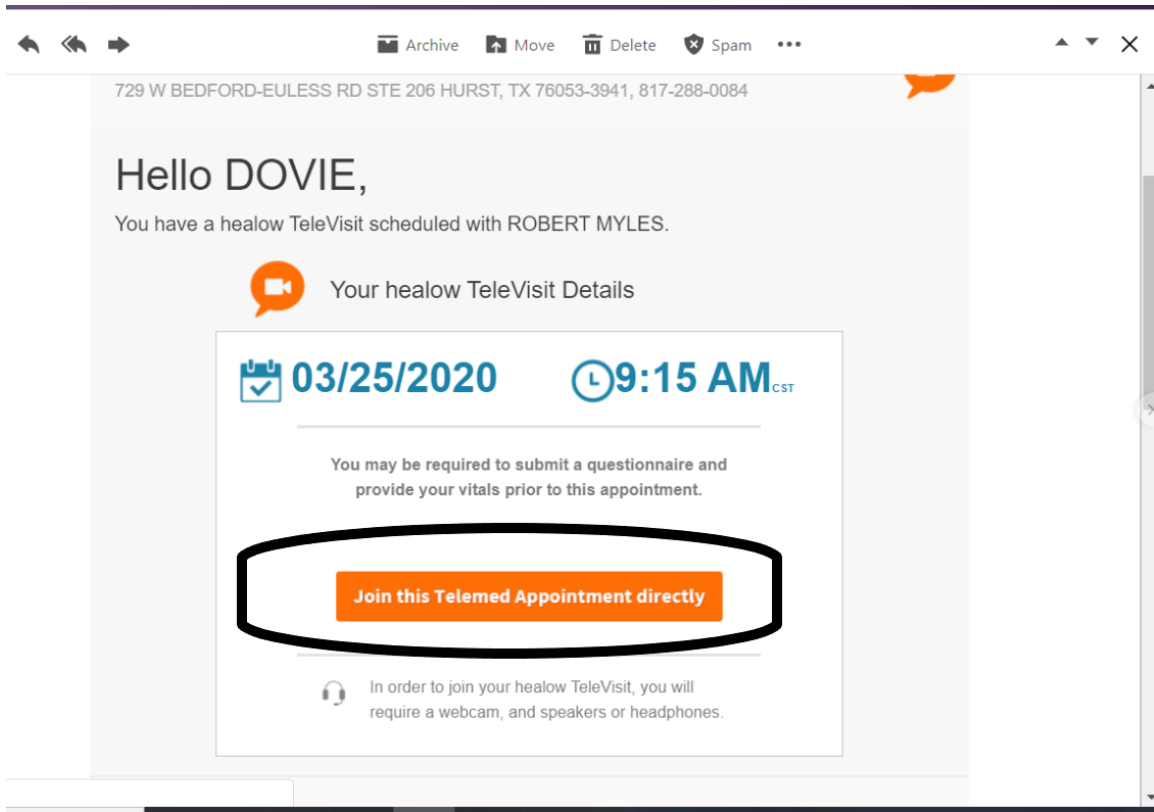


VIRTUAL VISIT BY COMPUTER
E-MAIL FROM DR. MYLES AND DOVIE MCVEAN MS,PA-C

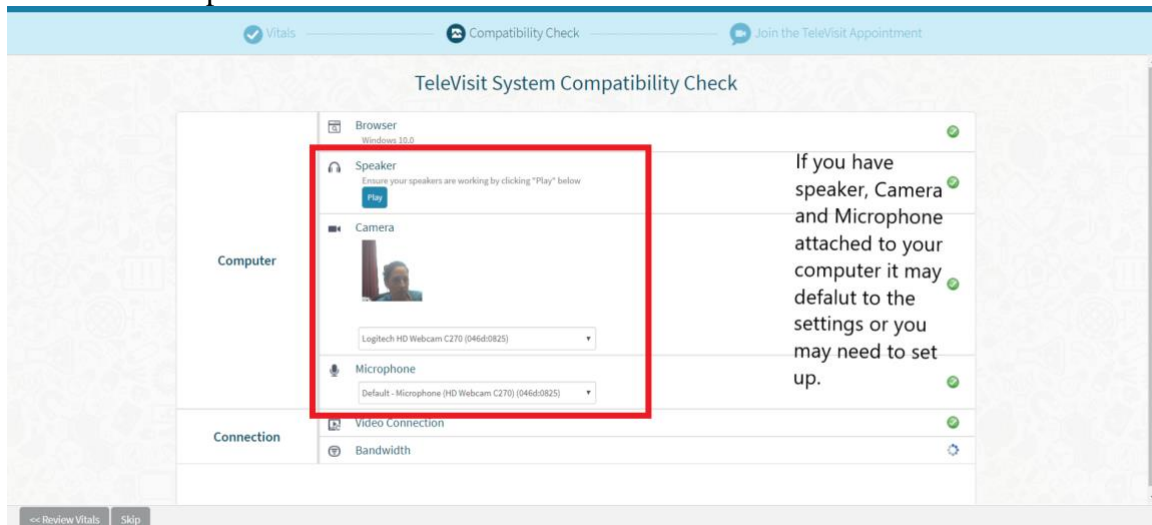
1. You will receive an email from the Institute of Spinal disorders letting you know that you have an Telemed Appointment. Once you open the e-mail you can access your appointment by your computer.



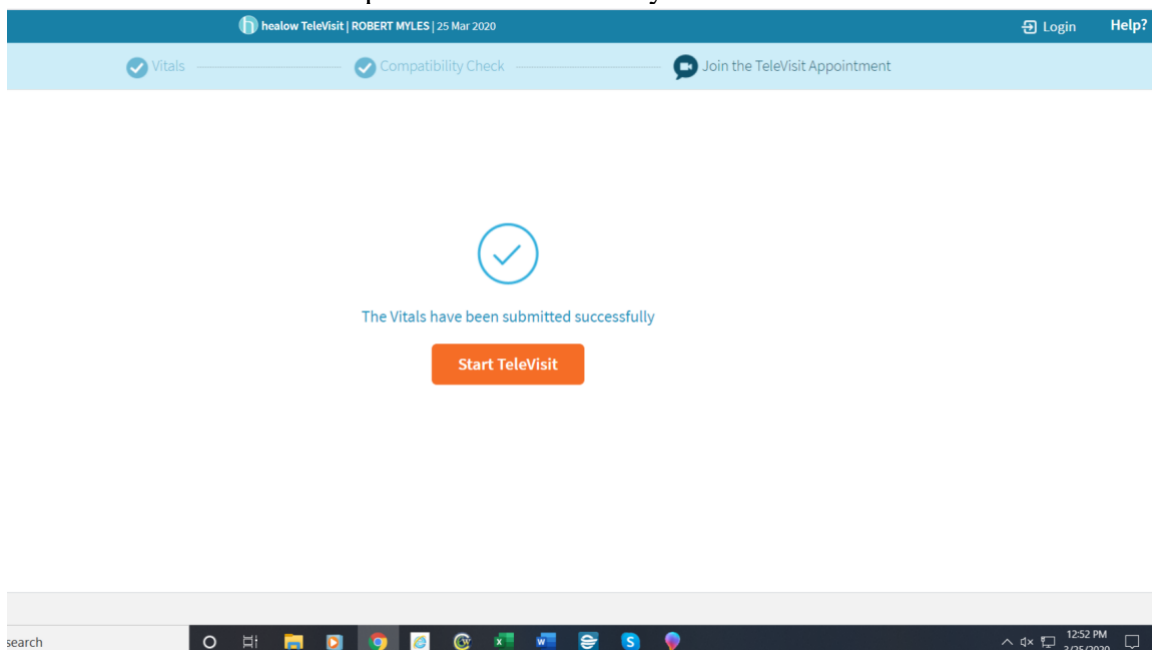
2. Once you enter into the appointment it will ask you to fill in your height, weight, blood pressure, temperature and pulse, if you have it.
3. At the bottom left there is a button that says **Submit Vitals**.

A screenshot of the healow TeleVisit interface. The top bar shows "healow TeleVisit | ROBERT MYLES | 25 Mar 2020" and links for "Login" and "Help?". Below this, there's a navigation bar with "Vitals", "Compatibility Check", and "Join the TeleVisit Appointment". The main content area is divided into two sections. On the left, there's a form for entering vitals, outlined with a red box. It includes fields for Height (feet and inches), Weight (pounds), Blood Pressure (systolic and diastolic), Temperature (Fahrenheit), Respiratory Rate (breaths per minute), and Pulse Rate (beats per minute). On the right, there's a text prompt: "Please provide us with your height, weight, blood pressure, Temperature or Pulse Rate if you have those available". Below this, it says "Then hit Submit Vitals". At the bottom left, there's a red box around a "Submit Vitals" button. The bottom of the screen shows a Windows taskbar with various application icons and a system clock showing "12:36 PM 3/25/2020".

4. Your computer then will check for Compatibility. You will need a webcam and microphone along with speakers to proceed with appointment on your computer.



5. Once this is completed then it will ask you to Start **TeleVisit**



Once you are online then Dr. Myles or Dovie will join the appointment and start your **TeleVisit**.