

# How Do I Get Started?

Register for the patient portal with the front desk staff at your Care Center. Once you have an account set up, you can then download the healow app.



DOWNLOAD THE FREE HEALOW APP

The office code needed for registration for the app is:  
**EDAFBD**



# advocare

[www.advocaredoctors.com](http://www.advocaredoctors.com)



## Your health record at your fingertips



*healow contains your important health information, including labs, imaging studies, recent vital signs, allergies, medical problems, immunizations, and more. Having access to this information puts YOU in control of your healthcare.*

## With the healow App, Your Health is in Your Hands.

*A secure app that helps you manage what's important – the health of you and your family!*

- **Stay connected to your healthcare providers.**
  - Receive interactive health alerts & messages from your doctor.
- **Control your busy schedule.**
  - Let healow send you automated reminders for upcoming appointments.
- **Manage your medicine cabinet.**
  - Personalize and manage your medications all in one place.
    - ◆ Receive automatic medication reminders based on the schedule you set up.
    - ◆ Send a refill request to your doctor when you are running low.
    - ◆ Add over-the-counter medications to your Medication List
- **Choose the tracker that's important for you, take charge of your health.**
  - Set your health goals and track them easily using trackers.
    - ◆ Use the weight management & activity trackers to reach your fitness goals.
    - ◆ Track your numbers regularly to watch the trends change and share your progress with your doctor.
    - ◆ Stay motivated to make better health choices.

## With healow You Can:



Access your family's health information with a single app



Keep track of your past and future appointments



Request prescription refills



View immunization records online



View lab results online, once they have been reviewed by your provider



View summaries and educational materials from a prior visit



Send and receive messages securely



*With healow, patients enjoy unparalleled online access to their personal health information. Patient Portal provides secure communications between providers and patients.*