



# Say hello2healow!

Enroll in h2h so you may receive audio or video calls from a nurse to review your labs, or your doctor to check on you after a surgery, discuss a visit request, receive nutrition counseling, and more!

hello2healow (h2h®) is a secure, convenient way to conduct audio or video calls with healthcare providers — for you or those for whom you are an authorized caretaker.

Make sure you have downloaded the latest version of the healow app. Then follow three simple steps to see how easy it is for h2h to improve your healthcare experience!



## Three Easy Steps



### Step 1

Validate your phone number using the four-digit code h2h sends you and click “complete enrollment.”



### Step 2

Set the toggle to “on” for your linked practices then, click “complete enrollment.”



### Step 3

You're now ready to receive audio and video h2h calls! You can modify your settings by visiting the h2h section in your healow app settings.