

Interested in a Telemedicine appointment with a Primary Care Provider, Cardiologist, Endocrinologist or Urgent Care Provider? Interested in just being screened and assessed via Telemedicine for COVID-19 but are not looking to establish care? You've come to the right place!

All you need is an **email address** and a **\*Smartphone** to easily connect! *Don't have an email address but do have a smart phone? We can still complete a Telemedicine visit!*

1. Call 1 (844) 954-DOCS (3627) to schedule a Telemedicine appointment as soon as the same day as your call!

**TEXT MESSAGE INSTRUCTION:**

2. 30 minutes before your appointment time you will receive a **text message** from a six digit number with the below message:  
Hello (Name),  
You have a Televisit with (Doctor) on \_\_/\_\_/\_\_ at \_\_:\_\_\_ PM EST  
Click below 15 mins before your visit: (Link to click)  
Msg&Data rates may apply.  
Reply STOP to opt-out
3. Click on the link in your text message a few minutes before your scheduled appointment time
4. You'll be taken to the **Vitals** page. Enter vitals and click on **Submit Vitals**.
5. Click on **Start TeleVisit** to enter the virtual waiting room.
6. You've done it! You'll be taken to a screen which says "**Waiting for your provider to join**". Keep your phone open and wait for the provider to connect to the call on their end!

**EMAIL INSTRUCTION:**

1. Prior to your appointment you will receive an email from **AssociatesMD Medical Group** with the subject: **Telemed Appointment Reminder from your doctor's office**
2. Just before your scheduled appointment time, open the above email on your smartphone and click on the orange button "**Join this Telemed Appointment directly**"
3. Your phone will suggest a few apps to "Open with". For an iPhone choose Safari; for Android, choose Chrome.
4. You'll be taken to the **Vitals** page. Enter vitals and click on **Submit Vitals**.
5. Click on **Start TeleVisit** to enter the virtual waiting room.
6. You've done it! You're taken to a screen which says "**Waiting for your provider to join**". Keep your phone open and wait for the provider to connect to the call on their end!

*\*You can also complete all the above steps on your laptop or a computer (but only if you have a web camera and microphone, and you must use Google Chrome).*

Prefer to download the Healow APP to connect to your Telemedicine appointment? Watch a 2 minute tutorial on how to log into the Healow APP and connect to your Telemedicine visit: <https://bit.ly/amdtelevisit>

**Troubleshooting tip!** Prior to your appointment, go into your phones search engine security settings to ensure you camera and microphone are enabled and allowed for access.

Questions? Email [telemed@associatesmd.com](mailto:telemed@associatesmd.com)