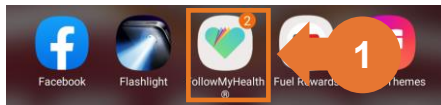


We want you to feel your best and receive the excellent care you deserve. However, we know sometimes it is not convenient to visit your doctor's office, and you may not feel well enough to come in for an appointment. A Virtual Visit allows you to see your doctor from the comfort and privacy of your home. You will not have to drive or find a ride to the clinic, battle traffic or wait for your appointment time.

Telehealth Visit

To schedule a Telehealth visit, simply call your Providers Clinic and request a Telehealth Visit with your Provider. Once you have your visit scheduled, follow the below guide on how to join your Telehealth Appointment.

Step 1: Prior to your appointment you will receive alerts from the Follow My Health App reminding you about your scheduled appointment. 15 minutes before your scheduled appointment, open the Follow My Health App on your phone.



Step 2: Tap Sign In and enter in your username and password

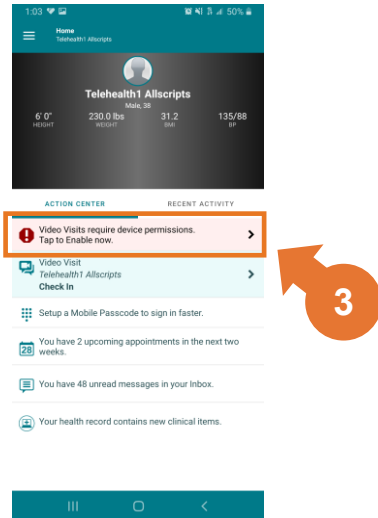


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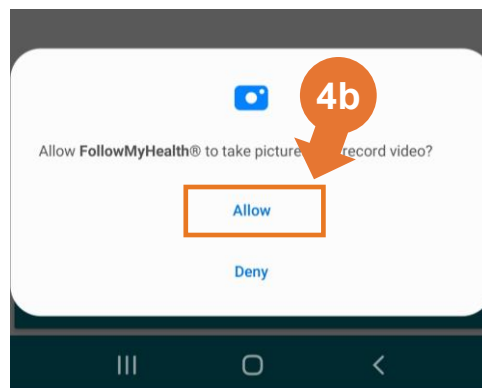
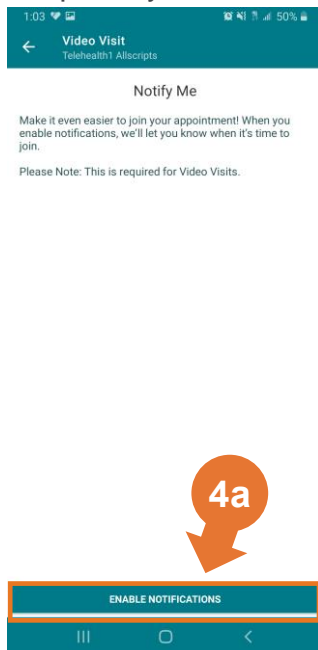
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Follow My Health Telehealth Visit – Android/Tablet

Step 3: If this is the first time you have used the Follow My Health App you may be required to allow the app to use your camera microphone and to send you notifications. Tap the Red Alert saying **Video Visits require device permissions – Enable now**



Step 4a: Tap **Enable Notifications**. Make sure to tap **Allow** on all notifications. Once complete, you will be taken back to the home screen

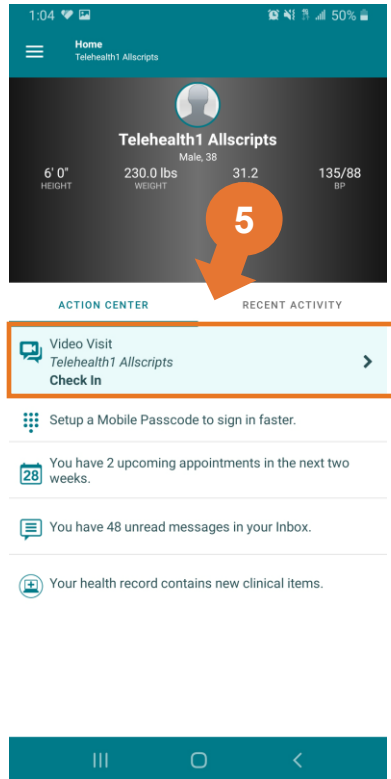


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Follow My Health Telehealth Visit – Android/Tablet

Step 5: 15 minutes prior to your appointment you will be able to check in. It is highly recommended that you check in as early as possible. Tap on the **Video Visit Check In** option on the home page.

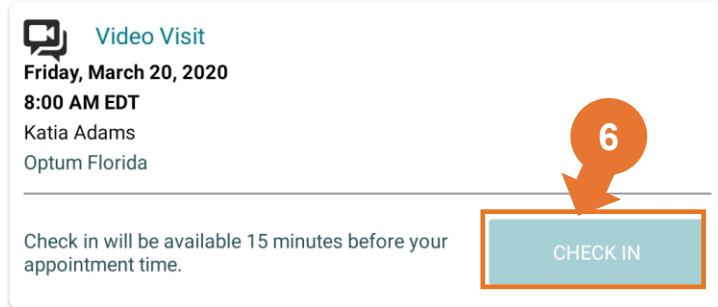


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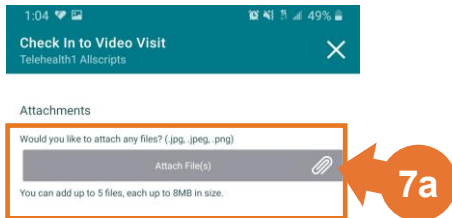
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Follow My Health Telehealth Visit – Android/Tablet

Step 6: Tap **Check In** next to your appointment



Step 7a: To add any pictures you may want the Dr. to see, Tap on **Attach Files**. You can take a picture or select a picture already taken. If you do not want to add any pictures, Tap **Next**

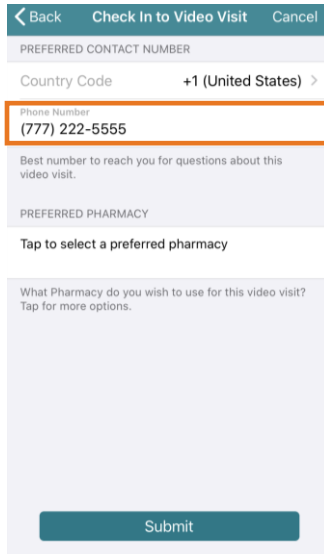


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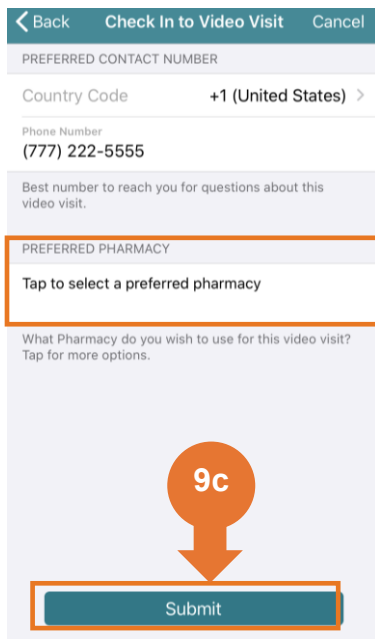
Follow My Health Telehealth Visit – Android/Tablet

Step 8: Confirm your phone number is correct. If this needs to be changed. Tap the phone number and enter in a new one.

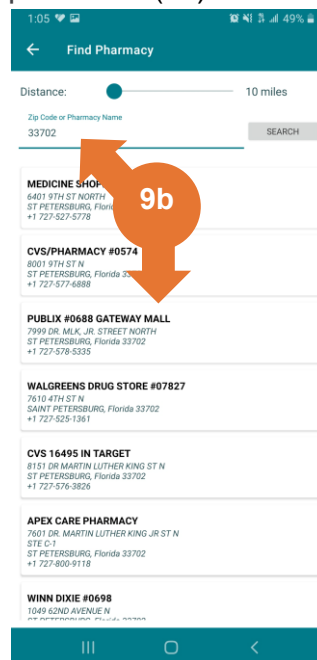


< Back Check In to Video Visit Cancel
 PREFERRED CONTACT NUMBER
 Country Code +1 (United States) >
 Phone Number
 (777) 222-5555
 Best number to reach you for questions about this video visit.
 PREFERRED PHARMACY
 Tap to select a preferred pharmacy
 What Pharmacy do you wish to use for this video visit?
 Tap for more options.
 Submit

Step 9: Tap to select a preferred Pharmacy. Enter the zip code that your pharmacy is in and select it from the list (9b). Once completed Tap **Submit** (9c)



< Back Check In to Video Visit Cancel
 PREFERRED CONTACT NUMBER
 Country Code +1 (United States) >
 Phone Number
 (777) 222-5555
 Best number to reach you for questions about this video visit.
 PREFERRED PHARMACY
 Tap to select a preferred pharmacy
 What Pharmacy do you wish to use for this video visit?
 Tap for more options.
 Submit



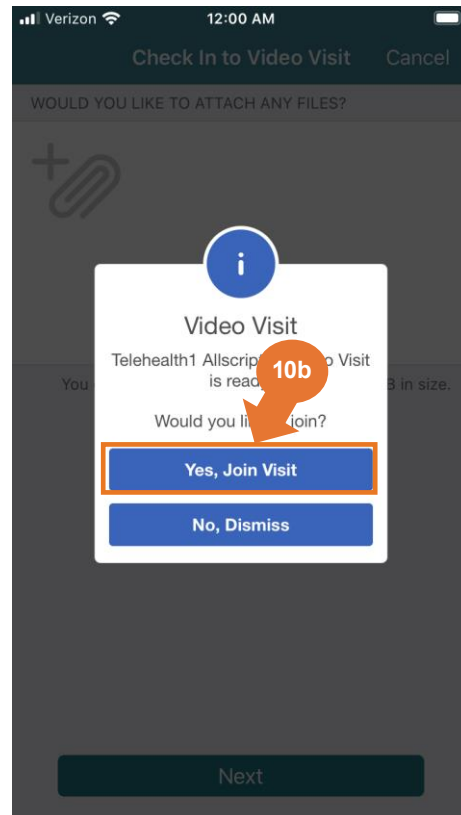
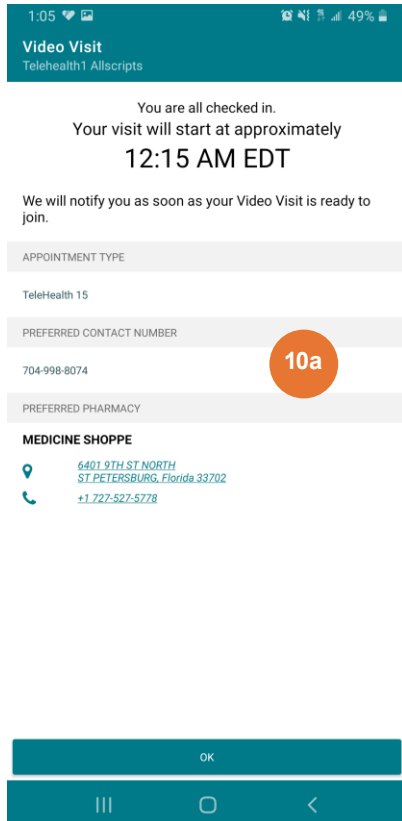
1:05 49%
 < Find Pharmacy
 Distance: 10 miles
 Zip Code or Pharmacy Name
 33702 SEARCH
 MEDICINE SHOP
 6401 9TH ST NORTH
 ST PETERSBURG, Florida 33702
 +1 727-527-5778
 CVS/PHARMACY #0574
 8001 9TH ST N
 ST PETERSBURG, Florida 33702
 +1 727-577-6888
 PUBLIX #0688 GATEWAY MALL
 7999 DR. MLK, JR. STREET NORTH
 ST PETERSBURG, Florida 33702
 +1 727-578-5335
 WALGREENS DRUG STORE #07827
 7610 4TH ST N
 SAINT PETERSBURG, Florida 33702
 +1 727-525-1361
 CVS 16495 IN TARGET
 8151 DR MARTIN LUTHER KING ST N
 ST PETERSBURG, Florida 33702
 +1 727-576-3826
 APEX CARE PHARMACY
 7601 DR. MARTIN LUTHER KING JR ST N
 SITE C1
 ST PETERSBURG, Florida 33702
 +1 727-800-9118
 WINN DIXIE #0698
 1049 62ND AVENUE N
 ST PETERSBURG, Florida 33702
 +1 727-576-3826
 Submit

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Follow My Health Telehealth Visit – Android/Tablet

Step 10a: You are now checked in. The provider will be notified that you have joined and will join you as soon as possible. Once the provider has joined the visit you will be asked to join them. Tap **Yes, Join Visit (10b)**









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Follow My Health Telehealth Visit – Android/Tablet

Step 11: You are now connected to the Dr. On your screen you have audio and picture options if you require them

	The Microphone icon will turn your microphone on and off (mute)
	The Speaker icon will turn you speakers on and off
	The Camera icon will turn your camera on and off
	The Rotation Camera will change your camera (Front or Back camera)
	The Leave icon will allow you to leave the visit but come back
	The End icon will end the visit

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