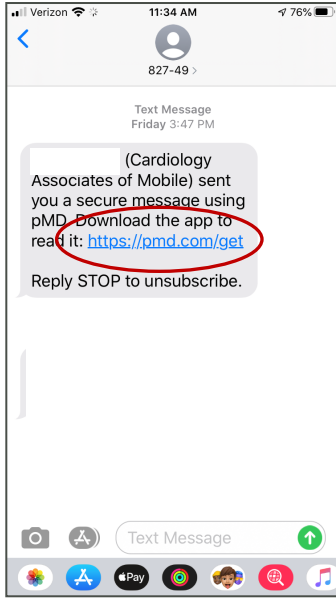


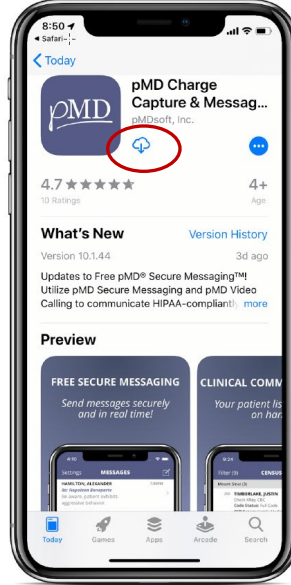


Telehealth with pMD®

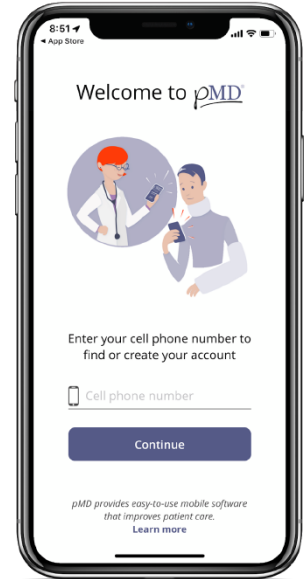
1 **GETTING STARTED:** You will receive a HIPAA-compliant text message from Cardiology Associates. To view the message, tap on the link provided.



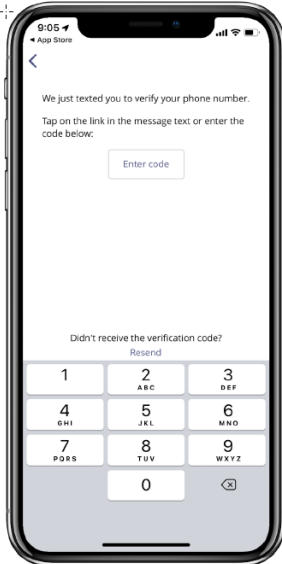
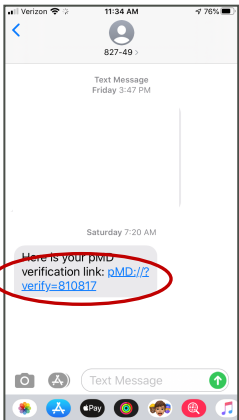
2 The link will take you to this this screen to click and download the pMD app.



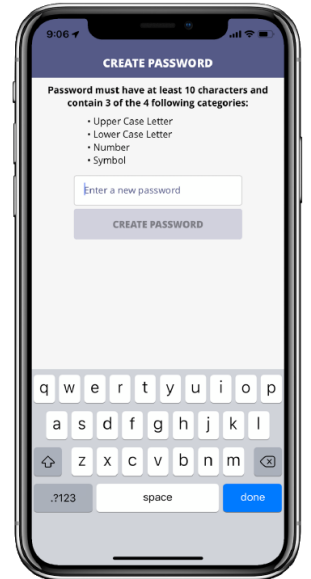
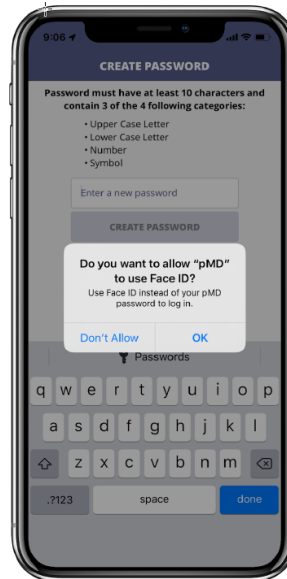
3 Once the pMD app is downloaded, tap to open. You will be prompted to enter your cell phone number.



4 Once your cell number is entered, you will receive a text message with a verification link. Tap the link in the text to verify, or enter the verification code.



5 You will then have the option to login into the pMD application by: (1) Using Face ID/Touch ID or (2) Create a password to login into the pMD app. Please note, if creating a password, it must contain at least 10 characters, and should include at least 3 or the 4 categories.: Uppercase letter, Lowercase letter, Number and/or Symbol.



6 **You are now connected** and ready to communicate with your Cardiology Associates provider. You will receive a text from your provider when it is time for your Telehealth visit to begin.



IMPORTANT TIP: Please make sure the notifications are turned to "on" in the pMD app when selected under your phone settings.

