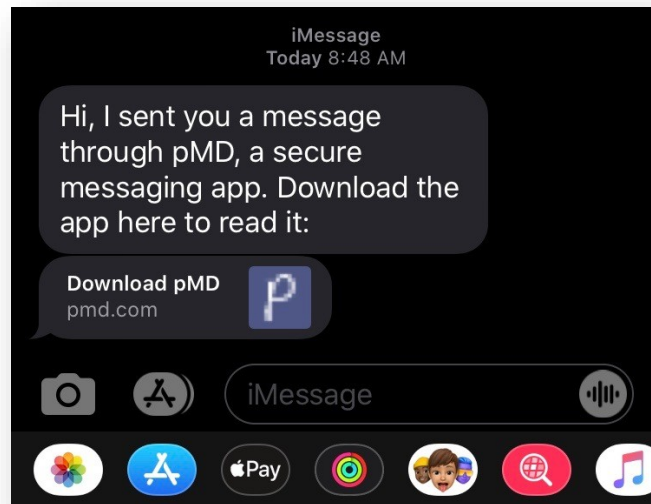
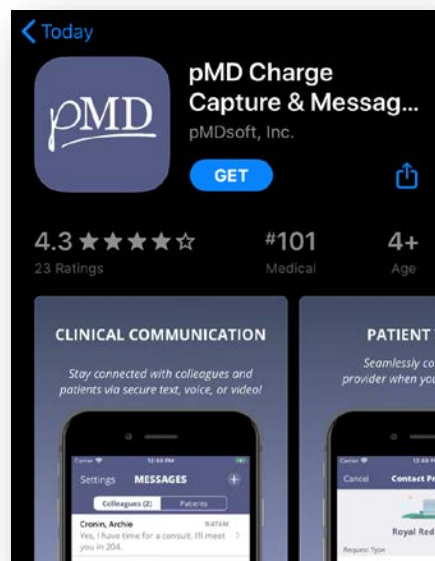


## pMD Application: Getting Started

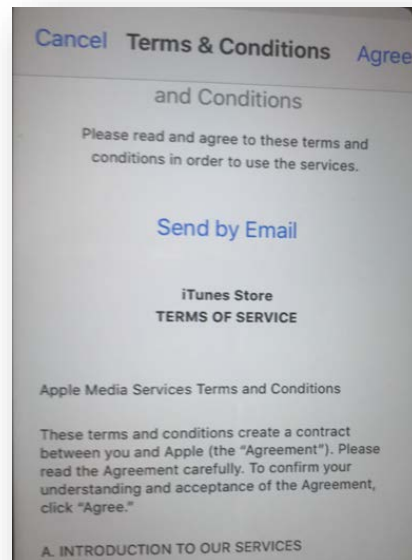
You will receive a text message from pMD letting you know that your doctor has sent a HIPAA-compliant text message. To view the message, tap on the link provided:



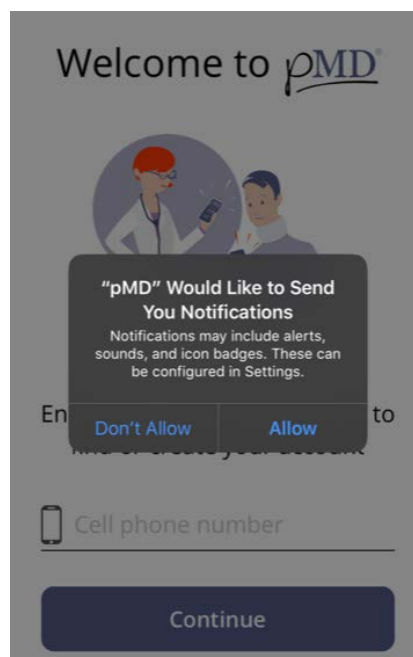
The link will take you to the App Store for (Apple users) and the Play Store (for Android users). Download the pMD application.



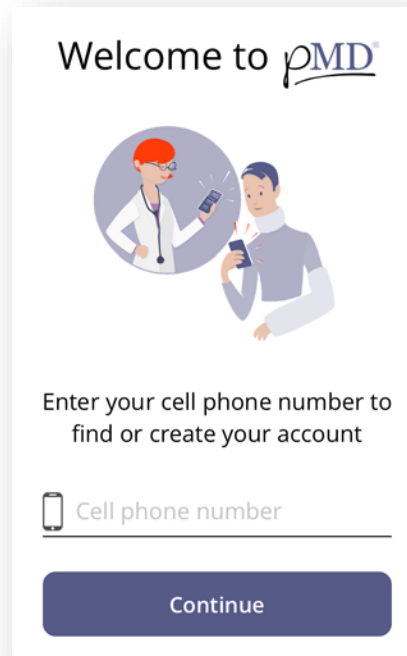
Apple users will have to agree to the Terms & Conditions before downloading the app.



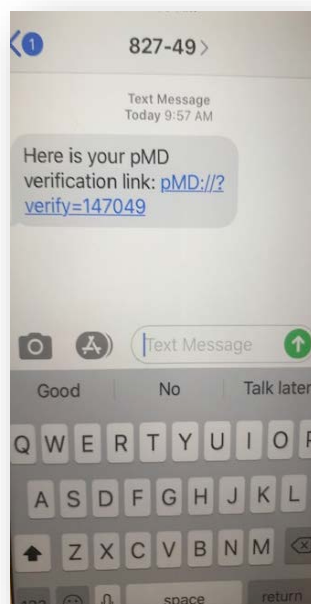
Once the application is downloaded, tap to open. You will get a pop up box from pMD asking you to allow notifications. You must accept to continue.



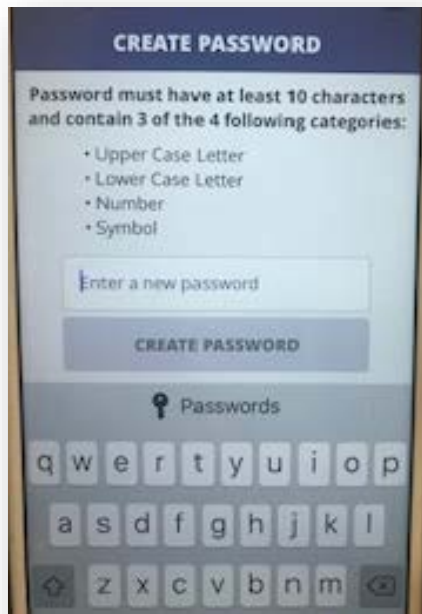
After you have allowed notifications from pMD, you will be prompted to enter your cell phone number.



Within 10 minutes, you will receive a verification link which you will need to click to verify your phone number.



Lastly, you will be asked to create a 10 character password to finish your account setup.



Once you have successfully created a password, you will be ready to accept a video call from your provider.