



*Stay Connected to Legacy –  
on the Web and on the go  
with the Healow app!*



## HOW TO SIGN UP



### STEP 1 – Get Access!

- Visit or call the clinic at (318) 441-2220 to create username/password.

### STEP 2 – Get Connected – Web, Mobile, or Both!

- On-the-Web Access: Patient Portal  
<https://health.healow.com/wellness>
- On-the-Go Access: Healow App
  - ▶ Go to the iTunes App Store or Google Play Store and search “Healow.” Download the app.
  - ▶ Search and select Legacy Health and Wellness.

## HOW TO USE THE APP



- Agree to the Terms of Use.
- On the home screen, click on any of the sections of the circle to access that information.
- Note you can make appointments, track your bio-metrics, monitor your medications, get reminders to take medication, and many other features.

## APP FEATURES



- **Update Your Personal Information:**  
Address, phone number, new medications, or any new allergies
- **Access Your Medical Records:**  
Lab and diagnostic reports, visit/encounter summaries, and medication lists.
- **Communicate with Your Provider:**  
Request medication refills, and ask your doctor for information or advice.
- **Manage Your Appointments:**  
Make an appointment, or see upcoming appointments
- **Track Your Progress:**  
Physical activity trackers, and wellness promotion resources