



# Televisit Instructions

Step one: call us to make a televisit appointment

Step two: check your email, for an email like below for simple to follow instructions.

Please note – the email will contain instructions to join Tele visit both from your computer, or from your smart phone through the Healow app. If using the computer, make sure that the computer has a Webcam, speakers or headphones. You will be asked to enter your vitals, which you should to the best of your ability.

## Cooper Street Medical Clinic

2360 HWY 157 N MANSFIELD, TX 76063-7540, 817-453-2123



# Hello “Patient name”,

You have a healow TeleVisit scheduled with Sapan Bindal.



Your healow TeleVisit Details



**03/20/2020**



**10:40 AM<sub>CST</sub>**

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You may be required to submit a questionnaire and provide your vitals prior to this appointment.

**Join this Telemed Appointment directly**



In order to join your healow TeleVisit, you will require a webcam, and speakers or headphones.

## healow TeleVisits are **Quick**



Login  
to Portal



Fill Questionnaire  
& Vitals



Start Your  
Appointment

If you need to cancel or reschedule this appointment, please call **817-453-2123** to make alternative arrangements.

Thank you,  
**Cooper Street Medical Clinic**

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### Let's Connect Via Our healow App

Get started in 3 simple steps!



#### 1. Download

Download the free iOS or  
Android app

#### CJFEBD

#### 2. Enter this code

Search for our practice using  
unique code: CJFEBD



#### 3. Login

Login with your portal credentials  
given by our practice