

HOW TO ACCESS OUR PORTAL FOR THE FIRST TIME

All of the following are required:

1. An e-mail account
2. A cell phone to receive text messages
3. All of the following information, CORRECTLY in our records:
Your name, date of birth, cell phone number, and e-mail address.

Your **USER NAME** will be provided by e-mail when you have an appointment, or if requested.

Look for a message from "Park Medical Associates" at no-reply@eclinicalmail.com (check your junk mail folder too!). Whitelist this address so that it is not filtered as spam in the future)

Go to: <https://health.healow.com/ParkMed>

On the right side of the page, in blue, click on "Using Mobile Phone"

Enter your name and birthday.

IMPORTANT: You will not be able to proceed if this information does not EXACTLY match your registration in our records. If you can't get past this step, call our office to verify these details.

You will receive a text message containing a code. Enter it when asked.

Verify your identity as requested.

You can now choose a **PASSWORD**.

Read and (if you agree) consent to the notices, and you're in!

