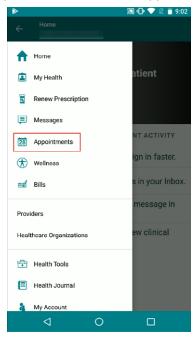
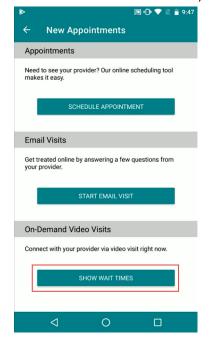
- 1. Sign in to your account on the FMH mobile app
- 2. Tap the Menu and select Appointments



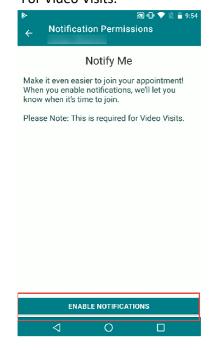
3. Via the Appointments screen, tap to create an Appointment



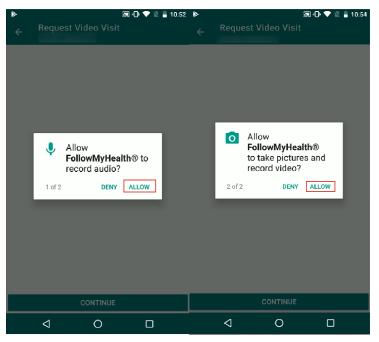
4. Via the On-Demand Video Visits, tap "Show Wait Times"



5. You will need to enable notifications FollowMyHealth® to receive notifications of The status of your appointment. This is required For Video Visits.



6. For Video Visits to function, you will need to allow FollowMyHealth® mobile app to access your device Camera and microphone.



7. Once you have allowed FollowMyHealth® access, you will then be directed to the screen that displays the Organization(s) that you are connected to and that allow video visits. The organization(s) will display the available hours for the day that video visits are able to be scheduled as well as the estimated wait time for the next available appointment. Tap on the healthcare organization to continue.



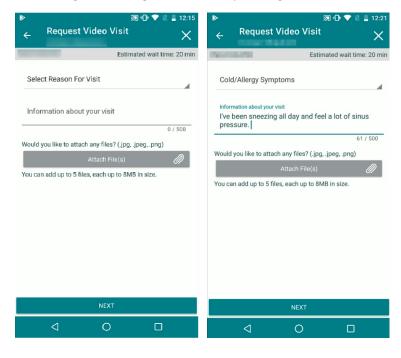
8. The "Things to Know Before Using Video Visits" screen displays providing information regarding video visits. Tap "Next" to continue.



9. If the Telehealth Terms of Service has been updated or previously not accepted, the Terms of Service will display. Acceptance is required to continue with a Telehealth Visit.



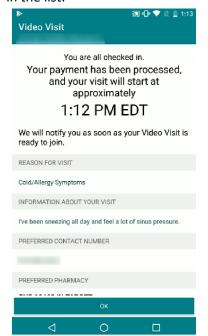
10. Tap "Select Reason For Visit" to choose from a list of available reasons for today's visit. Optionally, you can add additional information for the provider and upload an image (if the organization accepts images).



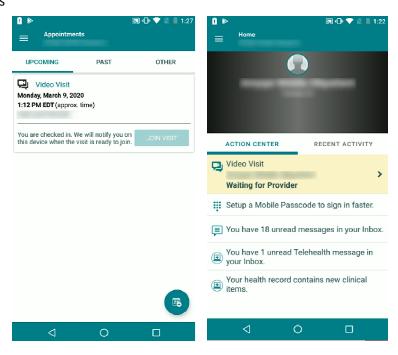
11. Via the Preferred Contact Screen, confirm and/or add your preferred phone and pharmacy information. If your organization requires payment prior to your visit, you'll be prompted to "Pay Now". Otherwise, you'll be asked to "Submit" your information.



12. Once all information and payment (if required) is submitted, you have scheduled your visit and awaiting the provider. The following screen displays all the information you have submitted. To return to your account, tap "OK" and you'll be returned to the Upcoming Appointments list and your video visit appointment displays in the list.



13. Video Visit appointment information also displays within the list of Action Center items on the Home screen. Tapping the item will navigate you back to the Upcoming Appointments screen.



14. Once the provider is ready for your visit, you will be notified and placed into a video conference with the provider.

